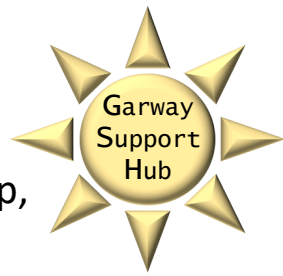


Garway Support Hub are hoping to help people cope in these uncertain and difficult times. We are going to volunteer with the Owls Good Neighbour Scheme covering Orcop, Garway, St Weonards and Llanwarne.



We would like to suggest you write the name and telephone numbers of your family and friends **especially your immediate neighbours** in the boxes below, they will be the first people you call for help. Keep this list by your phone.

Name	Phone Number
Name	Phone Number
Name	Phone Number
Name	Phone Number

How to contact us:

If your family or neighbours are unable to help please ring **Owls Good Neighbour Scheme 07940 308696** They will contact us Alternatively if you have access to email, contact us on **support@garwayhall.org** or visit **www.garwayhall.org**

A few ideas to help yourself:-

- Keep in touch with people by phone and maybe try new things like Skype and WhatsApp (if available to you)
- Accept help from your neighbour, they are your immediate support
- Gardening, walking in the fresh air (if you are well enough)
- Keep occupied with your own hobbies or take up a new one!!
- Watch, listen and read things that bring you joy and make you laugh :-)
- Ask your family members to order shopping online for delivery or 'click & collect' (we can help with collection and delivery)
- **Ewyas Harold Stores** home delivery orders over £20 **01981 240227**
- **Garway Moon** takeaway meals ring: **01600 750270**