

# Rhu & Shandon Community Council



## Coronavirus Advice & Help

At this difficult time we are trying to ensure that all our residents know where they can get help. This leaflet is restricted to Rhu and Shandon.

In most cases, we expect that the helper and the helped will know each other. This initiative is not intended to interfere with any arrangements which are already in place but whether you are receiving or providing help, you both need to feel confident, safe and secure.

If you need help we have a team of local volunteers and two coordinators.

Please contact:

- Fiona Hughes (01436 820848) if you live in Shandon
- Kate Williams (07522 779049) if you live in Rhu

Argyll and Bute have a single helpline number for citizens to contact the Council and other partnership agencies **01546 605524. between 9am and 5pm.**

### Advice for residents

- Do not put a sign in your window indicating that you need help. This may attract the unscrupulous.
- Even if you usually shop several times a week, please try to limit your order to once a week and agree your delivery with your volunteer.
- If you cannot order and pay on-line, then consider payment for your goods by cheque.
- If you suspect you might be suffering from Covid-19, and your symptoms worsen, please call 111.

### Advice for volunteers

- Contact Fiona or Kate if you can help.
- You should not go inside the homes of anyone you do not live with.
- If you are picking up items for others, try to remain vigilant with social distancing, particularly at handover times.
- Wash your hands regularly for at least 20 seconds in hot soapy water or use a hand sanitiser.
- Do not promise more than you can reasonably do.

**If you have access to the internet we have a website where we post the latest home deliveries on the News page: [www.rhuandshandoncommunity.org](http://www.rhuandshandoncommunity.org)**

**If you use email, please signup for our Newsletter. Do this by sending your email address to [secretary@rhuandshandoncommunity.org](mailto:secretary@rhuandshandoncommunity.org).**



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