

## **Covid19 Community Help in and around Sudborough** **Sudborough Community Support line – 07340 227003**

Are you vulnerable and self-isolating because of Covid 19/Coronavirus? Do you need someone to help with shopping or pick up a prescription etc.? Or just someone to talk to if you're feeling isolated? We can help!

The Parish Council and residents of Sudborough are coming together to help out in the community during a time where some people are experiencing difficulty in accessing what they need due to concern about potentially getting ill. We would like to support the community that we live in and ensure that nobody is left isolated or without what they need. We **won't ask or demand anything of you in return**, we just believe in helping each-other in a time of difficulty.

**So if you would like to speak to someone, or want to ask for help, please phone or text on 07340 227003 and we will put you in touch with one of our community volunteers.**

We all need to pull together in these unprecedented times so we have set up this contact line for community support in Sudborough. We need people to help by joining the rota to take calls (only to be that first point of contact for people) and obviously also to support with shopping etc. to help people in need in the community.

If you can help either of these and would like to join us to help out with supporting the community, please let us know on our facebook page *Sudborough village life* or please text/phone on 07340 227003

Note: We have set this up as a contact line as a community to support those in need during this difficult time however please be aware we can only make this available during the daytime not 24/7 and we cannot provide any form of emergency support. Please use 999 for emergency services and 111 for NHS support.

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