

# Social Prescribing Covid – 19 Directory

Crisis Support	
<p><b>NHS</b></p> <p>What to do if you need medical help</p> <p>If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.</p>	<p>If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the <b>111 coronavirus service</b>.</p> <p>If you need help or advice not related to coronavirus:</p> <p>for health information and advice, use the NHS website or your GP surgery website for urgent medical help, use the NHS 111 online service – only call 111 if you're unable to get help online for life-threatening emergencies, call 999 for an ambulance Read more advice about getting medical help at home.</p>
<p><b>Pregnancy advice</b></p> <p>If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstreticians and Gynaecologists.</p>	<p><b>Royal College of Obstetricians and Gynaecologists</b>  <a href="https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/">https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/</a></p> <p>Registered charity no. 213280</p> <p><b>Tel +44 20 7772 6200</b></p>
<p><b>GOV.UK</b></p> <p>Register if you have a medical condition that makes you extremely vulnerable to coronavirus. For example, you'll be able to ask for help getting deliveries of essential supplies like food.</p> <p>If you're not sure whether your medical condition makes you extremely vulnerable, register anyway.</p> <p>You can register yourself, or on behalf of someone else.</p>	<p><b>Get coronavirus support as an extremely vulnerable person</b></p> <p><a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a></p>
<p><b>Volunteer Cornwall Flu Friends</b></p> <p>This service is for people who would like to volunteer or need support due to self-isolation. Support for essential shopping, prescriptions, and dog walking. I have also arrange for food bank essentials to be delivered to home addresses.</p>	<p>Flu Friends contact Volunteering Cornwall at T: 01872 266988 or email <a href="mailto:mid@volunteercornwall.org.uk">mid@volunteercornwall.org.uk</a></p> <p>Referral forms can be completed by a health professional on the site  <a href="https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help">https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help</a></p>

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## Royal Voluntary Service

Royal Voluntary Service has always stepped forward at times of great national challenge. The Coronavirus outbreak is an unprecedented event in our lifetime and we will be mobilising our staff and volunteers to do whatever they can to help.

Following the Government's advice, we have taken the decision to stop all face-to-face community services, but our dedicated teams will continue to support the community with companionship telephone calls and by delivering essential food & medication. As ever we stand alongside and in full support of the NHS so our hospital services will continue to run as long as the NHS needs us.

<https://www.royalvoluntaryservice.org.uk/our-services/advice-and-support/coronavirus-support/>

## NHS Volunteer Responders

NHS Volunteer Responders is a new group that will carry out simple, non-medical tasks to support people in England who are self-isolating because of specific health conditions. They will be used by healthcare professionals to make sure people who are highly vulnerable to coronavirus (COVID-19) are able to stay safe and well at home.

NHS Volunteer Responders will support with simple but vital tasks including driving people to and from hospital, delivering food and medication, and telephone befriending. Volunteers will also support the NHS to transport equipment and supplies.

## NHS CLIENT REFERRAL FORM -

<https://www.goodsamapp.org/NHSreferral>

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<p><b>Covid Mutual Aid</b></p> <p>Covid-19 Mutual Aid Local Groups are small groups of people setting up independently in communities to support vulnerable people in their local area through the outbreak.</p>	<p>You can volunteer in a group whether you are fit and able to run errands or self isolating. A lot of coordination is being done through Facebook and WhatsApp group so if you're self isolating but feeling well enough to support, you can help with coordination of your local group whilst other people are out doing the physical activities.</p> <p><a href="http://covidmutualaid.org/resources/">http://covidmutualaid.org/resources/</a></p>
<p><b>Kernow Carers</b></p> <p>Support available during Covid-19 Pandemic of un paid informal carers. We are supporting carers to find information about what Covid-19 might mean for them and the person they care for.</p>	<p>Kernow Carers helpline on <b>0800 587 8191</b> to make a referral for contact with a carers support coordinator. Information can also be found at <a href="http://www.supportincornwall.org.uk">www.supportincornwall.org.uk</a></p> <p>Kernow Carers Service will be offering a live Question and Answer session with a Carer Support Coordinator. Please visit the Kernow Carers Service FB page <b>@Kernowcarersservice</b> between 12:00pm and 1:00pm to submit any queries you might have.</p>
<p><b>AGE UK</b></p> <p>The coronavirus pandemic has changed life for everyone, but some older people are among the hardest hit. Age UK is determined to be there during this crisis.</p> <p><b>Coronavirus emergency appeal: Please help us be there for older people through this crisis</b></p>	<p><a href="https://www.ageuk.org.uk/">https://www.ageuk.org.uk/</a></p> <p>Get in touch Call our free, confidential advice line on <b>0800 678 1602</b>. We're open 8am-7pm, 365 days a year</p> <p>Call Age UK Cornwall &amp; The Isles of Scilly <b>01872 266 383</b></p> <p><a href="https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/">https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/</a></p>
<p><b>The Royal British Legion</b></p> <p>The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families. Support includes paying for boiler installations, essential white goods, car repairs for essential workers or carers, sourcing food deliveries and giving out supermarket vouchers and more. We are being really flexible with our immediate needs grants scheme and moving quickly in</p>	<p>Contact Centre: 0808 802 8080 Susanne Archard Area Manager - Mobile: 07795617065 for any queries</p>

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<p>emergencies. We are also offering telephone buddying, for those who need a regular friendly ear to listen, and chat</p>	
<p><b>CN4C</b></p> <p>The Elms, Cornwall Neighbourhoods for Change is closed, however we are still here to help.</p>	<p>You can contact our Crisis Team as follows</p> <p>John Hewett - 10am to 4pm 7 days a week on 07592 876755          Emma Lankford - 9am to 5pm Tuesday to Friday on 07507 412941          Simon Truckle - 10am to 4pm Mondays on 07535 036658          Emma Wooderson – 4pm to 7pm Tuesday to Friday on 07971 184465</p>
<p><b>Cruse Bereavement Care</b></p> <p>Coronavirus: dealing with bereavement and grief. During the global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances. Bereaved people may have to deal with increased trauma, and may be cut off from some of their usual support network. Those who are already struggling with bereavement, or whose relatives or friends die through other causes will also be affected. We have put together these resources to share how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with. We will be adding to and updating this information as the situation develops.</p>	<p><a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a></p> <p>Call our free helpline 0808 808 1677          Opening hours &gt;  <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p> <p><b>Cornwall</b>          Share this: <a href="#">Share on Facebook</a> <a href="#">Share on Twitter</a> <a href="#">Other Sharing</a></p> <p><b>Contact us</b>          Tel: 01726 76100  <a href="mailto:cornwall@cruse.org.uk">cornwall@cruse.org.uk</a></p>
<p><b>British Red Cross</b></p> <p>The British Red Cross is helping with the coronavirus emergency across the UK. Our staff and volunteers are always on standby to help and the coronavirus, also called Covid-19, is no exception.</p>	<p><a href="https://www.redcross.org.uk/about-us/what-we-do/uk-emergency-response/coronavirus">https://www.redcross.org.uk/about-us/what-we-do/uk-emergency-response/coronavirus</a></p> <p><a href="mailto:contactus@redcross.org.uk">contactus@redcross.org.uk</a></p>

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This page will help you find out more about coronavirus, and how you can help yourself and others. You can also donate to help us help people affected, or join us as a volunteer.

## The Salvation Army

### Coronavirus crisis

**We have always been there for the most vulnerable but now thousands more people suddenly fall into that category and urgently need our help. We have transformed our response to ensure we are directly reaching those hit the hardest by the coronavirus.**

<https://www.salvationarmy.org.uk/coronavirus-crisis-how-we-are-reaching-those-hardest-hit-your-community>

[Telephone: \(020\) 7367 4500](tel:02073674500)

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<b>Wellbeing Support</b>	
<p><b>Valued Lives</b></p> <p>If you are in crisis and would like to talk to somebody, you can contact Valued Lives Crisis service on: 01209 901438</p> <p>Our services can be broken down into 3 key areas: Our Crisis Service, Our Community Support Services, and Our Wellbeing Club. Each service runs very differently, and are suitable for varying times throughout your journey of recovery &amp; maintaining wellbeing.</p> <p>Valued Lives also supports patients with Mental Health when there are discharged from Treliske hospital.</p>	<p style="color: #e91e63;">For Crisis support contact main office available 1pm – 10pm</p> <p>Self-referral accepted</p> <p>Tel: 01209901438 E: <a href="mailto:info@valuedlives.co.uk">info@valuedlives.co.uk</a></p> <p>Valued Lives 57A Fore Street Redruth Cornwall TR15 2AF</p> <p><a href="https://www.valuedlives.co.uk/our-offer.html">https://www.valuedlives.co.uk/our-offer.html</a></p> <p>New online referral form <a href="https://www.valuedlives.co.uk/new-referrals.html">https://www.valuedlives.co.uk/new-referrals.html</a></p>
<p><b>Samaritans</b></p> <p>If you're worried about your mental health during the coronavirus outbreak</p> <p>The coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect people's mental health. We've gathered some resources that might be helpful.</p>	<p>Telephone: 116 123 (24 hours a day, free to call) Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Website: <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>Covid – 19 support link - <a href="https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/">https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/</a></p>
<p><b>Mind</b></p> <p>health problem gets support and respect. Coronavirus and your mental health</p> <p>Our information hub provides advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home, tips for employers on supporting yourself and your</p>	<p><a href="https://www.mind.org.uk/coronavirus-we-are-here-for-you/">https://www.mind.org.uk/coronavirus-we-are-here-for-you/</a></p> <p>Helplines Infoline: 0300 123 3393 Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Text: 86463</p> <p>What do I need help with right now?</p> <p><a href="https://www.mind.org.uk/need-urgent-help/?ctaId=/need-urgent-help/using-this-tool/slices/using-this-tool/">https://www.mind.org.uk/need-urgent-help/?ctaId=/need-urgent-help/using-this-tool/slices/using-this-tool/</a></p>

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<p>team, and updates on how the new coronavirus laws could affect your rights. If you're a young person struggling at this time, we've also got some information for you.</p>	
<p><b>Rethink</b></p> <p>In order to assist our supporters and staff, we have set up this online hub to provide practical support and information that is useful for people living with, or supporting people with mental illness. We will update this page as more information becomes available.</p>	<p><a href="https://www.rethink.org/">https://www.rethink.org/</a></p> <p>Our Advice &amp; Information Service:  <a href="https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/">https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/</a></p> <p>Mental health and money advice for COVID-19 outbreak:  <a href="https://www.mentalhealthandmoneyadvice.org/en/top-tips/mental-health-and-money-advice-for-covid-19-outbreak/">https://www.mentalhealthandmoneyadvice.org/en/top-tips/mental-health-and-money-advice-for-covid-19-outbreak/</a></p> <p><a href="https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/">https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/</a></p>
<p><b>Man Down Cornwall</b></p> <p>We expect some of you may be finding the spread of Covid-19 more worrying than others. If you feel the situation is worsening your mental health we are still here to support you:</p> <p>For our members: All the private Facebook groups will provide you with the support you need for now and please message us anytime or day.</p> <p>We will be posting communications regularly, especially on how we will stay supporting you all.</p>	<p><a href="http://www.mandowncornwall.co.uk/#contact">http://www.mandowncornwall.co.uk/#contact</a></p> <p>or visit our <u>Facebook Page</u>:  <a href="https://www.facebook.com/ManDownCornwall/">https://www.facebook.com/ManDownCornwall/</a></p> <p>Weekly Facebook Live broadcasts</p> <p>Note: If any of our members, or people planning to attend their first meeting, are not on Facebook please 'contact us' via our website <a href="https://www.mandown-cornwall.co.uk/contact">https://www.mandown-cornwall.co.uk/contact</a></p> <p>If you have not attended a meeting and are not therefore in a private Man Down Facebook Group you can also private message us via our public Facebook page.</p>
<p><b>Nightlink</b></p> <p>NIGHTLINK RE-OPENS FOR APRIL 2020.</p> <p>In light of the Cornovirus crisis and the restrictions upon our quality of life, Nightlink will once again provide freephone emotional support to the</p>	<p>Tel. 0808 800306 6pm to 10pm on the following days through April....          Mon 6th, Tue 7th, Wed 8th, Thu 9th,          Mon 13th, Tue 14th, Wed 15th, Thu 16th, Mon 20th, Tue 21st,          Wed 22nd, Thu 23rd, Mon 27th, Tue 28th, Wed 29th and Thu 30th.</p> <p>Post any questions about Nightlink here or visit:-  <a href="http://www.re-gain.org.uk">www.re-gain.org.uk</a></p>

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<p>residents of Cornwall and Isles of Scilly.</p>	<p>A big thank you to our volunteers for coming out of "retirement" to once again support their community.</p>
<p><b>Counsellors Together CIC</b></p> <p>As a response to COVID-19 as a special temporary measure we are currently offering telephone counselling at £15 per session.</p> <p><b>THE W.I.S.H Project</b></p> <p>Well-being, Isolation, Support HUB</p> <p>We have set up a fundraiser for our W.I.S.H Project to help people in this terrible crisis access FREE telephone and online Counselling sessions. More information can be found on the link below, also if you would like to donate that is also on the link below. Any amount from as little as £2 will make a real difference to the service the W.I.S.H Project will be able to offer during the Covid-19 crisis.</p>	<p><a href="https://www.counsellorstogether.co.uk/">https://www.counsellorstogether.co.uk/</a></p> <p>Tel: 01726 338258</p> <p>Mobile: 07896 738108 or 07977 78678</p> <p><a href="https://www.counsellorstogether.co.uk/pages/19/client-referral-form">https://www.counsellorstogether.co.uk/pages/19/client-referral-form</a></p>
<p><b>Corona Voice Project</b></p> <p>With the Corona Virus dropping our country into crisis and our community members suffering from isolation, exhaustion and burnout, we at Pegasus are launching the Corona Voice Project to support you.</p> <p>The Pegasus Team will work to support you and other individuals in need of emotional and psychological support. Whether you are struggling with the fear of the unknown, cabin fever is setting in or</p>	<p>This project is for anyone and everyone over the age of 16 with Coronavirus related stress, anxiety or distress. Any gender, Any race, Any religion, Living anywhere.</p> <p><b>You will receive 6 free sessions of counselling over the telephone or via video call with a member of our team.</b> We have decided to offer this service for free to show our support for every one of you during this crisis. Also, as a small thank you to the selfless people behind the scenes that keep us safe, our country running, and our hospitals functioning.</p> <p>This is a professional and confidential service.</p> <p>If you would like to take up our offer, please email: <a href="mailto:rachel@pegasusmenswellbeing.co.uk">rachel@pegasusmenswellbeing.co.uk</a></p> <p>Please put – <b>CORONA VOICE PROJECT</b> – in the subject box and your request to use the service in the main body of the email.</p>



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<p>burnout and vicarious trauma have gripped you.</p>	<p>Once your application has been processed, you will be placed on our client list to be contacted by the next available counsellor.</p> <p>Every enquiry is answered within 5 working days. We will contact you to understand your availability, best method of contact and then your case will be given to a member of our team to start your sessions.</p> <p>If you know of someone this project might help, please pass our information on.</p>
<p><b>Outlook South West</b></p> <p>We would like to notify you of our current operational procedures in relation to the ongoing situation regarding COVID-19 coronavirus.</p> <p>We will be continuing our service as a phone-based operation and are looking to reassign all face to face appointments to a telephone consultation for the foreseeable future. This will include the cancellation of our courses and workshops. Whilst we are continuing to take referrals these will be online only and we are only able to offer telephone or other agreed digital platforms for assessment and treatment. During these unusual circumstances we apologise in advance for any extended wait times or delays.</p>	<p>Please follow our recommended link below for very sensible and straightforward advice from Cornwall Council about looking after your psychological wellbeing in the next few weeks.</p> <p><a href="https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/">https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/</a></p> <p>Online referrals only Outlook South West  <a href="https://gateway.mayden.co.uk/referral-v2/01d3ec67-a688-4700-8b1e-ad3acacabf07">https://gateway.mayden.co.uk/referral-v2/01d3ec67-a688-4700-8b1e-ad3acacabf07</a></p>
<p><b>Anxiety UK</b></p> <p>During the coronavirus pandemic, we will be extending our helpline hours to provide a skeletal service over the weekend between 10am -8pm so that we can offer support to as many people as possible who need our help. (03444 775774)</p>	<p><b>PLEASE NOTE</b></p> <p>Due to the coronavirus pandemic, we are experiencing exceptionally high demand for all of our services and as a result there may be some delay in responding to routine admin emails and general enquiries etc. We would therefore ask that you contact Anxiety UK only in relation to obtaining support for anxiety and for urgent matters so that we may ensure that we are able to support those that need us during these particularly challenging times.</p> <p>We are also currently experiencing exceptionally high demand on our helpline and therefore are needing to keep calls short so</p>

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	<p>that we may answer as many calls as possible and help everyone that needs our support. Thank you for your understanding.</p> <p><a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a> Click on the red button on their website for support</p>
<p><b>Pentreath</b></p> <p>Pentreath: Due to Covid-19, Pentreath are currently not making any face to face visits or accepting any new referrals. We are continuing to support people on our existing caseloads and waiting list.</p>	<p>We are not currently answering the office 'phones. Please contact your advisor or email <a href="mailto:info@pentreath.co.uk">info@pentreath.co.uk</a></p> <p>You can also find lots of support and advice on our Pentreath Facebook page, and our Recovery College Facebook page so please search and like us!</p> <p><a href="https://www.facebook.com/Pentreath-Ltd-157905714238035/">https://www.facebook.com/Pentreath-Ltd-157905714238035/</a></p> <p>Pentreath are also working alongside GP's and CMHT's to provide telephone support to people throughout the crisis.</p> <p>Below is a link for some tips on how to look after your mental health during the Corononavirus crisis.</p> <p><a href="https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>
<p><b>Learn to feel Calm</b></p> <p>This is a series of closed sessions for patients with a 'social prescription' from their link worker. If you'd like to join a similar workshop please let us know.</p> <p>These sessions are for people who are struggling with anxiety. We will explore how and why anxiety happens, and what we can do about it. We'll share knowledge about the brain, practise 'solution-focused' conversations, and develop practical skills so we can leave feeling calmer and more confident, and know that what we have learned will stay with us.</p>	<p>Adam Pearson</p> <p>Call 07775 715672</p> <p><a href="https://m.me/cornwellfest">m.me/cornwellfest</a></p> <p><a href="mailto:events@cornwellfest.com">events@cornwellfest.com</a></p> <p><a href="https://cornwellfest.com">https://cornwellfest.com</a></p> <p><a href="https://www.facebook.com/events/212058353485518/">https://www.facebook.com/events/212058353485518/</a></p> <p>Referral via Social Prescribing <b>Sessions are free, with optional donation.</b></p>
<p><b>CornwellFest</b></p> <p>We are a community interest collective bringing together</p>	<p>CORNWELL Festivals Online schedule please see below.</p> <p><a href="https://cornwellfest.com/schedule">https://cornwellfest.com/schedule</a></p>

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<p>people from businesses, charities and local groups to run and support wellbeing events. We want to celebrate what works and to help people and communities to stay as healthy as can be.</p>	<p><a href="https://www.facebook.com/cornwellfest/">https://www.facebook.com/cornwellfest/</a></p>
<p><b>We Are With You (formerly Addaction)</b></p> <p>Get free, confidential support with alcohol, drugs or mental health in one of our local services or online</p> <p>We wanted to let you know that we're working hard to make sure we continue to provide help and support to anyone who is experiencing issues with drugs, alcohol or mental health throughout the coronavirus (COVID-19) outbreak.</p>	<p><a href="https://www.wearewithyou.org.uk/help-and-advice/coronavirus-covid-19/">https://www.wearewithyou.org.uk/help-and-advice/coronavirus-covid-19/</a></p> <p><b>Webchat</b></p> <p>If you could use a one-to-one chat with a professional, try our free and confidential webchat service.</p> <p>Chat to us online: <a href="https://www.wearewithyou.org.uk/help-and-advice/where-go-online-support/">https://www.wearewithyou.org.uk/help-and-advice/where-go-online-support/</a></p>
<p><b>Blurt</b></p> <p>We know that the virus, and in particular, self-isolation, working from home, and the reduction in services (including mental health services) can prove difficult to wrap our head around. Coping with these things can be tricky, and it's only natural to be worried. This page is designed to answer questions, provide helpful resources and information, and share ideas for coping with the ever-changing landscape we find ourselves in.</p>	<p><a href="https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/">https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/</a></p>
<p><b>Calm</b></p> <p>Without a doubt, many of us are feeling anxious as we navigate the uncertainty of the coronavirus (COVID-19). We're</p>	<p><a href="https://blog.calm.com/take-a-deep-breath">https://blog.calm.com/take-a-deep-breath</a></p>

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feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded.

All of the resources on this page are free of charge — please share with anyone who might benefit.

## Headspace

There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.

These are part of a larger collection in the Headspace app — free for everyone — called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

<https://www.headspace.com/covid-19>

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Financial advice and business support	
<p><b>GOV.UK</b></p> <p>Support for those affected by COVID-19</p>	<p><a href="https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19">https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19</a></p>
<p><b>cornwall.gov.uk</b></p> <p>The Government have announced some additional help for people whose household income has been affected due to coronavirus.</p> <p>Read our benefits support Coronavirus page to find out about statutory sick pay, claiming council tax support, benefits and extra financial help.</p>	<p>View the .gov.uk information on financial support</p> <ul style="list-style-type: none"> <li>• <a href="#">Check if you can get statutory sick pay (SSP)</a></li> <li>• <a href="#">Check if you're eligible for Universal Credit</a></li> <li>• <a href="#">Check if you're eligible for Employment and Support Allowance (ESA)</a></li> <li>• <a href="#">Your rights if your hours are cut or you're laid off</a></li> <li>• <a href="#">What to do if you cannot pay your tax bill on time</a></li> <li>• <a href="#">Universal credit advice during Coronavirus</a></li> </ul> <p><a href="https://www.cornwall.gov.uk/advice-and-benefits/benefits/benefits-and-coronavirus/">https://www.cornwall.gov.uk/advice-and-benefits/benefits/benefits-and-coronavirus/</a></p>
<p><b>The Growth Hub</b></p> <p>Help for YOUR Business We work with local businesses, including self employed people and not for profit organisations to find the right guidance and support to help their business work smarter, develop and grow.</p>	<p><b>Support available for businesses to deal with impacts of COVID-19</b></p> <p><a href="https://www.ciosgrowthhub.com/?fbclid=IwAR3LvWiuOK5-QJ-zPgXLvu4IHRx9mjf76pPEXGr7ZOV0I2imRDdGXi6vCDI">https://www.ciosgrowthhub.com/?fbclid=IwAR3LvWiuOK5-QJ-zPgXLvu4IHRx9mjf76pPEXGr7ZOV0I2imRDdGXi6vCDI</a></p> <p><b>We are independent, impartial and totally free. So there is no reason not to get in touch and discuss your business now. Call us on <a href="tel:01209708660">01209 708 660</a> we are open from 9am until 5pm or <a href="#">send us a message</a> outside of these hours and we can book a time convenient for you.</b></p> <p><a href="https://www.ciosgrowthhub.com/the-growth-hub">https://www.ciosgrowthhub.com/the-growth-hub</a></p>
<p><b>Money Saving Expert</b></p> <p>Martin's coronavirus help &amp; support update 19 new money need-to-knows for employees, the self-employed, those now home with kids &amp; more</p>	<p><a href="https://www.moneysavingexpert.com/latesttip/">https://www.moneysavingexpert.com/latesttip/</a></p> <p><a href="https://www.facebook.com/MoneySavingExpert/">https://www.facebook.com/MoneySavingExpert/</a></p>

# Social Prescribing Covid – 19 Directory

## Turn 2 Us

At Turn2us we're working hard to provide as many people as possible with crisis grants and to make sure that we are able to answer every call to our free helpline.

<https://www.turn2us.org.uk/>

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Support for people with LTHC / LD / vulnerable	
<p><b>GOV.UK</b></p> <p>Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19</p>	<p><a href="https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19">https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19</a></p>
<p><b>Proud to care</b></p> <p>Cornwall Council is spearheading the Proud to Care Cornwall campaign to recruit carers to help support vulnerable people across Cornwall during the COVID-19 crisis. More than 200 people have already applied, and basic training has been given to 35 volunteers</p>	<p><a href="https://www.proudtocarecornwall.org.uk/">https://www.proudtocarecornwall.org.uk/</a></p>
<p><b>Macmillan</b></p> <p>Cancer and coronavirus (COVID-19)</p> <p>If you have cancer, you might be worried about how coronavirus affects you. The most important thing is to follow the advice from the NHS and your healthcare team. People with cancer may be at a higher risk of infection, so please follow the advice that will help reduce the risk of getting coronavirus (COVID-19). This page includes advice and information from the NHS and GOV.UK.</p>	<p>The Macmillan Support Line offers confidential support to people living with cancer and their loved ones. If you need to talk, we'll listen</p> <p>Macmillan Support Line 0808 808 00 00 Open Monday to Friday, 9am - 5pm.</p> <p><a href="https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/macmillan-support-line">https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/macmillan-support-line</a></p>
<p><b>Healthy Outlook</b></p> <p>Healthy Outlook is for people who find it difficult managing these long-term physical health conditions, and are also experiencing symptoms of</p>	<p>Healthy outlook-offering telephone consultations Healthy-outlook.co.uk 01208 871905</p> <p><a href="https://healthy-outlook.co.uk/form/register-health-professionals">https://healthy-outlook.co.uk/form/register-health-professionals</a></p>

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<p>stress, depression or anxiety as a result.</p>	
<p><b>The Silver Line</b></p> <p>The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.</p>	<p>The Silver Line Helpline – 0800 4 70 80 90</p>
<p><b>Safer Cornwall</b></p> <p>Safer Futures has put contingencies in place as a result of the coronavirus outbreak, to ensure they continue provide specialist services to those experiencing domestic abuse or sexual violence. Their message is: 'Don't suffer in silence, help is available to you if you need it. Help includes safe accommodation, advocacy and advice for you, your family, friends or colleagues, as well as recovery services.'</p>	<p>If you are experiencing domestic abuse, or would like further information about services available, please go to the Safer Cornwall website or the Safer Futures website. You can also ring <b>Safer Futures on 0300 777 4777 or Cornwall Refuge Trust's 24Hr Helpline on 01872 225629.</b></p> <p><b>If you or someone you know is at immediate risk of harm, please call the police now on 999.</b></p>
<p><b>Cornwall Hospice Care</b></p> <p>Our Therapy Team have put together some self-help resources that we hope you will find useful in managing your condition.</p> <p>Lymphoedema advice Managing breathlessness Overall wellbeing Mindfulness and relaxation A short relaxation meditation A short mindfulness session.</p>	<p><a href="https://www.cornwallhospicecare.co.uk/our-care/therapy-team/self-help-resources/">https://www.cornwallhospicecare.co.uk/our-care/therapy-team/self-help-resources/</a></p> <p>Hub resources include a phone consultation with a physiotherapist or occupational therapist, criteria information can be found on the website or contact 01726 829874.</p> <p><a href="https://www.facebook.com/CornwallHospiceCare/">https://www.facebook.com/CornwallHospiceCare/</a></p>
<p><b>Pharmacy2U</b></p> <p>We are a pharmacy where clinical excellence and unique technology help us deliver the</p>	<p>Pharmacy2U Pharmacy2u.co.uk 0113 266 0222</p>



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<p>effortless services our patients are used to in every aspect of their lives. Like all UK pharmacies we are regulated by the General Pharmaceutical Council and our Online Doctor service is regulated by the Care Quality Commission.</p>	
<p><b>Patient Participant Group</b></p>	<p>Some PPG are delivering prescriptions</p>
<p><b>Cornwall People First</b></p> <p>Cornwall People First is a user-led self advocacy charity for adults with learning disabilities or autism throughout Cornwall. We support people to speak up for themselves and work closely with the services they receive to improve things, helping people to achieve the life they want.</p>	<p>Cornwall People First – Forums</p> <p>We're going to be talking about the Coronavirus outbreak and what we can do to stay healthy.</p> <p>Contact <a href="mailto:fliss@cornwallpeoplefirst.com">fliss@cornwallpeoplefirst.com</a> 07467593820</p> <p><a href="https://www.facebook.com/cornwallpeoplefirstofficial">https://www.facebook.com/cornwallpeoplefirstofficial</a></p> <p><a href="https://www.cornwallpeoplefirst.com/">https://www.cornwallpeoplefirst.com/</a></p>
<p><b>Community Halls</b></p>	<p>Check out your local community Hall – some are offering volunteers to collect and deliver prescriptions and are doing food shops and offering a small crisis fund.</p>
<p><b>Wavelength</b></p> <p>WaveLength gives radios, televisions, and tablet computers to help people maintain and increase the number of meaningful connections they have in their lives. We support people who are lonely because of age, poor physical or mental health, or by circumstances which make it hard for them to leave their home.</p>	<p><a href="https://wavelength.org.uk/">https://wavelength.org.uk/</a></p> <p>tel: 01708 621101</p>
<p><b>ADOPT A GRANDPARENT</b></p> <p>We launched our 'Adopt a Grandparent' campaign to bring a sense of comfort to young people and the elderly who may not have grandparents/grandchildren of their own, with the aim of</p>	<p><a href="https://chdliving.co.uk/adopt-grandparent">https://chdliving.co.uk/adopt-grandparent</a></p>

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creating long-lasting  
intergenerational friendships.

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Useful resources	
<p><b>Cornwall Link</b></p> <p>Supporting Cornwall This online platform is a place for communities in Cornwall to connect and support each other through the Coronavirus.</p>	<p><a href="https://cornwall-link.madeopen.co.uk/coronavirus-help">https://cornwall-link.madeopen.co.uk/coronavirus-help</a></p>
<p><b>Help at Hand</b></p> <p>The Help @ Hand App is a quick reference means of contact with the numbers people need fast and possibly during a crises.</p>	<p>1. Download the Help at Hand App for iPhones and iPads: <a href="https://apps.apple.com/us/app/help-at-hand-community-info/id1441107175">https://apps.apple.com/us/app/help-at-hand-community-info/id1441107175</a></p> <p>2. Download the Help at Hand App for Android phones and tablets: <a href="https://play.google.com/store/apps/details?id=community.hand.help">https://play.google.com/store/apps/details?id=community.hand.help</a></p> <p>3. Use the Help at Hand Web App on PC or home computer via your browser: <a href="https://admin.hand.community/groups/2otdIN1MrK4G8dN7qNjd">https://admin.hand.community/groups/2otdIN1MrK4G8dN7qNjd</a></p> <p>4. Alternatively visit our Help at Hand web page to download from there: <a href="https://hand.community/">https://hand.community/</a></p>
<p><b>New COVID-19 WhatsApp information service</b></p> <p>The Government has now launched a Coronavirus Information Service on WhatsApp. The free service is an automated ‘chatbot’ that will allow people to get answers to the most common questions about COVID-19 directly from Government. It</p>	<p>To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add <a href="https://www.gov.uk/coronavirus/whatsapp">07860 064422</a> in your phone contacts and then message the word ‘hi’ in a WhatsApp message to get started.</p> <p>A set of menu options is then presented which the user can choose from and then be sent relevant guidance from GOV.UK pages as well as links to GOV.UK for further information.</p>

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<p>aims to further reduce the burden on NHS services, including 111, combat the spread of the virus and ensure people stay at home and save lives.</p>	
<p><b>Mencap</b></p> <p>We have created some easy ready information about Coronavirus for you to use based on the latest guidance from the Government.</p>	<p>Take a look at the information below and download our latest easy read guidance (from 24 March 2020).</p> <p>Mencap also have an easy read guide.</p> <p><a href="https://www.mencap.org.uk/advice-and-support/health/coronavirus">https://www.mencap.org.uk/advice-and-support/health/coronavirus</a></p>
<p><b>MARCH Network</b></p> <p>The March Network have prepared a resource page of creative activities to do whilst in isolation at home.</p>	<p><a href="https://www.marchnetwork.org/creative-isolation">https://www.marchnetwork.org/creative-isolation</a></p>
<p><b>Carers UK</b></p> <p>As the situation with coronavirus evolves, it's important to know what support is available to you as a carer and those you look after.</p>	<p><a href="https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19">https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19</a></p>
<p><b>Cornwall Rural Community Charity</b></p> <p>CRCC is offering digital support to those who need it. If you are experiencing issues with tablets, laptops or smartphones</p>	<p>Please call 01872 243557 or 01872 243534 Monday to Friday, 9:00am-5:00pm. All support offered is free of charge</p>

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<p><b>Diabetes UK</b></p> <p>Coronavirus (COVID-19) and diabetes updates. We've created this information for people living with diabetes and their families. We hope you find it useful and it answers some of your questions.</p>	<p><a href="https://www.diabetes.org.uk/about_us/news/coronavirus">https://www.diabetes.org.uk/about_us/news/coronavirus</a></p>
<p><b>VSF Cornwall</b></p> <p>We are producing a regular bulletin with Cornwall Council with COVID-19 response updates, information and resources for you</p>	<p><a href="https://www.cornwallvsf.org/">https://www.cornwallvsf.org/</a></p> <p>Sign up to Cornwall's COVID-19 emergency response newsletter</p> <p><a href="https://cornwall.us3.list-manage.com/subscribe?u=81f0f5b15cc407aa5b5f9b50a&amp;id=64830e2a92">https://cornwall.us3.list-manage.com/subscribe?u=81f0f5b15cc407aa5b5f9b50a&amp;id=64830e2a92</a></p> <p><a href="https://www.facebook.com/cornwallvsf">https://www.facebook.com/cornwallvsf</a></p>

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## Lifestyle, online learning and Hobbies

### Birch Tree Folk Choir

The benefits of singing together are well known: making friends and boosting confidence, strengthening the immune system and increasing mental alertness to name but a few. Birch Tree Folk Choir is a fun, friendly, and welcoming choir that builds on and embeds these benefits. Rooted in nervous system research, the warm ups, breathing, exercises and singing styles have been specifically selected and designed to connect with the body's healing systems; easing stress and anxiety, lowering blood pressure, and reducing depression.

[For more information please visit their facebook page: https://www.facebook.com/birchtreechoir/](https://www.facebook.com/birchtreechoir/)

### Alison

Alison is publishing its free Coronavirus (Covid-19) course in 100+ languages worldwide with the help of our membership. Please SHARE with friends, family and work colleagues.

Free online courses from the world's leading experts. Continue learning today.

<https://alison.com/>

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<p><b>The Body Coach TV.</b></p> <p>An experienced fitness coach with a range of YouTube videos of keep fit lessons for all ages and abilities, including seniors</p>	<p><a href="https://youtu.be/ybVMu31DLQU">https://youtu.be/ybVMu31DLQU</a></p>
<p><b>Ocean Flow Yoga</b></p> <p>Whether you are self isolating, enjoying another part of this beautiful world we have a full schedule of yoga classes for you to get involved with from the comfort of your living room.</p>	<p>Check out the website for live streamed yoga classes</p> <p><a href="https://www.oceanflowyoga.co.uk/live-streamed-classes/">https://www.oceanflowyoga.co.uk/live-streamed-classes/</a></p> <p><b>Also offering discounts and financial assistance to those in need.</b></p> <p>We believe that yoga should be accessible to everyone. Whether you have been seriously affected by the current situation or not, we are committed to helping those who do not have the funds to practice yoga. If this is the case, please get in contact with us and we will arrange free yoga credits for you.</p>
<p><b>Stitch Together</b></p> <p>Charis Esther works as a professional hand embroiderer, teaching workshops and creating beautiful works of stitched art! From the 23rd of March - 3rd of April, Charis will be sharing daily stitch tutorials for you to follow and create your own embroidery design. From the initial sketches to the final piece, Charis will walk you through, step-by-step, via video tutorials, all you need to know to create an embroidery design. Aimed at children (8+) and young adults, this project is a perfect activity for those who suddenly find</p>	<p><a href="https://www.facebook.com/groups/stitchtogether/about/">https://www.facebook.com/groups/stitchtogether/about/</a></p>

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themselves stuck at home for the next few weeks!	