



Celebrating Community



As the world changes, we will need to adapt how we organise and stay connected. As Covid-19 restricts us to our homes, let's remember what brings us together.

There can be no doubt that this pandemic will mean major change for all of us. To support your communities, make sure you very familiar with the NHS official advice and follow it as best you can:

www.nhs.uk/conditions/coronavirus-covid-19/

As we begin to self-isolate and limit in-person contact, it's vital to stay connected. Now is the time to reach out to your neighbour (NOT literally), support the vulnerable, and practise depending on each other.

If your family needs support, or an adult in your family is able to give support to your neighbours (food, medicine etc), you can find a local Covid-19 mutual aid group in the links below. Ask an adult to join one for you and then ask if you can help out.

Cathall Ward Covid-19 Mutual Aid (Waltham

Forest): <https://chat.whatsapp.com/C4nTtTUjOBA2JOcvveMBSP>

Chingford Corona

Response: <https://www.facebook.com/groups/1480181068822279/>

Grove Green Mutual Aid

(Leyton): <https://chat.whatsapp.com/LCD02DgyiebBgYr1vQ9qjE>

Waltham Forest Covid 19 Mutual

Aid: <https://www.facebook.com/groups/233168351049198/>

This link will explain how some of the groups are organising:

[https://drive.google.com/file/d/1_tkIvyL1EQmJpcKpVssDhska-Iz-](https://drive.google.com/file/d/1_tkIvyL1EQmJpcKpVssDhska-Iz-GBVJ/view?link_id=4&can_id=b602c058f80f0c2c003943ef33e30a6b&source=email-i-know-why-the-caged-canary-sings-2&email_referrer=email_754067&email_subject=uk-newsletter-11-self-isolating-welcome-back-to-the-community)

[GBVJ/view?link_id=4&can_id=b602c058f80f0c2c003943ef33e30a6b&source=email-i-know-why-the-caged-canary-sings-2&email_referrer=email_754067&email_subject=uk-newsletter-11-self-isolating-welcome-back-to-the-community](https://drive.google.com/file/d/1_tkIvyL1EQmJpcKpVssDhska-Iz-GBVJ/view?link_id=4&can_id=b602c058f80f0c2c003943ef33e30a6b&source=email-i-know-why-the-caged-canary-sings-2&email_referrer=email_754067&email_subject=uk-newsletter-11-self-isolating-welcome-back-to-the-community)

