



## Being a good neighbour in Salford

As part of living with COVID-19 in Salford we have put together some tips for the best ways you can offer your support

# GIVE:



### 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. Find out more about Salford4Good and how to donate here: <http://bit.ly/S4Gfundraiser>



### You can donate goods

You can donate to local foodbanks via donation points in supermarkets or at designated drop off slots at your local food bank, club or charity. Please see information on the individual arrangements local organisations have in place for accepting donations via the link below. Alternatively you can contact the organisation directly prior to making your donation.

You can also give money directly to food banks, clubs and charities 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 over the phone, virtually or in person in a way you are both comfortable with (e.g. outdoors or with face coverings):

- 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 e.g. litter picks
- 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.

### Keeping yourself and others safe

- When giving face to face help, take steps to manage risk. This may involve only meeting up outdoors, keeping a safe distance or wearing a face covering. Further details: <https://bit.ly/GovSafeHelp>
- You should continue to follow good hygiene measures such as washing your hands before and after volunteering
- If you have no symptoms and you feel well, you can continue do twice weekly rapid tests (also known as lateral flow tests) to check you don't have the virus
- Follow government (<https://bit.ly/NationalGuide>) and local guidelines ([salford.gov.uk/coronavirus](https://www.salford.gov.uk/coronavirus)) when offering practical help.
- Be kind and courteous
- Respect everyone's privacy, helping vulnerable people requires mutual trust e.g. don't share any private information
- Only help if you are well and neither you nor anyone in your household has Covid symptoms and you are not required to self-isolate for any reason
- 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](https://www.salford.gov.uk/spiritofsalford)**

### Covid Response Volunteering

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

Coronavirus (COVID-19) Response Volunteers are supporting the community in varied roles, including: Trusted Voices Champions, Community Outreach and Driving.