

HIGHMOOR VOLUNTEERS

Highmoor Volunteers is a grassroots community group volunteering support for neighbours during the Covid-19 outbreak, set up by some of the parish councillors and supported by Highmoor Parish Council. We are registered with the UK-wide Covid-19 Mutual Aid UK (covidmutualaid.org/local-groups).

We support those who are self-isolating, quarantined, or in a vulnerable group, due to Covid-19. We also support NHS and Key Workers who may face challenges with shopping or other tasks. If you need help due to the Covid-19 outbreak, or know of anyone who needs assistance, please contact us and we will be happy to help with:

- Picking up shopping
- Collecting prescriptions
- Posting letters
- Giving you a call
- Or just anything else you may need

Deliveries will be left on your doorstep and physical contact will be avoided.

CONTACT US

Please contact us and we will put you in touch with one of our volunteers:

- Elaine Mulvaney 079 0469 1093 or 01491 642 837
- Judi Stacpoole 079 6819 1829 or 01491 641 113
- Email HighmoorVolunteers@gmail.com

KEEP UPDATED

For regular updates on the Coronavirus and Covid-19 please check the Government website ([gov.uk](https://www.gov.uk)) or the NHS website (111.nhs.uk).

STAY SECURE

If someone you don't know calls at your home, always ask for ID and always ensure you are comfortable sharing details like your phone number. **DO NOT** share financial details like credit/debit card numbers or personal information and do not pay any cash upfront.

IF YOU HAVE DOUBTS about those who are approaching you, and are concerned, don't feel pressurised, don't engage, and report serious suspicious behaviour to the police.

PLEASE WASH YOUR HANDS AFTER READING THIS LEAFLET