

HELP FOR THE HOUSEBOUND

ARE YOU STAYING AT HOME BECAUSE YOU
ARE IN THE HIGH RISK GROUP?

(Over 70s, those with underlying medical conditions and pregnant women)

IF YOU LIVE ALONE AND HAVE NO-ONE TO HELP OR YOUR
WHOLE FAMILY ARE IN QUARANTINE WITH YOU THEN PLEASE
CONTACT DEIRDRE MACGUIRE ON 0174 967 2826,
0781 174 3778 OR EMAIL: deirdre.macguire@gmail.com

SEND DEIRDRE YOUR TELEPHONE AND MOBILE NUMBERS,
AND EMAIL ADDRESS AND WE WILL ARRANGE FOR HELP TO BE
ON-HAND

VOLUNTEERS WILL BE PEOPLE KNOWN TO US AND WE WILL
TELEPHONE YOU BEFORE THEY ARRIVE TO TELL YOU WHO
THEY WILL BE

WE ALSO NEED

VOLUNTEERS

(OVER 70s SHOULD NOT APPLY)

TO HELP THOSE WHO ARE UNABLE TO GO SHOPPING OR COLLECT PRESCRIPTIONS
ETC., FOR THEMSELVES. IF YOU CAN HELP PLEASE CONTACT DEIRDRE. WE WILL
NEED YOUR PERMISSION TO SHARE YOUR CONTACT DETAILS WITH OTHERS.