

WDHS Helping Hands

A community based program for people requiring support during the Coronavirus outbreak.

The program is available to anyone living in the Southern Grampians Shire who:

- is in need of assistance
- has a disability or serious health condition **or**
- is required to self-isolate



Simply contact our WDHS Helping Hands Hotline on **1800 943 131** between the hours of 9am and 4pm, or email **helpinghands@wdhs.net** and we will try to help you.

Assistance might be as simple as keeping in contact with you if you feel isolated, picking up groceries, or helping with your daily living tasks.

WDHS may not be able to help with every request, however someone close to you, such as a neighbour, may be able to assist.

We know our community is strong and in times of need will step up to lend a helping hand.