

# *Your invitation*

If you are asked to self isolate and are unsure or feeling a bit thrown out of kilter you are invited to ring or email

## **Pendle & Rossendale**

# **Self Isolation Support Service**

Ring BPRCVS on 01282 433740 or email [selfisolationsupport@bprcvs.co.uk](mailto:selfisolationsupport@bprcvs.co.uk)

- ◆ A friendly ear to listen to your worries
- ◆ Give encouragement when it gets difficult to isolate
- ◆ Help to access food or medicines
- ◆ Referral to a service to help with debt or fears about debt
- ◆ Access support for other worries which might include reduced confidence and anxieties around Covid
- ◆ Or you are just feeling a bit unsure about things

*You are not alone—we are here for you*

