

Hello!

I'm doing neighbourly volunteering for those nearby who may be self-isolating due to coronavirus (COVID-19).

My name is:

My phone number is:

You can: Call me Text me

I live locally:

I'm happy to help with:

- **If you need information call**

Age UK Somerset's free advice line on 01823 345613, 10am-3pm Monday to Friday. Outside of those hours call Age UK's free advice line 24 hours a day on 0800 169 6565. The Silverline provides information and friendship to older people 24 hours a day - 0800 470 8090.

- **If you have a cough, high temperature or shortness of breath** and feel you cannot cope with your symptoms at home, call NHS 111.

- **As a neighbourly volunteer I am acting independently.** I am not connected to Age UK Somerset or another charity.

I pledge not to profit from the help I give you, and I will maintain social distancing and take extreme care to keep clean hands to ensure I don't jeopardise our health.

- **Don't feel pressured to accept help** from a stranger and never hand over money or bank details to someone you don't know. If possible call a friend or family member to discuss the help you've been offered.

Please go to www.ageuk.org.uk/safe for more information on how to keep yourself safe.

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