

Working together to support Ponteland

Ponteland Community

www.ponteland.co

MUTUAL AID PONTELAND - COVID - 19

Hi there. Are you unable to leave your home because of Covid-19 (Coronavirus), or just need help? We're here for you.

We are a group of local residents who have come together during a time where some people are finding it hard to access the help they need. We are proud to be working with Northumberland Communities Together (Northumberland County Council's response to the Covid19 pandemic).

We don't ask for anything in return, we just believe in helping each other in a time of difficulty. Visit our website at www.ponteland.co to find out more about what we do and information on what support and service are available locally and online.

NEED SUPPORT OR KNOW SOMEONE IN NEED OF SUPPORT?

If you would like help, or know someone who needs help with the following:



**ARRANGING
DELIVERIES**



**PICKING UP
SHOPPING &
MEDICATION**



**A FRIENDLY
PHONE CALL**



**POSTING
MAIL**



**URGENT
SUPPLIES**



**HELP TOPPING
UP ELECTRIC
OR GAS KEY**

**WE WILL CONTACT YOU WITH A NAMED VOLUNTEER(S) TO HELP YOU.
IF YOU ARE CONCERNED ABOUT A SCAM, PLEASE CONTACT US
OR THE POLICE**

JOIN US! GIVE SUPPORT

If you would like to support the community and join us, we can add you to our group of volunteers. Please register via our website www.ponteland.co to join our community network of volunteers, give brief details of the help you could provide (see the list above). Remember if you are unable to leave your home you could still make a friendly phone call.

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The information on the rest of this leaflet is some advice to help keep you safe and information on Ponteland Community.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have a high temperature or a new, continuous cough

If someone in your home has symptoms, everyone living there must stay home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital.

Go to [nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19) for more advice or call **NHS 111** from your phone. In a medical emergency, dial 999.

MENTAL HEALTH

SHOUT CRISIS TEXT LINE

NOT FOR MEDICAL ADVICE

For anyone struggling with their mental health in isolation, please text SHOUT to 85258. Shout offer free 24/7 textline support for those feeling in crisis. We also provide a range of helplines and apps for mental health via our website.

BUY LOCAL!

Please support your local community and visit our website www.ponteland.co to see local food delivery services operating. We also have a directory of local businesses that you can buy from to support our local economy.

ARE YOU A LOCAL BUSINESS IN NEED OF SUPPORT?

Please register your business via our website and we will upload it to our directory for the local community to support.

CHILDREN

We have a large number of educational and fun resources on our website to assist with your home schooling.

WHAT'S ON?

We keep our website up to date daily with online events, activities and live streams to keep you entertained whilst spending more time at home.

WORSHIP

Visit our website to watch videos from your local places of worship.

CARE PACKAGES

We are working to identify vulnerable community members to receive care packages donated by Waitrose Ponteland. Please inform us if you are a vulnerable person or know someone in need.