



STAY AT HOME

Following the PMs announcement on Monday 23rd March, we now urge you to stay at home, unless absolutely essential



FOLLOW GOVERNMENT AND PHE GUIDELINES

Guidance is being updated frequently as the situation develops - always visit trusted sources: [nhs.uk](https://www.nhs.uk) / [gov.uk](https://www.gov.uk)



CONNECT WITH YOUR COMMUNITY

Look for ways you can connect with and support your community remotely - we'll keep updating our website with ideas as we find them



FOLLOW GOVERNMENT ADVICE ON SEEKING HELP OR GIVING IT

Link up with your County or Borough Council to find the latest information on how you can access local support or volunteer to help others



PRIORITISING STAYING WELL AND SAFE

This is the best thing you can do for your community, for now and for the future



NEIGHBOURHOOD WATCH NETWORK IS A REGISTERED CHARITY IN ENGLAND AND WALES CIO NO 1173349

www.ourwatch.org.uk



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