

BUDLEIGH SALTERTON COVID-19 SUPPORT



A big thank you to everyone, especially essential workers and volunteers, who have kept the town safe and working in these difficult times.

Thank you to everyone who has requested to volunteer. We have been overwhelmed with support, and we currently have enough helpers.

Please be kind to each other and look after your neighbours. Some people will still have to work. Current guidance allows people of all ages to exercise and shop for essentials.



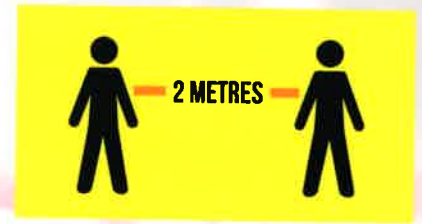
Stay home - stay safe

Only go outside for food, health reasons or work (but only if you cannot work from home).

If you go out, stay 2 metres (6ft) away from other people at all times.

Wash your hands often and as soon as you get home, for 20 seconds, with soap.

Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.



Support for you

Phone 01395 446896

Phone the Budleigh Hub on 01395 446896 if you need help or information.

We can help with shopping and prescriptions.

If you are in financial difficulty we can also support you. More overleaf.

We have a telephone befriending service designed to reduce loneliness in older people.

Our friendly and dedicated volunteers offer regular company and conversation to older people.



Medical

Phone 01395 441212

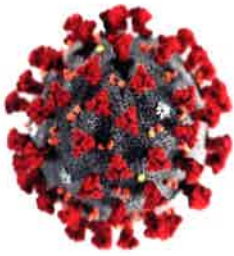
If you have become unwell, developing symptoms that you are worried about or are concerned about a change in a pre-existing long term condition please do contact us via E-consult (website for details) or telephone so that we can assess and prevent more serious problems developing. We are still there for all your health needs. Please contact the Medical Practice on 01395 441212. Visit the NHS site <https://bit.ly/355LNca> for ideas on how to look after your mental health.



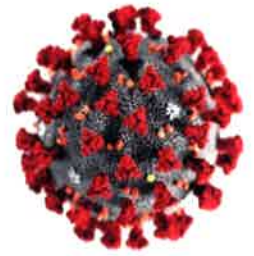
www.budleighsupport.co.uk

@BudleighCovid19

Budleigh Hub 01395 446896



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**If you can help financially there is a donation page: www.gofundme.com/f/budleigh-support
You can also donate to the Exmouth Food Larder. Collection points: Spar, Co-op and Pynes Farm.**

Budleigh Business

Phone 01395 442245

Please support our Budleigh businesses during these hard times. Many businesses allow you to order on the phone, and can deliver to your home. Give them a call!

The Town Council has a list of the current businesses offering services.

Check out: www.budleighsaltertontowncouncil.gov.uk or call 442245 if you have no internet access.



Food Larder

Phone 07749 322291

If you need support, you can refer yourself to the Exmouth Food Larder. They deliver to Budleigh.

<http://www.exmouthlarder.co.uk/> or send an email to help@exmouthlarder.co.uk or phone 07749 322291



Financial support

Phone 01395 446896

We can't emphasise enough how important it is to contact the hub if you are struggling. Please do apply if you are in one of these categories:

1) recently employed or self-employed, but now out of work due to COVID-19. 2) reduced employment, or income affected due to COVID-19.

We can support those that are not normally on the benefit system, or families that will not immediately get government support.

Please do not suffer in silence - we want to help!



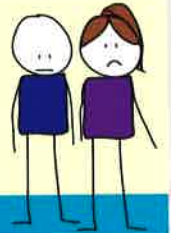
Domestic abuse

During Covid-19, some people may be feeling unsafe because they are having to spend more time at home with a partner or family member who is harming them in some way.

Help is still available during COVID-19.

Please visit <https://www.victimcaredevonandcornwall.org.uk/> or call 101 for full details.

**COVID-19 isolation
may increase
domestic abuse
Help is available**



Church support

Our local churches are offering a number of online worship and prayer resources to help you reflect and pray at this difficult time, some of which are accessible by phone or in paper form. For more information visit the website or call.

In addition, our clergy are available for anyone who would like to talk, pray or receive pastoral support.



Dentist

If you are having problems with your teeth, please contact your dentist or GP. Ashbury Dental Care are providing a COVID-19 emergency service. Visit www.ashburydentalcare.co.uk for more details.



www.budleighsupport.co.uk

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