

## THE LINK SERVICE IS CURRENTLY SUSPENDED DUE TO COVID-19 UNTIL FURTHER NOTICE

The Council, P3 and others will be keeping in regular contact with those that use The Link remotely, so please ensure we have your most up to date contact details. We may communicate updates in the support available by phone, text, social media and the Councils website as things change over the coming days and weeks.

[www.stratford.gov.uk](http://www.stratford.gov.uk)

If you are currently homeless or sleeping rough, please contact:  
Stratford District Council: 01789 267575 or [homeless@stratford-dc.gov.uk](mailto:homeless@stratford-dc.gov.uk)  
P3 (People, Places, Possibilities): 0808 164 6220 or [warks@p3charity.org](mailto:warks@p3charity.org)  
Streetlink: [streetlink.org.uk](http://streetlink.org.uk)

## WHAT IS SOCIAL ISOLATION?

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
4. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
5. Use telephone or online services to contact your GP or other essential services

## WHAT DO I DO IF I GET SYMPTOMS?

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started. (See [ending isolation](#) section for more information)
- if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill
- if you have coronavirus symptoms
- do not go to a GP surgery, pharmacy or hospital
- you do not need to contact 111 to tell them you're staying at home
- testing for coronavirus is not needed if you're staying at home
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

## WHERE CAN I GET FOODBANK VOUCHERS?

The foodbanks will be updating their processes over the coming days so if you are unable to get a voucher please contact your nearest foodbank directly for the, most up to date information:

Name	Distribution Area	email address	Website	Phone
Arden Foodbank	Alcester, Studley	<a href="mailto:ardenfoodbank@gmail.co">ardenfoodbank@gmail.co,</a>	<a href="http://arden.foodbank.org.uk">http://arden.foodbank.org.uk</a>	<a href="tel:07733551926">07733 551 926</a>
Coventry Foodbank	Coventry	<a href="mailto:info@coventry.foodbank.org.uk">info@coventry.foodbank.org.uk</a>	<a href="http://coventry.foodbank.org.uk/">http://coventry.foodbank.org.uk/</a>	<a href="tel:02476993770">02476 993770</a>
Caring Hands in the Vale	Evesham	<a href="mailto:info@caringhands.org.uk">info@caringhands.org.uk</a>	<a href="http://www.chands.org.uk/index.htm">http://www.chands.org.uk/index.htm</a>	<a href="tel:07532130604">07532 130604</a>
Fosse Foodbank	Bishops Itchington, Kineton, Southam, Wellesbourne	<a href="mailto:info@fosse.foodbank.org.uk">info@fosse.foodbank.org.uk</a>	<a href="http://fosse.foodbank.org.uk">http://fosse.foodbank.org.uk</a>	<a href="tel:07964412010">07964 412010</a>
Pershore Foodbank	Pershore	<a href="mailto:info@pershire.foodbank.org.uk">info@pershire.foodbank.org.uk</a>	<a href="http://pershire.foodbank.org.uk/">http://pershire.foodbank.org.uk/</a>	<a href="tel:01386555347">01386-555347</a>
Redditch Foodbank	Redditch	<a href="mailto:info@redditch.foodbank.org.uk">info@redditch.foodbank.org.uk</a>	<a href="http://redditch.foodbank.org.uk/">http://redditch.foodbank.org.uk/</a>	<a href="tel:07847618539">07847 618539</a>
Shipston Foodbank	Shipston	<a href="mailto:bevabson@gmail.com">bevabson@gmail.com</a>	TBC	<a href="tel:01608665093">01608 665093</a>
Stratford upon Avon Foodbank	Stratford, Henley	<a href="mailto:info@stratforduponavon.foodbank.org.uk">info@stratforduponavon.foodbank.org.uk</a>	<a href="http://stratforduponavon.foodbank.org.uk/">http://stratforduponavon.foodbank.org.uk/</a>	<a href="tel:07884418732">07884 418732</a>
Warwick District Foodbank	Warwick, Leamington, Whitnash, Kenilworth	<a href="mailto:info@warwickdistrict.foodbank.org.uk">info@warwickdistrict.foodbank.org.uk</a>	<a href="https://warwickdistrict.foodbank.org.uk/">https://warwickdistrict.foodbank.org.uk/</a>	<a href="tel:07850293383">07850 293383</a>

## 24/7 ONLINE SUPPORT

To keep yourself safe if you are using:

<https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

Recovery support groups:

<https://smartrecovery.org.uk/2020/03/10/coronavirus/>

<https://www.breakingfreeonline.com/>

Online and community support:

<https://covidmutualaid.org/>