

Covid-19 Compassionate Community Connector Programme

Do you need help with....

Shopping

Email or call us with your shopping list, and we'll arrange for someone to do this shopping and one of our staff or trusted volunteers will deliver it to your door 😊

Telephone Befriender

Feeling lonely or isolated at this difficult time? Let us know and we'll arrange for someone to give you a call 😊

Dog Walking/Pet Sitting

Can't get out? or need to go into hospital? Need someone to look after your pet? let us know and we'll see what we can arrange 😊

Postcard Pal

Would you like to receive a message from a child home from school who would like to exchange postcards/letters? Get in contact 😊

Telephone Tech Support

Want to video chat with your family through Skype or Facetime? Need to know how to set up online shopping orders? Call our friendly phone tech support volunteers to help you gain confidence with your tech 😊

Or would you like a friendly conversation during the week?

We're here to help 😊

**Please call 020 8207 5115, email help@communities1st.org.uk
www.communities1st.org.uk/covid19support**

