

## Support available in Barnet

# KEY CONTACTS

### Urgent medical help

GP/ NHS 111

NHS 999 as required

### Emergency home repairs

Barnet Homes

020 8080 6587

### Social care for adults

Social Care Direct

[socialcaredirect@barnet.gov.uk](mailto:socialcaredirect@barnet.gov.uk)

020 8359 5000

### Support for children/young people

MASH

[mash@barnet.gov.uk](mailto:mash@barnet.gov.uk)

020 8359 4066

### Mental health crisis intervention and support

Barnet, Enfield and Haringey Mental Health NHS Trust Crisis

Resolution Team

020 8702 4040

### COVID-19 response information

London Borough of Barnet

[www.barnet.gov.uk/covid19](http://www.barnet.gov.uk/covid19)

[engage.barnet.gov.uk/communityhelphub](http://engage.barnet.gov.uk/communityhelphub)

[engage.barnet.gov.uk/help-available](http://engage.barnet.gov.uk/help-available)



# VOLUNTEER SUPPORT

## The NHS Volunteer Responder Scheme

A NHS Volunteer Responder\* can support residents with:

- collecting shopping, medication or other essential supplies (if friends/family cannot help)
- a regular, friendly phone call
- transport to medical appointments for someone who is COVID negative

\*Local volunteer will be DBS checked

The scheme can help anyone who lives in England who needs to self-isolate, and those who choose to stay at home because they are cautious about going out during COVID-19.

**0808 196 3646**

Open 8am to 8pm

[www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk)



## Over 55's Age UK Barnet Service

Barnet Council has a contract with AGE UK Barnet to provide support to over 55s in the Borough, services include:

- non-urgent shopping/ prescription pick up service (small subscription fee)
- guidance on how to access online supermarket delivery slots
- a friendly chat with a volunteer
- handyman scheme
- activities
- help getting online

**020 8203 5040**

Open 9am to 5pm, Mon-Fri

[info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk),  
[www.ageuk.org.uk/barnet](http://www.ageuk.org.uk/barnet)

# SHOPPING

*In addition to the NHS volunteer and Age UK Barnet shopping service*

## Priority home delivery slots

Priority home delivery slots for Tesco and Iceland are available if the resident:

- is not able to go to the shops themselves or do not have friends or family to support them accessing food;
- can buy their own food;
- and can order food online.

Call **0808 231 3210** to be assessed for the scheme.



## Clinically Extremely Vulnerable residents

Clinically Extremely Vulnerable residents can register for priority supermarket slots with Asda, Iceland, Morrison's, Ocado, Sainsbury's, Tesco or Waitrose by completing a form at [www.gov.uk/coronavirus-shielding-support](http://www.gov.uk/coronavirus-shielding-support)

Resident must have a supermarket online account and will need their NHS number. They should answer:

- No, I cannot rely on someone to go shopping for me
- Yes, I want priority access to supermarket deliveries

## Vulnerable and elderly residents

Vulnerable and elderly residents can order essential food items at Morrison's by calling **0345 611 6111**.

## Foodbanks

A list of foodbanks can be found at [www.barnet.gov.uk/directories/food-banks](http://www.barnet.gov.uk/directories/food-banks)

# FINANCIAL HELP

## Benefits, grants and financial advice

[www.barnet.gov.uk/benefits-grants-and-financial-advice](http://www.barnet.gov.uk/benefits-grants-and-financial-advice)

## Test and Trace self-isolation payment

[www.barnet.gov.uk/coronavirus-covid-19-latest-information-and-advice/employment-skills-and-financial-help-covid-19-5](http://www.barnet.gov.uk/coronavirus-covid-19-latest-information-and-advice/employment-skills-and-financial-help-covid-19-5)



There are lots of different organisations that can help with a range of information and advice, support to manage money, maximise income, and can help with debt or if you need financial assistance.

## **BOOST**

Provides advice on employment, housing, benefit application and income maximisation, as well as a skills and wellbeing service.

**020 8359 2442**

[boost@barnet.gov.uk](mailto:boost@barnet.gov.uk)

[boostbarnet.org](http://boostbarnet.org)

## **Citizens Advice Bureau**

Free, independent, confidential and impartial advice and guidance, including debt and legal advice.

**0300 456 8365**

[barnetcab.org.uk/our-services/](http://barnetcab.org.uk/our-services/)

## **Green Doctors**

Personalised energy advice (free pre-booked telephone consultations)

**0300 365 3005**

## **Rainbow Money Advice**

Money advice, including debt, budgeting, and benefits.

**07981 760399 / 020 8441 9837**

[moneyadvice@barnetcp.org.uk](mailto:moneyadvice@barnetcp.org.uk)

## **Age UK Barnet**

Free, confidential information and advice on welfare and benefits, housing or support services.

**020 8432 1417**

[info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)

# MENTAL HEALTH AND WELLBEING SUPPORT

## **Barnet Wellbeing Hub**

Offers emotional health checks, talking therapies, activities, advocacy, information and advice.

0333 344 9088

[info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

## **Mind in Barnet**

Offers COVID-19 Bereavement and Counselling Service.

020 8446 3676

[bereavement@](mailto:bereavement@mindinbarnet.org.uk)

[mindinbarnet.org.uk](http://mindinbarnet.org.uk)

## **Rethink NCL Support After Suicide**

07463 368 700

[supportaftersuicide@rethink.org](mailto:supportaftersuicide@rethink.org)

## **Wellbeing community support**

Anyone with additional needs	<b>Touchpoint Barnet</b> (Inclusion Barnet)
Learning disability/Autism	<b>Barnet Mencap</b>
Adult and young carers	<b>Barnet Carers Centre</b>
Personal Assistance	<b>PA Choices, NHS Choices search, care directory</b>
Drug/alcohol support	<b>Change Grow Live</b>
Hearing impairment	<b>Jewish Deaf Association</b> (open to all faiths) <b>RNID</b>
Visual impairment	<b>Sight Impairment Group</b> <b>Middlesex Association for the blind</b>
Library	<b>Home library service</b>
LGBT community support	<b>Switchboard</b>
Volunteering	<b>Volunteering Barnet</b>