



COVID-19 is affecting us all

We are aware of the impact that COVID-19 is having on our vulnerable residents.

If you don't have anyone to support you and are in need of assistance please contact Wigan Council.

Four steps to staying safe:

Step 1: Stay well: Head into the garden for some fresh air. Drink plenty of water and eat well.

Step 2: Pick up the phone: Don't be afraid to ask family members and friends for help if you're struggling or use it as an opportunity to have a chinwag.

Step 3: Speak up: Ask for support from neighbours and people you know in your local community. Could they nip to the shops for you to pick up a few bits?

Step 4: Seek help: If you are vulnerable, need help and have no one to turn to please complete our 'Self-isolation Welfare Support' form at www.wigan.gov.uk/bekind or call us on 01942 489018

Be Kind.