

# Support Groups available:

Most people have their own relatives and friends who are 'looking out for them' in these unprecedented times, but in case they are not close or available, there are a number of neighbourhood schemes offering to help anyone who is at risk and not able to go out.

They can help in the following ways:



Shopping

Collecting prescriptions

Friendly phone calls

Occasional dog walking

## **Bridstow, Foy, How Caple & Sollershope:**

**Coronavirus Help**  
Call or Text: 07903 729721  
Email: [stowcaplehelp@gmail.com](mailto:stowcaplehelp@gmail.com)

## **Kings Caple:**

**Kings Caple's Coronavirus  
Neighbourhood Help Scheme**  
07866 983 891  
*(available daily from 8:00am to 8:00pm)*

## **Sellack:**

**Sellack Good  
Neighbourhood Scheme**  
07471 073 596

## **Peterstow:**

**Coronavirus Help**  
Call or Text: 07903 729721  
Or Gill Wylie: 07426 492 882  
Email: [stowcaplehelp@gmail.com](mailto:stowcaplehelp@gmail.com)

## **Your clergy are here to support you:**

**Rev Crispin Pemberton 07824 444 655**

**Rev Tim Starling 07980 204 572**