nylrf
North Yorkshire Local Resilience Forum

REMEMBER YOU SHOULD ONLY TRAVEL IF IT'S ESSENTIAL AND IF YOU ARE OUT GETTING ESSENTIAL FOOD OR MEDICINE YOU MUST STAY 2 METRES APART – AT ALL TIMES

Are you self-isolating? Get the help you need

No one in North Yorkshire is alone – if you have no friends, family, neighbours, community groups or support around you call our helpline **01609 780780**. We will link you to the support you need.

A plea from North Yorkshire LRF partners

We know it's a hard time for everyone, and this time in our lives will pass, but right now it is vital that we all work together and stay at home, protect the NHS and save lives. Please remember the Government's social distancing rules.

Please don't

- Have street parties
- Invite the neighbours round
- Visit family or friends

Please do

- Remember many lives are at risk
- Stay on your own property
- Keep your children at home
- Only socialise with members of your own household
- Remember we are still here for you if you need us

Looking after your wellbeing

Try and focus on positive useful things that make you feel good like cleaning, cooking, reading and calling friends for a chat. Eat healthy meals and drink enough water. Try to avoid smoking, alcohol and drugs and get a good night's sleep. It might help to try to limit the time you spend watching, reading, or listening to media coverage of the outbreak. Maybe only check the news at set times and only get your news from a trusted source – not everything on social media will be right! You can contact Age UK Advice Line **0800 055 6112** free to call 8am – 7pm 365 days a year.

Can you volunteer to help North Yorkshire in this time of need?

Let your family, friends and neighbours know that you are available and how you can help. This could include collecting and delivering shopping – leaving deliveries on the doorstep or safe place to avoid close physical contact, caring for pets, or having a chat on the telephone, FaceTime or Skype to reduce loneliness.

If you have more time, to offer to volunteer for a local support group call **01609 780780** to be put in touch with a local group.

FRAUD/SCAMS Protect yourself from fraud. Don't click on links in text messages or emails, never give financial or personal information over the phone and if anything doesn't seem right then call **101** to report it to the police. We are here to help.

DOMESTIC ABUSE If you are in immediate risk of harm, call **999** and North Yorkshire Police will be there to safeguard you. There's also a dedicated helpline for York and North Yorkshire **03000 110 110** or a national helpline **0808 2000 247**.

PROTECT CHILDREN WHO MAY BE ONLINE MORE

Parents and carers, please talk to your children about staying safe online while they're off school and college. Visit the North Yorkshire Safeguarding Children Partnership website **www.safeguardingchildren.co.uk** for more advice.

A message to businesses

Your district council is there to support you with access to the government's financial support so go to them first. The Local Enterprise Partnership can also support you. Contact them on T: **01609 797471** E: **support@businessinspiredgrowth.com** W: **businessinspiredgrowth.com/covid-19/**

Paid jobs in health and social care

We're urgently recruiting new staff. Please apply here: **www.northyorks.gov.uk/careandsupport**

North Yorkshire Police

North Yorkshire County Council

North Yorkshire Fire and Rescue Service

NHS Yorkshire Ambulance Service NHS Trust

City of York Council T: 01904 551550

Craven District T: 01756 700600

Hambleton District Council

Harrogate Borough Council

Ryedale District Council T: 01653 600666

Richmondshire District Council T: 01748 829100

Selby District Council T: 01757 705101

Whitby Scarborough Filey Borough of Scarborough