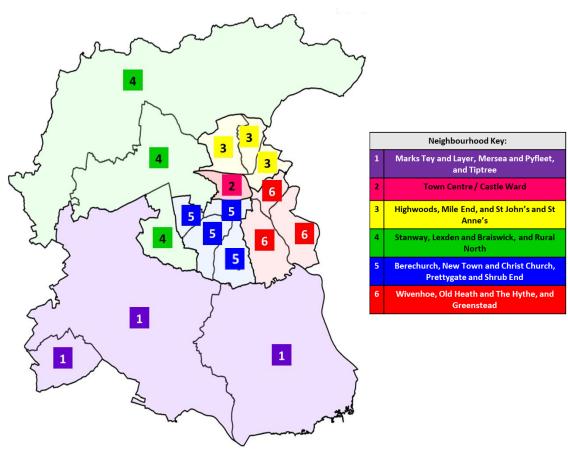
Responding to Community Enquiries Regarding Coronavirus

Edited to remove less relevant pages for West Bergholt





This guide provides information on what help and support is available in your local area.

CBC are not affiliated nor associated with anyone, or any group within this document. We are providing this as further assistance to you during the COVID-19 situation.

Areas are split via Neighbourhoods as per map and at the end of the document you will find a section for Colchester Boroughwide information.

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Neighbourhood 4

(Stanway, Lexden & Braiswick and Rural North)

Important Contacts		
COMMUNITY RESPONSE	Cathy Doyle	Alison Turner
TEAM	Catherine.Doyle@colchester.gov.uk	Alison.Turner@colchester.gov.uk
	07970 991601	07779 345688
NEIGHBOURHOOD	Aaron Hunter	For additional information in regards to
MANAGER	07940 021042	Neighbourhood 4 visit this <u>link</u> and to find out more
		about your Neighbourhood Team visit this <u>link.</u>
DIGITAL ACCESS SUPPORT TEAM	· · · ·	

Ward Councillors			
	Rural North		
Name:	Christopher Arnold		
Contact No:	07703 168125		
Email:	cllr.christopher.arnold@colchester.gov.uk		
Name:	Nigel Chapman		
Contact No:	01206 272908		
Email:	cllr.nigel.chapman@colchester.gov.uk		
Name:	Peter Chillingworth		
Contact No:	01206 240230		
Email:	cllr.peter.chillingworth@colchester.gov.uk		
	Lexden and Braiswick		
Name:	Lewis Barber		
Contact No:	07876 237137		
Email:	cllr.lewis.barber@colchester.gov.uk		
Name:	Brian Jarvis		
Contact No:	01206 852563		
Email:	cllr.brian.jarvis@colchester.gov.uk		
Name:	Dennis Willets		
Contact No:	01206 240314		
Email:	cllr.dennis.willetts@colchester.gov.uk		
Stanway			
Name:	Lesley Scott-Boutell		
Contact No:	01206 549630		
Email:	cllr.lesley.scott-boutell@colchester.gov.uk		
Name:	Fiona MacLean		
Contact No:	07809 229529 - Contact other Stanway Cllrs first		

Email:	cllr.fiona.maclean@colchester.gov.uk	
Name:	Paul Dundas	
Contact No:	07885 808065	
Email:	cllr.paul.dundas@colchester.gov.uk	
	Parish Councils	
Ch a lucus a un a un	Aldham	
Chairsperson:	Jackie Daines	
Contact No:	01206 242 538	
Email:	jackiedaines@btinternet.com	
	Boxted	
Clerk:	Karen Thompson	
Contact No:	07971 525688	
Email:	Boxtedparishcouncil@gmail.com	
	Chappel	
Clerk:	Helen Cook	
Contact No:	01206 589095	
Email:	parishclerk@chappel.org	
	Dedham	
Clerk:	Emma Cansdale	
Contact No:	01255 871483	
Email:	clerk@dedhamparishcouncil.co.uk	
	Eight Ash Green	
Clerk:	Katherine Kane	
Contact No:	07811 254163	
Email:	parish.clerk@eightashgreen.com	
Fordham		
Clerk:	George Branagh/Katherine Cameron	
Contact No:	07966 442337 / 07453 160831	
Email:	George.b@fordham-pc.gov.uk / clerk@fordham-pc.gov.uk	

Great Horkesley			
Clerk:	Penny Mutch		
Contact No:	07375 095486		
Email:	parish-clerk@greathorkesley-pc.gov.uk -		
	Great Tey		
Clerk:	David Williams		
Contact No:	01787 224895		
Email:	greatteyparishcouncil@outlook.com		
	Langham		
Clerk:	Carol Harbach		
Email:	carolharbach@hotmail.co.uk		
	Little Horkesley		
Clerk:	Jo Petersen		
Contact No:	07747 803870 / 01206 273145		
Email:	clerk@littlehorkesleypc.com		
	Mount Bures		
Clerk:	Liz Malvisi		
Contact No:	07891 018162 / 01787 374348		
Email:	mountburespc@outlook.com		
	Stanway		
Clerk:	David Lines / Amanda Ward		
Contact No:	01206 542221 or 07485 151248 / 07849 089527		
Email:	clerk@stanwaypc.org.uk / amanda.ward@stanwaypc.org.uk		
Wakes Colne			
Clerk:	Diane Jacob		
Contact No:	07508 787869		
Email:	parishclerk@wakescolne.org		
	West Bergholt		

Clerk:	Laura Walkinshaw	
Contact No:	01206 240772	
Email:	westbergholtpc@gmail.com	
Wormingford		
Clerk:	Helen Cook	
Contact No:	01206 589095	
Email:	parishclerk@chappel.org	

Community Groups & Volunteer Information		
Organisation	Support &/or What's Available	Contact Details
Aldham Parish Church Council	They have volunteers and are co-ordinating support for local residents.	Address: Marks Tey Rectory, Church Lane, CO6 1LW
	A WhatsApp support group for the Ford Street area has also been	
	created.	Email: <u>ian.scott-thompson@virgin.net</u>
		Web: http://www.aldham- church.co.uk/
Boxted Community Hub	Are offering support for any elderly and vulnerable residents who may need help with essentials like food, prescriptions, dog walking, phone call support and meals on wheels.	Address: Cage Lane, Boxted, Colchester, CO4 5RE
		Call: 01206 272129 or
		07488 345019
		Web: https://the-boxted-community-hub.business.site/
Chappel and Wakes	A Facebook page for residents to share useful information about events,	This is a private <u>Facebook</u> community
Colne Local	concerns and to ask questions.	group so you must be logged on to
Information		your account to access it.

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Facebook Group		
Chappel and Wakes Colne Local Events and Local Matter Facebook Group	This is a Facebook group for residents who are offering to deliver and/or cook meals and pick up prescriptions for other local residents.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Chappel and Wormingford Parish Council	Are offering support for the local community including essential shopping, prescription collection and delivery. Residents can also call if they are self-isolating and in need of urgent supplies. If you are able to volunteer, you can also get in touch.	Call Helen Cook: 01206 589095 Email: parishclerk@chappel.org Email: wormingford@outlook.com
Dedham Vale Voice	For residents of Dedham and the surrounding Vale villages to share	This is a private <u>Facebook</u> group so
Facebook Group	information, announcements and support.	you must be logged on to your account to access it.
Eight Ash Green & Fordham Heath Facebook Group	This is a community Facebook group for residents, sharing information and support.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Eight Ash Green Community Group Facebook Group	This group is for volunteers and people that need help due to the COVID 19 situation.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Fordham Parish Council Essex Facebook Group	Fordham Parish Council are sharing information about the COVID 19 situation via their Facebook group.	This is a public <u>Facebook</u> group.
Good Neighbours Langham & Boxted	Are offering an assistance and support service, which does not involve food or grocery orders and deliveries.	Web:

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	Each day there is a different number to call and the instructions are: Please telephone the relevant number shown for the day you are calling.	www.langhamessex.org.uk/communit y/good-neighbours/
Great Tey - All Street / Village Matters Facebook Group	Are offering to collect essential food, prescription and shopping for residents in the area.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Great Horkesley and Boxted Community Facebook Group	Here you will find a group of volunteers that are helping with collecting and delivering items that are required for those vulnerable and elderly people within the area who are in need.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Kingsland Church	Are offering a variety of virtual activities using Zoom. The have activities range from an online playgroup to the Community Gospel Choir. Check their website to join one of their weekly advertised as advertised via their Virtual Church Diary.	Web: https://kingsland.org.uk/virtual- church/
Lexden and Prettygate Community Hub Facebook Group	This Facebook group is for residents to share useful information with each other.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Mile end and Braiswick Community hub Colchester Facebook page	This is a group for residents to share useful information as well as providing updates on behalf of The Mile End & Braiswick Community Hub.	This is a public <u>Facebook</u> group.
Stanway Evangelical Church	Are offering online lessons for children.	This is a public <u>Facebook</u> group.

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Stanway Parish Council	They are offering help and support with collecting shopping, posting mail, urgent supplies/meal service delivery as well as a friendly phone call.	Address: Victory Hall, Villa Road, Stanway, CO3 0RH
	If you would like to help others by volunteering, you can also get in contact.	Call Catherine Clouston (Deputy Clerk): 01206 542221
	Please call Monday to Friday 9am to 5pm.	Email: enquiries@stanwaypc.org.uk
	There Facebook group allows for sharing key information with residents	Web: www.stanwaypc.org.uk
	as well as enabling the ability to contact them easily for assistance.	This is a public <u>Facebook</u> group
Stanway Residents Group Facebook Group	This is a group whereby individual residents are offering to help and support each other within the community.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
Stanway Ward Community - Colchester	This is a Facebook page whereby information is being shared for local residents.	This is a public <u>Facebook</u> page.
St Andrews Church & Wormingford Parish Council	Each week the church publishes a Benefice Bulletin, with details of the services in Wormingford, Mount Bures and Little Horkesley, upcoming events and points for prayer.	Email: wormingford@outlook.com Web: https://www.wormingford.com/the-
	Wormingford Parish Council also have a public Facebook group where they share information.	community This is a public Facebook group
Wakes Colne Parish Council	Are offering a service where they will assist those isolating with things like collecting shopping and prescriptions.	Call: 07508 787869 Dianne Jacobs
		Web: https://e-voice.org.uk/wakescolne/

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West Bergholt Care Network	Are offering a service to help collect prescriptions and shopping for residents within the West Bergholt area. They can help people who are self-isolating with a range of different things, for example cutting the grass or whatever people may require.	Call: 03007773100 Web: http://westbergholt.net/
West Colchester Community Group Facebook Group	Residents can share useful Information and updates regarding COVID 19.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.

	Shop Information			
Organisation	Support &/or What's Available	Contact Details		
Aldi	Have priority opening all day, every day for key workers in the NHS, Police, Fire Service, Blue light card holder, social workers, first responders and St Johns ambulance, all of these will take priority ahead of queues in the store upon showing a valid ID.	Address: 84 London Rd, Colchester CO3 9DW Phone Number: 08000 420800		
	This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening.	Website: www.aldi.co.uk/ Food parcels website link.		
	They are also opening 30 minutes early Monday to Saturday for the Elderly aged 70+ and vulnerable. (Please note that in England and Wales, this is for browsing only)			
	Aldi are now offering a "Food Parcels" service, which are available from 18 th April 2020, they contain 22 of your essentials, as well as a few treats.			

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	Aldi say that this is a great shopping solution for vulnerable people and those who are self-isolating. These are available online only for £24.99 with contactless delivery to ensure everyone's safety.	
	Due to exceptional demand, the food parcels may not be available all day. Please continue to check the website daily, as they replenish their stock every day.	
Sainsbury's, Tollgate	They have made changes to all supermarket opening hours from Monday 23rd March.	Address: 1 Western Approach, Stanway, CO3 8AA
	NHS ID holders have priority shopping Monday to Saturday 7:30am to 8am.	Call: 01206 203805
	Elderly customers, carers and disabled customers have priority shopping Monday, Wednesday and Friday 8am to 9am.	Website: https://www.sainsburys.co.uk/

	Food Delivery Information	
Organisation	Support &/or What's Available	Contact Details
Brick Kiln Farm Shop	Offer a range of fresh produce with a free delivery to local residents. Please visit their Facebook group for to see the products they have available. (As of April 2020).	Address: Brick Kiln Farm, Turkey Cock Lane, Stanway CO3 8ND Call Debbie Ralph: 07949 180957 This is a public <u>Facebook</u> group.
G & J Barron Farms	They are delivering fruit and vegetables, they will travel to every road around the village and there will be no bulk buying. (As of April 2020) They have some meat, eggs, honey and crisps. They are providing regular updates via their Facebook group. Please do not come to the farm. They are making this a mobile shop to keep farm workers and everybody safe.	Address: Pattocks Farm, Pattocks Lane CO6 2EG This is a public Facebook group.
Langham Community Shop	Sell a variety of produce including dairy, local and seasonal produce, fresh fruit & vegetables as well essential store cupboard items. Call before 11am to make an order of goods (As of April 2020).	Address: Langham Community Shop, Langham Community Centre, School Road, CO4 5PA Call: 01206 272431 Email: communityshoplangham@gmail.com Web: http://www.langhamcommunityshop. org.uk/

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		This is a public <u>Facebook</u> group.
John Colemans Butchers	Delivering meat along with bread, eggs, milk, fruit and vegetables. For a full range of products available visit their website.	Address: Langham Road, Boxted CO4 5HU Call: 01206 272270 Email: jcwb1@btconnect.com Web: https://www.johncolemanbutchers.co .uk/ This is a public Facebook group.

Meal Delivery Information			
Organisation	Support &/or What's Available	Contact Details	
Cricketers Pub	Offer a takeaway food menu.	Address: Spring Lane, Fordham	
		Heath, CO3 9TG	
	Free deliveries to Eight Ash Green, Aldham, Fordham & West Bergholt.		
		Call: 01206 240666	
	Customers can collect their orders but will need to phone through so a		
	card payment can be taken over the phone.	Email:	
		Info@thecricketerscolchester.co.uk	
	They are offering Ambulance, Police and Fire crews a free soft or hot		
	drink with their order.	Web:	
		http://www.thecricketerscolchester.c	
	Open 4pm to 8:30pm Monday to Thursday, 12 to 8:30pm Friday and	o.uk/contact.html	
	Saturday, and 12 to 7pm Sundays. (As of April 2020).		

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	For their menu look on their website.	
The Lexden Crown	Offering a takeaway menu including traditional Sunday roast as a takeaway option and other food options (as of April 2020).	Address: 235 Lexden Road, Colchester, CO3 4DA
	For their menu look on their <u>website</u> .	Call: 01206 548490 Web: http://thelexdencrown.com/
The Live and Let Live	Offering takeaway options and delivery within 2-mile radius (as of April 2020).	Address: 12 Millers Lane, Colchester CO3 0PS
	For their menu look on their <u>Facebook</u> group.	Call: 01206 574071 Web: http://www.theliveandletlive.co.uk/ This is a public Facebook group.
Half Butt Inn, Great Horkesley	Offering takeaway delivery to the local area. Payment will need to be taken on order. Wednesday to Saturday 3pm to 8pm and Sundays 12pm to 4pm (as of April 2020). For their menu look on their website.	Address: Great Horkesley, Colchester, Essex CO6 4ET Call: 01206 616720 Web: https://www.thehalfbutt.co.uk/index This is a public Facebook group.

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	Other Information			
Organisation	Support &/or What's Available	Contact Details		
Great Horkesley Garage	As per government guidelines Great Horkesley Garage will be remaining open for fuel, MOT's and essential vehicle maintenance. They are taking all necessary precautions to ensure the safety of	Address: The Causeway, Great Horkesley, CO6 4EJ		
	staff and customers.	Call: 01206 271895		
	Visit their <u>Facebook</u> group to view a list of services they are providing (as of April 2020).	Email: ghgarage@btconnect.com		
		Web: https://greathorkesleygarage.co.uk/		
		This is a public <u>Facebook</u> group.		
Heard Electrical	Bryan is offering a 24-hour electrician service, you can find consumer recommendations on his Facebook page.	Call: 07403 455640		
	He will also help where he can if someone needs it with shopping	Email: <u>heard.electrical@gmail.com</u>		
	and pharmacy deliveries where he can.	This is a public <u>Facebook</u> group.		

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Colchester Boroughwide

To access all of the Neighbourhood links and information on Colchester Borough Council's website please click https://www.colchester.gov.uk/info/category/?id=neighbourhood-teams

Boroughwide Contacts			
Mutual Aid	Name:	Mutual Aid- Info/Resources	
	Email / Web:	https://covidmutualaid.org/resources/	
	Support available:	Covid-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK.	
		They focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.	
Food Voucher Distribution Centres	Name:	Food Voucher Distribution Centres	
	Email / Web:	<u>List of Colchester Foodbank Referral Agents and other Food provision</u> providers	
Homeless Charities Contacts	Name:	Beacon House	
	Contact No:	01206 761960	
	Email / Web:	https://www.community360.org.uk/12614-2/	
	Name:	Colchester Night Shelter	
	Contact No:	01206 549885	

	Email / Web:	https://www.community360.org.uk/12614-2/
	Name:	Streetlink
	Email / Web:	https://www.community360.org.uk/12614-2/
Essex Police	Contact No:	101 or 999
Essex Fire & Rescue	Contact No:	999
East of England Ambulance	Contact No:	999
ECC Schools/Education Queries	Contact No:	03457 430430
		contact@essex.gov.uk
Domestic Abuse Support	Name:	Compass (24/7 Helpline)
	Contact No:	0330 333 7444
	Name:	Next Chapter (Colchester)
	Contact No:	01206 500585
	Name:	National Centre for Domestic Violence
	Contact No:	Call 0800 970 2070 or Text "NCDV" to 60777
	Web:	https://www.ncdv.org.uk/
	Name:	National Domestic Abuse Helpline
	Contact No:	0808 2000 247

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Childline	Contact No:	0800 1111 (Helpline number)
	Web:	https://www.childline.org.uk/
	Support available:	Have tips and support on how to cope with the current situation as well as calming activities.
LiveWell	Name:	LiveWell
	Web:	https://www.livewellcampaign.co.uk/
	Support available:	Provide information about all that is on offer in Essex to improve health and wellbeing.
MacMillan	Name:	MacMillan
	Contact No:	01206 745347
	Web:	https://www.macmillan.org.uk/coronavirus
St Helena Hospice	Name:	St Helena Single Point 24/7 helpline.
	Contact No:	01206 890360
	Support available:	Support and advice relating to end of life.

Colchester Borough Homes Information			
THIS INFORMA	TION IS ONLY RELEV	ANT FOR TENANTS OF COLCHESTER BOROUGH HOMES	
Community Housing Officer's	Locality:	Old Heath / Tiptree	
	Name:	Amanda Mayhew	
(These details are correct as of April 2020)	Contact No:	01206 282514 / 07930 229275	
	Locality:	Greenstead East	
	Name:	Jane Graham-Watson	
	Contact No:	01206 282514 / 07956 368199	
	Locality:	Berechurch / New Town	
	Name:	Emma Schofield	
	Contact No:	01206 282514	
	Locality	Greenstead West	
	Name:	Rob Ward	
	Contact No:	01206 282514	
	Locality:	St Anne's / Mile End / Highwoods	
	Name:	Karen Green	
	Contact No:	01206 282514	
	Locality:	Rural North/Castle/Lexden	
	Name:	Michelle Longhurst	
	Contact No:	01206 282514	
	Locality:	Mersea & Plyfleet / Prettygate / Stanway / Wivenhoe	
	Name:	Julie Prior	
	Contact No:	01206 282514	
	Locality:	Shrub End and Marks Tey	
	Name:	Rhian James	
	Contact No:	01206 282514	

Community Groups & Volunteer Information			
Organisation	Support &/or What's Available	Contact Details	
Age Concern	Are a local independent charitable company providing services and support for older people in the Colchester area such as telephone befriending service, as well as advice and information.	Call: 01206 368420 Web: https://www.ageconcerncolchester.org.uk/	
British Red Cross	Are there for you if you need them, they believe that it is kindness that will keep us together.	Web: https://reserves.redcross.org.uk/	
	So, whether you want to give or get help get in touch with them to see if their community reserve volunteers can help.		
Care for our Community	This Facebook group has been set up with the idea of everyone coming together as a community during these very unsettling times.	This is a private <u>Facebook</u> page so you must be logged on to your account to access it.	
	Now making it easier for people to find the information needed, by categorising all posts under 3 main headers, these are Shopping, Advice and Chores. This information can be found by clicking on the 'Units' heading or under the 'Popular Topics' section.		
Colchester Borough Emergency Coordinators Group	A volunteering and support Facebook page set up by Ben Sutton, offering a vast amount of advice to the community set up by Ben Sutton.	This is a private <u>Facebook</u> page so you must be logged on to your account to access it.	
Colchester Community, News & Events	Are reposting advice from both the NHS and Government as well as reposting anything that local businesses may be offering.	This is a private <u>Facebook</u> page so you must be logged on to your account to access it	

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Colchester For Fogies	A mixed community Facebook group for the Colchester area and is	This is a private Facebook page so
and Old Farts MK II	aimed at older people offering information and support.	you must be logged on to your account to access it.
Community-360	Have a team of volunteers, along with other services, they are able to help you with food provision, signposting and many other areas for those who find themselves in need.	Call: 01206 505250 Email: information@community360.org.uk Web: https://www.community360.org.uk/mental-wellbeing/ This is a public Facebook group.
Gracious Givers for Golden agers	A community Facebook group created to help the elderly population in and around Colchester, they can help with shopping, meals or pick up a prescription.	This is a public <u>Facebook</u> Group.
Health Service Discounts	Information for Health workers detailing about lots of business posting things like free coffee for NHS workers and discounts in supermarkets.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
It all happens in Colchester	This is an open access group whereby you can find out all the information about what's going on in Colchester including businesses that are posting about offers on reduced rates/ free delivery / take outs etc.	This is a private <u>Facebook</u> page so you must be logged on to your account to access it.
Let's Talk Colchester!	This is a group to share anything community and crime related whereby businesses may post about offers of free delivery / takeaways etc.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.

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Neighbours Information Colchester Essex (NICE)	A Facebook group to provide local information and support in the local communities, paying attention to their neighbours.	This is a private <u>Facebook</u> group so you must be logged on to your account to access it.
NextDoor	A social network which aims to bring neighbours closer together, NextDoor aims to encourage social interaction between neighbours as well as making people aware of crime in their area. NextDoor makes it safe to share online the kinds of things you share with your neighbours in person. Every neighbour must verify their address in the neighbourhood. Every neighbour must use their real name.	Web: https://nextdoor.co.uk/
North East Colchester Support Network	 Their focus is on: Those who are elderly and are either self-isolating or having isolation imposed on them Those who are vulnerable Those who are not able to cope with being isolated Signpost to other organisation that can help residents of Colchester 	This is a public <u>Facebook</u> group.
Salvation Army	They have daily affirmations and support on their website.	Address: Butt Road, Colchester, CO3 3DA Web: https://www.salvationarmy.org.uk/colchester-citadel

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The Prayer Shelter	This is a place where anyone can come for prayer and feel supported and safe without being judged, give thanks to god for everything and all that he gives us. A space for sharing testimonies, scripture, church events, services and much more.	This is private <u>Facebook</u> group so you must be logged on to your account to access it.
Warm & Toasty Club	Is a unique life-affirming intergenerational community group working in music, arts and history with people over 60. Watch live videos such as singing performances via the Facebook page	Email: thewarmandtoastyclub@gmail.com This is a public Facebook group.

General Supermarket Information		
Organisation	Support &/or What's Available	Contact Details
Aldi	Have priority opening all day, every day for key workers in the NHS, Police, Fire Service, Blue light card holder, social workers, first responders and St Johns ambulance, all of these will take priority ahead of queues in the store upon showing a valid ID.	Web: www.aldi.co.uk/
	This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening. They are also opening 30 minutes early Monday to Saturday for the Elderly aged 70+ and vulnerable. (Please note that in England and Wales, this is for browsing only) Aldi are now offering a "Food Parcels" service, which are available from 18 th April 2020, they contain 22 of your essentials, as well as a few treats.	

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	Aldi say that this is a great shopping solution for vulnerable people and those who are self-isolating. These are available online only for £24.99 with contactless delivery to ensure everyone's safety. Due to exceptional demand, the food parcels may not be available all day. Please continue to check the website daily, as they replenish their stock every day.	
Asda	Has a Volunteer Shopping Card which can be purchased online, then the e-card can be sent to the volunteer directly to use or print and then the volunteer uses the received barcode instore, this is via the printout or email on smart device.	Web: https://cards.asda.com/volunteer
	Asda is working from the government list and has said that they have written to over 91,000 of their most vulnerable customers who had an email address linked to an Asda customer account.	
	Those who received an email have been sent advice about how to claim a delivery slot free of charge.	
CO-OP	Co-op Gift Card is bought and loaded in store which you then present at check out when buying goods.	Web: https://www.coop.co.uk/terms-and-conditions
Iceland	Iceland have announced that they are temporarily limiting online orders to customers who are over state pension age, self-isolating or otherwise vulnerable, such as those who are disabled.	Web: https://www.iceland.co.uk/
	When you go on the Iceland website to book a delivery, a pop up will appear asking if you are over state pension age, vulnerable or self-isolating.	
	If you click yes, you'll be allowed to view the delivery slot calendar.	

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John Lewis and	John Lewis Partnership Gift Card has a card that can be purchased on-	Web:
Waitrose	line and the e-gift card will be delivered to the recipient's email.	https://www.waitrose.com/home/ab out_waitrose/gift-cards.html
	Waitrose have said that they have committed "at least 25 per cent of our orders to elderly and vulnerable customers" and confirmed they're in the process of contacting vulnerable customers to offer them delivery slots.	Web: https://www.johnlewis.com/custome r-services/prices-and-payment/gift-cards
	Waitrose have said that, to help them cope with demand, they are asking customers to wait until they get in touch with them, rather than customers trying to get in touch with Waitrose.	Web: https://www.waitrose.com/
Marks and Spencer	We are all in this together is an e-gift card which can be purchased online and then this is sent to the recipient via email.	Web: https://www.marksandspencer.com/a II-in-this-together/p/p60282075
	This is ideal for someone purchasing shopping on your behalf as you can email the e-gift card to the volunteer or print it out for collection and then the volunteer is able to use the received barcode instore to purchase your shopping.	
	Offering various 'Food Boxes', kitchen essentials like pasta, sauces and plus a few sweet treats including shortbread and Percy pigs.	
	Fresh produce and meat boxes also available.	
	Price range is £15 to £45.	
Morrisons	Morrisons Gift Card can be bought via Voucher Express and can also be bought through High Street Vouchers, but they are not currently delivering owing to Covid-19 this may be via email.	Web: https://www.voucherexpress.co.uk/gi ftcard/morrisons-gift-card.aspx

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	Morrisons has not implemented specific delivery slots for vulnerable	https://www.highstreetvouchers.com
	customers but has introduced other methods that they are using to try and help those customers.	/gifts/morrisons-gift-cards-vouchers
	These changes include:	
	 Making more delivery slots available to customers through their Morrisons website and through the Morrisons Store on Amazon Prime Now Launching a customer call centre for orders to be taken over the phone so that people who don't use online shopping can still order food - that phone number is 0345 322 0000 Launching food boxes that are designed to provide homes with everyday essentials, with both a vegetarian and meat eater option 	
Sainsbury's	Sainsbury have a Gift Card that you can buy in store, but they also offer a corporate scheme for bulk arrangements. These can also be bought online via Voucher Express.	Web: https://www.sainsburysgifts.co.uk/sainsburysgift cards.html
	There is also the option of a Sainsbury's E Gift Card, but this seems to be only a corporate scheme, but redeemable instore from a printout or by showing on a smart phone.	Web: https://www.sainsburysbusinessdirectric-co.uk/order/
	Sainsbury's is working with the government to identify those most in need of their home delivery services. Sainsbury's are working from the list from the government that has the details of those extremely vulnerable to the virus. As soon as Sainsbury's has these details, they will get in touch with those customers.	Web: https://www.voucherexpress.co.uk/gi ftcard/sainsbury-s-gift-cards.aspx https://www.sainsburysbusinessdirectrico.uk/products/e-gift-cards/
Shopping Slot	Free site that enables you to search for available home delivery slots.	Web: https://shoppingslot.co.uk/

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Tesco	Tesco have a Gift Card that you can buy in store, but they also offer a corporate scheme for bulk arrangements. These can also be bought via Voucher Express and via High Street Vouchers.	Web: https://www.tesco.com/help/in- store-faq/
	They will be delivered via an e-voucher to the recipient email	Web: https://www.voucherexpress.co.uk/gi
	Tesco is trying to prioritise home delivery slots for vulnerable customers, reserving "hundreds of thousands of home delivery slots a week"	ftcard/tesco-gift-cards.aspx
	according to a statement from the supermarket chain. They are	Web:
	identifying customers using the list provided by the Government.	https://www.highstreetvouchers.com/gifts/tesco-gift-cards-vouchers
	To try and get access to a priority slot, you can phone 0800 917 7359.	Web: https://www.tescoforbusiness.com/

Food Delivery Information		
Organisation	Support &/or What's Available	Contact Details
Anglia Produce	Are delivering fresh vegetables and fruit, as well as some store cupboard items (as of April 2020). Visit the website for a full list of produce on offer.	Address: Anglia Produce Limited, Foxash Estate, Harwich Road, Lawford, Essex, CO11 2LR Call: 01206 233471 Email: sales@angliaproduce.com or homedeliveries@angliaproduce.com Web: http://angliaproduce.com/
Birchwood Farm Shop	A variety of different boxes available with different fruit and vegetables, can pay extra for other extras including milk and bread.	Address: Birchwood Road, CO7 6HX

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		Call: 01206 323797
	Delivery to Langham, Boxted, Dedham, Stratford, Ardleigh, Lawford, Highwoods, and St John's.	This is a public <u>Facebook</u> group.
	Call them to place an order and arrange next day delivery or collection.	
	Open Monday to Friday 9am-3pm (as of April 2020).	
	Visit the <u>Facebook</u> page for a full list of products available.	
Bumbles Greengrocers	Are currently offering a Fruit and Veg Box service with an evening delivery service of after 6pm on Monday, Tuesday or Friday (as of April 2020).	Address: 24 High Street, Brightlingsea, Colchester CO7 0AG
	, and the second	Call: 07914 496681
	Saturday collections are also available. Boxes are a minimum order of £10 and delivery is free of charge within	Email: <u>bumbles.gg@gmail.com</u>
	the Brightlingsea area.	This is a public <u>Facebook</u> group.
Direct Meats	Delivers meats and store cupboard items, they have a minimum spend to qualify for home delivery, which is £25.00.	Address: Direct Meats, Knights Farm, Swan Street, Chappel, CO6 2EE
	Delivery is free on all orders over £49.99, (as of April 2020).	Call: 01787 223364
	Visit the website for a full list of products available.	Web: http://www.directmeats.co.uk/ and https://directmeats- foodstore.co.uk/
		This is a public <u>Facebook</u> group.
Fairfield Farm	Are delivering a Vegetable Box which includes a variety of vegetables, (as of April 2020).	Address: Fordham Road, Wormingford, CO6 3AQ

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	Delivery is offered for Colchester Postcode areas only.	Call: 01026 241613
	Visit the website for a full list of products available.	Web: https://fairfieldsfarmcrisps.co.uk/
		This is a public <u>Facebook</u> group.
Fruit and Veg 2 U	They offer free delivery to the following areas: Sudbury, Braintree, Chelmsford, Witham and Colchester. They offer a veg box, fruit box, a super mix box, a 25kg sack of potatoes, (as of April 2020). Visit the website for a full list of products available.	Call: 07876 778338 Email: info@fruitandveg2u.com Web: https://fruitandveg2u.com/
		This is a public <u>Facebook</u> group
Heinz Beans	Are offering the Essentials Bundle which consists of a variety of beans, soup and hoops, for £10, (as of April 2020).	Call: 0116 235 5000 Web: www.heinztohome.co.uk
	Visit the <u>website</u> for a full list of products available. Delivery is currently available to addresses in England, Wales and Scotland at £3.50 per bundle.	This is a public <u>Facebook</u> group.
	Where possible they aim to deliver within 2-3 working days by their courier partner Hermes.	
	After you have placed your order, Hermes will contact you with tracking details where you can request a safe place for the delivery to be placed.	
Isolation Deliveries	Supporting those businesses that have turned their normal way of trading face to face into delivery services.	Call: 0330 6061467
		Email: info@isolationdeliveries.co.uk

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	This includes a list of business that are delivering food in Colchester who provide you with Dairy, Butchery, Green Grocery, Bakery, Eggs, Fishmongers, Potatoes and Garden supplies.	Web: https://www.isolationdeliveries.co.uk L
Jack & Toms Isolation Essentials	Are offering a variety of food packages for delivery, these can include meat, veg and fruit. For a full list of what is on offer visit their Facebook page.	Call: 07706 160862 Web: https://isolationessentials.uk/
	Delivery days are Mondays and Fridays.	This is a public <u>Facebook</u> group.
	To order send them a private message including full address, postcode, and what day delivery, (as of April 2020).	
	Pay by bank transfer please note they only accept cash in exceptional circumstances.	
J Burgess and Sons	Are a local greengrocer who are delivering produce Monday to Saturday, (as of April 2020).	Address: 197 Old Heath Road, CO2 8AY
	Visit the <u>website</u> for a full list of products available.	Call: 01206 795929
		Email: burgessfruit@hotmail.co.uk
		Web: https://www.jburgessandsons.co.uk/
		This is a public <u>Facebook</u> group.
Layer Marney Lamb	Have a variety of meats available for delivery, orders can be made through email or over the phone, and they can take payment over the phone or cash on delivery.	Address: Unit 1 Heath Rd, Stanway, CO3 0QR
		Call: 01206 331179 or 07976 225965

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	Alternatively, the shop is still open although it is on a 1 out and 1 in basis	
	so you may have to queue and wait a while, (as of April 2020).	Email: <u>layermarneylamb@msn.com</u>
	Visit the <u>website</u> for a full list of products available.	Web: https://www.layermarneylamb.co.uk/
Raynors Fresh Food Delivery	Raynors Fresh Food Delivery Grocery are delivering fresh fruit & veg boxes to your doorstep in their own fleet of refrigerated vans.	Call: 01245 353249 Web:
	Vegan boxes are also available. Visit the <u>website</u> for a full list of products available.	https://freshfooddeliveries.co.uk/ This is a public Facebook group.
	With free delivery across Essex on orders over £40, they deliver Monday to Saturday.	
	If NHS Workers have any difficulties ordering online, please contact them directly to arrange your delivery, (as of April 2020).	
Stonefield Farm Shop	Due to excessive demand, their delivery service will only be available to their most vulnerable customers (as of April 2020).	Address: Stonefields, Kelvedon Road, CO5 9SH
	They will have to apply a £2 delivery charge to every order.	Call: 01376 573618
	They can offer a collection service from the shop for other customers.	This is a public <u>Facebook</u> group.
Wiltshire Farm Foods	If customers have been identified as extremely vulnerable, they will do their best to help them by delivering frozen ready meals (as of April 2020).	Call: 0800 077 3100 Web: https://www.wiltshirefarmfoods.com
	Please pay by card if you possibly can to reduce contact with the delivery driver. All their deliveries are currently 'no-contact' as standard, helping to reduce face-to-face contact with others.	L

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Meal Delivery Information				
Organisation	Support &/or What's Available	Contact Details		
Cricketers Pub	Offer a takeaway food menu.	Address: Spring Lane Fordham Heath CO3 9TG		
	Free deliveries to Eight Ash Green, Aldham, Fordham & West Bergholt.	Call: 01206 24066 or 01206 241380		
	Customers can collect their orders but will need to phone through so a			
	card payment can be taken over the phone.	Email:		
		Info@thecricketerscolchester.co.uk		
	They are offering Ambulance, Police and Fire crews a free soft or hot	l		
	drink with their order.	Web:		
	Open 4pm to 8:30pm Monday to Thursday, 12pm to 8:30pm Friday and	http://www.thecricketerscolchester.c o.uk/contact.html		
	Saturday, and 12pm to 7pm Sundays	<u>o.uk/contact.ntmi</u>		
		This is a private <u>Facebook</u> group so		
	For their menu look on their website or Facebook page.	you must be logged on to your		
		account to access it.		
Deliveroo	This is a website where you can order food from a range of different	Web:		
	restaurants and takeaways. Please note you do have to check their	https://deliveroo.co.uk/restaurants/c		
	website to see if they will deliver in your area.	olchester/colchester		
	You can also order via their app using this <u>link</u> .			
Dinners Direct	Established home-meal delivery for Colchester, Wivenhoe and Alresford	Address: Unit 9, Wivenhoe Business		
	areas.	Centre, Brook Street, CO7 9DP		
	They are providing a range of freshly prepared meals, on a daily basis, to	Call: 01206 826681		
	those who are maybe finding cooking etc. a little more difficult.	Wala		
		Web: www.dinnersdirectcolchester.co.uk		
		www.ummersumectcorcnester.co.uk		

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	Meals are delivered hot, between 12pm to 2pm, Monday to Friday, on real plates. For those who prefer to eat their meals later, they can also deliver a cold version, plated and freshly prepared that morning, which can be re-heated at a time of their choosing. For details of their current menu contact them directly.	
Eden Living	This is a delivery service. Their aim is to bring you simple, unpretentious and varied food, using the best quality and value ingredients available.	Address: Russel Road, Clacton on Sea, CO15 6BE
	Every Friday and Saturday they will be delivering some of their bestselling dishes to doorsteps.	Call: 01255 428535
	NHS staff are offered a 20% discount.	Email: Eden.message@gmail.com
	Minimum order of £15 which includes free delivery to Colchester and all villages on route.	This is a public <u>Facebook</u> group.
	Pre order only and this must be placed by 5pm Thursdays.	
Just Eat	Food delivery service from a range of takeaways and restaurants. Please note you do have to check their website to see if they will deliver in your area.	Web: https://www.just-eat.co.uk/
	You can also order via their app using this <u>link</u> .	
Uber Eats	Food delivery service from a range of takeaways and restaurants. Please note you do have to check their website to see if they will deliver in your area.	Web: https://about.ubereats.com/en/

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Bank Information			
Organisation	Support &/or What's Available	Contact Details	
Barclays	Until further notice, this branch has changed its regular opening hours to:	Address: 9 High Street, Colchester CO1 1DA	
	Are open:	Call: 03457 345345	
	Monday to Friday 9am to 2pm Saturday 9am to 12pm	Web: https://www.barclays.co.uk/	
Halifax	Are open: Monday to Friday 10am to 2pm	Address: 22-26 Head Street, Colchester CO1 1NG	
	They have taken the decision not to open branches at weekends and will not be operating any of their mobile branches until further notice.	Call: 03457 203040	
	They are keeping cash in ATMs and continue to offer a counter service for cash and cheques.	Web: https://www.halifax.co.uk/	
	As well as helping vulnerable customers and those people and businesses in financial difficulty.		
HSBC	Are open:	Address: 26 High Street, Colchester CO1 1DQ	
	Monday to Friday 10am to 2pm	Call: 03457 404404	
	They are offering a counter service and they have disabled access as well as both internal and external ATM and the provision of a talking ATM.	Web: https://www.hsbc.co.uk/	
Leeds Building Society	Are open:	Address: 30 High Street, Colchester CO1 1DB	
	Monday, Tuesday, Thursday and Friday 10am to 3pm	Call: 01206 563788	

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	They are limiting the number of visitors, so social distancing can be observed.	Web: https://www.leedsbuildingsociety.co.uk/
Lloyds	Are aiming to keep as many branches open as they can, subject to the availability of colleagues. In some cases, they therefore may have to temporarily close a branch. All branches, effective from the 25th March, will be open from 10am to 2pm Monday to Friday. They have taken the decision not to open branches at weekends. In addition, they will not be operating any of their mobile branches until further notice. They are keeping cash in ATMs and continue to offer a counter service for cash and cheques. And helping vulnerable customers and those people and businesses in financial difficulty.	Address: 27 High Street, Colchester CO1 1DU Call: 03456 021997 Web: https://www.lloydsbank.com/
Metro	Are open Monday to Friday 10am to 4pm.	Address: 31-32, High Street, Colchester CO1 1DB Call: 02034 027950 Web: https://www.metrobankonline.co.uk/
Nationwide	Are open: Monday to Friday 10am to 2pm.	Address: 10 Culver Street West, Colchester CO1 1JG Call: 0800 554 0601

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		Web: https://www.nationwide.co.uk/
NatWest	Are open:	Address: 25 High Street, Colchester, Essex, CO1 1DG
	Monday to Friday 10am to 1pm.	Call: 03457 888444
	They also have disabled access.	
	With a cash & cheque deposit machine available	Web: https://personal.natwest.com/personal.html
Royal Bank of Scotland	All branches, effective from the 25th March	Address: 45 Head Street, Colchester CO1 1NW
	Are open: Monday to Friday 10am to 2pm	Call: 03457 242424
	They have taken the decision not to open branches at weekends. In addition, they will not be operating any of mobile branches until further notice.	Web: https://www.bankofscotland.co.uk/
	They are keeping cash in ATMs and continue to offer a counter service for cash and cheques.	
	And continue to help vulnerable customers and those people and businesses in financial difficulty.	
Santander	Are open:	Address: 48 High Street, Colchester CO1 1DH
	Monday to Friday 10am to 2pm.	Call: 0800 912 3123
		Web: https://www.santander.co.uk/

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	Funding Information	
Organisation	Support &/or What's Available	Contact Details
The Barclays Foundation:	Have launched a £100 million-pound COVID-19 Community Aid Package to charities working to support vulnerable people impacted by the current situation, and to alleviate the associated social and economic hardship caused by the crisis.	Web: https://home.barclays/news/press- releases/2020/04/barclays-launches- p100-million-covid-19-community-aid- package/
	The package is made up of two components: Component 1 - Charity Partners Programme:	
	 Funding deployed via partnerships with trusted charities who can have a direct and immediate impact on the communities we wish to help in those geographies. 	
	 Funding to be targeted at programmes as local to Barclays major locations as possible – the places where Barclays colleagues live and work, and where they can potentially help directly. 	
	 The money will be used to help disadvantaged people (those suffering from social and economic deprivation as a consequence of COVID-19), the elderly and vulnerable communities most at risk from COVID-19, and to support NHS staff and other keyworker communities. 	
	Employee Matched Donations Programme: Barclays will match an individual colleague's donations to charities working to support vulnerable people impacted by COVID-19, and in alleviating the associated social and economic hardship caused by the crisis.	

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Morrisons	The Morrisons Foundation recognises that homeless people are	Web:
Foundation:	particularly vulnerable to COVID-19 because they are more likely to have	https://www.morrisonsfoundation.com
	underlying health conditions and are less able to access basic sanitation.	/latest-news/covid-19/
	For those who are sleeping rough or are in a crowded night shelter, it is impossible to self-isolate and maintain social distance.	
	Applicants should:	
	 Be registered with the Commission/OCSR for a minimum of one year and have filed their documents, for example trustees reports and financial accounts on time. 	
	Work directly with homeless people and provide support of one of more of the areas the fund will cover.	
	Registered charities who care for the homeless can apply for support to cover the following broad areas:	
	 Outreach and support for rough sleepers, including provision of essentials 	
	Delivery of services in hostels and shelters	
	Information and advice	
Essex Community	The purpose of the Essex Coronavirus Response and Recovery	Web: https://www.essexcommunityfo
Foundation	Programme is to get help quickly to voluntary and community	ndation.org.uk/grants/grants
Emergency Grants:	organisations in Essex, Southend and Thurrock that are in crisis as a result	
	of the pandemic and need emergency funding to keep their vital services running.	

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	Initially grants of up to £15,000 will be available.	
	Priority will be given to those delivering vital services to older and vulnerable people, organisations helping to relieve pressure on public services and those co-ordinating a local community response.	
National Lottery Community Fund	The National Lottery Community Fund will give priority to:	Web: https://www.tnlcommunityfund.o rg.uk/about/coronavirus-updates
Prioritises COVID-19 Projects:	Organisations supporting people who are at high risk from Covid-19	
. rojecto.	Organisations supporting communities most likely to face increased demand and challenges as a direct result of Covid-19	
	Organisations with high potential to support communities with the direct and indirect impact of Covid-19	
Tesco Bags of Help COVID-19 Communities Fund Accepting UK	Tesco has created the new short-term Tesco Bags of Help COVID-19 Communities Fund to support local communities across the UK in response to the Covid-19 crisis.	Web: https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/
Applications:	Applications will be accepted from organisations such as women's refuges, food banks, hospices, homeless charities, charities supporting the elderly, and charities supporting children's activities.	
	This list is not exhaustive and other organisational types will be considered.	
	Tesco is looking to support organisations:	
	Whose need for services has been disrupted e.g. A food bank whose stocks are running low and need an immediate donation to enable the food bank is restocked	

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Who require to put in place new service e.g. Charities setting up a new home service to the elderly who usually attend a monthly lunch club or a charity needing to set up a telephone service to support beneficiaries
Finding increased demand e.g. A holiday hunger club needs more resources due to schools closing, or a childrens centre requires an additional temporary member of staff

	Other Information		
Organisation	Support &/or What's Available	Contact Details	
Citizens Advice	Telephone Advice, which is usually managed between the hours of 10am to 4pm Monday to Friday.	Call: 0300 330 2104 (for all telephone advice)	
	This number is part of an Essex wide group of Citizens Advice offices enabling calls to be answered when an adviser at a client's local office is not available.	Email: advice.colchester@cabnet.org.uk Web: www.citizensadvice.org.uk	
	<u>Debt and money advice</u> helpline 07984 405190. A specialist debt adviser accredited by the Institute of Money Advisers is available 9am to 5pm Monday to Wednesday.	www.citizensaavice.org.ax	
	Help to Claim: Get help claiming Universal Credit by contacting their free national helpline 0800 144 8 444. Advisers are usually available 8am to 6pm Monday to Friday.		

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	<u>Food Bank:</u> They have by arrangement, set up an E-voucher system with Colchester Foodbank which enables clients to access a food parcel within any of the Trussell Trust's food banks.	
Colchester Care Crisis (Helpline)	Caremark Colchester are offering immediate training, support and full PPE equipment for those wanting to help and find employment as a carer. They are also requesting assistance from local businesses and anyone able to donate a service, skill or item that will be of vital importance during this time.	Call: 01206 487398 Email: colchestercarecrisis@caremark.co.uk Web: https://www.caremark.co.uk/location s/colchester
First Site	Are offering some online activities including downloadable artist packs.	Address: Lewis Gardens, Colchester, CO1 1JH Call: 01206 713700 Web: https://firstsite.uk/ This is a public Facebook group
My Social Prescribing	Launched in 2013, 'My Social Prescription (MSP) is a community-based scheme led by Community360 across Colchester. It serves to address the social issues that can affect people's well-being. My Social Prescription does this by connecting people to voluntary and community services, volunteering as well as providing support with health conditions and encouraging self-care. My Social Prescription is designed to empower individuals.	Call: 01026 505250 Email: msp@community360.org.uk Web: https://www.community360.org.uk/s ervices/wellbeing/my-social-prescription/

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NHS App	You can request a new or order a repeat prescription, nominate your preferred pharmacy and see what available medicines there are for you.	Web: https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/
	As well as check your symptoms for instant advice or medical help near you.	Or you can download the app from your device's app store. Android app store link Apple app store link
North East Essex	Free COPD coaching which is normally in person, is now offered on a 1-2-	Call: 0300 3039 988
COPD Health Coaching	1 basis or group based online.	This is a private Feedback group as
	You can join the group and contact and share to let others know the	This is a private <u>Facebook</u> group so you must be logged on to your
	service is available.	account to access it
South Lanes Market	The South Lanes Facebook group is promoting a weekly online market:	This is a <u>Facebook</u> group which you
		must join to access content
	 Tuesdays between 12pm and 5pm is specifically an Eco Mini market 	
	Thursdays between 9am and 5pm is The South Lanes Market	
	This is somewhere independent retailers and makers can share their	
	wares and local people can come and find things they might not be able	
	to get hold of while investing in their local community.	

Children & Families Information		
Organisation	Support &/or What's Available	Contact Details
BBC CBeebies	CBeebies is designed for 0-6 year olds and includes a range of activities (animation, drama, entertainment, factual and live action).	Web: https://www.bbc.co.uk/cbeebies
BBC Bitesize	BBC Bitesize can be used to help with homework, revision and learning.	Web: https://www.bbc.co.uk/bitesize
Colchester Arts Centre	They are providing online poems, door to door poems, poems on the phone.	Call: 01206 500900 Web: https://www.colchesterartscentre.com/ This is a public Facebook group
Colchester Borough Council - Colchester and Ipswich Museums	Museum From Home: Over the coming weeks the team will be sharing a variety of activities to help educate and entertain. Inspired by the collections across Colchester and Ipswich, from art to nature, archaeology to social history, they hope to bring the museum to you!	Web: https://cimuseums.org.uk/museumfrom-home/
Colchester Zoo	During the temporary closure of Colchester Zoo, they are sharing some of what the team and the animals get up to across their social media channels. From updates, to animal enrichment videos, live chats with the keepers and more!	Website: https://www.colchester-zoo.com/bringing-the-zoo-to-you/ This is a public Facebook page. Press here for the Twitter link.
	You can also follow some of their videos via their YouTube playlist.	Press here for the <u>Instagram link.</u>

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	As well as fun videos and information shared on social media, their education team have also put together some fantastic <u>wildlife</u> <u>activities</u> to do at home with the family.	
Essex Child and Family Wellbeing Service	On behalf of Essex County Council and the NHS, Virgin Care and Barnardo's provide a range of child and family services throughout Essex that are free at point of delivery. They support children, young people and their families, and provide access to support and services to help children and families achieve the best start in life. Follow their local Facebook page for information and support, along with their Daily Activity Ideas.	Call: 0300 247 0015 Web: https://essexfamilywellbeing.co.uk/ This is a public Facebook page.
Essex Libraries	Essex Library staff are now keeping in touch with babies and toddlers while their buildings are shut. Parents can download 'Rhyme time' rhymes, songs and stories and read short stories from the main county council web site. Both will be updated weekly. However, they are all asked to hold onto books we have borrowed until the libraries re-open. There will be no overdue fines.	Web: https://libraries.essex.gov.uk/children- and-young-adults/babies-and-toddlers/
Essex Youth Service	Helping young people in Essex to get the most out of school, work and life. Weekly activities available via Zoom.	Web: https://youth.essex.gov.uk/young-people/online-activities/
Home-Start Colchester	Home-Start Colchester is an independent local charity committed to making a real difference to the lives of local children and families.	Web: https://www.homestartcolchester.org.uk /2020/03/23/help-needed/ This is a public Facebook page

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La Leche League Colchester	Advice on breastfeeding whilst in isolation for families.	This is a public <u>Facebook</u> group
Precious Bundles	Providing free quality clothing and equipment for children aged 0 to 5 and new-born starter packs to anyone who needs them.	This is a public <u>Facebook</u> group
The Mercury Theatre	Are showing you how to make puppets online, as well as showing plays, reading and telling stories.	Call: 01206 573948 Web: http://www.mercurytheatre.co.uk
Tots to Teens	A volunteer based and run community group bringing clothes and accessories and essentials to families that need them due to circumstances.	This is a <u>Facebook</u> group which you must join to access content
	They cater for new-born to 16 years of age.	
Wild Time	Wilderness Foundation has created Wild Time to help everyone through lock down!	Web: https://wildernessfoundation.org.uk/wild-time/
	With activities to keep the whole family engaged in nature and the outdoors and activities to keep your mind healthy with Mindfulness and Reflections!	This is the Facebook page Wilderness Foundation.
	Every week they have new footage from Badger Cam (<u>Link</u>), updates on what you can see at this time of year, nature activities and more.	Instagram: Wilderness Foundation UK Instagram: Chatham Green
		Twitter: Wilderness Foundation
Multi Schools Lowdown	The Multi School Council based at Market Field School in Elmstead Market, is launching 'Multi Schools Lowdown'	To access the podcast search for 'Multi Schools Lowdown' on Spotify and other podcast providers.

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This is a free podcast discussing how the group is adapting to the	Spotify: Multi Schools Lowdown
impacts of coronavirus pandemic, information on SEND (Special	
Education Needs Department) education and targeted support for	
young people's mental health.	

Black, Asian And Minority Ethnics (BAME) & Faith Groups Information			
Religion/Group	Support &/or What's Available	Contact Details	
Buddhism	Buddhist Door: Senior Thai Monk offers a Buddhist perspective on dealing with COVID- 19.	Web: Senior Thai Monk Offers a Buddhist Perspective on Dealing with COVID-19	
	For COVID-19 updates.	Available via West London Buddhist Centre and Diamond Way Buddhism	
	For classes, courses and other events.	Web: https://manchesterbuddhistcentre.or g.uk/ Or https://bristol-buddhist-centre.org/	
Colchester Chinese association	Are delivering a gift of groceries to their Colchester Chinese Association senior members aged 65 or above who do not live with extended family and helping them in any other way that they can.	Address: 1-3 Bloomfield Place, 25 St Botolph's Street, CO2 7EA Web: https://www.colchesterchineseassoci ation.co.uk/ This is a public Facebook group.	

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Christianity	Church buildings are currently closed for public worship, private prayer and all other meetings and activities except for vital community services until further notice. Find out more via the website about what is on offer.	Web: https://www.churchofengland.org/m ore/media-centre/coronavirus-covid- 19-guidance-churches
	An organisation that works through the Church of England's local parish networks, with churches and alongside other faith-based and secular organisations, national and local government, charities and foundations, as well as individual supporters, to bring about positive change in communities.	Web: https://cuf.org.uk/
	Christian Aid exists to create a world where everyone can live a full life, free from poverty.	Web: https://www.christianaid.org.uk/
Hinduism	Find out more about their Coronavirus Emergency Appeal here. Hindu Council UK represents an amalgamation of various Hindu denominations in the UK through their temple bodies and cultural organisations.	Web: http://www.hinducounciluk.org/2020/04/01/temples-lock-down-advice/
	Guidance on temple closures: Temple management for temples across the UK have been encouraged to close temples and take steps that elder devotees are being looked after.	
	It is very important that older people are not isolated, therefore, if the temples have facilities and volunteers then meals can be prepared and delivered to the people most in need.	
	You can also access further guidance from: Hindu Forum of Britain National Hindu Students Forum 	

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Islam	Colchester Islamic Cultural Association. The mosque is closed until further notice. They have a page on their website with COVID-19 updates and information. For more updates visit their Facebook page.	Address: 1-3 Bloomfield Place, 25 St Botolph's Street, CO2 7EA Web: Colchester Islamic Cultural Association
	The Muslim Council of Britain regularly updates their guidance to help inform a range of groups. Including individuals, mosques, and educational institutions.	This is a public <u>Facebook</u> group. Web: <u>https://mcb.org.uk/mcb-updates/coronavirus-guidance-formosques-and-madrassas/</u>
	They also provide advice for parents, and guidance on coping with stress during COVID-19.	
	The British Islamic Medical Association has put together an information leaflet to help inform the decision making for those responsible for administering religious burials.	Press here for the leaflet <u>link</u>
	There is also an <u>accompanying flowchart</u> to show the correct pathway to follow.	
	The National Zakat Foundation is offering support through four funds: • Hardship Relief Fund	Web: https://nzf.org.uk/apply-for-zakat/
	Housing FundWork Fund	
	Education Fund	

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	In partnership with Louise Butt Copywriting, AWN is offering a free bid writing service to support individuals and organisations applying for funding.	Web: https://www.allwaysnetwork.org.uk/funding-pots
Judaism	AWN also has a list of available COVID-19 related funding pots. The Jewish Leadership Council brings together the major British Jewish organisations to work for the good of the Jewish community.	Web: https://www.theilc.org/
	In the face of the Covid-19 crisis, Jewish Care, Nightingale Hammerson and The Fed have come together to make sure the most vulnerable members of the Jewish community receive the additional care they so urgently need.	Web: https://www.jewishcare.org/jewishho mesemergencyappeal/donate
	Union of Jewish Students along with most of the world are responding to the needs of our community, alongside the challenges faced by the necessary restrictions imposed You can read the full UJS Guidelines on Coronavirus here.	Web: https://www.ujs.org.uk/
Sikhism	Sikh coalition. A range of resources and guides from the Sikh Coalition, including travel restrictions and an e-learning resource. Most resources available in both English and Punjabi.	Web: https://www.sikhcoalition.org/our- work/empowering-the- community/covid-19-response- resources/
	Sikh Helpline. Free professional and confidential counselling over telephone or email.	Call: 08456 440704 Web: https://www.sikhhelpline.com/corona-virus/

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Further information is available in other languages via the <u>GOV.UK website</u> they have a variety of public health messages related to Covid-19.

Alternatively you can visit the AskDoc <u>website</u> which has a number of short videos translating the NHS England Covid-19 advice in various languages via <u>here</u>.

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