

Useful Contacts

Whitemountain Centra: Free Delivery, click & collect for updated delivery & collection info 02892635990 whitemountainecentra.co.uk

Eurospar, Wallace village: 02892675990

Nettlehill stores: 02892603481

Windmill Stores: 02892601801

LCCC Community Helpline: 02892447713 food parcels & more

LCCC Community Advice:02892662251 Free, independent & impartial advice to to members of the LCCC area

Advice NI: 02890645919 www.adviceni.net

Lifeline: 0808 808 8000

Diabetes Covid-19: www.diabetes.org.uk

Terms Explained: www.cdhn.org/covid-19-A-Z

LCCC Foodbank:www.lisburncastlereagh.gov.uk

Would you like to get involved in our community? Why not get intouch to hear more about upcoming & ongoing projects, via the contact page on our websitewww.whitemountain.org.uk

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Try to stay at home. This helps stop the spread of COrona VIrus Disease (COVID19). This will save thousands of lives & protect the NHS.



Use ordinary soap and water, wash your hands for 20 seconds, use running water & disposable towel. This simple act is so important & will kill the virus. If using hand sanitiser this must be above 60% alcohol



👗 Keep your distance at least 2m(6ft) from others. Keep it simple keep your **∏** distance & "**Wash your hands**"



Catch sneezes on a tissue, bin it then wash/sanitise hands. It is advised that masks should be medically suitable and properly fitted. Don't touch your face, mouth or nose with unclean hands: "Catch it, Kill it Bin it"



Be aware of the symptoms. These can include 3 or more coughing episodes in 24hrs. For up the most up to date information on Corona Virus symptoms, how the virus is spread & much more see www.nidirect.gov.uk

Shop local, use click & collect or home delivery. For a full local directory visit communitysupport.lisburncastlereagh.gov.uk

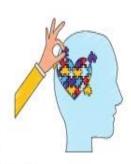


Check the facts. Ignore misleading non official sources of information. Newspapers & media sources may not quote scientific bases. World Health Organisation states to go by local authority websites.



The virus can live on surfaces so isolate packaging: paper for up to 24hrs. Plastics & Metal at least 3 days, or wash with soap & water. Make sure to cook foods above 56 degrees C

Wellbeing during Covid-19



KEEP IN TOUCH: Even a simple phone call can make all the difference

HELP OTHERS: Helping people is a great way to stay connected. Why not use this as a time to volunteer.

LOOK AFTER YOUR BODY: Eat healthy, stay hydrated, get rest, stay active. Breathing exercises & yoga can help.

KEEP A ROUTINE: If working remotely, make sure to keep a routine. Set the alarm & make yourself a workspace. If you have look after others make a list of fun things you all enjoy to do.

LOOK AFTER YOUR FEELINGS: Corona Virus can cause us to feel anxious, isolated and even lonely for more information check outwww.nhs.uk/oneyou/every-mindmatters/

ASK FOR HELP: From time to time we all need that little bit of extra help especially during such challenging times. Useful numbers are

Autism Helpline: 08088004104 Samaritans: 116123 ADICTION NI: 02890664434

FALL IN LOVE WITH NATURE: Go outside for some exercise, spend time in the garden or make a window box. We will be posting out our seed packs in June so you can start you own mini garden. You can grow your own in the tiniest of spaces

LIMIT NEWS: Only watch the news once or twice a day. Choose sources wisely, not everything you read is factual or correct. You can find trustworthy sources on NHS websites or BBC NI