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| **Medication Support** |
| **Type of Support** | **Organisation** | **Area** | **Contact Details** | **Description** |
| Med Delivery | Greater Shantallow Area Partnership (GSAP) | Culmore, Carnhill, Shantallow, Pennyburn, Skeoge | 02871358787 | Food parcels and delivery of other essentials such as fuel and medication |
| Prescription | Aberfoyle Medical Practice |  | 02871264868 / prescriptions.Z00604@gp.hscni.net / www.aberfoylemedical.com | New prescriptions can be ordered via online service (register on website); or via dop box outside surgery; or by emailing prescription inbox. Repeat Pxs can be ordered by calling surgery daily between 10-11am or 2-3pm. Repeat sick lines and/or self-isolation certs can be ordered via website |
| **Fuel Support** |
| **Type of Support** | **Organisation** | **Area** | **Contact Details** | **Description** |
| Fuel | Saint Vincent de Paul |  | 02871265489 | Practical and financial support for families in emergency need including food, clothing, fuel etc |
| Fuel | Budget Energy |  | [www.budgetenergy.co.uk](http://www.budgetenergy.co.uk/) | Emergency grant/fund for vulnerable people in need. £50 free electric available for those in need. Available for a max of 1000 Budget customers. Apply on line. Can apply on behalf of somebody |
| **Mental Emotional Health**  |
| **Type of Support** | **Organisation** | **Area** | **Contact Details** | **Description** |
| Befriending | Good Morning North West |  | 02871353694 / karyn@leafaircommunity.org | Daily phone calls to older and vulnerable people |
| Befriending | Irish St Community Centre | Waterside | irishstreetcc@hotmail.com | Morning check-in phone calls for elderly and vulnerable |
| Befriending | Clooney Residents Association | Waterside | clooneyresidents@gmail.com | Morning check-in phone calls for elderly and vulnerable |
| Befriending | Tullyally Community Partnership | Waterside | steve.tcp@outlook.com | Morning check-in phone calls for elderly and vulnerable |
| Befriending | Hillcrest Trust | Waterside | geraldine@hillcresttrust.com | Morning check-in phone calls for elderly and vulnerable |
| Befriending | Caw & Nelson Drive Action Group | Waterside | info@cndag.co.uk | Morning check-in phone calls for elderly and vulnerable |
| Befriending | Older People NW |  | development@olderpeoplenw.org | Morning check-in phone calls for elderly and vulnerable |
| Info/advice | Greater Shantallow Area Partnership (GSAP) |  | 02871358787 | Listening ear support and advice around benefits etc. Also access/signposting to sources of practical support e.g. food, fuel etc. |
| Counselling/treatment | Beating the Blues - online CBT |  | Referral required by practice via online HSC portal/website | Online CBT course effective in treatment of depression and anxiety |
| Counselling/treatment | Psychology Tools |  | [www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/](http://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/) | Online-based self-help guide and tools for covid-19 related anxiety and worry |
| Counselling/treatment | Virus Anxiety |  | [www.virusanxiety.com](http://www.virusanxiety.com/) | Online-based self-help guide and tools for covid-19 related anxiety and worry |
| Befriending | Men's Shed |  | Email Shannon at mensshed@groundworkni.co.uk | Telephone befriending service to all Men's Shed members every Wednesday 10am-1pm and 2pm-4pm |
| Counselling/treatment | Supportline | UK | 01708765200 | Confidential and emotional support to anyone of any age |
| Counselling/treatment | The Silver Line | UK | 0800 4 70 80 90 | Free confidential helpline for older people |
| Peer Support | Strathfoyle Community Association | Waterside-Strathfoyle | Check Facebook Page | Telephone support and local peer support whatsapp group |
| **Family and Children Support** |
| **Type of Support** | **Organisation** | **Contact Details** | **Description** |
| Childcare | Education Authority | [www.eani.org.uk/key-workers](http://www.eani.org.uk/key-workers) | Online portal for key workers to apply for childcare in schools, if they have found their local school is closed |
| Activities/play | PE with Joe Wicks | Joe Wicks YouTube channel | Daily PE/exercise classes delivered by Joe Wicks via YouTube for children. Live each morning at 9am or you can watch back at any time. |
| Activities/play | Dance with Oti Mabuse | Oti Mabuse YouTube Channel | Daily dance classes available on YouTube at 11:30am. Also able to watch back at any time |
| Activities/play | Storytime with David Walliams | [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com/) | Free story everyday at 11am on the website |
| Activities/play | Music with Mylene Klass | Mylene Klass' YouTube channel | Twice a week but videos can be viewed anytime. |
| Activities/play | Waterside Neighbourhood Partnership | watersidenp@hotmail.co.uk | Activity packs for pre-school children |
| Parent advice | World Health Organisation (WHO) | [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting?](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting?utm_source=mailchimp&utm_campaign=030096d2e1f0&utm_medium=page) | Advice for healthy parenting during pandemic |
| Parent advice | UNICEF | [www.unicef.org/parenting/](http://www.unicef.org/parenting/) | Advice on parenting, including information relating to parenting during covid-19 pandemic |
| Parent advice | The National Child Traumatic Stress Network | [www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?](http://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019) | Advice on parenting, including information relating to parenting during covid-19 pandemic |
| Parent advice | Child Mind Institute | [www.childmind.org/coping-during-covid-19-resources-for-parents/](http://www.childmind.org/coping-during-covid-19-resources-for-parents/) | Facebook live video chats, advice and daily tips for managing children at home and parenting during crisis, extensive list of parenting resources, both general and covid-19 specific |
| Parent advice | National Association of School Psychologists | [www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19) | Info and advice for parents around communicating with children about covid-19. Support for parents to manage their own anxiety so as to not transfer this onto their children |
| Parent advice | American Academy of Pediatrics | [www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Finding-Ways-to-keep-children-occupied-during-these-challenging-times-.aspx?](http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Finding-Ways-to-keep-children-occupied-during-these-challenging-times-.aspx) | Rather than a specific bank of activities and resources this provides parent advice around developing a plan for keeping children occupied and how to communicate with them |
| Child Resource | Early Edge California | [www.earlyedgecalifornia.org/wp-content/uploads/2020/03/coronaviruszine\_1.jpg?](http://www.earlyedgecalifornia.org/wp-content/uploads/2020/03/coronaviruszine_1.jpg) | Child-friendly comic book/cartoon explaining coronavirus and safety measures e.g. washing hands etc. |
| Parent advice | Mind Heart | [www.mindheart.co/descargables?](http://www.mindheart.co/descargables) | Links to a child-friendly storybook for communicating with children about covid-19 |
| Parent advice | Save the Children | [www.savethechildren.org.uk](http://www.savethechildren.org.uk/) | Parent advice as well as tips and resources around entertaining children during the lockdown |
| Parent advice | Action for Children | [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk/) | Online chat facility with parenting coaches. Online information on parenting, tips for family wellbeing, entertaining children at home. |
| Parent advice | Action for Children | [www.dots.actionforchildren.org.uk](http://www.dots.actionforchildren.org.uk/) | Specific under fives information and advice for parents. Wealth of online information on all aspects of early parenting as well as access to 1-1 chats with parenting coaches |
| Home schooling | Save the Children | [www.savethechildren.org.uk](http://www.savethechildren.org.uk/) | Specific advice around home schooling children of various ages/key stages |
| Home schooling | UNESCO | [www.en.unesco.org/covid19/educationresponse/solutions](http://www.en.unesco.org/covid19/educationresponse/solutions) | Extensive library of links to resources for distance/home learning that can be used by teachers, professionals and parents |
| Home schooling | World Reader | [www.worldreader.org/keep-children-reading/?](http://www.worldreader.org/keep-children-reading/) | Links to BookSmart resource which gives access to an online library of books for children to access |
| Home schooling | Scholastic | [www.scholastic.co.uk](http://www.scholastic.co.uk/) | Learning resources for parents, teachers and children |
| Activities/play | Lego Foundation: Story City | [www.legofoundation.com](http://www.legofoundation.com/) | Inviting kids to build buildings and cities and tell their stories about them |
| Activities/play | Playright | [www.playright.org.hk](http://www.playright.org.hk/) | A Hong Kong based website with ideas and advise around play activities for children of different ages and abilities e.g. sick children |
| Activities/play | Vroom | [www.vroom.org](http://www.vroom.org/) | Science-based learning and play-based resources and tips from the Bezos Family Foundation. Encourages parents to add learning to mealtimes, bathtime and bedtime |
| Activities/play | Cbeebies | [www.bbc.co.uk/cbeebies](http://www.bbc.co.uk/cbeebies) | Website and app based games and activities for children. Safe and age-appropriate |
| Activities/play | Sesame Street | [www.sesamestreet.org/toolkits](http://www.sesamestreet.org/toolkits) | Toolkits provides games and activities for children but also parent advice and support around specific issues such as young children, autism, asthma, divorce, brain development, healthy eating and budegting |
| Disability | Autism NI | [www.autismni.org/resources.html](http://www.autismni.org/resources.html) | Autism specific resources for parents and children |
| Disability | Little Puddins | [www.littlepuddins.ie/coronavirus-social-story/?](http://www.littlepuddins.ie/coronavirus-social-story/) | Free coronavirus social narrative to help reduce fears and anxieties for children, including those with disabilities and learning needs |
| **Carer Support** |
| **Type of Support** | **Organisation** | **Contact Details** | **Description** |
| Info/Advice |

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| NI Direct |

 | [www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits](http://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits)  | Benefit advice specific to coronavirus situation. Speific info around carers allowance - new measures in place to allow unpaid carers to continue to claim carers allowance if they have had a temporary break in caring because they or the person they care for has coronavirus or if they have to isolate. Providing emotional support counts towards the carers allowance threshold of 35 hours of care a week. |
| Dementia | Northern Health and Social Care Trust (NHSCT) |  | Document to help carers and care staff to understand potential changes in behaviour of people with dementia and offer suggestions on appropriate supports |
| **Transport/other** |
| **Type of Support** | **Organisation** | **Contact Details** | **Description** |
| Transport | Bridge Transport | 02871267555 / 07821511573 / info@bridgetransport.co.uk | Affordable community transport |
| Mobility | Shop Mobility | 02871368623 / 07821511493 / info@shopmobilityfoyle.com | Mobility aids for use within public settings e.g. shopping |
| **Recreation-Boredom Activities**  |
| **Organisation** | **Contact Details** | **Description** |
| Libraries NI | Local library contact details / www.librariesni.org.uk | ebooks and emagazines available |
| Chatterpack | [www.chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?](http://www.chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home) | Catalogue of general activities and resources for those isolating due to covid-19 |
| NHS | [www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/?](http://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/) | NHS recommended exercises to complete at home |
| ALLY Foyle (Active Living in Later Years) | 02871265098 / 07419987095 | Telephone based support and guidance around remaining active in later years whilst isolating due to covid-19 |
| Waterside Neighbourhood Partnership | watersidenp@hotmail.co.uk | Activity packs for older people in isolation |