

We know that this is an uncertain time for everyone and this can be scary and confusing. Therefore, we have put together some useful links and contact details that we hope will help you, a neighbour or your family members get the support and guidance they may need at this time. There are also a couple of links for people looking to volunteer their help. We hope you find them useful!

GENERAL INFORMATION AND ADVICE

Government Advice - <https://www.gov.uk/coronavirus>

Citizen's Advice - <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

BENEFITS AND WELFARE ADVICE

We know that changes in to employment due to COVID-19 will mean that people will be accessing different benefits, or will be accessing them for this first time. This advice is for anyone who has accessed benefits before, and for those who are accessing support for the first time.

Government Advice on Accessing Universal Credit: <https://www.understandinguniversalcredit.gov.uk/coronavirus>

Government Advice for Employees and Employers: <https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses>

Citizens Advice Guidance: <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

How to Access Benefits: <https://commonslibrary.parliament.uk/insights/coronavirus-claiming-welfare-benefits/>

Money Advice Service: <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-and-your-money>

MENTAL HEALTH RESOURCES

We know that this is a challenging time for people and so we have collated some resources that advise you how to make sure you are looking after your mental health, and your family's mental health, in the coming weeks.

NHS Advice: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Mind Advice for Staying Healthy Whilst at Home: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Childline's Advice for Kids on How to Protect Their Mental Health at This Time: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Mental Health Foundation Advice on Talking to Children About COVID-19: <https://mentalhealth.org.uk/coronavirus/talking-to-children>

RESOURCES FOR THE ELDERLY

Age UK have a scheme for older people to be paired up with someone to call them regularly to check in and chat. They also run an advice line that is open from 8am-7pm, 365 days a year.

Befriending Service: <https://www.ageuk.org.uk/services/befriending-services/>

Advice Line: 0800 169 65 65

MUTUAL AID NETWORKS

Mutual Aid Networks are self-organised groups who are able to help people locally with things like shopping, picking up prescriptions, and looking out for those who are self isolating or vulnerable in your local area. On these groups you can offer, or ask for assistance. They are also a great way to make connections in you local area—something that may be particularly welcomed at this time!

All groups are listed here (with a map) - <https://covidmutualaid.org/local-groups/>

London has too many groups to list so please look at the map for the one closest to you.

Groups close to CDS estates and Client Co-ops are listed below:

Ashford - Coronavirus Community Care <https://www.facebook.com/groups/226739368694621/>

Tel: 07946 345859 Email: communitycareashford@gmail.com

Canterbury - Canterbury Coronavirus Assistance <https://www.facebook.com/groups/1492309854275597/>

Colchester - New Town, Old Heath, and Hythe Mutual Aid Group <https://www.facebook.com/groups/1327010757482885/>

Dartford - Covid 19 Mutual Aid Group Dartford <https://www.facebook.com/groups/235451560828027/>

Farnborough - Covid 19 Farnborough Hampshire <https://www.facebook.com/groups/824425101411492/>

Farnham - Farnham Covid 19 Mutual Aid <https://www.facebook.com/groups/637620413450425/>

Guildford - Covid 19 Mutual Aid Guildford https://m.facebook.com/groups/876718599463393/?ref=group_browse

Hemel Hempstead - Hemel Helpers Covid 19 Pandemic <https://www.facebook.com/groups/817083748804854/>

Maidstone Covid 19 Mutual Aid North Downs https://www.facebook.com/groups/2824776650910305/?hc_ref=ARQA9YvJmYu42l1CAW0OZm-JpO9esivfe47m4J0b-koh6qXSQtTUyarGKsmkmn_9q0g&fref=gs&dti=2824776650910305&hc_location=group

Coronavirus Useful Advice and Resources March 2020



Covid 19 Mutual Aid Maidstone High Street <https://www.facebook.com/groups/619466295274722/>

Covid 19 Mutual Aid Barming and Teston <https://www.facebook.com/groups/890037344761093/>

Milton Keynes - Milton Keynes Covid 19 (Taking Care of Our Neighbours) <https://www.facebook.com/groups/MKCOVID19/>

Reading - Reading Mutual Care [https://m.facebook.com/ReadingMutualCare/?
notif_t=group_comment_reply&ref=m_notif](https://m.facebook.com/ReadingMutualCare/?notif_t=group_comment_reply&ref=m_notif)

Tel: 07380248606 Email: Berks_Covid_Help@outlook.com

Sittingbourne - Covid-19 Mutual Aid <https://www.facebook.com/groups/241768737210191/>

Welwyn Garden City - Welwyn Garden City Covid 19 Mutual Aid Group [https://www.facebook.com/
groups/205219507242732/](https://www.facebook.com/groups/205219507242732/)

Whitstable- Whitstable Covid-19 Mutual Aid <https://www.facebook.com/groups/3112560785463355/>

TALK TO US!

We know that this is a challenging time for lots of people and we are here to help. If you are concerned about your welfare, paying your rent, or any other matter, then get in touch and we can offer you support and advice.

The single most important thing that you can do if you are worried about paying the rent or service charges is to **get it touch with us at the earliest opportunity**. We really want to help – and we can – but only if we know that you are experiencing a problem. Please trust us to help you and give us a call on 03333 21 30 30 or send an email to talktous@cds.coop and we will make contact.

As ever, please remember to: stay safe, stay home, and keep washing those hands!