

Greenwich Carers Centre

Coronavirus Resource Directory

The information contained in this directory is up to date at time of print but due to the fast changing nature of the current pandemic the information will change and be updated regularly. Please contact a Greenwich Carers Centre support officer for the latest version.

March 2020

Statutory	Royal Borough of Greenwich	Includes contingency plan and well-being plans Regular update on impact upon services. Opportunity to sign up for email updates and daily bulletins www.royalgreenwich.gov.uk/coronavirus
	NHS	Advice Page <ol style="list-style-type: none"> 1. Advice for everyone 2. Advice for people at high risk 3. Symptoms and what to do 4. Self-isolation if you or someone you live with has symptoms 5. More information https://www.nhs.uk/conditions/coronavirus-covid-19/ Covid-19 self-assessment https://111.nhs.uk/covid-19
	UK Government	General instructions and guidance https://www.gov.uk/coronavirus

	World Health Organisation	<p>COVID-19: guidance for households with possible coronavirus infection https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</p> <p>Support for the extremely vulnerable Registration for people with a medical condition that makes them extremely vulnerable to coronavirus. For example help getting deliveries of essential supplies like food. https://www.gov.uk/coronavirus-extremely-vulnerable</p> <p>General instructions and guidance https://www.who.int/health-topics/coronavirus#tab=tab_1</p>
Food suppliers	<p>The New Covent Garden Market</p> <p>The Charlton Village Grocers</p>	<p>The new Covent Garden market is 75% down in sales. fresh fruit and veg need to be sold so they're going to start selling boxes to people rather than companies. People can sign up for home delivery veg and fruit boxes. They can deliver milk, bread etc. too www.newcoventgardenmarket.com</p> <p>Currently a good stock of fruit and vegetables. They will do free local delivery to carers and older people. Please advise carers when they make</p>

	<p>Lea Valley Foods</p> <p>Urban food service</p>	<p>0208293 4293 2 Westmoor Street Greenwich Peninsula SE7 8NR</p> <p>Due to the Covid-19 outbreak, Urban Foodservice is now offering our wholesale delivery services to the general public - no trade account required! https://www.urbanfoodservice.co.uk/contact 0370 727 0707</p>
<p>Emotional Support</p>	<p>Greenwich Carers Centre</p> <p>NHS</p>	<p>Whether you want to chat, require practical support or just need some advice – we are here! Our friendly and committed team are now providing a telephone support service which you can access between 9am and 5pm Monday to Friday. You can reach our support team on 07423 110 805 and 07423 108 4468</p> <p>Short quiz to get individualised tips and and advice for emotional wellbeing https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/</p>