



# COMMUNITY OUTREACH

## IF YOU ARE SELF ISOLATING WE CAN HELP

*Over the coming weeks, neighbours and members of our community may struggle in terms of accessing groceries or other essential items as the Coronavirus escalates.*

*There will be Volunteers from the Dundonald area with representatives from local churches, council and community groups.*

*We will pull together a network of volunteers across every development in Dundonald to ensure that any household that may be struggling to get items of necessity can be supported or signposted to the right place for help.*

## NEED HELP WITH ANYTHING

- ▶ **PICKING UP SHOPPING**
- ▶ **NEED URGENT SUPPLIES**
- ▶ **PRESCRIPTION PICKUP**
- ▶ **POSTING MAIL**
- ▶ **FRIENDLY CHAT**



## CONTACT US



### IN COMPLETE CONFIDENCE

*Anything you say to us will be kept in complete confidence*



### CARE AND SUPPORT

*If we cant help you we will certainly know someone who can*



### HERE TO LISTEN ANYTIME

*Dont worry when you want to call, we are here to listen any time of the day*

**Councillor Sharon Skillen** 07803 411023

**Rev Richard McIlhatton** 07776142067

**Councillor Martin Gregg** 07876643239

**John Howcroft (BIG)** 02890489990



Covid-19 BT16 Volunteer Response

# ▶ IMPORTANT INFORMATION ON THE OTHER SIDE

Covid-19  
Volunteer Response



## COMMUNITY OUTREACH

*Please be aware we are unable  
to provide medical help*



*Please follow the latest guidelines from the Public Health Agency, which are widely available in the media and online at [www.publichealth.hscni.net/news/covid-19-coronavirus](http://www.publichealth.hscni.net/news/covid-19-coronavirus). If necessary, you can contact NHS 111 or your GP.*

**Lifeline**

**0808 808 8000**  
[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

*Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.*

*People living in Northern Ireland can call Lifeline on 0808 808 8000.*

*Whatever you're going through, a Samaritan will face it with you. They are there to help 24 hours a day, 365 days a year.*

Talk it through  
We're here to listen

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

samaritans.org

*No one in Dundonald should go hungry.*

*We can help.*

*Opening Hours:*

*Monday 9am-12noon*

*Wednesday 9am-12noon*

*Friday 9am-12noon*

*971 Upper N'ards Road, Dundonald*

