

# Finding local support in your community during coronavirus

**I need help**

**Do you have family, friends or neighbours who could help with things like shopping and picking up prescriptions?**

**Yes**

Wherever possible people who are self-isolating are being encouraged to ask for help from family, friends, and neighbours. This will help us prioritise people with no help or support nearby.

**No**

Our customer service centre can signpost you to your nearest community support organisation for help with shopping, prescriptions, caring for pets and having someone to talk to.

**Call 01609 780780**

**Monday-Friday 8am to 5:30pm**

We are working closely with our borough and district council partners who are also able to signpost people to a local community support organisation.