

## **Coronavirus - Self Isolation Help from Glasgow Mutual Aid (27.03.2020)**

Are you, or someone you know, self-isolating?

Would you, or someone you know, benefit from help with shopping, cooking or running errands?

Are you, or someone you know, worried about feeling lonely or bored during isolation?

Would you, or someone you know, like help to access online support?

### **Fellow Glasgow residents want to help!**

**Please use the link below to request support from the Glasgow Mutual Aid group for you or for someone you are worried about.**

<https://actionnetwork.org/forms/do-you-need-support-during-self-isolation>

### ***Volunteers are also needed - can you help?***

Please sign up here if you want to be involved with helping self-isolating people in Glasgow access food, medicine, support and other necessary resources during the COVID-19 pandemic.

[https://actionnetwork.org/forms/glasgow-mutual-aid-covid-19-volunteers-2?source=direct\\_link](https://actionnetwork.org/forms/glasgow-mutual-aid-covid-19-volunteers-2?source=direct_link)