

**NORTH
BERMONDSEY
COMMUNITY
SUPPORT**

**FREE COVID-19 COMMUNITY
MUTUAL SUPPORT NETWORK!**

We are a group of over 90 residents in North Bermondsey who would like to support the community that we live in and ensure that nobody is left isolated or without support. We don't ask for anything in return, we just believe in helping each other in a time of difficulty.

What can we help with?



POSTING
MAIL



URGENT
SUPPLIES



HELP TOPPING
UP ELECTRIC
OR GAS KEY



ARRANGING
DELIVERIES



PICKING UP
SHOPPING &
MEDICATION



A FRIENDLY
PHONE CALL

TEXT OR CALL 07934719162 FOR SUPPORT!

9:00AM-5:00PM DAILY TEXT TO JOIN AND HELP

We are your local neighbours and not a professional body. We can only offer help within reason, and in ways we can also 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.

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**#STAYHOME
COVID-19 ADVICE**

- 1) Work from home when possible and stay at home for at least 7 days if you have:
 - A high temperature: You feel hot to touch on your chest or back.
 - A new, continuous cough - this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever.
- Everyone living there must stay at home for 14 days.
- Are over the age of 70

DO NOT immediately go to a GP surgery, pharmacy or hospital
Read the NHS advice about staying at home:
nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

- 2) USE THE NHS 111 ONLINE CORONAVIRUS SERVICE IF:
 - You feel you cannot cope with your symptoms at home.
 - Your condition gets worse.
 - Your symptoms do not get better after 7 days.
- **Only call 111 if you cannot get help online.

SHOUT CRISIS TEXT LINE *NOT FOR MEDICAL ADVICE* :
For anyone struggling with their mental health in isolation or suffering from anxiety or worry.

Please text SHOUT to 85258.
Shout offer free 24/7 textline support for those feeling in crisis.

CALL SAMARITAN FREE CRISIS HOTLINE:
116 123

Even if you're self-isolating, you're not alone.
We washed our hands before delivering these.