

COVID 19 – Handling Self Isolation – 27 March 2020

It's understandable that not only our customers, but communities everywhere will be worried about how their lives are going to be affected over the coming months. The government has issued guidance on social distancing for everyone in the UK and how we can all work together to protect each other. This includes steps you can take to stay connected to family and friends during this time.

Government advice on social distancing - <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

As we anticipate there will be disruption for an extended period of time, where tenants are self-isolating and have no local friends and family to assist with delivering prescriptions and other vital supplies, we can help. Contact our team on 0141 944 3891 and leave a message and we will contact you to make arrangements to refer you onto support agencies that can assist with supplies, and in some cases financial help.

If you are concerned about a vulnerable neighbour please let us know and we can provide you with advice and assistance.

If you are feeling worried or overwhelmed, support is also available from the following organisations:

Breathing Space – 0800 83 85 87

MIND - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Samaritans – 116 123 or <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak>

SHOUT – Text SHOUT to 85258 or visit <https://www.giveusashout.org/>