



# Be a great neighbour in Ilkley

It's easy to help and look out for your neighbour of any age during this current time.

You can help to support vulnerable or isolated people within your community that are at an increased risk with social isolation and loneliness.

Remember your contact with your neighbour may be the only time they speak to someone today. Encourage you friends and family to do the same so everyone can be a Great Neighbour!



## Are you worried about your neighbour?

It's quite natural to be concerned about your neighbours, especially if you haven't seen or heard from them in a while. They're probably going to be OK and even may be away visiting relatives or friends. Consider:

- Does the home look lived in? Are the curtains drawn in the daytime?
- Is the car nearby, perhaps parked somewhere else on the street?
- Is there post unopened at the door?
- Have you seen them walking the dog?

However, if you have real concerns consider asking other neighbours or call the police on 101

## Simple ways to help your neighbours;

- Run simple errands such as putting the bin out, posting their letters, picking up a newspaper or delivery
- Shopping e.g. groceries, top up cards for gas & electric, pet food
- Phone calls - Share phone numbers and stay in touch
- Dog walking



## What can you do?

Start by just getting in touch. Reach Out. Let them know you are there and care.

- Call: Make a phone call just to say "hello"
- Text: Message and let them know you are thinking about them
- Visit: Think! If they are ill they could be self-isolating but it may still be possible to have a face to face conversation at the doorstep or over the garden fence, maintaining a 2m distance between yourselves.
- Post card: Use the 'postcard' on the back of this form to let them know your contact details

## What are the symptoms of Coronavirus?

If you are concerned and think you may have contracted COVID-19 use this link to check your symptoms on the NHS 111 Coronavirus website.

Search "111 NHS Coronavirus" or go to <https://111.nhs.uk/covid-19>

# Coronavirus: Be a great neighbour in Ilkley

## What if I can't give enough support?

Don't worry. There are plenty of local groups out there that can help and will be pleased to hear from you.

Complete this online form to let them know help is needed - <https://bit.ly/ilkleycorona>

## If you don't have the internet

Call **07375 803 693** and leave a message. This is a special Ilkley number that will get you straight through to a team with local knowledge who can offer help through groups such as Community Action, Good Neighbours, Ilkley Food Bank, Ilkley Soup Kitchen. We will get back to you as soon as we can.

## How can I help my community?

Volunteer! Local groups will need considerable help over the coming months.

A centralised and coordinated approach is being taken in Ilkley and you can volunteer to help through this online form:

<https://bit.ly/ilkleycorona>

## If you're self-isolating we can help

Some people who are self-isolating may not need help. However if you want someone to know you are self-isolating, or need help, please fill in the online form or call the above number. The charity 'Mind' have some good resources for looking after your own wellbeing if you are self-isolating.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

## HELLO! If you are self-isolating, I can help

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating owing to COVID-19 I can help with...

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact. Wash your hands regularly. Items should be left on your doorstep.

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