



# 送暖行動

東倫敦華人協會在抗疫期間，希望為華人社區內**沒有親人及朋友照顧的長者**免費提供以下的幫助：

- \* 購買及運送糧食和急需用品
- \* 情緒支援

因禁足令已生效，目前我們的義工團隊暫時只能為以下區域居住的長者(沒有親人同住或照顧的)提供以上的服務：

1. Tower Hamlets
2. Newham
3. Barking & Dagenham
4. Southwark
5. Hillingdon

華協義工團隊會盡量幫助你！請致電以下聯絡電話：

- **0207 515 5598** 或
- **07931 303 878**

願疫情早日驅散，生活恢復正常，祝心情滿是陽光，身體永遠健康！



## **If you are living in isolation, we can help.**

If you are living in isolation due to COVID-19 our staff and volunteers at the Chinese Association of Tower Hamlets can help with:-

- Picking up shopping or urgent supplies
- Emotional support

Due to availability, our volunteer team can only provide the above services free of charge in the following areas:-

1. Tower Hamlets
2. Newham
3. Barking & Dagenham
4. Southwark
5. Hillingdon

Contact us and we'll do our best to help (for free!):-

- 0207 515 5598 or
- 07931 303 878

Wash your hands regularly! Smile, stay safe and healthy!