



Being a good neighbour in Salford

With many older and more vulnerable people in our community self-isolating due to the coronavirus (COVID-19) outbreak, lots of people have been stepping forward wanting to help, demonstrating the Spirit of Salford.

We've put together some tips for the best ways you can offer your support.



You can donate money

Donate money to Salford4Good – Salford4Good is a charitable initiative that supports local good causes. Money donated will be redistributed to support community projects that are helping with the relief effort. Find out more about Salford4Good and how to donate here: <http://bit.ly/S4Gfundraiser>



You can donate goods

Some foodbanks have suspended accepting donations of food via their shops. You can still support your local foodbank or food club by:

- Giving goods via donation points in supermarkets. Only do this as part of your essential shopping trip and do not bulk purchase even if you are planning on donating the goods.
- Giving money directly to foodbanks via their online donation pages - making a one off or recurring donation will enable them to purchase essential provisions in these times of high demand.



Find out more: <http://bit.ly/SalfordFood>

You can donate your time

Be a good neighbour

You can be a good neighbour without face to face contact. The majority of the actions below can be done over the phone or virtually:



- Connect and reach out to your immediate neighbours - a conversation may be a lifeline and will help people feel less lonely
- Help them to connect to a neighbourhood social media page
- Encourage others on your street to take part in positive community activities from their homes - e.g. rainbow window decorations
- Help your neighbour put together a contact list of useful numbers e.g. their personal emergency contacts, local advice lines, etc.
- Practical support such as picking up prescriptions, helping them with online shopping, walking their dog, etc.

General rules

- You should only give help if you: are well and have no symptoms of coronavirus; are under 70; are not pregnant and do not have any long-term health conditions that make you vulnerable to coronavirus. Further details: <https://bit.ly/GovSafeHelp>
- Follow government guidelines when offering practical help e.g. shopping for your neighbour while doing your own essential shop, or walking their dog only when you take your daily exercise.
- **Don't enter people's houses – stay on the doorstep and keep 2 metres apart!**
- Be kind and courteous
- Respect everyone's privacy, helping vulnerable people requires mutual trust e.g. don't share any private information
- Follow the latest infection control advice and physical distancing advice from trusted sources e.g. Public Health England
- Carry a mobile phone and let someone know where you are going

If someone is in need of more help than you can give please direct them to Salford City Council's Spirit of Salford Helpline on 0800 952 1000 or complete the form at www.salford.gov.uk/spiritofsalford

Emergency Response Volunteering

If you would like to be part of Salford's Emergency Response Volunteering initiative, please follow this link to register: <http://bit.ly/SalfordVol>

Coronavirus (COVID-19) Emergency Response Volunteers will be supporting the community in varied roles, providing care or help to vulnerable people, which is permitted under current government guidelines.

You can also volunteer as a Hero from Home by using your social media accounts to share or post information about Salford's COVID-19 response - helping to ensure it is highly visible and readily available to those who need it. Everything you need to be a Hero from Home can be downloaded here: <https://bit.ly/HeroFromHome>