

# St George's Mutual Aid

## Neighbours helping neighbours

St George's Mutual Aid was set up at the start of the Covid-19 pandemic so neighbours could help each other whenever they need it. Now the cost of living is rocketing and we need each other more than ever.

If you need help and/or are able to help (we all need and give help at different times), we link people together and co-ordinate the tasks. It might be shopping, collecting medicine or delivering meals; you might want a chat, to share news or ask about local events and activities. You may want to discuss a problem or give away spare plants – anything, as long as it's neighbourly and not commercial.

The Mutual Aid Group keeps track, making sure everyone is safe, and that we only spread kindness!

*There's a list of useful sources of support on the back of this leaflet.*

## Solidarity not charity!

### Contact us by phone, email or Twitter

07568 269112  
@StGMutualAid  
sgislingtonmutualaid@gmail.com

### Join the WhatsApp group

Open your  
phone  
camera and  
scan this  
QR code



## Useful information

### Cost of living support

Prices are rising and many people are worried about how to cope. Islington Council's website has helpful links: [www.islington.gov.uk/benefits-and-support/cost-of-living-support](http://www.islington.gov.uk/benefits-and-support/cost-of-living-support).

### Energy bills

There's lots of information about support and about the vouchers for people with prepayment meters. Go to [www.islington.gov.uk](http://www.islington.gov.uk) and search for "Help with your energy bills".

### Community warm spaces

Many Islington community centres, libraries and other venues provide Warm Community Spaces during the day. Go to [www.islington.gov.uk](http://www.islington.gov.uk) and search for "Community Warm Spaces".

### Hilldrop Community Centre

Our local community centre offers a warm, welcoming space on Tuesdays, 9.30am - 4pm whatever your age or background. There's also a Food Hub where you can share a meal and get involved in activities. *These are in term time only.* Email [elaine@hilldrop.org.uk](mailto:elaine@hilldrop.org.uk); phone 020 7607 9453.

### Social Security benefits

Islington Council's Income Maximisation (iMax) team can help make sure you are getting any social security benefits you might be entitled to. Phone: 020 7527 8600 or email [claimit@islington.gov.uk](mailto:claimit@islington.gov.uk)

### Money and debt advice

There's a useful list of ways to get help managing your money, ranging from paying the rent and paying for childcare, to energy bills and budgeting loans: [www.islington.gov.uk/advice/money-and-debt-advice](http://www.islington.gov.uk/advice/money-and-debt-advice)