



## HANGER HILL GARDEN ESTATE RESIDENTS ASSOCIATION

[www.hhgera.com](http://www.hhgera.com)

### CORONAVIRUS

We know many people are worried about how they will cope in the coming weeks. If you are self-isolating or shielding (in a vulnerable group and have been told not to go out) we now have over 30 wonderful volunteers ready to help with:

- Shopping
- Collecting medication
- Posting letters
- A friendly phone call

If you need help please contact us and we will do what we can to help. Please also contact us if you would like to help support others.

Email [support@hhgera.com](mailto:support@hhgera.com)  
029725

or Telephone Dion on 07515

**Please keep this information in case your situation changes**

#### **\*IMPORTANT\***

Government advice is that if you are 'shielding', meaning you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it. This includes **not leaving your home – you should not go out to do shopping, pick up medicine or exercise.**

The latest **NHS** information: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**If anyone is vulnerable and may require food packages, then they can register via:** <https://www.gov.uk/coronavirus-extremely-vulnerable>

If you need to register but can't do this online and have no-one who can do this for you, please contact Dion on the number above for help.

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### Other places to get help:

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Ealing Council has set up **Ealing Together**, to connect community and voluntary groups, Ealing Council, resident associations and concerned residents that want to help. Ealing Together has information about support for residents, businesses, and how to help. Information about help with money should be available from Ealing Together soon.

Our scheme is listed on this website. Please see :

<https://ealingtogether.org/> or call the helpline on: **020 8825 7170**

**Mind**, a mental health charity, has some information on how to stay well while isolated:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mind can also be contacted on **0300 123 3393**

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There is an increased risk of **domestic violence** at this time.

If you are experiencing this, you can contact a freephone, 24-hour National Domestic Abuse Helpline **0808 2000 247** or via <https://www.nationaldahelpline.org.uk/>

If you are in immediate danger please call the police on 999.

### Scams and crime

If you are concerned about crime, or have been approached by someone offering help and you are not sure if it is genuine, you can contact the Police Safer Neighbourhood team via: <https://twitter.com/MPSHangerHill> or report a scam call to Action Fraud on 0300 123 2040