

You are in quarantine or cannot leave the house and therefore have problems to ensure your daily care? You want a conversation or just someone to listen to you? In the following you will find a collection of **initiatives** that try to be there for you in the near future. The offers are voluntary and **free of charge**.

Erfurt shopping assistance initiative (entire city area)

We will put you in touch with one of our volunteers, who can take care of your shopping, pharmacy visits or other errands over a longer period of time. Phone: **0178-6107303** (Monday - Saturday from **9:00-17:00**) E-Mail: **einkaufshilfe.erfurt@web.de**



Ella Lastenrad Lastenrad (entire city area)

We shop for you, pick up your medication and deliver your mail. If you need help, please **call us** in the morning **from 9:00 to 12:00 o'clock** or write us an **email at any time**. We can also transport large quantities without any problems thanks to our cargo bikes.

Phone: **0174 6850375**; E-mail: **hello@ella-lastenrad.de**

Solidarity network (entire city area)

Do you need assistance with shopping, walking, picking up medication, or other things that you cannot or do not want to do yourself due to the current situation? Then get in touch with us! Phone: **0151/68682598**

Facebook: **www.facebook.com/SoliNetzErfurt**



AJZ Erfurt (Ilversgehofen and Johannesplatz)



We are both in the AJZ e.V. organized as well as in the district engaged people and can do shopping for you for everyday needs, pick up medication at the pharmacy as well as pick up and post mail. We are also happy to help with other tasks, such as gardening. E-mail: **ajz-erfurt-orga@riseup.net** Unfortunately, you can only reach us indirectly by phone via the other groups.

We have joined together as initiatives under #ErfurtSolidarisch, to offer all the people in this city the support they need. Instead of spreading panic and racist agitation, we stand for living together in solidarity: Nobody should be left alone. In solidarity through the Corona time. We meet in a joint **telegram group** (<https://t.me/helpyourneighbours>). **Website:** erfurt-solidarisch.de

Offer related to the district: Berolina district meeting place on Berliner Platz

No matter if you need to run errands, walk the dog, or make phone calls, we are there for you! Phone: **0176/ 15 40 30 05** or **0361/ 65 37 88 00**

E-mail: **stadtteiltreff-berolina@mmev.de**

Municipal offer: Corona-Info-Telephone of the city of Erfurt

Phone: **0361/ 655-267662**

Always updated information in different languages as well as care and help phone numbers can be found at **erfurt-solidarisch.de**

