

## CAN WE HELP YOU WHILST YOU ARE SELF ISOLATING?

At Bell Group we are passionate about supporting you, our employees, our extended family. During the current circumstances we realise that life has changed significantly and, although this is only temporary, we understand this is a difficult time and we don't want you to feel alone.

We are fortunate enough to have a national team of Community Engagement Coordinators (CECs) who are available to support those of you who have had to self-isolate and are struggling to meet basic needs.

### Some of the ways in which our CECs could help you are:

- Picking up shopping and delivering to your door
- Picking up prescriptions from your local pharmacy
- Picking up any other urgent supplies
- Running errands such as posting mail
- A friendly phone call

Should you feel you would benefit from additional support, please contact your local CEC who will try their best to help.

### CEC Contact Details

Scotland	Kirsty Docherty	07860 416444	<a href="mailto:k.docherty@bellgroup.co.uk">k.docherty@bellgroup.co.uk</a>
Scotland	Angela Cree	07775 754812	<a href="mailto:a.cree@bellgroup.co.uk">a.cree@bellgroup.co.uk</a>
Newcastle	Lorraine Hetherington	07879 645301	<a href="mailto:l.hetherington@bellgroup.co.uk">l.hetherington@bellgroup.co.uk</a>
Newcastle & Carlisle	Michelle Wiggins	07917 163271	<a href="mailto:m.wiggins@bellgroup.co.uk">m.wiggins@bellgroup.co.uk</a>
Yorkshire & North West	Karen Fletcher	07721 747070	<a href="mailto:k.fletcher@bellgroup.co.uk">k.fletcher@bellgroup.co.uk</a>
Stoke	Danni Stevenson	07736 290475	<a href="mailto:d.stevenson@bellgroup.co.uk">d.stevenson@bellgroup.co.uk</a>
Birmingham	Selina David	07568 427090	<a href="mailto:s.david@bellgroup.co.uk">s.david@bellgroup.co.uk</a>
Nottingham	Rachael Pickering	07731 314621	<a href="mailto:r.pickering@bellgroup.co.uk">r.pickering@bellgroup.co.uk</a>
Letchworth & Norwich	Rosanna Giarraputo	07585 953987	<a href="mailto:r.giarraputo@bellgroup.co.uk">r.giarraputo@bellgroup.co.uk</a>
Orpington & Wessex	Victoria Adamson	07796 446298	<a href="mailto:v.adamson@bellgroup.co.uk">v.adamson@bellgroup.co.uk</a>
Bristol & South Wales	Kim Lawrence	07568 427089	<a href="mailto:k.lawrence@bellgroup.co.uk">k.lawrence@bellgroup.co.uk</a>
Plymouth	Abbie Downey	07860 846382	<a href="mailto:a.downey@bellgroup.co.uk">a.downey@bellgroup.co.uk</a>

### Food Banks

For those of you who may face financial difficulties over the coming weeks please find below a link to a national Food Bank service.

<https://www.trusselltrust.org/>

We are looking to set up our own Food Banks to help our employees in need. Please contact your local CEC for more information on how you can help donate supplies or access supplies in your local area.

By supporting each other as much as possible, we will get through this period of uncertainty.