

# CORONAVIRUS (COVID-19) COMMUNITY SUPPORT

Due to the current situation with the Coronavirus (COVID 19), we want to ensure that ALL RESIDENTS have access to and receive what they NEED during this testing time. Whether you are self-isolating, aged 70+, or have an underlying health condition, live alone or just need our help.

Local community support groups of volunteers are being set up to help people who are not able to leave their homes or are in difficulty.

There will be two levels of volunteering, formal & informal -  
**FORMAL VOLUNTEERS**

PAVO have been appointed to coordinate the formal side of things, for example drivers to move equipment around between hospitals, people who have a DBS check certificate who can be used to go into people's homes to provide care or those with relevant skills to help other services.

## **INFORMAL VOLUNTEERS**

If you want to help out in the community, please email your name and details to [covid19communityteam@gmail.com](mailto:covid19communityteam@gmail.com) and let us know what you are prepared to do, where you are based, and any skills you may have. Alternatively, text your details to one of the coordinators.

Please remember to **stay at home if you have either:**

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
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If you have access to the internet, use the 111 online coronavirus service at <https://111.nhs.uk/covid-19/> to get advice and find out what to do, even if your symptoms are mild.

If you do not have access to the internet telephone the NHS 111 telephone number. **Do not hesitate to call 111 if you are feeling very unwell.**

## Useful Contact Numbers:

### Coordinators for informal local support

**Gareth Ratcliffe:**  
**07974 353121**

**Trudy Stedman:**  
**07866 818600**

**Josie Pearson:**  
**07875 000750**

**Fiona Howard**  
**07581 454278**

**Or email**  
**[covid19communityteam@gmail.com](mailto:covid19communityteam@gmail.com)**

**If you would like to be a formal volunteer.**

**Go to:**

**<https://powys.volunteering-wales.net/>**

**or**  
**[volunteering@pavo.org.uk](mailto:volunteering@pavo.org.uk)**

# CORONAVIRUS (COVID-19) COMMUNITY SUPPORT

Are you self-isolating, 70+, live alone, showing symptoms?

Your community is here to help you!

## LOOKING FOR SUPPORT?

We are gathering a large team of volunteers to help make this uncertain time as easy as possible for you.

Please contact us if you are in need of

- Food and Essentials Shopping
- Dog Walking
- General chat
- Help around the home
- Delivery of Cooked Meals
- Any other assistance

We have volunteers from the Hay local area who are willing to help so please, if you, or someone you know, needs a bit of help or just wants to talk to someone, do get in touch.

If you don't have internet access, please ring and we can get information for you.

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## Useful Contact Numbers Who to contact in the Hay area to arrange support:

**Gareth Ratcliffe:**  
**07974 353121**

**Trudy Stedman:**  
**07866 818600**

**Josie Pearson:**  
**07875 000750**

**Fiona Howard**  
**07581 454278**

**PAVO Community  
Connector –  
01597 828649  
community.connectors  
@pavo.org.uk**

**Info on local shops and  
services**

**[www.hayonwe.info](http://www.hayonwe.info)**