

## **Liverpool**

Liverpool Council for Voluntary Service (CVS) has been working closely with Liverpool City Council to establish telephone hotlines to help our communities combat the coronavirus challenge.

Call the support hotline on 0151 233 3066.

This hotline has been established for anyone who feels they need support with basic tasks because they don't have a support network of friends and family in place.

This hotline will be manned from 8am to 6pm, seven days a week. You can also request help online via the [Liverpool City Council website](#).

## **Sefton**

The programme is coordinated by Sefton Council for Voluntary Service (CVS), in partnership with Sefton Council.

The Council has set up a helpline for vulnerable people who might need help.

Call Sefton Council's main switchboard on 0345 140 0845 (8am-6pm) or visit [Sefton Council's Covid-19 website](#).

## **Other Organisations:**

Other charities have guidance and advice which may be helpful such as:

- [Help if you are feeling worried or anxious \(Mind\)](#)
- [Coronavirus and cancer \(Macmillan\)](#)
- [Coronavirus information \(Age UK\)](#)
- [Exercising at home \(British Paralympic Association\)](#)