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**Emergency contacts for people self-isolating/in need during**

**COVID 19 in E14**

* **Food Support**

**First Love Foundation – referral by agency only**. Offering deliveries to vulnerable individuals who are self-isolating or experiencing income shock. Fill out advance referral form[**https://firstlovefoundation.typeform.com/to/fmNvNC**](https://firstlovefoundation.typeform.com/to/fmNvNC)​

Email contact [**distributor@firstlovefoundation.org.uk**](mailto:distributor@firstlovefoundation.org.uk)

**St Lukes Foodbank** Open for non-perishables and some  baby supplies, every day Monday - Thursday,10am - 12noon; we deliver on the Isle of Dogs on Mondays and Thursdays.  If you are self-isolating please phone during opening hours to arrange a delivery - 020 7538 9862, or email

[**info@stlukesmillwall.org**](mailto:info@stlukesmillwall.org)

**Limehouse Aid** Offering food and errand runs for anyone vulnerable and/or self-isolating. Phone/text 020 3322 7452

[**limehouseaid@gmail.com**](mailto:limehouseaid@gmail.com)

**NEIGHBOURS IN POPLAR** cooking and delivering meals to people self-isolating or vulnerable, also working with Bikeworks in delivering prescriptions

OFFICE: 0207 987 0257[**www.neighboursinpoplar.com**](http://www.neighboursinpoplar.com/) **Sister Christine Frost** [**nip65@msn.com**](mailto:nip65@msn.com)

**Support in ‘Island’**

Delivering hot meals and food packs

07983 798 791 [**maiumtalukdar28@gmail.com**](mailto:maiumtalukdar28@gmail.com)

* **Domestic Violence**

In an **emergency you should call 999**, if unable to talk then press 55 and you will be automatically transferred to police who can assist without you having to speak. If it is not an emergency services are still available providing emotional or practical support over the telephone.

**Tower Hamlets Victim Support IDVAs**

020 7364 7957/2448 Monday to Friday 9am to 5pm

[**Victim Support**](https://www.victimsupport.org.uk/)

24-hour support line - 0808 1689 111

[**Tower Hamlets Crisis Intervention Service**](https://www.lookahead.org.uk/our-services/our-service-map/services-accept-self-referrals/tower-hamlets-community-intervention-service/)

020 3222 4027 Monday to Friday 9am to 5pm & weekends 10am to 6pm

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* **Shopping/errands/general support**

**COVID 19 Local Support groups** Local groups listed according to what ward you live in and volunteers help with dropping of food/errands for vulnerable/self-isolating

2 of the Island ones are listed below but if you are not in either of those areas check for your local one on

[**https://covidmutualaid.org/local-groups/**](https://covidmutualaid.org/local-groups/)

Tower Hamlets Covid 19 Support Groups (list of all TH ones)

[**https://www.facebook.com/groups/2740546326063053/?ref=share**](https://www.facebook.com/groups/2740546326063053/?ref=share)

**Island Gardens COVID 19 Support group** Offering food and errand runs for anyone vulnerable and/or self – isolating Phone 020 3488 4594 [**Islandgardens.covid19@gmail.com**](mailto:Islandgardens.covid19@gmail.com)

**Canary Wharf COVID 19 Support group** Offering food and errand runs for anyone vulnerable and/or self – isolating Phone 0208 126 6000

[**canary wharf.covid19@gmail.com**](mailto:canary%20wharf.covid19@gmail.com)

* **Information resources**

**Canary Wharf Ward Covid 19 information website**

**How to get help if you are self-isolating, elderly, vulnerable and need help in E14 area – information on all services**

[**https://covid19canarywharf.weebly.com/**](https://covid19canarywharf.weebly.com/)

**Community Parents**

**A service from pregnant women and new mums: one to one support, online pilates and virtual group activities, complete on line form**

<https://www.tfaforms.com/420282>

**Poplar Shahjalal Masjid**

Service is for all members of the community regardless of faith. Shopping household essentials once a week

[**enquiries@poplarshahjalal.org.uk**](mailto:enquiries@poplarshahjalal.org.uk)

Faruk on 07931170624 and Br Jamal on 07950598867. Br Shujon on 07917 400544

* **Benefits, Housing, Debt, Financial Hardship**

**Island Advice Centre Advice** Benefits, housing, debt, financial hardship advice

[**admin@island-advice.org.uk**](mailto:admin@island-advice.org.uk) 0207 987 9379 Mon to Fri 10am to 4pm

**Tower Hamlets Community Advice Network** Lists all LBTH advice providers and gives details of area of law/client group for all the above AND employment, immigration

**www.thcan.org.uk**

* **Medication**

**Pharmadocs** online pharmacy based in East London, currently providing free prescription delivery service to anyone who is self-isolating . Email the patient name, date of birth, Address , NHS number, and they can arrange for the prescriptions to come to them, prepare them, contact the patient, and get it delivered to them. The can also send patient deliveries via Royal Mail first class post, for those patients who prefer that option instead.

[**support@pharmadocs.co.uk**](mailto:support@pharmadocs.co.uk)

* **National and Tower Hamlets registration schemes**

**Government registration for coronavirus support as an extremely vulnerable person** Register if you have a medical condition that makes you extremely vulnerable to coronavirus. E.g. getting deliveries of essential supplies You can register yourself, or on behalf of someone else

[**https://www.gov.uk/coronavirus-extremely-vulnerable**](https://www.gov.uk/coronavirus-extremely-vulnerable?fbclid=IwAR0tHMda6uHGB051UZlhdBtlDX1CaObHDMGKJs90Mld5-YRncbVv07NFaKA)

**Tower Hamlets** phone line /online referrals to support residents that have been identified as being extremely vulnerable and at the highest risk of severe illness from COVID-19 caused by coronavirus.  020 7364 3030. Monday – Friday (8am - 8pm), Saturday (10am - 5pm) and Sunday (10am - 4pm).or use Online referrals form

[**https://forms.towerhamlets.gov.uk/service/COVID\_19\_Self\_Isolation\_Support\_Request**](https://forms.towerhamlets.gov.uk/service/COVID_19_Self_Isolation_Support_Request)

**Jo.ellis@island-advice.org.uk 2/4/2020 for current version or if you have support/food/other services that could be included on this information or any feedback on the above services**