



## Need support during Covid-19?

Our community response helpline is open 9am to 5pm Monday to Friday, for people in vital need of food and essential household items

# 0300 1237052

[bcpcouncil.gov.uk/TogetherWeCan](https://bcpcouncil.gov.uk/TogetherWeCan)

## Are you self-isolating? No family or friends on hand to help?

You are not alone. We have a dedicated helpline and online information for vulnerable local people and can support you by putting you in touch with local volunteers, council staff and others.

### We can help with:

- ✓ deliveries of food and other essentials
- ✓ advice about access to food
- ✓ loneliness and wellbeing issues
- ✓ prescription collection

To find out more and request help using our online form visit: [bcpcouncil.gov.uk/TogetherWeCan](https://bcpcouncil.gov.uk/TogetherWeCan)

For all other council services visit [bcpcouncil.gov.uk](https://bcpcouncil.gov.uk), or contact us in the normal way:

Bournemouth **01202 451451** Christchurch **01202 795000** Poole **01202 633633**

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[#TogetherWeCan](https://twitter.com/TogetherWeCan)



# Coronavirus (Covid-19)

## Keep yourself safe

If you are self-isolating and volunteers are helping you:

- ✓ do ask the volunteer to leave shopping on your doorstep
- ✓ do agree a password with the person dropping off shopping and check their ID so you know they are genuine
- ✓ do put your door chain on and use the 'spy hole' in your front door, if you have one
- ✗ do not give your bank card and PIN to anyone
- ✗ do not share personal details to people you don't know either over the phone, on the internet or on your doorstep.

If you feel unsafe or uncomfortable with the situation, call the police non-emergency number on 101.

Follow NHS and government advice on self-isolating. Use trusted sources of information.

→ NHS website: **nhs.uk/coronavirus**

→ Government website: **gov.uk/coronavirus**

→ BCP Council website:  
**bpcouncil.gov.uk/coronavirus**

If you don't have the internet, watch the news and listen to the radio for updates.

Contact the Together We Can helpline if you need practical help and support (see over the page).

#TogetherWeCan

