

# BASSETLAW COMMUNITY SUPPORT

## FINDING SUPPORT DURING CORONAVIRUS



- Local essential support
- Money, finances, benefits, advice
- Mental wellbeing
- Disability, and other support
- Bereavement
- General wellbeing
- Physical activity, fitness
- Domestic violence, abuse
- Alcohol, substance misuse, gambling
- Children, young people, parent support
- Business and employment support
- Volunteering

THIS DOCUMENT IS LIVE AND SUBJECT TO CHANGE. FOR THE LATEST VERSION PLEASE VISIT [WWW.BCVS.ORG.UK](http://WWW.BCVS.ORG.UK).  
BCVS CANNOT ACCEPT RESPONSIBLY FOR INACCURATE DETAILS OR SUPPORT.

## Emergency Food Hub

Bassetlaw Community and Voluntary Service (BCVS) and Bassetlaw District Council are working together to provide an emergency food hub provision to residents in Bassetlaw, during the coronavirus pandemic.

- Call Bassetlaw District Council on 01909 533533, ask for Customer Service  
Email [customer.services@bassetlaw.gov.uk](mailto:customer.services@bassetlaw.gov.uk)  
Available 7 days a week, 9am to 5pm

## Prescriptions and shopping

BCVS and Bassetlaw District Council, with community partners in Bassetlaw, will always support residents where possible. If you have been told to 'shield' by staying at home by the NHS, or you do not have any support from family or friends, then please contact...

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*Did you know?*

*Pharmacies in England have been provided with extra funding to deliver medicines to patient homes during Coronavirus, if they have been told to 'shield' by the NHS or their GP.*

*Ask your pharmacy for more info.*



*Did you know?*

*There are things you can do if you're struggling to pay bills because of coronavirus.*

*It's important you don't ignore your bills. Speak to the company you owe money to - they might be able to help.*

### **Citizens Advice Bassetlaw**

- General Advice, 0300 456 8369, Mon to Fri, 10am to 2pm
- Debt Advice, 01909 498890, Mon to Fri, 9am to 4pm
- Universal Credit Advice, 0800 144 8444, Mon to Fri, 9am to 4pm
- Cancer (Finances) Advice, 01909 498889, Mon to Fri, 9am to 4pm
- Advice via Email [advice@bassetlawca.org.uk](mailto:advice@bassetlawca.org.uk)

### **Connect Bassetlaw**

The Connect Bassetlaw team will assign you a Support Worker to assist with benefit applications and offer any other support. Anybody can contact the service.

- Call 0115 844 3541
- Email [NCHABassetlawConnect@ncha.org.uk](mailto:NCHABassetlawConnect@ncha.org.uk)
- Available Mon to Fri, 9am to 5pm

### **2Shires Community Bank**

A local community bank that can provide services such as a budgeting account to manage your bills such as rent, energy, water, etc.

- Call 01909 500575
- Email [info@2shires.org.uk](mailto:info@2shires.org.uk)
- Available Mon to Fri, 9:30am to 3pm. Sat, 9:30am to 12pm

### **Bassetlaw District Council**

Help for residents during Coronavirus. Council Tax, hardship, benefits, and housing.

- Web <https://bit.ly/2W2Bv8D>

### **Starting a new benefit claim**

- <https://bit.ly/3brJ92N>

### **If you're already getting benefits**

- <https://bit.ly/2xNkwil>

## Mind in Bassetlaw

Advice and support to anyone experiencing a mental health problem. Including urgent assistance for mental health crisis. Mind the mental health charity.

→ Text 07951 362120 / 07951 072242 / 07379 796762 (*you will be called back*)

## Suicide Prevention – Saving Silent Voices in Bassetlaw

Saving Silent Voices was set up in partnership between Bassetlaw NHS and mental health charity Mind to break the silence of suicide.

→ Email [ssv@nottinghamshiremind.org.uk](mailto:ssv@nottinghamshiremind.org.uk)

## Nottinghamshire Healthcare NHS

During a mental health crisis, you can talk to a team of people you can trust. If you're in crisis call the new Nottinghamshire Healthcare 24/7 helpline...

→ Call 0300 303 0165 (*24/7*)

Web <https://bit.ly/3eLog4K>

## Insight Healthcare

Providing talking therapies as a free and confidential service. Everyone goes through difficult times, but sometimes our problems affect our day-to-day lives.

→ Call 0300 555 5582 (*alternatively contact your GP*)

Web <https://bit.ly/2KrsP60>

## Talk Zone

Counselling for children and young people in Bassetlaw, aged 11-25.

→ Call 01909 530943 or Text 07368 323945 (*alternatively contact your GP*)

Web <https://bit.ly/2RXDbP8>

## Every Mind Matters

Providing expert advice and practical tips to help you look after your mental health and wellbeing.

→ Web <https://bit.ly/3cJWHqF>

## Family Lives

Help and support for families that are struggling with their relationships or during periods of change.

→ Call 0808 800 2222

Email [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Web <https://bit.ly/3cJWHqF>

## DISABILITY & OTHER SUPPORT

### **A Place To Call Our Own (APTCOO)**

Support for those who experience barriers created by having special educational needs (SEND) or learning disabilities.

→ Call 01623 629902

### **Coronavirus advice in BSL / Nottinghamshire Deaf Society**

Deaf or care for someone who is Deaf? Need a BSL Interpreter?

→ Web <https://bit.ly/2RVptaL>

Text 07792 226250 *(or send a video via WhatsApp)*

Email [NSLIS@nottsdeaf.org.uk](mailto:NSLIS@nottsdeaf.org.uk)

### **FREED Beeches**

Eating disorders services providing counselling and therapies. Accepting referrals via email, phone, GP and other professionals. Working on reduced hours, Mon to Fri, 09:30 to 13:30.

→ Call 01909 479922

Email [info@freedbeeches.org.uk](mailto:info@freedbeeches.org.uk)

## BEREAVEMENT

### **Listening Ear**

Support for those bereaved during the Coronavirus pandemic. A service for anyone who has lost a loved one and who needs support, advice or guidance.

→ Call 0800 048 5224

Web <https://bit.ly/3eILqbO>

Available Mon to Fri, 10am to 5pm

### **Children's Bereavement Centre**

Charity that supports local children and their families affected by death or terminal illness.

→ Call 01636 551739 *(leave a voicemail)*

Email [info@childrensbereavementcentre.co.uk](mailto:info@childrensbereavementcentre.co.uk)

### **Bassetlaw Bereavement Care at Bassetlaw Hospital**

No longer can offer face-to-face but still supporting over the phone or email.

→ Call 01909 572779

### **Harmless**

Bereavement support for individuals who have been bereaved by suicide.

→ Email [info@harmless.org.uk](mailto:info@harmless.org.uk)

## GENERAL WELLBEING



*For medical advice and support contact your GP or NHS 111.*

*999 and Bassetlaw Hospital A&E are still open for serious life-threatening conditions that needs immediate medical attention.*

*Download the NHS App >>>>>>>>*



### **Call for Care / Rapid Response**

If you require an urgent response to prevent a hospital admission. If you have had a non-injury fall. If your carer is not coping.

→ Call 01623 781899 (opt 1) (Mon to Fri, 8am to 8pm)

### **Dentist**

Need urgent dentist advice or treatment? Open for emergencies.

→ Call your usual dentist or NHS 111.

### **Sexual Health, Bassetlaw TriHealth**

Open for telephone support and emergency appointments. All ages.

→ Call 01909 571571 (Mon to Thu, 9am to 5pm. Fri, 8:30am to 4:30pm)

### **Aurora**

Supporting people affected by cancer and their families during this difficult time.

→ Call 01909 470985 / 07591 952496 (Mon to Fri, 9am to 5pm)

### **Primary Care Network Social Prescribing Link Workers, BCVS and Bassetlaw NHS**

'Link Workers' give people time to talk about what matters to them and provide support that may help to improve a patient's health and wellbeing.

→ Larwood & Bawtry	Sonya Bown	07923 256978
Newgate	Jess Allman	07923 256969
Retford & Villages	Dave Bacon	07923 256967

### **Your Health Your Way**

Help residents get active, eat healthier, manage your weight, drink less alcohol and stop smoking.

→ Self Refer <https://bit.ly/2RYWEiN> (alternatively contact your GP)

## PHYSICAL ACTIVITY - FITNESS

### **Fitness and Fun for Everyone**

Seated and gentle exercise sessions for people of all ages and abilities.

→ YouTube <https://bit.ly/2zk30CM>

### **Your Health Your Way**

Help residents get active, eat healthier, manage your weight, drink less alcohol and stop smoking.

→ Self refer at <https://bit.ly/2RYWEiN> (alternatively contact your GP)

### **Get Active Bassetlaw**

Local organisations in Bassetlaw have collected trusted information to help ALL people be active in and around their home during the coronavirus outbreak so that we can all stay in and work out.

→ Web <https://bit.ly/3eHlcpX>

Call 01777 709650

### **BPL home workouts**

Your local leisure centre organisation, BPL, have prepared online home workouts.

→ YouTube <http://bit.ly/BPLHomeWorkouts>

App 'Your Space' by Barnsley Premier Leisure

## DOMESTIC VIOLENCE - ABUSE

### **ISAS**

Local Bassetlaw support for those who have experienced sexual violence in their lives.

→ Call 0115 824 0314

### **Farr Centre, Nottinghamshire Women's Aid**

Local Bassetlaw safe environment for women, with ongoing support, advice, and therapies.

→ Call 01909 533610 (Mon to Fri, 9am to 5pm) or 0808 800 0340 (24/7)

### **Equation**

Domestic abuse service for men affected by abuse in Nottinghamshire.

→ Call 0115 960 5556 (Mon to Fri, 9:30am to 4:30pm)

### **Topaz Centre**

Crisis support for adult who have been sexually assaulted or raped. Nottinghamshire.

→ Call 0800 085 9993 (24/7)

## **CGL (Change Grow Live), Bassetlaw**

Providing support to make changes around your drinking or drug use.

- Call 0115 896 0798
- Email [notts@cgl.org.uk](mailto:notts@cgl.org.uk)
- Online chat <https://bit.ly/2zeVIWa>
- Web <https://bit.ly/2KqDPAU>

## **Alcoholics Anonymous**

Get help with a drinking problem.

- Call 0800 917 7650
- Email [help@aamail.org](mailto:help@aamail.org)
- Web <https://bit.ly/2xPIIBQ>

## **Narcotics Anonymous**

Online meetings to deal with drug problems are available.

- Call 0300 999 1212
- Web <https://bit.ly/3bvFCjZ>

## **Gamblers Anonymous**

Online chat and online meetings are available, get support for gambling.

- Call 0330 094 0322
- Web <https://bit.ly/3cvPfPI>

## **GamCare**

How safe is your gambling? Call, live chat, group chat, forum, free self help resources.

- Call 0808 8020 133
- Web <https://bit.ly/3eIyGSw>

## **Addiction Therapy Care**

One to one therapy for those who struggle with addiction. Help with alcohol, drug, gambling, and other behavioural additions.

- Call 0115 971 1900
- Email [chris@addictiontherapy.care](mailto:chris@addictiontherapy.care)
- Web <https://bit.ly/2RXmF1S>



## **East Midlands Children & Young People Sexual Assault Service**

Crisis support for under 18s who have been sexually assaulted, abused, or raped.

→ Call 0800 183 0023 (24/7)

## **CAMHS Crisis Resolution & Home Treatment team**

For children and young people 0-18 with mental health crisis and/or risk of immediate and significant self-harm.

→ Call 0115 854 2299 or 0115 844 0560 (24/7)

## **Children's Sleep Charity**

Providing appropriate sleep advice and support for parents/carers of ages 1-19.

→ Call 01302 751416

Email [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk)

## **Health for Teens/Kids**

A new and different way for young people to learn about their health. Health promotion.

→ Teens [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Kids [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

## **Talk Zone**

Counselling for children and young people in Bassetlaw, aged 11-25.

→ Call 01909 530943 or Text 07368 323945 (alternatively contact your GP)

Web <https://bit.ly/2RXDbP8>

## **Advice for parents during coronavirus**

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured.

→ Web <https://bit.ly/2Kn3Cty>

## **Transform – free online workshops**

Workshops to support children and adult's wellbeing during lockdown.

→ Web <https://bit.ly/2yBDIF4>

## **Speech and Language Therapy Service, Bassetlaw NHS**

Support ages 0-16 with speech, communication, feeding and swallowing difficulties.

→ Call 01302 642633

## BUSINESS AND EMPLOYMENT SUPPORT

### Government support - grants

The government has set out a package of temporary, timely and targeted measures to support public services, people and businesses through this period of disruption caused by COVID-19.

→ Web <https://bit.ly/2XyoBL5> (local Bassetlaw link)

### Claim through Coronavirus Job Retention Scheme

Claim for 80% of your employee's wages plus any employer National Insurance and pension contributions, if you have put them on furlough because of coronavirus.

→ Web <https://bit.ly/2VSyrf5>

### Self-employed

What to do if you're self-employed and getting less work or no work.

→ Web <https://bit.ly/34WT65D>

### Unemployed

What to do if you were employed and have lost your job.

→ Web <https://bit.ly/2VObQQT>

## VOLUNTEERING

### How to stay safe whilst volunteering

Volunteering is playing an integral part in keeping the Bassetlaw community going, so it is important that we are all aware on 'How to Stay Safe' whilst carrying out these essential tasks.

→ Web <https://bit.ly/2VRGnws>



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Do you have details to share? Please email:*

[goodsam@bcvs.org.uk](mailto:goodsam@bcvs.org.uk)