

Giving for Gedling Network

Supporting you throughout the Coronavirus outbreak

Good Neighbour Guide

Befriending:

With many people entering into self isolation, this can be particularly difficult for people who are lonely, elderly, people who suffer with anxiety or depression and those who are vulnerable in some way. There are lots of ways that you could help and offer support.

You could:

Call or text at least twice a week, asking three questions:

- 'Are you well? Is everyone in your house OK?'
- 'Do you need any help?'
- 'Would you like to chat for a bit?'

Food Deliveries:

You can set up a local support group for your road or close neighbours using WhatsApp or text messages.

Here's an example of a note you could post through someone's door:

"As the UK faces the impact of coronavirus, I wondered if we who live on (name of street) might provide some support for each other? If you want to be part of a WhatsApp or text messaging group, please contact me. That way we can shop, collect medicine or provide a listening ear for each other. If you would like to be part of this group, then please contact (Your name, number and house number)."

Volunteering:

Gedling Borough Council is building up a bank of extra volunteers to help with collecting donations, making up additional parcels and helping with non-contact doorstep deliveries. It is anticipated that as more people self-isolate, those without access to food or funds will suffer the most.

If you would like to volunteer visit www.gedling.gov.uk/givingforgedling and fill out the form.

Donate to our local food banks

Residents have already raised over £25,000 to help fund local food banks and establish a central food bank hub being co-ordinated by Gedling Borough Council at the Richard Herrod Centre. If you would like to make a donation you can go to www.gedling.gov.uk/givingforgedling

You can also drop off food donations at collection points in local supermarkets.



Ask for help

If you are at home without a network of neighbours, friends or family to call on and you need our help and support, including food parcel and deliveries please ring

0300 500 8080

You can also request help by visiting our website and selecting 'I need your support'

www.gedling.gov.uk/givingforgedling

You'll also find information on support and financial help there too.



Support self-employed workers

If you have a cleaner or gardener at home or through your work, you employ casual or self-employed workers, this can be a particularly stressful and uncertain time for them.

As one Good Neighbour said: "I texted my cleaner to make it clear I'd pay her sick leave, because hourly workers are the ones who bear the financial brunt of social distancing or quarantine".

If you are able, could you decide to pay them anyway? Instead of wondering "Which bills won't I have to pay now?", think "What bills might they not be able to pay now?"

Support for local businesses

The Government has announced a range of schemes including business rate holidays, grants, VAT and income tax deferrals as well as others. Gedling Borough Council is administering these schemes. To find out how these schemes can help you and your business visit the website below

www.gedling.gov.uk/businessgrants

If you have a concern about an adult or child that is an emergency or risk to life, call 999 or for non-emergency call 0300 500 80 90



Gedling Borough Council  **Working together with:**

HOPE Nottingham  **The King's Church** Arnold **foodbank** Arnold 

 **eagle's nest church**  **GROWING DISCIPLES** Wider Younger Deeper  **THE CHURCH OF ENGLAND** Diocese of Southwell & Nottingham  **NG4 Churches Together**

www.gedling.gov.uk/givingforgedling



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