

Does your neighbour need your help?

With the Covid-19 virus affecting people across the country, your neighbour may need your help if they become unwell.

Can you help your neighbour by:

- ✓ Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**
- ✓ Making sure they have some simple recipes to hand, if they are not the normal chef or have done some batch cooking for the freezer
- ✓ Walking their dog, picking up a prescription, putting out their bins or taking in a parcel
- ✓ Phoning, Skyping or facetimeing them so they can see a friendly face, helping to reduce their isolation
- ✓ Sharing child care or other caring responsibilities
- ✓ Checking if any of their planned appointments have been cancelled before they travel