

VARIOUS HELPFUL SUPPORT ORGANISATIONS THAT CAN HELP DURING CORONAVIRUS

1)

<https://covid19.realisefoundation.org.uk/> (this is Newcastle-under-Lyme based)

urgent support line 03001118050 (mon-fri, 9-5)

non urgent support line 01782 742800 (mon-fri, 9-5)

You can also fill in an online form at the above website.

They can help with-

- *Shopping picked up
- *Prescriptions need
- *Help with reading the post
- *Pets need exercising
- *Feeling isolated and need someone to talk to

2)

Goodsamapp.org

You can either use the above website or download the app

3)

Government line for If in high risk group call 08081963382 (self-refer)

