



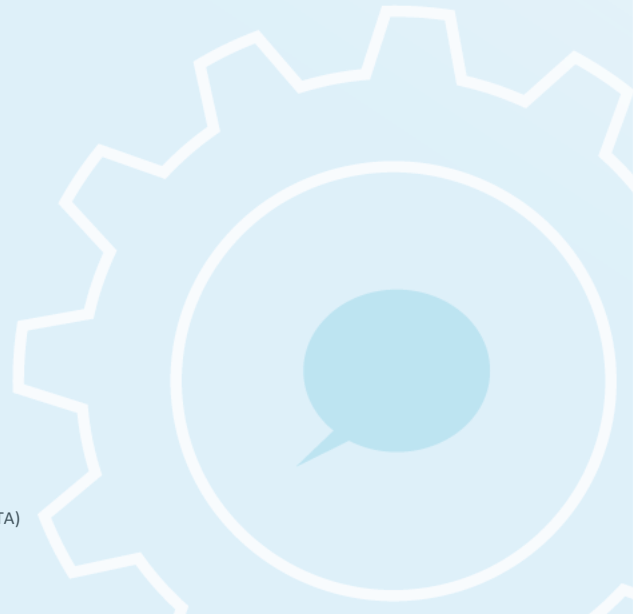
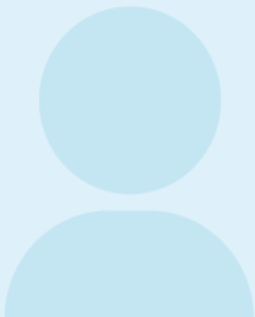
SUPPORT



AND ADVICE

DURING

COVID-19



Support and Advice during COVID – 19

All information is subject to change, but is accurate as of the date stated below.

SERVICE	OPENING HOURS	CONTACT INFO
<p>SUMMIT</p> <ul style="list-style-type: none"> • Social Support during COVID-19, our mission is to stay safely connected with the people that need us. People can reach out to us in a variety of ways. • Providing a friendly voice and listening ear. Supporting remotely through social media, WhatsApp, messenger and telephone. 	N/A	<p>Telephone: 01255 429778</p> <p>Email: www.info@summitservices.org.uk</p> <p>Website: http://www.info@summitservices.org.uk</p>
<p>The Silver Line</p> <ul style="list-style-type: none"> • Befriending telephone service called Silver Line Telephone Friends • Facilitated telephone group calls where people with shared interests can discuss topics that interest them (6-8 people) • Older Adults 55+ 	Open 24 hours a day, every day of the year	<p>Helpline Telephone Number: 0800 4 70 80 90</p> <p>Website: https://www.thesilverline.org.uk/</p>
<p>AGE UK Befriending Service</p> <ul style="list-style-type: none"> • Age UK Essex offer a telephone befriending service for older adults over the age of 60 who are feeling lonely and in need of companionship and friendship • Free of charge but you will need to have access to a phone for this service • You can refer yourself to the service or you may be referred to us by a friend, relative or carer, a health or social care professional, or a member of staff from a voluntary agency who knows you 	<p>Monday – Friday 9:30am – 4:00pm</p> <p>Saturday – Sunday CLOSED</p>	<p>Telephone Number: 01268 525353</p> <p>Website: https://www.ageuk.org.uk/essex/our-services/visiting-and-befriending/</p>

<p>MHA</p> <ul style="list-style-type: none"> • Advice on talking to kids about the coronavirus and ways to cope • Links to; Online Recovery Meetings, Mental Health Resources, Educational Resources, Faith Based Resources and Resources for Health & Wellness • Link to Building Resilience Now and Beyond COVID-19 	<p>N/A</p>	<p>Website: https://www.mhaessexmorris.org/covid-19/</p>
<p>Which</p> <ul style="list-style-type: none"> • Advice on Vitamins and how to keep your immune system healthy • How to stay safe when shopping 	<p>N/A</p>	<p>Website: https://www.which.co.uk/news/coronavirus/</p>
<p>TRUSSELL TRUST</p> <ul style="list-style-type: none"> • Find a foodbank in your local area or the one nearest to your postcode, along with contact details • Please remember you may need to be referred for a food bank voucher. If you are unsure of how to do this please contact your local foodbank. 	<p>N/A</p>	<p>Website: https://www.trusselltrust.org/get-help/find-a-foodbank/</p>
<p>Food bank Harwich</p> <ul style="list-style-type: none"> • Is still delivering groceries – they are located In Morrison’s carpark. 	<p>Tuesday 10am – 12:45pm</p> <p>Friday 10am – 11:45am</p>	<p>Website: https://dover.foodbank.org.uk/20/03/19/update-covid-19-and-dover-foodbank/</p>
<p>Clacton Food Bank</p> <ul style="list-style-type: none"> • Based at the Salvation Army Community Centre • We know that anyone can reach crisis point and we're here to help when that happens 	<p>Tuesday 9:30am - 11am</p> <p>Thursday 9:30am - 11am</p> <p>Friday 2:00pm - 3:30pm</p>	<p>Telephone Number: 01255 431760</p> <p>Address: 103 Old Road, Clacton-on-Sea Essex, CO15 1HN</p> <p>Website: https://clacton.foodbank.org.uk/get-help/</p>

<p>Colchester Food Bank</p> <ul style="list-style-type: none"> • We know that anyone can reach crisis point and we're here to help when that happens • Our foodbank works using a voucher referral system. Find out more about how we work on our website 	<p>Monday – Friday 10:00 - 14:00</p>	<p>Telephone Number: 01206 621998</p> <p>Email us info@colchester.foodbank.org.uk</p> <p>Address: 33 Moorside Business Park (off East Hill, past Rollerworld onto the Moorside Estate) Moorside Colchester CO1 2ZF</p> <p>Website: https://colchester.foodbank.org.uk/get-help/how-to-get-help/</p>
<p>Colchester Foodbank @ Brightlingsea</p> <ul style="list-style-type: none"> • We know that anyone can reach crisis point and we're here to help when that happens • Our foodbank works using a voucher referral system. Find out more about how we work on our website 	<p>Wednesday 10:30 - 12:30</p>	<p>Telephone Number: 01206303902</p> <p>Address: Brightlingsea Parish Hall Victoria Place Brightlingsea Essex CO7 0BP</p> <p>Website: https://colchester.foodbank.org.uk/locations/</p>
<p>Colchester Foodbank @ Greenstead</p> <ul style="list-style-type: none"> • We know that anyone can reach crisis point and we're here to help when that happens • Our foodbank works using a voucher referral system. Find out more about how we work on our website 	<p>Tuesday 10:00 - 12:00</p> <p>Thursday 10:00 - 12:00</p>	<p>Address: 7 The Centre Hawthorn Avenue Colchester CO4 3PX CO4 3PX</p> <p>Website: https://colchester.foodbank.org.uk/locations/</p>

Other Specific Support and Advice during COVID – 19

All information is subject to change, but is accurate as of the date stated below

SERVICE	OPENING HOURS	CONTACT INFO
<p>Alcohol Change</p> <ul style="list-style-type: none"> • Top tips on alcohol and mental health during COVID-19 	N/A	<p>Website: https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub</p>
<p>Carers UK</p> <ul style="list-style-type: none"> • Advice for all carers during COVID-19 • Signposting to other help and support 	N/A	<p>Website: https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19</p>
<p>Open Road</p> <ul style="list-style-type: none"> • Advice on safe drug use during COVID-19 	N/A	<p>Website: https://www.openroad.org.uk/coronavirus-safer-drug-use-guidance</p>
<p>Macmillan Cancer Support</p> <ul style="list-style-type: none"> • Cancer advice and support though this difficult time with the outbreak of COVID-19. 	N/A	<p>Website: https://www.macmillan.org.uk/coronavirus</p>

Mental Health and Wellbeing Support and Advice during COVID – 19

All information is subject to change, but is accurate as of the date stated below

SERVICE	OPENING HOURS	CONTACT INFO
<p>Mind (COVID-19 and your wellbeing)</p> <ul style="list-style-type: none"> • Offers advice on taking care of your mental health and wellbeing • Ideas on what to do, how to keep your mind stimulated, ways to relax and be creative • Signposts for information on housing and benefits issues 	N/A	<p style="text-align: center;">Website: https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapseac1f8</p>
<p>Anxiety UK</p> <ul style="list-style-type: none"> • Get a free subscription to Headspace and access to 1:1 therapy support here • Access to info, resources, support and our helpline to help you understand how to deal with your anxiety during these difficult times while Coronavirus (COVID-19) is impacting our lives. • Youtube channel, with advice, help and support videos 	<p style="text-align: center;">Monday – Friday 9:30am – 5:30pm</p> <p style="text-align: center;">Saturday – Sunday 10am – 8pm</p>	<p style="text-align: center;">Telephone Number: 03444775774</p> <p style="text-align: center;">Text Service: 07537416905</p> <p style="text-align: center;">Website: https://www.anxietyuk.org.uk/coronavirus/anxiety-support-resources/</p>
<p>Young Minds</p> <ul style="list-style-type: none"> • Looking after your mental health while self-isolating during COVID-19 • Arm yourself with the true facts and how to identify what is not true around COVID-19 • Know what you can do during lockdown • Don't overexpose yourself to the news 	N/A	<p style="text-align: center;">Website: https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</p>

<p>Rethink</p> <ul style="list-style-type: none"> • Advice on COVID-19 and Clozapine, mental health capacity act changes • Advice for people affected by mental health 	<p>N/A</p>	<p>Website: https://www.rethink.org/advice-and-information/covid-19-support/</p>
<p>Bipolar UK</p> <ul style="list-style-type: none"> • Key links to help you during the covid-19 pandemic 		<p>Website: https://www.bipolaruk.org/blog/ke-y-links-to-help-you-during-the-covid-19-pandemic</p>
<p>Living Life to The Full</p> <ul style="list-style-type: none"> • Looking after your mental health and wellbeing during the COVID-19 outbreak • Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on CBT approach, to aim to improve wellbeing and resilience • Advice on what you can do whilst staying at home during COVID-19 	<p>N/A</p>	<p>Website: https://littf.com/corona/</p>
<p>Live Well Essex</p> <ul style="list-style-type: none"> • The livewell campaign is designed to engage communities, families and individuals with the aim of providing information about all that is on offer in Essex to improve health and wellbeing. • Offer 7 steps to mental wellbeing while at home due to COVID – 19 	<p>N/A</p>	<p>Website: https://www.livewellcampaign.co.uk/</p> <p>During COVID – 19 Link: https://www.livewellcampaign.co.uk/livewell-articles/7-steps-to-mental-wellbeing-while-at-home/</p>

Abuse, Abusers and Victim Support and Advice during COVID – 19

All information is subject to change, but is accurate as of the date stated below

SERVICE	OPENING HOURS	CONTACT INFO
<p>Women’s Aid</p> <ul style="list-style-type: none"> • COVID-19/Coronavirus safety advice for survivors • How to get help with your pets • Quick exit site button • Advice on support that you can access during this difficult time 	N/A	<p style="text-align: center;">Website: https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/</p>
<p>NAPAC</p> <ul style="list-style-type: none"> • Coronavirus (COVID-19) service update • Everyone feels anxious when there is a lot of uncertainty. If you suffered abuse in childhood you might be finding things especially difficult while coronavirus (COVID-19) is at the forefront of everyone’s minds. • Read our blog post to find out what you can do to feel more safe. Feeling safe during COVID-19 (coronavirus) 	<p style="text-align: center;">Mondays, Wednesdays and Fridays 10am – 4pm</p> <p style="text-align: center;">Tuesdays and Thursdays 2pm – 9pm</p>	<p style="text-align: center;">Telephone Number: 0808 801 0331</p> <p style="text-align: center;">Email: support@napac.org.uk</p> <p style="text-align: center;">Blog: https://napac.org.uk/feeling-safe-during-covid-19/</p>
<p>Respect Men’s Advice Line</p> <ul style="list-style-type: none"> • Respect Men’s advice line during Covid-19; advice, information and helpline • Quick exit site button • Webchat and email service also available, webchat is accessed through the website 	<p style="text-align: center;">Telephone: Monday and Wednesday 9am – 8pm</p> <p style="text-align: center;">Tuesday, Thursday and Friday: 9am – 5pm</p> <p style="text-align: center;">Webchat: Wednesday, Thursday and Friday 10am - 11am and 3pm - 4pm</p>	<p style="text-align: center;">Telephone Number: 0808 8010327</p> <p style="text-align: center;">Email: info@mensadviceline.org.uk</p> <p style="text-align: center;">Website: https://mensadviceline.org.uk/contact-us/</p>

<p>Gov.uk Online PDF</p> <ul style="list-style-type: none"> • PDF that has links to services offering support for people experiencing domestic abuse 	<p>N/A</p>	<p>Website: https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse</p>
<p>Galop</p> <ul style="list-style-type: none"> • National Helpline and support service, offering support and advice for LGBTQ+ victims and survivors • Quick exit site button available to leave site immediately 	<p>Monday - Friday 10am - 5pm</p>	<p>Telephone Number: 0800 999 5428</p> <p>Website: https://www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/</p>
<p>Respect Phonline</p> <ul style="list-style-type: none"> • Respect phone line offers information and advice to men and women in heterosexual or same-sex relationships who want to stop their violent behaviour • Quick exit button available to leave site immediately 	<p>Telephone: Monday - Friday: 9am – 5pm</p> <p>Webchat: Wednesday, Thursday and Friday 10am - 11am And 3 - 4pm.</p>	<p>Telephone Number: 0808 8024040</p> <p>Email: info@respectphonline.org.uk</p> <p>Website: https://respectphonline.org.uk/contact-us/</p>

Financial and Housing Support and Advice during COVID - 19

All information is subject to change, but is accurate as of the date stated below

SERVICE	OPENING HOURS	CONTACT INFO
<p>Shelter</p> <ul style="list-style-type: none"> Housing advice during COVID - 19 Information on website includes advice on; eviction, rent payment problems, benefits and other financial help, moving home, mortgage arrears and repossession, landlord access to your home 	N/A	<p style="text-align: center;">Website: https://england.shelter.org.uk/housing_advice/coronavirus</p>
<p>Essential Living Fund</p> <ul style="list-style-type: none"> The Essential Living fund is a grant based scheme open to anyone to claim. The scheme covers everything from furniture to day to day living expenses such as groceries, nappies, toiletries, money for pay as you go fuel meters. Complete online form to claim 	N/A	<p style="text-align: center;">Website: https://www.southend.gov.uk/info/200288/extra_financial_help/69/essential_living_fund</p>
<p>Basildon Council</p> <ul style="list-style-type: none"> Offers advice and information on financial support 	N/A	<p style="text-align: center;">Website: https://www.basildon.gov.uk/article/7941/COVID-19-Guidance-support-and-FAQs-for-residents</p>

Government Guidance Support and Advice during COVID – 19

All information is subject to change, but is accurate as of the date stated below

SERVICE	OPENING HOURS	CONTACT INFO
<p>Essex Welfare Service</p> <ul style="list-style-type: none"> For people who are vulnerable, staying at home due to COVID-19 and are NOT able to get support from family friends or their local district area support groups Facebook Group is for Essex residents to connect and discuss a variety of issues during COVID – 19 	<p>Monday – Friday 8am – 7pm Saturday – Sunday 10am – 2pm</p>	<p>Telephone Number: 0300 303 9988</p> <p>Website: https://essexwelfareservice.org/</p> <p>Facebook Group: https://www.facebook.com/groups/essexcoronavirusactionsupport/</p>
<p>Government Support for Vulnerable Groups</p> <ul style="list-style-type: none"> The government website has the option, for people who are considered a vulnerable group, to register their details. Doing so will allow people to ask for help getting deliveries of essential food supplies. If you are not sure if you are in a vulnerable group, register and the government will be able to advise you. Register yourself or for someone else 	<p>N/A</p>	<p>Website: https://www.gov.uk/coronavirus-extremely-vulnerable</p>
<p>Citizens Advice</p> <ul style="list-style-type: none"> Regularly updated information as government advice becomes available Advice on good reasons for going out and situations where you can leave home and gather with others. Clear guidelines on what we can and cannot do during COVID-19 lockdown Guidance on travelling abroad What to do if you think shops are not acting fairly (for example putting prices up) 	<p>N/A</p>	<p>Website: https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/</p>

<p>ESSEX.GOV.UK</p> <ul style="list-style-type: none"> • Advice for residents to keep yourself and others safe and well • Changes to our services, including schools, libraries and social care • Get help, advice and support in your community during the COVID-19 outbreak • Volunteer to help your community advice 	<p>N/A</p>	<p>Website: https://www.essex.gov.uk/topic/coronavirus</p>
<p>CALM ZONE</p> <ul style="list-style-type: none"> • During COVID-19 - "If you're finding things tough, our trained helpline and webchat workers are there to provide you with guidance and advice. From financial worries, to anxiety around you and loved ones' health • Our helpline is also for MEN in who are down or have hit a wall for any reason, who need to talk, for support or info 	<p>Helpline and webchat service</p> <p>Monday – Sunday 5pm – Midnight</p> <p>365 days a year</p>	<p>Telephone Number: 0800 58 58 58</p> <p>Website: https://www.thecalmzone.net/help/get-help/</p>

What you can do (During COVID – 19)

All information is subject to change, but is accurate as of the date stated below

SERVICE	CONTACT INFO
<p>Essex Library eBook Service</p> <ul style="list-style-type: none"> Essex Libraries has an eBook borrowing service Enjoy books, comic and audio books from home Online courses available 	<p>Website:</p> <p>Free Courses: https://libraries.essex.gov.uk/referenc-e-and-courses-online/free-courses/</p> <p>Join Library: http://ow.ly/R7fj50z4hvX</p>
<p>NHS Mental Health Apps Library</p> <ul style="list-style-type: none"> Free and subscription apps to support people struggling with anxiety, depression and other common mental health problems. 	<p>Website: https://www.nhs.uk/apps-library/category/mental-health/</p>
<p>British Sign Language</p> <ul style="list-style-type: none"> Offering 'pay what you can' with a minimum of £3 because of increased demand, for their online learning course. 	<p>Website: https://www.british-sign.co.uk/learn-online-british-sign-language-course/</p>
<p>Chatterpack</p> <ul style="list-style-type: none"> A list of free online bored-busting resources and new learning opportunities Virtual tours and live webcams around the world, also zoo cams Music live streaming performances Advice and support services during COVID-19 Anxiety/mental health and loneliness 	<p>Website: https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home</p>
<p>Active Essex</p> <ul style="list-style-type: none"> Keeping active and well at home Gentle Exercise, Active Families, High Energy, Health and Wellbeing 	<p>Website: https://www.activeessex.org/keep-active-at-home/</p>
<p>NHS - Every Mind Matters</p> <ul style="list-style-type: none"> Mental Wellbeing while staying at home, 12 important tips which include exercises and advice. 	<p>Website https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</p>

<p>Change 4 life</p> <ul style="list-style-type: none"> • Healthy families recipes and activities to keep children entertained and keep active 	<p>Website: https://www.nhs.uk/change4life/about-change4life</p>
<p>Sport England</p> <ul style="list-style-type: none"> • Tips, advice and guidance on how to keep or get active in and around your home. • Offers lots of exercise that you can do in your home • You can join the Movement and use #StayInWorkOut to share how you're getting active during this time if you want to 	<p>Website: https://www.sportengland.org/stayinworkout#get_active_at_home</p>
<p>TeenTalk Harwich</p> <ul style="list-style-type: none"> • To ensure that we can continue to support young people aged 11 – 25 years, we are offering online support and activities. 	<p>Website: http://www.teentalkharwich.co.uk/indexmain.php</p>
<p>Towngate Stories Online</p> <ul style="list-style-type: none"> • Our lovely Education & Outreach Leader, Hayley, will continue to take you and your little ones on a magical adventure whilst we're closed to the public. 	<p>Website: https://towngatetheatre.co.uk/play-your-part/family-fun/</p>
<p>South Wales Argus</p> <ul style="list-style-type: none"> • Things to do with the children during the COVID-19 lockdown • Links to RSPCA resources, including quizzes and interactive games 	<p>Website: https://www.southwalesargus.co.uk/news/18342699.things-children-coronavirus-lockdown/</p>
<p>Working Mums</p> <ul style="list-style-type: none"> • Activities for children during COVID-19 	<p>Website: https://www.workingmums.co.uk/activity-ideas-for-kids-during-self-isolation/</p>
<p>House Party App</p> <ul style="list-style-type: none"> • Face-to-face social network where you can connect with other friends • This app allows you to interact through video conference with group of people, up to 8 people, at the same time and play quizzes and games while talking to them. 	<p>APP</p>