

Covid-19 Coronavirus:

Be a great neighbour in Buckden

It's easy to help and look out for your neighbour of any age during this current time.

You can help to support vulnerable or isolated people within your community who are at an increased risk from social isolation and loneliness.

Remember your contact with your neighbour may be the only time they speak to someone today. Encourage your friends and family to do the same so everyone can be a Great Neighbour!

Are you worried about your neighbour

It's quite natural to be concerned about your neighbours, especially if you haven't seen or heard from them in a while. They're probably going to be ok and even may be away visiting relatives or friends.

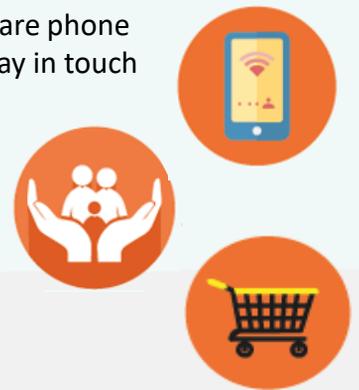
Consider:

- Does the home looked lived in? Are the curtains drawn in the daytime?
- Is the car nearby, perhaps parked somewhere else on the road?
- Is there post unopened at the door?
- Have you seen them walking the dog?

However, if you have real concerns consider asking other neighbours or call the police on 101

Simple ways to help

- Run simple errands such as putting the bin out, posting their letters, picking up a newspaper or delivery
- Shopping e.g. groceries, top up cards for electricity or phone, pet food etc.
- Phone calls - Share phone numbers and stay in touch
- Dog walking



What can you do

Start by just getting in touch. Reach Out. Let them know you are there and care.

- Call: Make a phone call just to say "hello"
- Text: Message and let them know you are thinking about them
- Visit: Think! If they are ill they could be self-isolating but it may still be possible to have a face to face conversation at the doorstep or over the garden fence, maintaining a 2m distance between yourselves.
- Post card: Use the 'postcard' on the back of this form to let them know your contact details

If you are concerned and think you may have contracted Covid-19 use this link to check your symptoms on the NHS 111 Coronavirus website. Search "111 NHS Coronavirus" or go to

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

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What if I can't give enough support?

- Don't worry. We can only do what we can.

How can I help our community?

- By observing the government's advice on social distancing and self- isolation
- By completing the card below and leaving it with your neighbours
- By telling us if you are able to help by emailing help@buckden.org; this email address will be monitored by several people

If you're self-isolating or need help....

- Some people who are self-isolating may not need help. However if you want someone to know you are self-isolating, or need help, please email help@buckden.org; this email address will be monitored by several people, or if you don't have email, call **07900 928113** The charity 'Mind' have some good resources for looking after you own wellbeing if you are self-isolating. link www.mind.org.uk/information-support/coronavirus-and-your-wellbeing

We plan to communicate using the village website and social media

- Please send an email to: details@buckden.org with your name, landline and mobile number, and telling us if you use WhatsApp and/or Facebook and if you have a smartphone (*this information will only be used for these purposes*)

If you don't have the internet

- Call **07900 928113** and leave a message.. We will get back to you as soon as we can.

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 owing 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!)

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

