

COVID-19 MUTUAL AID UK

BRAUNSTONE TOWN, including Thorpe Astley

Covid 19/ Coronavirus Community Response

We are your local neighbours supported by Braunstone Town Council. We believe we are all in this together and we should help and support one another in every way we can.

You can find out more about our Community Response and what we can offer through our Facebook

Group: www.facebook.com/groups/BTresponse/

or through the Town Councils'

website: www.braunstonetowncouncil.org.uk

We can only offer help within reason, and in ways we can also stay safe. If you need medical advice, use the NHS 111 online coronavirus service at **111.nhs.uk/covid-19**, or if you have no internet access, call **NHS 111** from your phone. In a medical emergency, dial 999.

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HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

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