

## Welcome to the 'Whanganui Self Isolation Help Page'

This is a **Facebook Page** for those who need help, or who have needed to go into voluntary self isolation due to age or health, during the Covid-19 pandemic.

The goal of this page is to be a safe place where those needing help can be put in touch with community groups who can support with practical help (such as posting mail) or mental health help (like a phone call).

If interested, search 'Whanganui Self Isolation Help Page' on Facebook and apply to join.

Link: <https://www.facebook.com/groups/237985043905527>

For those not on Facebook but who wish to join, please email your details, including your telephone number to [rodnewport@icloud.com](mailto:rodnewport@icloud.com) and you will be placed on the database.