

IF YOU'RE  
**SELF-ISOLATING**  
YOU'RE  
**NOT ALONE**

## MAPESBURY COVID-19 MUTUAL AID GROUP

Are you unable to or concerned about leaving your home because of Covid-19/Coronavirus? Do you need someone to run errands?

### **We can help!**

We are a group of Mapesbury residents who are coming together to help each other. We would like to support the community that we live in and ensure that nobody is left isolated or without what they need.

### **We can do any of these and more:**

- ✓ Do your shopping
- ✓ Drop off food
- ✓ Walk the dog
- ✓ Pick up prescriptions
- ✓ Offer phone chats
- ✓ Help with pets

We don't ask for anything in return, we just believe in helping each other in a time of difficulty.

**If you would like to speak to us, or want to ask for help, please get in touch.** One of the members of our group can talk about what we can do to support you.

**Call: 020 8914 7950**

**Call/Text: 07311 428 653**

**Email: [MapesburyMutualAid@gmail.com](mailto:MapesburyMutualAid@gmail.com)**

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020 8900 1155  
[info@colourpress.co.uk](mailto:info@colourpress.co.uk)  
[www.colourpress.co.uk](http://www.colourpress.co.uk)

# IMPORTANT INFORMATION

- ✓ Stay safe from scammers: **we would never ask for money in advance** and we will always provide a receipt for things we have purchased on your behalf.
- ✓ We won't ask you to give us your credit or debit card to make purchases.
- ✓ If you cannot afford the things you need right now, call us anyway - a volunteer may still be able to help.
- ✓ Make sure that you are following NHS advice about self-isolation, recovery, and how best to protect yourself from coronavirus. Visit **<https://www.nhs.uk/coronavirus>** for the most up-to-date advice. If you are not connected to the Internet, give us a call and we can read the advice out to you!
- ✓ Call **NHS 111** if you feel you cannot cope with your symptoms at home.
- ✓ In an emergency, call **999**.

**In uncertain times, let's help each other.**

**Want to volunteer?**

**Facebook: Brent Covid-19 Mutual Aid**

**Scan the QR code to join our**

**Mapesbury Ward WhatsApp group**



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