

Help and support during lockdown

For **advice and information on coronavirus**, social distancing, wellbeing, grief, volunteering, employment rights, business advice, etc: <https://www.gov.uk/coronavirus> For those living in Southwark you can find help about **food services, befriending, mental health support, referring someone who needs help**, etc: <https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus>

If you are unable to afford food and are having issues **accessing food**, please contact

Southwark Council's Community Hub on 0207 525 5000 and choose option 3,

or email covidsupport@southwark.gov.uk. You could also refer to the Southwark Foodbank at <http://southwark.foodbank.org.uk/get-help/>.

If you are a vulnerable person and need **assistance with your shopping**, you can contact AgeUK: <https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/doing-your-shopping--coronavirus-advice/>.

In addition, you can find your local **Mutual Aid Group at**: <https://covidmutualaid.org/>

If you are the victim of **domestic abuse** the National Domestic Abuse Helpline is free to use 24 hours, 7 days a week: 0808 2000 247. If you need urgent assistance then call 999. If you are unable to speak to the operator you will be prompted to enter 55 on your mobile phone. This will alert the call handler that you are unable to speak and they will guide you through the next steps. See this guide for more information: https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf If you feel in crisis with your **mental health** and wellbeing you can call the NHS Single Point of Access Line which is available 24/7: 0800 0234 650

Or chat to one of the volunteers at **The Samaritans** on: 0330 094 5717

If you're looking for some spiritual nourishment to help get you through the day, this link through the Methodist web site offers some verses of **scripture** and words of **reflection**:

<https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/>

If you wish to speak with a representative from the Christ Church congregation, feel free to contact:

Church Leaders Lurleen Crichlow and Elaine Scott: christchurched.lcl@yahoo.com.

Rev. David Markay: 07984.460426

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