

BARNET COVID-19 RESOURCES



Trust Wide
Enablement Partnership

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ACTIVITIES

MINDFUL YOGA & MOVEMENT



Classes are free and accessible.
Sessions are being held weekly via webinar.

**11AM
SATURDAY**

https://zoom.us/webinar/register/WN_vKssaLuBTMmK-I-1_EM8-w

**11AM
MONDAY**

https://zoom.us/webinar/register/WN_axtTb4HbQ0e_B9IfyJPmnA

MINDFULNESS ADVICE & SUPPORT

Paying more attention to the present moment – to thoughts and feelings, and to the world around – can improve your mental wellbeing.

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness

HEADSPACE

Headspace is meditation made simple. To teach you the lifechanging skills of meditation and mindfulness in just a few minutes a day.

www.headspace.com

BETTER

Providing free virtual classes via their app.

www.crowd.in/vvsEti - Use code 'BETTERFREE'

AGE UK BARNET

Activity packs including magazines, puzzle books, crafts and knitting supplies.

Tel: 0208 432 1417

Website: <https://www.ageuk.org.uk/barnet/our-services/information-and-advice>

MENTAL HEALTH FOUNDATION

The UK's charity for everyone's mental health, promoting good mental health for all.

www.mentalhealth.org.uk/publications/looking-after-your-mental-health-duringcoronavirus-outbreak

PE WITH JOE

The workouts are fun and suitable for all ages and even adults can get involved.

www.youtube.com/user/thebodycoach1/featured

Mon-Friday

9am each morning for a 30-minute, fun workout



ADVICE

BARNET COUNCIL



Barnet Council are fully funding the FREE Working Well Service to tackle the Mental Health Impact of the COVID-19 virus alongside other causes in the Barnet workforce

Website: <https://www.getsetuk.co.uk/working-well>

CRUSE BEREAVEMENT CARE

Cruse Bereavement Care provides bereavement support to people across the UK. Talk of death in the news and online can be distressing if you're already struggling with grief. If you need someone to talk to you can call the Cruse helpline. You can also talk to them if you've been bereaved as a result of Coronavirus.

www.cruse.org.uk/gethelp/coronavirus-dealing-bereavement-and-grief

Contact number: [0808 808 1677](tel:08088081677)

Monday-Friday 9.30-5pm (excluding bank holidays).

Extended hours on Tuesday, Wednesday and Thursday evenings – 8pm

PERSIAN ADVICE BUREAU

Farsi speakers in the community. If you know of anyone requiring our help, or just needing someone to talk to, please do not hesitate to contact us on.

Contact numbers: [020 84461716](tel:02084461716) / [07715021333](tel:07715021333) / [07715 021334](tel:07715021334)

BARNET HOMES



Emergency service only, Including in housing needs.

Call: [020 8080 6587](tel:02080806587)

Type Talk: [18001 0800 3895225](tel:1800108003895225)

BOOST

Employment, benefit advice, skills and wellbeing project helping Barnet residents.

Email: boost@barnet.gov.uk

Contact number: [0208 359 2442](tel:02083592442)

Website: <https://boostbarnet.org/>

CHERRY LODGE CANCER CARE

Cherry Lodge Cancer Care are open for cancer advice for its Members

Ring Kirsty, cancer care nurse, from 10am - 4pm weekdays (but not Wednesday) on [07759024314](tel:07759024314)

Home visiting and volunteer coordinator, Yvonne, from 10am - 4pm weekdays on [07497701177](tel:07497701177)

DOMESTIC VIOLENCE INTERVENTION PROGRAMME

DVIP run services for women who have experienced domestic violence and services for men who have been violent to their partner to learn how to end their abusive behaviour.

Women's Support Services: [020 7928 4813](tel:02079284813)

Violence Prevention Programme for men: [020 7633 9181](tel:02076339181)

Risk Assessment Team: [020 7593 0027](tel:02075930027)

www.dvip.org/

SOLACE WOMEN'S AID

North London Rape Crisis Service. Solace run a range of services in Haringey, including a phone line for immediate advice for women affected by Domestic Violence and Abuse to access counselling and floating support. Solace also run North London Rape Crisis Service, which is for women and girls over the age of 14 who have experienced any form of sexual violence at any time in their lives.

Contact number: [080 8802 5565](tel:08088025565) / [0808 801 0305](tel:08088010305)

Email: advice@solacewomensaid.org / rapecrisis@solacewomensaid.org

Website: <https://www.solacewomensaid.org/>

RETHINK MENTAL ILLNESS

Confidential support service for suicide prevention and bereavement service for people 18+.

Freephone [08088 02 00 80](tel:08088020080)

Text Message: [07860 058 793](tel:07860058793)

Webchat: www.rethink.org/ncl-suicide

Mon, Weds & Fridays: 6pm - 8pm

Sunday: 6pm - 9pm

FINANCE

FRIEND IN NEED

Banking, paying bills, collecting pensions, if person over 55

Contact number: [0208 449 8225](tel:02084498225)

BARNET CITIZENS ADVICE

Housing and benefits advice.

Helpline: [0300 456 8365](tel:03004568365)

Universal credit: [0800 144 8 444](tel:08001448444)

Website: <https://barnetcab.org.uk>

HELP TO CLAIM

Enhanced, free, confidential and impartial support to help people make a Universal Credit claim.

Contact number : [08001448444](tel:08001448444) Textphone: [18001 0800 144 8 444](tel:1800108001448444)

8am to 6pm Monday to Friday

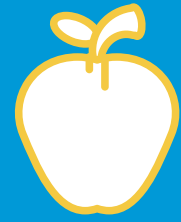
SICKNESS AND DISABILITY BENEFITS

New claims are still being accepted online.

Website: www.gov.uk/government/news/face-to-face-health-assessmentsfor-benefits-suspended-amidcoronavirus-outbreak

FOOD

COLINDALE COMMUNITIES



Food Bank

Contact number: [020 82003014](tel:02082003014)

Website: www.colindalecommunitiestrust.org

Tuesday and Thursday 10am-1pm

GOOD GYM

GoodGym can provide deliveries for vulnerable people (including those under 60) and basic tasks for hospital discharge and home safety.

Contact number: [0203 432 3920](tel:02034323920)

9:30 - 18:00 Monday to Friday

Email: getinvolved@goodgym.org

Website: www.goodgym.org/

JEWISH CARE

Jewish Service Users Service users with a primary physical health concern or Dementia will be prioritised Befriending for Dementia Patients and carers

Helpline: [020 8922 2222](tel:02089222222)

Website: www.jewishcare.org

COLINDALE FOOD BANK

Contact number: [07415 223963](tel:07415223963)

Trinity Church, Northwest Centre

Tuesday and thursday 12-2:30pm

EXTREMELY VULNERABLE PEOPLE GOVERNMENT HELP

Website: 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#what-do-we-mean-by-extremely-vulnerable

Website: www.gov.uk/coronavirusextremely-vulnerable

FELIX PROJECT

The Felix Project will continue providing our absolutely vital service to organisations like food banks, community kitchens and other community organisations serving the most vulnerable.

Website: <https://thefelixproject.org/help-us/howcan-i-help>

HIGH BARNET GOOD NEIGHBOUR SCHEME

Shopping

Email: hbgns@greenbee.net

Contact number: [020 8441 5678](tel:02084415678)

Monday-Friday 10:00-13:00
Answerphone out of hours

HOPE CORNER COMMUNITY CENTRE

Able to deliver a hot meal to local vulnerable people on a Monday and Thursday lunchtime.

Tel: [020 8364 8756](tel:02083648756)

COLINDALE COMMUNITY ACTION GROUP

Picking up shopping, cooking and delivering food.

Tel: [07397 001000](tel:07397001000)

Email: colindalemutualaid@gmail.com

MEDICATION

HIGH BARNET GOOD NEIGHBOUR SCHEME



Prescriptions

email: hbgnsgreenbee.net

Tel: 020 8441 5678

Monday-Friday 10:00-13:00

Answerphone out of hours

PRESCRIPTION DELIVERIES

The government is helping pharmacies to deliver prescriptions. Prescriptions will continue to cover the same length of time as usual.

-Asking someone who can pick up your prescription from the local pharmacy, (this is the best option, if possible). -Contacting your pharmacy to ask them to help you find a volunteer (who will have been ID checked) or deliver it to you.

Website: https://www.nhs.uk/search/?query=repeat+prescriptions&collection=nhsmeta&profile=_default

EXTREMELY VULNERABLE

Government led. You can register yourself, or for someone else.

Website: <https://www.gov.uk/coronavirusextremely-vulnerable>

FRIEND IN NEED

Help with collecting prescriptions

Tel: 020 8449 8225

SOCIAL SUPPORT

AGE UK BARNET

Regular chats over the phone. Information and advice on welfare benefits. Befriending service.

Contact number: 0208 432 1416

Website: <https://www.ageuk.org.uk/barnet/our-services/information-and-advice>

BARNET WELLBEING SERVICE

Talking therapies, advocacy and information/advice.

Contact number: 03333449088

Website: <https://www.barnetwellbeing.org.uk/>

BARNET MENCAP

Advice and support for people with learning disability, autism and their families and carers.

Contact number: 0208 349 3842

Website: <https://www.barnetmencap.org.uk>

BARNET CARERS CENTRE

support for carers and needs assessment. they also provide at home carers.

Contact number: 0203 995 1909

Email: admin@barnetcarers.org

Website: <https://barnetcarers.org>

MUTUAL AID VOLUNTEER GROUP SERVICE

Can provide a friendly chat.

Website: <http://www.mutualaid.co.uk/>

JEWISH CARE

Jewish Service Users Service users with a primary physical health concern or Dementia will be prioritised Befriending for Dementia Patients and carers.

Contact number: [020 8922 2222](tel:0208922222)

Website: www.jewishcare.org

LAPIS (LONDON ACCESSIBLE PSYCHOTHERAPY INDEPENDENT SERVICE)

Talking Therapy for people with disabilities.

Contact number for Rowlandson House: [0208 369 6000](tel:02083696000)

Email: info@thelapis.co.uk

Website: www.thelapis.co.uk

MIND

Can provide Advocacy & Counselling

Contact number: [0208 343 5700](tel:02083435700)

Email: admin@mindinbarnet.org.uk

Website: www.mindinbarnet.org.uk

COLINDALE COMMUNITY ACTION GROUP

Providing advice or advocacy, friendly phone calls, dog walking etc.

Contact number: [07397 001000](tel:07397001000)

Email: colindalemutualaid@gmil.com

HOME START BARNET

Support families with health coaching, parenting classes, drop-in sessions, money smart class, counselling and psychological coping techniques

Contact number: [020 8371 0674](tel:02083710674)

Email: admin@homestartbarnet.org.uk

Website: <https://homestartbarnet.org>

HIGH BARNET GOOD NEIGHBOUR SCHEME

Befriending service.

email: hbgns@greenbee.net

Tel: [020 8441 5678](tel:02084415678)

Monday-Friday 10:00-13:00
Answerphone out of hours

INCLUSION BARNET

Support for people experiencing any form of disability in Barnet to access the services and resources they need.

Contact number: [020 3475 1314](tel:02034751314)

Website: <https://www.inclusionbarnet.org.uk/touchpoint>

Email: touchpoint@inclusionbarnet.org.uk

YOUTH WORK SUPPORT

You will be able to find resources to help you and young people keep calm, stay connected and be safe. Each area has downloadable resources and links to other useful sites to support youth workers or use with young people.

Website: <https://youthworksupport.co.uk/>

BACP BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY

How to look after your mental health and wellbeing if you're self-isolating and has a therapist directory

Website: www.bacp.co.uk/news/newsfrom-bacp/2020/13-march-coronavirussself-isolation-how-to-look-after-yourmental-health-and-wellbeing-if-you-reself-isolating

Website: www.bacp.co.uk/news/newsfrom-bacp/2020/28-februarycoronavirus-anxiety-how-to-cope-if-youre-feeling-anxious-about-the-outbreak

THE SILVER LINE

For over 55's. Helpline and telephone befriending.

Website: www.thesilverline.org.uk

Contact number: 0800 4 70 80 90

24 hrs a day 7 days a week

ALZHEIMER'S SOCIETY

Telephone calls to help support their wellbeing and guard against isolation. For those looking for information, advice and support for dementia.

Contact number: 0300 222 11 22

Website: www.alzheimers.org.uk