

Addiscombe Covid-19 Mutual Aid

Local volunteers working on behalf of
Croydon Voluntary Action
and other charities, appealing for donations
of food items and hygiene products

Donation ideas;

- **FRESH** fruit & vegetables
- Non perishable foods (canned, boxed, bagged)
- Rice
- Pasta
- Flour
- Sugar
- Coffee / tea
- Long-life milk
- Toothpaste / toothbrushes
- Mouthwash
- Deodorant
- Soap / shampoo / shower gel
- Tissues
- Disposable razors
- Female sanitary items
- Laundry detergent
- Toilet roll / kitchen roll

Donations will be collected by CVA for distribution across our community



Donation drop-off point;

St. Mildred's Church
30 Bingham Road
Croydon
CR0 7EB

Operating hours;

10am - 2pm
Tuesday - Saturday

31st March - 30th May
Dates may be extended

Pavilion Hall, access via car park Not open on Sunday or Monday



Find out how you can help by joining our FB group;
Addiscombe Covid-19 Mutual Aid
<https://www.facebook.com/groups/AddiscombeCovid19/>

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If you have a medical condition that makes you extremely vulnerable to coronavirus, please **register on GOV.UK**. You will then be offered support such as essential food services.



For life-threatening emergencies, call 999 for assistance

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the **111 coronavirus service**.

If you need help or advice not related to coronavirus:

- for health information and advice, use the **NHS website** or your GP surgery website.
- For urgent medical help, use the **NHS 111 online service** – only call 111 if you're unable to get help online.

CROYDON
www.croydon.gov.uk

Dedicated helpline and email for vulnerable residents:

Phone 020 8604 7787

Email covid19support@croydon.gov.uk



Need help?

Call 020 8253 7076 or [07540 720 102](tel:07540720102)

Monday to Friday 10 - 4pm

or email connectwellcroydon@cvalive.org.uk

Please exercise good judgement and only leave the home under the conditions previously set out by government. You should be minimising time spent outside of the home and ensuring you are **two metres apart** from anyone outside of your household.

Donations brought to St Mildred's will be accepted in accordance with no-contact **social distance** guidelines.