



The **Wellness** Centre

Free Support Numbers and Resources



FEEL FREE TO SHARE



CROYDON **BME** FORUM

TALK TO US

**OFF
THE RECORD**

UPDATED MAY 15TH 2020

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EXPERIENCING FINANCIAL DIFFICULTIES DUE TO COVID-19

(Work related issues, rent no income, self employed, unemployed) see following links:

Croydon Council support, advice and information for those experiencing hardship. A dedicated helpline is available as follows:

Tel : 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Includes support with:

Benefit claims, change in earnings, paying council tax, rent, debt advice, energy bills, travel services, Gateway service for the homeless, children with special educational needs & disabilities.

Support for the vulnerable in the community

If you are extremely vulnerable, or know anyone that is, please register for support online.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

If you have no access to internet or unable to use internet please ask a family member or friend to help, or contact Croydon Council Support

Team on; 020 8604 7787 or

Email: covid19support@croydon.gov.uk

Coronavirus (COVID-19) Resources for SEND

Advice and support for children and young people with Special Educational Needs and Disability (SEND) and their carers during the coronavirus pandemic.

<https://localoffer.croydon.gov.uk/kb5/croydon/directory/advice.page?id=cvj0CW-GluKc>

COMMUNITY SUPPORT NUMBERS DURING COVID-19

Food and essentials

Croydon Covid-19 Mutual Aid (CCMA) Tel: 020 3322 8379, 8am-8pm daily.
Neighbours who can help with shopping, picking up prescriptions, dog walks and friendly conversation

Croydon Voluntary Action (CVA) Tel: 020 8253 7076 Mon-Fri 10am-4pm. Any specialist need above CCMA level, supporting a wide range of individual and family needs. Stop-gap emergency support (e.g. food parcels)

Age UK Croydon Tel: 020 8686 0066 Mon-Fri 10am-4pm, 50 years+ Dementia, disability and or care needs, health, social and community care

Mental Well Being

Samaritans Freephone 116 123 (24/7)

A registered charity providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide

Crisis Text free to 85258

Voluntary support for anyone in crisis, by SMS (text)

Mental Health Crisis Helpline Tel: 0300 123 3393

Mind Tel: 0300 123 3393 www.mind.org.uk/

Information and signposting service, 9am-6pm, Monday-Friday

Care to Listen low cost telephone or Skype counselling Tel: 07931 117064

enquires@caretolisten.co.uk

Imagine Independence Tel: 0151 709 2366 www.imagineindependence.org.uk

Centre of Change Counselling Service centreofchangeproject@hotmail.co.uk Crisis line and talking therapies via telephone or online

Ethnicity and Language

Croydon BME Forum www.bmeforum.org Tel: 020 8684 3719

Asian Resource Centre Croydon <http://www.arccltd.com/> 020 8684 3784

Young People

Childline: Freephone 0800 1111 (24/7) www.childline.org.uk/

A counselling service for people under 19

Off the Record Youth counselling Tel: 020 8251 0251

Croydon Drop In Tel: 020 8680 0404 enquiries@croydondropin.org.uk counselling

Ment4 Intensive mentoring info@ment4.org T: 07752817882

Disability/ Carers

Scope – 0808 800 3333/ Textphone: dial 18001 then 0808 800 3333

National helpline providing free, independent and impartial advice and support for disabled people and their families

Advice Services Croydon Tel: 020 8686 0066

High quality, independent, information and advice for people with caring needs and disabilities

Croydon Mencap Tel: 020 8684 5890, info@croydonmencap.org.uk

Learning disabilities support

Carers Information Service Tel: 020 8649 9339 www.carersinfo.org.uk

Information, advice and support for carers in Croydon

Croydon Vision Tel: 020 8688 2486 info@croydonvision.org.uk

Croydon Hearing Tel: 020 8686 0049/ enquiry@croydonhearing.org.uk

Help for those with partial hearing/ deafness

Club Soda social for adults with learning disabilities Tel: 07309 750 283

www.clubsoda.org.uk

South East Cancer Help Centre www.sechc.org.uk lizzie.hewitt@sechc.org.uk

Cancer Patients Online Services and activities

Legal Help

Croydon Law Centre Tel: 020 8767 2777

Providing advice and support around housing, employment and family law

Citizens Advice Tel: 03444 111 444

Domestic Abuse

Bromley & Croydon Women's Aid Tel: 0208 3139303 (9am-4:30pm, Monday-Friday)

Supports women suffering from domestic abuse

National Domestic Violence Abuse Helpline www.nationaldahelpline.org

uk Tel: 0808 200 0247

National LGBT Domestic Abuse Line Tel: 0800 999 5428 www.galop.org.uk

Sexual Violence

RASASC Rape and Sexual Abuse Centre Tel: 0808 802 999 www.rasasc.org/

Vulnerably housed and homeless

Shelter Tel: 0300 330 1234 Information on any housing issue

Street Link www.streetlink.org.uk. Newly at risk of rough sleeping

Crime

Victims Support Tel: 0808 168 9291 www.victimsupport.org.uk/

Financial Help and Advice for the Self Employed

Self Employment & Universal Credit

<https://www.gov.uk/self-employment-and-universal-credit>

Employment & Support Allowance

<https://www.gov.uk/employment-support-allowance>

Covid-19 Small Business Government Grant

<https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/>

Coronavirus Business Interruption Loan

<https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/>

Citizen's Advice

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

Emergency Funding

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

NHS Guidance in 32 Languages

Please find attached latest updated NHS guidance which has been produced in 32 languages by Doctors of the World.

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Black Counsellors & Practitioners Offering Online & Telephone Support

#CoronaAnxiety #CoronaCare

Wayne Mertins-Brown
One to one, couple & group counselling
www.TheCityCounsellor.com

Charlene Douglas
Psychodynamic Coach & Counsellor
www.theintimacycoachuk.com

Kwame Opoku
Counsellor / Psychotherapist
www.kwameopoku.com

Vanessa East
Online clinical hypnotherapy, EFT, Sekhem energy healing, Readings
07985 338680

ShediYah Therapeutic Space
Child Adolescent & Family Therapist, Counsellor
www.shediyahtherapeuticspace.co.uk

Michael Forfieh
Counsellor / Therapist
www.michaelforfiehcounselling.com

Hilary Witter
Theta Energy Healing
07506771297

Royston John
Coaching, Community organisation development and
Emotional Intelligence Support
07811 374074
royston@rdjconsulting.co.uk

Kimberly-Anne Evans

www.psychologytoday.com/gb/counselling/kimberly-anne-evans-london-eng/716001

Gill Pelage

Counsellor / Psychotherapist

www.gillpelage.co.uk

Sheila

Counsellor

www.equilibriumtc.com

07480446844

Sue Brown

Counsellor & Coach

www.adaimcc.co.uk

Gamal Turawa

Coaching

purpleturawa@gmail.com

Cassandra Conteh

Wellbeing & Therapy

07507060192

Evetherapies@gmail.com

Floating Counselling

07305882959

www.floatingcounselling.co.uk

Info@floatingcounselling.co.uk

Facebook.com/floatingcounselling

Instagram.com/floating_bodymindsou

Free Counselling for NHS Staff

www.relationalschool.wordpress.com/we-see-you-we-hear-you-nhs-staff/

Chris Syrus is offering two x 30min coaching calls and daily personal development and accountability messages over a 7 day period.

You can book session via

www.calendly.com/christopher-syrus.

Powered by OrangeMoonWellbeing.com

Coronavirus Message to the Community in different Languages

<https://www.youtube.com/watch?v=NHPKznd-l2A> French Version

https://www.youtube.com/watch?v=PtyK7UTod_M German Version

<https://www.youtube.com/watch?v=6jkUmqCUssl> Punjabi Version

<https://www.youtube.com/watch?v=SOZy5BILCtY> Luganda version

<https://www.youtube.com/watch?v=dQ-cCFH36r4> Urdu Version

<https://www.youtube.com/watch?v=NZlxYmoaZpM> Chinese Version

https://www.youtube.com/watch?v=_Et_UdV6jak Spanish Version

https://www.youtube.com/watch?v=xBJaxzCr_k0 Hindi Version

<https://www.youtube.com/watch?v=xYlagwpK1no> Tamil Version

<https://www.youtube.com/watch?v=Q8d-qquce1o> Gujarati Version

<https://www.youtube.com/watch?v=GiGmBU1weqU> Farsi Version

<https://www.youtube.com/watch?v=Dfdw0MKXH9Q> Bengali Version

<https://www.youtube.com/watch?v=pRdKCacGST4> Sylhetti Version

<https://www.youtube.com/watch?v=23lp4XWIY1E> English Version

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



50Plus Online Cafe

A free interactive website to get all the information you need for the over 50s'

<https://www.50plusonlinecafe.com>



LEON'S COUNSELLING SERVICE

email: ASafePlace2Talk121@Gmail.com

tel: 07826 082 561

BACP registered: 00826420

Croydon Drop In

Supporting infants, children, young people and families for 42 years, 1978 - 2020
Information, Advocacy, Counselling, Outreach and Health Support in Communities & Schools.

Our Talkbus is on a 'virtual' tour and our Outreach team can be contacted by anyone in the community every day Monday to Friday between 1pm and 4pm on Call 07592 037823 for advice/information/support.

Tel: 020 8 680 0404

www.croydondropin.org.uk

enquiries@croydondropin.org.uk



Croydon Neighbourhood Care Association

As well as providing infrastructure support to our membership and other groups working with over 65's across Croydon, we continue to run our complex befriending service.



CNCA are offering telephone befriending for isolated/vulnerable individuals over 80 years old who have no family or other support. Further details and a referral form can be found on our website www.cnca.org.uk or email: info@cnca.org.uk / call 07926 524572

Neighbourhood Care Groups

An established network of Neighbourhood Care Groups across the borough are supporting individuals over 65 years.

Groups have diversified their normal service provision to include food shopping, picking up prescriptions and telephone befriending, due to Lunch clubs being closed and shopping buses suspended. Contact the individual group for details of services available. Contact details can be found at:

www.cnca.org.uk/members-2/



Changing how we SEE

Service Continuity - Clarity in Chaos

Croydon Vision is dedicated to continue providing services for people with sight loss, many who are extremely vulnerable at this moment in time. We have adapted our services to be able to provide essential support. Furthermore, we aim to boost our member's positivity and outlook; letting them know this too shall pass. Below is our business continuity service plan to support people with sight loss Monday to Thursday between 10-4pm:

Lunch service:

Provision of two course meal, meat or vegetarian dish; promoting healthy living 4 times per week.

Information Technology:

Introduction to technology and tuition; including smart phones, tablets and computer support

Befriending

Phone befriending on a weekly basis or social groups/peer support by zoom.

Talking News/News Letter

Weekly recording of news and entertainment; reaching members at home in the form of an mp3 stick.

Information & Advice

Empowerment and information go hand in hand, so our advice service is of paramount importance.

Grocery:

Equipping members with adequate food and resources to live well.

Contact us:

Address: Bedford Hall, 72 – 74 Wellesley Road, Croydon, CR0 2AR

Email: info@croydonvision.org.uk

Telephone: 020 8688 2486 (Mon to Thurs 10-4pm)

Website: www.croydonvision.org.uk

Twitter: [@CroydonVision](https://twitter.com/CroydonVision)

London Community Response Fund

What funding is available?

We have two Wave Two funding programmes that are taking applications:

- Crisis response – grants of up to £10,000 to enable you to meet the immediate needs of communities, from food and essentials, to equipment and additional short-term staff costs;

- Delivering differently – grants of between £10,000 and £50,000 to enable you to change the way you deliver your work to ensure it continues to meet the needs of your communities, from switching to digital channels to redeploying staff to boost your capacity at a time of increased demand. In some circumstances we may consider grants above £50,000 but there must be a strong rationale in your application for this.

Both funding programmes use the same application form, but you will find focused guidance on the different eligibility and focus of each programme below. Before you read through, please note the key information:

You can apply for a maximum of 3 months of funding.

You can only apply for one grant in Wave 2 (for either a crisis response, or a delivering differently grant). If you received a grant in Wave 1 (food and essentials), you are able to apply again as part of Wave 2.

Click link: <https://www.londoncommunityresponsefund.org.uk/news/apply-funding-london-community-response-portal>

Resourcing Racial Justice

Resourcing Racial Justice has announced a fund to support BAME charities through crises, be it Covid-19 or otherwise. Applicants can apply for grants between £5,000 to £50,000 to support their projects that respond to the immediate needs brought about by this crisis, and other crises that may occur after the current pandemic, such as an environmental crisis brought on by global warming.

This comes after the racial justice charity #CharitySoWhite has published an open letter asking for the ringfencing of 20% of Covid-19 related funding for BAME charities citing the recently published report by Ubele stating that 9 out of 10 BAME micro and small organisations are set to close following the lockdown.

The first round of funding opens 18th May and closes 15th June. A launch event webinar will be held on 20th May that will provide more information on the Resourcing Racial Justice Fund and how to apply.

Heritage Lottery Fund

The Heritage Lottery Fund have set up the Heritage Emergency Fund of £50m to support the UK heritage sector during Coronavirus. Short term funding is available for charities to help them manage the unforeseen risks that have been brought upon them by Coronavirus and the ensuing lockdown. Not-for-profit organisations who have, or have previously had, a grant directly from the Heritage Lottery Fund and who own, manage or represent a heritage.

Grants of between £3,000 and £5,000 are available and applications are open until 30 June.

Further information on eligibility and how applications will be prioritised can be found on their website.

<https://www.heritagefund.org.uk/funding/heritage-emergency-fund>

Lloyds Bank Foundation

Lloyds Bank Foundation are providing immediate funding to charities who have already spent a significant amount of time on their applications, or were expecting to receive new funding. They are prioritising charities who have adapted their services to meet the challenges of Covid-19. These charities will receive a one-year grant with a lighter touch assessment approach to allow charities to focus on responding to Covid-19.

The Hampstead Wells and Campden Trust

The Hampstead Wells and Campden Trust (HWCT) is established to alleviate poverty and advance health in the charity's area of benefit. They typically make grants to organisations, individuals and families. During the ongoing COVID-19 pandemic, the HWCT is continuing to accept, process and provide grants to individuals in need, though timescales may be extended and communication slower than usual. The trust advises that local groups and organisations needing larger sums to cover emergency work or adapt services to new ways of working should apply to the London Community Response Fund. More details on eligibility, how to apply and the online application form can be found [here](#).

Lloyds Bank Foundation

Lloyds Bank Foundation are providing **immediate funding to charities** who have already spent a significant amount of time on their applications, or were expecting to receive new funding. They are prioritising charities who have adapted their services to meet the challenges of Covid-19. These charities will receive a one-year grant with a lighter touch assessment approach to allow charities to focus on responding to Covid-19.

South West London Law Centres



South West London Law Centres helps local people across south-west London to access justice and uphold their everyday rights, by providing specialist legal advice on social justice issues including housing, employment, debt, social security and immigration.

Without the free or low-cost legal services our charity provides, many people we help would be locked out of accessing justice, because they can't afford a lawyer.

Our law centres are based in Battersea, Croydon, Morden and Kingston. Together we support people across six London boroughs of Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth.

Contact Details : Email: enquiries@swllc.org

Telephone numbers: 020 8767 2777

Web: www.swllc.org

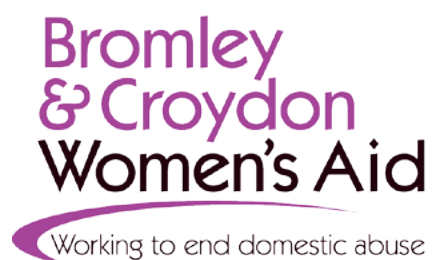
Social media:

Twitter: [@SWLLawCentres](https://twitter.com/SWLLawCentres)

Linkedin: [/south-west-london-law-centres-5603ba126/](https://www.linkedin.com/company/south-west-london-law-centres-5603ba126/)

Bromley & Croydon Women's Aid

Our services remain open and we have contingency plans in place. You can contact us for telephone support or any enquiries in the normal way, by email to info@bcwa.org.uk or phone on 020 8313 9303, especially if you are worried about self-isolating with a perpetrator.



Star Pro Bono - Getting Croydon based Small Business owners through the Covid-19 Pandemic by providing pro bono legal and financial advice.

www.starprobono.com



Udemy Is Giving 30+ Free Courses During This Situation to help People Staying at home to Learn.

How To Create A Website using WordPress (Step by Step)

<https://bit.ly/2xZFf2e>

Facebook Marketing

<https://bit.ly/2QCslbj>

<https://bit.ly/2wuQSO5>

<https://bit.ly/2QDk7oK>

<https://bit.ly/33BwMxT>

Instagram Marketing

<https://bit.ly/2UrCdv9>

<https://bit.ly/2Wv40xv>

<https://bit.ly/2J7W0uc>

<https://bit.ly/33CLGUx>

Adobe Photoshop

<https://bit.ly/2QD1Ckn>

<https://bit.ly/3bcxYKw>

<https://bit.ly/2QBt0PY>

Adobe Illustrator

<https://bit.ly/3acidmR>

<https://bit.ly/2J51vtV>

<https://bit.ly/3amsU6g>

Content Marketing

<https://bit.ly/2UaIAVL>

SEO

<https://bit.ly/2U7afps>

Youtube SEO

<https://bit.ly/3beiQMT>

Quora SEO

<https://bit.ly/2wqSatq>

Photography

<https://bit.ly/2WKsHpV>

<https://bit.ly/2UbLg4t>

<https://bit.ly/2vED8jq>

<https://bit.ly/2U7iWA9>

Filmmaking

<https://bit.ly/2Wv4yDz>

<https://bit.ly/2QAY2qR>

<https://bit.ly/2WyzrH9>

Podcast

<https://bit.ly/2QzrBsW>

<https://bit.ly/33Al3yB>

<https://bit.ly/3a8SQCo>

<https://bit.ly/2QypDJd>



Support Numbers

NEVER ALONE

NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5 or 8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270



I'M POSSIBLE
STATE OF MIND

FREE!

Online workouts

***Plus sign posted support: mentoring, counselling, tuition and more.**

For 8-25 year old's

Weekly Thai Boxing
based fitness sessions
complemented by
personalised, individual
support.



Every Saturday in May 2020 | 11AM-12PM

Online Zoom Meetings

Contact I'mPossible on 07447895734 /
info@i-mp.co.uk for more info or to book your a place.

MOPAC

MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME


CROYDON BME FORUM



Universal Credit Zoom Meeting INVITE

During this session we will be discussing the following:

- Maximising Income
- Discounts on bills
- Council Tax Options

Date: Tuesday 19th May 2020
Time : 14:00 -15:00
Location www.Zoom.com
Meeting Number: 385 207 6159

Register on Eventbrite
Password will be emailed
out to people who register

If you have specific questions before
this session please email us at
info@bmeforum.org



A discussion/workshop on the challenges and changes we have had to make as a result of the lockdown and how this has impacted on our mental health



MENTAL HEALTH AWARENESS WEEK


Approximately one in four people in the UK will experience a mental health problem each year. Mental Health Awareness Week aims to get people talking about their mental health and reduce the stigma that can prevent people from asking for help.

Date: Monday 18th May 2020 Time: 7pm - 8.30pm

Date: Thursday 21st May 2020 Time: 2pm - 3.30pm

Location [www.Zoom.com](https://www.zoom.com) Meeting Number: 385 207 6159

Register on Eventbrite Password will be emailed out to people who register

 @cbmeforum
 croydonbmeforum
 CroydonBMEForum

Eventbrite



The background of the entire advertisement is a photograph of a diverse group of people sitting together in a room with large windows. In the foreground, a woman with dark hair and a blue top is smiling warmly at the camera. To her left, another woman is partially visible, also smiling. In the background, several other people are seated, some looking towards the camera and others looking away. One man in the background is holding a white laptop. The overall atmosphere is bright, positive, and community-oriented.

WORRY LESS

ENJOY LIFE MORE

FEEL MORE RELAXED

**Feeling low,
frustrated or stressed?**

**Our FREE, confidential
NHS service can help**

Search 'Croydon Talking Therapies'
Talk to your GP or phone 020 3228 4040

Croydon

TALKING

Therapies

Food and Essentials Hub



Help us help our community!

With so many people offering support to older people during these uncertain times, we're working to ensure food and essential items are delivered to vulnerable older people in the safest way.

Do you need help or food and essential hygiene items, but can't get out? We can help!

Call our helpline on 020 8686 0066 or email asc@advicecroydon.org.uk and we can try to get you the things you need, delivered safely to your door for **FREE**.

Do you have non-perishable food and hygiene items you would like to donate? Please help!

If you have items to donate, please drop them to Scratchley Hall, 81 Brigstock Road, Thornton Heath Mon-Fri 10am-4pm. Or get in touch on 020 8686 0066 or email asc@advicecroydon.org.uk

Can you help deliver goods to local older people, or help in other ways? Please help!

If you can transport goods to older people, we'd love to hear from you. Please call our helpline on 020 8686 0066 or email volunteering@ageukcroydon.org.uk and we'll share more.

We always need funds to keep our vital services running. Please donate online!

<https://www.justgiving.com/ageukcroydon>

PLEASE NOTE: This is not a Food Bank. Please only come along if you are donating items, or if you are a volunteer collecting items to deliver to others.



**FREE CARE PACKAGES:
HOT MEALS, CULTURAL
FOODS, TOILETRIES &
ESSENTIAL ITEMS**



**WWW.P4YE.CO.UK
07415 785101**

CROYDON
www.croydon.gov.uk

**DELIVERING TO VULNERABLE
PEOPLE IN CROYDON IMPACTED
BY COVID-19 ON WEDNESDAYS
AND SATURDAYS**

DOMESTIC ABUSE

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Are you feeling threatened or unsafe in your home? COVID-19 may have a serious impact on those experiencing domestic abuse due to enforced social isolation. Restrictions may leave you feeling like there is nowhere to turn for help. However, the police, local and national organisations are working hard to support you.

Call 999 if you or someone else is in danger. If it is not an emergency, please call 101 or visit www.met.police.uk

National Domestic Abuse Helpline: **0808 2000 247** (available 24/7)

Men's Advice Line: **0808 801 0327**

National LGBT+ Domestic Abuse Helpline: **0800 999 5428**

Childline: **0800 1111** If you're a child or young person and domestic abuse is happening in your home or relationship.

Respect Advice Line: **0808 802 4040** For perpetrators of domestic violence looking for help to stop.

Advice and support is available for everyone regardless of financial situation, nationality or immigration status.



ARE YOU SUFFERING DOMESTIC ABUSE?

**Staying at home
isn't safe for everyone**

The Croydon FJC is there to support you

Call 020 8688 0100

Or call the 24hr National Domestic Abuse Hotline

0808 2000 247

#YOUARENOTALONE



**METROPOLITAN
POLICE**

CROYDON
www.croydon.gov.uk

Delivering
for Croydon



Bensham Manor Kitchen

COVID19 RESPONSE

Every week till further notice from May 2020

Queens Hall, 1 Turner Crescent,

Collection point

Croydon, CR0 2NP

Text a day before to book your food package

Wednesday 1pm – 2pm 07305882959 – Celestina

Friday 5pm – 6pm 07740073353 – Kingsley

Sponsored by:
Cllr Kabir from CWB
Mayor of Croydon



QUEENS
COMMUNITY HALL

FEEL FREE TO SHARE

If you know of or have any more links that should be added to this resource please email
info@bmeforum.org
or What's App on 07957 349 004.

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“Individually we are one drop,
together we are an ocean.”
Ryunosuke Satoro

