

EAST SOOKE TOGETHER

Sponsored by the East Sooke Neighbourhoods Association
Helping our Community During COVID-19 Isolation

Are you unable to leave your home because of COVID-19? *East Sooke Together* is a group of neighbours ready to help those affected by COVID-19 Isolation. We want to support this community and ensure that nobody is left out. **We don't ask for anything in return** - we just believe in helping each other in difficult times.

We are local citizens, not a professional body. We can only offer limited help, and in ways that keep us ALL safe. We only collect a first name and basic contact information. We do not screen clients or volunteers for health status or good character, because we can't. This is an honour system – all parties must be kind to others while protecting themselves. (For example, leave deliveries at the door.)

We do not offer medical or self-protection advice. Please refer only to information from official sites such as the BC Centre for Disease Control, COVID-19: <http://covid-19.bccdc.ca/> . Their new self-assessment tool will help you decide on any medical care you might need.

NEED SUPPORT?

If you would like to speak to us, or want to ask for help, please leave a message at 778-400-5442, or complete the Client Intake Form on the *eastsooketogether.com* website. We will get back to you as quickly as we can.

GIVE SUPPORT

If you would like to join in supporting the community, we will add you to our list of volunteers. Please leave a message at 778-400-5442, or complete the Volunteer Intake Form on the *eastsooketogether.com* website. We will respond as we are able.

WHAT HELP CAN WE OFFER? The services we currently offer are:

- Shopping for/ picking up essential groceries, prescriptions or medical supplies
- Regular phone chats – a friendly call to see how you are doing

OTHER SUPPORTS: *Caremongering* – *East Sooke* FB page for more mutual support.

Want a personal copy of this note? Print a copy from the *eastsooketogether.com* website, or call 778-400-5442.