

EXMOUTH MUTUAL AID

COVID-19

We are a group of volunteers helping those in need in Exmouth during this Covid-19 crisis.

We provide well-coordinated assistance to those in self-isolation with URGENT ERRANDS (e.g. food shopping, collecting prescriptions).

Need Support?

Call: **07494 462057**

Email: exmouthcovidhelp@gmail.com

Facebook Group: [Exmouth Mutual Aid Covid-19](#)

9am - 5pm, 7 days a week

Can you help?

Please complete our online volunteer sign-up form, either via our Facebook Group: [Exmouth Mutual Aid Covid-19](#) or via the Town Council website:

<https://www.exmouth.gov.uk/coronavirus-covid-19-advice/>

We are just *your* local neighbours, not medical professionals.
We are unable to provide medical assistance.

For medical assistance, please call NHS 111,
or call 999 in a life-threatening emergency.

GOVERNMENT SAFETY ADVICE
<https://www.gov.uk/coronavirus>

NHS SAFETY ADVICE
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

OTHER USEFUL CONTACTS:

Citizens Advice East Devon - 0344 411 1444
Free confidential advice on benefits claims, or financial issues and other issues.

Exmouth Community Larder - 07749 322291
Food emergency: help@exmouthlarder.co.uk
To volunteer: info@exmouthlarder.co.uk

Open Door Exmouth - 01395 224218
Food/toiletries: info@opendoorexmouth.org.uk

COUNCILLORS ON THE FRONT LINE:

These councillors may be able to help with enquiries that the Exmouth Mutual Aid group cannot help with:

Brixington: Cllr Richard Scott - **07849 030595**
Halsdon: Cllr Paul Millar - **07943 592324**
Littleham: Cllr Bruce de Saram - **07517 421520**
Town: Cllr Joe Whibley - **07307 173972**
Withycombe: Cllr Steve Gazzard - **07779 960199**

Exmouth Mutual Aid: 07494 462057
Email: exmouthcovidhelp@gmail.com