

Social Prescribing Link Worker Support Information

Please contact your social prescribing link worker for further information on support, advice and referral method during COVID-19.

Food support:

- **Trussel Trust foodbank:** Support with food, gas/electric and clothing. Criteria will need to be met. (contact SPLW for referral)
- **Good neighbours:** Offering support with food delivery, prescription delivery, befriending services(Telephone) FREE. meals on wheels (contact SPLW for referral)
- **Feeding Coventry:** Foleshill community centre food supermarket, Offering support with food. Criteria needs to be met, can self-refer.
- **AGE UK:** Telephone 02476 231999 helping hands, shopping service and delivery, Befriending service(Telephone)
- **Asda:** stores to open 8am to 8pm. NHS staff get priority access between 8am and 9am every Monday, Wednesday and Friday.
- **Sainsbury's:** Every Monday, Wednesday and Friday, all our supermarkets will dedicate 8am - 9am to serving elderly, disabled and vulnerable customers, as well as NHS and Social Care workers.
- **Tesco:** Some Tesco Extra stores and larger Metro stores have reduced their hours to between 6am and 10pm so they can properly restock overnight.
- Tesco will be offering priority browsing to NHS workers an hour before stores open.
- **Iceland:** opening its supermarkets early for elderly customers to visit before stores open to the public. Each day, elderly shoppers can visit between 8am - 9am to get their shopping first. The store has now introduced a daily slot for NHS workers to shop.
- **Aldi:** opening hours are 8am to 9pm from Monday to Saturday, and 11am to 5pm on Sundays

Money/benefits:

- Gov UK for benefit advice Website <https://www.gov.uk/coronavirus>
- HMRC: self-employment/ benefit advice Telephone 08000159559

- Money advice line Coventry: Telephone 02476832000
Website welfarebenefits@coventry.gov.uk

Advice and support:

- Age UK Telephone 02476 231999
- Coventry City Council: Telephone 08085 834 333

Care support and carers advice:

- Carers Trust and CRESS: Advice and support on caring for a relative
- Social service: Coventry Telephone 024 7683 3478, Warwickshire Telephone 01926 410410

Hospital appointments:

- **UHCW: Website** <https://www.uhcw.nhs.uk/caring-for-you/coronavirus/your-appointment/>
Please contact the telephone number on your letter for further advice and support on attending appointments.
- **NHS 111:** Advice and support and sick note for employment
- **Community District nursing team** ISPA Telephone 03002000011
- **Prescription support/advice:** POD 02476 246072

Mental Health support:

- **Samaritans:** Telephone 116123
- **Shout** crisis text line Text 85258
- **MIND** Telephone 0300 123 3393 Website <https://www.elefriends.org.uk/> (online community) <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse99b08>
- **TURN2ME** <https://www.turn2me.ie/aboutturn2me>
- **Anxiety UK**
Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
Website: www.anxietyuk.org.uk
- **CALM**
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

- **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

- **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

- **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

- **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

- **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

- **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANE line: 0300 304 7000 (daily, 4.30pm to 10.30pm)

- **Text care:** comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

- **Young Minds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk