**Covid-19 Support/Resources**

Please find below resources shared with us. You will need to check they are suitable, current and up to date. You can cut and paste the links to your browser.

**Facebook / Mutual Aid / Community Groups**

* In Facebook, search **COVID 19 SUPPORT GROUP** followed by the area, and look in groups.
* Bideford

<https://www.facebook.com/groups/bidefordcommunity/?ref=br_rs>

* Holsworthy (07430 633055 – text for support)

<https://www.facebook.com/groups/1230852347110859/>

* Great Torrington

<http://www.great-torringtontowncouncil.gov.uk/coronavirus-information>

* Barnstaple

<http://www.facebook.com/groups/200204984640227/>

* Braunton, Knowle and Wrafton (community support and volunteers)

<https://brauntoncommunity.org/>

**Support**

* TTVS Support  
  If people need help, they should call 01237 420130 and leave a message. Someone will get back to them.
* Devon Carers SupportDevon Carers have compiled a list of community organisations, groups and businesses offering practical support, grocery delivery, delivery or collection of prepared meals and other types of support in your area<https://devoncarers.org.uk/help-during-coronavirus-community-support/?fbclid=IwAR1uPb3mq8-8oD64VKAIDPMOuqo6EP2THYbnXeFWrRsk8AbPHdviY80crLk>
* **Encompass**Welfare benefits, Money, Housing, Mental health support – 01271 371499

**Further Advice and Information**

* Health advice online  
  <https://111.nhs.uk/covid-19>
* CBBC information about Coronavirus for children  
  <https://www.bbc.co.uk/newsround/51861089>
* A popular cartoon/workbook around Coronavirus for young children  
  <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>
* Advice for parents about talking with children about Coronavirus comes from Unicef   
  <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
* Here is a social story about Coronavirus designed for children on the autistic spectrum  
  <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>
* Get Coronavirus support as a clinically extremely vulnerable person  
  <https://www.gov.uk/coronavirus-extremely-vulnerable>
* The Government has launched Coronavirus service on Whatsapp <https://twitter.com/DHSCgovuk/status/1242813027189239811?s=20>  
  The free service is an automated ‘chatbot’ that will provide information on coronavirus prevention and symptoms, the latest number of cases in the UK, advice on staying at home, travel advice and myth busting. More information can be found on the [Government website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9..Hd8S7doRmfIy7-9O8u39sUdUg2eDPUePPS_fLnN0dHA/br/76809607472-l).

## **DCC interactive map to help you find community groups operating near you that are offering help to residents who need it. We also have advice for setting up local support groups, including getting in touch with your local Council for Voluntary Service (CVS) and letting us know so we can point people to you** <https://www.devon.gov.uk/coronavirus-advice-in-devon/document/community/>

**Mental Health**

* Talk Works  
  There is information about it on their website and they accept self-referrals   
  <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/covid-19-and-anxiety>
* MIND  
  Advice about maintaining wellbeing <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
* MIND  
  Offering a chat line (CHATTY 10) where you can call for a 10 minute chat Monday – Friday, 9am-5pm - 01752 512280  
  <https://www.facebook.com/MindDevon/photos/a.873376039385722/2938533799536592/?type=3&theater>

**Grants**

* Chances for Children  
  Our grants will, as always, be targeted at improving the social and emotional wellbeing of children and young people and their capacity to engage in education and learning. However, they will be tailored to meet current and changing needs as the immediate, and longer-term, impact of the crisis becomes clear  
  <https://www.buttleuk.org/news/buttle-uks-covid-19-response>
* BBC Children in Need Emergency Essentials Programme  
  Supports children and young people who are facing exceptionally difficult circumstances, and is delivered by Family Fund Business Services. The programme provides items that meet a child’s most basic needs such as a bed to sleep in, a cooker to provide a hot meal and other items or services critical to child’s wellbeing. <https://www.familyfundservices.co.uk/emergency-essentials/>
* Fullabrook Emergency Funding  
  Emergency support for people living in the parishes of Ashford, Berrynarbor, Bittadon, Braunton, East Down, Georgeham, Heanton Punchardon, Ilfracombe, Marwood, Mortehoe, Shirwell, West Down, and West Pilton.
* Princes Countryside Fund  
  The Princes Countryside Fund is a Covid-19 emergency fund and is aimed at farming businesses, rural businesses and rural communities who are providing emergency response services and need some additional funds
* The Devon Community Foundation  
  The Devon Community Foundation have set up a Covid-19 response and recovery fund. All available to apply through:  
  <https://northdevon.gov.uk/coronavirus/communities-and-voluntary-sector-support/support-for-groups-and-volunteers/>
* DCC webpage  
  Listing the grants that have been launched for organisations and individuals in need of financial support as a result of the coronavirus outbreak.  
  <https://www.devon.gov.uk/fundingnews/fund/devon-county-council-covid-19-grant-funding-webpage/>

**Free Online Activity/Learning Resource Ideas:**

* Dyspraxia FoundationNEW Information Sheet launched - 'Physical Activities for Children and Young People': Keeping physically active is important to ensure healthy growth and development and to reduce anxiety, depression and improve self esteem

<https://dyspraxiafoundation.org.uk/wp-content/uploads/2020/03/Physical-Activities-for-Children-and-Young-People-March-2020.pdf>

* Action for Children  
  Lots of fun and creative ideas.  
  <https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>
* BBC Bitesize  
  **Use BBC Bitesize to help with homework, revision and learning.** Find free videos, step-by-step guides, activities and quizzes by level and subject.  
  [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)
* CBeebies  
  Lots of activities to do with children  
  [www.bbc.co.uk/cbeebies](http://www.bbc.co.uk/cbeebies)
* Contact Charity  
  Entertaining children at home blog  
  <https://contact.org.uk/news-and-blogs/entertaining-children-at-home/>
* Devon Libraries  
  Devon Libraries have expanded their range of eBooks, eAudiobooks, eMagazines and online resources in their Digital Library in order to ensure that they are widely available during school and library closures. There is also a wide range of children’s eBooks and eAudiobooks available. For more information about how to sign-up, download and stream the digital resources, visit the website.  
  <https://www.devonlibraries.org.uk/web/arena/catalogue>
* Disability Grants  
  A bumper collection of Home Education Resources both traditional and interactive  
  <https://www.disability-grants.org/home-education-resources.html?fbclid=IwAR1nEir4oUjNBgCO8crt8nUM59TGSkng4H-03baslTyHyIGI64Mig2-qAIg>
* Disneyland have just released a virtual viewing of their ‘Magic Happens’ parade on YouTube.
* Draw with Rob  
  Rob Biddulph will be posting a draw-along video every Tuesday and Thursday at 10am  
  <http://www.robbiddulph.com/draw-with-rob>
* Headspace are offering free mindfulness and meditation support. Also a free section for meditation and movement called weathering the storm  
  <https://www.headspace.com/>
* Lego 30 day challenge  
  Free printable  
  <https://viewsfromastepstool.com/lego-challenge-printable/>
* RSPB Fun Activities  
  <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>
* TwinklFree learning resources<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen>
* Oxford Owl  
  [eBook library](https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/), containing over 100 free eBooks. The eBooks have been developed for children aged 3–11, to teach them to read using phonics  
  <https://home.oxfordowl.co.uk/books/free-ebooks/>
* Virtual Museum Tours  
  Expand Your Horizons Without Leaving Your House  
  <https://www.top10.com/virtual-museum-tours>
* Yoga poses for children  
  <https://www.yogajournal.com/poses/yoga-for/kids>
* [worldbook.kitabook.com](http://worldbook.kitabook.com) I have heard is offering free audio books for children

**Useful Emergency Contact Numbers:**

* NHS Helpline

Non-emergency - **111**Use **999** if a medical emergency.

* Multi Agency Safeguarding Hub  
  If you are concerned about your own safety or that of a child or young person  
  **0345 155 1071**
* National Domestic Abuse Helpline (Devon)  
  **0808 2000 247** (24 hours)Use **999** if you are in immediate danger.
* YoungMinds Crisis Messenger  
  free 24/7 support across the UK if you are a young person experiencing a mental health crisis.  
  If you need urgent help **text YM to 85258**
* Samaritans  
  **116 123** (24 hrs)
* Citizens Advice Bureau National Helpline  
  **03444 111 444**