# 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

or call 01344 266911

A partnership between Bracknell Forest Council,

Healthwatch Bracknell Forest and involve Community Services

# Do you need support?

**Bracknell Forest**

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**