

## If you're in need of help when isolating, you should ask...



### Family first

Do you have any family/friends that are not isolating who can help with shopping?



### Neighbour next

Lots of neighbourhoods are helping each other, can you call on a neighbour to help?



### Then online

Find support on our website at: [www.cheshirewestandchester.gov.uk/covid](http://www.cheshirewestandchester.gov.uk/covid)



### Or helpline

Contact us on:  
**0300 123 7031**

**Remember... Family ▶ Neighbour ▶ Online ▶ Helpline**

If you're in the 'shielded' category of extremely vulnerable people you will be contacted by the NHS and offered priority support.

If you need support, which cannot be provided by family, friends or neighbours, our helpline can put you in touch with council and health services or community groups who can provide emergency help.

**Visit: [www.cheshirewestandchester.gov.uk/covid](http://www.cheshirewestandchester.gov.uk/covid) for how to get help and advice on:**

- Meals, food, shopping and other practical support
- Homeless service
- Health advice
- Income, bills, employment and Council tax
- Business support
- Care at home and care homes (including nursing)
- Parenting and education
- Advice, support and listening services

### How you can help?

Sign up to be a volunteer, register your community group and get advice on how to volunteer safely at [www.cheshirewestandchester.gov.uk/communityresponse](http://www.cheshirewestandchester.gov.uk/communityresponse)

**Do you know someone who is looking for work?**

We have job opportunities for care and support workers across the borough during the COVID 19 crisis and beyond. Visit our website for more information.



Cheshire West  
and Chester