

If you want to help the most vulnerable people in our communities here is how to help keep yourself safe and the person you are helping stay safe

Do:

- *Look after yourself and others:*
- *Follow NHS guidance on hand washing and catching coughs and sneezes*
- *Follow Government guidance on self isolating if you have Coronavirus and/or if you have symptoms and/or been in contact with someone who has had the virus.*
- *Everyone must **Stay at Home** to **Protect the NHS** and **Save Lives** unless it is absolutely essential to go to work, exercise or pick up essential supplies for you, family or neighbours*
- *If you do need to go out follow government advice on keeping your distance [2 meters] from other people*
- *Look out for your neighbours that you know and put them in touch with local known services such as Age UK Stockport, Disability Stockport, Signpost for Carers, Stockport Mind - You can contact your local Healthwatch for more information or to get hold of leaflets to distribute [details at the bottom]*
- *If you are worried about someone in your area or on your road that you do not know, pass on/post a leaflet from a known local organisation such as Age UK Stockport, Disability Stockport, Signpost for Carers - You can contact your local Healthwatch for more information or to get hold of leaflets to distribute [details at the bottom]*
- *If you are dropping off shopping, contact the person, leave it on the door step, keep your distance*
- *Give people information about recognised local groups/orgs that are working with local shops to help deliver groceries etc.*
- *Arrange a payment agreement through a recognised third party for goods bought unless distributing free food parcels*
- *Volunteer your services with more than one organisation, if you can*
- *Pace yourself - this crisis could wane and peak and could last several months, so your support will be just as valuable in a months' time than it is today*

Don't:

- *Accept or ask for any bank details, bank cards or blank Cheques from people you are supporting*
- *Enter people's homes that you do not know, think about their safety [also think about social distancing and not transferring germs]*
- *Expect payment for items/services once you have offered to provide them for people for free*
- *Post any details of a vulnerable person online such as on social media websites [even in a closed Facebook group]*
- *Be offended if someone refuses help, particularly if they do not know you, they may have family and friends, try and give them a leaflet from a recognisable organisation.*

Useful Numbers:

☎ <i>Age UK Stockport</i>	<i>0161 480 1211</i>
☎ <i>Signpost for Carers</i>	<i>0161 442 0442</i>
☎ <i>Disability Stockport</i>	<i>0161 480 7248</i>
☎ <i>Stockport Mind</i>	<i>0161 480 7393</i>
☎ <i>Stockport Advocacy</i>	<i>0161 480 8979</i>
☎ <i>Citizens Advice Bureau</i>	<i>0300 330 9075</i>
☎ <i>Alzheimer's Society</i>	<i>0333 150 3456</i>
☎ <i>Stockport Foodbank</i>	<i>07483 115 349</i>
☎ <i>The Wellspring</i>	<i>0161 477 6344</i>
☎ <i>Healthwatch Stockport</i>	<i>0161 974 0753</i>