



We're in this together

# Looking out for our Neighbours

It's now more important than ever that we reach out to the people around us. I'm backing Chichester District Council's campaign to support our local neighbours. If you want a chat on the phone or need your medication or shopping picking up, please get in touch.



## Hello! If you are self-isolating, I can help.

My name is:

I live locally at:

My telephone number is:

If you are self-isolating due to COVID-19 I can help with:

- picking up shopping or medication.
- a friendly phone call.
- making sure you access the help you need.

Just call or text me and I'll do my best to help.

A Community Hub has been established by West Sussex County Council who are coordinating support for the most vulnerable people. Please let them know if you need help at this difficult time. Visit [www.westsussex.gov.uk/covid19communityhub](http://www.westsussex.gov.uk/covid19communityhub) or contact the Helpline on **033 022 27980** for further details.

### Remember:

- Nobody should enter your property.
- All items should be left on the doorstep.
- No one should take your bank details and you should not hand any money over to anyone you do not know.
- If you have concerns with callers at your doorstep, please do not open the door and call 999 if it is an emergency and you feel at risk.
- Avoid physical contact (at least 2m distance).
- Wash your hands regularly.

