

[redbridgecovid19mutualaid@gmail.com](mailto:redbridgecovid19mutualaid@gmail.com)

 **Redbridge Covid 19 Mutual Aid**

We are a group of local residents who are getting together to help out in the community during this time of crisis. We don't want anything in return and we don't ask for money.

# YOU ARE NOT ON YOUR OWN

**TOGETHER WE CAN HELP EACH OTHER**

- Look out for our elderly & vulnerable
- Volunteer to help • Contact us for help

**MP OFFICE | 020 8478 6781**

**CORONAVIRUS WELL-BEING SERVICE | 020 8708 5555**

**REDBRIDGE COVID-19 MUTUAL AID | 020 3137 3984**



**Are you unable or worried to leave your home because of the coronavirus?**

***Do you need someone to run errands, do your shopping or pick up a prescription?***

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



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- Contact us via telephone, email or facebook if you'd like to set up any help.
- We are local residents who have offered our time because we care about our neighbours and elderly.
- We cannot offer any medical advice or casework assistance. If this is what you need, please call **NHS on 111** or Citizen's Advice.
- We won't ever enter your home.
- For all up-to-date governmental guidance please check **GOV.uk** and the NHS website.
- Any donations will be left on your doorstep after prior arrangement with you. We'll let you know the name of the volunteer coming.
- We will never ask for money. **DO NOT** give any money, bank details or any other items of value to people you don't know.
- Many pharmacies can deliver - liase with your GP or local chemist if you have concerns.
- We will always wash our hands and follow government guidelines before delivering to you.



This is **not** a party political initiative; we welcome help from **all** sections of our community - now is the time for us to work together. [redbridgecovid19mutualaid@gmail.com](mailto:redbridgecovid19mutualaid@gmail.com)