

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:

- Pick up urgent shopping/supplies
- Friendly phone-chat

Call/text me & I'll do my best to help you (for free)

See receipts for my account details—if you don't do e-banking, leave cash in sealed bag. If you don't have money to refund, just let me know when you call.

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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Brighton mutual aid

We want to aid one another and ensure that nobody is left isolated or without what they need. We **don't ask for anything in return**, we just believe in helping each other in a time of difficulty.

We have not been checked or vetted, and there are no processes in place for this. We can only offer help within reason, where possible, and in adherence with health advice. We cannot offer any medical advice or assistance. If this is what you need please call NHS on 111 from your telephone.

- 3) If you want help, get in touch with me on the details overleaf (if none are provided, use the contact details below)
- 4) If you are at low risk of infection and want to help others in Brighton, get in touch:

<https://brightoncovid19mutualaid.weebly.com/>

Email: brightonma19@gmail.com

Emergency phone: 07872023446 (call or text—incl. your area)

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