



The CoronaVirus outbreak means that all of us are having to make changes in our day-to-day lives. At this difficult time many people may need to stay at home for long periods of time and avoid contact with other people in other words to self-isolate. We are now all advised to keep a social distance and that too will have an effect on our lives.

For some this won't be easy and Roseland Together is a response by the Roseland Surgeries Patient Group (RSPG) working with the Surgeries to ensure that no one in our community is left out or feels abandoned.

The RSPG knows that there are many informal networks of support throughout the Roseland but also that there are some people who don't have local support, or a usual helper may be unavailable. Some of you may need some extra help with day-to-day matters but not know where to turn. The RSPG will know of people who will be very happy to offer that help. Roseland Together will connect people.

By pulling together and helping each other out we can get through this, for example – sorting out shopping, or having a friendly chat on the phone, or setting up your computer to talk to each other, or walking your dog if you are poorly – just to name a few obvious areas.

If you need any help, or can offer help, please read this leaflet and contact us using the details overleaf.

Up -to-date information and sources of help will be posted on our Facebook page: RSPG Roseland Together.

(Please note that Roseland Together is not for medical matters. For medical concerns phone the surgery or for CoronaVirus queries use NHS 111 by phone or online.)

Do You Need Help?

Do you need help with:

- Shopping (local and/or supermarket)?
- Medicine delivery?
- A friendly phone call?
- Run other errands?
- Something else? – ask us and we will try to help.

Please call Hilary Box, RSPG Community Coordinator on **07494 161549** or email **hilary.box@nhs.net** and she will try to sort this out for you using our team of local volunteers. If she is not available, please leave a message and she will call you back.



Can you offer help to others?

Can you help to:

- Collect & deliver shopping?
- Arrange an online shop for someone who doesn't have internet?
- Phone and have a friendly chat?
- Run other errands
- Something else we haven't thought of!

Please call or text our volunteer line on **07743 746215** or email **RoselandTogether@gmail.com**

All offers of help will be much appreciated – you won't be asked to do more than you are comfortable doing.