

# Household Plan

Stay safe through the Coronavirus outbreak - make a plan for your household

## Household details

Address
Telephone

## Who is in your household?

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## What needs does each person have?

Medical
Prescriptions – what and when due, who will order and collect?
Name/number of Pharmacy
Treatment – details of appointments coming up (check they are going ahead)
Name and phone numbers of GP surgery/Specialist clinics
Food/diet
Other

Contact details for anyone who can provide support (family, friends, neighbours, local groups, faith organisations)
Contact details for anyone you are supporting

## Food & essentials

Where you shop

Online shopping login details

If you are in real need of a parcel from a Food Bank 01274 431000

## Money, Banking and Benefits

Make sure more than one person in the household understands and can access sources of income, but do not put yourself at risk by sharing passwords

## Housing information

Mortgage provider details and contact

Landlord or Housing Association provider and contact

Online and helpline details for essential services – who provides your:

Gas

Electric

Broadband

Mobile phone service

House phone

Water

## Useful contacts Always go online first unless it's an emergency

**For all Bradford Council information:** [www.bradford.gov.uk](http://www.bradford.gov.uk) or 01274 432111

**For non-medical help or support eg advice, food, local support:** 01274 431000

**Adult social care, if concerned about care package:** 01274 435400 and **Adult social care out of hours:** 01274 431010

**Children's social care:** 01274 435600 and  
**Children's out of hours:** 01274 431010

**Police, Fire, Ambulance:** 101  
**Life-threatening emergency only:** 999

**Hate crime reporting:** 08001 691664

**Domestic abuse:** 0808 2800 999 and  
**Out of hours:** 0808 2000 247

**Childline:** 0800 1111

**Mental wellbeing crisis support:** [www.bdct.nhs.uk/services/first-response](http://www.bdct.nhs.uk/services/first-response)