

BARNHAM & EASTERGATE PARISH COUNCIL

**NEED HELP
DURING THE
COVID-19
PANDEMIC?**

Do you (or a friend or neighbour) need help with essential shopping or picking up medicines during the pandemic and don't have family or friends who can do this?

**IF YOU NEED SOME HELP OR ADVICE
PLEASE CONTACT:**

01243 543816

01243 278110

(9am-5pm)

If we do not answer please leave a message with your name and contact details and we will get back to you ASAP.



USEFUL CONTACTS

Government guidance:
[gov.uk](https://www.gov.uk)

NHS online service:
<https://111.nhs.uk/covid-19/>

(Only call 111 if you cannot get help online)

Samaritans:
<https://www.samaritans.org/>
116 123

The Silver Line:
The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
0800 4 70 80 90

