

We're here if you need us.

If you are unwell, housebound or self-isolating as a result of Coronavirus, and you need support, Age UK Camden may be able to help with;

- Emergency food parcels
- Internet shopping
- Information and advice hotline
- Telephone befriending service
- Telephone counselling service
- Online book club
- Live streaming of our lunchtime music recitals

Please note that this service is for people aged over 55, their family and carers.

020 7239 0400

Monday - Friday, 10.00am - 5.00pm

www.ageukcamden.org.uk



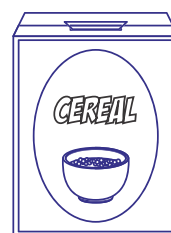
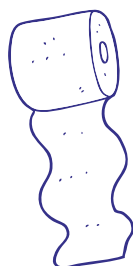
**If you need to speak to
someone, at any time of
the day or night call:**

Silverline: 0800 4 70 80 90

Samaritans: 116 123

How can I help?

Donate money, food, essentials & time!
Tinned food, cereal, soap, tea, coffee, toilet roll,
biscuits. In-date products only please.



**Volunteer with our Emergency Food Packets
Project. Email: info@ageukcamden.org.uk
or call 020 7239 0400**