



**Pathways**

Pathways understands that the Covid-19 outbreak in the UK is unprecedented and has proved to be quite challenging to deal with. To assist you during this difficult time, we have compiled a list of helpful organisations within your area that can be contacted for providing essential shopping and prescription delivery services. Please see below.

**Waltham Forest Borough: Leyton United**

**Waltham Forest Borough Council**

- Essential food supplies
- Prescription collections
- Advice and social contact

**Telephone:** 0208 496 3000

**Website:** <https://www.walthamforest.gov.uk/content/covid-19-community-help-network>

**Waltham Forest Mutual Aid**

- A group of local people who have come together to offer help to people who need it during the pandemic

**Telephone:** 07497 620 579 or 07446 258 318

**Email:** [leytonmutualaid@gmail.com](mailto:leytonmutualaid@gmail.com)

**Website:** <https://walthamforestmutualaid.org.uk/>

**Age UK Waltham Forest**

- Telephone befriending
- Essential shopping

**Telephone:** 0208 558 5512

**Email:** [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk)

**Website:** <https://www.ageuk.org.uk/walthamforest/>