

## Coronavirus (COVID-19)

### How you can help make a difference in your local community

People will soon be feeling isolated from their community due to coronavirus (COVID-19) and some people may struggle to carry out simple everyday tasks. This could be older or disabled people, single parents with children, people with mental health issues, etc. However, in the coming weeks and months we will all be affected by social distancing and isolation so it is important to reach out to people in your community to offer support where needed. Here are 10 simple ways you can help people out in your local community:

#### 1. Offer to help your neighbours

Complete a “Hello! If you are self-isolating, I can help” card and pop it through your neighbours’ doors. This provides your contact details and how you can help your neighbours. Then if they do need your help they can contact you directly.

#### 2. Telephone your neighbours

Individuals in your neighbourhood or your friends may get lonely. Usually you might pop in for a chat and a coffee with them but now why not give them a telephone call and see how they are doing and if you can help in anyway?

**HELLO!** If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

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

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

**#ViralKindness**

#### 3. Do some shopping

People that need to self-isolate may need some essential items such as milk, bread, fresh vegetables and fruit, toiletries, cleaning products, etc. Offering to do the shopping will be a huge help for these individuals. Money could be left in an envelope with a list of the shopping needed in a safe place outside their house (e.g. under a door mat or a plant pot). When you return with the shopping you can leave it on the door stop and perhaps ring the bell to notify your neighbour the shopping is there. Please remember to keep your distance and contact from anyone affected with COVID-19 or is self-isolating.

#### 4. Collect prescriptions

When individuals do get ill then they may need medicines or prescriptions collected from a local pharmacy or supermarket. Knowing someone who can do this for them will really help to get them feeling well and fit again soon!

#### 5. Dog walking

If a neighbour has a dog that needs walking, then you could offer to do this if they are unable to. This will be of benefit of to the dog and their owner who may be feeling guilty if they can't walk the dog!

## 6. Offline and online resources for children

Children that need to stay home with parents through quarantine or self-isolation will need to be entertained. Schools will have plans in place for online learning but think of how you can share ideas between parents to keep children occupied (which could be online or offline ideas). Could you encourage parents to get children to paint or draw pictures for older people in nursing homes or to draw pictures or cards to say Thank you to all the doctors and nurses at the NHS? Could children's books and DVD's be shared between neighbours?

## 7. Gardening

If your neighbour needs to self-isolate or is disabled or older, then offer to mow their lawn. You could also plant up some basic herbs that they could then use in cooking, e.g. coriander, basil, thyme, etc. Gardening helps to keep their garden tidy which not only is a great help to them but it also keeps the area looking neat and tidy. Planting herbs and watching them grow will help people to be more self-sustaining but it is also therapeutic for people's mental health when herbs grow and are fresh!

## 8. Bring the bins up the drive

Bringing the bins up and down the driveway is a great way to help your older neighbours who might find them too heavy to lift and move. Find out when local bin collections take place in your area by visiting: [www.cumbria.gov.uk/planning-environment/waste-management/default.asp](http://www.cumbria.gov.uk/planning-environment/waste-management/default.asp)

## 9. Group video call

Could you set up a What's App group for your street or do a Facebook group video call once a week so neighbours are connected and feel less isolated? It could be a simple way of checking in with everyone and making people feel they are part of their community and looked after.

## 10. Food Bank

If you can spare any tinned food, rice, pasta, tea bags, coffees, sugar, cereal, snacks, toilet rolls, toiletries, cleaning products, etc then please think about donating this to your local Foodbank. Often you will find supermarkets have Foodbank collection points after your check out. It enables people who are in crisis to have access to basic food and hygiene essentials. For details of your local foodbank please visit: [www.cumbria.gov.uk/welfare/foodbank.asp](http://www.cumbria.gov.uk/welfare/foodbank.asp)

In a world where you  
can be anything,  
be kind.

#KindCumbria

Social distancing  
shouldn't mean  
total isolation.

For information about volunteering please visit: [www.cumbriacvs/coronavirus](http://www.cumbriacvs/coronavirus)

For information about Coronavirus (COVID-19), Communities and Community Buildings please visit [www.cumbriaaction.org.uk/News-Events/News](http://www.cumbriaaction.org.uk/News-Events/News)

For information from Cumbria County Council visit: [www.cumbria.gov.uk/coronavirus/](http://www.cumbria.gov.uk/coronavirus/)

### **ACT champions community and rural issues**

ACTion with Communities in Cumbria, Offices O-Q Skirsgill Business Park, Penrith, Cumbria CA11 0FA  
T: 01228 817224 | [www.cumbriaaction.org.uk](http://www.cumbriaaction.org.uk) | [info@cumbriaaction.org.uk](mailto:info@cumbriaaction.org.uk) | Follow us @ACTCumbria  
Registered in England as Voluntary Action Cumbria | Charity Registration Number 1080875 | Company Number 3957858

