

Wash Hands—Cover face—Make space

Age UK Stockport remains open as we have been throughout, although still working from our homes. Please contact us on **0161 480 1211** or by email info@ageukstockport.org.uk We are dealing with many calls, so if you can't get through 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.

Our offices remain closed and there will be no physical events or meetings. We continue to follow social distancing rules of staying 2 meters (6 feet) apart wherever possible. Our services are adjusting where they can so we are still here to help and support in many ways and we will update our website for the details of changes for each service as and when they happen.

There are many changes in the government guidance, including locally where needed as Greater Manchester needs to at this point, so it is more important than ever to keep up to date - please see next page.

➔ SEE NEXT PAGE for Government Guidance and Local Information for GM & Stockport

See the Age UK website <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/>
Or contact the Age UK national helpline on **0800 678 1602**, 8am-7pm, 365 days a year,

Need to talk now?

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

LOCAL INFORMATION HIGHLIGHTS from 31st July 2020

Stockport's Covid rate is still relatively low, but like some other areas it is increasing. The Government announced new restrictions in some parts of the NW, including Greater Manchester and so Stockport. It is now important to adhere to the following measures to avoid contact with people outside your household

- Do not meet people you do not live with inside a private home or garden, except where you have formed a support bubble
- Do not socialise with people you do not live with in other indoor public venues – such as pubs, restaurants, cafes, shops, places of worship, community centres, leisure and entertainment venues, or visitor attractions.
- Do not visit friends or family in care homes, other than in exceptional circumstances.
- Isolate if you are advised to do so as a result of being a contact of someone with covid-19 even if you do not have symptoms at the time of being advised.

LOCAL INFO

Age UK Stockport 0161 480 1211

Stockport Council Coronavirus helpline for residents 0161-217-6046

See here for full latest update regarding Greater Manchester and Stockport

<https://www.gov.uk/guidance/north-west-of-england-local-restrictions-what-you-can-and-cannot-do>

SYMPTOM INFO

<https://111.nhs.uk/covid-19/> or to call

TESTING INFO

If you become unwell with Covid-19 symptoms, no matter how mild, please isolate and arrange a test – this can be done via; testing@stockport.gov.uk the NHS website or phone 119.

NATIONAL INFO

There is access to the general guidance here: <https://www.gov.uk/coronavirus>

[Home](#)

Coronavirus (COVID-19)

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Help control the virus

To protect yourself and others, when you leave home you must:

- **wash hands** - keep washing your hands regularly
- **cover face** - wear a face covering over your nose and mouth in enclosed spaces
- **make space** - stay at least a metre away from people not in your household

If you are feeling unwell, get a test and do not leave home for at least 10 days.