

Do you need help?

For yourself, your family
or your neighbour?



Call now on

01753 944198

Covid 19 - One Slough Support

Register anytime at

**[www.sloughcvs.org/
covid19](http://www.sloughcvs.org/covid19)**

5 ways to wellbeing



**TALK & LISTEN.
BE THERE.
FEEL CONNECTED**



**DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD**



**EMBRACE NEW
EXPERIENCES. SEE
OPPORTUNITIES.
SURPRISE YOURSELF**



**YOUR TIME.
YOUR WORDS.
YOUR PRESENCE**



**REMEMBER THE
SIMPLE THINGS THAT
GIVE JOY**

Looking after your mental health in times of isolation or quarantine is incredibly important.

**Download a useful flyer with links, hints and tips at:
www.sloughcvs.org/wellbeing-prescribing**

No excuse for abuse

Help **IS** available even during lockdown

Domestic Abuse

National Helpline:

0808 2000 247

Local service - Hestia:

01753 477352

contactslough@hestia.org

If you think there has been a crime but it is not an emergency, call the Police on **101**

**In emergencies
dial 999**

Child Abuse & Neglect

Childline: **0800 1111**

NSPCC:

0808 800 5000

Slough Childrens
Services Trust:

01753 875362

Adult & Elder Abuse

National helpline:

0808 808 8141

Slough Borough
Council Adult Social
Care Services:

01753 475111



www.bit.ly/sloughsp

SLOUGH GIVING – COVID-19 RESPONSE AND RECOVERY FUND

Please help support residents through the coronavirus crisis by donating to the Slough Giving - Covid-19 Response and Recovery Fund and support:



Our Groups



Our Services



Our Residents

Donate Now

www.localgiving.org/charity/sloughgiving

100% of your donation

will be used by community groups, charities and not-for-profit initiatives, who are supporting the many vulnerable people in Slough.