WAYS YOU CAN MAKE A DIFFERENCE

1. Check in
Staying at home for long periods of time can be difficult especially for those living alone. Regularly check in with others by voice or video call and online. Regular contact with others can make a huge difference to how someone is feeling.

2. Create a virtual neighbourhood
Why not set up a street WhatsApp group where neighbours can stay connected, offer help to anyone in need or share jokes and positives messages to help those feeling unsettled.

3. Create a neighbourhood directory –
Create a neighbourhood contact directory and help team (ensuring to ask permission before including names/numbers), so that anyone who finds themselves self-isolated can ask for help and have a list of names, phone numbers, and email addresses to contact. Depending on the size of the group and the needs, you might want to create rotas of who should check on whom for supplying food, and ringing particularly vulnerable folks for conversation so no one gets too lonely. Make sure that those isolating know that they can ring anyone on that list.

4. Organise neighbourhood activities/ challenges
Help keep community spirit up by organising activities or challenges for everyone to get involved in whilst keeping safe and following government guidelines of maintaining 2 metres distance from those who don't live in your household.

5. Printable postcards
In this resource pack, you'll find a printable postcard. Put a postcard through the letterbox of any neighbours you think may be vulnerable or self-isolating, provide your contact details and offer them help where you can. If you don't have access to a printer, write a message on a piece of paper and use that instead.

6. Collect food shopping for a neighbour in need
If you're going shopping for essentials, check with your neighbours whether they need anything too that you can pick up for them whilst you're out (make sure to follow safety guidelines when delivering items).

7. Prescription collections
If you're able to do so, offer to collect a medical prescription on behalf of any family, friends or neighbours who are unable to get out themselves (make sure to follow safety guidelines when delivering items).

BELIEVE IN BASILDON

WAYS YOU CAN MAKE A DIFFERENCE

8. Share a meal
Make an extra meal to share with your neighbour leaving their portion on their doorstep (following all necessary safety guidelines).

9. Swap supplies
If you have bought too much of something, why not swap with a neighbour who may be in great need of that item. Sharing supplies can be of great help and may prevent someone having to go out unnecessarily (make sure to follow safety guidelines when doing so).

10. Stick to the facts
In times of uncertainly, it is likely that many people may feel anxious and so it's important to only share factual information with others. You can keep up to date with the most relevant and factual information by visiting www.basildon.gov.uk/coronavirus

11. Donate to local food banks
Due to the current situation, our local food banks are in desperate need of food donations to help keep up with the rising demand. Picking up a spare item or two whilst doing your own food shopping could help feed family living close by in need. Food bank donations baskets are located in Tesco's Pitsea, Laindon and Mayflower, Asda Eastgate and Pipps Hill Retail Park, Waitrose Billericay. You can also make an online cash donation here: basildon.foodbank.org.uk/give-help/donate-money

12. Help protect vulnerable people from scammers
We are aware of a number of scams with regards to Coronavirus. Advise any vulnerable neighbours not to give money to anyone that they do not personally know and for more information on scams and online training resources visit www.friendsagainstscams.org.uk

13. Remember to be respectful
Do not take offence if someone does not want to participate and/or says they do not need help.

STAYING SAFE WHILE HELPING

- Government guidance for staying safe - www.gov.uk/government/publications/coronavirus-how-to-help-safely--2
- Here is a short video with tips for staying safe while volunteering - vimeo.com/398994115

#StaySafeBasildon