

ENFIELD COVID-19 RESOURCES

TABLE OF CONTENTS

Activities	4
Advice	7
Finance	10
Food	12
Medication	16
Social Support	18

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

www.ageuk.org.uk/barnet/our-services/information-and-advice

Contact number: 0208 432 1417
Monday-Thursday 10am-1pm

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-during-coronavirus-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

ENFIELD VOLUNTARY ACTION



Can refer and signpost to services available

Contact number: [07960 371207](tel:07960371207)

STONEGROVE COMMUNITY TRUST

Official sources of advice on Coronavirus Covid-19.

Accessible information, and information in other languages and formats. Information for those with disabilities or specific health issues. Physical and Mental well-being resources. Resources for children and parents.

Website: <https://sct.london/advice>

Contact number: [020 8357 0923](tel:02083570923)

Email: gus@sct.london

Email: info@sct.london

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)

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/>

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/

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

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

ENFIELD COUNCIL

Offering food parcel deliveries for residents who are unable to rely on family and trusted friends for practical support. High risk and over 70's are a prioritised.

Website: <https://new.enfield.gov.uk/forms/covid-19-community-support-request-form/>

Contact number: [0203 821 1966](tel:02038211966)

Monday – Friday 9.30am -4.30pm
Weekends and Bank Holidays 10am – 2pm

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

MUTUAL AID

This website is created by volunteers for volunteers who decided to take action and respond to the COVID-19 pandemic by self-organising into local groups on WhatsApp and Facebook and to find the nearest Mutual Aid volunteer.

Website: www.mutualaid.co.uk

Contact number: [07448960828](tel:07448960828)
[07465 251565](tel:07465251565)

EXTREMELY VULNERABLE PEOPLE GOVERNMENT HELP

Website: www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-onshielding-and-protecting-extremelyvulnerable-persons-from-covid-19#what-do-we-mean-by-extremelyvulnerable

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/about/covid-19-reponse>

AGE UK ENFIELD

Offering food shopping services to people in enfield aged 55+

Website: <https://www.ageuk.org.uk/enfield/>

Contact number: 020 8375 4120

LOVE YOUR DOORSTEP

Advice on trusted local businesses that offer home delivery of groceries and hot meals.

Contact number 0203 689 3272

Website: <https://enfield.loveyourdoorstep.co.uk/blog/where-can-i-get-food-delivered/>

Monday -Sunday 10am-4pm

MEDICATION

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/?collection=nhs-meta&query=repeat%20prescriptions&profile=_default

EXTREMELY VULNERABLE

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

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

SOCIAL SUPPORT

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:02089222222)

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

HOPE CORNER COMMUNITY CENTRE

Offer Friendly calls and Wellbeing activates for adults and children.

Contact number: [020 364 8756](tel:0203648756)

GOOD GYM

Short telephone befriending service.

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

Email: getinvolved@goodgym.org

Website: www.goodgym.org

RUTH WINSTON CENTRE

Befriending service for those over 50

Contact number: [0208 886 5346](tel:02088865346)

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

OASIS ACADEMY HADLEY

Friendship line

Contact number: [0207 921 4272](tel:02079214272)

HIGH BARNET GOOD NEIGHBOUR SCHEME

Offer befriending services

Email: hbgns@greenbee.net

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