

## 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/](http://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](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.wakefield.gov.uk](http://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/](http://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](http://www.actionfraud.police.uk)

THE UK'S INDEPENDENT FACT CHECKING CHARITY

MENU Q

### Facts on Coronavirus

Get the facts you need straight to your inbox

email address



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



## KEEP INFORMED ON CORONAVIRUS

For up to date information visit [wakefield.gov.uk](http://wakefield.gov.uk)

wakefieldcouncil  
working for you

### [www.wakefield.gov.uk](http://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 > wakefield [add an opportunity](#)

# We need volunteers more than ever.

See what help is needed in your local community.

## 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](http://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](http://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](http://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](http://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](https://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](http://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](http://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/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

For updates on local services the best place to go is [www.wakefield.gov.uk](http://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.**

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

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

<b>Mental Health and Wellbeing</b>	NHS	<p>List of mental health helplines</p> <p>Changes to mental health legislation under the coronavirus bill</p> <p>Apps to manage your health and wellbeing</p>
	Healthwatch England	Coronavirus is affecting my mental health – what can I do?
	Campaign to End Loneliness	Coronavirus and social isolation
	Mind	<p>Coronavirus and your wellbeing</p> <p>Plan for staying at home or indoors</p>
	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	<p>Looking after your mental health during the outbreak</p> <p>Podcasts for your wellbeing</p> <p>Supporting your mental health while you have to stay at home</p>
	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	<a href="#">The Sanctuary is an online group created specifically in response to coronavirus for people with an eating disorder</a>
	Rethink Mental Illness	<a href="#">Coronavirus: Advice for carers of those with severe mental illness</a>
	Anxiety UK	<a href="#">#Coronxiety support and resources</a>
	Every Mind Matters	<a href="#">Get your own mind plan</a>
<b>Multiple sclerosis</b>	MS Society	<a href="#">MS and coronavirus</a>
<b>NHS</b>	Coronavirus	<a href="#">Coronavirus overview</a>
	NHS 111	<a href="#">NHS 111 service for coronavirus</a>
	Social Distancing	<a href="#">Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults</a>
<b>Older people</b>	Age UK	<a href="#">Coronavirus information for older people</a>  <a href="#">Practical ways to help older people</a>
<b>Other languages</b>	Coronavirus information in other languages	<a href="#">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</a>
<b>Parkinson's</b>	Parkinson's UK	<a href="#">Understanding coronavirus and Parkinson's</a>  <a href="#">Parkinson's UK Community Group (Facebook)</a>
<b>Pregnancy</b>	Royal College of Obstetricians and Gynaecologists	<a href="#">Information about coronavirus for pregnant women and their families</a>
<b>Sensory loss</b>	Living with Hearing Loss	<a href="#">Your COVID-19 Hearing Loss Survival Guide</a>
	Royal National Institute of Blind People (RNIB)	<a href="#">Coronavirus update</a>

Single parents	Gingerbread	<a href="#">Helpful Coronavirus advice for single parents</a>
Stroke	Stroke Association	<a href="#">Information for people affected by stroke</a>
Terminal illness	Marie Curie	<a href="#">Coronavirus if you're affected by terminal illness</a>

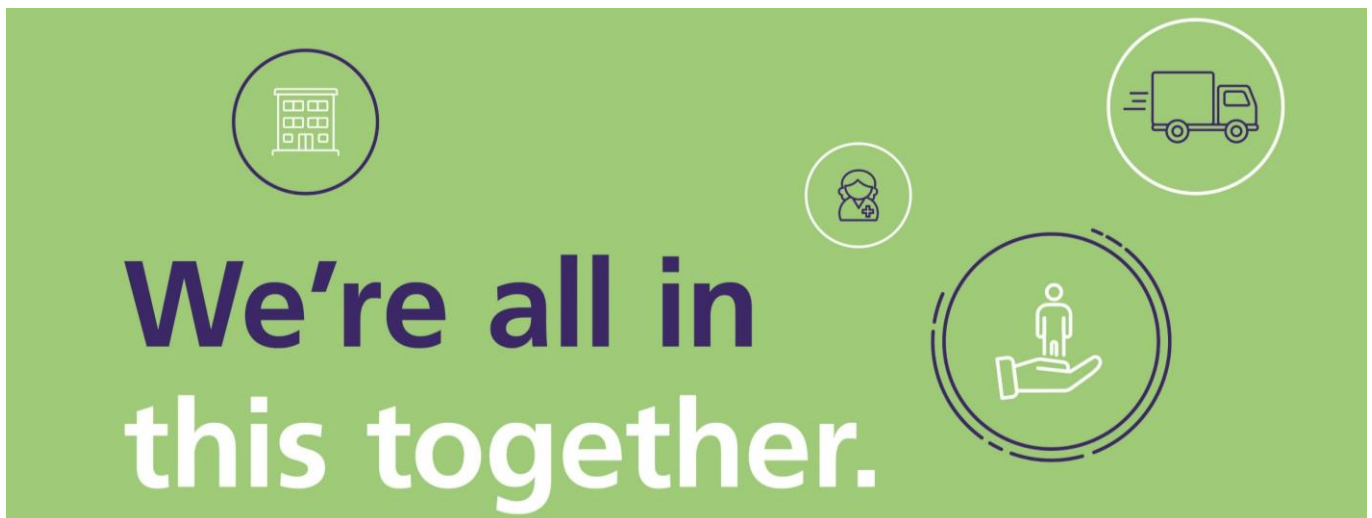


## And last but not least...

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](mailto:enquiries@healthwatchwakefield.co.uk)

Website: [www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk)

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

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