

HARINGEY COVID-19 RESOURCES

TABLE OF CONTENTS

Activities	4
Advice	6
Finance	11
Food	13
Medication	17
Social Support	19

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'

ADVICE

HARINGEY WELLBEING NETWORK



The aim of the network is to act as the single point of contact for access to community based mental health and wellbeing support across Haringey. To be eligible for access to you should be at least one of the following:

1. A resident of Haringey
2. Registered with a GP in Haringey
3. Be a primary carer for someone who lives in Haringey

Contact number: [07508511128](tel:07508511128)

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)

CONNECTED COMMUNITIES



Connected Communities is a programme set up to improve access to council and voluntary services, and support in Haringey to encourage residents to live their version of a good life.

www.haringey.gov.uk/community/connected-communities

Contact number: [020 8489 4431](tel:02084894431).

Monday to Friday 8.30am to 6.30pm.

HARINGEY REACH & CONNECT

Support for Over 50s. Offers advice and guidance on wide range of topics such as - Money and Legal - Health and wellbeing - Housing and homelessness - Care and support - Work and learning Mental Health Support.

Email: hello@reachandconnect.net Contact number: [020 3196 1905](tel:02031961905)

Website: www.eachandconnect.net

HEARTHSTONE DOMESTIC VIOLENCE ADVICE

Hearthstone provides emotional and practical support for anyone experiencing domestic abuse in Haringey. Assessment with a caseworker over the telephone - Emergency accommodation - Safe refuge - Housing needs. Male and female service.

Contact number: [020 8888 5362](tel:02088885362)

Email: hearthstone.domesticviolence@homesforharingey.org

THE VIOLENCE AGAINST WOMEN AND GIRLS TEAM

They offer emotional support, provide immediate safety planning, and can discuss options for seeking safer accommodation.

Helpline advice number: [0300 012 0213](tel:03000120213)

Monday to Friday 10am - 5:30pm excluding bank holidays.

Email: HaringeyIDVA@niaendingviolence.org.uk

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

CITIZEN'S ADVICE BUREAU HARINGEY

Telephone assistance with money, benefit, housing or employment problems.

Contact number: [0300 330 1187](tel:03003301187)

Monday to Friday 10am to 1pm and 2pm to 4pm

www.citizensadvice.org.uk/local/haringey

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.

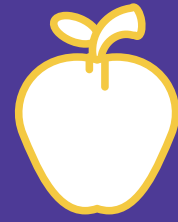
Website: www.gov.uk/government/news/face-to-face-health-assessmentsfor-benefits-suspended-amidcoronavirus-outbreak

FREE SCHOOL MEALS VOUCHER SCHEME

£15 weekly shopping voucher by their school to spend at supermarkets. Schools in the borough should now be making arrangements to provide these vouchers to eligible children. However, in the unlikely event that your child is eligible for free school meals and isn't currently receiving them, please email us at: fsm@haringey.gov.uk

FOOD

CONNECTED COMMUNITIES



Provides food parcels

Contact number: [020 8489 4431](tel:02084894431)

Monday to Friday 8.30am to 6.30pm.

Website: www.haringey.gov.uk/community/connected-communities

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

CITIZEN'S ADVICE BUREAU HARINGEY

Can assist to acquire food bank vouchers.

Contact number: [0300 330 1187](tel:03003301187)

Monday to Friday, 10am to 1pm 2pm to 4pm

Website: www.citizensadvice.org.uk/local/haringey

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>

TOTTENHAM FOOD BANK

If you need to use our food bank but are unable to make it to us due to self isolation, then we are happy for someone else to pick it up on your behalf. Please present either the voucher or the voucher number to the team at the session.

Website: <https://tottenham.foodbank.org.uk/2020/03/28/covid-19-update>

If you need to use our food bank but do not have a voucher then please call: Citizens Advice Haringey's Advice Line on 0300 330 1187 (9-5, Monday to Friday) to get a voucher number

Mondays 12-2 Thursdays 5-7.

FELIX PROJECT

Website: www.mutualaid.co.uk

MEDICATION

CONNECTED COMMUNITIES



Can help you get your prescriptions.

Website: [020 8489 4431](tel:02084894431)

Monday-Friday [10:00-13:00](#)

Website: www.haringey.gov.uk/community/connected-communities

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.

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>

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

HARINGEY REACH AND CONNECT

Friendly chat Free calls to people in Haringey who would like to receive regular weekly calls from a friendly and supportive volunteer.

Website: www.reachandconnect.net

Contact number: [020 3196 1905](tel:02031961905)

Email: hello@reachandconnect.net

GOOD GYM

Short telephone befriending service.

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

Email: getinvolved@goodgym.org

Website: www.goodgym.org

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-coronavirusself-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