

## **Coronavirus Self Isolation**

On Monday 16<sup>th</sup> March, the Government outlined new advice on containing the spread of the Coronavirus which suggested people in at-risk groups, including over 70s will be asked within days to be "largely shielded from social contact" for 12 weeks.

As a result, and in order to help protect those who use its services, Age UK Horsham District has taken the decision to close its Lavinia House centre to the public from Saturday 21<sup>st</sup> March onwards. All existing social and activity groups run by the charity will be put on hold until further notice.

Age UK Horsham District will adapt its services to continue offering emotional and practical help to older people locally. For example, it's likely that the charity will provide phone calls to help those self-isolating combat loneliness, and will begin offering to collect and deliver medication or groceries.

Simon Dowe, Interim Chief Executive at Age Horsham District said "This has been a very difficult decision to make but given the recent advice from the Government we feel this is an important step in order to protect our vulnerable client group. During these uncertain times we will be doing all we can to continue to offer what support we can to those who are frail, vulnerable and isolated."

If you are self-isolating and need support, or if you're worried about a friend or family member during this time, please contact Age UK West Sussex, Brighton & Hove on 01903 731 800 who will transfer your call through to Horsham District or email [information@ageukhorshamdistrict.org.uk](mailto:information@ageukhorshamdistrict.org.uk)

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