

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

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

email kendalsig@gmail.com, facebook

<https://www.facebook.com/groups/kendalselfisolation-support/>