We want to make sure the most vulnerable are safe when they are self-isolating as well as generally keeping safe - here are some things to think about if you are offered, or need, support during this time

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Try to use existing and trusted community groups If not, could a family member, friend or neighbour who you know and trust help?

Never give your personal detail including your Bank Card and Pin number to people for to do your shopping.

For more information on mental health and wellbeing visit: [https://www.scvo.info/managing-life-on-the-home-front/](https://www.scvo.info/managing-life-on-the-home-front/?fbclid=IwAR1DWa3eMXrVykkTtN2-tFxeXHbRx9YcntSSKrFFpuv-mSVR8-QLFMcP6Wk)

Protect yourselves and your details from SCAMS

Be mindful of clicking on links in emails or messages, paying for items online from companies you have not researched and giving money people money or bank details.

Not sure? Don’t answer the door

If you’re not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.

You can contact **Adult Social Care** via Sandwell Enquiry on **0121 569 2266 (out of hours 0121 569 2355) or email** **safeguarding\_SSAB@sandwell.gov.uk**

if you need support or you feel unsafe.

**In an emergency call 999**