

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

### **Access to Food**

**Salvation Army** 01636 640 097. Delivering food to people who are self-isolating and unable to leave the home. They are also able to shop for people who have the money to pay for this and are in discussion with the local Co-ops to have priority items / food put aside in the morning before the stores open which is then ready for them to collect, pay for and deliver on people's behalf.

**Newark Food Bank** 07307 695 310. Clients served by delivery only. Red vouchers are still being honoured. Deliveries on Tuesday and Friday nights only after 6.00pm.

### **Support in the Community**

Newark & Sherwood CVS – have volunteers to support with shopping, prescriptions  
Tel No: 01636 679539 and email: requests & details to: support@nandscvs.org

[Nottinghamshire/Nottingham](#) official [Community Support Hub](#) is now live.

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. This is a fast and rapidly changing situation as you are aware. This list of voluntary and support groups will be continuously updated.

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

Customer Services Support Network: 01636 650 000

Can help individuals who are self isolating. Individuals can order Click and Collect on-line and volunteers will help pick up the order and deliver it to the individual's door.

Also, [Notts County Council – 0300 500 8080](#)

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.

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

**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

**See separate list – some businesses are regularly changing their hours & service, so give more than one number**

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

Southwell Torpedos – **Southwell Town Council – 01636 330005 (24hrs)**

Newark on Trent coronavirus 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 phonenumber for older people.

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

**Agencies for Mental Health support - telephone**

MIND Notts                      0800 470 0203

Samaritans                      116 123

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

### **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.

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 (24 hours)**

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

### **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.

### **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. Staff are working from home and still available to answer calls - dial office number and it transfers to mobiles.

### **Agencies for older people**

Age UK 0115 844 0011 Notts County wide

Age UK Connect direct referral line – 01623 488217

Area Senior Co-Ordinator – Amanda Mitchell-Pickering 07590860747

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. Doing risk assessments and offering a phone befriending service

### **Money/Finance concerns**

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

### **Debts/Advice**

Stepchange 0800 138 1111

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

### **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

### **Cancer support**

Macmillan Beyond Diagnosis 0115 911 1662 - Kerry 07958297919 Area Newark & Sherwood – practical support

### **Help for Drug and Alcohol Abuse**

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

Currently, still taking referrals to the service. Still prescribing opioid substitute medication to our service users; the service is delivering medication to service users where they are unable to collect from the pharmacy and there is no third party to collect. Offering telephone 1-2-1 appointments with recovery coordinators, nurses and medics; face-to-face medical review appointments are taking place only when absolutely necessary.

### **Homeless Support**

Branching Out 01636 673 077 – Offering communal bathroom and kitchen. Prioritising babies and pregnant women.

Newark Emmaus Trust 01636 612 892. Offering communal bathroom and kitchens. Prioritising babies and pregnant women.

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

### **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**

**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/information-support/heart-matters-magazine/news/coronavirus-and-your-health>

Asthma UK - 0300 222 5800

<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](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>