

Do you need support?



If you are in need of help or support, reach out to your community. You are not alone!

1. Call on your family, friends, neighbours or those you trust



Our communities are showing solidarity and community spirit during this difficult time. Most of us will have family, friends or trusted neighbours who can help. Just reach out!

2. Call on your local charity



If you are already in contact with a local charity, call them.

3. Call on your community and voluntary sector



Bracknell Forest Council is working with local charities and other partners to provide a community response for those who don't have support and need advice or practical help. Healthwatch Bracknell Forest, working with involve Community Services, are coordinating this. This is not an alternative to the NHS or social services.

Between 8am and 10pm call 01344 266 911 or email
community@healthwatchbracknellforest.co.uk

COVID-19 health advice visit **www.111.nhs.uk** or call **111**