

# Staying safe



## Wearing masks

★ Makers & suppliers ★

★ Methods & best practice ★

[neighbournetworks.uk/masks](https://neighbournetworks.uk/masks)



**Makers, methods, best practice:**

lots of info on  
[neighbournetwork.uk/masks](https://neighbournetwork.uk/masks)

SCCR shares resources to help you with key information on health, neighbour networks and supporting people more at risk.

#### NHS 111

Samaritans: 116 123

Domestic Violence Hotline: 0808 2000 247

Mind: 0300 123 3393

Age UK: 0800 169 6565

Childline: 0800 1111