

People of Bradford District Pull together!

Bradford District is a place where people band together, we help each other in times of need, and we're a close-knit, supportive community.

People can get through this tough time together.

While we're staying home and staying safe, people can still make a difference.

How can I help my family, friends and neighbours?

If somebody you know needs to self-isolate due to coronavirus, they will be advised to call on friends, family and neighbours to help with some of the basic tasks. If you can help them with this, then please reach out and let them know.

There are websites and apps such as [Nextdoor](#) to help you connect with your neighbours and those on your street, or you could post them a note with your details just in case they need anything.

You could help with things such as:

- Practical help like food shopping
- Befriending and social support
- Checking in with people by phone
- Advice and signposting
- Supporting food banks
- Pet care and dog walking
- Delivering puzzles, books, hobbies to boost wellbeing



#PeopleCan

What can I do to help in my community?

You can join our growing band of brilliant volunteers who are helping and supporting everyone across the district. We will connect you to informal, practical and creative volunteering opportunities – from checking on neighbours, to delivering supplies, to running projects or supporting care services.

If you're healthy and low risk, you can sign-up.

Call the contact centre on [01274 431000](tel:01274431000)

The contact centre is open: 8am – 6pm Monday to Friday, & 10am – 4pm Saturday & Sunday



We're also working on digital sign-up tools, and will share details of these soon.

There are so many wonderful informal networks of volunteers being established, so you can try reaching out to local groups such as village halls, community centres or food banks to consider what support you can provide to them. A coordinated effort is important to ensure that the all volunteers and recipients of support are safe. If you are running a local group and already supporting people on an informal basis, please register with the team so that we can keep you updated, provide support, and coordinate to make sure helpers are reaching the most vulnerable people.

All volunteer roles will comply with latest guidance to minimise the risk of spreading the virus, and many opportunities can be undertaken from home.

Please remember if you are helping others out, to take care of yourself first and always follow the latest advice on social distancing and self-isolation.

[#stayhomesavelives](#)

For the latest COVID-19 health advice please visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

For the latest information from the government please visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If your symptoms are serious, or get worse, NHS 111 has an [online coronavirus service](#) that can tell you if you need further medical help and advise you what to do.

Phone 111 direct **only if** you cannot go online or if you are told to do so by the online service.

What if I need help and support?

If you are in a high risk group or have symptoms and have been advised to self-isolate, then the advice is to ask for help from family, friends, neighbours and established local groups.

If you don't have somebody that you can ask for help, then call the Bradford Council contact centre. We'll register your need and you will be signposted in the right direction or connected with one of the coordinated teams in your area.



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What can I do if I'm a voluntary organisation, charity or community group?

Charities, faith groups and voluntary and community organisations are vital in this time of need, and they provide important services, activities and opportunities for social contact with the vulnerable.

If you are running a local group and already supporting people on an informal basis, please register with the team so that we can keep you updated, provide support, and coordinate to make sure helpers are reaching the most vulnerable people. Email info@volunteeringbradford.org

If you have recently stopped delivering your service because of the current situation, please let Community Action know by emailing diva@cabad.org.uk, this will then be communicated to the sector. There could be other ways your community group can get involved so please reach out.

You can access a host of practical resources and signposting for your group or organisation all in one place, at www.cabad.org.uk/covid-19.

You can further support by amplifying the core messages, get on social media, share promotional materials with your networks and on your websites.

#PeopleCan

Working in
collaboration

