

WOODHALL SPA AND KIRKBY ON BAIN CORONAVIRUS COMMUNITY SUPPORT (CCS)

We are a group of local volunteers in the Woodhall Spa and Kirkby on Bain area offering to help residents of all ages in our communities affected by Coronavirus.

If you are unable to leave your home because:

**You are self-isolating without family
or friends to support you**

**Or you are having difficulty accessing local shops
because you are in need of support**

...then maybe we can help.

We are providing a service to deliver essential shopping, collect prescriptions and post mail.

All of this will be done while maintaining your peace of mind.

Our first concern is your wellbeing and security.
If this is a service you need

Call: 07375761039

**Our volunteers are available between 9am and 12 noon
for next day delivery. Monday to Saturday.**

Supported by Woodhall Spa and Kirkby on Bain Parish Councils, ELDC Cllrs Tom Kemp and Craig Leyland, LCC Cllr Tricia Bradwell, and the Woodhall Spa 1940s Festival Committee.

Covid-19 is a new illness that can affect your lungs and airways. Its caused by a virus called coronavirus.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

STAY AT HOME IF YOU HAVE EITHER:

A HIGH TEMPERATURE

This means you feel hot to touch on your chest or back
(you do not need to measure your temperature)

A NEW, CONTINUOUS COUGH

This means coughing a lot for more than an hour,
or 3 or more coughing episodes in 24 hours
(if you usually have a cough it may be worse than usual)

DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL

Use the 111 online coronavirus service
to find out what to do.

www.111.nhs.uk/service/COVID-19/

Only call 111 if you cannot get help online
or your symptoms worsen considerably