



# UNITED SYNAGOGUE CORONAVIRUS HELPLINE 020 8343 5696

The United Synagogue's dedicated helpline is still available for all those who are seeking support, advice or if you are simply struggling to cope as the pandemic continues.

We can point you in the right direction for:



### Practical support

if you need help with things like shopping or cooking



### Spiritual support

if you need Rabbinic advice or religious guidance



### Emotional support

if you just need somebody to chat to

Call us on

**020 8343 5696**

Email us at

**helpline@theus.org.uk**

Our Helpline will be available from Monday to Thursday 9am–5pm and Friday 9am–1pm. (Outside of these hours you will be able to leave us a message and somebody will get back to you.)

*Please note: Our helpline is run by community volunteers and US staff. We are unable to offer medical, legal or financial assistance but we will do our best to point you in the right direction, including to your local community care group.*

If you would like to speak to us about volunteering or offering any other assistance during this challenging time, please email

**Yael Peleg on [helpline@theus.org.uk](mailto:helpline@theus.org.uk)**

