

Important Information

The Coronavirus Support Network consists of members of our community, Parish & District Councillors, Council employees and local businesses, all working together to provide practical support and advice when YOU need it most during these difficult days.

How we can support you...

You can reach the volunteers on the phone numbers listed overleaf and they can assist you with any of the following:

- Shopping
- Prescriptions
- Household help
- Pet care and support
- A friendly voice on the other end of the line if you are feeling isolated and anxious



For specific medical advice, contact your GP or 111.
In a medical emergency, call 999 for assistance.

WE ARE HERE TO HELP YOU!

Please don't hesitate to get in touch with one of our volunteers who are waiting for your call.

We should all be avoiding ANY unnecessary social contact wherever possible.

It is important that we all do our part to help fight Coronavirus and bring the situation back under control.

If you develop the symptoms of coronavirus, such as a high temperature or a new, persistent cough, you and your household should self-isolate for fourteen days from the start of the symptoms (Seven days, if you live alone).

**For the most up to date advice call 111
or go online to:**

www.gov.uk/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19