

**Wash hands**

keep washing your hands regularly

**Cover face**

wear a face covering in enclosed spaces

**Make space**

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

From 5 November we all went into a second national lockdown although it does feel different to before with Supermarkets and Schools open—see the link below for the guidance.

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 support in many ways and we will update our website for the details of changes for each service as and when they happen.

For more information

See the Age UK website <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/>

Age UK national helpline on **0800 678 1602**, 8am-7pm, 365 days a year,; Stockport Council helpline 0161-217-6046

General guidance here: <https://www.gov.uk/coronavirus> [New National Restrictions from 5 November - GOV.UK.pdf](#)

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

Need to talk now?

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