

Age UK Stockport are open so please contact us on **0161 480 1211** or by email info@ageukstockport.org.uk We are dealing with a lot of calls, so if you can't get through please leave your name and number and we will get back to you. Also if you know of someone locally who needs some extra support during this time please let them know how to contact us.

Activities & Services: Government guidance to 'work at home if you can' means our offices remain closed, and social distancing rules of staying 2 meters (6 feet) apart mean our regular activities also remained closed for now. However we are still able to help and support in many ways and have adjusted our work accordingly to support what's needed now:

- ◆ We can help practically to get food and other essential deliveries to your door.
- ◆ We can keep you in contact with people, providing a friendly chat or support over the telephone.
- ◆ Our Information & Advice Team are also still working on 0161 477 1213.

We are also now starting to bring back some of our regular services where they can be done safely. Gardening Services started again this week and we hope next week to see some increased Support Services as well as volunteer supported 'Walk & Talk' activities. If you want to know more just contact us. Watch this space for more!

Information For more info and support you can also contact the Age UK national helpline on **0800 678 1602**, 8am-7pm, 365 days a year, visit their website <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/> or download the Coronavirus leaflet in our News section.

Need to talk now?

The Silver Line on **0800 470 8090** is open 24 hours a day, every day of the year.

What if I'm worried I may have the virus?

If you have any questions or concerns go to the NHS online to: <https://111.nhs.uk/covid-19/> or to call 111.

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