



The **Wellness** Centre

Free Support Numbers and Resources



FEEL FREE TO SHARE



CROYDON **BME** FORUM

TALK TO US

**OFF
THE RECORD**

UPDATED APRIL 17TH 2020

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EXPERIENCING FINANCIAL DIFFICULTIES DUE TO COVID-19

(Work related issues, rent no income, self employed, unemployed) see following links:

Croydon Council support, advice and information for those experiencing hardship. A dedicated helpline is available as follows:

Tel : 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Includes support with:

Benefit claims, change in earnings, paying council tax, rent, debt advice, energy bills, travel services, Gateway service for the homeless, children with special educational needs & disabilities.

www.croydon.gov.uk/healthsocial/phealth/coronavirus-information/support-for-hardship-or-difficulties

Support for the vulnerable in the community

If you are extremely vulnerable, or know anyone that is, please register for support online.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

If you have no access to internet or unable to use internet please ask a family member or friend to help, or contact Croydon Council Support

Team on; 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Coronavirus (COVID-19) Resources for SEND

Advice and support for children and young people with Special Educational Needs and Disability (SEND) and their carers during the coronavirus pandemic.

<https://localoffer.croydon.gov.uk/kb5/croydon/directory/advice.page?id=cvj0CW-GluKc>

CONNECTING SERVICES IN THE LONDON BOROUGH CROYDON

Links to local services in Croydon

<https://croydon.simplyconnect.uk/about-us>

Croydon Mutual Aid Groups

The following groups based in Croydon are as follows:

<https://www.theresident.co.uk/london-culture-events/londons-coronavirus-mutual-aid-groups-a-complete-list/>

Coulsdon/Old Coulsdon Covid-19 Community Support:

<https://www.facebook.com/groups/254339475576825/>

Croydon Covid 19 Mutual Aid:

<https://www.facebook.com/groups/2569689913284054/>

Norwood Junction Covid 19 Mutual Aid:

<https://www.facebook.com/groups/515221059407787>

Purley Community Mutual Aid Group:

<https://www.facebook.com/groups/492593168102808/>

Croydon BME Forum
56a Mitcham Road, Croydon

www.cbmeforum.org

020 8684 3719

@cbmeforum croydonbmeforum CroydonBMEForum

For latest help and advice.

Off The Record Youth Counselling Charity

72 Queens Road, Croydon, CR0 2PR

0208 251 0251

<https://www.talkofftherecord.org/>

National Domestic Violence Abuse Helpline

0808 200 0247

www.nationaldahelpline.org.uk

Victim Support Supporting victims of Crime

0808 168 9291

www.victimsupport.org.uk/more-us/contact-us

MIND Helpline

0300 123 3393

www.mind.org.uk/

Mental Health Crisis Helpline

0800 915 4644

South London and Maudsley – 24 hour

0800 731 2864

Samaritans

116 123

email -jo@samaritans.org

Papyrus

Hopeline UK

www.papyrus-uk.org/

Galop London LGBT Advice Line -

0207 704 2040

www.galop.org.uk

National LGBT Domestic Abuse line –

0800 999 5428

www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/

RASASC Rape and Sexual abuse Centre
0808 802 999
<https://www.rasasc.org/>

FGM Helpline (run by NSPCC) -
0800 028 3660

Suzy Lamplugh Trust –National Stalking Helpline –
0800 802 0300
www.suzylamplugh.org/

NSPCC Helpline
0808 800 5000
www.nspcc.org.uk/

Childline
0800 1111
www.childline.org.uk/

The Silver Line
0800 470 8090
A free confidential helpline providing information,
friendship and advice to older people, open 24 hours a day,
every day of the year
www.thesilverline.org.uk/

Call in Time
A free telephone friendship service for people 60 and over.
You will need to sign up via website
www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/

Shelter
0300 330 1234
Information on any housing issues. Homelessness,
evictions, repairs.

CALM - Emotional support for Suicidal Men
0808 802 5869
www.thecalmzone.net

NAPAC
0808 801 0331
Crime stoppers
0800 555 111

111 –NHS
999 – Emergency services (Police, Fire , Ambulance)
101- Non emergency crimes

Financial Help and Advice for the Self Employed

Self Employment & Universal Credit

<https://www.gov.uk/self-employment-and-universal-credit>

Employment & Support Allowance

<https://www.gov.uk/employment-support-allowance>

Covid-19 Small Business Government Grant

<https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/>

Coronavirus Business Interruption Loan

<https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/>

Citizen's Advice

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Emergency Funding

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

Black Counsellors & Practitioners Offering Online & Telephone Support

#CoronaAnxiety #CoronaCare

Wayne Mertins-Brown
One to one, couple & group counselling
www.TheCityCounsellor.com

Charlene Douglas
Psychodynamic Coach & Counsellor
www.theintimacycoachuk.com

Kwame Opoku
Counsellor / Psychotherapist
www.kwameopoku.com

Vanessa East
Online clinical hypnotherapy, EFT, Sekhem energy healing, Readings
07985 338680

ShediYah HatNebMaoo
Child Adolescent & Family Therapist, Counsellor
www.shediyahtherapeuticspace.co.uk

Michael Forfieh
Counsellor / Therapist
www.michaelforfiehcounselling.com

Hilary Witter
Theta Energy Healing
07506771297

Kandake
Holistic health, medical herbalism and nutritional therapy
0749713639

Royston John
Coaching, Community organisation development and
Emotional Intelligence Support
07811 374074
royston@rdjconsulting.co.uk

Black Counsellors & Practitioners Offering Online & Telephone Support

#CoronaAnxiety #CoronaCare

Kimberly-Anne Evans

www.psychologytoday.com/gb/counselling/kimberly-anne-evans-london-eng/716001

Gill Pelage

Counsellor / Psychotherapist

www.gillpelage.co.uk

Sheila

Counsellor

www.equilibriumtc.com

07480446844

Sue Brown

Counsellor & Coach

www.adaimcc.co.uk

Gamal Turawa

Coaching

purpleturawa@gmail.com

Cassandra Conteh

Wellbeing & Therapy

07507060192

Evetherapies@gmail.com

Free Counselling for NHS Staff

www.relationalschool.wordpress.com/we-see-you-we-hear-you-nhs-staff/

Chris Syrus is offering two x 30min coaching calls and daily personal development and accountability messages over a 7 day period.

You can book session via

www.calendly.com/christopher-syrus.

Powered by OrangeMoonWellbeing.com

Coronavirus Message to the Community in different Languages

<https://www.youtube.com/watch?v=NHPKznd-l2A> French Version

https://www.youtube.com/watch?v=PtyK7UTod_M German Version

<https://www.youtube.com/watch?v=6jkUmqCUssl> Punjabi Version

<https://www.youtube.com/watch?v=SOZy5BILCtY> Luganda version

<https://www.youtube.com/watch?v=dQ-cCFH36r4> Urdu Version

<https://www.youtube.com/watch?v=NZlxYmoaZpM> Chinese Version

https://www.youtube.com/watch?v=_Et_UdV6jak Spanish Version

https://www.youtube.com/watch?v=xBJaxzCr_k0 Hindi Version

<https://www.youtube.com/watch?v=xYlagwpK1no> Tamil Version

<https://www.youtube.com/watch?v=Q8d-qquce1o> Gujurati Version

<https://www.youtube.com/watch?v=GiGmBU1weqU> Farsi Version

<https://www.youtube.com/watch?v=Dfdw0MKXH9Q> Bengali Version

<https://www.youtube.com/watch?v=pRdKCacGST4> Sylhetti Version

<https://www.youtube.com/watch?v=23lp4XWIY1E> English Version

<https://www.arccltd.com/>

50Plus Online Cafe

A free interactive website to get all the information you need for the over 50s'

<https://www.50plusonlinecafe.com>



email: ASafePlace2Talk121@Gmail.com

tel: 07826 082 561

BACP registered: 00826420

Croydon Drop In

Supporting infants, children, young people and families for 42 years, 1978 - 2020
Information, Advocacy, Counselling, Outreach and Health Support in Communities & Schools.

Our Talkbus is on a 'virtual' tour and our Outreach team can be contacted by anyone in the community every day Monday to Friday between 1pm and 4pm on 07591 386093 for advice/information/support.

Tel: 020 8680 0404

www.croydondropin.org.uk

enquiries@croydondropin.org.uk



Croydon Neighbourhood Care Association

As well as providing infrastructure support to our membership and other groups working with over 65's across Croydon, we continue to run our complex befriending service.



CNCA are offering telephone befriending for isolated/vulnerable individuals over 80 years old who have no family or other support. Further details and a referral form can be found on our website www.cnca.org.uk or email: info@cnca.org.uk / call 07926 524572

Neighbourhood Care Groups

An established network of Neighbourhood Care Groups across the borough are supporting individuals over 65 years.

Groups have diversified their normal service provision to include food shopping, picking up prescriptions and telephone befriending, due to Lunch clubs being closed and shopping buses suspended. Contact the individual group for details of services available. Contact details can be found at:

www.cnca.org.uk/members-2/



Changing how we SEE

Service Continuity - Clarity in Chaos

Croydon Vision is dedicated to continue providing services for people with sight loss, many who are extremely vulnerable at this moment in time. We have adapted our services to be able to provide essential support. Furthermore, we aim to boost our member's positivity and outlook; letting them know this too shall pass. Below is our business continuity service plan to support people with sight loss Monday to Thursday between 10-4pm:

Lunch service:

Provision of two course meal, meat or vegetarian dish; promoting healthy living 4 times per week.

Information Technology:

Introduction to technology and tuition; including smart phones, tablets and computer support

Befriending

Phone befriending on a weekly basis or social groups/peer support by zoom.

Talking News/News Letter

Weekly recording of news and entertainment; reaching members at home in the form of an mp3 stick.

Information & Advice

Empowerment and information go hand in hand, so our advice service is of paramount importance.

Grocery:

Equipping members with adequate food and resources to live well.

Contact us:

Address: Bedford Hall, 72 – 74 Wellesley Road, Croydon, CR0 2AR

Email: info@croydonvision.org.uk

Telephone: 020 8688 2486 (Mon to Thurs 10-4pm)

Website: www.croydonvision.org.uk

Twitter: [@CroydonVision](https://twitter.com/CroydonVision)

Arts Council England Covid-19 Emergency Funding

£160m emergency funding to support organisations and individuals during the pandemic. The following funding streams will be made available:

- Funding for national portfolio organisations (NPOs) - £90m made available to help NPOs reboot their work and alleviate financial pressures. Further information will be released before Easter.

- **Funding for organisations outside the National Portfolio**

- Organisations can apply for up to £35,000 for assistance with getting back on their feet, or to continue making work in the future that will mean they can contribute to the Art's Council new strategy, 'Let's Create'.

- There will be two rounds. Round one opens on the 9th April and applicants will need to register by the 13th April for the deadline on the 16th April. Round 2 will open on the 16th April and close on 30th April.

- **Funding for individuals**

- Individuals working in the cultural sector, including artists, creative practitioners and freelancers, can apply for up to £25,000. Round one opens on the 9th April, applicants must register before the 13th April and the deadline will be on the 16th April. Round two will open on the 16th and close on the 30th April.

<https://www.artscouncil.org.uk/covid19>

CAF Coronavirus Emergency Fund

The Charities Aid Foundation (CAF) has launched an emergency fund scheme to help charities continue to deliver support to communities in the UK during the pandemic. Grants of up to £10,000 are available. The fund is open for applications from organisations with a charitable purpose and charitable activities, which had an income of less than £1m last financial year. The fund is not open to organisations who have recently formed to provide support to their communities. Funding can be used to support day-to-day activities.

Applications for this fund are now paused.

<https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund>

Central London Forward Contingency Fund

Proposal to reallocated £200k from the CLF Contingency Fund to be offered to boroughs to:

- Develop new or redesign existing services to support economically excluded or vulnerable people through this crisis.
- Support businesses to access Government supports and sustain
- Plan and prepare for recovery: focused on addressing rapid data or research work that supports boroughs

Help Musicians Coronavirus Hardship Fund

Up to £500 available to professional working musicians to alleviate the immediate financial pressures incurred as a result of the coronavirus crisis.

<https://www.helpmusicians.org.uk/news/latest-news/help-musicians-launches-5m-coronavirus-financial-hardship-fund>

In This Together: Emergency Grants Fund (Crisis)

Emergency grants to support local organisations that are meeting the current needs of those experiencing homelessness across the UK and who are affected by the coronavirus crisis. Grants of up to £50,000 are available for long-term needs and potential expansion or change in service delivery. Grants of up to £5,000 are available for short-term responses to the pandemic.

<https://www.crisis.org.uk/get-involved/in-this-together/emergency-grants-fund/>

London Community Response Fund

Wave 2 grants now open: funding available to cover urgent needs so that applicants can cover costs they are incurring right now to support communities affected by the covid-19 outbreak. Grants of up to £50,000 are available for immediate and urgent needs.

Only open to registered charities, CICs, CIOs and charitable companies at this stage. Further funding waves are planned.

<https://londoncommunityresponsefund.org.uk/funding/>

NCVO Financial Support

The NCVO is working with the government on a package of financial support specifically aimed at supporting the voluntary sector as the coronavirus emergency unfolds. This forms part of a coordinated effort with sector partners.

<https://blogs.ncvo.org.uk/2020/03/19/coronavirus-charity-funding-latest/>

Neighbourly Community Fund (coronavirus update)

Up to £400 is available for pre-existing members of Neighbourly whose work involves supporting members of the community suffering economically, socially or from ill-health as a result of the coronavirus outbreak.

It is a simple online form to submit an expression of interest. Although this will be restricted to groups who are already a member of Neighbourly.

<https://mailchi.mp/adab0a4c0998/tmw47h17ek-1507973?e=8a6ee92151>

<https://blogs.ncvo.org.uk/2020/03/19/coronavirus-charity-funding-latest/>

Sport England Community Emergency Fund

A new £20m emergency fund from Sport England specifically targeted at organisations who have a role in supporting people to be active but who are experiencing short-term financial hardship or the ceasing of operations due to the pandemic.

Grants of between £300 and £10,000 are available. Funding can be used to cover day-to-day costs including rent, utility costs, insurance, staffing costs or facility hire. Applications will be accepted until the 31 st July 2020.

<https://www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund>

Tesco Bags of Help Covid-19 Community Fund

Grants are available to a wide range of community groups, organisations, charities, schools and other not-for-profit organisations who are supporting vulnerable groups during the pandemic. The maximum grant available is £500.

Applications can be made at any time, but funds are expected to run out within three months.

<https://tescobagsofhelp.org.uk/tesco-cv-fund/>

Waitrose Community Support Fund

A £1m support fund to be distributed by Waitrose shops to local communities, and a support fund to aid staff facing additional costs as a result of the pandemic. Further information to be released in due course. Applications can be made at any time, but funds are expected to run out within three months.

Youth Music Emergency Fund

Grants of up to £10,000 are available from the National Foundation for Youth Music to help music-making organisations in England whose primary activity is inclusive music-making with children and young people that are affected by coronavirus. Funding is primarily to support people and organisations who have been affected by the pandemic. Challenges with the fund could tackle include cashflow, maintaining services, adapting structures or continuing to support children and young people during the crisis. The fund opens on the 8 th April with six rounds, the last of which closes on the 22 nd May.

<https://network.youthmusic.org.uk/youth-music-launches-emergency-fund>

South West London Law Centres



South West London Law Centres helps local people across south-west London to access justice and uphold their everyday rights, by providing specialist legal advice on social justice issues including housing, employment, debt, social security and immigration.

Without the free or low-cost legal services our charity provides, many people we help would be locked out of accessing justice, because they can't afford a lawyer.

Our law centres are based in Battersea, Croydon, Morden and Kingston. Together we support people across six London boroughs of Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth.

Contact Details : Email: enquiries@swllc.org

Telephone numbers: 020 8767 2777

Web: www.swllc.org

Social media:

Twitter: [@SWLLawCentres](https://twitter.com/SWLLawCentres)

Linkedin: [/south-west-london-law-centres-5603ba126/](https://www.linkedin.com/company/south-west-london-law-centres-5603ba126/)

Bromley & Croydon Women's Aid

Our services remain open and we have contingency plans in place. You can contact us for telephone support or any enquiries in the normal way, by email to info@bcwa.org.uk or phone on 020 8313 9303, especially if you are worried about self-isolating with a perpetrator.



Zoom Meeting INVITE

JOIN US ONLINE FOR A DISCUSSION ON
DOMESTIC VIOLENCE AND EMOTIONAL
WELLBEING "DEALING WITH POWERFUL
EMOTIONS DURING COVID- 19 AND
HOW IT AFFECTS US ALL"

Date: Tuesday 21st April 2020

Time : 14:00 - 15:30

Location www.Zoom.com

Meeting Number: 385 207 6159

Password : 192306

Register on Eventbrite

In partnership with Floating Counselling



CROYDON BME FORUM

f @cbmeforum

t CroydonBMEForum

@croydonbmeforum



Zoom Meeting INVITE

Get together session for the 60+

JOIN US ON THE ZOOM A PLACE WHERE
IF YOU ARE OVER 60 A SAFE PLACE TO DISCUSS
WHAT'S CONCERNING YOU DURING THIS TIME.

Date: Wednesday 22nd April 2020

Time : 2pm - 3pm

Location www.Zoom.com

Meeting Number: 385 207 6159

Password : 192306

Register on Eventbrite

If you need help downloading Zoom before the
meeting please call our office on 020 8684 3719

Eventbrite



Zoom Meeting **INVITE**

Strengthening your Organisation

DO YOU RUN A BUSINESS, COMMUNITY GROUP
OR FAITH GROUP? IT'S TIME TO PIVOT!!
STRENGTHENING YOUR ORGANISATION
WORKSHOP WILL EXPLORE STRATEGIC
SOLUTIONS TO STRENGTHEN YOUR
ORGANISATION AND YOUR LEADERSHIP
DURING CHALLENGING TIMES

Date: Thursday 23rd April 2020

Time : 14.00 - 15.30

Location [www.Zoom.com](https://www.zoom.com)

Meeting Number: 385 207 6159

Register on Eventbrite

Hosted by Claudine Reid MBE



Zoom Meeting **INVITE**

**JOIN US ONLINE FOR A DISCUSSION ON
FOSTERING. LET'S DISCUSS IN A SAFE
AND FREE ENVIRONMENT HOW TO
MANAGE YOUR MENTAL WELLNESS
AND HOW TO KEEP OUR CHILDREN
ENGAGED DURING COVID- 19.**

Date: Thursday 23rd April 2020

Time : 11:00 - 12.30

Location www.Zoom.com

Meeting Number: 385 207 6159

Password : 192306

Register on Eventbrite

In partnership with Young Future Care



YOUNG
FUTURE CARE



CROYDON BME FORUM

f @cbmeforum **t CroydonBMEForum** **@croydonbmeforum**



The background of the entire advertisement is a photograph of a diverse group of people sitting in a room, smiling and looking towards the camera. The focus is on a woman in the foreground wearing a blue top, with others visible in the background, some using laptops.

WORRY LESS
ENJOY LIFE MORE
FEEL MORE RELAXED

**Feeling low,
frustrated or stressed?**

**Our FREE, confidential
NHS service can help**

Search '**Croydon Talking Therapies**'
Talk to your GP or phone **020 3228 4040**

Croydon
TALKING
Therapies

Food and Essentials Hub



Help us help our community!

With so many people offering support to older people during these uncertain times, we're working to ensure food and essential items are delivered to vulnerable older people in the safest way.

Do you need help or food and essential hygiene items, but can't get out? We can help!

Call our helpline on 020 8686 0066 or email asc@adviceservicescroydon.org.uk and we can try to get you the things you need, delivered safely to your door for **FREE**.

Do you have non-perishable food and hygiene items you would like to donate? Please help!

If you have items to donate, please drop them to Scratchley Hall, 81 Brigstock Road, Thornton Heath Mon-Fri 10am-4pm. Or get in touch on 020 8686 0066 or email asc@adviceservicescroydon.org.uk

Can you help deliver goods to local older people, or help in other ways? Please help!

If you can transport goods to older people, we'd love to hear from you. Please call our helpline on 020 8686 0066 or email volunteering@ageukcroydon.org.uk and we'll share more.

We always need funds to keep our vital services running. Please donate online!

<https://www.justgiving.com/ageukcroydon>

PLEASE NOTE: This is not a Food Bank. Please only come along if you are donating items, or if you are a volunteer collecting items to deliver to others.

PROJECT 4 YOUTH EMPOWERMENT



FREE MEAL DELIVERY SERVICE

Hot meals, groceries & household items

As an organisation we are supporting families impacted by COVID-19, we want to provide hot meals, groceries and toiletries essentials to families who may not have other means.



.Donations ideas:

- Fresh fruit & vegetables
- Non-perishables (canned, boxed, bagged)
- Rice
- Pasta
- Flour
- Long-life milk
- Toothpaste
- Mouthwash
- Deodorant
- Toilet roll / kitchen roll
- Female sanitary items
- Soap / shower gel / shampoo

Please help us support families in need

Get in touch via our website to donate: www.P4YE.co.uk

CROYDON | NOBURY | POLLARDS HILL



FREE MEAL DELIVERY SERVICE

Meat or Vegetarian Meals available with Salad



**We are providing Hot Freshly Cooked Meals for the
Elderly and Vulnerable Adults**

Limited Dinners Provided

Delivery on: Thursday 2nd April 2020

Contact us ASAP to be added to our delivery list

admin@cassandracentre.org.uk | 07714735568 | 07852525468

Call | Text | Email

LLOYDS BANK
FOUNDATION
England & Wales



NHS

LGO Awards
2019
WINNER

CROYDON
www.croydon.gov.uk

Delivering
for Croydon

LOVE
NOBURY

Charity No: 1125508



Sponsored by

DOMESTIC ABUSE

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Are you feeling threatened or unsafe in your home? COVID-19 may have a serious impact on those experiencing domestic abuse due to enforced social isolation. Restrictions may leave you feeling like there is nowhere to turn for help. However, the police, local and national organisations are working hard to support you.

Call 999 if you or someone else is in danger. If it is not an emergency, please call 101 or visit www.met.police.uk

National Domestic Abuse Helpline: **0808 2000 247** (available 24/7)

Men's Advice Line: **0808 801 0327**

National LGBT+ Domestic Abuse Helpline: **0800 999 5428**

Childline: **0800 1111** If you're a child or young person and domestic abuse is happening in your home or relationship.

Respect Advice Line: **0808 802 4040** For perpetrators of domestic violence looking for help to stop.

Advice and support is available for everyone regardless of financial situation, nationality or immigration status.



FEEL FREE TO SHARE

If you know of or have any more links that should be added to this resource please email
info@bmeforum.org
or What's App on 07957 349 004.

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“Individually we are one drop,
together we are an ocean.”
Ryunosuke Satoro

