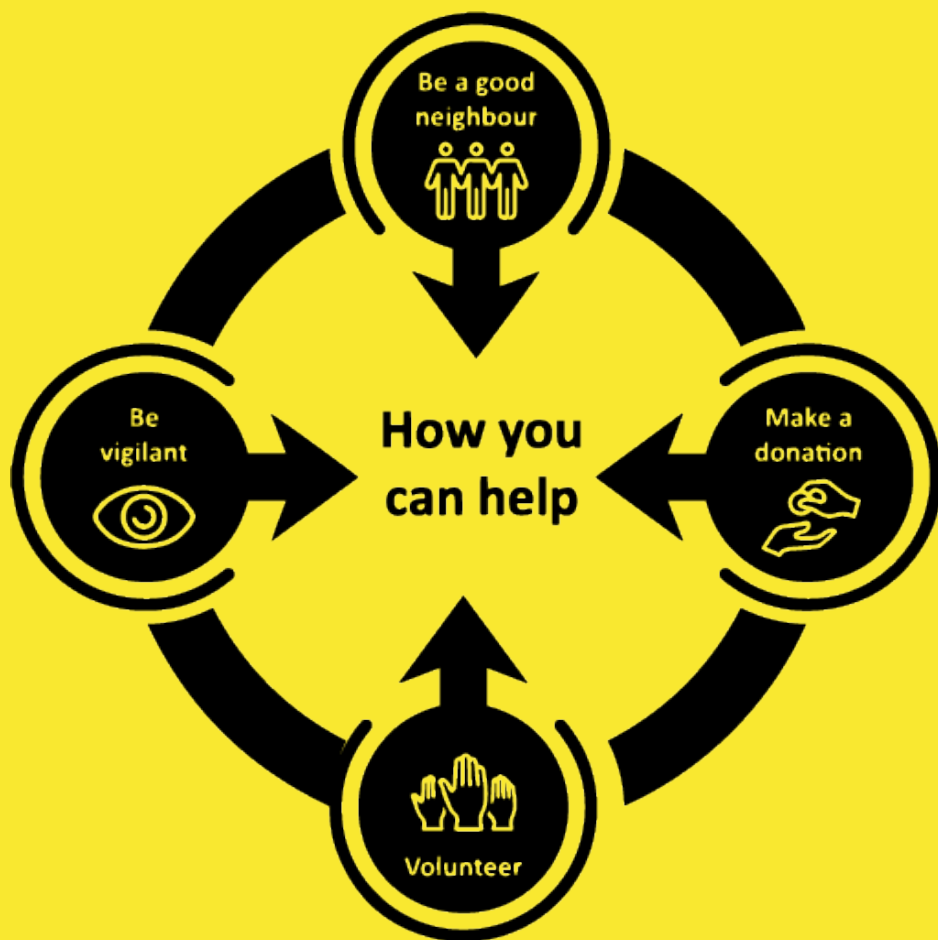


# Coronavirus community support

## How you can help

In difficult times like these, communities come together.

We've put this pack together to show what you can do to make the biggest positive impact.



# Be a good neighbour

It's good to offer your neighbours help with shopping or other essential things. Sometimes just a chat will help.

You may have seen the postcard many people are printing to put through local doors. You can find a printable version at [bit.ly/viralkindness](https://bit.ly/viralkindness)

**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**

When you're helping others please remember to follow all public health advice e.g. leave deliveries at the door of anyone self-isolating.

The **Good Neighbours Guide** contains tips for things to do (and not to do) to help. You can find it at [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk)

# Make a donation

If you want to donate money then we recommend giving to a special appeal fund called the MK Emergency Response Appeal, set up by our trusted partners at the MK Community Foundation.

To show our support we are providing £50,000 to kick start the appeal, which the MK Community Foundation are match-funding to £100,000.

All the money donated will be distributed to groups in Milton Keynes who play a vital part in supporting our community, especially those who are most vulnerable.

Full details of how to donate, visit [www.mkcommunityfoundation.co.uk/mk-emergency-appeal](http://www.mkcommunityfoundation.co.uk/mk-emergency-appeal)

Community groups looking to apply for funding should go to:

[www.mkcommunityfoundation.co.uk/mk-emergency-appeal-criteria](http://www.mkcommunityfoundation.co.uk/mk-emergency-appeal-criteria)

or call 01908 690276

# Volunteer

If you want to get involved in bigger way by volunteering, we recommend getting in touch with one of the thousands of local organisations in Milton Keynes that are already set up to help the community, including:

- Churches
- Voluntary groups
- Clubs
- Associations

These organisations are set up to do things properly. The MK Community Foundation and Community Action MK, helped by our funding, will make sure existing groups can keep going and focus on dealing with the impact of Coronavirus, including supporting people who are self isolating.

Find out more by visiting  
[www.communityactionmk.org](http://www.communityactionmk.org)  
or by calling 01908 661623



# Be vigilant

Unfortunately some people will try to take advantage of this situation.

None of us want to see scamming or other forms of abuse. You can contact us with any concerns about offers of help that don't quite feel right.

Call us on 0808 223 1133 or email [tsd@milton-keynes.gov.uk](mailto:tsd@milton-keynes.gov.uk)

If you have concerns about anyone in need of help please use our normal safeguarding procedures. This includes things like self-neglect as well as harm/safety. Our professional team will help.

- The number for adult safeguarding concerns is 01908 252835.
- The number for children's safeguarding concerns is 01908 253169.

If someone is in immediate danger please call 999.

*Please be assured that our professional services for vulnerable people, including those needing serious mental health support will continue in all circumstances.*



**milton keynes council**

