

Much Wenlock Mutual Aid

As more and more people in the community will be required to self-isolate, let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness. Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK.

Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s).

Please do not panic buy - if we are sensible there will be enough food for everyone!

Self-Isolation Support

If you are already following the government's advice and self-isolate, it is important to remember you are not alone, there are people who can and want to help you.

Support your local traders

The following have stated that they are willing to provide limited delivery services for those most in need. Please contact them direct for more information. Please note this is not an endorsement of any business listed below and other businesses may also be offering delivery services that we were not aware of at time of printing. Please update us!

AJ's	01952 727166
NISA	01952 727257 https://tinyurl.com/NISAHD
A Ryan and Son - phone orders, collection only	01952 727409
Mrs P's	01952 727618
The Fox - local delivery service	01952 727292

Nearly all the pubs and cafés in town are offering a takeaway service - phone your favourite!

Other Organisations

Organisation	Contact	
Bridgnorth Food Bank	07960 285520	Food support
Much Wenlock & Cressage Medical Practice	01952 726011	See advice below
Wenlock Pharmacy	01952 727253	
Samaritans	116 123	24 hours 365 days
Shropshire Council	0345 6789000	Council Tax, Benefits, Refuse Collection
Shropshire Mind	01743 368647	Mon – Fri office hours

Virus Information - Only use the NHS 111 service if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days
- Do not go to a GP surgery, pharmacy or hospital. The surgeries will update websites, social media pages, and answer machine messages to reflect any change in situation

You do not need to contact 111 to tell them you are self-isolating

This list is not exhaustive, if there is something you are struggling with please telephone 07808 071 276 and we will try and point you in the right direction of someone who can help – please note this telephone line is not 24 hours and in times when it isn't staffed please leave a message and someone will return your call - or email MuchWenlockMutualAid@gmail.com

Please do not struggle alone, just pick up the phone!

Like to help others? Email wenlockrectory@btinternet.com - and put Mutual Aid in the subject line

This information is believed to be up-to-date as 20th March 2020. To add information to the next print, email MuchWenlockMutualAid@gmail.com