



**Alperton**

**Community Support**

# If you are self isolating due to COVID-19, we can help.

This is a group of volunteers to help out the community who just believe in helping each other out and supporting our community.

**We are here to support you!**



**Your Alperton Councillors are continuing to run phone consultations and online surgeries if you need other kinds of support. Contact Details:**

**Cllr Trupti Sangani**

07464 982524

cllr.trupti.sangani@brent.gov.uk

**Cllr Bhagwanji Chohan**

07920 378646

cllr.bhagwanji.chohan@brent.gov.uk

**Anish Damji Gohil**

07883 141627

brentaeca@gmail.com

**Babita Champaclal**

07735 590652

babita\_@hotmail.co.uk

There is a voluntary group providing meals and delivering food to their doorstep of the vulnerable, disabled, elderly and people working for the NHS for **FREE** from Desi Dhaba in Alperton. If you know any GP's, surgeries, care homes or even individuals who could benefit such as the elderly or disabled, please get in touch with any of us through the contact details provided in order to help them through this difficult time of COVID-19.



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## BE AWARE NOTICES

- Do **NOT** respond to scam emails asking for bank details regarding free school meals, coronavirus test kits, etc.
- Do **NOT** tolerate any domestic abuse during self-isolation including being physically, verbally or sexually abused / humiliation / bullying / threats / withholding money / being stopped from calling or texting. Call for immediate help or email us through the contact details on the previous page.
- Sainsburys has changed their rules on food deliveries and priority hours. Elderly, disabled and vulnerable customers should get in touch on **0800 328 1700** to be placed on the priority list.
- Sainsburys has arranged silver hours for the elderly on Mondays, Wednesdays and Fridays from 8am – 9am and for NHS staff on Monday – Friday from 7.30am – 8am for shopping. Please make the most out of this silver hour opportunity.
- If you need help getting things like food or medicine but don't need urgent adult social care support, local Brent community groups may be able to help you. Please call **020 8937 1234** (Line is open Mon-Fri 9am-5pm).



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## BE AWARE NOTICES

- If you are a self-isolating, vulnerable adult with urgent social care concerns such as washing, feeding and dressing yourself and you don't have support from family, friends or the community, call **020 8937 6589** only if you have **NO** other support (Line is open everyday 8am-8pm). Please use this line wisely so we can help those most in need.
- If you are displaying symptoms of coronavirus and they worsen during home isolation or are no better after 7 days, use the **NHS 111 online service**, do **NOT** go to places such as GPs, surgeries, pharmacies or hospitals. If you have no internet access, you should call **NHS 111**. For medical emergency dial **999**.
- Please follow the government's guidance i.e. do not touch your face; 2 metre rule; wash your hands thoroughly, stay home and protect yourself, the life of others and NHS.
- If you are concerned or require any kind of help, support or advice please contact the councillors or the volunteers via email or contact number. We will do our best to help you out.

LETS ALL BEAT COVID-19 AS A COMMUNITY.

If you are willing to volunteer for any support please email us your contact details. 😊