



*From your Canary Wharf Ward Councilors,  
Kyrsten Perry and Andrew Wood*

## **Coronavirus Covid-19 advice**

***Please maintain a safe distance of two meters / 6 ½ feet  
from people you do not live with in public***

### **How to get help if you are self-isolating, elderly, vulnerable and need help or wish to help**

The NHS should have already been in contact if you are in a particularly vulnerable group but if you need help and do not have access to family or friends to help please let us know.

If you are medically vulnerable you or somebody on your behalf can register you at

[www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable) with your NHS number. Otherwise use this online form:

[www.surveymonkey.co.uk/r/Covid19canary](http://www.surveymonkey.co.uk/r/Covid19canary) to register locally, if you need help or wish to offer help, this is the best method for us to collate responses locally, or;

Email: [canarywharf.covid19@gmail.com](mailto:canarywharf.covid19@gmail.com) leaving your contact details, what help you might need & your situation, or;

Phone: 0208 126 6000 to leave a voice message with your details and what help you need or;

Call the Councils Adult safeguarding team on 020 7364 5005 or the Council on 020 7364 5000;

In person: as a last resort visit St Luke's Millwall church on the corner of Alpha Grove and Havannah Street, E14 8LH where one of us will be present on Monday, Wednesday & Friday 10am-11am

***(2 meters away of course)***

The information you share with us will be shared with Tower Hamlets Council and held securely purely for this purpose. But if you indicate you need help it will be shared with local volunteers willing to help, this is a free service. If you are offering help, we will co-ordinate with you via WhatsApp / email so please be able to receive messages that way. The NHS and Tower Hamlets Council are also looking for volunteers, but we may need people locally to help as well in their spare time.

### **Online sources of information for the best and most update guidance, go to:**

NHS – [www.nhs.uk](http://www.nhs.uk) for health advice

Central government – [www.gov.uk](http://www.gov.uk) for general advice and business and financial assistance

Tower Hamlets Council – [www.towerhamletsg.gov.uk/coronavirus](http://www.towerhamletsg.gov.uk/coronavirus) about what is happening locally

**Social media suggestions** – it is hard to deliver 8,000 plus letters regularly so if you want to be kept up to date join one or more of the following social media groups:

Nextdoor.co.uk: this is a local social media website allowing local conversations;

Facebook: follow Tower Hamlets Council page & the Canary Wharf & Isle of Dogs Residents group;

Twitter: follow the @NHS, @towerhamletsnow and our own Twitter details are below;

We hope you find this useful and we will try and deliver updates in the coming weeks by letter, please let us know if we can help in any way but for now our face to face Councillor surgeries are suspended,

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