

## **Useful links for older people & the wider community**

### **[Hampstead & Kilburn Together Against Coronavirus](#)**

Fantastic resource set up by Tulip Siddiq MP for residents of Hampstead and Kilburn to work together and help mitigate the impact of Covid-19 in the community. Many useful links for if you're self-isolating and need support; have financial worries; or would like to volunteer to help others.

### **[Camden Council's Advice hub](#)**

Sections on health and community support, finances, council services.

## **Food supplies**

### **[Age UK Camden](#)**

If you're approaching a food crisis – having less than 2 days' worth of food left – contact Age UK Camden on 0207 837 3777 or Camden Council on 020 7974 4444 (option 9).

### **[Cooperation Town](#)**

Cooperation Kentish Town deliver emergency food packages to addresses in NW5 + Camden Town, Gospel Oak & Somers Town, with fresh fruit and veg, bread, milk, pasta and other basics, if you are on low or no income. Sign up [here](#).

### **[New Covent Garden Market](#)**

Short on fresh food? New Covent Garden Market businesses are offering home delivery to families and businesses with a London postcode, most with delivery costs included.

### **[Sacred Heart Church, Quex Road](#)**

Quex Road Foodbank is now offering a delivery service to comply with social distancing. Call them on 020-7624-1701.

## **Money & Finances**

### **[Stepchange: Debt and Coronavirus](#)**

Useful advice about finances, help available from creditors, claiming benefits, and coronavirus-related fraud.

## **Mental Health**

### **[Coronxiety Support Resources from Anxiety UK](#)**

Their helpline is also open weekdays until 10pm and over the weekend between 10am -8pm so they can offer support to as many people as possible who need their help. (03444 775774). They also have online support groups.

### **[Samaritans](#)**

Advice and links if you're worried about your mental health during the coronavirus outbreak. And their helpline, 116 123, is open as always.

### **[The Silver Line](#)**

The Silver Line is the only free confidential helpline (0800 4 70 80 90) providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

### **[Men's Health Forum](#)**

Facts about Covid-19 updated regularly, advice and articles tailored to men.