



Be a good neighbour – your community needs you

Over the coming days, weeks and months, it is likely that some of our Sevenoaks community will be required to self-isolate. Let us help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number.

We thought it would be nice to follow the initiative started in Cornwall to spread kindness and offer to help those who may not like to ask for it. At the back of this leaflet, you will find two cut-outs that may be useful to offer help to a neighbour who you may be concerned about.

We are fortunate enough to have local volunteers that have set up a Facebook group to help those that have decided to self-isolate, '**Care for our Community-Sevenoaks**'. Sevenoaks Residents Associations are also doing what they can to help.

Sevenoaks Town Council Contact Details:

Linda Larter MBE – Chief Executive / Town Clerk

Opening Hours: Monday – Friday 9:00am - 5:00pm (Friday 4:30pm Close)

E-Mail: council@sevenoakstown.gov.uk

Phone: 01732 459953

Address: Town Council Offices, Bradbourne Vale Rd, Sevenoaks TN13 3QG

Keeping up-to-date with Coronavirus:

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information. The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus



NHS 111 online service

Available at www.nhs.uk/coronavirus

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if:

- ◇ **you feel you cannot cope with your symptoms at home**
- ◇ **your condition gets worse**
- ◇ **your symptoms do not get better after 7 days**

Please only call 111 if you cannot get help from the online service.

Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of Coronavirus to facilitate various types of fraud. Please remember:

- **Watch out for scam messages: don't click on the links or attachments in suspicious emails**
- **Never respond to unsolicited messages and calls that ask for your personal or financial details.**
- **Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.**

To report a fraud or a scam: ActionFraud.police.uk / 0300 123 2040.

To see any Frequently Asked Questions (FAQ's)

Use your internet browser to search for:

'Public Health Matters Coronavirus'

The website is updated regularly and may have answers and advice to questions you have on the virus.

Hello... If you are self-isolating, I can help!

My name is

I live locally at

My phone number is

If you are self-isolating due to Coronavirus, I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help (for free!)

Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring that nobody enters your house while you are self-isolating. Thank you!

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