

# Lived Experience Mental Well- being Resources pack

A collaboration between Oxleas Lived Experience Practitioners/Lived Experience Trainees & SLAM Trainees/ Oxleas LEN and Networks (Mental Health Lived Experience Staff Network)

Amy Wattingham – Lead Lived Experience Practitioner Oxleas NHSFT  
Oxleas LEN ( Lived Experience Mental Health ) Network Chair



Lived  
Experience  
Project



South London  
and Maudsley  
NHS Foundation Trust

Included is information on keep Mentally well during this challenging time , it has been collated by Myself , Lived Experience Practitioners , Lived Experience Practitioner Trainees across Oxleas and SLAM and the LEN /LGBTQ/BAME/DAG Networks this has been collated from educational resources /Internet searches and contacts in the 3<sup>rd</sup> Sector this is not an exhaustive guide please use it to help assist at this challenging time. Thank you all.

Amy Wattingham – Oxleas Lead Lived Experience Practitioner  
Oxleas Network Chair of LEN ( Mental Heath Lived Experience Network )

**\*Please be Mindful to be safe on line information on keeping safe on line can be found:**

<https://www.gov.uk/>

**Please Read carefully**

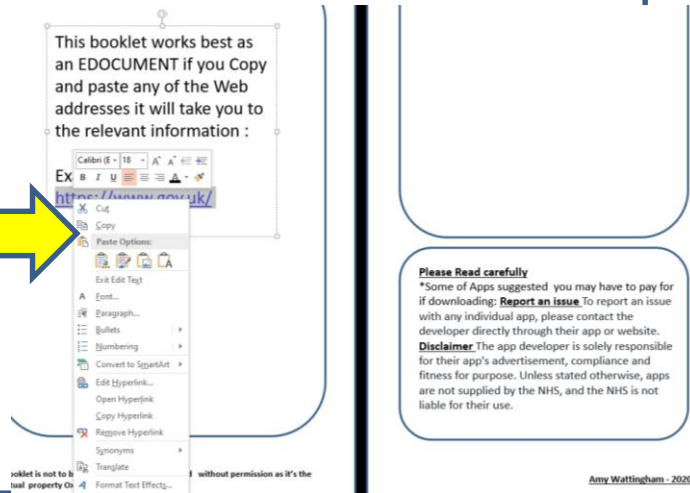
\*Some of the Apps suggested you may have to pay for if downloading: **Report an issue** To report an issue with any individual app, please contact the developer directly through their app or website. **Disclaimer** The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

## Guide to using Booklet Web links :

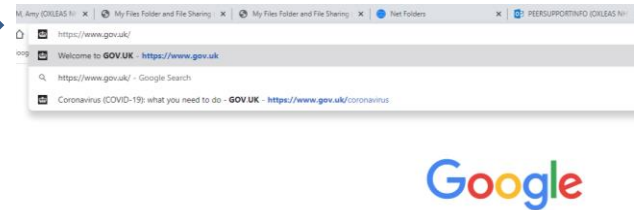
This booklet works best as an EDOCUMENT if you Copy and paste any of the Web addresses it will take you to the relevant information :

Example : <https://www.gov.uk/>

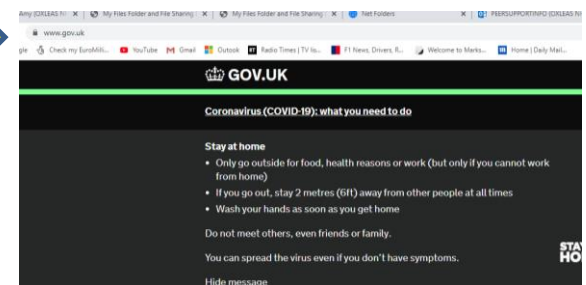
**COPY**



**PASTE**



**ENTER**



# Check in with Staff

Have a meeting on ZOOM or WebEx or a coffee break catch up .

Check-in with colleagues.... I have been ringing colleagues who I share an office with to check-in with them all ....

Amy Wattingham – LEN Network chair



<https://zoom.us/signup>



<https://www.webex.com/>

## **Please Read carefully**

\*Some of the Apps suggested you may have to pay for if downloading: **Report an issue** To report an issue with any individual app, please contact the developer directly through their app or website. **Disclaimer** The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

# Volunteering during COVID-19

I hope this finds you well and keeping safe.

Over the past few weeks we have had numerous e-mails and phone calls from staff and volunteers working across Oxleas who would like to be able to offer up additional capacity to help with responding to COVID-19.

In order to facilitate the process and to be able to match these to the most appropriate need we have created a short survey for you to complete if you are interested.

<https://www.smartsurvey.co.uk/s/DG1GAH/>

Please remember that if you are in a clinical role you may be asked to undertake other clinical responsibilities as time goes on and we don't want to detract you from this at all, so presently we are expecting responses from those staff members that are in non-clinical areas and may have some additional capacity whilst working from home.

Any queries, please don't hesitate to contact me.

Kind Regards  
Japleen Kaur  
Head of Volunteering Services, Lived Experience Practitioner  
Programme  
and Service User Involvement Lead (Trust-Wide)  
[02083019406](tel:02083019406)/487

If any of you are external to Oxleas ( not received DBS from Oxleas and are not a current volunteer ) and you are interested in volunteering at this time to get Lived Experience .

You can apply to volunteer via the national programme being run by NHS England, please follow the link below to apply.  
<https://www.england.nhs.uk/2020/03/your-nhs-needs-you-nhs-call-for-volunteer-army/>

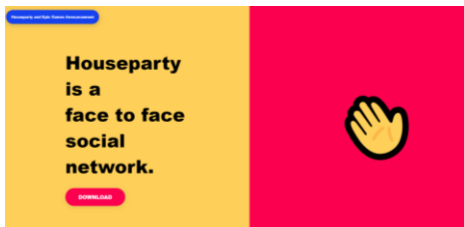
We greatly appreciate everyone's offer of support and help during this time. Keep safe and well.

Please do not hesitate to contact if you require any further information.

Many thanks  
Japleen Kaur - Head of Volunteering Services, Lived Experience  
Practitioner Programme  
and Service User Involvement Lead (Trust-Wide)  
[02083019406](tel:02083019406)/487

# Using App House party to connect with friends .

I had a “brunch” with my girlfriends and we are also planning a “dinner party” where we all eat in our own houses but we can see each other all eating and its sociable , this really helps during this time when we could be lonely , and really helps Mental Health well Being .



<https://houseparty.com/>

Ria - Lived Experience Trainee

# Support Group

Covid Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK.

We focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need. We recognise that injustice doesn't affect everyone equally and whilst we're all at risk of Covid-19, there are some people who are more vulnerable and need greater support from the community.

Find a support group in your area: <https://covidmutualaid.org/>

Denise - SLAM Lived  
Experience/Peer worker  
Trainee

Here is a link to the MIND website offering support with the Coronavirus and wellbeing.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Best Wishes,  
Katharine - Network Member

Three useful resources sent out by psychologists

Chatter pack - loads of ideas and resources  
<https://chatterpack.net/>

Free guide to living with worry and anxiety amidst global uncertainty -  
[www.psychologytools.com](http://www.psychologytools.com)

Mental health foundation has helpful information - <https://www.mentalhealth.org.uk/>

**Hazel - Community Bridge Builder**  
**- Lived Experience Practitioner**

## **What has helped me personally**

Mindfulness and noticing nature

- Jon Kabat Zinn - especially the body scan on YouTube
- <https://www.mindfulnesscds.com/pages/about-the-author>
- Plum Village on YouTube a Buddhist monastery in France under lead of famous Buddhist monk Thich Nhat Hanh. They do talks and live meditations. Live chat from all over the world. Gives a different way of looking at the current crisis which I've found helpful:  
<https://www.youtube.com/channel/UCcv7KJlAsiddB2YRegvrF7g>
- Daily Stoic on YouTube - also a different way of looking at stuff  
<https://dailystoic.com/>

## **Art and Culture**

Visual art tours eg Royal Academy's current exhibition

<https://www.royalacademy.org.uk/exhibition/project-virtually-real>

Dragon Café- Mental Health drop in in Southwark helpful emails

<https://dragoncafe.co.uk/>

Will Gomep 'Culture from your sofa' on BBC gives

suggestions <https://www.bbc.co.uk/news/av/entertainment-arts-52124267/culture-from-your-sofa-five-best-activities-to-see-or-hear-online-for-free>

Bethlem Gallery - website <http://bethlemgallery.com/>

Art tutorials on line Eg Mr Wilson Teaches or in the studio art instruction both

on [https://www.youtube.com/playlist?list=PLgUYRTUGj\\_objV98OKPf9d-KzprXTE1](https://www.youtube.com/playlist?list=PLgUYRTUGj_objV98OKPf9d-KzprXTE1)

National Theatre live streaming every Thursday eve at 7 pm -

<http://ntlive.nationaltheatre.org.uk/>

David Hockney's piece yesterday on BBC also on BBC Facebook -

<https://www.bbc.co.uk/news/av/entertainment-arts-52117010/one-of-david-hockney-s-animated-paintings-from-normandy>

## **Other things**

Shout - crisis texting service <https://www.giveusashout.org/>

Beyond Blue - Australian website looks

good <https://www.beyondblue.org.au/>

**Hazel - Community Bridge Builder**  
**- Lived Experience Practitioner**

## **Physical wellbeing**

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you-cant-go-out>

## **Mental wellbeing**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

[https://www.samaritans.org/how-we-can-help/contact-samaritan/?gclid=EAlaIqobChMI-IG8uOm36AIVibHtCh1Mwg48EAAYASAAEglwFPD\\_BwE](https://www.samaritans.org/how-we-can-help/contact-samaritan/?gclid=EAlaIqobChMI-IG8uOm36AIVibHtCh1Mwg48EAAYASAAEglwFPD_BwE)

## **Emotional wellbeing**

[https://www.nationaldahelpine.org.uk/?gclid=EAlaIqobChMlv\\_qAzOm36AIVx7TtCh2IlwAhEAAYASAAEgIS8PD\\_BwE](https://www.nationaldahelpine.org.uk/?gclid=EAlaIqobChMlv_qAzOm36AIVx7TtCh2IlwAhEAAYASAAEgIS8PD_BwE)

[http://www.safelives.org.uk/policy-evidence?gclid=EAlaIqobChMlv\\_qAzOm36AIVx7TtCh2IlwAhEAAYAiAAEgKkBFd\\_BwE](http://www.safelives.org.uk/policy-evidence?gclid=EAlaIqobChMlv_qAzOm36AIVx7TtCh2IlwAhEAAYAiAAEgKkBFd_BwE)

<https://www.thesilverline.org.uk/what-we-do/>

## **Financial**

[https://www.myrtwellbeing.org.uk/financial-support/emotional-grants/food-vouchers?gclid=EAlaIqobChMI44qrwPW36AIVF57VCh2fMgvuEAAYASAAEgJMAPD\\_BwE](https://www.myrtwellbeing.org.uk/financial-support/emotional-grants/food-vouchers?gclid=EAlaIqobChMI44qrwPW36AIVF57VCh2fMgvuEAAYASAAEgJMAPD_BwE)

## **Working from home**

<https://www.shponline.co.uk/lone-working/home-working/>

**Dean Grace-Hicks -Staff Engagement  
Project Manager  
Oxleas LGBT+ Network Vice-Chair**

## **Ways to help change your thinking -**

<https://www.instagram.com/p/B-JoXAmIHMe/?igshid=1119d4pcuyjzt>

## **Ways to ease anger -**

<https://www.instagram.com/p/B-Hr44alxOB/?igshid=o1653hecml29>

## **Things to remember if it's all going wrong -**

<https://www.instagram.com/p/B9-GWi6lhYq/?igshid=13zrucagjytw>

**Thanks**

**Catherine - SLAM Lived  
Experience Peer worker Trainee**



# 9 Tips

1. It is useful to keep up-to-date with what's going on in the news, especially, because it's important to be aware of any updates on Coronavirus namely, any health advice or changes that may affect all of us and to avoid watching/listening/reading the news for great lengths of time during each day. Instead, set a strict time limit each day which will give you the chance to keep up-to-date on developments without becoming transfixed and obsessed with what's happening, which isn't helpful.
2. Alternatively, you can perhaps, catch up on a series or watch a film, especially ones that make you laugh.
3. Enjoy any hobbies you have, or haven't done for some time. If you are not able to do this because of current advice on COVID-19 (outside your hobby), then think of a new one you could enjoy indoors.



Instagram for sharing pictures from walks ...  
Create a profile

# Hobbies

Painting, drawing, write short stories, poetry, crotchet, knitting, construct that plastic model of the 'Golden Hind Ship' that is still in its box. Build a bird box, learn and practice Calligraphy, put that Jigsaw puzzle Auntie Mabel bought you 2 Christmases ago and have a go at a crossword. Also dancing to any old tunes (Absolute Radio 60s, music programme) to keep you active.

Do whatever turns you on, just be yourself, and use those unique creative skills (even those talents that are a bit rusty) that each one of you possess or didn't know you had.

4. Try and learn something new, researching on-line, via 'YouTube' and on 'BBC iPlayer', or reading books etc. Perhaps, improve your knowledge of local history, quantum mechanics, whatever you fancy learning.

5. Read books and maybe, there is an old dusty book in your home collection that you always intended to read but haven't, now is your chance!

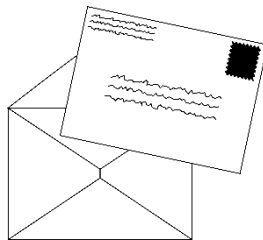
Ray - Lived Experience Trainee

# Hobbies

6. Practise “**mindfulness**”. Again, there is a lot of information, how to do this and that, as well as actual sessions of 5 minutes and longer on-line and on ‘YouTube’.

7. Try and do some indoor exercise. Again, there’s lots of ways to do this on-line if you want to try something new; namely, Yoga and Pilates. If not, whack on one of your favourite tunes or switch on the radio, and dance.

8. Phone, text, email, Skype, Facebook or send a letter (hey that’s something that most of us haven’t done for a while and the postman are still working), even send a carrier pigeon! (Joke) to someone you haven’t spoken or written to for some time; they will probably appreciate it too.



9. Volunteer to help others through one of the national groups - NHS, or Royal Voluntary Service, or look at your local council website for more local ways to volunteer.

Helping others helps divert our focus from our own problems and our worries, and helps us to concentrate our attention on something/someone else.

You can apply to volunteer via the national programme being run by NHS England, please follow the link below to apply.

<https://www.england.nhs.uk/2020/03/your-nhs-needs-you-nhs-call-for-volunteer-army/>

We greatly appreciate everyone's offer of support and help during this time. Keep safe and well.

I hope in some way these might prove helpful,

Ray - Lived Experience Trainee

# Tips for self isolation



**Make sure you stay connected.**

**Text, call, FaceTime  
and interact with others  
via social media on a daily basis.**

**Make a plan with your close  
friends and family to check  
in on each other regularly.**

**Plan some activities.**

**If you have the means to do  
so, take up a new hobby  
or learn how to play an instrument.**

**Find some new series to watch  
or read a book that you  
have been meaning to get  
stuck into.**

**Now is the time to dig  
out those jigsaws and board games!**

**If you attend any clubs/meet ups/  
classes and are worried about the  
daunting prospect of feeling lonely  
without them; see if they have any  
online forums or any plans to take  
make these available on their website.  
Many organisations are aware of the  
need to keep the community going.**

**Keep to your routine.**

**Keep getting up at the same time  
everyday. Keep your mealtimes and  
any other activities you do exactly the  
same.**

**This will help with structuring your  
time and keeping the anxiety at bay.**

**Stay up to date with the news but choose  
your websites carefully.**

**There is a lot of scare mongering going on  
and of course, this can make a fragile  
mental state much worse.**

**If you have any coping skills to manage  
anxiety, now is the time to refresh  
yourself with them.**

**If you use them regularly, make sure you  
structure them into your day.**

**Utilising them at set times could help you  
with your routine.**

# Tips for self isolation - Continued



If you like to cook then this would be great time to make batch meals for the freezer. If looking at a recipe makes you groan, there are some great video recipes I saved on a highlight that can make it seem more fun.



## **Creative Self Care!**

Write, journal, colour, do some art work with the kids, paint....a picture or the house!

Anything that helps as a distraction really.

Writing and journaling can be a great way to relieve some of those nervous thoughts too.

Oh and of course, if you need to take any extra medication for anxiety, don't see it as a sign of weakness.

Its an extra-ordinary situation that none of us have faced on this level before so anything that makes it easier to cope gets a thumbs up from me!

Thanks

Catherine - SLAM Lived  
Experience Peer worker Trainee



# Personally I find these things helpful:

## **For me if I am on my own:**

- Lie down and close my eyes (it blocks everything out of the rest of the senses and after a few minutes I feel better)
- Have a shower / bath - Always feel better after
- Make a list - Of anything! Makes me feel like I'm focussing on something I can control and get it all out of my mind. eg things to do / shopping list / things i am grateful for / Plan for the day etc
- Go for a walk (as government guidelines allow).
- Phone a friend
- Look at something I find positive e.g affirmation cards or a mood board etc.

## **For me at times when I'm with the children at home:**

- Watch TV with them and snuggle up under a blanket
  - Put the TV on and go to make a cup of tea - Breathe while the kettle is on. Return feeling much better.
  - Get some fresh air - garden or short walk (as government guidelines allow).
  - Get creative - colouring / make a cake/ Go outside and draw with chalks on the pavement/ look at nature (from the window / grow a plant to keep at the window).
  - Sneak eat some chocolate with my tea when the kids are not looking!
  - Give them chocolate as a reward / bribe if we are having a hard day!
- He
- Laugh together / do silly things e.g. dancing around / pulling funny faces etc.
  - When kids are in bed - Eat ben and Jerry's ice cream from the tub! Hope this helps.

## Best wishes

Stephanie – COCOON – Lived Experience Volunteer

# A list

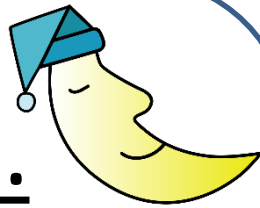
of ideas for keeping well during this time:

- 1) Keep in touch with friends and family you may not see much of at this time
- 2) Try and be as open as you can with someone you trust how you are feeling and any struggles you're having
- 3) Some daily exercise
- 4) Try and make a plan for each day
- 5) Try and recognise when something is overwhelming you
- 6) Engage in a hobby in spare time
- 7) When working if the job becomes difficult or stressful check in with a colleague or line manager
- 8) Take a break when given one, everyone needs a breather
- 9) Keep hydrated and bite to eat when possible
- 10) It may be difficult but a good sleep pattern as best as can be.

Best wishes

Lewis - SLAM Lived Experience/Peer worker Trainee

# SLEEP .....



So very Important I use a lavender spray on my pillow to sleep.

Sleep is something that I believe is so important when you are suffering with Mental Health or stressful situations a good sleep structure and sleep hygiene can make all the difference.

Write a sleep Diary of how many times your sleep is broken if you are struggling:

Waking up

Dreams/nightmares

Drink /bathroom break



\*Don't eat before bed and avoid sugary or caffeine drinks spend time winding down.

Amy Wattingham – Lead Lived Practitioner Oxleas



I can be at times a very anxious person , this is my way of decreasing anxiety at this time, and its working..... NEWS Tip!



Limit your news intake.... I watch a lot of news programmes daily and enjoy reading News papers .

But at the moment with covid-19 coverage .

I am limiting myself to watching 1 news based show a day!! – I don't need to tap into my anxieties and need to look after my mental health well-being at this strange time..

I Structure my day at home and take breaks.

I avoid WhatsApp / social media COVID-19 posts and don't reply or read post I don't need the negativity at all, and lots of it is fake news.

I still have my one news show a day !

Amy Wattingham



Amy Wattingham - 2020

# On line support ideas Apps

Look after your  
mental health and  
wellbeing if you are  
staying home



<https://mentalhealth.org.uk/coronavirus/staying-at-home?bblinkid=211101862&bbemailid=19989179&bbejrid=1415745815>

- **Mood scope**

- Helps to prevent and manage symptoms of Depression and



- **Self – help leaflets**

- Measure your mood everyday –



<https://mindinbexley.org.uk/self-help-page>

- Anxiety –

- **Mood gym**



Dina - Bexley MIND Lived Experience/Peer worker

# Mobile Apps



NHS Apps library

<https://www.nhs.uk/apps-library/>



•**MoodMission** – Help to deal with stress, low mood and anxiety

<http://moodmission.com/>



•**Moodfit** – Tools to boost your mood and set daily goals

<https://www.getmoodfit.com/>



•**Calm** – Meditation and sleep stories

<https://www.calm.com/>



InsightTimer

•**Insight Timer** – For sleep, Anxiety and Stress

<https://insighttimer.com/>



**WhatsUp?**

•**What's Up** – Coping strategies, information on Anxiety, Depression, Self-esteem and stress, track positive and negative habits and information and guidance if you need help right now

<https://www.thewhatsupapp.co.uk/press-release>



headspace

•**Headspace** – Lots of meditation exercises

<https://www.headspace.com/headspace-meditation-app>



# Financial Worries

At this challenging time can cause all kinds of extra worry about finances, but there is great advice out there to give you piece of mind and support.

Financial support during the Covid-19 pandemic - a proposal for a Crisis Minimum Income



Free, impartial, independent and confidential information and advice

<https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/welfare-policy-research-surveys-and-consultation-responses/welfare-policy-research/financial-support-during-the-covid-19-pandemic-a-proposal-for-a-crisis-minimum-income/>

Coronavirus Financial Help & Rights  
Sick pay, mortgages, rental help, train refunds, energy top-ups & more



**MoneySavingExpert**

Cutting your costs, fighting your corner

Founder, Martin Lewis - Editor-in-Chief, Marcus Herbert

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

Finance, housing and unemployment worries during the Coronavirus outbreak



<https://mentalhealth.org.uk/coronavirus/finance-housing-debt-money-unemployment-worries>

UNISON Advice link below,  
As the COVID-19 virus spreads, find out what your rights at work are.



[https://www.unison.org.uk/?utm\\_medium=email&utm\\_campaign=NHS%20staff%20in%20England%20March%202020&utm\\_source=Health%20Care&utm\\_content=UNISON%20logo](https://www.unison.org.uk/?utm_medium=email&utm_campaign=NHS%20staff%20in%20England%20March%202020&utm_source=Health%20Care&utm_content=UNISON%20logo)

# Carers information

For staff and clients who have adults or children with additional needs that they care for.

Carers UK: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Email: [advice@carersuk.org](mailto:advice@carersuk.org)

The Carers UK telephone helpline is available on Mondays and Tuesdays, 10am – 4pm and can be called on 0808 808 7777

**Karen Edmunds – Head of Equality and Human Rights**

## Activities to keep children Teenagers busy learning at home.

History with Dan Snow - free for 30 days - [www.tv.historyhit.com](http://www.tv.historyhit.com)

Maths with Carol Vorderman - [www.themathsfactor.com](http://www.themathsfactor.com)

English with David Walliams [www.worldofdavidwalliams.com/elevenses](http://www.worldofdavidwalliams.com/elevenses)

Cooking with Jamie Oliver [www.jamieoliver.com/featurescategory/get-kids-cooking/](http://www.jamieoliver.com/featurescategory/get-kids-cooking/)

Music with Myleene Klass - on you tube- <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

Dance with Darcey Bussell- on twitter

Science with Professor Brian Cox [www.cosmicshambles.com/stayathome/upcoming-schedule](http://www.cosmicshambles.com/stayathome/upcoming-schedule)

Geography with Steve Backshall - on twitter

**Julie Langford – Volunteering Services**

# Activities to take part in as a family



## The Body Coach TV

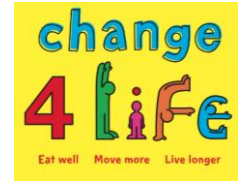
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



<https://www.youtube.com/user/CoSmickKidsYoga>

- **Change4life Indoor activities** – Shake Up games inspired by your kids' favourite Disney characters.
- Please check this page regularly as we will be adding lots more for you.

<https://www.nhs.uk/change4life/activities/indoor-activities>



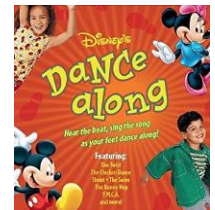
- **Youth Sport Trust** – have a range of YouTube videos with fun challenges and activities that can be adapted to the space you have available.

<https://www.youthsporttrust.org/>  
<https://www.youthsporttrust.org/free-home-learning-resources-0>



- **Disney dance along** – This Girl Can have partnered with Disney to provide dance work outs, you can learn their moves or put your own spin on their routines.

<https://www.youtube.com/playlist?list=PLDFic14IBrcksETIdlaYoM2FMUjGmBRP2>



## Activities to keep Children busy learning at home.

Site name	Link	Content overview	Age/ Key stage (UK)
BBC Learning	<a href="http://www.bbc.co.uk/learning/coursese/arch/">http://www.bbc.co.uk/learning/coursese/arch/</a>	UK curriculum content	All
BBC Bitesize	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	UK curriculum content	All
CBeebies Radio	<a href="https://www.bbc.co.uk/cbeebies/radio">https://www.bbc.co.uk/cbeebies/radio</a>	Listening activities for children	Under 5s
Nature Detectives	<a href="https://naturedetectives.woodlandtrust.org.uk/NATUREDETECTIVES">https://naturedetectives.woodlandtrust.org.uk/NATUREDETECTIVES</a>	Activities that can be done in garden as a family	All
Mystery Science	<a href="https://mysteryscience.com/school-closure-planning">https://mysteryscience.com/school-closure-planning</a>	Home science ideas	All
The kids should see this	<a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a>	Child friendly science videos that does not underestimate their ability	KS1+
Operation Ouch	<a href="https://www.youtube.com/channel/UCQJDFI9j8UeNoqra37p5OkA">https://www.youtube.com/channel/UCQJDFI9j8UeNoqra37p5OkA</a>	Engaging science and medical (STEM) videos for all ages – filter by topic	All
Crash Course Kids	<a href="https://www.youtube.com/user/crashcoursekids">https://www.youtube.com/user/crashcoursekids</a>	Educational videos – filter by age	Primary level (EYFS – KS2)
Crash course	<a href="https://www.youtube.com/user/crashcourse">https://www.youtube.com/user/crashcourse</a>	Educational videos – filter by age	Secondary KS3+
Geography Games	<a href="https://world-geography-games.com/">https://world-geography-games.com/</a>		All
National Geographic Kids	<a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a>	Activities and quizzes	Primary level and EYFS
Duolingo	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>	Learn a language for free	All ages
Blockly	<a href="https://blockly.games/">https://blockly.games/</a>	Educational games that teach programming	For children new to computer programming
Scratch	<a href="https://scratch.mit.edu/">https://scratch.mit.edu/</a>	Computer programming	KS1+
Future Learn	<a href="https://www.futurelearn.com/">https://www.futurelearn.com/</a>	Free site – different courses	All
DK Find Out	<a href="https://www.dkfindout.com/uk/">https://www.dkfindout.com/uk/</a>	UK version – lots of games and quizzes.	KS1+
TinkerCad	<a href="https://www.tinkercad.com/">https://www.tinkercad.com/</a>	Free app for 3D Design, electronics and coding	KS1+
Prodigy Maths Games	<a href="https://www.prodigygame.com/">https://www.prodigygame.com/</a>	Free online maths	KS1+

## Activities to keep Children busy learning at home.

Oxford Owl	<a href="https://www.oxfordowl.co.uk/FOR-HOME">https://www.oxfordowl.co.uk/FOR-HOME</a>	Free eBooks following colour banded scheme	Age 3 to 11
Big History Project	<a href="https://www.bighistoryproject.com/HOME">https://www.bighistoryproject.com/HOME</a>	History tasks	Secondary KS3+
Paw prints Badges	<a href="https://www.pawprintbadges.co.uk/free-downloads-23-c.asp">https://www.pawprintbadges.co.uk/free-downloads-23-c.asp</a>	Free downloads of craft activities	EYFS +
Khan Academy	<a href="WWW.KHANACADEMY.ORG">WWW.KHANACADEMY.ORG</a>	All subjects = Secondary (KS3 +) Maths and computing = all ages	All / KS3+
Seneca	<a href="https://www.senecalearning.com/">https://www.senecalearning.com/</a>	Excellent to set tasks for GCSE and A Level	KS2+
TED Ed	<a href="HTTPS://ED.TED.COM">HTTPS://ED.TED.COM</a>	A multitude of different educational videos – something for everyone	All
Toy Theatre	<a href="https://toytheater.com/">https://toytheater.com/</a>	Colourful activities for primary school aged children	
Twinkl	<a href="https://www.twinkl.co.uk/">https://www.twinkl.co.uk/</a>	Limited time free offer for various resources. Split into Primary and Secondary	All
Red Ted Art	<a href="https://www.redtedart.com/">https://www.redtedart.com/</a>	Arts and crafts for younger children	EYFS – KS2
The Imagination Tree	<a href="https://theimaginationtree.com/">https://theimaginationtree.com/</a>	Crafts to do at home	Babies +
Blue Peter Badge Challenges	<a href="https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges">https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges</a>	Different challenges for children to work through. 8 badges in total to try to gain!	Age 6+
Open learn	<a href="https://www.open.edu/openlearn/">https://www.open.edu/openlearn/</a>	Free taster courses	KS5+ (Adult)
<b>MUSEUMS</b>			
Science Museum	<a href="https://www.sciencemuseum.org.uk/games-and-apps">https://www.sciencemuseum.org.uk/games-and-apps</a>	Free games and activities	KS1+
NASA Langley	<a href="https://oh.larc.nasa.gov/oh/">https://oh.larc.nasa.gov/oh/</a>	Free online tour	All
Natural History Museum	<a href="https://www.nhm.ac.uk/schools/teaching-resources.html">https://www.nhm.ac.uk/schools/teaching-resources.html</a>	Free tours and activities	KS1+
Smithsonian National Museum of Natural History	<a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>	Free tours and activities	All

## Activities to keep Children busy learning at home.

London Zoo	<a href="https://www.zsl.org/zsl-london-zoo/zsl-london-zoo-online-resources">https://www.zsl.org/zsl-london-zoo/zsl-london-zoo-online-resources</a>	Free tours and activities	All
British Museum	<a href="https://www.britishmuseum.org/learn/schools">https://www.britishmuseum.org/learn/schools</a>	Free tours and activities	All
Museum of London	<a href="https://www.museumoflondon.org.uk/families/fun-home">https://www.museumoflondon.org.uk/families/fun-home</a>	Online games and some activities to do at home	All
Guggenheim	<a href="https://www.guggenheim.org/collection-online">https://www.guggenheim.org/collection-online</a>	A chance to view some of the collection online	All
National Gallery of Art	<a href="https://www.nga.gov/">https://www.nga.gov/</a>	A chance to view some of the collection online	All
Google Art Project	<a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>	Some wonderful pieces from multiple locations across the world	All
The Vatican Museums	<a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html</a>	A chance to view some of the collection online	All
The Dali Museums	<a href="https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/">https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/</a>	A chance to view some of the collection online	All

Happy Lockdown Learning!

Love Helen



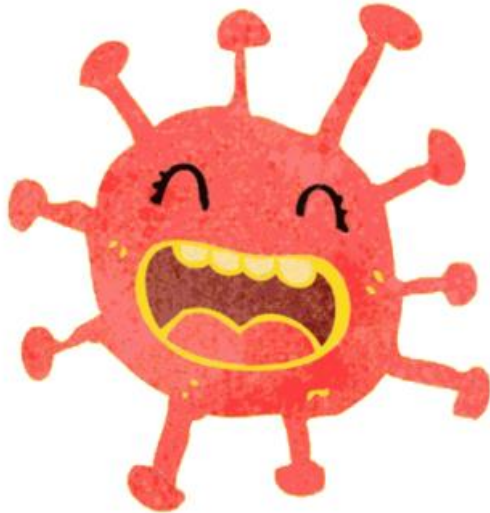
**Shared by – Japleen Kaur – Head of  
volunteering and service user involvement  
and LXP Programme**



Resources to help Children and  
young people understand COVID19

# HELLO!

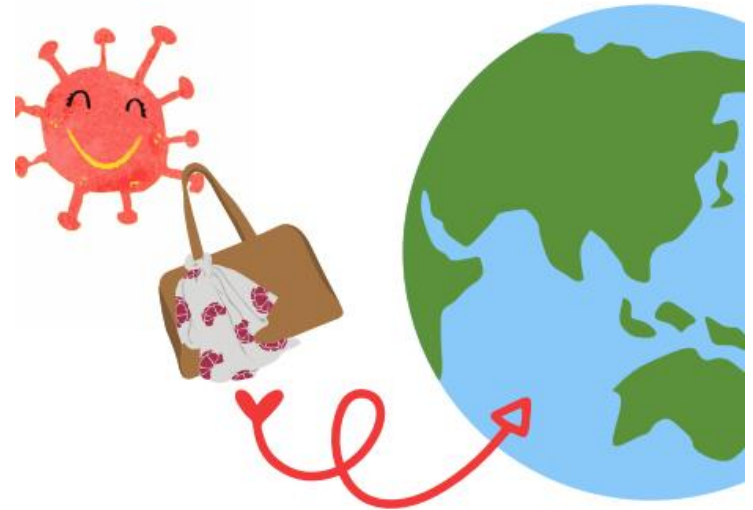
**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



**My name is Coronavirus**

MANUELA MOLINA - @MINDHEART.KIDS  
WWW.MINDHEART.CO  
CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

**I love to travel...**



**and to jump  
from hand to  
hand to say Hi**

**HIGH  
FIVE**



**Amy Wattingham - 2020**

Have you heard about me?

YES ☐

NO ☐

And how do you feel when  
you hear my name?



Relaxed



Confused



Worried



Curious

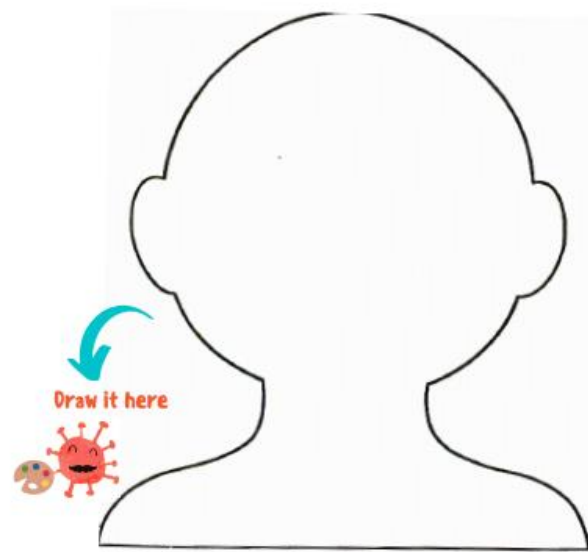


Nervous



Sad

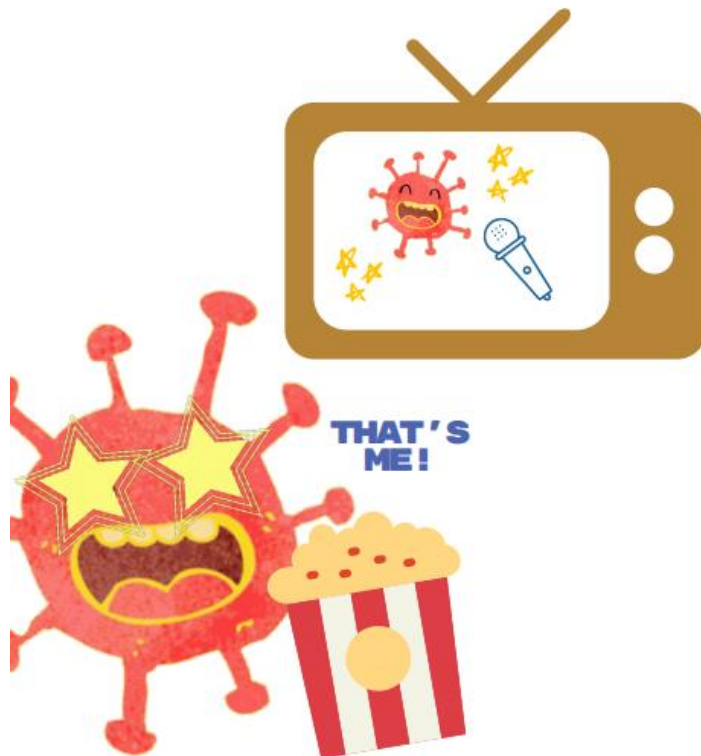
I can understand you  
feel...



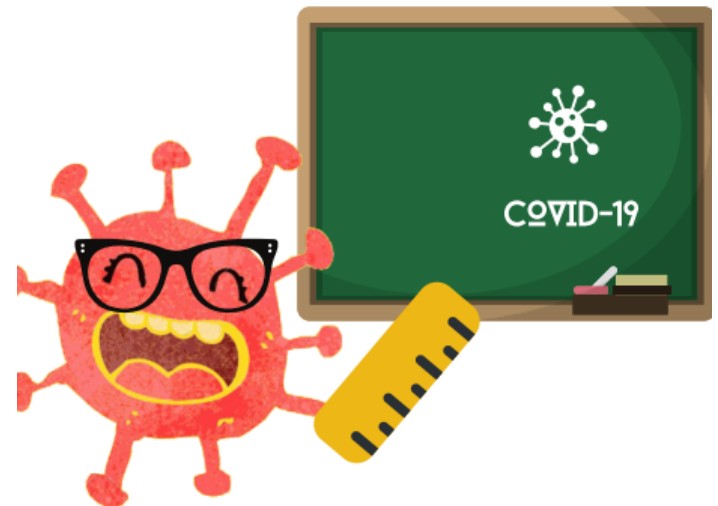
...I would feel the same way



Sometimes adults get  
worried when they read  
the news or see me on TV



But I am going to explain  
myself...



So you can understand...

When I come to visit, I bring...



Difficulty breathing



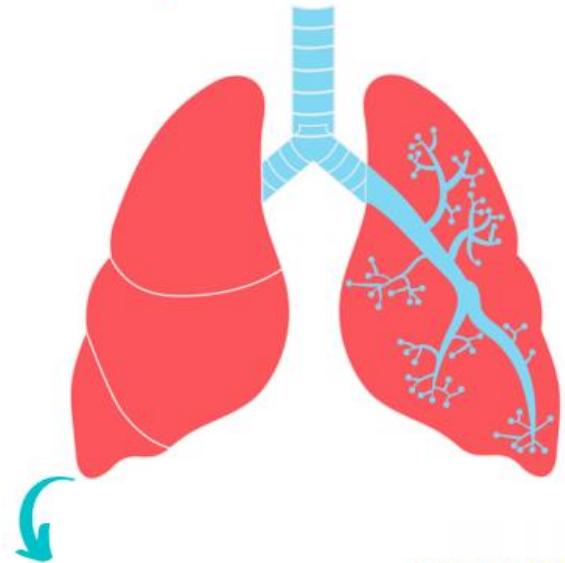
Fever



Cough



But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on you knee and it heals

BYE BYE...



Dont you worry!

The adults who take care of you:

---

will keep you safe



And you can help...

1



By washing your hands  
with soap and water  
while singing a song



You can sign your favorite song,  
the happy birthday song, or the  
alphabet song

2



By using hand sanitizer  
and letting it dry on  
your hands



Without moving them count to 10

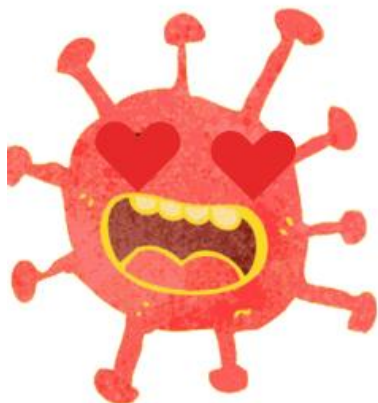
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get  
back to playing!!

**If you do all that  
I will not come to visit**

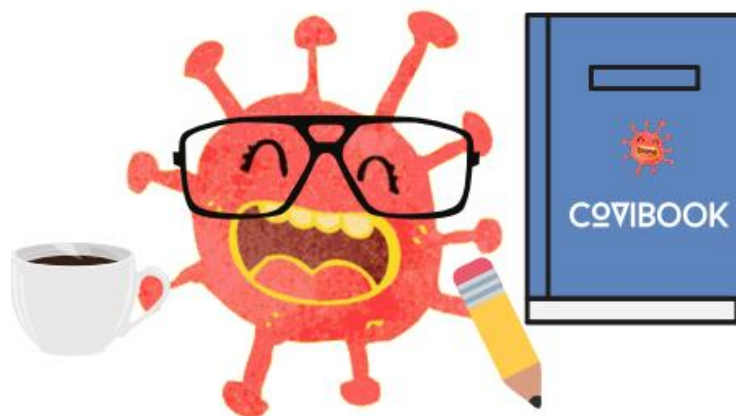


**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**



MANUELA MOLINA - @MINDHEART.KIDS  
WWW.MINDHEART.CO  
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# THE END



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

**Author:**

**Manuela Molina Cruz**

**Instagram: @mindheart.kids**

**manuela\_825@hotmail.com**

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Amy Wattingham - 2020

# Guidance on Coronavirus and Disability

An easy read guide to Coronavirus can be found here: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/874281/COVID-19\\_easy\\_read.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf)

Coronavirus videos in BSL: <https://www.signhealth.org.uk/>

A link to information in alternative formats: <https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5080>

**Citizens Advice** has also issued guidance for people needing help at this time. You can find it here: <https://www.citizensadvice.org.uk/about-us/policy/policy-research-topics/welfare-policy-research-surveys-and-consultation-responses/welfare-policy-research/helping-people-through-the-covid-19-pandemic/>  
And here: <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Social welfare law updates can be found here: <https://www.rightsnet.org.uk/covid19>

Local help resource: <https://advice.local.uk/covid19>

Mencap:  
<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>

Advice for families with disabled children:  
<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

Scope:  
<https://www.scope.org.uk/advice-and-support/coronavirus/>

## **Shopping**

People classified as 'extremely vulnerable' can self-register for support (food parcels) here: [https://www.gov.uk/coronavirus-extremely-vulnerable?fbclid=IwAR0ZciJdp3zC-6ZH8hDIWX2SO1\\_ijJWq4fexprK2e5Cr9fpbooEJLVON\\_ma](https://www.gov.uk/coronavirus-extremely-vulnerable?fbclid=IwAR0ZciJdp3zC-6ZH8hDIWX2SO1_ijJWq4fexprK2e5Cr9fpbooEJLVON_ma)

## **Utilities**

Energy companies have agreed emergency measures to ensure vulnerable people do not get cut off at this time. Details on energy company measures can be found here: <https://www.bbc.co.uk/news/business-51958920> and water company measures here: [https://www.bbc.co.uk/news/water-sector-responds-to-coronavirus-outbreak-](https://www.bbc.co.uk/news/water-sector-responds-to-coronavirus-outbreak-51958920)

## **Benefits:**

The DWP has announced that PIP and ESA reviews and reassessments are suspended for three months (as of 25 March 2020). It is also automatically extending all disability benefit awards at the current rate to provide reassurance to those in receipt of them.

**Karen Edmunds – Head of**  
**Equality and Human Rights**

# Guidance on Coronavirus and Disability



Department  
for Work &  
Pensions

## The DWP says:

- there will be no new reviews or reassessments across all benefits for three months – this includes Universal Credit, ESA, PIP, DLA, Attendance Allowance and Industrial Injuries Disablement Benefit.
- face-to-face assessments for all sickness and disability benefits have been suspended for the next 3 months including for any new claims.
- PIP claimants, if an assessment has already taken place this will continue to be processed. If an assessment has been scheduled, claimants will be contacted by the assessment provider to discuss how this will be taken forward.
- ESA and UC claimants whose cases have been referred to the provider will be contacted to take this forward.

The DWP says about the suspension of reviews and assessments:

- the suspension will be kept under regular review and extended if necessary.
- if people experience a change in their needs they are still encouraged to contact the DWP to ensure they are receiving the correct level of support.
- where awards are due to expire, it will be extending end-dates so that claimants continue to receive financial support at their current rate during this period.
- People can still make applications for benefits online if they are eligible.
- Jobcentres remain open, and will continue to support people who are not able to use phones and online, including homeless people.

### Helpful Apps to support ALD Community

[Community https://www.nhs.uk/apps-library/category/learning-disabilities/](https://www.nhs.uk/apps-library/category/learning-disabilities/)

# BAME Support – On line

<http://www.uk-bame.com/>



<http://www.uk-bame.com/work/corona-virus-or-covid-19-and-what-action-is-being-taken/>

<http://www.uk-bame.com/our-service/>

<https://www.greenwich-cvs.org>

Call 020 8305 5000



<https://www.greenwich-cvs.org.uk/covid-19-the-voluntary-community-faith-sector-in-greenwich/>

<https://www.selfhelp.org.uk/>



**self help uk**

<https://www.selfhelp.org.uk/about>

<https://www.selfhelp.org.uk/directory>

<https://www.selfhelp.org.uk/change-covid-19/pages/uri>

<https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>



<https://mentalhealth.org.uk/coronavirus>



# LGBTQ+ Support – On line

<http://lgbt.foundation/>

**Advice Support & Information**  
**0345 3 30 30 30**

<http://lgbt.foundation/coronavirus/remote-services>

**LGBT**  
foundation

<https://www.mindout.org.uk/>

**Online Support**

**We are online for LGBTQ information and support Friday 27th March for a trans specific sessions from 12-2pm and then a general session from 4–7.30pm, all welcome.**

When we are online, you can contact one of our Online Support Workers in confidence for instant chat - see the box in the bottom right hand corner.

**mind**  
**OUT**  
LGBTQ mental health service

<https://www.stonewall.org.uk/>  
<https://www.stonewall.org.uk/about-us/news/covid-19-%E2%80%93-how-lgbt-inclusive-organisations-can-help>



<https://metrocharity.org.uk/services>  
<https://metrocharity.org.uk/news/2020/mar/17/coronavirus-update>



# Trans – Support –On line

**Transgender Information** on relevant organisations used by the transgender community, this was kindly put together by a Trans person, to help us signpost clients appropriately for support.

Mermaids – embrace, Empower, Educate 0344 334 0550 (**Open Monday - Friday; 9am - 9pm (Bank Holiday opening times may vary)**)

<http://www.mermaidsuk.org.uk/>  
<https://mermaidsuk.org.uk/news/covid-19-information/>



The Beaumont Society - Help and support for the transgender community

01582 412220 (24/7/365)  
<http://www.beaumontsociety.org.uk/about-us/>



TransPALS - Putting the T in South London

<http://transpals.org.uk/>



**Amy Wattingham - 2020**



## CO-VID19 ON LINE SUPPORT

## BEXLEY SUPPORT GROUPS ON-LINE

Bexley Covid-19 Mutual Aid

Group: <https://www.facebook.com/groups/2583388498570628/>

## LONDON WIDE SUPPORT GROUPS ON-LINE

## MENTAL HEALTH CRISIS LINE 0800 3308590

London LGBTIQ+ COVID19 Mutual

Aid: <https://www.facebook.com/groups/646616226125829/>

Central London Helpline: <https://www.facebook.com/London-Coronavirus-Volunteers-103213201317505/>

Help Vulnerable Citizens in London during Covid-

19: <https://www.facebook.com/groups/2666772363371365/>

Who Is Hussain – London: <https://www.facebook.com/wihlondon/>

This below website for full support across Greater London:

<https://www.theresident.co.uk/london-culture-events/londons-coronavirus-mutual-aid-groups-a-complete-list/>

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London Borough of Bexley  
Ward Map, 2002-2018



<https://www.bexley.gov.uk/>

<https://www.bexley.gov.uk/services/public-health/coronavirus-information-and-support>

- Remember- Stay safe on –line



## CO-VID19 ON LINE SUPPORT

## BROMLEY SUPPORT GROUPS ON-LINE

Bromley COVID-19 Mutual Aid: <https://www.facebook.com/groups/508708420070522>

Beckenham Covid-19 Mutual

Aid: <https://www.facebook.com/groups/3849430858408209/>

Bickley COVID-19 Mutual

Aid: <https://www.facebook.com/groups/605255700030133/?ref=share>

Biggin Hill Covid-19 Mutual

Aid: [https://www.facebook.com/groups/249713209357722/?ref=group\\_header](https://www.facebook.com/groups/249713209357722/?ref=group_header)

Chelsfield Covid 19 Aid Group: <https://www.facebook.com/groups/2920719837986066/>

Coney Hall Covid-19 Mutual Aid: <https://www.facebook.com/groups/1156327308122999/>

Crystal Palace COVID-19 Mutual

Aid: <https://www.facebook.com/groups/511446482848872>

Hayes Bromley Doorstep Drop: <https://www.facebook.com/groups/2644121169154857/>

Orpington Covid-19 Mutual Aid: <https://www.facebook.com/groups/648583472602987/>

Penge COVID-19 Mutual Aid: <https://www.facebook.com/groups/523289195254790>

Petts Wood Volunteers: <http://www.pettswood.org.uk/>

Petts Wood Volunteers Support Group: <https://www.facebook.com/YourPettsWood/>

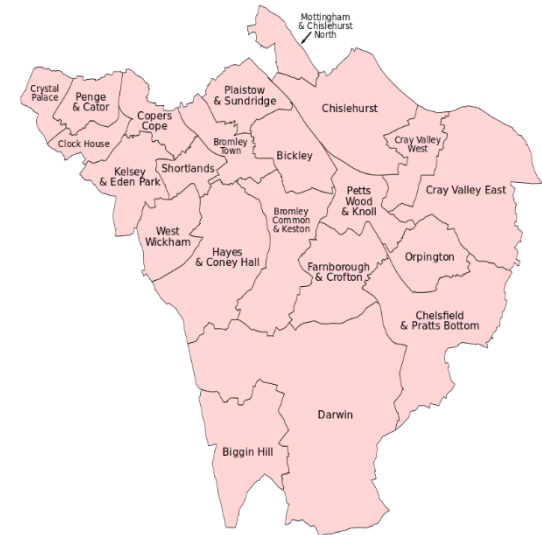
talk together bromley 0300 003300 [www.talktogetherbromley.co.uk](http://www.talktogetherbromley.co.uk)

Bromley Well 0300 3309039 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

<https://www.bromley.gov.uk/site/>

[https://www.bromley.gov.uk/news/article/1551/coronavirus\\_covid-19\\_%E2%80%93\\_what\\_you\\_need\\_to\\_know](https://www.bromley.gov.uk/news/article/1551/coronavirus_covid-19_%E2%80%93_what_you_need_to_know)

London Borough of Bromley  
Ward Map, 2002-present



## LONDON WIDE SUPPORT GROUPS ON-LINE

## MENTAL HEALTH CRISIS LINE 0800 3308590

London LGBTQ+ COVID19 Mutual

Aid: <https://www.facebook.com/groups/646616226125829/>

Central London Helpline: <https://www.facebook.com/London-Coronavirus-Volunteers-103213201317505/>

Help Vulnerable Citizens in London during Covid-

19: <https://www.facebook.com/groups/2666772363371365/>

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h  
• Remember- Stay safe on –line  
<https://www.theresident.co.uk/london-culture-events/londons-coronavirus-mutual-aid-groups-a-complete-list/>

## **CO-VID19 ON LINE SUPPORT**

### **GREENWICH SUPPORT GROUPS ON-LINE**

Deptford Pie N Mash Mutual Aid

Centre: <https://chat.whatsapp.com/LhCrolEAc3o1TaNR3e5Kc4>

Deptford Creek Covid19 help: <https://chat.whatsapp.com/FHg6OjKGAUAB45Olg9Umxo>

Greenwich Covid 19 Mutual Aid

Group: <https://www.facebook.com/groups/GreenwichCovid19MutualAid/>

Woolwich Covid-19 Community Support

Group: <https://www.facebook.com/groups/884610401988976/about/>

Eltham Progress Estate: <https://chat.whatsapp.com/BC0ReZPOLn6GLje9RR3uyR>

### **LEWISHAM SUPPORT GROUPS ON-LINE**

Lewisham Covid 19 Mutual

Aid: <https://www.facebook.com/groups/906156979855211/>

Blackheath COVID-19 Mutual Aid

Group: <https://www.facebook.com/groups/813131692514068/>

Brockley Ilovese4 Self-isolation

assistance: <https://www.facebook.com/groups/Selfisolation/>

Brockley COVID support; <https://chat.whatsapp.com/BRZksqTruF9LT9s7GbLTdT>

Forest Hill Mutual Aid Groups: <https://bit.ly/ForestHillMutualAid> (direct link to neighbourhood groups: [google.com/maps](https://www.google.com/maps))

Downham Covid-19 Mutual

Aid: <https://www.facebook.com/groups/downhammutualaid/>

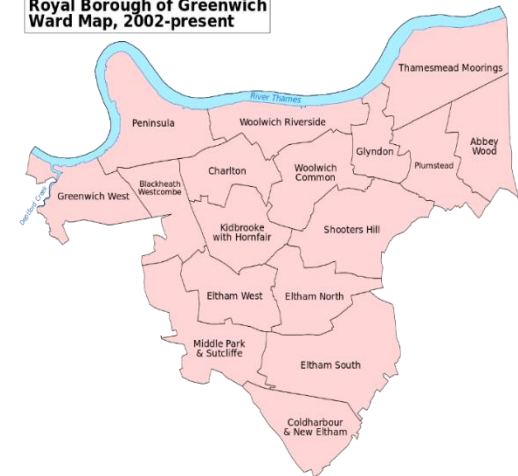
Hither Green + Lee Ward Coronavirus Mutual Aid

Group: <https://www.facebook.com/groups/207208950371673/>

Telegraph Hill COVID Aid: <https://chat.whatsapp.com/Ds91FOu2zv5BNAUC7uSLZw>

Sydenham Covid-19 Mutual

Aid: <https://chat.whatsapp.com/F2SzjyPoodG9aD5a29IElo> / <https://www.facebook.com>



<https://www.royalgreenwich.gov.uk/>

<https://www.royalgreenwich.gov.uk/coronavirus>

## **LONDON WIDE SUPPORT GROUPS ON-LINE**

## **MENTAL HEALTH CRISIS LINE 0800 3308590**

London LGBTIQ+ COVID19 Mutual

Aid: <https://www.facebook.com/groups/646616226125829/>

Central London Helpline: <https://www.facebook.com/London-Coronavirus-Volunteers-103213201317505/>

Help Vulnerable Citizens in London during Covid-

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- Remember- Stay safe on –line

# Shopping



## Tesco

A number of stores are now operating at reduced hours. Some Tesco Extra stores and larger Metro stores have reduced their hours to between 6am and 10pm, in order to be able to properly restock overnight.

Tesco is also introducing a special shopping hour for its workers and NHS staff from Sunday (22 March) onwards. Those eligible will be able to browse an hour before traditional shop opening hours.

In a statement, Tesco said: "They can come to our large stores one hour before the usual store opening time every Sunday, and will be able to browse the store and select their shopping before the checkouts open.

"All we ask is that they bring a form of ID with them to store, such as an NHS staff card."

To check your local Tesco store, visit:

[tesco.com/store-locator/uk/](https://tesco.com/store-locator/uk/)



## Asda

Asda has revealed it is closing its 24 hour stores between 12am and 6am on a temporary basis. The supermarket will also be prioritising NHS workers in larger stores every Monday, Wednesday and Friday from 8am to 9am.

To check your local store's opening hours, visit: [storelocator.asda.com](https://storelocator.asda.com)

## Sainsbury's

# Sainsbury's

In a recent letter to customers, the supermarket's CEO said: "You will have seen that we put restrictions in place this week to ensure that more products are on shelf for longer. From Monday 23rd March, we are consolidating our opening hours and all our supermarkets will be open from 8am to 8pm, Monday-Saturday, including those with an Argos store. Sunday opening, Sainsbury's Local and petrol station opening times will stay the same."

Every Monday, Wednesday and Friday, all of the chain's supermarkets will dedicate the hour of 8am - 9am to serving elderly, disabled and vulnerable customers, as well as NHS and Social Care workers. To find the opening hours for your local store, visit [stores.sainsburys.co.uk](https://stores.sainsburys.co.uk)



## Aldi

From Monday to Saturday, the German supermarket chain will be open between 8am and 8pm. Sunday opening hours remain the same - 10am to 4pm (or 6pm in Scotland).

To check your local store, visit: [aldi.co.uk](https://aldi.co.uk)



## Lidl

The supermarket is opening an hour earlier than usual in order to let elderly customers do their shopping.

To check the opening times of your local Lidl, visit: [lidl.co.uk/about-us/store-finder-opening-hours](https://lidl.co.uk/about-us/store-finder-opening-hours)

# Shopping

The Iceland logo consists of the word "Iceland" in white, sans-serif font, centered within a rectangular box with a vertical gradient from red at the top to orange at the bottom.

## Iceland

Iceland will open its supermarkets early for elderly customers to visit before stores open to the public. Each day, elderly shoppers can now visit between 8am - 9am to get their shopping first. The final hour of trading Monday to Saturday will also be for NHS staff only. To check local store's opening times, visit [iceland.co.uk](https://iceland.co.uk).



## Morrison's

The supermarket has introduced an NHS hour at all of their stores every day, Monday to Saturday from 7am to 8am.

To check opening hours for your local store, visit [groceries.morrisons.com](https://groceries.morrisons.com)

The M&S logo is composed of the letters "M&S" in a large, black, serif font.

EST. 1884

## M&S

M&S has announced that it will give the first hour of every Tuesday and Friday morning to NHS and emergency service workers.

To check opening hours for your local store, visit: [marksandspencer.com/](https://marksandspencer.com/)

\*Remember to check website for opening times before you go shopping

The Waitrose logo features the word "Waitrose" in a green, serif font.

## Waitrose

Although opening times have not yet changed, Waitrose do currently have a measures in place for the elderly, the vulnerable and those who look after them in, with a prioritised and dedicated shopping hour every day. This is the first opening hour of the shop.

To check opening hours for your local store, visit: [waitrose.com/](https://waitrose.com/)



## Co-op

Co-op haven't made changes to their opening times, but are restricting purchases to two per customer on some products, including hand sanitiser, soap, tinned goods, pasta, rice, long-life milk, sugar, baby food and nappies. To check opening hours for your local store, visit: [finder.coop.co.uk/food](https://finder.coop.co.uk/food)

The Nisa logo features the word "Nisa" in a blue, sans-serif font, with a yellow swoosh above the letter "i".

## Nisa

Although opening times haven't changed, different Nisa stores are offering help to the elderly and vulnerable, by offering extended services to customers, including free deliveries.

To check opening hours for your local store, visit: [nisalocally.co.uk/stores/](https://nisalocally.co.uk/stores/) **Amy Wattingham - 2020**

# Shopping

**\*Remember to check website for opening times before you go shopping and that major shopping chains have set times for NHS/Social care and vulnerable and the over 70s – SET Dates and times may apply CHECK WEBSITES**

## Bromley Shopping links below:

All Fruit & Vegetable 07940 380373

Fresh & Frozen seafood  
[www.upstreamseafoods.com](http://www.upstreamseafoods.com)

[wattsfarm.co.uk](http://wattsfarm.co.uk) doing delivery of fruit & veg

[bloomscandy.co.uk](http://bloomscandy.co.uk) doing delivery of fruit & veg

New Farm Meats 01689 821568  
offering delivery

Brothers Bakery 01689 861979  
offering delivery

Chapmans fish 01732 743319  
delivery of fish Sevenoaks



**\*Please be Mindful to be  
safe on line information  
on keeping safe on line  
can be found:**

<https://www.gov.uk/>

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