



Balham Mosque &  
Tooting Islamic Centre

**0300 30 30 694**

During these challenging and unprecedented times, we want to ensure that everyone in our community is supported. Many of our neighbours, including yourself, may be in quarantine and that means you may not be able to leave your home to buy the essentials you need, such as toiletries, food and general household items.

We want you to know that we at Balham Mosque & Tooting Islamic Centre are here for you, so please let us know if there is anything we can help you with.

We can assist in shopping on your behalf and providing cooking ingredients or cooked meals that can be delivered by one of our volunteers.

Of course, we want to ensure that you and our volunteers follow current distancing and safety precaution rules, as directed by the Government so be assured that we have all the necessary processes in place to keep you and our volunteers safe.

More than just the supplies you may require, we understand that this is a very mentally challenging time. Should you wish to speak to someone for reassurance or just to get something off your chest, or you may have a family member who needs counselling to get through the these very scary times, then please do reach out to us and we will point you in the direction or get the right person to call you back.

We look forward to hearing from you but in the meantime, stay safe and stay indoors

Best Regards,

Management Committee  
Balham Mosque & Tooting Islamic Centre