

Covid-19 (Coronavirus) Community Support

Do you need help?

Are you shielding or self-isolating without any support from friends or family?

If so, please don't hesitate to ask for help. Send your name, address and telephone number to **Alison Benson** our Parish Council Clerk (contact details below). Alison will try to match you up with a community volunteer who can help with shopping, collection of medication etc.

Can you provide help?

Are you a resident of the Parish who can provide help to other members of the community who are either shielding or self-isolating?

Please pass your name, address and contact number to **Alison Benson** our Parish Council Clerk with details of how and where you can help.
e.g. shopping, collection of medication, keeping in touch with a friendly phone call etc.

Alison Benson

Clerk to Hackleton Parish Council

Telephone **07464 429630**

Email **clerk@hackletonparishcouncil.gov.uk**

Your Parish Council is here to help

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- Go to **www.nhs.uk/conditions/coronavirus-covid-19** for information about the virus and how to stay safe.
- If you have relatives or neighbours who are self-isolating **please do make sure that they are ok**, stay in contact by telephone, post or on-line. Ask if they need shopping or help running essential errands.
- If you are self-isolating try and stay active around the house and keep moving. Please, don't feel isolated and alone. We have some amazing people and community organisations within our Parish. If you are alone, do reach out to people you trust and **do not be afraid to ask for help**.
- Please make sure that the people you are reaching out to are to be trusted. There are lots of telephone and on-line scams at the moment centred around Covid-19. **If in doubt always check with somebody you trust**.

We all have a very important role to play in the fight against this virus.

Please stay at home and follow Government advice.

Stay safe and keep our community safe