

Want to know more? Our useful contacts can be found on facebook



## Useful Contacts

Whitemountain Centra: Free Delivery, click & collect for updated delivery & collection info 02892635990 whitemountain@centra.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 members of the LCCC area

Advice NI: 02890645919 [www.adviceni.net](http://www.adviceni.net)

Lifeline: 0808 808 8000

Diabetes Covid-19: [www.diabetes.org.uk](http://www.diabetes.org.uk)

Terms Explained: [www.cdhn.org/covid-19-A-Z](http://www.cdhn.org/covid-19-A-Z)

LCCC Foodbank: [www.lisburncastlereagh.gov.uk](http://www.lisburncastlereagh.gov.uk)

Would you like to get involved in our community? Why not get in touch to hear more about upcoming & ongoing projects. via the contact page on our website [www.whitemountain.org.uk](http://www.whitemountain.org.uk)

This leaflet is collated on 17th May 2020 by Whitemountain & District Com. Assoc. with assistance from LCCC Covid-19 Community Response Fund, LCCC Community Team.



Whitemountain & District  
Community Association



# STAND TOGETHER

*by not*


# STANDING TOGETHER





Lisburn &  
Castlereagh  
City Council





Whitemountain & District  
Community Association

 **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](http://www.nidirect.gov.uk)**

 Shop local, use click & collect or home delivery. For a full local directory visit **[communitysupport.lisburncastlereagh.gov.uk](http://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 out **[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)**

**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