

## Gi eller få hjelp i karantene tiden- alfabetisk liste over lokale hjelpegrupper

ALVER - CORONA-HJELP	<a href="https://www.facebook.com/groups/1061591974215034/">https://www.facebook.com/groups/1061591974215034/</a>
ASKER - CORONAHJELP	<a href="https://www.facebook.com/groups/800814710409862/">https://www.facebook.com/groups/800814710409862/</a>
ASKØY - KORONAHJELP	<a href="https://www.facebook.com/groups/609195413258520/">https://www.facebook.com/groups/609195413258520/</a>
BERGEN - BERGEN HJELPER BERGEN	<a href="https://www.facebook.com/groups/Coronahjelpbergen/">https://www.facebook.com/groups/Coronahjelpbergen/</a>
BJØRNAFJORDEN - CORONA-HJELP	<a href="https://www.facebook.com/groups/523610791875073">https://www.facebook.com/groups/523610791875073</a>
BRUMUNDDAL - CORONA-HJELP	<a href="https://www.facebook.com/groups/494770574528093">https://www.facebook.com/groups/494770574528093</a>
BODØ   BODØ HJELPER VI HVERANDRE - COVID -19	<a href="https://www.facebook.com/groups/1159386187726325/">https://www.facebook.com/groups/1159386187726325/</a>
BÆRUM - NABOHJELP I KORONAENS TID	<a href="https://www.facebook.com/groups/408915819972620/">https://www.facebook.com/groups/408915819972620/</a>
BÆRUM - KORONAHJELP	<a href="https://www.facebook.com/groups/1023981874648640/">https://www.facebook.com/groups/1023981874648640/</a>
FREDRIKSTAD - CORONA-HJELP	<a href="https://www.facebook.com/groups/155654672234141">https://www.facebook.com/groups/155654672234141</a>
DRAMMEN - KORONA-HJELP DRAMMEN	<a href="https://www.facebook.com/groups/1513315725510863/">https://www.facebook.com/groups/1513315725510863/</a>
DRØBAK - HJELPENDE HENDER	<a href="https://www.facebook.com/groups/207295866999747/">https://www.facebook.com/groups/207295866999747/</a>
EIDSVOLL - CORONA-HJELP	<a href="https://www.facebook.com/groups/510024559907706/">https://www.facebook.com/groups/510024559907706/</a>
FETSUND - CORONA-HJELP	<a href="https://www.facebook.com/groups/158191871917694/">https://www.facebook.com/groups/158191871917694/</a>
FINNSNES/SENJA - NABOHJELP I KORONAENS TID	<a href="https://www.facebook.com/groups/438865010242514/">https://www.facebook.com/groups/438865010242514/</a>
FYLLINGSDALEN - FOLK HJELPER HVERANDRE	<a href="https://www.facebook.com/groups/188453299121240/">https://www.facebook.com/groups/188453299121240/</a>
GANSDALEN OG ENEBAKKNESET - KORONA-HJELP	<a href="https://www.facebook.com/groups/206999537046011/">https://www.facebook.com/groups/206999537046011/</a>
GJESDAL - CORONAHJELP	<a href="https://www.facebook.com/groups/231137484949271/">https://www.facebook.com/groups/231137484949271/</a>
GJØVIK & OMEGN - HJELP TIL DE I KARANTENE	<a href="https://www.facebook.com/groups/665064240985595/">https://www.facebook.com/groups/665064240985595/</a>
GRENLAND - GI OG FÅ HJELP I KARANTENETID	<a href="https://www.facebook.com/groups/2965343113489088/">https://www.facebook.com/groups/2965343113489088/</a>
GRIMSTAD - CORONA-HJELP	<a href="https://www.facebook.com/groups/1268990696639749/">https://www.facebook.com/groups/1268990696639749/</a>
HALDEN - NABOHJELP I KORONAENS TID	<a href="https://www.facebook.com/groups/565097470771287/">https://www.facebook.com/groups/565097470771287/</a>
HAMMERFEST - VI HJELPER HVERANDRE	<a href="https://www.facebook.com/groups/200436981226302">https://www.facebook.com/groups/200436981226302</a>
HAREID - CORONA HJELP	<a href="https://www.facebook.com/groups/2306286796332711/">https://www.facebook.com/groups/2306286796332711/</a>
HARESTUA - CORONA-HJELP	<a href="https://www.facebook.com/groups/134442348003292/">https://www.facebook.com/groups/134442348003292/</a>
HARSTAD - CORONAHJELP	<a href="https://www.facebook.com/groups/613528089205521/">https://www.facebook.com/groups/613528089205521/</a>
HAUGESUND KARMØY TYSVÆR - SAMMEN HJELPER VI ALLE	<a href="https://www.facebook.com/groups/569828380612299/">https://www.facebook.com/groups/569828380612299/</a>

HOL - KORONAHJELP	<a href="https://www.facebook.com/groups/3525906190816910">https://www.facebook.com/groups/3525906190816910</a>
HOLMESTRAND - KORONAHJELP	<a href="https://www.facebook.com/groups/1090234247992131/">https://www.facebook.com/groups/1090234247992131/</a>
INDERØY - KORONA HJELP	<a href="https://www.facebook.com/groups/558561591674402/">https://www.facebook.com/groups/558561591674402/</a>
KLEPP - KORONAHJELP JÆREN	<a href="https://www.facebook.com/groups/223107062409667/members">https://www.facebook.com/groups/223107062409667/members</a>
KONGSBERG - CORONA-HJELP	<a href="https://www.facebook.com/groups/408296490043337/">https://www.facebook.com/groups/408296490043337/</a>
KRAGERØ - KORONAHJELP	<a href="https://www.facebook.com/groups/608231139757234/">https://www.facebook.com/groups/608231139757234/</a>
KRISTIANSAND - KORONAHJELPEN	<a href="https://www.facebook.com/groups/642886503139502/">https://www.facebook.com/groups/642886503139502/</a>
KRISTIANSAND - CORONA-HJELP	<a href="https://www.facebook.com/groups/507694793483508/">https://www.facebook.com/groups/507694793483508/</a>
KRONSTAD - FOLK SOM HJELPER HVERANDRE	<a href="https://www.facebook.com/groups/2604678353111654/">https://www.facebook.com/groups/2604678353111654/</a>
KVINNHHERAD - KORONAHJELP	<a href="https://www.facebook.com/groups/202576124168075/">https://www.facebook.com/groups/202576124168075/</a>
KVÆFJORD - CORONA-HJELP	<a href="https://www.facebook.com/groups/232219991282632/">https://www.facebook.com/groups/232219991282632/</a>
LAKSEVÅG - NABOHJELP I KORONAENS TID	<a href="https://www.facebook.com/groups/1083885881968370/">https://www.facebook.com/groups/1083885881968370/</a>
LANDÅS - Folk som hjelper hverandre	<a href="https://www.facebook.com/groups/504677506773914/">https://www.facebook.com/groups/504677506773914/</a>
LEAPARKEN - NABOHJELP	<a href="https://www.facebook.com/groups/834804046996914/">https://www.facebook.com/groups/834804046996914/</a>
LILLEHAMMER - CORONA HJELP	<a href="https://www.facebook.com/groups/1272243692972686/">https://www.facebook.com/groups/1272243692972686/</a>
LILLESTRØM - DUGNAD FOR KJENTE OG UKJENTE I KARANTENE	<a href="https://www.facebook.com/groups/294510808194779/">https://www.facebook.com/groups/294510808194779/</a>
LURA - KORONAHJELP	<a href="https://www.facebook.com/groups/633477597472443">https://www.facebook.com/groups/633477597472443</a>
MALVIK - KORONAHJELP	<a href="https://www.facebook.com/groups/679914309215962">https://www.facebook.com/groups/679914309215962</a>
MO I RANA - CORONA-HJELP	<a href="https://www.facebook.com/groups/497551590932028/">https://www.facebook.com/groups/497551590932028/</a>
MORTENSRUD - KORONA HJELP	<a href="https://www.facebook.com/groups/320226515608198">https://www.facebook.com/groups/320226515608198</a>
MOSJØEN - CORONA-HJELP	<a href="https://www.facebook.com/groups/564797607726049">https://www.facebook.com/groups/564797607726049</a>
MYSEN - CORONA HJELP	<a href="https://www.facebook.com/groups/158413738551462/">https://www.facebook.com/groups/158413738551462/</a>
MØRE OG ROMSDAL - KORONAHJELP	<a href="https://www.facebook.com/groups/436544170486231/">https://www.facebook.com/groups/436544170486231/</a>
MØHLENPRIS - NABOHJELP I KORONAENS TID	<a href="https://www.facebook.com/groups/660135998079306/">https://www.facebook.com/groups/660135998079306/</a>
NAMSOS - KORONA-HJELP	<a href="https://www.facebook.com/groups/219739422414459/">https://www.facebook.com/groups/219739422414459/</a>
NES OG HELGØYA - CORONA-HJELP	<a href="https://www.facebook.com/groups/2733825236687210/">https://www.facebook.com/groups/2733825236687210/</a>
NESTUN - FOLK SOM HJELPER HVERANDRE	<a href="https://www.facebook.com/groups/527453341540717/">https://www.facebook.com/groups/527453341540717/</a>
NORDHORDALAND OG GULEN - KORONA-HJELP	<a href="https://www.facebook.com/groups/khing2020/">https://www.facebook.com/groups/khing2020/</a>
NORDNES - FOLK SOM HJELPER HVERANDRE	<a href="https://www.facebook.com/groups/1476558219215548">https://www.facebook.com/groups/1476558219215548</a>

NORDKAPP - VI HJELPER HVERANDRE  
NØTTERØY - NØTTERØY HJELPER NØTTERØY  
OSLO - CORONA-HJELP OSLO  
OSLO - ØSTKANTFOLK HJELPER SINE NABOER  
OSTERØY - KORONA-HJELP  
PARADIS - FOLK SOM HJELPER HVERANDRE  
RANDABERG - KORONAHJELP  
ROMSDAL - HJELPEGRUPPE  
SAGENE - KORONAHJELP  
SANDE - CORONA-HJELP  
SANDEFJORD - KORONA HJELP  
SANDVIKA - KORONAHJELP  
SELBU OG NEADALEN - FOLK SOM HJELPER HVERANDRE  
SIGGERUD - KORONAHJELP  
SKI OG OMEGN - HJELP EN NABO I KARANTENE  
SLETTEN - FOLK SOM HJELPER HVERANDRE  
SPIKKESTAD - KORONA-HJELP  
STAVANGER - KORONAHJELP  
STAVANGER - KORONAHJELP STAVANGER OG OMEGN  
STEINKJÆR - KORONAHJELP  
STORD OG FITJAR - NABOHJELP I KORONAENS TID  
STRAND - CORONA-HJELP  
SØREIDE - FOLK HJELPER HVERANDRE  
SØRFOLD - CORONA HJELP  
ÅSANE - NABOHJELP I KORONAENS TID  
TRANBY - KORONAHJELP  
TROMSØ - HJELP TIL Å HANDLE  
TRØNDELAG - KORONAHJELP  
TYSNES - KORONAHJELP

<https://www.facebook.com/groups/2757319087637329>  
<https://www.facebook.com/groups/1107216286305744/>  
<https://www.facebook.com/groups/534877273898778/>  
<https://www.facebook.com/groups/745224406010430/>  
<https://www.facebook.com/groups/140624670611901/>  
<https://www.facebook.com/groups/231783767965839/>  
<https://www.facebook.com/groups/152592412580037/>  
<https://www.facebook.com/groups/807086469352859>  
<https://www.facebook.com/groups/203625880869123>  
<https://www.facebook.com/groups/863702160812824/>  
<https://www.facebook.com/groups/653597715428532>  
<https://www.facebook.com/groups/134493421338037>  
<https://www.facebook.com/groups/138575797537572/>  
<https://www.facebook.com/groups/231911444828270/>  
<https://www.facebook.com/groups/569652143675599/>  
<https://www.facebook.com/groups/510334799919190/>  
<https://www.facebook.com/groups/557933528151795/>  
<https://www.facebook.com/groups/218766266150975/>  
<https://www.facebook.com/groups/koronahjelp/>  
<https://www.facebook.com/groups/250152072805209/>  
<https://www.facebook.com/groups/2809025585853646/>  
<https://www.facebook.com/groups/836299496838945/>  
<https://www.facebook.com/groups/562266214379280/>  
<https://www.facebook.com/groups/858315957979407/>  
<https://www.facebook.com/groups/2773901462727942/>  
<https://www.facebook.com/groups/1433472780159170/>  
<https://www.facebook.com/groups/2828780693880358/>  
<https://www.facebook.com/groups/546489132638182/>  
<https://www.facebook.com/groups/654575328635701>

ULSTEINVIK - CORONA HJELP

VAKSDAL NABOHJELP I KORONAENS TID

VESTFOLD - KORONAHJELP

VESTNES - CORONA HJELP

ØSTFOLD - CORONA-HJELP

ØYGARDEN - KORONAHJELP

ÅL FRIVILLIGHETSSENTRAL - ÅPEN FOR KORONA HJELP

ÅRSTAD - NABOHJELP I KORONAENS TID

ÅSANE - NABOHJELP I KORONAENS TID

<https://www.facebook.com/groups/601615803753624/>

<https://www.facebook.com/groups/638602246940104/>

<https://www.facebook.com/groups/202348180862095>

<https://www.facebook.com/groups/525247254799322/>

<https://www.facebook.com/groups/235508840831857/>

<https://www.facebook.com/groups/224290968759020/>

<https://www.facebook.com/%C3%85l-frivilligsentral-203358716369034/>

<https://www.facebook.com/groups/222507358936241/>

<https://www.facebook.com/groups/2773901462727942/>