

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:

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- **If you need information**, call Age UK's free advice line on 0800 169 6565, 8am to 7pm, 365 days a year. Or contact The Silver line, a free confidential helpline providing information and friendship to older people, open 24 hours a day, every day of the year on 0800 4 70 80 90.

- **If you have a cough, high temperature or shortness of breath** and feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days, please call NHS 111.

- **As a neighbourly volunteer, I am acting independently.** I pledge to not profit from the help I provide 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 who is offering to help you.** 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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