**Leek and Biddulph PCN Social Prescribing resources- Covid-19**

**Leek**

**Hargate Community Centre**-**01538 398378** <http://www.haregate.co.uk/>

Operating the Community Cupboard (Fruit and vegetables)–is open Tuesdays (reservation orders by previous Friday) and Fridays (reservation orders by Wednesday evening) either by calling or leaving a  Facebook page message – Collection 11am -5pm but can stay later if arranged due to people who are still at work – suggested donation of £3.00 if possible.

They also have a supply of toiletries and tins etc.. and will try to help the public where possible with items – local delivery for the above maybe possible but it does have some limitations.

**Moorlands Home Link – 01538 750511** –[www.moorlandshomelink.co.uk/](http://www.moorlandshomelink.co.uk/)

They are still providing the befriending phone link to anyone over 60 in the Leek and Cheadle areas – referrals can be made through the main phone number

**Leek Food Bank 01538 373289**     [leekdistrict.foodbank.org.uk/](https://leekdistrict.foodbank.org.uk/)

Open Tuesdays and Fridays 12.30- 2.30pm

**Leek Pharmacy  – 01538 286279**

I believe they are still doing a delivery service for the local area

**Everyone Health ‘Stay in Touch’ sessions - 03330 050 095**

This will be offered to all adult residents living in Staffordshire aged 18 years and over who may be feeling isolated.

Programmes take place throughout the week, and include both telephone and virtual groups. This will give adults living anywhere in Staffordshire the opportunity to connect together, joining in with a range of activities and crafts, and making new friends.   Programmes include: telephone Bingo, virtual exercise, telephone book clubs, quiz and puzzle groups, food tip and recipe groups, telephone chat groups and poetry groups. Some groups are ran as virtual dial-in groups – a great way of seeing new faces!  We are also running a closed Facebook group for members of our Stay at Home groups.

If you or your patients do not have easy access to the internet – fear not! We also offer a postal programme. Following a short telephone call, we’ll arrange to send you weekly puzzles and crafts to help pass the time during these challenging times.

As part of the Everyone Health programme, a one to one phone call will be arranged to discuss the groups available and also give you the opportunity to raise any questions or queries you may have about joining our programme. The groups are completely free and any necessary resources will be posted out free of charge\*.

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| **Refer to us using one of the below methods:**    -            Call 03330 050 095  -            Email [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net)    \*Professional and self-referrals accepted \* | **Eligibility Criteria**  **Free for:**  -              Adults (Minimum age 18)  living in Staffordshire  -              Socially Isolated or feeling lonely  -              Self – Isolating, ‘at risk’ or vulnerable to coronavirus. |

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**Staffordshire Mental Health Helpline**, we will remain open and can be contacted on **0808 800 23234**, it is free to call . We open 7pm to 2am every day of the year and on Saturday and Sunday we open 2 in the afternoon till 2 in the morning. We also have a text service on 07860 022821 (particularly useful so people can talk privately even in a room full of people) or Webchat at [www.brighter-futures.org.uk](http://www.brighter-futures.org.uk)

**Everyone Health** <https://staffordshire.everyonehealth.co.uk/>

Lots of online exercise routines for adults and children

**National Helplines**

If patients would like some more support and information about a particular condition and what can done to help keep them healthy during the Covid-19 outbreak take a look at the websites below. Many of them have a telephone helpline for those who prefer to use that. Some of them have an online chat function and forums where you chat to people in a similar situation.

Most of these national services have specific Covid-19 advice.

**Mind -National helpline for Mental health support, web advice and online chat**

0300 123 3393- [www.mind.org.uk](http://www.mind.org.uk)

**Saneline-national mental health helpline**

0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk) Open 4.30-10.30pm, text, call back and web forum

**Samaritans - National helpline for anyone**

www.samaritans.org116 123

**Rethink Mental Illness - National helpline for over 16’s with mental illness and their families, web advice and forum** www.rethink.org0300 304 7000

**Mental Health Foundation-website with wellbeing advice, has specific advice on how to keep mentally well during Covid-19**

www.mentalhealth.org.uk

**Scope - National helpline for anyone with a disability, web advice, online chat and forum**

[www.scope.org.uk](http://www.scope.org.uk) 0808 800 3333

**Diabetes UK - National helpline, web advice, online chat and forum for diabetes**

[www.diabetes.org.uk](http://www.diabetes.org.uk) 0345 123 2399

**British Heart Foundation -National helpline and web advice for heart and circulatory disease**

[www.bhf.org.uk](http://www.bhf.org.uk) 0300 330 3311

**Asthma UK-National helpline and web advice for asthma**

[www.asthma.org.uk](http://www.asthma.org.uk) 0300 222 5800

**Age UK- National helpline Freephone) and web advice for older adults**

[www.ageuk.org.uk](http://www.ageuk.org.uk) 0800 678 1602

**The Silver line - National helpline for over 55’s, advice, telephone befriending, local 1:1 help and groups** [www.thesilverline.org.uk](http://www.thesilverline.org.uk) 0800 470 8090

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/) for emotions, also [www.elefriends.org.uk](http://www.elefriends.org.uk) which is a MIND online support group for those with depression

**NHS Sleep Better**

[www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/](https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/)

**Sleep Hygiene**

[www.sleepfoundation.org/articles/sleep-hygiene](http://www.sleepfoundation.org/articles/sleep-hygiene)

**NHS 12 week weight loss plan**

[www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/](http://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/)