**\*\* Support Agencies and Resources \*\***

**Access to Food**

**Salvation Army** 01636 640 097. Supporting with food parcels for those in need.

**Newark Food Bank** 07307 695 310. Clients served by delivery only. Red vouchers are still being honoured.

[info@newark.foodbank.org.uk](mailto:info@newark.foodbank.org.uk)

**Support in the Community**

Newark & Sherwood CVS – have volunteers to support with shopping & check in & chats

Tel No: 01636 679539 and email: requests & details to: [support@nandscvs.org](mailto:support@nandscvs.org).

Extremely Vulnerable Telephone line – Gov dedicated line – 0800 0288327

Notts County Council – 0300 500 8080 – Community response hub

[Nottinghamshire/Nottingham official Community Support Hub](https://www.nottinghamshire.gov.uk/care/coronavirus/community-support-and-volunteering-hub) is now live.

To register yourself email: [enquiries@nottscc.gov.uk](mailto:enquiries@nottscc.gov.uk) or call 0300 500 8080

Community Support Hub is a jointly co-ordinated in partnership with District/Borough Councils, the County & City Council, NHS, Public Health and many other agencies.  The page will hold a list of currently identified support and voluntary groups by district and also has a unique Customer Services telephone number and a new mailbox.

The community hub, where volunteers can safely be matched with residents who need help and this will include:

•                     Help with shopping

•                     Picking up medication

•                     Befriending

HART – Humanitarian Action Response Team

Customer Services Support Network: 01636 650 000 – Newark & Sherwood DC

Can help individuals who are self- isolating, older adults, vulnerable or have limited means. Also, Individuals can order Click and Collect on-line and volunteers will help pick up the order and deliver it to the individual’s door.

**Check support in your area online link below**

https://www.newark-sherwooddc.gov.uk/covidhelp/emergencysupportnearyou/

**NHS Responders** volunteers – for those shielding, self-isolating, vulnerable, health conditions, a carer etc needing support with shopping, medication, check in & chat, 8am – 8pm - **0808 196 3646**

MORRISONS - Orders can be placed for either a meat, or a vegetarian box to be delivered by DPD – deliveries should be quicker than normal on-line orders. Cost is £35. There is no option to choose what is in the box.

Also wef 9/4/2020 MORRISONS are doing basic essentials door step deliveries. Pay by card upon delivery. Pick from a basic essential list of items to purchase.

Tel: 0345 611 6111 – select option 5

Sainsburys are doing pre-load shopping cards if a neighbour/family/volunteer has to shop for you, can preload a card with funds. Contact Sainsburys.

See https://sainsburysgifts.co.uk/sainsburysshoppingcard.html

<https://covidmutualaid.org/> - this site lists local support groups in response to the Coronavirus outbreak.

**Newark Live at Home & Southwell Live at Home**

Are supporting older people in community, check in & chats/telephone befriending & limited support in community

01636 674521 & Southwell 01636 816565

**Taxis**

Yellow Cabs 01636 705200

Z CARS 01636 700551

DG Cars 0115 9 500500

ACE ABC (Mansfield) 01623 654321

**LOCAL BUSINESSES DELIVERING – Collingham & Southwell may have additional local support/businesses supporting**

Newark Town Council - Newark Royal Market – Fruit, veg, bread, eggs – contactless card payment upon delivery – Tel: 01636 681495

Email: david.jackson@newark.go.uk

**Various independent food businesses & cafes are doing home deliveries – check your local area. Ring direct to enquire/order.**

**Facebook: & physical support with shopping, medication etc**

Southwell Torpedos **– Southwell Town Council – 01636 330005**

07874 780931 & 07874 780932 and 9-5pm. Email:-    [info@thetorpedos.org](mailto:info@thetorpedos.org)

Newark on Trent coronovirus support group  (spelling error needs to be used to find the group)

**Telephone Befriending**

Salvation Army 01636 640097

Silverline 0800 470 8090

Offering support and information on Coronavirus. 24 hour telephone support phoneline for older people.

MIND – (Mental health - Newark & Sherwood) evening tel support: Ring between 5-9pm on 07951 072242, 07951 362120, 07379 796762

Newark & Sherwood CVS – 01636 679539

Newark/Southwell Live at home – 01636 674521 & Southwell 01636 816565

**Agencies for Mental Health support - telephone**

**MIND Notts**  0800 470 0203

**Elefriends.org.uk** online group support/advice/chat part of MIND

**Samaritans**  116 123

**SANE**  07984 967 708

**Harmless** – (self harm & suicide) 0115 880 0280

**Silverline** 0800 470 8090

**SHOUT (Mental wellbeing)**  Text SHOUT to 85258 Text crisis support

**Newark Mind** 01636 650 228

**Shaw Mind Foundation** 01636 600 830

**Insight Healthcare** – talking therapy

can self refer on line:- at [**www.insighthealthcare.org**](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.insighthealthcare.org%2F&data=02%7C01%7CTracie.Swinson%40InsightHealthcare.org%7Ccfd1b808875f484564af08d7eda58962%7Ce1f02f7212694a8086706e6614e20efb%7C1%7C0%7C637239167545921608&sdata=anbW1ee4GXQ5ur4qlDGQs3SBKm94TJeHJpVfJbUwC8E%3D&reserved=0)

Or telephone: 0300 555 5582 – leave name & contact details

**Notts NHS healthcare Crisis Line**  0300 303 0165 or 0300 3000 131

**Children & young people**  0115 844 0560

**YOUNG PEOPLE**

**Young Minds Crisis Line** - Under 25 mental health – Text YM to 85258

**Young Minds** – 0808 802 5544

Website link for parents - https://youngminds.org.uk/find-help/for-parents/parents-helpline/

**Inspire and Achieve** - Support for 16-26 year olds. Tel: 07805 787 428 - Offering support during Coronavirus outbreak.

**NSPCC** 0808 800 5000

**Childline** 0800 1111 (24 hrs)

**B-eat Eating disorders under 18’s** – 0345 634 7650 4pm-10pm, 265 dys per year

**FRANK –** Drugs & Substance misuse - 0800 7766 00 - 24 hrs

**LGBT** – 0345 3 303030

**The MIX** – Information, support under 25s – Phone 0808 808 4994 (24hrs)

**Youth Access** – Advice & counselling 020 8772 9900 – 01427 613470

**VETERANS & Service personnel**

**SSAFA** – 0115 978 1623

**Veterans gateway** – Advice, support etc - 0808 802 1212 – 24hrs

**Combat Stress** (Veterans mental health) - 0800 138 1619

**Step together** – Wounded injured ex-personnel - 0117 955 9042

**Anxious Minds** – Veterans counselling service - 0191 262 0305

**Dementia Support**

Dementia Information Service @ Newark and Sherwood CVS. Tel: 01636 679 539.

**Alzheimer’s Society:** 0115 934 3811. Email for referrals – [nottspdss@alzheimers.org.uk](mailto:nottspdss@alzheimers.org.uk)

Alzheimer’s Society National Helpline Number: 300 222 1122 Open 9am – 8pm Mon – Weds; 9am – 5pm Thurs and Fri; 10am – 5pm Sat and Sun.

**Bereavement**

**CRUSE** 0844 477 9400

**CRUSE Notts** 0115 924 4404

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

**Sue Ryder online counselling**

<https://community.sueryder.org>

**Care For The Family**

https://www.careforthefamily.org.uk/family-life/bereavement-support/supporting-bereaved-people/further-help

**At a Loss** – Help the bereaved find support – 18yrs & over [www.ataloss.org](http://www.ataloss.org) – enquiries to :- office@ataloss.org

**On-line Help for Anxiety / Mental Health specific to Coronavirus**

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

<https://nopanic.org.uk/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**Help for Young Families**

**Homestart**  01636 705011.

**Agencies for older people**

**Age UK** 0115 844 0011 Notts County wide

**Age UK Connect** direct referral line – 01623 488217

**Age UK Connect** 01623 488217 Mid Notts team

**Age Concern Balderton** 01636 701 888

**Newark Live at Home** 01636 674521. Offering telephone support

**Southwell Live at Home** 01636 816 565. “

**Money/Finance concerns**

Citizens Advice Bureau (CAB), Newark & Sherwood 0344 411 1444 - Telephone Advice only at present.

**CAB Consumer Line**  0808 223 1133

Scams, rogue traders etc

**Debts/Advice**

**Stepchange** 0800 138 1111

**Freedom** Tel: 0300 302 0334 Still offering advice re housing, benefits and debts.

**Turn2Us** – Online - Online request to make contact, also counselling services offered

**Domestic Violence**

**Newark Womens Aid** 01636 679687

**Womens Aid**  0808 800 0340

**Refuge -** National Domestic Abuse helpline - 0808 2000 247 (24hrs)

**GBT & men helpline** 0115 960 5556

**National LGBT** 0800 999 5428

**NAPAC** (National Ass for people Abused in Childhood) 0808 801 0331

**Cancer support**

**Macmillan Beyond Diagnosis** - 0115 911 1662

**Help for Drug and Alcohol Abuse**

**CGL (Change, Grow, Live).** Tel: 0115 840 2650

**HETTY’S** (support families affected by drugs/alcohol misuse - 01623 643476

**Homeless Support/Advice**

**Branching Out**  01636 673 077

**Newark Emmaus Trust** 01636 612 892.

**Newark Street Outreach Team**. 0800 066 5356. Trying to identify rough sleepers that are high risk.

**SHELTER** – 0808 800 4444

Free housing/homelessness support/advice 0345 345 4 345

**OTHER NATIONAL SUPPORT LINES**

**RETHINK** (Mental wellbeing) **0300 5000 927**

**Papyrus UK Under 35 Suicidal feelings 0800 068 4141**

**CALM – Aimed at men, campaign against living miserably, male suicide support – 0800 585858**

**MOOD SWINGS – For anyone affected by Mood disorders – 0161 832 3736**

**Victim Support** (Help after Crime) 0808 1689 111

**RELATE**- counselling services 0300 003 0396

**CRUSE** (Bereavement) 0808 808 1677

**SOBS** (Survivors of bereavement by suicide) 0300 111 5065

**GAMCARE** (GAMBLING) 0808 8020 1333

**National Support Specific Health conditions**

This link provides lots of information on national agencies for support with mental health/anxiety etc.

https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

**British Lung Foundation - Call 03000 030 555**

<https://www.blf.org.uk/support-for-you/coronavirus>

**British Heart Foundation – 0300 330 3311**

https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health

**Stroke Association**

Stroke helpline 0303 3033 100

Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

stroke.org.uk/virusupdate

**Asthma UK -** [**0300 222 5800**](tel:0300%20222%205800)

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

**Kidney Care UK – 01420 541424**

<https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/>

**Sickle cell Society - 020 8963 7794**

<https://www.sicklecellsociety.org/coronavirus-and-scd/>

**Terence Higgins Trust – HIV - 0808 802 1221**

<https://www.tht.org.uk/news/coronavirus-covid-19>

**Cancer Research UK -   0300 123 1022**

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

**Diabetes UK – 0345 123 2399**

<https://www.diabetes.org.uk/about_us/news/coronavirus>

**Desmond – Diabetes** - **01623 785119**

Contact your local DESMOND coordinator <https://www.desmond-project.org.uk/people-with-diabetes/>

**Bertie Type I Diabetes management**

<https://www.bertieonline.org.uk/>

**Mental Health Foundation**

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**Your Mental Health**

<https://www.mentalhealth.org.uk/your-mental-health>

**MIND – Local 01623 658044 …….National 0300 123 3393**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**British Liver Trust – 01425 481320**

<https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/>

**Childrens Liver Disease – 0121 212 3839**

<https://childliverdisease.org/coronavirus-update-for-parents/>

**Parkinsons UK – 0808 800 0303**

<https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons>

**Motor Neurone Disease – 0808 802 6262**

<https://www.mndassociation.org/mnd-and-coronavirus/>

**Dementia – Alzheimers Society- 0333 150 3456**

<https://www.alzheimers.org.uk/coronavirus-covid-19>

**Dementia UK – 0333 272 3102**

<https://www.dementiauk.org/get-support/coronavirus-covid-19/>

**MS Society – 0333 253 2728**

<https://www.mssociety.org.uk/about-ms/treatments-and-therapies/disease-modifying-therapies/covid-19-coronavirus-and-ms>

**Epilepsy Society – 01494 601 400**

<https://www.epilepsysociety.org.uk/epilepsy-and-coronavirus-covid-19-faqs#.Xnk40WC7JPY>

***Information correct at 18.05.20***