



Are you, or do you know someone in need, or self-isolating during this difficult and uncertain time?

There are a number of people within Conwy County ready to help with:



- Shopping
- Collecting prescriptions
- Picking up the phone for a chat
- Other needs



Find out what is available within your community

**0 1 4 9 2 5 7 5 5 4 4**

Lines open Monday to Friday 9am - 5pm,

Saturday and Sunday 10am - 2pm