

How to avoid catching and spreading coronavirus

You should do what you can to stop coronavirus spreading. Here are the NHS tips on implementing social distancing to prevent the spread of coronavirus.

Do:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Avoid close contact with people who have symptoms of coronavirus
- Only travel on public transport if you need to
- Work from home, if you can
- Avoid all social activities
- Avoid events with large groups of people
- Keep two metres apart from other people
- Use phone, online services, or apps to contact your GP surgery or other NHS services

Don't:

- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not have visitors to your home, including friends and family
- Do not go out unless you have to (remember anyone can spread coronavirus)

The only reasons to leave home are:

- To shop for basic necessities or pick up medicine
- To travel to work when you absolutely cannot work from home
- To exercise once a day, alone or with members of your household. Do not meet others, even friends or family



Donaghadee Community Development Association COVID-19 Community Information Leaflet

The Community Development Association website www.visitdonaghadee.com has information about various services available to use during the pandemic. However not everyone has regular access to the internet and thus we are providing this leaflet. If you do have access to the internet, www.visitdonaghadee.com will be updated regularly.

Advice and Assistance

The following organisations are available to offer help, advice and assistance:-

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Telephone 080 8808 8000.

Community Advice Ards & North Down (CAAND) is available for members of the public, Monday to Friday. CAAND can carry out telephone appointments to assist people with forms and can provide digital support with Universal Credit claims. Telephone 028 9131 0475.

Age NI, is offering a Check in and chat telephone service for everyone who is over 60 in Northern Ireland, who may feel isolated or lonely during this time. Contact the service by calling Age NI Advice on 080 8808 7575.

Community Action Response: Covid-19

5 things you can do to make a positive difference in Donaghadee.



Here to Help Group

The Here to Help Group is a group of volunteers who will help the elderly, the vulnerable and those who are self-isolating with tasks such as shopping or collecting prescriptions, Just ring one of these numbers:-

Pamela Skey	077 3940 7006
Leslyanne O'Malley	074 1576 4190
Lindsay Oldfield	078 0541 8089
Joanne Courtney	075 6391 3482
Pauline Moore	078 7176 8390
Lisa McKnight	077 2085 2195

Local Businesses

This is a difficult time for our local businesses. Several of our shops have been allowed to remain open as they provide essential services and some are offering home deliveries. The Association encourages everyone to support our local traders.

– Town Traders offering home deliveries or order / collection services –

Bay of Bengal: 028 9188 3559

Captain's Table: 028 9188 2656. Daily 4.30pm-8.30pm for collections

Cottown Nurseries: 077 8829 0665

County Hardware: 028 9188 3300

Devonport Meats: 028 9188 3347. Shop open 9am-12noon Mon - Sat.
Ring after 12 for deliveries that afternoon where possible

Donaghadee Dairies: 028 9188 3966

Flavour First: 028 9188 3250

Grace Neill's: 028 9188 4595 Delivery and Collection Mon-Sat 5pm-9pm,
Sun 12pm-8pm

Grange Wines: 028 9188 3856

Harbour & Co: 028 9188 4466. Contactless delivery and collections Mon-Sat
4pm-9pm, Sun 12:30pm-8pm. Phones open Mon-Sat at 3pm, Sun 11:30am

Harvest Fayre Fruit Shop: 028 9188 3559 Shop open to noon. Please be
advised minimum spend for delivery is £10

Kam Inn: 028 9188 8863

Nash's: 028 9185 7013

Natural Raw Feeding NI: 078 8582 1347

Peninsula Veterinary Clinic: 028 4273 8700 delivery and/or postal service for
repeat prescriptions

Pier36: 028 9188 4466. Contactless delivery and collections Mon-Sat 4pm-
9pm, Sun 12:30pm-8pm. Phones open Mon-Sat at 3pm, Sun 11:30am

Rainey's: Opening Thursday, Friday and Saturdays 4pm-8pm

The Corner: 028 9188 3759

Wrights Butchers: 028 9188 2535

Churches

Donaghadee Parish Church: will have an online service at 9.30am on
Sunday morning and has produced a Virtual Prayer Walk round our town at
donaghadee.down.anglican.org

First Presbyterian is posting a devotional called 'First Worship' on their
website at firstdonaghadee.org.uk and every weekend at [facebook.com/
groups/157936040930741](https://www.facebook.com/groups/157936040930741)

Shore Street Presbyterian is running Sunday services online at 11am at
[facebook.com/sstchurch](https://www.facebook.com/sstchurch) and at shorestreet.org

St. Comgall's R.C. Church: daily podcasts found at www.bangorparish.com
and live masses at www.newtownardsandcomberparish.com/web-cameras

