

# Southend Coronavirus Action

## Worried? Need some help?

- If your friends and family aren't able to help you and you have no local support, **then please call us.**
- If you need help with tasks like food shopping or you're just feeling isolated, **then please call us.**

## You are not alone. If you need us, we're here.

Your council, our partners, and some caring volunteers are on hand to answer your questions and help get you the support you need.

## Call us on 01702 212497

Monday to Friday 9 – 5pm, Saturday & Sunday 10 – 2pm

**Please don't worry about this virus on your own,** but be sure to follow Government guidance on self-isolating if you have symptoms, and staying at home wherever possible.

**This leaflet has been delivered by distributors wearing gloves. However, please wash your hands after touching this and any other communication delivered by hand.**



## Who are we?

We are Southend-on-Sea Borough Council, Southend Association of Voluntary Services (SAVS), South Essex Community Hubs (SECH) - and a host of wonderful volunteers from across the borough, who have signed up to support people in the community with their needs at this time.

## Could you volunteer and work with us to help others?

If you are healthy, young and not pregnant, and would be able to help those who need it near you, then please do consider volunteering. Just fill in our short form and a representative will contact you to discuss how you might be able to help.

**[southend.gov.uk/CoronavirusVolunteer](https://southend.gov.uk/CoronavirusVolunteer)**

**Please join and share our Facebook Page:  
[facebook.com/SouthendCoronavirusAction](https://facebook.com/SouthendCoronavirusAction)**

It's important to know that although we will do our absolute best to help as many people as we can, we have a finite resource, so please only call if you don't have other outside support. Save it for those who really need it. **And if you do need it, then we're here for you.**