

## CONTINUING TO WORK TOGETHER TO SUPPORT MARLOES & ST BRIDES DURING COVID-19

Our local residents support group of more than 20 volunteers that was formed to support the community is still active and ready to help during the winter months. We are your local neighbours and not a professional body. We can offer help within reason. If you need medical advice use the NHS advice line by calling 111 or in an emergency dial 999.

If you would like to speak to us, or want to ask for help please text, WhatsApp or ring Gina Smithies 07887527152 or ring 01646636269, ring Yvonne Evans (Clerk to the Community Council) 01646636251 or Peter & Rosemary Royle 01646636970 and let's see how we can help?

### HOW CAN WE HELP?

Arranging deliveries; pick up shopping & medications; a friendly phone call; posting mail; urgent supplies, helping topping up domestic fuel.

## COMMUNITY ACTION RESPONSE



### BE KIND, CONSIDERATE AND THINK OF OTHERS

We're all in this together - shop thoughtfully and think of other people when you need to be out and about. Spread a little joy and kindness as you go, even a smile can brighten someone's day.



### CONNECT AND REACH OUT TO YOUR COMMUNITY

Feeling connected is critical for our health and wellbeing so join an online group, share phone numbers and stay in touch. Be a positive part of your community conversations.



### SUPPORT EACH OTHER AND BE NEIGHBOURLY

Look out for those around you - social isolation and loneliness are key concerns for all ages and anyone can become vulnerable. Sometimes it's the simple things that really make a difference.



### SHARE RESOURCES, ADVICE AND ACCURATE INFORMATION

Share what you can - a spare loo roll, a listening ear, supplies to the foodbank or charitable donations - it all helps! Signpost people to accurate advice and information to help keep your community safe.

Produced in association with Community Action Response partner organisations to encourage and support community action



Visit [www.marloes.org.uk](http://www.marloes.org.uk) for local updates and information or to post relevant information.

You are not alone.