

TEXT THIS NUMBER FOR SUPPORT

07340633055

HOLSWORTHY COVID-19 MUTUAL AID

The community working together to support Holsworthy residents

**Dear neighbour. Are you unable to leave your home because of Covid 19/Coronavirus?
We're here for you.**

We are a group of local residents who have come together during a time where some people are finding it hard to access the help they need.

We would like to support the community that we live in and ensure that nobody is left isolated or without support. **We don't ask for anything in return**, we just believe in helping each other in a time of difficulty.

We are your local neighbours and we can only offer help within reason, and in ways we can also stay safe. If you need medical advice, use the NHS 111 online coronavirus service at 111.nhs.uk/covid-19, or if you have no internet access, call NHS 111 from your phone. In a medical emergency, dial 999.

NEED SUPPORT?

If you need support contact us preferably by;

Text: 07340633055

or any of the following;

Facebook Message: Holsworthy COVID-19 Mutual Aid

email: mutualaidholsworthy@protonmail.com

Call: 07340633055

GIVE SUPPORT

If you would like to support the community and join in, we can add you to the Facebook group that is coordinating support.

Please join the group - Holsworthy COVID-19 Mutual Aid

HOW CAN WE HELP?



**ARRANGING
DELIVERIES**



**PICKING UP
SHOPPING &
MEDICATION**



**A FRIENDLY
PHONE CALL**



**POSTING
MAIL**



**URGENT
SUPPLIES**



**HELP TOPPING
UP ELECTRIC
OR GAS KEY**



**HELP
WITH
PETS**

From the Holsworthy COVID-19 Mutual Aid coordinators;

Sophie Sleeman (local student), Mother Elizabeth Burke, Cllr Hutchings, Cllr Kenneally

TEXT THIS NUMBER FOR SUPPORT

07340633055

COVID-19 (coronavirus) is a new illness that can affect your lungs and airways. Let's work to prevent the spread.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have: A high temperature: You feel hot to touch on your chest or back. A new, continuous cough - this means you've started coughing repeatedly. If someone in your home has a persistent cough or fever, everyone living there must stay at home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital. Read the NHS advice about staying at home: [nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

Stay home where possible. Stop non-essential contact with others and non-essential travel. Wash your hands with soap and water often, for at least 20 seconds. Avoid touching common public surfaces such as metal or plastic. Use 60% alc. hand sanitiser gel if soap and water are unavailable. Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Put used tissues in the bin immediately and wash your hands afterwards. Try to avoid close contact with people who are unwell. Do not touch your eyes, nose or mouth if your hands are not clean.

USE THE NHS 111 ONLINE CORONAVIRUS SERVICE IF:

You feel you cannot cope with your symptoms at home.
Your condition gets worse.
Your symptoms do not get better after 7 days.
Only call 111 if you cannot get help online.

OTHER SUPPORT AT THIS TIME



NOT FOR MEDICAL ADVICE

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text SHOUT to 85258. Shout offer free 24/7 textline support for those feeling in crisis.



holsworthyfoodbank.btck.co.uk

Donations drop off point at;
Library
Waitrose
White Hart Hotel
St Peter and St Paul's Church

DONATE

If you would like to donate financially visit the [gofundme](https://www.gofundme.com) page - **Supporting the Community of Holsworthy** or into the account being administered by Holsworthy Parish Church
Sort Code: 53-50-52 A/c no: 05007216
In the description please put Covid -19

