

[Covid-19 Support in Amber Valley](#)

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Covid-19 local groups in and around Amber Valley

Many local groups are listed on a national database here: <https://covidmutualaid.org/local-groups/>

Ripley – Telephone: 07561 611541

Facebook group: https://www.facebook.com/groups/895556850895631/?ref=nf_target&fref=nf

Alfreton – Facebook group:

<https://www.facebook.com/groups/3837521986288001/>

Belper – Facebook group and telephone 01629 888111

<https://www.facebook.com/groups/494819231214162/>

Crich and South Wingfield – telephone helpline: 01773 447533

Website: <https://www.crichstandard.org/covid19/index.php>

Duffield – Facebook group

<https://www.facebook.com/groups/671513926953777/>

Little Eaton – Facebook group:

<https://www.facebook.com/Little-Eaton-Community-Cares-102139581424243/>

Smalley Community Group – telephone: 07805797022

Facebook: <https://bit.ly/3bpTVGq>

Kilburn and Denby: Neighbourhood Watch – telephone: 07756 762192

Facebook page: <https://bit.ly/2QF6sxq>

Heanor, Codnor, Marlpool – Facebook group to support elderly and vulnerable in isolation:

<https://www.facebook.com/groups/892153951213639/about/>

Amber Valley – Telephone: 07593 071504

Covid-19 support group on Facebook:

<https://www.facebook.com/Amber-Valley-Coronavirus-Volunteer-Group-101017288210989/>

Pinxton – Facebook group:

<https://www.facebook.com/groups/653422732073908/>

Ilkeston – Facebook group:

<https://www.facebook.com/groups/232737994518124/>

Ilkeston – Facebook group:

<https://www.facebook.com/groups/909546326161323/>

Offers of support:

Local organisations offering safe and well checks and other support as needed:

Alison Knighton – Community Safety Officer for Derbyshire Fire and Rescue Service

Email: aknighton@derbys-fire.gov.uk

Tel: 01773 523 863 / 07825 099233

Andrea Smith – Community Safety Liaison Officer

(Amber Valley SNT and Community Safety Partnership)

Email: andrea.smith.2359@derbyshire.pnn.police.uk

Tel: 07860 825271

Alison Dare PCSO – email: Alison.Dare.4422@derbyshire.pnn.police.uk

Amber Valley Borough Council Community team: Telephone 01773 841 493:

Bob.maloy@ambervalley.gov.uk

Sally.prince@ambervalley.gov.uk

Details can be shared with anyone: Amber Community First Responders

Tel: 07542404800.

“Do you need help fetching some shopping or know anyone that’s does? Do you require a prescription collecting? Maybe just some milk? Or even the dreaded toilet roll?

Some of our responders are able and willing to help where they can so please, if you need any help or know anyone that does please just send us a message.

At the moment have responders who can collect shopping/prescriptions in Ilkeston, Belper, Ripley, Heanor, Langley Mill and surrounding areas.

We are all fully DBS checked and more then happy to help out where we can.”

Volunteer opportunities:

Car insurance note:

Insurance companies who are listed with ABI are allowing people to help with Covid-19 support efforts without having to update their insurance for business use, in fact they don't have to let their insurance companies know at all.

<https://www.abi.org.uk/products-and-issues/topics-and-issues/coronavirus-hub/motor-insurance/>

Check a list of insurance companies who are members here:

<https://www.abi.org.uk/about-the-abi/abi-members/>

Register with a local Covid-19 Support Group:

<https://covidmutualaid.org/local-groups/>

Register as an NHS volunteer: <https://www.goodsamapp.org/NHS>

Roles include:

Community Response volunteer: This role involves collecting shopping, medication or other essential supplies for someone who is self-isolating, and delivering these supplies to their home.

Patient Transport volunteer: This role supports the NHS by providing transport to patients who are medically fit for discharge, and ensuring that they are settled safely back in to their home.

NHS Transport volunteer: This role involves transporting equipment, supplies and/or medication between NHS services and sites, it may also involve assisting pharmacies with medication delivery.

Check-in and Chat volunteer: This role provides short-term telephone support to individuals who are at risk of loneliness as a consequence of self-isolation.

DCC Community Response Unit – register to volunteer:

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-want-to-volunteer/if-you-want-to-volunteer.aspx>

You could be asked to help with:

- food shopping and delivery

- checking up on people who are isolated with a phone call or online help to prevent loneliness and check whether there is anything they need
- collecting and delivering prescriptions.

Volunteer for the national care force

Volunteer to help care providers, care homes and councils to carry out non-care activities – such as driving, maintenance, running errands, etc. <https://www.nationalcareforce.co.uk/>”

Food Banks

Up to date information on food bank opening during Covid-19: <https://bit.ly/34b10ls>

Riddings Church (OSCARI)

By appointment only - Call Chris on 07738221330

Clay Cross Food Bank

4 miles from Alfreton

Community of Christ Thanet Street

CLAY CROSS

S45 9JS

Tel: 07899 878 398

Date: Friday

Time: 13.00/14.00

Ripley Corps Community Centre (Salvation Army)

25 Heath Rd

Ripley

DE5 3EN

Email address: ripley@salvationarmy.org.uk

Phone: 01773 741 932

Mobile: 07776769686

Referral only – Collection only from Health Road for emergency food

Bridge Street Methodist Church

Bridge St

Pilsley

Derbyshire

S45 8HE

Date: Wednesday

Time: 18.00- 19.00

Tel: 07899 878398

Junction 28 Church

The Common

South Normanton

Derbyshire

DE55 2EP

Date: Friday

Time: 14.00/15.00

Tel: 01773 810410

0776712938

St Michaels and all Angels

Church Street

South Normanton

Derbyshire

DE55 2BT

Date: Tuesday

Time: 14.00-15.00

Tel: 01773 810410
0776712638

Alfreton Town Council

High Street

Alfreton

DE55 7LN

Wed: 1.30 – 3.30

Tel: Tel: 01773 810410

0776712938

Belper (Hope Church)

This is a delivery model and aims to get the parcel out within 24 hours (or as close as is possible) of referral. Referrals from most front-line professional services only. The area they cover is essentially just Belper and the surrounding villages. There is a number to ring to refer the calls, they need to come from the agency, as we do not take self referrals. No set date just a delivery service.

07798 914048

St Andrews Church Langley Mill

Station Road

Langley Mill

NG16 4BP

Date: Fri Time: 1.30 pm no formal referral required

Community lunches 1st Friday of month at 12 noon.

Tel: 01773 833424

Salcare

59 Ray Street

Heanor

DE75 7GF

Food Bank Fri Morning referral only

Community Café Mon – Fri 9am – 2pm

Tel: 01773 764562

Ironville Children's Centre

Ironville and Codnor Park Primary School

Victoria Street

Ironville

NG16 5NB

Tel: 01629 532601

Referrals Only by Family Support Worker / No set date parcel made up for families

Selston

Selston Church of Christ

Portland Road,

Selston.

Nottinghamshire

NG16 6AR

Date: Tuesday 9-11am

[Tel:07738221330](tel:07738221330) referral from an agency

chris@selstonchurchofchrist.org.uk

Food Delivery from local businesses (groceries)

From Ripley Covid-19 support group: Alternatives to using the busy supermarkets:

The following local businesses are all still open and in some case are able to deliver to those in isolation (please check with each business what they can offer)

please check their pages as they have the most up to date info and only use the phone numbers when necessary - the more calls they take = less time to help

Ripley based

Walkers Butchers Shop- Oxford street 01773 742965

hello@walkersbutchershop.co.uk

<http://walkersbutchershop.co.uk>

The Deli - Oxford Street 01773 749292

<https://www.facebook.com/RipleyTheDeli/>

Critchlows Ripley (not delivering but well stocked)

<https://www.facebook.com/Critchlows-Ripley-103241504621011/>

The Pet Shop Ripley 01773 744133

<https://www.facebook.com/thepetshopripley/>

Bark and Bite 01773 747447

<https://www.facebook.com/Bark-Bite-530133763748336/>

Taylor's Corn Stores 01773 744425

<https://www.taylorcornstores.com/ripley/>

Yum Yums - Ripley - delivering

<https://www.facebook.com/Yum-yums-ripley-101389984845362/>

The Brown Bear Coffee Shop - not open but able to take orders and make deliveries on Easter goods

<https://www.facebook.com/brownbearripley/>

The Tumble Wash Ripley 01773 745122

<https://www.facebook.com/Tumblewash-Ripley-173602286084554/>

By Heather May – doing postal service of essentials like hand wash & soaps

<https://www.facebook.com/byheathermay/>

Fresh Fruit & Veg

John Palin - Fruit & Veg offering 'click and collect' from The Excavator on Mondays

www.johnpalinlocal.co.uk

Jacksons Fresh Fruit and Veg 01629 583743 - delivering to DE5 postcode

<https://www.facebook.com/Jacksons-fresh-fruit-and-veg-2031978810352177/>

Neighbouring Ripley

Wrights Butchers - Codnor 01773 742625

<https://www.facebook.com/CN.Wright.Butchers/>

Hunts of Codnor

<https://www.facebook.com/hqcmcodnor/>

Owen Taylors Butchers - Leabrooks 01773 600007

<https://www.facebook.com/owentaylorbutchers/>

Luke Evans bakery - Riddings 01773 602764

<https://www.facebook.com/lukeevansbakery/>

The Bakehouse - South Normanton - offering click and collect service

https://www.facebook.com/southnormantonbakehouse/?ref=br_rs

The Loaf Bakery & Deli - Crich 01773 857074

<https://www.facebook.com/theloafcrich/>

Robin Maycocks Butchers and Bakery - Holloway, delivering within 5 mile radius 01629 534333

<https://www.facebook.com/robinmaycockbutchers/>

Mainstream Foods - Butchers & more meatorders@mainstreamfoods

<https://www.facebook.com/Mainstream-Foods-234372013421265/>

Offering Takeaway services

The HollyBush - Marehay

<https://www.facebook.com/hollybush.marehay>

The pantry Swanwick 01773 602223

<https://www.facebook.com/thepantryinswanwick/>

Jeera Codnor

<https://www.facebook.com/jeeracodnor/>

Critchlows Ripley

Very local delivery (ask Derran)

Around Jacksdale:

Jacksdale Butchers 01773 606931

Jacksdale Garden Centre (food supplies) 01773 605215

Best Paw Pets 01773 688830

Come Vape With Me 07701 310965
Acorn Pharmacy 01773 602759
The Royal Oak (meals!) 01773 602839
Pauline's Pantry 01773 609047
Just Perfect Gifts 07974 812371

The Excavator Ambergate:

"If you have a parent or elderly relative/ neighbour who is in need within **the 2 miles radius DE56 2HS** please contact the Excavator on 01773 744400 to then be able to deliver and take all the responsible safety measures (items will be left at the door, without physical contact)

Furthermore, I would like to reach out to the local community and ask if you wish to contribute any food donations for us to deliver out, please drop off at the Excavator."

Duffield:

Croots farm shop delivering to elderly, vulnerable and self isolating in Duffield (contactless ordering and pick up available for everyone) <https://www.croots.co.uk/home-delivery/>

Belper:

If you are struggling to get out due to isolation or know anyone who is, we @the_glasshouse_cafe are offering a ration package with all the essentials...

Package includes;

2Ltr semi skimmed milk

Cucumber

Apples

Oranges

Easy peelers

Bananas

Lettuce

Peppers

Bakes beans

Basmati rice

Free range eggs

Farmhouse bread

4 toilet rolls

Homemade soaps

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Each package is £20

Free local contactless delivery within 5 miles.

Next day delivery...

Direct message or contact me on 07512561012 for any orders...

Stay home and stay safe

Luke Evans bakery

Product /	Desc	ProdGrp	Qty	Price
B057	Bobbys Foot Sliced 400g	01a	1	£1.2600
B070	Square Wholemeal Sliced	01a	1	£1.3400
B072	Large Farmhouse Sliced	01a	1	£1.7600
B102	Farmhouse Large 800g WR	02	1	£1.6400
B105	Bobbys Foot Small 400g	02	1	£1.1800
B120	Wholemeal Square 400g	02	1	£1.2600
C103	Tennis Cobs x 6	05	1	£1.2000
C108	White Bap x 4	05	1	£1.0600
I209	Indulgent Chocolate Flapjack x2	16	1	£1.7000
I211	Millionaire Shortbread Twin Pack	16	1	£1.7000
I252	Cornflake Slice Twin Pack	16	1	£1.7000
L012	Swiss Roll Jam & Fill cream	13	1	£2.8000
L016	Chocolate Flav Swiss Roll	13	1	£2.8000
M100	Hot Cross Bun X 4 Promotion Pack	06	1	£1.6800
O600	Boiled Ham 100g	15	1	£1.8000
P101	Egg Custard Large	09	1	£2.1000
P103	Apple and Blackcurrant Pie	09	1	£2.1000
S111	Sausage Roll (Jumbo)	10	1	£0.9900
W103	Brown Tennis Cob x 6	05	1	£1.3000
W108	Brown Bap x 4	05	1	£1.1300

Free delivery within a 5 mile radius of Riddings, min £10 order. Telephone orders through to 01773 602764 choosing option 2.

Food Delivery from local businesses (pre-prepared meals)

Meals on Wheels Amber Valley

£6 for a hot dinner, £2 pudding: <http://www.mealsonwheelsav.co.uk>

Restaurant and café meals delivered around Belper

<https://www.lovebelper.co.uk/take-out-and-delivery/>

The Pantry – Swanwick order via phone 01773 602223

Homemade cooked meals to takeaway we can deliver to all local areas .

Homemade homity pie
1 portion £2.75 2 portion £4.95

Homemade quiche
Single Quiche Loraine £2.50
2 portion £4.50

Singe cheese and onion quiche £2.50
2 portion £4.50

Single broccoli and Stilton quiche £2.90
2 portion £4.95

Single salmon and dill quiche £2.90
2 portion £5.50

Cheese and balsamic caramelised onion pie
Single £2.80
2 portion £4.95

Cheese and baked bean pie
Single £2.80
2 portion £4.95

All of these meals above can be sold with extras,
side salad for 2 people £1.20
and honey roasted potatoes £1.95 for 2 people.

Homemade puddings
Bread and butter pudding
£1.95

Apple crumble
£1.95

Winter berry crumble
£1.95

Sticky toffee date pudding
£2.50

For all orders placed we would need 2 days notice please[]
Thank you so much for all your support.

Essential food packages in boxes £15.00

For those who are struggling to get out we can deliver these to your door.

They are also available to collect.
This includes

1 large farmhouse thick slice loaf
Pack of 4 cobs
Half a dozen eggs
4 slices of our roast honey ham
2 homemade scones and butter portions
Variety of 2 of our homemade pies or a choice of meals for 2 people.
Please could you let me no a couple of days notice.

Afternoon Tea Packages

A delicious treat to enjoy in your homes.

Standard afternoon tea £10 pp

This includes a variety of sandwiches

Roast ham

Tuna mayonnaise

Egg mayonnaise

Cheese

Crisps

Clotted cream tea

Belgian chocolate dipped strawberries

And a variety of 2 delicious cakes each

Upgrade to £13.00pp

This includes trifle and homemade caramelised onion sausage rolls.

You can phone up and place your order for the afternoon teas,

If we could please have a couple of days notice that would be wonderful.

We can deliver to all local areas for people who can't come out and collect.



Woodlands Farm, Denby Lane, Codnor
Mobile: 07728 417692

Email: vicky@thecreativekitchencompany.co.uk
www.thecreativekitchencompany.co.uk

Products and menu plans

Areas covered during this difficult time:-
Codnor, Loscoe, Heanor, Ripley,
Waingroves, Denby, Belper, Heage.

Smaller Meal Plan (for the over 70's & children) - 7 meals for £20.00	
Meal Plan 1	Meal Plan 2 Vegetarian
Sausage, mash with peas and onion gravy	Vegetable Bake, mash, peas and vegetarian gravy
Fish Pie	Ratatouille Bake
Minced Beef & vegetable hotpot	Winter Root Vegetable hotpot
Chicken Casserole	5 Bean Casserole
Cottage Pie	Vegetarian Cottage Pie
Pie of the Week	Vegetarian Pie of the Week
Roast Pork Dinner	Stuffed Mushroom Roast Dinner

Standard Meal Plan - 7 meals for £25.00	
Meal Plan 3	Meal Plan 4 Vegetarian
Chilli con carne & rice	Vegetable Chilli & Rice
Beef Bolognese Bake	Mac & Cheese
BBQ Pulled Pork & Potato Dauphine	BBQ Pulled Jackfruit & Potato Dauphinoise
Turmeric & Coconut Chicken with New Potatoes	Ratatouille with New Potatoes
Chicken Balti & Rice	Vegetable Curry & Rice
Pie of the week & Creamy Mash	Vegetarian Pie of the week & Creamy Mash
Roast Pork Dinner	Stuffed Mushroom Roast Dinner

7 days of soup - £10.00 - This week's selection - 23rd March
Leek Potato, Cauliflower & Cheddar, Winter Vegetable, Mushroom, Tomato & Roasted Red Pepper, Carrot & Ginger, Parsnip, leek & Lemon

Add an Apple Crumble Desert to the above - £5.00 Feeds 4
Add a slice of cake £1 each when ordering meal plans - This week - Lemon drizzle

We also have the following cheese truckles & chutneys in stock	
Cheeses - £3.50 each	Chutneys - £3.50 each
Orange & Whiskey, Just Jane Extra Mature, Smoked, Just Jane Smoked, Caramelized Red Onion, Cranberry, Mature, Garlic & Chive, Chilli, Red Leicester	Caramelized Red Onion, Aviators Apple, Red Onion & Cranberry Tomato & Chilli

Sausage rolls and Cheese & Onion rolls £1.00 each

Gluten, Dairy & Vegan meal plans available on request.

How to order:-

On line - on our web site - PayPal or Bank Transfer

By telephone - 07728 417692 - Contactless payment available on delivery

Delivered contact free with full storage and reheating instructions

Here at Creative Kitchen we take your privacy seriously and will only use your personal information to provide the products and services you have requested from us. Your data is held securely at our premises and is never passed onto a third party. Should you wish to see our Privacy Notice, we would be happy to provide this to you.

Covid-19 and health



Coronavirus - Support and advice for people affected by dementia.

If you or someone you care for are worried about coronavirus and need support and advice, call our **Dementia Connect support line** on [0333 150 3456](tel:0333 150 3456).

Dementia and coronavirus

Advice for people affected by dementia

We have created advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance, to help during the coronavirus pandemic. **These include:**

- Helping prevent the virus from spreading by washing your hands often with soap and water (or if this isn't possible, a hand sanitiser). And cleaning things you handle a lot such as remote controls and taps.
- Arranging getting essentials like medicine and food, by speaking to your GP or local pharmacy, using online delivery services, or asking a friend, family member or community volunteer for help.
- Making a plan of what to do if you or the person you care for become unwell, such as leaving the number(s) to call prominently displayed.
- Staying active with [gentle exercises](#) and [activities](#) like reading, jigsaw puzzles, listening to music, knitting, watching or listening to the TV and radio.
- Keeping connected with family and friends by phone, post, email or Skype. This is a challenging time for everyone, but a phone call can make all the difference.

Where can I get support and advice?

We can answer all your questions about dementia and give you tips if you find it difficult to follow the NHS advice about coronavirus.

- Call our Dementia Connect support line on [0333 150 3456](tel:03331503456).
- Visit our [website](#) for the most up to date information and advice.
- Join our [online community Talking Point](#) where you can connect with others affected by dementia in a similar situation.
- Use our Dementia Connect online support tool to [find dementia information and support](#) that is right for you.

Domestic Abuse help:

In Derbyshire, the following services are available;

Derby City Domestic Abuse Service – 0800 085 3481
Derbyshire Domestic Abuse Service – 0800 019 8668
National Domestic Abuse Helpline – 0808 200 0247
Men's Advice Line – 0808 801 0327
National LBGT+ Domestic Abuse Helpline – 0800 999 5428
Rape and Sexual Violence Services – 01773 746 115

Sail Derbyshire – a variety of numbers are available via the website
Sailderbyshire.org.uk

For a child or young person if domestic abuse is happening in their home or relationship, they can call Childline on 0800 1111.

If individuals are worried about hurting the ones they love whilst staying at home, they can call the Respect Phoneline for support and help to manage their behaviour, 0808 8024040.

Mental Health Support



EMOTIONAL SUPPORT HELPLINE



If you need some support, a listening ear, or you just want to chat. Here at Derbyshire Recovery and Peer Support Service, we are launching our helpline to offer emotional support to you.

**GIVE US A CALL ON 01773 734989
MON-FRI 9:00-17:00**

Staying physically active

World Health Organisation guide: Stay physically active during self-quarantine

Link: <https://bit.ly/2UXcMBP>

Signposting people in high risk groups to self-management support and information

As a result of the Covid-19 pandemic, there is an important task across the Personalised Care Group to identify practical ways that we can support people staying at home. Supported self-management is of particular importance to people living with long-term conditions, who are at increased risk of severe illness from coronavirus (COVID-19).

Supported self-management approaches such as health coaching, peer support and self-management education help people to build their knowledge, skills and confidence to manage their own health and care. Evidence shows that when people are supported to increase their knowledge, skills and confidence they benefit from better health outcomes, improved experiences of care and fewer unplanned care admissions which is more important than ever at this time.

This document has been designed to support healthcare professionals to signpost patients with long-term conditions, identified in the high risk groups, to support and information to self-manage at home.

The main charities for specific conditions have published guidance and information for self-managing during this pandemic including access to helplines and online peer support. There are self-management education programmes available on the nhs apps library some conditions and more generally for maintaining a healthy lifestyle as well as lots of information available on nhs.uk.

This document will be continually updated, so if you have any feedback on how this could be further developed or shared then please contact england.patientactivation@nhs.net.

COPD/ Emphysema/ Bronchitis		
SSM support	Description	How to access
British Lung Foundation		
British Lung Foundation – Coronavirus advice for people living with COPD	We've Been Researching Lung Conditions for 30 Years and Our Aim is to Always Improve Care. We Are the Only UK Charity Looking After the Nation's Lungs . See the Impact of Our Work. Campaigning for Change. 230+ Breathe Easy Groups. Founded in 1984	https://www.blf.org.uk/support-for-you/coronavirus

Guide to COPD – for more information for patients about living with their condition	Information about what COPD is, the symptoms you might get, and how it's diagnosed and treated. Tips about controlling breathing and how to manage flare-ups, also called exacerbations	https://www.blf.org.uk/support-for-you/copd
Peer Support options for people with COPD over the phone	British Lung Foundation UK helpline	https://www.blf.org.uk/support-for-you/copd
COPD local support groups - which offer people living with COPD a chance to meet and share experiences with others.	F2F groups but may be hosting online?	https://www.blf.org.uk/support-for-you/copd
NHS apps library		
NHS apps library	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	my mhealth: myCOPD free in certain areas nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/

Asthma		
SSM support	Description	How to access
British Lung Foundation		
British Lung Foundation – Coronavirus advice for people living with asthma	Researching Lung Conditions for 30 Years. The only UK charity looking after the nation's lungs.	https://www.blf.org.uk/support-for-you/coronavirus

Guide to asthma – for more information for patients about living with their condition	Asthma is a common, long-term or chronic, disease. It affects about 5 million people in the UK. This information is for adults living with asthma, their family, friends and carers. It describes the common causes of asthma, symptoms, treatment options and tips for managing your asthma. We also have information on asthma in children	https://www.blf.org.uk/support-for-you/asthma
Peer Support options for people with asthma over the phone	British Lung Foundation UK helpline	https://www.blf.org.uk/support-for-you/asthma
Asthma local support groups - which offer people living with asthma a chance to meet and share	F2F groups but may be hosting online?	https://www.blf.org.uk/support-for-you/asthma

experiences with others.		
Asthma UK		
Asthma UK - coronavirus advice for people with asthma	Asthma UK works to stop asthma attacks and, ultimately, cure asthma by funding world leading research, and supporting people with asthma to reduce their risk	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/
A telephone helpline	Speak to an asthma expert nurse on our helpline 0300 222 5800	https://www.asthma.org.uk/advice/resources/helpline/
Self-management information for people living with asthma, including action plan template	Resources have been created using the most trusted evidence and evaluated by healthcare professionals and people with asthma.	https://www.asthma.org.uk/advice/resources/
NHS apps library		
NHS apps library	There are a number of apps available for free on the NHS apps library to support people to	https://www.nhs.uk/apps-library/searchapps/?query=asthma

	self-manage their condition.	
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Chronic Kidney Disease		
SSM support	Description	How to access
Kidney Care UK		
Kidney Care UK – Coronavirus advice for people living with asthma	Kidney Care UK are the UK's leading patient support charity, providing practical, financial and emotional support for kidney patients and their families	https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/
Guide to kidney disease – for more information for patients about living with their condition	Whether you're newly diagnosed or a long term kidney patient we have lots of information on the many aspects of kidney health - including dialysis, kidney function, and transplants	https://www.kidneycareuk.org/about-kidney-health/
Peer Support options for people with kidney disease	We can offer you support through our patient grants, holiday grants, counselling service, advocacy service, as well as our funding to improve care services	https://www.kidneycareuk.org/get-support/
Close Facebook group - which offer people living with asthma a chance to meet	Our closed Facebook group puts you in touch with others affected by kidney disease,	https://www.kidneycareuk.org/get-support/online-community/

and share experiences with others.	giving you a chance to share experiences and tips on living with kidney related conditions	
NHS apps library		
NHS apps library	None available.	

Sickle Cell		
SSM support	Description	How to access
Sickle Cell Society		
Advice from the Sickle Cell Society on Coronavirus and Sickle Cell Disorder	The UK's only national charity to support people living with sickle cell	https://www.sicklecellsociety.org/coronavirus-and-scd/
Peer Support options for people with sickle cell over the phone	The SCS Helpline Service provides confidential information, guidance, and emotional support to individuals and families affected by sickle cell living within the UK	https://www.sicklecellsociety.org/helpline/
Information on support groups, local services and NHS Sickle Cell and Thalassaemia Centres across the UK	NHS Sickle Cell and Thalassaemia Centres, Haemoglobinopathies Coordinating Centres (HCCs) and Support Groups. Support groups play a vital part in delivering care for people living with sickle cell and their families	https://www.sicklecellsociety.org/supportgroups/

HIV		
SSM support	Description	How to access
THT		

Advice from the Terrance Higgins Trust on Coronavirus and HIV	The UK's only national charity to support people living with HIV	https://www.tht.org.uk/news/coronavirus-covid-19
Peer Support options for people with HIV over the phone	THT for support, advice and information.	https://www.tht.org.uk/our-services/phone-and-post/tht-direct-helpline
Information about online peer support provided by Terrence Higgins Trust	Information about service in local areas	https://www.tht.org.uk/our-services/services-your-area/support-people-living-hiv

Cancer		
SSM support	Description	How to access
Cancer Research UK		
Advice from Cancer Research UK on Coronavirus and Cancer	The world's largest charity dedicated to saving lives through research. Our vision is to bring forward the day when all cancers are cured	https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer
Peer Support options for people cancer	A nurse helpline is available free of charge	https://www.cancerresearchuk.org/about-cancer/coping/emotionally
A chat group for people experiencing cancer	Chat to others in your cancer community	https://www.cancerresearchuk.org/about-cancer/cancer-chat/home
NHS apps library		
NHS apps library	None available	

Diabetes		
SSM support	Description	How to access
Diabetes UK		

Coronavirus advice for people living with Diabetes	Updates on coronavirus and diabetes.	https://www.diabetes.org.uk/about_us/news/coronavirus
Twitter @_diabetes101	Twitter account set up by health care professionals to support people with diabetes during Covid19. Offers advice and support and online social activities for people with diabetes to join in while staying at home. Twitter bio reads: "In light of #COVID19 and pressure of NHS teams we have gathered a bunch of HCPs together to signpost PWD to accredited information & boost morale!"	Via twitter, follow @_diabetes101
Guide to Diabetes	Information you need on how you can fit diabetes around your lifestyle, from what to	https://www.diabetes.org.uk/guide-to-diabetes

	eat to how you can treat and manage your condition effectively.	
Peer Support options for people with diabetes	Social media online communities , online support forum, real life stories, bloggers, top tips, videos by and for children with Type 1 Diabetes. Diabetes UK helpline.	https://www.diabetes.org.uk/how_we_help/commu_nity https://www.diabetes.org.uk/how_we_help/helpline
NHS apps library		
NHS apps library – Diabetes	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	https://www.nhs.uk/apps-library/category/diabetes/
MyDESMOND		
MyDESMOND – for people with Type 2 diabetes, both newly diagnosed and established.	MyDESMOND has been designed to support diabetes self-management through digital means with modern lifestyles at the heart. Primarily developed	Contact your local DESMOND coordinator https://www.desmond-project.org.uk/people-with-diabetes/

	with mobile-use in mind. Meets NICE requirements	
Bertie		
Bertie Type 1 diabetes education programme	Online self - management education for people with type 1 diabetes	https://www.bertieonline.org.uk/

Mental health		
SSM support	Description	How to access
Mental Health Foundation		
Looking after your mental health during the coronavirus outbreak	The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care.	https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Your mental health	A range of content designed to give you more information about mental health and to help you to look after your mental health. We have podcasts, videos, inspiring stories and information about getting help if you're struggling.	https://www.mentalhealth.org.uk/your-mental-health
Mind		
Coronavirus and your wellbeing	You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people. This might feel difficult or stressful. Mind offers advice on things you can try that could help your wellbeing.	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
Information and support	When you're living with a mental	https://www.mind.org.uk/information-support/

	health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues – is vital. This page contains Tips for everyday living, Guides to support and services, helplines, Elefriends – an online community and more,	
NHS apps library		
NHS apps library - Mental Health	There are a number of apps available for free on the NHS apps library to support people to self-manage their condition.	https://www.nhs.uk/apps-library/category/mental-health/

Chronic liver disease		
SSM support	Description	How to access
British Liver Trust		

Coronavirus information	For people with a liver condition, or you've had a liver transplant, this answers a number of the most common questions related to the coronavirus outbreak that you may have below.	https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/
Help and online community	If you are a patient or care for someone with a liver condition, you can contact our Helpline and/or join the British Liver Trust online forum. The British Liver Trust Helpline is staffed by fully qualified liver nurses and provides support to anyone affected by a liver condition.	https://britishlivertrust.org.uk/information-and-support/support-for-you/helpline-and-online-community/
Children's Liver Disease Foundation		
Coronavirus updates	Information and guidance for parents of children and young people with liver conditions during the coronavirus outbreak	https://childliverdisease.org/coronavirus-update-for-parents/
Help and support	Information and support for parents and young people with liver conditions	https://childliverdisease.org/parents/ https://childliverdisease.org/young-people/

Chronic neurological disease		
SSM support	Description	How to access
Parkinson's UK		
Understanding coronavirus and Parkinson's	Our priority remains supporting people living with Parkinson's. That's why we've gathered the facts and guidance to help answer some of your most common questions about coronavirus and Parkinson's.	https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons
Support Groups	Get information about Parkinson's and support including a helpline and online community.	https://www.parkinsons.org.uk/information-and-support
Motor Neurone Disease Association		
Coronavirus and MND	We are aware that the situation surrounding the spread of coronavirus may be causing people affected by motor neurone	https://www.mndassociation.org/mnd-and-coronavirus/

	disease (MND) concern. As always we are here to offer advice, support and to signpost to the most appropriate organisation. In this case our advice is directly mirroring that being shared and updated regularly by the NHS and the Government .	
Support and information	Find out about the help and support available. You can also find details on our contact us page.	https://www.mndassociation.org/support-and-information/
Alzheimer's Society		
Coronavirus: Information for people affected by dementia	Find out more about the coronavirus and how to protect yourself and others.	https://www.alzheimers.org.uk/coronavirus-covid-19
Get support	If you or someone you know are worried about or affected by dementia,	https://www.alzheimers.org.uk/get-support

	we are here for you. Get advice on a range of topics and find support near you.	
Dementia UK		
Coronavirus information	Coronavirus (COVID-19): information for families looking after someone with dementia	https://www.dementiauk.org/get-support/coronavirus-covid-19/
Dementia and Alzheimer's support	Admiral Nurse Dementia Helpline is for anyone with a question or concern about dementia and Alzheimer's disease	https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/
MS Society		
COVID-19 coronavirus and MS treatments	This page gives the latest guidance on coronavirus COVID-19 for people affected by multiple sclerosis	https://www.mssociety.org.uk/about-ms/treatments-and-therapies/disease-modifying-therapies/covid-19-coronavirus-and-ms
MS and coronavirus care and support	We've been talking to lots of people in our community about multiple sclerosis and COVID-	https://www.mssociety.org.uk/care-and-support/ms-and-coronavirus-care-and-support

	19. These are some of the questions that crop up the most.	
Epilepsy Society		
Epilepsy and the Coronavirus (COVID-19) FAQs	Dr Simona Balestrini is the Muir Maxwell Research Fellow at the Epilepsy Society. Here, she has put together an FAQ factsheet for those with epilepsy about the coronavirus (COVID-19).	https://www.epilepsysociety.org.uk/epilepsy-and-coronavirus-covid-19-faqs#.Xnk40WC7JPY
Helpline and other support	Taking care of your overall wellbeing is a vital part of living with epilepsy. For some people, having information or support can help.	https://www.epilepsysociety.org.uk/helpline-and-other-support-1#.Xnk6BWC7JPY

Good practice for volunteers (from DCC Community Response Unit)

- make sure you have ID with you and encourage people to challenge your credentials as a volunteer
- work as part of a recognised group that is registered with the local voluntary community service or the community response unit
- take correct precautions around social distancing and preventing infection by observing [social distancing guidelines](#)
- try to avoid using public transport
- avoid handling money where possible – try to arrange only to pick up and deliver items that have been pre-paid for, if not, where possible try to use a secure, traceable payment such as Paypal goods and services. If handling money is unavoidable then have a clear plastic bag for the person to place the money into and make sure you wash your hands
- do not enter into someone's home, even the hallway/porch
- knock on the door and step back 2 meters before it is opened to enable you to talk safely to the person
- they should place the items for collection on the floor and go back into the house for you to pick them up
- if you are dropping off supplies, place them on the doorstep, knock on the door or ring the bell (use a glove) and then step back 2 meters
- check the safety of the products delivered. Check any packaging is sealed and the temperature of product on delivery e.g. If it's meant to be frozen, is it still frozen?
- recommend that recipients wash shopping wherever possible and wash their hands after touching it
- ensure you follow advice on good hygiene and wash your hands with soap and water for at least 20 seconds or use a hand sanitiser. If you are out and about consider using a bottle of water, hand soap and your own towel
- take care when handling any items which may be given to people who may have compromised immune systems. The virus can live on inanimate surfaces for up to 24 hours
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid touching your eyes, nose and mouth
- clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people. This includes door handles, stair rails, door knockers/bells
- do not visit if you are unwell or anyone in your house is self-isolating and make alternative arrangements
- look after your own well-being and physical health during this time.

And please do not:

- take or ask for any bank cards/PINs or cheques from people you're supporting unless as part of an authorised support network with the correct audit trail in place
- enter people's homes, think about their safety - also think about distancing and not transferring germs
- expect payment once you have offered to provide support for people for free
- post any details of a vulnerable person online such as on social media websites - even in a closed Facebook group

Handling money for people in isolation



This piece is written recognising that there are both formal and informal groups and individuals offering support to people in their community who are either self isolating, have been advised to isolate or have difficulty getting out and about to get the things they need such as shopping and medicines.

For those providing support

We would recommend the following

- Keep safe, follow the government guidelines
- Work locally,
 - if an informal group or person, just keep to your street or neighbourhood, or work with those who know you
 - if you are part of an established charity, a community organisation or local body carry authorisation you may be able to work across a larger area
- Carry I.D and call ahead
- Make sure you know where to contact and refer if you identify an issue, don't deal with it yourself
- You don't need a DBS check if just dropping off shopping, but you do need a DBS check if doing anything else or dealing with a vulnerable person.
- For a DBS check you would need to be working or volunteering with an organisation, and following their rules, processes and have at minimum an induction.
- Keep an auditable trail of any transactions involving money, for your own safety, and be transparent in what you do, with a someone else involved in checking what you are doing.
- Don't accept gifts, any item from the shopping but you can claim mileage at 45ppmile, from your organisation or if offered.
- Don't hold lots of peoples information, don't share it without asking permission again, and tell people who they should contact if they want it deleted, and inform them when you do.

Handling money

We would recommend that you use any option apart from cash, but use this as a last resort, keeping to small amounts of cash at any one time, below are the preferred options.

A process for shopping that could be used is as follows

- Obtain a shopping list – notate with a reference such as Mr P or Mrs C, but do not take personal data
- Shop and obtain a receipt
- Deliver the shopping with the receipt
- Get the shopping list signed and either take a photo of the receipt with the signed list so its readable or keep the receipt. Write on any mileage paid (use an online option to calculate mileage for transparency)

- At the end of each day, keep a record of what's been done, reconciled if using the options below

Bank Transfer

People may be able to transfer the value of shopping and any mileage.

If you are working/volunteering with a charity they will have an account for money to be transferred to, and you can claim back mileage from them.

If you are an informal local group, do you have an unused or dormant bank account that could be used or link up with an existing local organisation or body for them to provide an account.

Supermarket gift cards

These can be obtained and a cash 'float' pre-loaded onto the card to allow shopping to be done without handling cash in the store.

A Cash float

This could be used as an option to handling money or taking money from a person, issued to a volunteer or member of a team, reconciled with receipts and paperwork at the end of each day or next day

If taking cash from someone to do shopping only take small amounts, and if it is an option, put it in a see through bag or folder and use the cash float to do the purchases, so you do not need to handle the money.

Cheques and cash

If receiving cash or cheques, we would advise placing in a clear see through bag or folder, so the cash, receipt and signed shopping list can be held for a period before being handled, but so that a visual reconciliation of transactions can be done at the end of each day. Actual handling of money etc can wait for a suitable period.

Bank cards and PIN numbers

Not recommended in any situation. Given the above options there should be no need for these to be taken, and exposes the person and the helper to the risk of misuse or accusation of misuse.

Collecting Medication

Make sure that you have a note of authorisation and show ID from the person whose medication you are collecting.

They should notify their surgery or pharmacist that they have made this arrangement and if possible who will be coming to collect.

Ordering online may have a comments box that can be used to inform a surgery or pharmacist

For those who need support

The first people you should ask are obviously trusted family members, friends and neighbours. However, if you don't have anyone you know that could help, you can ask for a local volunteer to help.

Your local authority will often be co-ordinating local support working with charities so you could contact them to find out who is offering local support

Ask delivery people to knock on your door and then leave the items outside.

Do not let people inside your home.

Wash your hands thoroughly (min. 20 secs) after receiving and handling any deliveries.

If someone offers to do your shopping, make sure the person offering you help has

- Identification
- Keeps a safe distance
- A letter of authorisation if working for a charity, community group or local organisation
- Only takes a shopping list from you
- Payment for any shopping is only done when you get the shopping and see the receipt
- Established organisations do not need to take your money, bank details or bank card until they have delivered what you need
- If you think you have had money taken ring the police and report both it and the fact that you may have no or little food
- If you are happy with your shopping sign the shopping list and let the shopper have a copy of the receipt/a photo on phone or the receipt so you both can see clearly what's been done.
- You don't need to handover personal details, any details handed over are only for the purpose you gave them, you must be told how they will be deleted, when you want that done, and who to contact.

Supermarkets offer

1. Online Deliveries

If you are able, then please use the online delivery services of retailer. You may need to plan this well in advance, as deliver services are currently extremely busy.

2. Click & Collect Services

You order online and get someone (friend/relative/neighbour/volunteer) to collect it for you. Ask them to follow the same process for receiving online deliveries.

3. Gift Cards

You can put money on the card, and someone shopping for you can use this, so you don't need to hand over cash, or your bank card or bank details, only put small amounts on at a time.

Online Payments

For online payments you will need to use your bank card or credit card but there are other payment mechanisms you might consider if you need assistance from others to collect or purchase items on your behalf:

4. Digital Bank Cards – These work like normal bank cards but you can limit the amount that is spent just like a 'Top up' Prepaid card (see below). You will need to check which provider you prefer, but examples include Starling, Monzo, Revolut.
5. Get a Prepaid Card – These cards can make purchases online and in shops like a normal debit or credit card. The difference is that you just 'top up', the amount that can be spent on the card. You simply top up the card with the amount of money you want to spend.

Bank Transfer or Paypal

You don't need to give your bank details. The person shopping for you needs to provide their bank details or that of the organisation they are volunteering or working for so you can transfer the amount on the receipt and any mileage they incurred if this is needed. This also provides a secure traceable transaction in case of any problems.

Cash

Where possible do not handover cash, but if you need to use cash

- Use small amounts, once you are happy with the arrangement and person helping you may want to increase this

Collecting Medication

Follow the steps above to find someone to help you.

Give the person collecting the medication a note of authorisation and show ID from the person whose medication you are collecting.

Notify the surgery or pharmacist that you have made this arrangement and if possible who will be coming to collect.

Ordering online may have a comments box that can be used to inform a surgery or pharmacist

Thanks to SOBUS for allowing us to utilise some of their work <https://sobus.org.uk/wp-content/uploads/2020/03/Using-Money-Safely.pdf>