



COVID-19 MUTUAL AID UK

Local organising to support the most vulnerable in our communities

Hello, are you unable to leave your home because of corona virus/covid 19? A group of volunteers in your area are ready to help you. We want to ensure that nobody is left isolated or without support.

How we can help:



ARRANGING
DELIVERIES



PICKING UP
SHOPPING &
MEDICATION



A FRIENDLY
PHONE CALL



POSTING
MAIL



URGENT
SUPPLIES



HELP TOPPING
UP ELECTRIC
OR GAS KEY

Please do call us if you need help. There are so many people who want to support you at this time.

Choose your local Co-ordinator from the list below:-

Berry Hill/Christchurch	Ali Williams	07796 025985
Bream	Steve Crick	01594 564657
Bream	Claire Phillips	07949 872756
Ellwood/Sling	Debra Oliver	01594 810836
Oldcroft and Viney Hill	Steve Dunford	01594 562638
Pillowell	Sue Coghlan	01594 562675
Parkend	Elaine Highfield	01594 563479
Yorkley	Jackie Dale	01594 564151
Yorkley	Jeane Ball	01594 563936
Whitcroft	Andy Moore	01594 563784
Whitcroft	Kim Ashwood	whitcroftcovid19aid@gmail.com
Parish Council	Dave Kent	01594 510187/01594 564484

Want to provide help?

If you want to support the local community and join in why not volunteer? We can add you to the organising group. Please ring your local coordinator on the telephone number above.

**On the back of this flyer there's lots of useful advice and contacts.
Helpful information, contact numbers and websites.**

Please note, when we help you we will be following official advice to keep 2m distance. So we'll knock on the door to check you're in and leave shopping etc on the door step. We only want to spread kindness and help!

If you need medical advice use the NHS 111 online coronavirus service at 111.nhs.uk/covid-19 or if you do not have internet access call NHS 111 from your phone. In a medical emergency call 999.

Please follow Government guidance on staying at home.

You can find useful up to date information here:

The County wide Hub at:

<http://gloucestershire.gov.uk/gloucestershire-communities-help-hub/>

or by calling a real person on 01452 583519

Monday-Friday, 8.30am- 5.00pm

<https://www.facebook.com/POVYCommunity/>

<https://www.westdeanpc.org.uk/> 01594 510187/01594 564484

<https://www.fdean.gov.uk/coronavirus>

<https://covidmutualaid.org/>

Food bank info@theforestfoodbank.org.uk 07775265263

Baby bank yourbabyfod@outlook.com 07870 286268

Age UK 08006781602

Gloucestershire Carers network www.gloucestershirecarershubs.co.uk

Forest of Dean Dementia Action Alliance. Contact Ruth Ward for help or advice on 07858936283 or email: ruth.ward@publicagroup.uk

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