Voluntary Support in Merton, Sutton, Kingston, Richmond and Wandsworth

1st April 2020

Borough	How to access voluntary support in your Borough
Merton	Volunteers will be supporting people in Merton with: • Shopping/basic provision parcel delivery • Prescription/medication collection • Dog walking • Electricity/gas pre-payment card top-up • A telephone call or keeping in touch • Posting letters If you require help like that listed above, you can email **help@mvsc.co.uk** or call **020 8685 2272**. This website link has all the information: https://www.mvsc.co.uk/news/coronavirus-support-merton
Sutton	Sutton Volunteer Centre, Community Action Sutton and Age UK Sutton are working together, along with colleagues in the NHS and the Council to coordinate the community response across Sutton. If you are in need of help in Sutton, and are not sure who to talk to, there are three ways to get in touch: 1. Contact the council at **coronavirushelp@sutton.gov.uk**, and they will forward your information to the right team at the Council. 2. Alternatively you can call the council on **020 8770 5000**, and select **option 6.** If you are an extremely vulnerable person, please call the council in the first instance so they can provide immediate support. 3. If you need support from a charity in Sutton, email Community Action Sutton at **enquiries@communityactionsutton.org.uk**, they'll forward you to the right charity. **Socialising and community** If you want to talk online to other Sutton residents Sutton Coronavirus Support and Action Group is a Facebook group you can join with 3,000 local residents: https://www.facebook.com/groups/suttoncoronavirus/ **Help with social anxiety and need telephone befriending** Sutton Befrienders can offer support. Get in touch via **befriending@vcsutton.org.uk**
Kingston	The council has established a volunteering network called Kingston Stronger Together working in partnership with Kingston Voluntary Action (KVA) and Volunteering Kingston. They want to support and coordinate the volunteering efforts across the borough delivering effective support to those who need it. To ask for voluntary support in Kingston please fill in the online form which can be found

here:

https://www.kingston.gov.uk/COVID-19_NeedHelp

If you do not have online access you can phone Kingston Council on **020 8547 5000 select option 1**. If your request is not urgent please try to call between Monday-Friday 9am-5pm. If your call is urgent, the number will be answered out of these hours but ideally this would be for urgent calls only.

Richmond	Richmond and Wandsworth Councils have set-up a Community Hub to co-ordinate the support being offered by the Council and Richmond's many voluntary organisations. On Tuesday 24th March Richmond council launched a new helpline as a first response for residents, particularly the elderly and/or vulnerable without support networks, who need support to access medical/care services and food supplies. This is to help those most in need stay safe and well while they self-isolate at home. If you or someone you know needs this support, please call **020 8871 6555** or email: **covid19support@richmondandwandsworth.gov.uk**
Wandsworth	Richmond and Wandsworth Councils have set-up a Community Hub to co-ordinate the support being offered by the Council and Richmond's many voluntary organisations. On Tuesday 24th March Richmond council launched a new helpline as a first response for residents, particularly the elderly and/or vulnerable without support networks, who need support to access medical/care services and food supplies. This is to help those most in need stay safe and well while they self-isolate at home. If you or someone you know needs this support, please call **020 8871 6555** or email: **covid19support@richmondandwandsworth.gov.uk**

Useful Information from the government for people in all five boroughs

What	How to access support
Get coronavirus support as a clinically extremely vulnerable person	If you have a medical condition which makes you extremely vulnerable to coronavirus (Covid-19) including: - Organ transplant recipients - Those with specific cancers - Severe respiratory conditions (e.g. cystic fibrosis, severe asthma and COPD) - Diseases with increased risk of infection - People on immunosuppression therapies with increased risk of infection - Pregnant women with significant heart disease Then you need to register with the government and tell them whether or not you need support. You can find the information to read and link to register here:

	https://www.gov.uk/coronavirus-extremely-vulnerable Or you can call: **0800 028 8327**
Advice from the government on benefits	This link provides information on government advice about coronavirus and benefits: https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses And it contains another link to further information here: https://www.understandinguniversalcredit.gov.uk/coronavirus
Staying well at home	Click on this link if you want some helpful tips to help you look after your mental health and wellbeing while at home. https://www.nhs.uk/oneyou/every-mind-matters/