



SUPPORTING MEOPHAM



Super neighbours

During the coronavirus emergency local residents in the Parish of Meopham are working together with Meopham Parish Council, Gravesham Borough Council and Adam Holloway MP to provide support to stay at home for older people, vulnerable people and all those who are self-isolating.

Do you, family, friends or neighbours who are self-isolating need help?

Our volunteers can assist with a variety of issues including:

- Shopping
- Collecting prescriptions
- Collecting urgent supplies
- Helping you make contact with other services
- Digital help, talking you through new on line tasks
- A regular friendly phone call.

If you need help contact us by phone or e-mail and we will find a volunteer to assist you.

Volunteers will abide by the social distancing guidance from Government and will not enter your home but they will leave your shopping etc. outside your front door.

Criminals may take advantage of people who are self-isolating so please only deal with volunteers who have been referred to you by SUPPORTING MEOPHAM and ask for their ID

This is a service run by residents for residents, we already have a bank of volunteers but we want more so we can provide a service throughout the Parish. If you can volunteer to be a super neighbour and help people in your community through this emergency who are self-isolating then please phone or e-mail us.

Call or text **07908 155669**, or email [**superneighbour@meopham.org**](mailto:superneighbour@meopham.org)

Gravesham Community Support a data base that will assist Gravesham residents who can help or need help during the COVID-19 emergency www.graveshamcommunitysupport.org