

## Coming Together as Community

Life is going to be quite different for many of us over the coming weeks. We are already seeing the community coming together to support those who are self-isolating or just going out less. It has been amazing to see how the community is coming together to support those who can't go out and shop or pick up prescriptions or to support over the phone those who are isolated. There is something that everyone can do to help each other at this time.

### Looking after your neighbours

As a Parish Council we are particularly concerned about those who do not regularly use the internet who may need help. The best form of support is neighbour to neighbour at street level. We want to see every house in the parish having a note put through the door with contact details of some neighbours who are willing to help people who are self-isolating. There is a template and lots of ideas about how to support people safely in [Wiltshire Council's volunteering pack](#) and there are other versions online. If you need help printing these email [nickbaker@laverstock-ford.co.uk](mailto:nickbaker@laverstock-ford.co.uk)

### If you need help

If you need help because you are not able to go out at the moment and aren't able to get the support you need from family, friends or neighbours, Wiltshire Council have set up a wellbeing hub who can help with deliveries of food and other essentials and support with loneliness and wellbeing. You can request help on: 0300 003 4576 or via email at [wellbeinghub@wiltshire.gov.uk](mailto:wellbeinghub@wiltshire.gov.uk). It's available from 8am - 8pm Monday-Friday and 10am - 4pm Saturday and Sunday.

The Wiltshire  
**WELLBEING HUB**  
For vulnerable people in need of support

**0300 003 4576**

 [wellbeinghub@wiltshire.gov.uk](mailto:wellbeinghub@wiltshire.gov.uk)

#WiltshireTogether

**Wiltshire Council**