

## Support bubbles



Supporting the Bolton family

## Stick to support bubble rules



**For people who live alone  
and single parents**



[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**Bolton  
Council**

## Support hub



**Need support?**

Our COVID 19 community response line is open offering vital help to people who need food or essential items

**01204 337221**

8.30am – 5.30pm Mon – Fri and  
Sat 9am – 1pm

**Bolton Council**

The Team Bolton community of volunteers, partners and council staff are offering vital help to people who need support, including food and essential items such as medication, particularly if:

- you've received a letter from the NHS advising you're high risk and should stay at home
- you're medically vulnerable according to the government criteria and should stay at home
- you're any age and self-isolating due to illness
- you're experiencing financial hardship
- you're experiencing food poverty

Our call handlers will provide advice and tell you how you can access practical support.

This includes local support for those who are feeling isolated and alone.

### Government guidance

Bolton is currently in a national lockdown.

To protect yourself and others, you must remember:

- **Hands** – wash your hands for 20 seconds with soap and water often, and as soon as you get home – use hand sanitiser gel if soap and water are not available.
- **Face** – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **Space** – stay at least 2 metres away from anyone you do not live with, or who is not in your support bubble.
- **Limit your contacts** – you must not mix with other households indoors or outdoors unless they are in your support or childcare bubble.

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### Mental wellbeing

Covid-19 has had an impact on people right across the world and it's important during this time to take care of your mind as well as your body.

Everyone will be reacting in their own way. You might be feeling down, worried or anxious or you might be feeling all these things at once.

Remember, it is ok to feel like this. These are normal reactions to uncertainty and to challenging events.

The [Every Mind Matters](#) website includes help and advice for looking after your mental- wellbeing.