

COVID-19 Mutual Aid UK

Local organising to support the most vulnerable in communities



Are you on your own at home because of coronavirus and need help?



Do you need someone to run errands?



Or do you just need someone to chat to on the phone to break up your day?

We are a group of local residents who are getting together to help out in the community during this time of crisis.

We can only offer help within reason where possible and in adherence with Governmental health advice.

We will **NOT** ask for money or donations.

We cannot offer any medical advice or assistance. If this is what you need please go to <https://111.nhs.uk/covid-19> or call NHS on 111 from your telephone if you cannot get help online.

No one from our community will ask to enter your house to test you for the virus.

DO NOT give any money, bank cards or any other items of value to people you don't know. No money should be passed hand to hand.

You are not alone. Together we can help each other.

EMAIL:

TELEPHONE:

Don't worry, we washed our hands before delivering these.

Printed with support from **printed.com**