

SWANLAND Covid-19 MUTUAL AID

FOR THOSE WHO NEED TO SELF ISOLATE

WE'RE HERE TO HELP:



**Deliver
Mail**



**Shopping
& urgent
Supplies**



**Medicines &
Prescriptions**



**Call for a
chat**

Further Information:

Facebook: @Swanland Covid-19 Mutual Aid

E mail: swanc19ma@gmail.com

Request help: **01482 240983 (Answerphone)**

Registered with East Riding Community Hub

www.swanc19nf.com - #local help by local people

WANT TO HELP?

Volunteer to be part of the team - contact us below:

BE A NEIGHBOUR

- **Deliver “viral kindness” cards**
- **Let those around you know how you can help**
- **Check up and chat with those who are elderly or vulnerable**

BE A STREET CHAMPION

- **Be a point of contact/ support for your street**
- **Part of a network serving Swanland**
- **Be ready to act if further help is required**

JOIN OUR FACE-BOOK GROUP

@Swanland Covid-19 Mutual Aid

- **Keep up to date**
- **Share help and information**
- **Link up with others**

SIGN UP

Register your interest by:

E: swanc19ma@gmail.com



Swanc19ma