**Support for isolated people at home**

COVID-19 Emergency support Helpline for people at high risk of becoming seriously ill as a result of Covid19 who do not have other support available to get food medicines or other essential supplies 0800 783 1966 or email [COVID19support@cumbria.gov.uk](mailto:COVID19support@cumbria.gov.uk)

Kendal Self Isolation Support Group for anyone needing practical support with self isolation

email [kendalsisg@gmail.com](mailto:kendalsisg@gmail.com), facebook <https://www.facebook.com/groups/kendalselfisolationsupport/>

**Domestic Abuse Support Services Cumbria during COVID-19** To report: Cumbria police non-emergency call 101 or online www.cumbria.police.uk, in an emergency always call 999 No one should suffer domestic abuse. If you are at risk or experiencing abuse help and support is available. For more information contact: LOCAL Safety Net for women and men affected by Domestic Abuse. t: 01228 515859