

#WymondhamGoodCitizens

Good Citizen Guide

During Coronavirus
Shut Down

Alive

WWW.ALIVECHURCH.ORG.UK

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. A recommended plan is to:

Call or text at least twice a week, asking three questions:

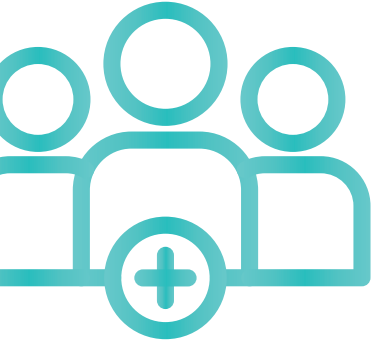
- 'Are you well? Is everyone in your house OK?'
- 'Do you need any help?'
- 'Would you like to chat for a bit?'

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 Contact Voluntary Wymondham on 07771782714 or sign up for NHS volunteers at www.england.nhs.uk who could redirect you to a service.

Food Deliveries

You could slip a card through a vulnerable neighbours letterbox 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. Go to trusselltrust.org if you would like to make yourself available to help if you would like to make yourself available to help.



2:

Donate!

Food and Toiletries

The emergency collection points for food donations are:

1. Waitrose, Norwich Road Wymondham NR18 0SH
2. Co-op Food, 6 Market Place Wymondham NR18 0AJ

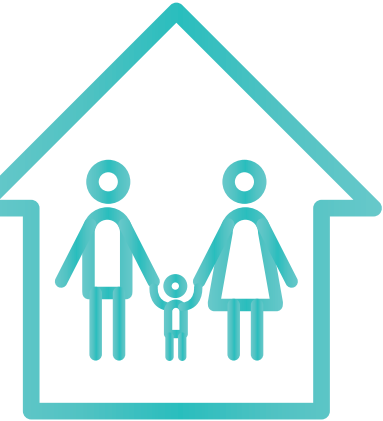
If you find yourself with surplus food stock at home, for example if you bought too many extra items in a panic, why not put the food and toiletries to good use and pass it on in this way?

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 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. What ideas do you have?

You may have seen this excellent card that you can print out, fill in and post through the letterbox of people you know locally who may need some support!

WE ARE HERE FOR YOU

IF YOU ARE SELF ISOLATING, WE CAN HELP

MY NAME IS

I LIVE NEAR YOU

MY PHONE NUMBER IS

If you are following the government guidance and self-isolating we want to support you at this time.

I WOULD LOVE TO HELP YOU WITH:

- Picking up shopping
- Posting Mail
- A friendly phone call
- Urgent Supplies

JUST CALL OR TEXT AND I'LL DO MY BEST TO HELP YOU. FOR FREE

Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items are left on your doorstep.

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Why not share your ideas online?

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