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

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



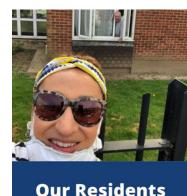
www.bit.ly/sloughsp

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:







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.



Charity No: 1069086