

HELLO! If you are self-isolating or feeling lonely. We are happy to help.

Cossall Community Chest and Cossall Parish Council are here to provide practical help and support during the Coronavirus Pandemic (Covid -19).

Many of you will have heard from us in the past and recognise our names and contact details which are listed below.

If you are self-isolating and need help with:

- Picking up shopping
- Posting letters
- Collecting urgent supplies
- Or even a friendly phone call

We are only a phone call away!

For those who are internet savvy, email us or use Facebook - We are Cossall or Tweet - @wearecossall

Marie Gilbert - **07771 940721** - mariegilbertcossall@gmail.com

Iain Hardiker - **07850 439605** - iainhardiker@gmail.com

Chris Gilbert - **07970 382186** - chrisgilbert2333@gmail.com

Want to help? Give one of us a call.

As you know, Covid -19 is highly contagious, we will respect your space and only want to spread kindness.

Cossall Parish Council & Cossall Community Chest offer of support during the Coronavirus Pandemic

Dear Cossall resident,

We are writing to you in response to the Coronavirus Pandemic.

In order to slow down the rate of infection over the coming months many of us will be unable to work, socialise or travel. A significant number of us are now required to self-isolate for many weeks, perhaps even months to reduce the risk of catching Covid -19. Or if we have the virus to self-isolate for up to 14 days in order to avoid infecting others.

This may lead to some individuals having real difficulty with day to day practicalities, some who live alone may have feelings of anxiety or indeed feel lonely.

To help anyone who lives in Cossall during this difficult time Cossall Parish Council and Cossall Community Chest have joined forces to set up a support network which will be provided by volunteers who live in Cossall Parish; you may well know some of us already. This network is for residents to ask for help or support if they are sick or in isolation due to the current public health crisis.

If you are well and would like to offer your services in whatever capacity we would like to hear from you, use the contact details overleaf. In this way, as a community we can come together and help each other.

We will always advocate following the latest advice from the Government, the NHS and Public Health England in terms of isolating ourselves and having contact with the most vulnerable.

Help may be needed with shopping, picking up prescriptions, dog walking, or just hearing a friendly voice at the other end of the phone.

Please save this flyer and if at any time you need help please email or call us using the contact details overleaf and we'll respond as soon as possible.

With best wishes

Marie Gilbert, Iain Hardiker and Chris Gilbert