

Herodsfoot Good Neighbourhood Group are volunteers that live locally in and around the village of Herodsfoot. Areas covered include Killigorrick, Coombe, Penfrane, Bodrane and Deerpark Forest. If you are self isolating due to COVID-19 we are offering to help you with:

- Urgent supplies including prescriptions
- Collecting shopping or parcels
- Posting mail
- Friendly phone call

Items will be exchanged on the doorstep.

To help coordinate needs and keep extra trips to a minimum please let us know how we can help. Leaflets have been delivered in and around Herodsfoot giving the name of a local volunteer. Please do not hesitate to call them if you need help with any of the services listed above.

Alternatively please let us know how we can help by contacting our coordinator at Herodsfoothelpline@outlook.com, via our Facebook page “Herodsfoot Good Neighbourhood Group” or by phone to Mary Counter 01503 220829

Please seek advice from reliable sources (“NHS” or “GOV” websites). If you are concerned you may have the virus, use NHS 111 on-line (111.nhs.uk) or call 111. Your GP surgery website will also be helpful, local surgeries are using on-line and video consultations which you can use at any time via www.livi.co.uk.

Corona Virus is contagious. Avoid physical contact (2m distance). Wash your hands regularly. In an emergency always call 999