





COMMUNITY WISE
At the Heart of the Community

Good neighbours and friends
Keep in Touch

Some people are being advised or choosing to withdraw socially during this difficult time of Coronavirus. **If you would like to be included in our “KEEP IN TOUCH” scheme, please ring 01323 722924 to register for regular contact while in isolation.** We aim to contact people on a regular basis Mondays - Saturdays throughout the next few weeks, just to keep in touch. Our volunteers will not be in a position to do shopping, or providing medical, or other advice. Indeed, some will be isolating themselves as well, but you can be sure of a friendly voice. The aim is to help reduce social isolation and loneliness during this potentially anxious time for all of us.

Community Wise, Ocklyng Road, Old Town, Eastbourne Registered Charity 1082841

INFORMATION FOR SUBSCRIBERS:

We are aware that social withdrawal may increase loneliness and anxiety in the community. We expect to be phoning people living alone or withdrawing alone, but this might not be the case. Community Wise wants to serve the community in a way that we think will be useful.

WHEN YOU CONTACT US TO SUBSCRIBE TO THE SCHEME WE WILL ASK YOU A FEW QUESTIONS:

1. We will ask you your first name and age. We don't need your surname, nor where you live.
2. We will ask would you to like your regular phone call in the morning (10am-12noon), afternoon (2-4pm) or evening (6-8pm)
3. We will ask questions about whether you have access to the internet, TV and radio to keep up to date with news and developments.
4. We will ask whether or not you live alone and how you are expecting to cope with food and household supplies for an extended period of time. Have you got supplies in, and for how long, do you think? These last questions are simply so that we can provide anonymised information about local need to statutory or charitable bodies.

You will be phoned by a volunteer known to Community Wise for a brief daily chat. They will aim to ring you daily Monday- Saturday, but not on Sundays (so everyone has a “day off”). Our volunteers may have withdrawn from society for a period themselves. They will not be in a position to provide shopping should you need it, nor to provide medical or other advice. They are not allowed to give you *their* phone number so please don't ask. The volunteer may change too, so you will have the opportunity to talk to others at times.

The volunteer will identify themselves by first name, and tell you that they're phoning from this scheme. Under NO circumstances disclose financial information or pass on debit or credit card information. Our volunteers would NOT ask you for this, nor will they try to sell you something, or ask where you live.

The short conversation is designed to ensure you continue to get regular human contact – the kind of conversation that you might have if you came into the centre during “normal times” or at the bus stop with a friendly neighbour. Community Wise is a Christian charity, but we have asked our volunteers (some of faith, some not) to avoid talking “religion” or politics.

We hope that it will be a good experience for all of us. However, you or your family have concerns about any conversation or, for whatever reason, would like to stop someone calling, please phone 01323 722924 (Community Wise). If, at some point in the future, an alternative number is given on the answerphone, please don't leave a message on the centre answerphone, ring the provided alternative number and there leave any message (including your first name, phone number and normal session of phone calls) so we can sort it out quickly.