

## Coronavirus/Covid-19 and Self-isolation

**Are you elderly, unwell or lonely?**

**Would you like to connect with you neighbours in  
West Bridgford?**

We are a group of West Bridgford residents who care about our neighbours. We are hoping to set up a network of “Neighbour groups” - linking up vulnerable residents with people in their community who would like to help support them  
e.g. arranging for food delivery/collecting shopping, delivering post or even just a friendly phonecall.

If you are someone who feels vulnerable and would like a local friend to speak to on the phone, please email [WBcommunity@yahoo.com](mailto:WBcommunity@yahoo.com) or call

**07742 107942**

Leave a message with your name, street you live on and your phone number and we'll get back to you to arrange linking you up with your local volunteer group.

If you would like to join a local volunteer group to provide support or just a friendly ear, please email [WBcommunity@yahoo.com](mailto:WBcommunity@yahoo.com) or join the “West Bridgford Community Helpers” group on Facebook.