

Support for vulnerable and elderly patients

1. **Get coronavirus support as a clinically extremely vulnerable person** <https://www.gov.uk/coronavirus-extremely>

2.

Working together for Ealing

Ealing Together is a collaboration between local community and voluntary groups, Ealing Council, resident associations and concerned residents that want to help.

<https://ealingtogether.org/help-for-residents/>

3.

LANGAR

NishkamSWAT will be providing a **Free Mobile Langar Service** at this crucial time of need in light of the Coronavirus COVID-19 pandemic

If you are over 65 and in isolation don't worry, we are here to help and support you.

NISHKAM SWAT
SMALL RELIEF & AWARENESS TEAM

GET IN TOUCH
EMAIL US help@nishkamswat.org
CALL US 0300 365 1313
WHATSAPP US 07459 783 967

The advertisement features a central illustration of a black van with 'NISHKAM SWAT' branding. Two individuals, one in a red shirt and white pants, and another in a red shirt and blue pants, are shown holding 'HOT FOOD PARCEL' bags. The van also displays 'SMALL RELIEF & AWARENESS TEAM' and 'SERVING THE COMMUNITY'.

3.

**LOCKDOWN
FREE MOBILE FOOD SUPPORT**

- ARE YOU 65+?
- NHS STAFF?
- IN CORONAVIRUS ISOLATION?
- NEED SUPPORT TO GET FOOD?

Sri Guru Singh Sabha Southall are providing a **FREE MOBILE FOOD SERVICE** to those in need

If you require any **ASSISTANCE** or **HELP** during these challenging times, please contact

07927 384623

 Sri Guru Singh Sabha Southall 

5.

**COVID-19
COMMUNITY
ASSISTANCE**

Self isolating? We can help.

We can help you shop, collect prescriptions, post your mail, collect urgent supplies. Or if you just need a friendly chat, we're here for you.

Just give us a call on **07543 423285 | 07980 204409**
or email us on **RNPLabour.Assistance@gmail.com**



and our team of volunteers will do our best to help you.

6. Age UK - 020 8567 8017

7. facebook <https://www.facebook.com/scepcn>

8. Morrison's: <https://www.morrison.com/food-boxes/>

Families would have to register their vulnerable relatives as this requires payment for the food box £30 plus £5 delivery.

9. App for volunteers to register-

<https://www.goodsamapp.org/>