

5 WAYS TO SUPPORT EACH OTHER

COMMUNITY ACTION RESPONSE: COVID-19



Think of others,
consider your
actions & be kind



Connect and
reach out to your
neighbours



Make the most
of local online
groups



Support
vulnerable or
isolated people



Share accurate
information and
advice

For more information visit: www.exeter.gov.uk/wellbeing

Call: 01392 265000

Mon-Fri 9am to 5pm

Exeter City Council and Wellbeing Exeter are committed to working together to provide practical help and support for local people to get through this temporary lockdown.

We want to make sure that communities have what they need to look after each other and get support to those who need it. We can also put individuals in touch with local people and groups who can arrange support for them.

Exeter Community Wellbeing can help you with things like:

- Arranging priority food delivery slots from local supermarkets
- Delivery of essential supplies
- Food vouchers
- Medications deliveries
- Wellbeing check-ins by phone
- Connecting you with people or services who can offer further support

WE'RE HERE FOR YOU

Exeter Community Wellbeing links people who require support with people, groups and services specific to them



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Get in touch if you are:

Isolating or clinically extremely vulnerable and require practical support

In need of advice or signposting to a local group who can support you

A friend or family member of someone who requires support

A community group or volunteer offering support