

Coleridge Community Action

Your local area is working together to tackle the coronavirus crisis

Can you help?

Contact us if you can help your vulnerable or self-isolating neighbours by:

- ⇒ Delivering food and supplies
- ⇒ Assisting people with care
- ⇒ Running errands such as posting mail
- ⇒ Making phone calls to fight loneliness

Email coleridgeCOVAID@stm.org.uk

with the subject "Help Offered"

or call us on (01223) 641 021

Do you need help?

Contact us if you are vulnerable or self-isolating and need help, such as deliveries of food or medicine, errands run, or someone to talk to over the phone.

Give us your name, address, and contact details and specify what you need:

Email coleridgeCOVAID@stm.org.uk
with the subject "Help Needed"

or call us on (01223) 641 021

Information you send us will be used only for the purposes stated above. Data will be passed to residents associations and volunteers to provide support. We cannot guarantee full data security.

From Coleridge Community Forum and St. Martin's Church working with residents associations, your ward councillors, and other volunteers to create a strong local network.

For more information, see <http://ColeridgeCommunityForum.org>

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Community Action

Over the coming months, government measures taken to prevent the spread of the new coronavirus will affect us all.

St Martin's Church has joined with local councillors, residents associations, and other volunteers to work together to help vulnerable residents who find themselves isolated or in need of help during this crisis.

If you need help or can offer it, please see overleaf.



Check <http://stm.org.uk> for updates about St Martin's. We are open for prayer but there are NO services at present! There will be a service broadcast every Sunday on the BBC with worship resources on our website.

— **Johannes Roth, Vicar at St Martin's Church**

Health advice

If you have a continuous new cough and/or a high temperature, stay at home for 14 days from when the symptoms started. You do not need to call NHS 111. You can find more advice on the NHS website.

If symptoms worsen or are no better after 7 days, contact NHS 111 online (<https://111.nhs.uk/>), or if you have no internet access, call NHS 111.

For medical emergencies dial 999.

Stay Safe: Do not share credit / debit card details or hand over cards or money to strangers.