

Staying Connected During Social Distancing

Organisations like the Rural Coffee Caravan (<https://ruralcoffeecaravan.org.uk/>) have some great advice on how to keep yourself and the more vulnerable members of your neighbourhood connected during periods of isolation.

Join or start a CovidAidUK Group. Their website has lots of useful advice and resources: <https://covidmutualaid.org/resources/>

Send a letter or homemade card to someone who is isolated – a great way to send cheer with a personal touch.

Create a phone tree with your family and/or neighbours. This can be an effective way to ensure regular communication with those not online. Website like <https://www.aauw.org/resource/how-to-build-a-phone-tree/> have instructions on how to do this.

Have a chat. Whether via video call, over the phone or through the window at a safe distance.

Become a telephone befriender. You could start a community group and register this with organisations like Community Action Suffolk, so they can direct people to you. <https://www.communityactionsuffolk.org.uk/coronavirus-community-emergency-response/>

Co-ordinate a paper 'traffic light' system for elderly/vulnerable neighbours. Green if all is well, red if help is needed. A second piece of paper can display the date, in case of a situation where the person cannot change the paper from green to red and may have become unwell, and it does not therefore appear all is well when it may not be.

Smile and wave to people sitting by their windows. Older people particularly like to watch the World go by and feeling connected to it is so important.