

Covid-19 Support

Organisations and voluntary groups offering support to vulnerable people.



Practical and Social Support

Age UK Wandsworth

Collecting and delivering food for the vulnerable elderly: <https://www.ageuk.org.uk/wandsworth/>

Battersea Coronavirus Angels - St Mary's and KLS

Partnership between KLS and 2 churches in Battersea. Providing practical support, as well as someone to talk to via telephone. Vulnerable people to call the number if needing help. Tel: 07394 856 557

Waste Not Want Not Project

Distribute fruit and vegetables from The Venue every Wednesday between 1pm and 6pm, and from Providence House every Thursday.

Regenerate Rise SW11

Offering a Support Service to all our clients and to any older people that require assistance during this time within the borough of Wandsworth. Including supplies, telephone support and prescription pickups. For further information, please telephone Lisa on 020 7228 0245

Battersea Covid-19 Mutual Aid

Volunteer group in Battersea (and some surrounding areas) helping vulnerable people with shopping, urgent needs or a friendly telephone call.

To Volunteer or get help email: batterseamutualaid@gmail.com

Local Helpers and Next Door

An online tool to connect people to volunteers who can help with things like shopping, a friendly call or walking pets: <https://localhelpers.org/>

An app to connect to people in your neighbourhood. <https://nextdoor.co.uk/>

Citizen's Advice Wandsworth

<https://cawandsworth.org/>

Telephone support

Silverline: <https://www.thesilverline.org.uk/> A helpline for older people. 0800 4 70 80 90

Samaritans: 116 123

Carers UK: 08088087777

Dementia UK: 08008886678

Alzheimer's Society's Dementia Connect support line: 03331503456

Mental Health Support

The Help Hub

Online therapy service offering online therapy during the Covid-19 coronavirus. They aim to be up and running the week commencing 23/03/2020. <https://www.thehelpub.co.uk/>

Mind

Information page for guidance on looking after your wellbeing during self-isolation. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Rethink

Online advice and information for people living with or supporting those with mental illness <https://www.rethink.org/advice-and-information/covid-19-support/>

More

KLS Online Chair Based Exercise

Online chair-based exercise video by Katherine Low Settlement.

https://www.youtube.com/watch?v=ETUVrHVL_yI&fbclid=IwAR2L_J0VCsoegz2mbKi6NMBmtujVXJd-YB88BCSQffDBbQ_JKAV4AjVefTA

Sport England – How to Stay Active at Home

The most useful tips for staying active at home: <https://www.sportengland.org/news/how-stay-active-while-youre-home>

Cambridge University Press

Cambridge University Press has made higher education textbooks free to access online. Also, free material for learners of English and free online support and material for teachers, students and parents.

https://www.cambridge.org/about-us/covid-19/?fbclid=IwAR2UF6I84iagmWXMTCY_ABMED8jnuM4_0LuDpFMIukaQbcPJUm4Bo2UWLwU

Covid-19 and Claiming Benefits

Information page about coronavirus and claiming benefits:

<https://www.understandinguniversalcredit.gov.uk/coronavirus/?fbclid=IwAR0-mSJpn0L2-d3XC4xk0ow9-EyWGD2s50QoULkkwA12UXFLQ0NKZLcvHWE>

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