

Coronavirus: support and information

Please always follow the most recent government and NHS guidelines to ensure your safety at www.nhs.uk/conditions/coronavirus-covid-19/

Trusted sources

It is important you avoid misinformation and use only credible sources of information. These include:

www.nhs.uk

www.gov.uk

www.wakefield.gov.uk



The blue badge on twitter and Facebook lets people know that an account of public interest is authentic. Local or smaller organisations may not have a blue tick.

Full Fact fights bad information

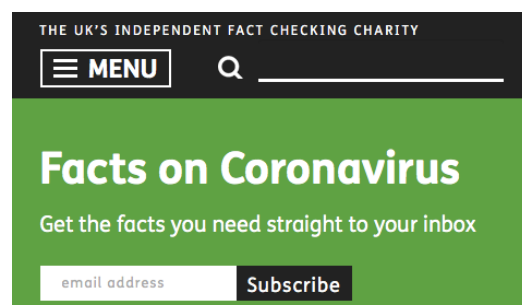
A team of independent fact checkers and campaigners who find, expose and counter the harm it does.

fullfact.org/health/coronavirus/

Scams and frauds

If you're not sure about someone or something, don't engage.

Report scams to Action Fraud www.actionfraud.police.uk



Information here is correct to the best of our knowledge at 25 March 2020 - Click on blue links for more information

STAY AT HOME



PROTECT THE NHS



save lives



KEEP INFORMED ON CORONAVIRUS

For up to date information visit wakefield.gov.uk

wakefieldcouncil
working for you

www.wakefield.gov.uk

Anyone worried about themselves or someone else, who does not have a support network of friends, family or neighbours can call Wakefield Council's dedicated phone line **0345 8 506 506** between 9am - 5pm, Monday to Friday. Choose option **3** to make a request for support and help will be arranged.

Covid-19 Community Hubs



Covid-19 Community Hubs

If you need help in your local area you can contact your local Community Hub.

Covid-19 Wakefield District Community Hubs

They have volunteers and a range of support to help you and they are working with the Council to support communities during this crisis. More Community Hubs will be added to the list as they are set up.

Please only contact the Hub in your own area as they are going to be very busy. You can ring or email.

If you are interested in volunteering in your area, please visit [Volunteer Wakefield](#) – more details below.

Could you volunteer to help others during the coronavirus outbreak?

Volunteer

Many people have been asking how they can help others during the coronavirus outbreak.

Wakefield Council and Nova Wakefield District have been working hard behind the scenes to put something in place so that you can volunteer safely, and in a way that will help the right people in the right way.

They've teamed up with other partners to create some opportunities for you.

volunteerwakefield.org

Nova Wakefield District has experience of supporting volunteers in a range of roles, and teams are on hand to match people's skills and experience to a range of voluntary roles during this challenging time.

Examples of support that might be required include:

- Chatting to people on the phone who may be self isolating so that they don't get lonely
- Doing shopping or dropping off other supplies
- Dog walking
- Making food parcels
- Delivery drivers
- Administrative or support work

To make sure resources are managed safely and in the best way, people are asked to view current opportunities and register their interest at volunteerwakefield.org



Voluntary and community groups and organisation

Nova also hold a directory of their members on their website.

It aims to be a reliable resource for anyone looking for details of voluntary and community groups and organisations in Wakefield District and the local area. If you're trying to find an organisation take a look here:

[Nova Wakefield District Directory](#)



Young Lives: Children and Young People... coming soon

Young Lives alongside local voluntary and community organisations and Wakefield Council are developing an online response website for young people and those supporting young people to help share resources and ideas. This hopefully should be available in mid April. The Young Lives website is here: www.ylc.org.uk

The National Youth Agency and UK Youth have also launched a new website specifically for youth workers and those working with young people. It's a single point of access and includes new resources, including relevant advice, guidance, support and tools for youth workers during the Coronavirus pandemic.

youthworksupport.co.uk



Carers Wakefield and District

Carers Wakefield and District are posting useful updates and advice on their Facebook page, which you can find here:

www.facebook.com/Carers-Wakefield-District



Citizens Advice

Face to Face services are closed but Citizens Advice are still able to offer advice and assistance by telephone, email or webchat.

Debt/Benefits/Housing/Employment/Immigration phone 03444 111 444

Universal Credit – Help to Claim phone 0800 144 8 444

Consumer phone 0808 223 1133

More information and advice can be found here: [Coronavirus Notice](#)



Age UK Wakefield District

Age UK Wakefield District is a local independent charity working with and for older people across Wakefield District.

01977 552114

www.ageuk.org.uk/wakefielddistrict



Wakefield Samaritans

Offering a safe place to talk any time you like, in your own way – about whatever's getting to you.

01924 116 123 (this number is free to call)

www.samaritans.org/branches/samaritans-wakefield-and-district

Remember

Please always follow the most recent government and NHS guidelines to ensure your safety at www.nhs.uk/conditions/coronavirus-covid-19/

For updates on local services the best place to go is www.wakefield.gov.uk

Information there includes:

- **Council services affected by coronavirus**
Such as bin collections and household waste recycling centres, funerals and ceremonies, libraries, leisure venues, markets and public building, support for business in Wakefield, schools in the Wakefield district, Children's centres, Adult Education, and weddings
- **The latest official information and advice from the government and NHS**
- **Supporting vulnerable people in your community**
- **If you're worried about being isolated and on your own or someone else who is vulnerable and isolated**

On the following pages you will find links to national information and advice and an important message at the end.

Arthritis	National Rheumatoid Arthritis Society	What we know so far
Asthma	Asthma UK	Information for people with asthma
Autism	National Autistic Society	Information about coronavirus
Blood	NHS Blood and Transplant	Information about blood donation
BSL British Sign Language	SignHealth	SignHealth coronavirus
Cancer	Macmillan	Advice on coronavirus for people with cancer
	Lymphoma Action	Advice on coronavirus for people with cancer
	Bloodwise	Coronavirus and blood cancer
	Cancer 52 rare and less common cancers	Coronavirus update
	Roy Castle Lung Cancer Foundation	Covid-19
	Breast Cancer Now	Advice on Coronavirus for people with cancer
	Yorkshire Cancer Community A-Z cancer charity Directory	Cancer Charity Directory
Carers	Carers UK	Information for unpaid carers – Carers UK
		Joint Statement from Carers Trust and Carers UK
	Rethink Mental Illness	Coronavirus: Advice for carers of those with severe mental illness
Children and young people	Compass Buzz	Coronavirus activities for children
	YoungMinds	What to do if you're anxious about coronavirus
	Kooth	Support from Kooth
	BBC	How to talk to children about coronavirus
		Coronavirus: Here's some advice if you're worried about it
	The Mix	Help, I'm worried about coronavirus

Community	Covid-19 Mutual Aid UK Gov.uk	Find your local group Planning the coordination of spontaneous volunteers
Crohn's and colitis	Crohn's & Colitis UK	Coronavirus: Advice for people with Crohn's and colitis
Debt	Step Change	Debt and coronavirus
Dementia	Alzheimer's Society	Information for people affected by dementia
Diabetes	Diabetes UK	Advice for people living with diabetes
Disability and benefits	Turn2Us	Benefits and coronavirus
	Gov.uk	All face-to-face assessments for sickness and disability benefits suspended for 3 months
	Universal Credit	Coronavirus and claiming benefits
	Scope	Coronavirus information
Domestic abuse	Women's Aid	The impact of COVID-19 on women and children experiencing domestic abuse, and the life-saving services that support them
Easy Read		Information about coronavirus – Mencap
Heart	British Heart Foundation	Information for people with heart and circulatory diseases (British Heart Foundation)
HIV	Terrence Higgins Trust	Coronavirus and HIV
Homelessness	Groundswell	Coronavirus advice and planning for people experiencing homelessness
Kidney	National Kidney Federation	Advice for renal patients
Large print		Wash your hands – Public Health England
Lung conditions	British Lung Foundation	Information for people with lung conditions
		What's the difference between self-isolation, social distancing and social shielding?

Mental Health and Wellbeing	NHS	List of mental health helplines
		Changes to mental health legislation under the coronavirus bill
		Apps to manage your health and wellbeing
	Healthwatch England	Coronavirus is affecting my mental health – what can I do?
	Campaign to End Loneliness	Coronavirus and social isolation
	Mind	Coronavirus and your wellbeing
		Plan for staying at home or indoors
	Independent Age	Regular phone calls for older people
	CALM – Campaign Against Living Miserably	Helpline and webchat for men of all ages
	The Silverline	24/7 helpline for older people who want a friendly chat
	Elefriends	Supportive online community run by Mind for people experiencing mental health difficulties
	Samaritans	Whatever you're going through, a Samaritan will face it with you 24 hours a day, 365 days a year
	Mental Health Foundation	Looking after your mental health during the outbreak
		Podcasts for your wellbeing
		Supporting your mental health while you have to stay at home
	National Survivor User Network	Keeping in touch with each other when we can't meet face to face
	British Association for Counselling and Psychotherapy	Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak
	World Health Organisation	Coping with stress during the outbreak

	Beat Eating Disorders	The Sanctuary is an online group created specifically in response to coronavirus for people with an eating disorder
	Rethink Mental Illness	Coronavirus: Advice for carers of those with severe mental illness
	Anxiety UK	#Coronxiety support and resources
	Every Mind Matters	Get your own mind plan
Multiple sclerosis	MS Society	MS and coronavirus
NHS	Coronavirus	Coronavirus overview
	NHS 111	NHS 111 service for coronavirus
	Social Distancing	Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults
Older people	Age UK	Coronavirus information for older people
		Practical ways to help older people
Other languages	Coronavirus information in other languages	Information in other languages including Albanian, Amharic, Arabic, Bengali, Dari, Farsi, French, Hindi, Kurdish Surani, Malayalam, Mandarin, Pashto, Portuguese, Somali, Spanish, Tigrinya, Turkish, Urdu, Vietnamese
Parkinson's	Parkinson's UK	Understanding coronavirus and Parkinson's
		Parkinson's UK Community Group (Facebook)
Pregnancy	Royal College of Obstetricians and Gynaecologists	Information about coronavirus for pregnant women and their families
Sensory loss	Living with Hearing Loss	Your COVID-19 Hearing Loss Survival Guide
	Royal National Institute of Blind People (RNIB)	Coronavirus update

Single parents	Gingerbread	Helpful Coronavirus advice for single parents
Stroke	Stroke Association	Information for people affected by stroke
Terminal illness	Marie Curie	Coronavirus if you're affected by terminal illness

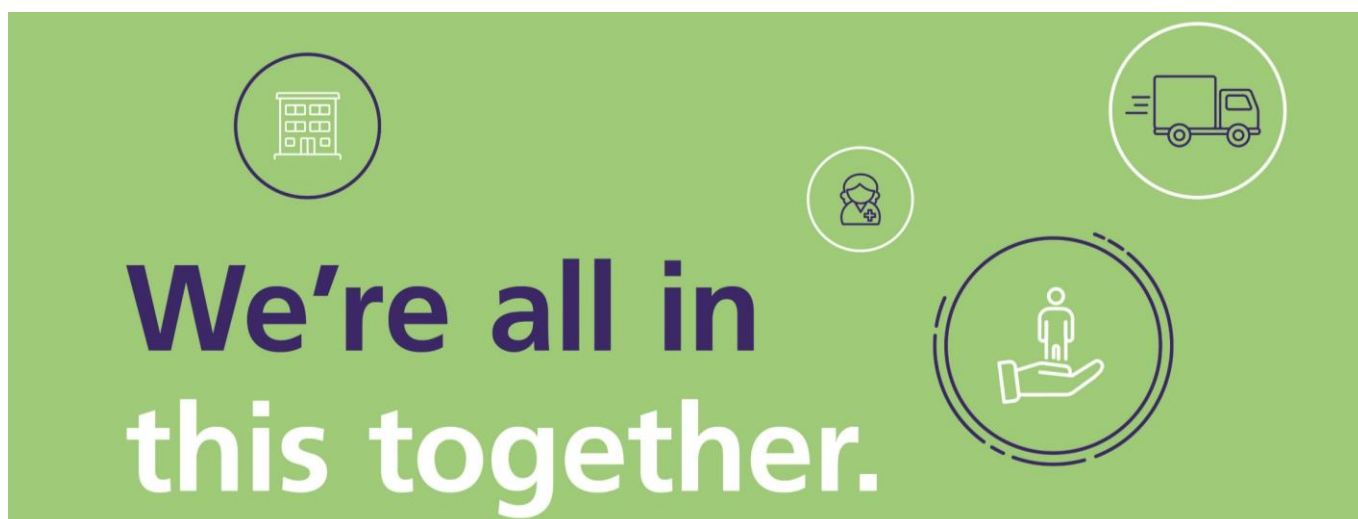


And last but not least...

We would like to take this opportunity to say a massive

thank you

to all those working in frontline health and care services, looking after us in our hospitals, ambulances, residential care homes, giving care in our own homes, and to those who run and manage those services, and those who are still there offering help and support to our communities, and to all those who are volunteering.



healthwatch
Wakefield

Contact us

We are here to represent the views of all local people in health and care services. We listen to your experiences, understand them, and then work with the people who buy, provide and run these services to try to make sure that they are the best they can be and designed using the needs of local people. We also offer advice, information, signposting and NHS complaints advocacy.

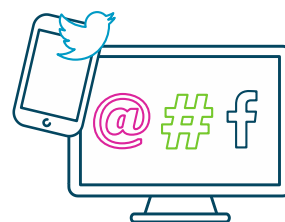
Our services are free and confidential.

Telephone: 01924 787379

Email: enquiries@healthwatchwakefield.co.uk

Website: www.healthwatchwakefield.co.uk

Twitter: [@healthywakey](https://twitter.com/healthywakey) Facebook: [HealthwatchWakefield](https://www.facebook.com/HealthwatchWakefield)



Registered Office: Unity House, Westgate, Wakefield WF1 1EP

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Information is changing all the time. As far as we know this information is correct at 25 March 2020