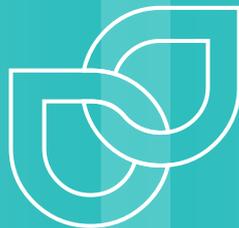


#LincolnGoodCitizens

# Good Citizen Guide

During Coronavirus  
Shut Down



[www.actstrust.org.uk](http://www.actstrust.org.uk)

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*Lincoln*  
COUNCIL

Here is a collection of some of the great ideas that people have been sharing for how to be 'good citizens' in our community while individuals and local businesses may be facing hardship.

# 1:

## Volunteer your time - even from your home!

### Befriending

With many people entering into self isolation, this can be particularly difficult for people who are lonely, elderly, people who suffer with anxiety or depression and those who are vulnerable in some way.

**Have a think about people you know** who potentially will struggle with being isolated. You could:

- Call or text at least twice a week, asking three questions:
- 'Are you well? Is everyone in your house OK?'
- 'Do you need any help?'
- 'Would you like to chat for a bit?'

**Many local charities will have telephone befriending services** that you could get involved with. If you know of a local charity that does this, why not give them a call and offer to volunteer? Or you can contact Lincoln City Council who could redirect you to a service.

**01522 873461 or 01522 873374**

### Food Deliveries

**You could slip a card through the letterbox of a vulnerable neighbour who you know** with your phone number, offering to pick up groceries or emergency supplies for them if needed.

**Your local foodbank is building up a bank of extra volunteers** to help with collecting donations, making up additional parcels and helping with non-contact doorstep deliveries. It is anticipated that as more people self-isolate, those without access to food or funds will suffer the most. Simply fill out the form at [www.bit.ly/foodcrisis-volunteer](http://www.bit.ly/foodcrisis-volunteer) if you would like to make yourself available to help

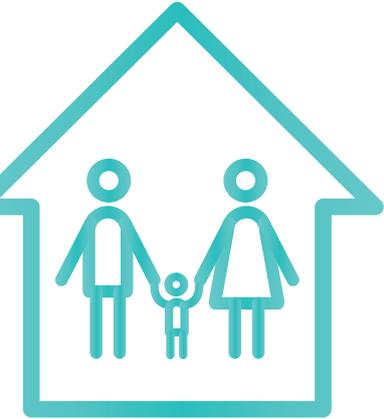


# 2:

## Donate!

### Food, Toiletries and Plastic Bags

Collection points are in most supermarkets and cooperative food stores in the City. Please leave donations at these points. Alternatively, you may drop donations in at any of the locations below - but only if your walk to the shop or daily exercise route takes you past.



#### 1. Bridge Community Hub

107-115 Newark Road LN5 8NQ

- Mondays, Wednesdays and Fridays (10:00 - 12:00) or Tuesdays (15:30 - 17:30)

#### 2. Moorland Park Methodist Church

46 Skellingthorpe Road LN6 7RB

- Tuesdays (13:00 - 15:00) or Thursdays (10:00 - 12:00)

#### 3. Birchwood Life Church

127 Birchwood Avenue LN6 0JE

- Mondays to Fridays (09:00 - 12:00)

#### 4. YMCA Annex

Rosemary Lane Site (LN2 5AR)

- Tuesdays and Fridays (13:30 - 15:00)

To avoid face to face contact, leave these deliveries in the donations points during the above times only.

If you find yourself with surplus food stock at home, for example if you bought too many extra items in a panic, why not put the food and toiletries to good use and pass it on in this way?



## Financially

You can also donate financially to Lincoln Foodbank to help with their increased running costs at this time by going to [evr.fund/oevb](https://evr.fund/oevb) or scanning the QR code

## Activities

For the lonely and elderly, the provision of activities that you can do at home during a period of self-isolation will be invaluable. You could give or buy items directly for people you know who are in isolation, such as:

- Games / Jigsaw Puzzles
- Craft stuff
- Magazines
- Old DVDs
- Second Hand Books
- Wool

Please make sure any items you pass on directly have all been disinfected.

# 3: Support Local Businesses

## Self Employed Workers



If you have a cleaner or gardener at home or through your work you employ casual or self-employed workers, this can be a particularly stressful and uncertain time. As one Good Citizen said:

“I text my cleaner to make it clear i’d pay her sick leave, because hourly workers are the ones who bear the financial brunt of social distancing or quarantine”

If you are able, could you decide to pay them anyway? Instead of wondering “Which bills won’t I have to pay now?”, think “What bills might they not be able to pay now?”

### Local Businesses/Restaurants/Services

There is a genuine risk that many small to medium businesses could go bust because of extended periods of quarantine. Local businesses that are not part of a national chain may be particularly vulnerable.

One Good Citizen idea is to purchase vouchers from them now, that you can redeem later in the year. This ensures businesses still have cash coming in when they need it the most.



**Why not share your ideas online?**

**#LincolnGoodCitizens**

**Lincoln City Council have a dedicated hotline for people who might not have access to support or friends and family who could help.**

**This includes; Foodbank referrals and a Befriending Service.**

**01522 873461 or 01522 873374**

**communityhelp@lincoln.gov.uk**



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