

Top Tips For Volunteers

If you want to help the most vulnerable people in our communities here is how to help keep yourself safe and the person you are helping stay safe

Do:

- *Look after yourself and others:*
- *Follow NHS guidance on hand washing and catching coughs and sneezes*
- *Follow NHS guidance on self isolating, stay at home if you have the Coronavirus and/or if you have the symptoms and/or been in contact with someone who has had the virus*
- *Follow public health advice on keeping your distance [2 meters] from other people*
- *Look out for your neighbours that you know and put them in touch with local known services such as Age UK Stockport, Disability Stockport, Signpost for Carers - You can contact your local Healthwatch for more information or to get hold of leaflets to distribute [details at the bottom]*
- *If you are worried about someone in your area or on your road that you do not know, pass on/post a leaflet from a known local organisation such as Age UK Stockport, Disability Stockport, Signpost for Carers - You can contact your local Healthwatch for more information or to get hold of leaflets to distribute [details at the bottom]*
- *If you are delivering or dropping off shopping, we would suggest that you leave it on the door step, ring the bell and keep your distance*
- *Give people information about recognised local groups/orgs that are working with local shops to help deliver groceries etc.*
- *Register your details with Healthwatch Stockport if you want to volunteer in your local community, they can help you volunteer safely and put you in touch with local groups*
- *Volunteer your services with more than one organisation*
- *Pace yourself - this crisis could wane and peak and last several months so your support will be just as valuable in a months' time than it is today*

Don't:

- *Take or ask for any bank details from people you are supporting*
- *Take or ask for any bank cards or cheques from people you are supporting*
- *Enter people's homes that you do not know, think about their safety [also think about distancing and not transferring germs]*
- *Expect payment for items once you have offered to provide them for people for free*
- *Post any details of a vulnerable person online such as on social media websites [even in a closed Facebook group]*
- *Be offended if someone refuses help, particularly if they do not know you, they may have family and friends, try and give them a leaflet from a recognisable organisation.*

Useful Numbers:

- ☎ *Age UK Stockport* 0161 480 1211
- ☎ *Signpost for Carers* 0161 442 0442
- ☎ *Disability Stockport* 0161 480 7248
- ☎ *Healthwatch Stockport* 0161 974 0753
- ☎ *Citizens Advice Bureau* 0300 330 9075