

If you're self-isolating because of Covid-19 / coronavirus: you're not alone!

## Let us know how we can help!

We are a group of volunteers around **Kennington** looking to help members of our community through this time of crisis. We want to make self-isolation easier for you. **We don't ask for anything in return**, we just believe in helping each other in a time of difficulty.

### HERE ARE SOME WAYS WE CAN HELP:

- **Picking up shopping/medication**
  - **Topping up electricity / gas**
    - **Urgent supplies**
  - **A friendly phone call**

To speak to us or ask for help, get in touch and we can talk about what we can do to support you:

Ruth - 07834285653 or Rose - 07799430344

**If you live in Walcot Square, you can also contact Nick on 07793 440 403**

**Don't worry - we'll take every hygienic precaution when we visit you.**

We have not been vetted and there are no processes in place for this. We can only offer help within reason, and cannot provide medical help.

If you need medical advice, use the NHS 111 online coronavirus service at [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19), or if you have no internet access, call NHS 111 from your telephone.

In a medical emergency, dial 999.

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**If you are in a position to help, we can add you to a WhatsApp Group** that is being used to coordinate support - text 07725366871 and we'll add you to the group. You can also check the Facebook Group for any updates: **Lambeth Covid 19 Mutual Aid**