



BRIDPORT COMMUNITY SUPPORT CORONAVIRUS (COVID -19)



This leaflet provides information and key contact numbers to support you during the Coronavirus (COVID-19) situation.

Community response:

In the Bridport area we have a volunteer support group which includes local organisations, groups and individuals who can offer support if you are vulnerable and self-isolating.

They can help with:

- Shopping, food & groceries
- Prescriptions/medicine
- Health & wellbeing and
- A friendly call or general support.

***Our volunteers will not try to enter your home.
If you feel unsafe please call the police.***

Equally if you are able to volunteer in any capacity please email bridportccs@googlemail.com or call 07401 243585

If you are vulnerable, or you know of somebody who is vulnerable, self-isolating and have no immediate support available please contact

01308 808900

or email enquiries@bridport-tc.gov.uk so that we can pass your/their details on to the local volunteer support.

Other things we can do as a community:

- Check in regularly on friends and family
- If you know someone who is self-isolating, get in contact with them to check that they are ok. By its very nature, self-isolation is a solitary experience and their wellbeing will be improved by talking to someone.

During this time:

- Please be mindful with your comments and actions, so as not to cause undue concern or anxiety within your community.
- Please be respectful of anyone you know who has been diagnosed with COVID-19. Due to patient confidentiality their details will not be publicly confirmed, so please respect and protect their privacy.
- Public Health England has advised people who are self-isolating to do what they can to avoid visitors to their home and that deliveries are to be left at the door so please ensure that when you are providing support this advice is followed.

Useful contacts:

These contacts can offer local support:

Community Support Contact Centre:

Advice and support for all needs.

01308 808900

Email enquiries@bridport-tc.gov.uk

Bridport Coronavirus Community Support:

Collecting shopping, prescriptions, general help.

07401 243585

Web www.facebook.com/groups/BridportCCS

Citizens Advice:

Independent advice about money, benefits, rights etc.

03444 111 444

Email: advice@bridport-cab.org.uk

Cupboard Love Food Bank:

07443 596096 Food Bank

07552 312594 for help with shopping, if you can pay

Email cupboardlove.bridport@gmail.com

Burrough Harmony Centre:

Peer support for mental health problems.

07597 379290

Email harmonydropin@outlook.com

More & updated information at:

www.bridport-tc.gov.uk/covid19

Dorset Council Online Advice: <http://tiny.cc/mr64lz>



Health advice:

- Wash your hands with soap and warm water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell

Follow the latest stay at home advice at

www.nhs.uk/conditions/coronavirus-covid-19/

Regularly updated advice at:

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