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.



USEFUIL CONTACTS

Government guidance:

gov.uk

NHS online service:

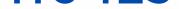
https://111.nhs.uk/covid-19/

(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

