

5 WAYS TO HELP FIGHT BACK

COMMUNITY ACTION RESPONSE: COVID-19



Think of others,
consider your
actions & be kind



Connect and
reach out to your
neighbours



Make the most
of local online
groups



Support
vulnerable or
isolated people



Share accurate
information and
advice

For more information please visit: www.exeter.gov.uk/wellbeing

Call: 01392 265000

(Mon-Fri 09.00-17.00 • Sat-Sun 09.00-12.00)

Facebook: facebook.com/groups/exeterupdates

Exeter City Council and Wellbeing Exeter are committed to working together to provide practical help and support for local people to get through this outbreak.

There are already many great examples of people coming together to look out for each other. We want to nurture this and do all we can so that neighbourhoods have as much help as they need to look after each other and get help and support to those likely to need it most.

We have set up Exeter Community Wellbeing to assist individuals and community groups to help and support each other during this challenging time.

We have online and telephone hotlines so we can gather information from people and organisations who want to offer their help and support to the community response. We will then share this with individuals who need information about the support on offer.

DO YOU WANT TO HELP?

This is a light touch “matching” service linking people who need help with local people and groups



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Please contact us if you are:

- An individual, community group or network who would like to offer activities or support
- A community group supporting people in relation to Coronavirus and would like information, advice, resources or funding
- A community organisation offering staffing or other resources
- An individual, family, organisation or company offering help and resources
- A resident who would like practical support because you are self-isolating because of Coronavirus
- Caring for, or are aware of someone, who would benefit from practical support because of Coronavirus

If you are unwell or seeking general advice about coronavirus symptoms you should visit:

www.111.nhs.uk or contact NHS 111