



## If you are struggling to cope 'We are Islington' is here to help you

### Get in touch

If you or someone you know needs support, then help is available.

Islington Council, voluntary sector and mutual aid groups are working together to provide support. This could include help with getting food or medicine, online group activities, legal advice or a friendly conversation.

**You can contact organisations directly or call the We are Islington helpline on 020 7527 8222.**

You can also email [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk).

Minicom: **020 7527 1900**

We will be open **every day** from **9am to 5pm**.

Remember you can keep up with local news, link to public health advice and sign up to our ebulletins at [www.islington.gov.uk/coronavirus](http://www.islington.gov.uk/coronavirus)



A big thank you to all the residents, volunteers and charities across Islington who are rallying round to support their community. We are Islington.

## Can you help someone who is struggling?

There are lots of ways to help, including volunteering with local community groups.

Charities in the borough also need assistance.

If you/your business wants to help please approach a local group or check out [www.islington.gov.uk/findvolunteering](http://www.islington.gov.uk/findvolunteering). You can also email [volunteer@vai.org.uk](mailto:volunteer@vai.org.uk).

Please ensure that any organisation that you help gives you advice on how to keep yourself and others safe.



## Can you donate to help someone who is struggling?

Please give to the Islington Giving Crisis Fund. Every penny you give to this fund will go to people who are isolated, anxious and in most need of financial support through this crisis.

[www.islingtongiving.org.uk](http://www.islingtongiving.org.uk)