



Hello

COVID-19 COMMUNITY SUPPORT

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

Helpline: 0300 247 0050

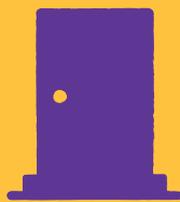
We have a team of experts who can assist, and volunteers in your area.

Stay safe and avoid physical contact. Please:

- 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



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



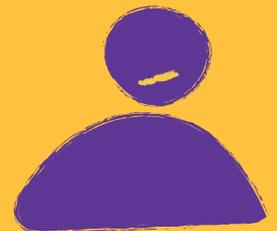
Leave items for collection or delivery on your doorstep at an arranged time.



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 then call the helpline.

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



#compassionatecommunity