



SCOTLAND AGAINST CORONAVIRUS

WE'RE FIGHTING CORONAVIRUS WITH KINDNESS

If you – or someone you know – needs help right now, we're here for you.

Whether you're feeling lonely and isolated or need someone to assist you with essential deliveries during self-isolation, our amazing Kindness Volunteers are ready to help you.

From friendly 'Kindness' calls to check in on you regularly, to dog-walking, shopping or medication deliveries, our Kindness Volunteers are here to make sure you can stay safe and well in your own home.

How do I get help?

Call **0808 801 0899** or visit <https://www.chss.org.uk/coronavirus/i-need-help/>

and our volunteer team will be happy to help in any way we can.