

Social Prescribing Covid – 19 Directory

Crisis Support	
<p>NHS</p> <p>What to do if you need medical help</p> <p>If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.</p>	<p>If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service.</p> <p>If you need help or advice not related to coronavirus:</p> <p>for health information and advice, use the NHS website or your GP surgery website for urgent medical help, use the NHS 111 online service – only call 111 if you're unable to get help online for life-threatening emergencies, call 999 for an ambulance Read more advice about getting medical help at home.</p>
<p>Pregnancy advice</p> <p>If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstreticians and Gynaecologists.</p>	<p>Royal College of Obstetricians and Gynaecologists https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/</p> <p>Registered charity no. 213280</p> <p>Tel +44 20 7772 6200</p>
<p>GOV.UK</p> <p>Register if you have a medical condition that makes you extremely vulnerable to coronavirus. For example, you'll be able to ask for help getting deliveries of essential supplies like food.</p> <p>If you're not sure whether your medical condition makes you extremely vulnerable, register anyway.</p> <p>You can register yourself, or on behalf of someone else.</p>	<p>Get coronavirus support as an extremely vulnerable person</p> <p>https://www.gov.uk/coronavirus-extremely-vulnerable</p>
<p>Volunteer Cornwall Flu Friends</p> <p>This service is for people who would like to volunteer or need support due to self-isolation. Support for essential shopping, prescriptions, and dog walking. I have also arrange for food bank essentials to be delivered to home addresses.</p>	<p>Flu Friends contact Volunteering Cornwall at T: 01872 266988 or email mid@volunteercornwall.org.uk</p> <p>Referral forms can be completed by a health professional on the site https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help</p>

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<p>Covid Mutual Aid</p> <p>Covid-19 Mutual Aid Local Groups are small groups of people setting up independently in communities to support vulnerable people in their local area through the outbreak.</p> <p>Groups are not being set up in a uniform way and each community is advised to do what is best for them. These resources are here to give you some advice and pass on ways of working. These groups are not officially affiliated with Covid-19 Mutual Aid UK and Covid-19 Mutual Aid UK is not a official organisation.</p>	<p>You can volunteer in a group whether you are fit and able to run errands or self isolating. A lot of coordination is being done through Facebook and WhatsApp group so if you're self isolating but feeling well enough to support, you can help with coordination of your local group whilst other people are out doing the physical activities.</p> <p>http://covidmutualaid.org/resources/</p>
<p>CN4C</p> <p>COVID-19 is a pandemic, but there is no need to panic. CN4C have closed our community centres to delay the spread of COVID-19.</p> <p>If you are in crisis, we will still be here for you.</p> <p>Please check our Facebook page and website for updates.</p> <p>We will be changing our services to rise to the challenging change in circumstances. If you have any ideas how we could do this, please contact us as you usually would.</p> <p>In the meantime, stay safe, stay sensible and ask for help when you need it.</p>	<p>Contact CN4C on 01209 310610 and we will do our best to help.</p> <p>https://www.cn4c.org.uk/</p> <p>https://www.facebook.com/CN4C.TheElms/?epa=SEARCH_BOX</p>

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Mental Health Support	
<p>Valued Lives</p> <p>If you are in crisis and would like to talk to somebody, you can contact Valued Lives Crisis service on: 01209 901438</p> <p>Our services can be broken down into 3 key areas: Our Crisis Service, Our Community Support Services, and Our Wellbeing Club. Each service runs very differently, and are suitable for varying times throughout your journey of recovery & maintaining wellbeing.</p> <p>Valued Lives also supports patients with Mental Health when there are discharged from Treliske hospital.</p>	<p style="color: #e91e63;">For Crisis support contact main office available 1pm – 10pm</p> <p>Self-referral accepted</p> <p>Tel: 01209901438 E: info@valuedlives.co.uk</p> <p>Valued Lives 57A Fore Street Redruth Cornwall TR15 2AF</p> <p>https://www.valuedlives.co.uk/our-offer.html</p> <p>New online referral form https://www.valuedlives.co.uk/new-referrals.html</p>
<p>Samaritans</p> <p>If you're worried about your mental health during the coronavirus outbreak</p> <p>The coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect people's mental health. We've gathered some resources that might be helpful.</p>	<p>Telephone: 116 123 (24 hours a day, free to call) Email: jo@samaritans.org Website: www.samaritans.org</p> <p>Covid – 19 support link - https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/</p>
<p>Man Down Cornwall</p> <p>We expect some of you may be finding the spread of Covid-19 more worrying than others. If you feel the situation is worsening your mental health we are still here to support you:</p> <p>For our members: All the private Facebook groups will provide you with the support you need for now and please message us anytime or day.</p>	<p>http://www.mandowncornwall.co.uk/#contact</p> <p>or visit our <u>Facebook Page</u>: https://www.facebook.com/ManDownCornwall/</p> <p>Weekly Facebook Live broadcasts</p> <p>Note: If any of our members, or people planning to attend their first meeting, are not on Facebook please 'contact us' via our website https://www.mandown-cornwall.co.uk/contact</p>

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<p>We will be posting communications regularly, especially on how we will stay supporting you all.</p>	<p>If you have not attended a meeting and are not therefore in a private Man Down Facebook Group you can also private message us via our public Facebook page.</p>
<p>Corona Voice Project</p> <p>With the Corona Virus dropping our country into crisis and our community members suffering from isolation, exhaustion and burnout, we at Pegasus are launching the Corona Voice Project to support you.</p> <p>The Pegasus Team will work to support you and other individuals in need of emotional and psychological support. Whether you are struggling with the fear of the unknown, cabin fever is setting in or burnout and vicarious trauma have gripped you.</p>	<p>This project is for anyone and everyone over the age of 16 with Coronavirus related stress, anxiety or distress. Any gender, Any race, Any religion, Living anywhere.</p> <p>You will receive 6 free sessions of counselling over the telephone or via video call with a member of our team. We have decided to offer this service for free to show our support for every one of you during this crisis. Also, as a small thank you to the selfless people behind the scenes that keep us safe, our country running, and our hospitals functioning.</p> <p>This is a professional and confidential service.</p> <p>If you would like to take up our offer, please email: rachel@pegasusmenswellbeing.co.uk</p> <p>Please put – CORONA VOICE PROJECT – in the subject box and your request to use the service in the main body of the email.</p> <p>Once your application has been processed, you will be placed on our client list to be contacted by the next available counsellor.</p> <p>Every enquiry is answered within 5 working days. We will contact you to understand your availability, best method of contact and then your case will be given to a member of our team to start your sessions.</p> <p>If you know of someone this project might help, please pass our information on.</p>
<p>Outlook South West</p> <p>We would like to notify you of our current operational procedures in relation to the ongoing situation regarding COVID-19 coronavirus.</p> <p>We will be continuing our service as a phone-based operation and are looking to reassign all face to face appointments to a telephone consultation for the foreseeable future. This will include the</p>	<p>Please follow our recommended link below for very sensible and straightforward advice from Cornwall Council about looking after your psychological wellbeing in the next few weeks.</p> <p>https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/</p> <p>Online referrals only Outlook South West https://gateway.mayden.co.uk/referral-v2/01d3ec67-a688-4700-8b1e-ad3acacabf07</p>

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<p>cancellation of our courses and workshops. Whilst we are continuing to take referrals these will be online only and we are only able to offer telephone or other agreed digital platforms for assessment and treatment. During these unusual circumstances we apologise in advance for any extended wait times or delays.</p>	
<p>Anxiety UK</p> <p>During the coronavirus pandemic, we will be extending our helpline hours to provide a skeletal service over the weekend between 10am -8pm so that we can offer support to as many people as possible who need our help. (03444 775774)</p>	<p>PLEASE NOTE</p> <p>Due to the coronavirus pandemic, we are experiencing exceptionally high demand for all of our services and a result there may be some delay in responding to routine admin emails and general enquiries etc. We would therefore ask that you contact Anxiety UK only in relation to obtaining support for anxiety and for urgent matters so that we may ensure that we are able to support those that need us during these particularly challenging times.</p> <p>We are also currently experiencing exceptionally high demand on our helpline and therefore are needing to keep calls short so that we may answer as many calls as possible and help everyone that needs our support. Thank you for your understanding.</p> <p>https://www.anxietyuk.org.uk/</p> <p>Click on the red button on their website for support</p>
<p>Pentreath</p> <p>Please note: Due to Covid-19, Pentreath are currently not making any face to face visits. We are still accepting referrals but it may take some time before we are able to support you.</p>	<p>Pentreath are not currently answering the office 'phones. Please contact your advisor or email info@pentreath.co.uk</p> <p>Below is a link for some tips on how to look after your mental health during the Corononavirus crisis.</p> <p>https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</p>
<p>Learn to feel Calm</p> <p>This is a series of closed sessions for patients with a 'social prescription' from their link worker. If you'd like to join</p>	<p>Adam Pearson</p> <p>Call 07775 715672</p> <p>m.me/cornwellfest</p> <p>events@cornwellfest.com</p>

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<p>a similar workshop please let us know.</p> <p>These sessions are for people who are struggling with anxiety. We will explore how and why anxiety happens, and what we can do about it. We'll share knowledge about the brain, practise 'solution-focused' conversations, and develop practical skills so we can leave feeling calmer and more confident, and know that what we have learned will stay with us.</p>	<p>https://cornwellfest.com</p> <p>https://www.facebook.com/events/212058353485518/</p> <p>Referral via Social Prescribing Sessions are free, with optional donation.</p>
<p>Birch Tree Folk Choir</p> <p>The benefits of singing together are well known: making friends and boosting confidence, strengthening the immune system and increasing mental alertness to name but a few. Birch Tree Folk Choir is a fun, friendly, and welcoming choir that builds on and embeds these benefits. Rooted in nervous system research, the warm ups, breathing, exercises and singing styles have been specifically selected and designed to connect with the body's healing systems; easing stress and anxiety, lowering blood pressure, and reducing depression.</p>	<p>For more information please visit their facebook page: https://www.facebook.com/birchtreechoir/</p>
<p>Eden Natures Way – Social Prescribing Programme</p> <p>Unfortunately all the social prescribing activities both on and off site are cancelled for the foreseeable future.</p> <p>During this difficult time, connection with nature has never been more important to help support everyone's wellbeing.</p>	<p>Coming soon...</p> <p>Keep an eye on the facebook page and website, we will be sharing ideas of what you can do to connect with nature at home 🌿</p> <p>https://www.facebook.com/NaturesWayEden/</p> <p>https://www.edenproject.com/eden-story/our-ethos/social-prescribing-at-the-eden-project</p>

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<p>Blurt</p> <p>We know that the virus, and in particular, self-isolation, working from home, and the reduction in services (including mental health services) can prove difficult to wrap our head around. Coping with these things can be tricky, and it's only natural to be worried. This page is designed to answer questions, provide helpful resources and information, and share ideas for coping with the ever-changing landscape we find ourselves in. We will be continually updating this resource as more information is realised and as the situation changes.</p>	<p>https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/</p>
<p>Ocean Flow Yoga</p> <p>Whether you are self isolating, enjoying another part of this beautiful world we have a full schedule of yoga classes for you to get involved with from the comfort of your living room.</p>	<p>Check out the website for live streamed yoga classes</p> <p>https://www.oceanflowyoga.co.uk/live-streamed-classes/</p> <p>Also offering discounts and financial assistance to those in need.</p> <p>We believe that yoga should be accessible to everyone. Whether you have been seriously affected by the current situation or not, we are committed to helping those who do not have the funds to practice yoga. If this is the case, please get in contact with us and we will arrange free yoga credits for you.</p>

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Financial advice and business support	
<p>GOV.UK</p> <p>Support for those affected by COVID-19</p>	<p>https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19</p>
<p>The Growth Hub</p> <p>Help for YOUR Business We work with local businesses, including self employed people and not for profit organisations to find the right guidance and support to help their business work smarter, develop and grow.</p>	<p>Support available for businesses to deal with impacts of COVID-19</p> <p>https://www.ciosgrowthhub.com/?fbclid=IwAR3LvWiuOK5-QJ-zPgXLvu4IHRx9mjf76pPEXGr7ZOV0I2imRDdGXi6vCDI</p> <p>We are independent, impartial and totally free. So there is no reason not to get in touch and discuss your business now. Call us on 01209 708 660 we are open from 9am until 5pm or send us a message outside of these hours and we can book a time convenient for you.</p> <p>https://www.ciosgrowthhub.com/the-growth-hub</p>
<p>Money Saving Expert</p> <p>Martin's coronavirus help & support update 19 new money need-to-knows for employees, the self-employed, those now home with kids & more</p>	<p>https://www.moneysavingexpert.com/latesttip/</p> <p>https://www.facebook.com/MoneySavingExpert/</p>

LTHC Support	
<p>GOV.UK</p> <p>Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19</p>	<p>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</p>
<p>Macmillan</p> <p>Cancer and coronavirus (COVID-19)</p>	<p>The Macmillan Support Line offers confidential support to people living with cancer and their loved ones. If you need to talk, we'll listen</p>

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<p>If you have cancer, you might be worried about how coronavirus affects you. The most important thing is to follow the advice from the NHS and your healthcare team. People with cancer may be at a higher risk of infection, so please follow the advice that will help reduce the risk of getting coronavirus (COVID-19). This page includes advice and information from the NHS and GOV.UK.</p>	<p>Macmillan Support Line 0808 808 00 00 Open Monday to Friday, 9am - 5pm.</p> <p>https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/macmillan-support-line</p>
<p>Healthy Outlook</p> <p>Healthy Outlook is for people who find it difficult managing these long-term physical health conditions, and are also experiencing symptoms of stress, depression or anxiety as a result.</p>	<p>Healthy outlook-offering telephone consultations Healthy-outlook.co.uk 01208 871905</p> <p>https://healthy-outlook.co.uk/form/register-health-professionals</p>
<p>Diabetes UK</p> <p>Coronavirus (COVID-19) and diabetes updates</p> <p>We've created this information for people living with diabetes and their families. We hope you find it useful and it answers some of your questions.</p>	<p>https://www.diabetes.org.uk/about_us/news/coronavirus</p>
<p>Pharmacy2U</p> <p>We are a pharmacy where clinical excellence and unique technology help us deliver the effortless services our patients are used to in every aspect of their lives. Like all UK pharmacies we are regulated by the General Pharmaceutical Council and our Online Doctor service is regulated by the Care Quality Commission. Prescriptions Delivery</p>	<p>Pharmacy2U Pharmacy2u.co.uk 0113 266 0222</p>
<p>Patient Participant Group</p>	<p>Some PPG are delivering prescriptions</p>

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Useful resources	
<p>Age Uk</p> <p>Age UK Cornwall have not set anything up locally but AGE UK do have a lot of information on their site.</p>	<p>https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/</p>
<p>Cornwall Link</p> <p>Cornwall Link have got information on their site.</p>	<p>https://cornwall-link.madeopen.co.uk/coronavirus-help</p>
<p>Mencap</p> <p>We have created some easy ready information about Coronavirus for you to use based on the latest guidance from the Government.</p>	<p>Take a look at the information below and download our latest easy read guidance (from 24 March 2020).</p> <p>Mencap also have an easy read guide.</p> <p>https://www.mencap.org.uk/advice-and-support/health/coronavirus</p>
<p>MARCH Network</p> <p>The March Network have prepared a resource page of creative activities to do whilst in isolation at home.</p>	<p>https://www.marchnetwork.org/creative-isolation</p>
<p>Carers UK</p> <p>As the situation with coronavirus evolves, it's important to know what support is available to you as a carer and those you look after.</p>	<p>https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19</p>