



SELF-ISOLATING?

HERE'S THE HELP YOU CAN GET IN HILLINGDON:

Charity **H4All** are working with Hillingdon Council offering a support service for residents who are most at risk. With support from Age UK, Dash, Harlington Hospice, Hillingdon Carers and Mind.

MON-FRI 9.30AM - 4.30PM

020 3949 5786

CORONASUPPORT@H4ALL.ORG.UK



COVID 19 MUTUAL-AID is a grassroots community service that relies on community volunteers. It is independently funded through individual donations. They can help with the following:

- **COLLECTION AND DELIVERY OF PRESCRIPTIONS**
- **COLLECTION AND DELIVERY OF SHOPPING**
- **PHONE COMPANIONSHIP**

They are already working with pharmacies and local shops in the area and fundamentally support the H4ALL scheme.

**CONTACT COVID 19 MUTUAL AID
LINES OPEN DAILY
07423483221**

HILLINGDONCOVID19MUTUALAID@GMAIL.COM

IF YOU LEAVE A MESSAGE WE WILL ALWAYS GET BACK TO YOU

THIS IS A 100% FREE VOLUNTEER SERVICE

PLEASE ALWAYS ARRANGE ASSISTANCE THROUGH THE PROVIDED ORGANISATIONS.