



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.

London Borough of Newham: The Retreat

Newham Borough Council

- Home delivery of food and essential items
- Delivery of prescription medication
- Friendly phone call
- Offers support to residents: aged 70 or over who live alone and do not have the support of friends or family, those who receive support through adult social care and who have health conditions identified by the NHS and those who have been contacted directly by the NHS as part of their programme to shield 1.5 million people nationwide.

Telephone: 0208 430 2000

Email: help@newham.gov.uk

Website: [https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-\(Covid-19\).aspx#Advice](https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-(Covid-19).aspx#Advice)

Age UK East London

- If you are struggling and need advice and support

Telephone: 0208 503 4800

Website: <https://www.ageuk.org.uk/eastlondon/>