

St Mawgan Community - Isolation Support

Advice/Information for People Self-Isolating

If you think you might have coronavirus, use the NHS 111 online coronavirus resource to find out what to do - [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

We recommend the first point of call is to form a network with family, friends or neighbours who may be able to provide immediate support.

As a community, we are also looking to help residents who are self-isolating due to the coronavirus. The following volunteer services can provide information and assistance in any of the following areas:

- The collection of medical prescriptions
- Delivery of food
- Someone to chat to

Locally - The Oasis Centre:

Telephone: **01637 889 682** (available 10am-12noon, Mon-Fri); answerphone 24hrs
Email: admin@oasiscentre.plus.com

Regionally - disAbility Cornwall & IoS:

Telephone: **01736 759 500** (available 9am-5pm, Mon-Fri)
Email: advice@dialcornwall.org.uk

Stop the spread of coronavirus



HM Government

- **Plan ahead** and ask your employer, friends and family to ensure that you can successfully stay at home.
- **Stay at least 2 metres** (about 3 steps) away from other people in your home whenever possible.
- **Use separate facilities** in your home as much as possible. Sleep alone and use a separate bathroom, if available.
- Have food, medication and other **supplies delivered to you**.
- **Do not share** cups, eating utensils, towels, bedding or other items with other people in your home.
- **All waste**, including used tissues, should be put in a rubbish bag and then placed in a second bin bag and tied.
- **Stay away from vulnerable individuals** such as the elderly and those with underlying health conditions as much as possible.
- **Do not have visitors** in your home.

St Mawgan Community - Isolation Support

How can you Help?

The best way to keep up to date with how you can help the community is by joining the local Facebook assistance group by searching:



St Mawgan & local area Community Assistance Group

We are also trying to build a network of local residents who can either deliver food/medical prescriptions, or provide much needed social interaction to those who may be isolating for a long period of time. If you are in a position to help, please send details including your name, availability and area of operation to the following email address:

stmawganvolunteers@outlook.com

Local food banks are really struggling at this time. You can support the local Newquay Food Bank either by food donation, or by delivery by contacting one of the following numbers:

Sarah Bennet - 07810 271 202

Graham Smith - 07788 448 302

If you feel you have the time and capacity to offer extended assistance to local residence, then please consider registering as a "Flu-Friend" volunteer:

t: 01872 266988

e: mid@volunteercornwall.org.uk

Thank you all for your help and support

This flier has been distributed by clean, sterile volunteers