



Winchester
City Council

IT'S OKAY TO ASK FOR HELP

Even if you normally look after yourself perfectly well, the COVID-19 outbreak has made life harder for everyone.

If you need help to get food, medicine or you are finding it hard to manage without anyone to assist you **please call**

0333 370 4000

9am - 5pm
Any day of the week

Your local councils and local volunteers are here to help

Advice and guidance can also be found on
winchester.gov.uk/covid19



winchester.gov.uk