

Information and support networks around Covid-19

Carers Hub

Virtual F2F Drop Ins	Virtual Drop In's for Carers. Multiple online forums to suit them, at a day and time that they choose.
Virtual F2F Support groups	A chance to meet other Carers online and share experiences, guest speakers, peer support.
Welfare Checks	Regular contact and support for more vulnerable carers.
Telephone Support	Listening and emotional support, coping mechanisms during stressful times.
Online Mindfulness Courses	A variety of online videos for Carers to practice Mindfulness and coping mechanisms.
Assistance to Collect Essential Items	Support to access services that can help those that cannot get out to collect shopping and prescriptions

Community Support

CTEM Volunteer Service	Support for those who need help with shopping/collecting prescriptions etc. Also telephone befrienders for any carer feeling isolated. Call the Carers Hub for more information: 0115 824 8824
AgeUk	Welfare Service for the older and vulnerable. Shopping/collecting prescriptions etc: 0115 844 0011
Notts County Community Hub – County Residents	Offers a list of community support groups/volunteers in individual areas around Nottinghamshire County, offering help with shopping, isolation, meals etc: https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-community-support-and-volunteering-hub
Notts City Council – City Residents	Offers a list of community and Council support around Nottingham City, offering help with shopping, isolation, meals etc: https://www.nottinghamcity.gov.uk/coronavirus/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=
Helpful Links in Difficult Times	Website signposting to services that could help with isolation and community support in County and City: Helpful Links In Difficult Times - Nottinghamshire

Anxiety and Mental Health Support for Adults

MIND	Nationwide information helpline and website for those suffering with mental health such as depression/anxiety during Coronavirus pandemic: 0300 123 3393 https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing#collapsea2e6e
Shout	Text Support service, 24/7 UK crisis text service available for times when people feel they need immediate support. Text 'SHOUT' to '85258' https://www.giveusashout.org/
NHS Every Mind Matters	Website that offers advice around mental wellbeing and managing anxiety: https://www.nhs.uk/oneyou/every-mind-matters/
NHS Mental Health and Wellbeing	Self help and support website for people with anxiety, stress and/or depression: https://www.nhs.uk/conditions/stress-anxiety-depression/

Helplines

Carers Hub	Listening and emotional support, coping mechanisms during stressful times for unpaid carers: 0115 824 8824
Silverline	Free helpline/friendship line for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year: 0800 470 8090
Admiral Nurses – Dementia UK	Free helpline supporting people suffering with dementia and their loved ones across the UK: 0800 888 6678
Radford Care Group	Helpline supporting people suffering with dementia and their loved one in Nottinghamshire: 0115 9786133 or email info@radfordcaregroup.org.uk
Age UK Helpline	Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Lines are open 8am-7pm, 365 days a year: 0800 678 1602

Advice and Guidance around Coronavirus for Adults

NHS website	Advice for everyone around Covid-19, symptoms, isolation guidelines etc: https://www.nhs.uk/conditions/coronavirus-covid-19/
Government Website	Up-to-date information with Government guidelines: https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public
Government Twitter Page	Updated information given every day at 2pm: https://twitter.com/DHSCgovuk?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
Doctors of the World	Updated NHS guidelines given around Coronavirus in 43 languages: https://www.doctorsoftheworld.org.uk/coronavirus-information/

Advice and Guidance around Coronavirus for Young Adults/ Children

Government Website	Guide on how to help Vulnerable Young People and Children during the crisis: https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people?wp-linkindex=14&utm_campaign=Social_care_coronavirus_weekly&utm_content=dhsc-mail.co.uk&utm_medium=email&utm_source=Department_of_Health_and_Social_Care
The Mix	Support website and helpline to guide Under 25's and Young Carers during the pandemic: 0808 808 4994 https://www.themix.org.uk
Health for Teens	Support website for Teens: https://www.healthforkids.co.uk/
Health for Kids	Support website for Children and guidance for Parents: https://www.healthforkids.co.uk/

Anxiety and Mental Health Support for Young People

MIND	Nationwide information helpline and website for those suffering with mental health such as depression/anxiety during Coronavirus pandemic: 0300 123 3393 https://www.mind.org.uk/information-support/for-children-and-young-people/
Young Minds	Support service for 14-25 Year Olds Nationwide: https://youngminds.org.uk/
Kooth	Free, safe and anonymous online support for young people: https://www.kooth.com/index.html
Nottingham Rushcliffe/Gedling CCG	Mental Health Support for Young People attending Rushcliffe and Gedling Schools: http://www.nottinghamnortheastccg.nhs.uk/nhs/mental-health-support-teams-launched-across-schools-in-rushcliffe-and-gedling/
Young Minds Parent Helpline	Helpline for Parents of 14-25 Year Olds suffering with their mental Health, Nationwide: 0808 802 5544

Other Info

111 Covid-19 Guidance	Track possible symptoms and gain guidance: https://111.nhs.uk/service/COVID-19/
Carers UK Online Forum	Adult Carer support online forum Nationwide: https://www.carersuk.org/
Civil Society Updates	Updates around Charity work and Coronavirus: https://www.civilsociety.co.uk/news/coronavirus-what-charities-need-to-know.html https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public
Covid-19 Tracker	Track possible symptoms here: https://covid.joinzoe.com/