

Wash your hands for 20 secs



Use a tissue for coughs



Avoid touching your face



**CITY OF DURHAM
PARISH COUNCIL**

Learning from the past.
Building for the future.

CITY OF DURHAM CONTACT LIST - SUPPORT SERVICES DURING THE COVID-19 PANDEMIC

<p>NHS Helpline service Telephone: 111 Website: https://www.nhs.uk/conditions/coronavirus-covid-19</p>	<p>Government advice Further advice from Government on the coronavirus outbreak can be found here: https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response</p>	<p>Report an issue to Durham County Council Tel: 03000 26 0000 Text messaging: 0786 009 3073 Website: https://doitonline.durham.gov.uk/</p>
<p>Contact your child's school Contact details for all schools can be found on Durham County Council's website here: https://www.durham.gov.uk/article/4526/A-to-Z-of-schools</p>	<p>Samaritans Telephone: 116 123</p>	<p>Independent businesses providing delivery of food, shopping, etc in Durham: Telephone: 0191 384 6153 Website: http://www.durhammarkets.co.uk/news/Buy-by-Phone-from-local-Independents</p>
<p>City of Durham Parish Council Telephone (9am – 5pm Mon-Fri): 07704 525630 Website: http://cityofdurham-pc.gov.uk/contact-us/ E-mail: parishclerk@cityofdurham-pc.gov.uk</p>	<p>Contact your local County Councillor (To find out who your County Councillor is go to: https://www.writetothem.com/) For Neville's Cross contact either Cllr Liz Brown (03000 268 743) or Cllr Elizabeth Scott (03000 268 725) For Elvet and Gilesgate contact either Cllr David Freeman (03000 268 709) or Cllr Richard Ormerod (03000 268 758)</p>	<p>Durham Market Place Post Office (for collection of pensions, etc) Tel: 0191 3869103 Please note: Post office is open as usual (updated 20th March 2020) Mon-Sat 09:00-17:30pm and Sunday 11:00-15:00 Website: https://www.postoffice.co.uk/</p>