

Do you need help locally?

My name is

I live nearby at

My phone number is

If you are self isolating due to Coronavirus, I can help with:

- Picking up shopping Urgent supplies A chat over the phone

Due to contagious nature of Coronavirus, please make sure you take all precautions possible. Please avoid physical contact (2m apart), wash your hands regularly, and leave items on the doorstep.

#APhonecallAway

a campaign by  mind in Salford
for better mental health