

Coronavirus: Do you need help or support?

Middlesbrough Council have put together a range of support to help our residents and communities stay safe and well throughout these difficult times.

If you are affected by coronavirus and feel you need help, let us know and we will match you with a volunteer in your area.

Here are some of the things we can help you with:

- Shopping
- Making meals
- Walking and taking care of pets
- Someone to listen and support you
- Health advice and taking care of yourself

We can help with other concerns you have too, please do get in touch.
We are all here to help.

**Please fill in a short form online at middlesbrough.gov.uk/helpboro
talk to us on 01642 729777 or email volunteering@middlesbrough.gov.uk
Take care and we will be in touch soon.**

If you can help, please turn over...



middlesbrough.gov.uk/helpboro

For the latest local coronavirus information and advice visit:

 /covid19boro  /covid19boro #helpboro

Coronavirus: Can you help people in your community?

Middlesbrough Council have put together a range of support to help our residents and communities stay safe and well through the coronavirus pandemic. Middlesbrough people do amazing things and we really need you to continue helping and supporting each other in these difficult times.

Here are some of the ways you can help:

- Shopping
- Walking / taking care of pets
- Health advice
- Other practical help – let us know
- Preparing meals
- Listening and giving emotional support
- With transport

Please fill in a short form online at middlesbrough.gov.uk/helpboro
talk to us on 01642 729777 or email volunteering@middlesbrough.gov.uk
Thank you - you are brilliant! We will be in touch soon.

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