



Information for residents of Leighton Buzzard and Linslade

At this difficult time it is important that everyone continues to stay at home and follows Government advice. If you have received a letter from the NHS advising you that you are at risk it is important that you register with www.gov.uk/coronavirusextremely-vulnerable or contact the number below. If you are isolating, or are unable to leave your home, with no family or trusted friends nearby who can help (be it for shopping, prescriptions or advice) this information sheet gives some useful information, telephone numbers and websites. There is a team of local volunteers able to help and you can register for this using the details below. The telephone lines may be busy, so if you have internet access please use the web address to register.

REGISTERING FOR HELP

If you need assistance, be it for food, prescriptions or more specialist help and advice:
visit the Central Bedfordshire hub at

www.centralbedfordshire.gov.uk/covid-19

Or telephone:

0300 300 8900

(please be patient as lines may be busy)

FOR INFORMATION

For **local** information on food deliveries, food shopping, prescription collections etc. visit:

www.leightonlinsladehelpers.org.uk

or telephone:

0300 300 8186 / 07517 851382

You can stay in touch with the Volunteer Task Force by visiting their Facebook page at:

www.facebook.com/groups/llhelpers/

FOR ADVICE

For someone to talk to, contact the voluntary group **Leighton Listeners** by email:

leightonlisteners@leightonlinsladehelpers.org.uk

or telephone: **07517 851395**

For advice regarding work, benefits, rent, etc. contact the

Citizens Advice Bureau

by telephone:

01525 373878 / 01525 374589

Mon-Thu 10am-pm and 2pm -4pm

Fri 10am -1pm

or visit: www.leightonlinsladecab.org.uk

If you think you have symptoms please **DO NOT VISIT YOUR GP SURGERY, PHARMACY or HOSPITAL**. Isolate for 7 days. You do not need to contact 111 to tell them you're staying at home, nor do you currently need to test for Corona Virus. If your symptoms persist beyond 7 days, or you are having trouble breathing, contact the NHS, preferably online at <https://111.nhs.uk/> or by calling 111. If you have been told by NHS 111 to self isolate you do not need a sick note from your GP for self-isolation. Please complete the form at: <https://111.nhs.uk/isolation-note>

Privacy Notice: Those registering for services will have their essential details kept on file by Central Bedfordshire Council and where applicable Leighton-Linslade Town Council for this purpose only. Data is held and destroyed in accordance with the full Privacy Policies, which can be viewed online or requested at any time.

Social Distancing Saves Lives—Stay Safe