

Coronavirus Support in Addingham

What we can do to help each other

As you probably know vulnerable people in the village are starting to self-isolate, due to the Coronavirus.

During this time, **do you need help** or **can you volunteer to help?**

Please use this leaflet to let us know.

**If you are self-isolating and would like help with something
or just a chat please make contact on:**

Phone: 01943 831758 (The Hub) or 07470 537421

Email: clerk@addingham-pc.gov.uk

What is Coronavirus or COVID-19

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus. The Government has asked that anyone with a high temperature and/or a continuous cough – this means you have started coughing repeatedly - self-isolate and maintain social distance. This is particularly important for vulnerable people, that is people over the age of 70, pregnant women and people with certain health conditions.

They have also requested that anyone with symptoms DO NOT go to a GP surgery, pharmacy or hospital. You do not need to get tested if you are staying at home (self-isolating) as long as your condition doesn't worsen, you can cope with your symptoms and your symptoms get better within 7 days.



Can you volunteer?

There are lots of ways you could help your neighbours, such as putting out the bin, posting letters, picking up a newspaper or a delivery, shopping, phone calls, walking the dog.

But remember the 2 metre distance and hand washing.

If you would like to volunteer please let us know.

Name: _____

Phone Number: _____

Address: _____

Email: _____

To get in touch please:

Ring: 01943 831758 or 07470 537421

or **email: clerk@addingham-pc.gov.uk**

or leave this slip at the **Newsagent/Post Office**

or at **9 Main Street**

I can help with:

- Telephone befriending
- Shopping and/or delivery
- Dog walking or errands
- Lawn cutting
- Other, please specify

**A message from
Addingham Health Centre**

“We are aware that many people have ongoing health concerns aside from COVID-19. We will continue to do our very best to look after you.”

Contact us on:

01943 830367

Online support: COVID-19 mutual aid

If you would like to set up a local online support group for your own street or area try the COVID-19 mutual aid UK website.

There you will find a link to local resources with information about how to set up a group using social media such as WhatsApp.

The Moorside Lane residents have set up their own group. For information you can contact them via felledge.co.uk

How long to stay at home

Government announcement on 16th Mar 2020

- If one person in the household has symptoms, the whole family should stay at home for 14 days.
- Try to keep away from each other as much as possible.
- Avoid even going to the shops for essentials.
- Only go out for exercise and avoid contact with other people.

Where do I find more information?

If you think you might have contracted the virus check your symptoms on the NHS 111 website.

Search “111 NHS Coronavirus”

or go to <https://111.nhs.uk/covid-19>

Are you worried about a neighbour?

- Look for signs of activity.
- Try to get in touch.
- Drop the slip below through their letterbox.
- Contact a relative.
- If you have real concerns consider asking other neighbours or call the police on 101.



HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness