

Community Barnet Covid-19 Wellbeing Response Service- Information pack

The NHS Volunteer Responders Scheme – Good SAM

The scheme is open for self-referrals and will continue to operate over the coming months

People can ask volunteers for short-term help with

**Shopping, picking up prescriptions,
phoning for check in and chat calls,
and patient transport (where referred by a health professional)**

Call 0808 196 3646 between 8am and 8pm

You can find more information about the programme at <https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal>

Type of support	Contact details
Urgent social care – refer to Adult Social Care:	020 8359 5000
For up to date information and resources in Barnet: go to the council Covid pages on the LBB website	https://www.barnet.gov.uk/coronavirus-covid-19-latest-information-and-advice
For clinical or health care needs: go to the local CCG website or ring 111 or go to https://111.nhs.uk/	0808 281 3210 https://northcentrallondonccg.nhs.uk/my-health/covid-19/ Ring your GP or NHS 111
NHS England latest information	https://www.nhs.uk/conditions/coronavirus-covid-19/
Covid Bereavement support	https://www.communitybarnet.org.uk/bereavement-support-and-counselling 020 8016 0016
Other Covid information from Community Barnet	https://www.communitybarnet.org.uk/portfolio/covid-19-resources-aid-your-wellbeing

More useful information available below

Food Banks in Barnet		
Colindale Foodbank	Trinity Church, Avion Crescent, Grahame Park Way, NW9 5QY Opening Times: Tuesdays and Thursdays at 12:00 - 2:30pm	07415 223 963
Barnet Foodbank	63 Somerset Road, New Barnet, Barnet EN5 1RF Opening Times: Tuesdays at 12:00am - 2pm; Saturday at 10:00am to 12pm,	Telephone: 07716 890 535 www.chippingbarnet.foodbank.org.uk info@chippingbarnet.foodbank.org.uk
Muswell Hill Foodbank	Pembroke Road Church, 68 Pembroke Road, Muswell Hill, London N10 2HT. Opening Times: Monday 12:30-2:30pm Wednesday & Friday 11:30-1:30pm	020 8883 0434 info@muswellhill.foodbank.org.uk
Finchley Foodbank	Open Mondays 12.30pm to 2pm. No vouchers required Donations received on Saturdays 10am to 12noon or by arrangement St Barnabas Church, 913 High Road, North Finchley, London N12 8QJ	foodbank@stbarnabas.co.uk Phone 07872 697623 Facebook : St Barnabas Foodbank Twitter @StBsFoodbank
Burnt Oak Foodbank	Burnt Oak Women's Group North Road Community Centre 230 Burnt Oak Broadway, Burnt Oak, HA8 0AP Families 'in need' are required to provide their postcode, dietary requirements and how many reside in household in order to obtain a package designed for them. This is available to collect on Tuesdays 3-4pm.	BurntoakWG@yahoo.com
Real Junk Food Project Pay As You Feel Café Burnt Oak	International Gospel Church, 102a Watling Avenue Burnt Oak - no referral needed. Wednesdays 10:30-11:30 bring a carrier bag	

Rainbow Centre, Dollis Valley	<p>Families – give out foodbags (each bag contains enough food for 2 meals for each family) twice a week on Tuesdays and Thursdays (4 meals in total)</p> <p>Individuals – One foodbag per week (containing enough for 3 meals) once a week on a Thursday</p> <p>Dollis Valley Drive, Barnet EN5 2UN</p>	<p>Steve Verrall call on: 02084419837 steveverrall@barnetcp.org.uk</p>
New Barnet Foodbank	<p>Regularly collect food for the foodbank and donate it. They also function as a referral point for Foodbank vouchers.</p> <p>St James Church, 71 East Barnet Road, New Barnet, EN4 8RN</p>	<p>Telephone: 020 8440 2451 / 07505 203 260</p>
Age UK Barnet	<p>Food Bank Voucher Holder</p>	<p>0208 432 1417</p>
Barnet Food Share Grahame Park	<p>Living Way Ministries, 7 The Concourse, Grahame Park, Mon-Sat: 10am - 1pm</p> <p>Sun: 9am -11am</p>	<p>Hope Yoloye 020 8358 3567</p>
Claremont Road Food Hub NW2	<p>Fresh Meals for distribution</p>	<p>Paulette Singer 07896136410 Paulette@clitterhouse.com</p>
Community Network Group CIC	<p>Bellevue Road, Friern Barnet, N11 3ET Weds or Thursday No babies Iranian and Farsi Speakers</p>	<p>1. Yasi Dehghani: 07966366763 2. Nazanin Hashemi: 07799417258 communitynetgroup@gmail.com</p>

Financial Advice and Guidance	
Information on claiming Universal Credit and other benefits	<p>1) To check you are getting all the benefits that you are entitled to, go to https://www.gov.uk/browse/benefits</p> <p>BOOST - Welfare Benefits Advisers available 9-4 Monday to Friday open to all. Appointments are currently by telephone or video 0208 359 2442 Mon-Fri 9 -5 boost@barnet.gov.uk</p> <p>2) Universal Credit DWP Helpline - 0800 328 5644 or call 0800 144 8 444 (Freephone) Monday-Friday 8:00am - 6:00pm</p> <p>3) Barnet Council Housing Benefit Service- 0208 359 2111</p> <p>4) Barnet Council Crisis Fund - small amounts immediately available - call 0208 359 4242 Monday – Friday 9-5</p>
Citizens Advice Barnet	<p>For advice on welfare benefits, debt, housing, employment and immigration, call 0300 456 8365</p> <p>Monday-Friday 9:30am - 4:00pm Wednesday 9:30am - 7:30pm</p> <p>https://barnetcab.org.uk/advice/</p>
Touchpoint -Welfare Benefits Advice Service at Inclusion Barnet <i>For people affected by disability, mental health issues and long-term conditions.</i>	<p>We can help with the following benefits:</p> <ul style="list-style-type: none"> • Personal Independence Payment (PIP) • Attendance Allowance (AA) • Employment and Support Allowance (ESA) • Universal Credit (UC) • Freedom Pass • Blue Badge • Taxicard / Dial-a-Ride <p>Telephone 07981 760399 / 020 8441 9837 Phone: 020 3475 1306 Email: touchpoint@inclusionbarnet.org.uk</p> <p>Web: inclusionbarnet.org.uk/touchpoint (Live Chat is available Monday- Friday 2-4pm)</p>
Rainbow Money Advice Barnet	<p>Free Welfare Benefit Advice on Tuesdays by appointment only, for Barnet Borough residents. Appointments are currently by telephone or video (e.g. Zoom, Whatsapp)</p> <p>To make an appointment call Stuart Goodman (available Tuesdays and Thursdays) on 07981 760 399 Email: moneyadvice@barnetcp.org.uk For more information see: https://rainbowcentrebar.net.wordpress.com/rainbow-money-advice-6/</p>

Help with your mental wellbeing		
Urgent Mental Health support	Barnet Enfield and Haringey Mental Health Trust: http://www.beh-mht.nhs.uk/patients-and-carers/support-in-a-crisis.htm	We've introduced a new helpline for people experiencing a mental health crisis: 24-hour helpline: 0300 0200 500
Barnet Wellbeing Hub	For people who would like mental wellbeing support, Barnet Wellbeing Hub (based at the Meritage Centre, Church End, Hendon, London NW4 4JT) has moved all of its service provision online and via phone, including yoga classes, virtual wellbeing cafes and emotional health checks.	To find out more call 03333 449088 or email: info@barnetwellbeing.or.uk
SilverCloud free online CBT (Cognitive Behavioural Therapy)	If you are experiencing anxiety, stress and sleep difficulties, SilverCloud are providing a free online CBT (Cognitive Behavioural Therapy) support programme.	For further details, please visit their website at: https://beh.silvercloudhealth.com/signup
Mind in Barnet (IAPT)	Mind in Barnet IAPT (Improving Access to Psychological Therapies) are offering counselling support	Call 020 8343 5703 or email Counselling@Mindinbarnet.org.uk
Samaritans	Samaritans is a safe place for you to talk at any time, in your own way, about whatever is getting to you.	Call 116 123 for free or send an email to jo@samaritans.org
Crisis Text Line UK	Shout an affiliate of Crisis Text Line® in the UK that provides free, confidential support, 24/7 via text. It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere.	Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
Frank Helpline	The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three way call with a translator.	Call: 0800 77 6600 Available: 24 hours a day

Digital Skills /Help to get online		
Make It Click – online learning	121 support to learn to use internet safely, create CVs, use MS Office packages. Linked to Learn My Way and Good Things Foundation	Rebecca Collymore at BOOST 0208 359 2442 boost@barnet.gov.uk
Get Online At Home – low cost equipment	Low cost recycled laptops and broadband deals	https://www.getonlineathome.org/ Help and advice from BOOST 0208 359 2442 boost@barnet.gov.uk
Age UK Barnet – online learning	Support with digital inclusion	0208 203 5040 https://www.ageuk.org.uk/barnet/activities-and-events/computers-and-technology/