

Netherbury Helpers

(Salway Ash, Netherbury & Melplash Coronavirus Support Group)

We are a group of local residents offering a range of help to anyone in the neighbourhood (Salway Ash, Netherbury or Melplash villages & surrounding area) during this time. Many people are helping each other in small groups of friends or neighbours but not everyone has this support. We are here to help anyone who doesn't have this and to help everyone else in any way we can and to share trips to cut down on car journeys. We currently have over 150 local volunteers registered with a variety of skills and support that they can provide.

- **Collecting & delivering shopping or food.** Many local shops now take orders over the phone or via email. If you can't collect yourself we can arrange for orders to be collected for you. We have a list of shops which offer this and can arrange to get a copy of this list to you.
- **Picking up prescriptions or medications.** We are working with Bridport Medical Centre and the pharmacies on a formal scheme for this to help reduce queues and prioritise the most essential medicines.
- **Dog walking.** If you are self-isolating & feel well enough there is no issue with getting outside for exercise providing that you keep away from others. If not, we are sure we can find willing dog walkers for you!
- **Collecting take-away meals.** As well as the usual take-aways some local cafes, restaurants & pubs are currently offering a take-away menu so there is a good choice out there.
- **Putting you in contact with organisations who can help with a wider variety of support.** (We are working with the NHS, Adult & Child Social Services, local & national mental health organisations / local food banks, Bridport Town Council & Dorset Council amongst others.
- **A friendly phone call.** If you would like someone to give you a call to check that you are OK or just for a chat then we can arrange that.

DO YOU (OR SOMEONE YOU KNOW) NEED SUPPORT, OR CAN YOU HELP?

Text or call any numbers below or contact us via email – netherburyhelpers@gmail.com

Facebook - www.facebook.com/groups/netherburysupport/

Nextdoor – www.nextdoor.co.uk

Parish Council - <http://www.netherburyparishcouncil.org.uk>

Main contact:

Eddy Pearce (Salway Ash) - 07976 249699 / 01308 488123 / netherburyhelpers@gmail.com

Or:

Clare Handford (Netherbury) - 07730 898063 Peter Bailey (Salway Ash) - 07970 288272

Emma Bowditch (Netherbury) – 07779 296988 Georgie King (Dottery) – 07791 800176

Mark Rogers (Melplash) - 07788 437289 Ros King (Netherbury) – 01308 488025

Sancha Myall (Netherbury) - 07368 644334

Medical help:

We can only offer help within reason and in ways in which both we, and you, can stay safe. If you need medical advice, use the NHS 111 online coronavirus service at 111.nhs.uk/covid-19, or if you have no internet access, call NHS 111 from your phone. **In a medical emergency, dial 999.**