

Are you isolating in Manor Castle / Park & Arbourthorne Wards?

YOU ARE NOT ALONE!

Need help getting shopping?



Norfolk Park Mutual Aid
facebook.com/groups/norfolkparkmutualaid/ Tel: 0780 1431 709, Email: jholmes299@gmail.com
Or contact your local community hub
Manor and Castle Development Trust
0114 278 9999 | You can pay MCDT for shopping with cash, bank transfer, cheque or contactless card

Use PayPal
You can pay your neighbour for shopping with cash or by Paypal/bank transfer

Need prescription medication?



For prescriptions contact Sheffield City Council advice line, 0114 273 4567

No money for food?



For an emergency food parcel, contact your local community hub

S2 Food bank (St Swithun's): 0780 440 6267
S2 Food Bank (Salvation Army): 0114 273 1778
Norfolk Park TARA: 0794 604 5089
Pantry: 273 9611 or 0758 443 5841
Spires: 0114 241 6786 or info@hopefamily.uk

Need someone to talk to?



To arrange a friendly phone call, contact your local community hub:

Manor and Castle Development Trust: 0114 278 9999
24/7 Mental health support line: 0114 226 3636
Domestic violence helpline: 0808 808 2241
Online support: www.idas.org.uk

Need benefits, employment or housing advice?



Citizens Advice: 03444 113111
Email: getintouch@citizensadvicesheffield.org.uk
Web: citizensadvicesheffield.org.uk
Manor and Castle Development Trust: 0114 2789999
Shelter: 03445 151515
Email: Sheffield_hub@shelter.org.uk

If you need any other help, call Sheffield City Council:
0114 273 4567

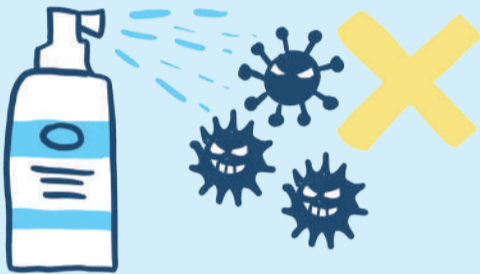
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Things to remember

AT HOME



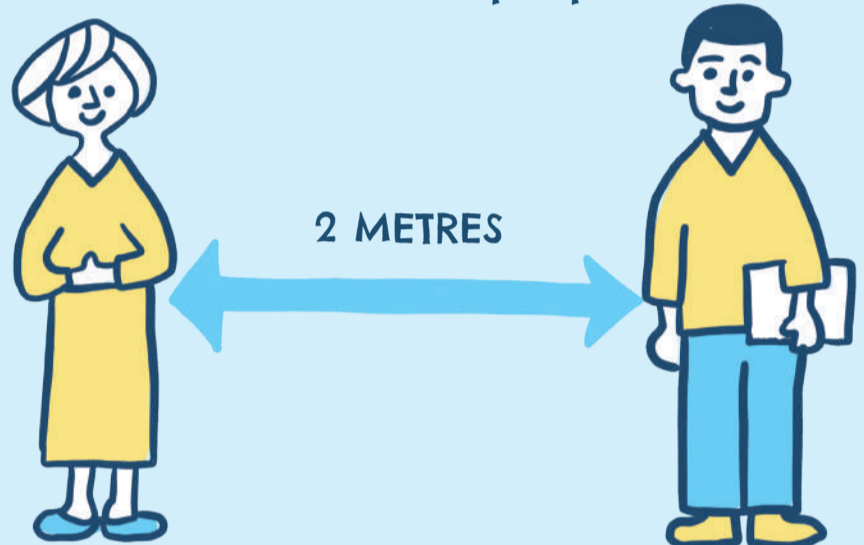
Wash hands frequently, and cough into elbow or tissue/then dispose of it



Regularly clean frequently used surfaces

OUTSIDE

Only leave the house if it is essential (food shopping, getting medicines and/or going to ESSENTIAL work place). When you do leave the house, maintain 2 metres distance between other people.



DO NOT:



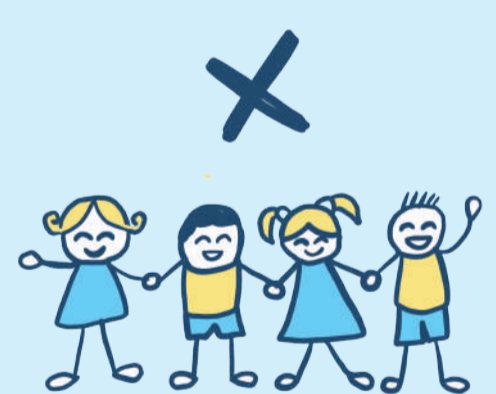
Invite other people to your house



Socialise outside



Have fires outside



Let your children play outside

Police / Social Services may take action if this guidance not followed

If you have symptoms - do not leave the house for 7 days, until your temperature is normal; people living with you must stay at home for 14 days, call NHS 111 for health advice