

Broxtowe Covid-19 support pack.

Beeston/Chilwell/
Stapleford

Food Banks*

- **Beeston** - Boundary Road, Beeston, Nottingham, NG9 2RF (0303 040 1110)
 - Mon - 09:30 - 12:00
 - Wed - 09:30 - 12:00
 - Thu - 09:30 - 10:30
 - Sat - 09:30 - 10:30

- **Chilwell** – Barncroft, Chilwell, Nottingham, NG9 4HU (07535 491298)
 - Tue -13:30 - 15:00

- **The Haven (Stapleford)** Wadsworth Road, Stapleford, Nottingham, NG9 8BD (0115 8240287)
 - Thu -10:00 - 12:00
 - Fri -10:00 - 12:00

- **Montrose Court Church (Stapleford)** – 4 Montrose Court, Stapleford, Nottingham, NG9 8LJ (0303 040 1110)
 - Mon -09:00 - 11:00
 - Wed - 09:00 - 11:30
 - Thu - 09:00 - 11:30

- **Sawley/Long Eaton Food bank** – 1 College Street, Long Eaton, Nottingham, NG10 4NE (07950 547671)
 - Tuesday 10-12
 - Thursday 10-12

*Opening times are subject to change – advisory to call before attending.

*Also see [Beeston High Street Community Hub](#) in community resources.

Community resources

Middle Street Resource Centre (MSRC)

Closed to the public from Monday 23rd March 2020 but providing telephone support and signposting for people experiencing Mental Health issues.

Monday to Friday, 10am until 3pm.

Call 0115 925 2516 or visit the [Middle Street Resource Centre website](#)

- **Now providing hot meal delivery service for £5. Call above number to place order**

Hope Nottingham

Community support centre working in partnership with many local agencies and supporting food banks.

Call 0303 040 1110 or visit the [Hope Nottingham website](#)

The Haven Centre

Offers a wide range of community services or if you need to talk or someone to pray with you.

Services may be affected by the COVID-19 outbreak so please call first.

A food bank is available on Thursdays and Friday mornings, 10am until 12pm.

Call 0115 824 0287, extension 9 or visit The [Haven Centre website](#)

The Helpful Bureau

Helping people to remain living safely and independently in their homes. Meal delivery services.

Services may be affected by the COVID-19 outbreak so please call first.

Call 0115 949 1175 or visit [The Helpful Bureau website](#).

- **Please call 0115 9491175 between 9am - 3pm to order. £5 per meal (main and dessert) with free delivery within South Broxtowe on Thursdays.**

Healthy Start

Please be aware during these difficult times that people may be eligible for food and vitamin vouchers through the national Healthy Start scheme.

People eligible for Healthy Start are pregnant women and families (with children under 4) on benefits and low incomes. Eligible women and families receive food vouchers worth £3.10 per week, and more when their child is under a year old.

Eligible pregnant women and children are also entitled to free vitamins.

For more information about the scheme visit the [Healthy Start website](#)

Disability Support – 0115975095/ info@ddnottingham.com

In this current crisis, there is no need to be disabled to qualify for help. Help with food shops/prescription collections etc

AGE UK Notts – Various support in shopping (65+ where no other support available) 0115 8440011 – leave a message and someone will call back

Beeston High Street Community Hub – Offering food parcels (delivered daily) this can be requested by contacting - Via Facebook messenger, Phone/Text: Jane 07970070159 or Colette 07735723432, Email: broxtowelabour@gmail.com. Anyone can request a food parcel, no questions asked. They can also support in linking people in with community groups for practical support, like food shopping and medication collection.

Mutual aid group.

Many mutual aid groups have also been set up in the local community, which is great to see. You can see a list of those that we are aware of below, along with some guidance on protecting yourself from scams and fraudsters who may take the current situation as an opportunity to target vulnerable people. You can access these groups through Facebook. Here are links to some of the groups we're aware of:

- **Beeston and Chilwell Area Mutual Aid Group** – need help? complete this form <https://forms.gle/gciVWWhFiYAVyD1C8> or email beestonmutualaid@gmail.com to be linked in to volunteer community group who can offer practical support.
- **Stapleford helping hand and surrounding areas** Contact Tel 0115 8240104 (9am-6pm)
Email ssamutualaid@gmail.com
- **Toton Support Group**
- **Beeston West Mutual Aid Group**
- **Stapleford Community Group**

Benefits and debt advice

- **Citizens advice support**
- **For general advice** please call - 0300 4568369
- **For consumer advice** please call - 03454 040506
- **For universal credit** please call - 0800 1448444
- **For debt advice** please call - 01773 768363
- **For webchat** please use - www.citizensadvice.org.uk/about-us/contact
- **General covid-19 information** - <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>
- **Struggling to pay bills?** Beeston Citizens Advice have set up a team to provide early intervention to people who have mounting debts – 0115 9173802

- **Step change - Telephone and online debt advice**
- website <https://www.stepchange.org/>
- Telephone – 0800 138 1111

Meal Delivery

Lots of local pubs and restaurants will still be offering delivery. It may be best to contact them directly to see if they are offering this service. Please see below for some other options. These options have a charge

- Just Eat
- Uber Eats
- Deliveroo
- WiltshireFarm foods (frozen meal delivery)
- Meals at home service – Nottinghamshire County Council – 01623 490015
- Cheff.co.uk – frozen meal delivery – online or 0115 837 1567
- Cook – frozen meal delivery – 01732 759000

Shopping information.

Tesco- Mon/wed/fri 9am-10am elderly and vulnerable hour

Asda - Friday from opening til 9am elderly and vulnerable, NHS Mon/wed/fri 8-9am

Sainsburys – elderly and vulnerable customers only for the first hour of opening, Mon, Wed and Fri NHS 7.30-8.00am every day. For priority delivery call 0800 3281700 to register with them. VERY busy

Sainsburys online shopping for vulnerable people – existing customers - Over 70's 0800 953 4988

Marks and Spencer's – First hour of every Monday and Thursday is reserved for vulnerable and elderly customers

Hallams (Beeston High Road) – Elderly customers only between 1-2 with store closing at 2pm. Home deliveries available. Fresh food boxes available online. Tel: 0115 925 4766.

Morrisons - Morrisons Doorstep delivery service is available to vulnerable and elderly members of the community, unable to go shopping in-store. Call 0345 611 6111 and select option 5 to place your order. Any order placed before 4pm we will aim to deliver the next day. In order to use this service you must live within 10 miles of a Morrisons store. There is a limit of three per item whilst using this service. Deliveries will adhere to the current social distancing rules so to avoid contact we strongly encourage contactless card payments only, if this isn't possible chip and pin card payments are available but no cash payments can be accepted – Limited selection of food, follow link for list of essentials <https://my.morrisons.com/doorstep-deliveries/>

Morrisons food boxes - A Morrisons Food Box could be a real help if you can't currently get to a store to stock up on food or essentials. Just select the box you would like, place an order and we will deliver your food box straight to your door. Use link to place order <https://www.morrisons.com/food-boxes/how-it-works>

Phone support line – Mental Health

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using this form on The Mix website or use their crisis text messenger service.

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.

If you identify as male, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day) or use their webchat service.

If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

- **NHS Nottinghamshire Healthcare Trust – mental health support phone line.** The helpline is open 24 hours a day, seven days a week and is open to people of all ages. You can call for mental health help and advice anytime of the day or night and we can arrange for you to speak with a mental health professional. We can also advise you about other services, which can help you. The helpline is operated by local health workers. **0300 303 0165**
<https://www.nottinghamshirehealthcare.nhs.uk/help-in-a-crisis>

COVID- 19 mental health online resources

- **Every mind matters – mental wellbeing while staying at home.**
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
Tips and advice for things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home.
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
10 tips to help you if you are worried or anxious about COVID-19
- **Mind**
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
practical advice and tips for taking care of your mental wellbeing during this time
- **Samaritans**
<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/>
Some useful resources that may be helpful when dealing with anxiety caused by COVID-19.
Telephone support line - 116 123
- **NHS**
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
General advice on mental health and wellbeing
- **Rethink mental illness**
<https://www.rethink.org/advice-and-information/covid-19-support/>
Practical support and information for people living with mental illness
- **Joe Wicks – The Body Coach**
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
Free home workouts to everyone, no matter what their fitness