



# **COPLESTON Mutual Aid**

<https://coplestoncentre.org.uk>

We are a group of local people who are co-ordinating free help for anyone who is self-isolating due to coronavirus.

## **How Can We Help?**

- Picking up shopping
- A friendly phone call
- Posting mail
- Urgent supplies
- Dog walking
- Other (we will try to help)

**Email: [CoplestonMutualAid@gmail.com](mailto:CoplestonMutualAid@gmail.com)**

**Call: 07903 405 609**

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

**To volunteer, search Facebook for 'Copleston Mutual Aid'  
Or see our Whatsapp at <http://bit.ly/33ilQoR>**