

Useful links for older people & the wider community

[NHS Volunteer Responders](#)

If you fall into one of the high-risk categories, you can now self-refer to receive volunteer support including picking up medication / shopping, patient transport from hospital, or phone check-in and chat. For more information click the link above. Bear in mind that if you call 0808 196 3646 (8am to 8pm) to register for support, you will need your GPs details handy as well as your letter from the NHS classifying you as vulnerable.

[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.

[Voluntary Action Camden Community Directory](#)

Comprehensive information about what all community and charitable organisations in Camden are doing to support people during this time. Have a browse.

[Friends Against Scams](#)

Thanks Dave for forwarding this one from the Swiss Cottage Safer Neighbourhood Team. Loads of useful advice about coronavirus scams.

[Taxicard scheme Covid-19 support](#)

If you're a Taxicard user, you'll want to check this out. Taxicard drivers can now help you get essential supplies if you're unable to leave your home.

[Camden Safety Net](#)

If you are experiencing domestic abuse or feel at risk, you can access support and advice by contacting Camden Safety Net on 020 7974 2526, Monday to Friday, from 9am to 5pm, email Camdensafetynet@camden.gov.uk or visit camden.gov.uk/domestic-violence

[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).

[Priority online delivery slots with Tesco or Iceland](#)

For vulnerable / elderly people (you don't have to be in the 'shielded' group), call us on 020 7624 8378 if you are struggling to get to delivery slot for your groceries. We can refer you to Camden Council who will register you to get a priority online delivery slot with Tesco or Iceland.

[Food and drink delivery database](#)

Put together by someone on Twitter! Local businesses in London who are doing food and drink deliveries during this time.

[Morrisons Doorstep Deliveries](#)

A new delivery service of essential items for elderly and vulnerable members of the community, Morrisons are taking orders over the phone. You can then pay on contactless when the delivery arrives if you are reticent about making payment over the phone – fantastic. Click [here](#) for more info.

[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. Contact our Kilburn Good Neighbours Manager Lydia and she can help arrange this for you – she's on 07505 933617.

[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.

[Sufra Food Bank](#)

A community food bank and kitchen in Brent, Sufra will be operational during the coronavirus lockdown. Click the link above for details of their emergency response. Contact them on 020 3441 1335 or email admin@sufra-nwlondon.org.uk.

[Queen's Crescent Community Association](#)

QCCA are offering cooked meals delivered to your home for local residents (along with other useful services) – click the link for more info.

Granville Community Kitchen continue to provide cooked meals and food parcels to South Kilburn residents and are now offering a service on Wednesday and Friday. You can contact them on 07952 616 352 or granvillecommunitykitchen@gmail.com. Address is The Granville, 140 Carlton Vale, South Kilburn NW6 5HE.

Brent service: If you know of a Brent resident who needs an emergency food package or if they're struggling to pay for food, Brent is organising food parcels. Please ring 02089376792. The Pakistani Centre is also dispatching food and can be reached on 07984788399.

UCKG Church are offering free soup (in the old Grange Cinema - 234, Kilburn High Road, NW6 4JR) on Saturdays between 11am and 1pm.

Street Kitchen Kilburn is offering free food in Kilburn Square at 7.15pm every Friday.

[The Winch](#) in Swiss Cottage are offering emergency food parcels for those in financial difficulty, among other services.

Shopping and other supplies

For gardeners: If you're doing some gardening, a Mill lane shop is doing free doorstep deliveries of orders over £30 to NW6 postcodes. <https://www.inthegardenuk.com/> or contact them on 020 8616 9360.

West End Lane Bookshop is taking orders on the phone for delivery. Their number is 020 7431 3770 or check out their website on <https://welbooks.co.uk/>

Kodak express in Kilburn can digitise photos or old videos if you have more time to sort them out. They're offering mail order collection & delivery. Their address is 10 Kilburn Bridge, London NW6 6HT and can be contacted on 020 7624 1329.

Money & Finances

Stepchange: Debt and Coronavirus

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

Debt North Camden Project

Colleagues from Camden Citizens Advice Bureau are running the Debt North Camden Project and are available to help anyone facing debt issues. They are offering one-to-one debt advice and financial capability sessions for anyone living in the projects area, which can be found [here](#). Money Adviser Josephine Jija can be contacted directly on debtnc@camdencabservice.org.uk or **0207 554 3590 / 07471522753**.

Advice on personal banking from the Telegraph

A useful article explaining what each bank is doing to help older people and NHS workers during the Covid-19 crisis, including how to get cash out if you're at home.

Specific health conditions and Coronavirus (COVID-19)

Advice for people at high risk

<https://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>

Advice on coronavirus (COVID-19) for people with eczema

<https://eczema.org/blog/advice-on-coronavirus-covid-19-for-people-with-eczema/>

Cancer and Coronavirus (COVID-19)

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

Coronavirus: what it means for you if you have heart or circulatory disease

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health>

Updates: Coronavirus and diabetes

https://www.diabetes.org.uk/about_us/news/coronavirus

Advice for people with asthma

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

Advice for those with cystic fibrosis and their families

<https://www.cysticfibrosis.org.uk/news/uk-cf-medical-associations-statement-on-coronavirus>

What should people with a lung condition do now?

<https://www.blf.org.uk/support-for-you/coronavirus/people-living-with-lung-condition>

Mental Health

Camden and Islington iCope

I-cope have lots of useful information and advice about mental health and are offering practical and emotional support via a brief phone-call to anyone who self-refers. Please see more information on the [website](#).

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.

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Mindfulness meditations

<https://www.headspace.com/covid-19>

Looking after your mental health

<https://www.nhs.uk/oneyou/every-mind-matters/>

Looking after your mental health while working during the Coronavirus outbreak

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>

Look after your mental health and wellbeing if you are staying home

<https://mentalhealth.org.uk/coronavirus/staying-at-home>

10 tips to help if you are worried about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Talk for Health Online Tasters and Specials:

<https://www.talkforhealth.co.uk/event-directory-2/new-to-t4h/>

Mental Health Crisis Support

Camden and Islington Mental Health Crisis Team

Telephone: 020 3317 6333 or 020 3317 6777

Available: 24 hour 7 days a week.

<https://www.candi.nhs.uk/service-users-and-carers/crisis-care>

Mental health services - Brent Council

<https://www.brent.gov.uk/services-for-residents/adult-social-care/mental-health-services/>

If you are in extreme crisis and you think you might be at risk of seriously harming yourself or doing something which might harm someone else you should call:

- Central and North West London NHS Foundation Trust's Urgent Advice Line 0800 0234 650 (If you live in North London)
- South London and Maudsley NHS Foundation Trust's Urgent Advice Line on 0800 731 2864 (If you live in South London)

Campaign Against Living Miserably (CALM.)

<https://www.thecalmzone.net/>

CLASP (Counselling Life Advice Suicide Prevention) Charity

<https://www.claspcharity.com/>

HopeLine UK

<https://papyrus-uk.org/>