



Coronavirus Family Guide

Information
Sheet No.5

Helping you to navigate challenging times

Coronavirus Community Support

As things develop, local groups are being set up across the county to help those who are vulnerable, at high risk or in need. This may include services such as shopping or food delivery, telephone befriending or support, and posting mail or other general errands.



Council for Voluntary Services

Your local CVS should likely hold details of current voluntary support available in your town or district.

Brentwood

<https://www.brentwoodcvs.org.uk/Coronavirus-Advice>

Billiercay, Basildon & Wickford

<http://www.bbwcvs.org.uk/>

Chelmsford

<https://chelmsfordcvs.org.uk/covid19-community-response/>

Maldon & District

<https://www.maldoncvs.org.uk/corona/>

Castle Point

<https://www.cavsorg.uk/>

Rayleigh, Rochford and District

<https://rravs.org.uk/contact-us/>

Harlow (Rainbow Services)

<https://www.rainbowservices.org.uk/communities/health-and-wellbeing/coronavirus-response/>

Epping Forest (Voluntary Action)

<https://vaef.org.uk/>

Uttlesford

<https://cvsu.org.uk/community-news/central-hub-set-up-to-support-fantastic-community-effort/>

Colchester & Braintree (Community360)

<https://www.community360.org.uk/stay-safe-stay-well-stay-home-we-are-here-to-help-you/>

Tendring

<https://www.cvstendring.org.uk/news/671-looking-for-covid-19-advice-or-guidance.html>

Thurrock

<https://thurrockcvs.org/>

Southend

<https://www.savs-southend.org/>
<https://www.facebook.com/SouthendAVS/>

Havering (Volunteer Centre)

<http://www.haveringvc.org.uk/>

Special Needs And Parents Ltd www.snapcharity.org

Registered Charity No. 1077787 • A Company Limited by Guarantee in England and Wales No. 03805837

Registered Office: The SNAP Centre • Pastoral Way • Warley • Brentwood • Essex • CM14 5WF

Coronavirus Family Guide

No.5

Helping you to navigate challenging times



Essex wide

Essex Coronavirus Action it is a collaboration between Essex County Council, The Essex Public Health Team, and local Facebook group owners. The Facebook page has up to date information about what is happening across Essex to help residents - <https://www.facebook.com/essexcoronavirusection>

The Essex Welfare Service is a single, convenient point of contact for anyone in the Essex area who is in urgent need of help during the Coronavirus outbreak - <https://essexwelfareservice.org> It is also the place to report anyone who you are concerned about. This can be done by calling 0300 303 9988.

NHS Volunteer Service - UK wide

The NHS is currently recruiting volunteers to help support them. As well as opportunities to support directly at hospitals and with administration, they aim to provide a voluntary community support service for things such as prescription and supply deliveries and patient or equipment transfer. More details can be found here - <https://www.goodsamapp.org/NHS> but contact your GP surgery by phone or email for details on how to access the support.

Covid-19 Mutual Aid - UK wide

Local community groups have popped up (primarily on Facebook) across the country that aim to be a place for individuals to ask for information, help and support. Details of those closest to you can be found on the Covid Mutual Aid website.

PLEASE NOTE: these are not official organisations and we are unaware how each is being run or monitored. So if you choose to use them we recommend being extra cautious, particularly when it comes to giving out any personal details or exchanging money for shopping etc.

<https://covidmutualaid.org/local-groups/>



ESSEX
CORONAVIRUS
ACTION



GoodSAM

NHS

NATIONAL
VOLUNTARY
SERVICE

NHS VOLUNTEER RESPONDERS

Your NHS needs you! Join our team today.

NHS Volunteer Responders has been set up to support the NHS during the COVID-19 outbreak. To do this we need an 'army' of volunteers who can support the 1.5m people in England who are at most risk from the virus to stay well. Our doctors, nurses and other professionals will be able to refer people in to NHS Volunteer Responders and be confident that they have been matched with a reliable, named volunteer.

You can help by signing up for one or more of the tasks listed below. Once you have registered and checks are complete you will be provided a log-in to the GoodSAM Responder app. Switch the app to 'on duty', and you'll see live and local volunteer tasks to pick from nearby.

This programme enables volunteers to provide care or to help a vulnerable person, which is permitted under the new rules announced by the Government on 23rd March 2020. Volunteers may be asked to show the active task they are responding to if asked.

Your NHS needs you! Join our team today.

COVID-19 MUTUAL AID UK

Local organising to support the most vulnerable in our communities

Find Your Local Group

There are now thousands of local groups across the country. Below is an up to date list to help you find your nearest one.

You can register your Mutual Aid Group [here](#)

If you're the admin of a local group, please get one of your group members to [join this group](#) so we can share learning, resources and support.

Local groups can be found on this map. If you have trouble reading it you can search the spreadsheet underneath, or visit [this link](#) (or alternatively, [this link](#)) to search using your address or postcode.

Special Needs And Parents Ltd www.snapcharity.org

Registered Charity No. 1077787 • A Company Limited by Guarantee in England and Wales No. 03805837

Registered Office: The SNAP Centre • Pastoral Way • Warley • Brentwood • Essex • CM14 5WF