#together

COVID-19 is affecting us all and none more so than those in our communities who are the most at risk. Let's come #TOGETHER and help each other.

How you can help...

1 Look after yourself

- *Be informed (from trusted sources like www.nhs.uk)*
- *Be sensible. Limit non essential social contact*
- *If you have symptoms, self isolate for 14 days, and call 111 if you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days.*

3 Call us if you're worried about them!

- *If you are worried about their health, encourage them to call 111*
- *If you think they need more support, we might be able to help, our service is open to people of all ages. Ask them to give our Gateway team a call on 020 7346 6800 (option 6) or email MYcommunity@ageuklambeth.org, or get their consent for you to contact us! If we can't help then we'll make sure they get pointed to someone who can!*

2 Look out for others

Many of those at high risk may already have shut their doors and stopped going out. However, they may be frightened or feel alone. (They may also be OK and not require any help!)

Why not let your neighbours know they can contact you if they need a bit of help or support? See the printable form attached! If you know there's someone on your street or in your area that might need help or might be unwell (it doesn't need to be COVID-19!) then why not reach out?

- Do they need anything from the shops?
- Are they running low on their medicines?
- Do they need help contacting the NHS?
- Have they got a pet that needs walking?
- Do they just fancy a natter over the garden wall or a friendly phone call?
- Can you help them Facetime their friends or family?

If you want to let us know of a community service or resource that is available, then email: OURcommunity@ageuklambeth.org

If you'd like to offer help, email us at: volunteer@ageuklambeth.org

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