

Cantley, Limpenhoe & Southwood Parish Council

Hello !

If you are self-isolating, we can help

**Contact us and we will
do our best to help you!**

**We are community volunteers supported
by the Parish Council who live locally.**

To contact us phone: 07443 427788

Or email: cantleyhelp@gmail.com

**If you are self-isolating due to
Coronavirus, we can help with:**

- **Picking up urgent supplies/
prescriptions**
- **Picking up urgent shopping**
- **A friendly phone call**
- **Posting mail, etc.**

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Tips for anyone supporting people who are self-isolating

If you want to help your friends, family or neighbours who are staying at home, remember the following advice to help prevent the spread of Coronavirus:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home for them to collect, rather than delivering in person
- Provide support over the phone and make use of social media

Advice if you are self-isolating to help prevent the spread of Coronavirus

If you are staying at home you should not invite or allow social visitors to enter your home.

The NHS has clear advice for those staying at home, visit:

www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/

It is your home and you do not have to agree to anything a visitor may ask.

Only use someone you know and trust.

If you wish to volunteer please contact us using the phone number or e-mail on this card. Thank you!