

## Want to help your community during the COVID-19 situation?



Your communities are strong and resilient. There are simple things you can do to help them continue to thrive!

### 1. Check-in on vulnerable family, friends and neighbours



Just helping them with their shopping and checking they have everything they need can make a huge difference. Know someone self-isolating? Call or text them to check that they're ok.

### 2. Volunteer with the community response scheme



To volunteer, visit:

[www.healthwatchbracknellforest.co.uk](http://www.healthwatchbracknellforest.co.uk)

or call 01344 266911