

Various groups in the Durham Dales have come together to provide help and support to people at this time

If you are **self-isolating** we would encourage you to contact us so we can keep touch to make certain you are safe.

Or **if you need other support** please contact us and we will try help with shopping, prescriptions, dog walking or anything else you may need.

Please contact us either

- on our **help line 01833-641010** staffed 9am to 5pm, 7 days a week.
- **E-mail** [initttogether@utass.org](mailto:initttogether@utass.org) giving your
  - Name
  - Address
  - Telephone number
  - E-mail address if you have one

We will call you as soon as possible

- Contact us at our **facebook** page **Facebook.com/groups/InItTogetherTeesdale**

If it's an emergency outside of office hours as above please ring the **emergency number 07917304685**

If you need **Medical Help**,

**Use the NHS 111 online coronavirus service if:**

- You feel you cannot cope with your symptoms at home
- Your condition gets worse

<https://111.nhs.uk/covid-19/> is the link to conduct an assessment at

**Only call 111 if you cannot get help online**

**We need volunteers to assist others in need** with things like,

- Keeping in contact and checks on peoples safety
- Delivery of shopping or medicines
- Dog walking.
- Assistance with meals

**If you can help**, please go to [bit.ly/inittogetherteesdale](https://bit.ly/inittogetherteesdale) and complete the questionnaire or **ring 01833-641010** and someone will do it for you.

**If you are already helping others** please let us know what you are doing, that way we can **support you** and also **co-ordinate the response** to ensure resources are not wasted

In it together, we can be stronger and give better support to our friends and neighbours.

We began planning for this eventuality some months ago, we don't have all the ideas or know all the problems, but we do have a team committed to support and finding the solutions.

Please help us to help others.