



## COVID-19 MUTUAL AID UK

Helping out Alnwick Town-COVID19-Mutual Aid UK is a group of local volunteers, co-ordinated by Alnwick Town Council, who are joining together to keep the whole town as safe as possible in the current Covid-19 crisis.

Everyone involved is a volunteer, simply a kind, community minded individual who wants to help their neighbours at this time of crisis. All have offered their services freely and neither expects, nor should be offered, any payment or recompense for their help. Most volunteers have not been DBS checked and have little or no medical or specialist training. They will, however, give general advice to help you stay safe and support at this very difficult time. They are also able to seek more specialist advice and assistance where this is needed.

**The situation is difficult but, through common sense and mutual respect, volunteers, those who must self-isolate and those most at risk in Alnwick can help keep each other safe.**

### The aims of the group are:

- to provide leadership in coordinating community actions so that the whole town is as safe as possible
- to give maximum support throughout the crisis to those who have contracted the virus, and those who are most at risk if they come into contact with it
- to minimise physical contact to reduce the spread of the virus
- to provide consistent and relevant information from reliable sources via a Facebook page and the Town Council website, with links on each to take you to other reliable sites.

### What we have done so far

- Divided the town into smaller sectors
- Allocated Councillor coordinators for each sector
- Recruited Volunteers who will report to each coordinator
- Set up a Facebook page for information and recruitment

- Prepared Risk Assessment and Guidelines for volunteers.

### Going forward, we intend to

- Build teams in each sector.
- Encourage all volunteers to undertake on-line Safeguarding training.
- As more volunteers come online, divide areas into neighbourhoods and streets (areas as small as possible are best), each served by a single volunteer.
- Hold online meetings with volunteers and councillors.
- Set up a WhatsApp group – beginning with the coordinating group and then, as we progress, groups for smaller areas.
- Use video conferencing/webinars to communicate information, exchange experiences and develop our strategy. This will begin by initially involving coordinators and, as the network develops, devolve to a more local level.
- Further develop video conferencing as a means of communication.
- Identify the skills of volunteers and allocate them to appropriate tasks.
- Sign up for and develop a network for M&S Surplus Food distribution.

### General advice

The virus is spreading quickly, and official advice is adapting to these changing circumstances. Detailed advice on what we all should and should not do can be found on the NHS website at:

<https://111.nhs.uk/covid-19>

In general, however, there are three important things to bear in mind:

- **Wash hands frequently in hot soapy water,**
- **Maintain a distance of 2 metres from anyone you come into contact with, and**
- **If at any point you or a member of your household develop symptoms, or you think you may have been in contact with someone suffering from COVID-19 then you should self-isolate immediately.**

---

### Contact details:

If you need any support, have issues you would like to raise or questions to ask us we can be contacted:  
e-mail: [covida.alnwick@gmail.com](mailto:covida.alnwick@gmail.com) • telephone: 01665 602574 or 07710 232780

Town Council website: [alnwick-tc.gov.uk/](http://alnwick-tc.gov.uk/)

Town Council Coronavirus Facebook page: [www.facebook.com/groups/715044325988446/](https://www.facebook.com/groups/715044325988446/)