

# HELPING HELENSBURGH



FACEBOOK/  
helpinghelensburgh



Photos courtesy of *Undiscovered Scotland & Spark Post*



**HELPING HELENSBURGH** is a local group formed to help those in self isolation so they can reach out to ask or offer help to neighbours and fellow locals....

## **NOTICE BOARD:**

Set up as a Facebook page, **HELPING HELENSBURGH** is to be used like a notice board. Requests are posted on the page (no personal details) and someone will respond and help.

The idea behind **HELPING HELENSBURGH** is that if you are unable to go out or would just like a chat then by posting a request on our page hopefully a member of the community, ideally someone already known to you/on the same street, will be able to assist you.

## **Help includes....**

- collecting and delivering shopping,
- posting mail,
- collecting prescriptions
- OR if you would like a wee phone call to break up the loneliness. We CAN HELP!

## ASSISTANCE

If you need assistance but can't access or don't have Facebook – then please call one of these lovely local businesses who have kindly offered to post something on the **Helping Helensburgh** page on your behalf.

### **The Toy Shop**

01436 677500  
(between 10am and 5pm)

### **The Rosslea Hotel**

01436 439955

**\*REMEMBER\* This is meant to be a FREE and completely voluntary community group and runs on a one-to-one basis between yourself and whoever volunteers to help you at the time. Thank you!**

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## A FEW BASIC RULES:

We advise that no personal details (addresses, phone numbers etc) be shared on the Facebook page as it is a public page. Instead we would recommend that making the arrangements be done privately between each party (private messages or "PMs").

## VOLUNTEERS:

- If you are volunteering to assist someone this has to be a **FREE service**.
- We would also encourage you use safe guarding measures for both parties i.e. get signatures for financial transactions like shopping etc.
- AVOID physical contact (2m distance). I.e. Items to be LEFT on doorstep
- WASH your hands regularly.
- Coronavirus is contagious. **PLEASE take every precaution to ensure you are spreading only kindness.**

We would like to say a very warm thank you to everyone for supporting this initiative in an uncertain time. We have all turned a negative into a positive by showing amazing community spirit.

**Let's share the word and prepare to help each other when we can!**

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If you would like to help your immediate neighbours, please feel free to use this template (or write a personal note) and drop it through their letter box.

*With thanks to Becky Wass, Cornwall for her design!*

**HELLO!** If you are self-isolating, I can help.

**My name is**  
.....

**I live locally at**  
.....

**My phone number is**  
.....

**If you are self-isolating due to COVID-19 I can help with:**

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

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