



**Hello**

# **COVID-19 COMMUNITY SUPPORT**



**If you are concerned or need support  
we have people who can help.**

**Helpline: 0300 247 0050**

**We have a team of  
experts who can  
assist, and  
volunteers in your  
area.**

If you can safely  
get support from  
family or friends,  
or can order items  
online, then please  
continue to do so.

- 1** Delivery of urgent supplies
- 2** A friendly phone call
- 3** Collection of medication
- 4** Money matters and work
- 5** Mental wellbeing (including loneliness, low mood, anxiety)
- 6** Advice on keeping fit
- 7** Housing issues
- 8** Supporting your family
- 9** Food and cooking
- 10** Understanding public health advice

**We want to help in a safe way, whilst you maintain your self-isolation. For this reason we are avoiding physical contact. Please:**



Use your telephone or computer to arrange help or to chat.



Leave items for collection or delivery on your doorstep at an arranged time.



Please wash your hands before handling any items for collection.



All shopping should be paid through our system. Please do not give out money or card details.



Stay safe. If you are worried about anything that is beyond the scope of this flyer then call the helpline.

**#compassionatecommunity**

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