Setting up a local community response group

Quick steps

1. Talk to family, friends and neighbours about the support that might be needed over the next few weeks and months.
2. Create a community Facebook group and/or Whatsapp group for your area where people can request help or say that they are willing to volunteer.
3. Have volunteers do things such as shopping trips, calling those who are self-isolating, and identifying local people who may not have access to the internet and therefore might find it difficult to find the support they need.

Other ideas

Easy read support request form for letterboxing

1. Create a form which has options such as ‘I need help with my shopping’, ‘I would like someone to ring me so that I have someone to talk to’, ‘I would like someone to pick up my prescription’ etc.
2. Post the form through letterboxes, giving instructions on the top to put the form back in the window once it has been filled in.
3. Go back around and see what help people need, giving them a call to clarify details.

Ideas for physical and mental health

1. Share suggestions of things to do when self-isolating in order to stop people’s mental health from deteriorating.
2. Do things together as a community, such as starting an online book group on Facebook.
3. Ask if anyone needs car lifts as some people are still getting public transport to school/work and then coming home to someone vulnerable.
4. Get a car-share community going, it’s better to travel with one other person than multiple.