

Knock on your neighbours to make a difference

If you're concerned about a neighbour, it's ok to knock on their door to check they're alright.

Just remember:

- To keep a social distance from your neighbour's door after knocking
- They may feel unsure of who you are. Perhaps offer to call a trusted family member or show some ID?
- If they don't want your help but you're still concerned, call **01295 227001** to seek further support for them in your area.



It's OK to ask for help

If a neighbour comes knocking, it's ok to ask for help.

Just remember:

- To keep a social distance from people on your doorstep
- To ask for reassurance about who the person is if you don't recognise them. Perhaps ask them to call a trusted family member or ask for ID?
- If you feel uncomfortable, you don't have to accept their help. You can always call **01295 227001** to seek further support in your area.

