

CHECK IN ON YOUR 5 NEAREST NEIGHBOURS

Let's get Frome covered

Over the coming weeks community will be essential, so we're asking all Frome residents to make contact with your nearest five neighbours. Use the forms overleaf to jot down your details and keep connected with your local community.

The idea is simple – check in with your five nearest neighbours. Give them your number, make sure you have theirs and know that they can call you if you are needed.

If you feel able to widen this and create a neighbourhood group then that is great. If you are in need of help and support, and don't feel able to reach out to your neighbours, then follow our FAQ's or call us on 01373 465757

And remember even if you are isolated at home there are ways that you can continue to support your neighbours, your family, your community - keep spirits up and most of all talk to each other.

It might feel odd to start with but this is our new normal for now and our strongest means of support.

Coronavirus Frome FAQ's

I am ill, where can I find help?

For the latest advice go to www.fromemedicalpractice.co.uk or use NHS online

Is the Town Council still operating?

Yes, we are. The Town Hall is closed to the public, Council staff are still working. You can call us on 01373 465757 or email info@frometowncouncil.gov.uk

Is Fair Frome still operating?

Yes, for up to date information please visit the Fair Frome website, call 01373 488578 or email info@fairfrome.org

I have elderly relatives in Frome who may need help/support, what help is available?

You can contact local groups including:

Active & In Touch: 07539 795261 / enquiries@activeandintouch.org

Health Connections: 01373 468368 / healthconnections.mendip.org

Or call us on 01373 465 757 and we will try to identify support.

I'm unable to leave home/self-isolating, how can I get food/prescriptions?

We are encouraging all Frome residents to get to know their neighbours. Making contact with somebody nearby is your best source of support in the immediate future. If you need to, call us on 01373 465 757 and we will try and identify support.

I am on a zero hours contract and have been laid off, what do I do?

You may be able to claim Universal Credit. To find out more and to check if you're eligible visit www.gov.uk/housing-and-universal-credit or call 0800 328 5644. Alternatively call Citizens Advice Mendip on 03444 88 96 23 or visit citizensadvicemendip.org.uk

I can't pay my rent/mortgage, what do I do?

Please visit the Government website for more information: www.gov.uk/housing-and-universal-credit or call 0800 328 5644.

Or if you are a homeowner visit www.gov.uk/support-for-mortgage-interest. Alternatively call Citizens Advice Mendip on 03444 88 96 23 or visit citizensadvicemendip.org.uk

I run an independent business, what help/support is available?

There are useful links here www.frometowncouncil.gov.uk/covid-19-support-for-employers-and-businesses/

Will bin collections and other council services continue to run as normal?

Currently yes. Keep up to date www.mendip.gov.uk/waste

How can I help others?

Get to know your neighbours and offer help (and your telephone number) where needed.

Volunteer for Fair Frome, for Active and In touch or another community group.

Sign up to be part of a bank of volunteers at www.bit.ly/Frome-Covid-Help

Anything else? Call 01373 465757

Hello! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

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