



**The South Hampstead And Kilburn**

Community Partnership

## **If you are self-isolating we are here to help!**

The South Hampstead and Kilburn Community Partnership (SHAK) and the TRA will be offering information, support and coordinating volunteers to help residents.

If you need anything, or if you know of anyone who might need help contact SHAK:

**Call: 07845448840** (10am-4pm M-F)

**Email: [info@shakonline.co.uk](mailto:info@shakonline.co.uk)**

**Website: [www.shakonline.co.uk](http://www.shakonline.co.uk)**

(If you are interested in volunteering please email)

**Age UK** is launching an emergency appeal and providing emergency food parcels, an information and advice hotline, telephone counselling, and digital social activities. They can be reached on **020 7239 0400** or **020 7837 3777** for more information.

**SHEF FOOD CO-OP** is continuing to provide fresh organic produce at wholesale prices. The order deadline is Tuesday for Saturday collection at the TRA Hall (next available 28/3).

Please email for more information and to order:

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

Delivery can be arranged for residents on the estate who are self-isolating.

**Official information from the government is changing quickly. Please check the following links for the most up-to-date guidance:**

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>