



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](https://winchester.gov.uk/covid19)**



**[winchester.gov.uk](https://winchester.gov.uk)**