

# Coronavirus – Lidgate Community Support

Lidgate Parish Council, Village Hall Management Committee and Parochial Church Council are working together to support our community during the current Coronavirus pandemic.

## We are here for anyone who needs help. You are not alone!

Perhaps you are ‘social distancing’ through government advice, your usual network is under strain, or you are just plain poorly, and need help with...

- Picking up prescriptions
- Lifts to hospital appointments
- Posting / collecting mail
- Just a friendly phone call!

Please also let us know if you have any concerns about a neighbour or friend in the community.

**If you could use any help, don't hesitate, please leave your name and phone number with:**

**Liz: 01638 500443     John: 01638 500102     or Carol: 07967 527811**

The volunteer team will get back to you as soon as possible.

If you exhibit symptoms of Coronavirus (high temperature or a new, persistent dry cough) follow the advice on the [www.nhs.uk](http://www.nhs.uk) website.

Current advice is to stay at home (social distancing) for 7 days

The entire household must self-isolate for 14 days if you do not live alone.

If symptoms persist longer than 7 days, use 111 online: <https://111.nhs.uk/covid-19/>

**Do NOT go to your doctor's surgery or hospital**

Community support and chat is found on the **Facebook** groups ‘Wickhambrook, Lidgate and surrounding villages’ and ‘Wickhambrook Community Group’  
You can also contact **West Suffolk Councillor Mike Chester** on 01284 850000.

~ **KEEP THIS FLYER HANDY** ~

~ Stay Well ~ Look out for each other ~ Stay Safe ~