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| **Name of Agency** | **Nature of Support** | **Website and address.** | **Telephone Number** | **Further details** |
| BCP Council | Telephone helpline. |  | 03001237052 | Dedicated Helpline for those who are vulnerable |
| Hope for food | Food supply | <https://www.hopeforfood.org.uk/about-us/> |  |  |
| Townsend | Community Fridge | Community Centre |  |  |
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| Bournemouth Food bank | Food Supply | <https://bournemouth.foodbank.org.uk/locations/> |  | Links to local support services who support families in crisis, where referrals can be made for foodbank vouchers |
| Christchurch food bank | Food supply | <https://faithworkswessex.org.uk/>  christchurchfoodbank@gmail.com  St Joseph’s church  67 Purewell  Christchurch  BH23 1EH | 07587371088 | Opening hours:  Mon and Tue 10am-12pm  Thurs 11am-1pm  Fri 2pm-4pm |
| Steps2Wellbeing | Mental Health | <https://www.steps2wellbeing.co.uk/> | Bournemouth and Christchurch  Telephone: 0300 790 0542  Email: dhc.bc.s2w@nhs.net | Online self-referral can be made.  Option of video conferencing.  Urgent help  If you are feeling very distressed, despairing or suicidal and need immediate help please either:  contact your GP and request an emergency appointment or contact the Samaritans. |
|  |  |  |  | Need to talk urgently and in confidence?  If you feel you need to talk to someone in confidence, the Samaritans are available 24 hours a day, 7 days a week on:  Tel: 116 123  (TEXT MESSAGE ONLY number available on 07725 909090)  Email: jo@samaritans.org  Web: www.samaritans.org |
| Shelter | Housing | <https://england.shelter.org.uk/housing_advice/coronavirus> |  |  |
| BCP | Delivery of essential items | <https://www.bcpcouncil.gov.uk/News/News-Features/COVID19/Community-Response/help-and-support-in-your-community.aspx> |  | Contact Centre which will help us link you up with volunteers and council staff who can deliver essential items. This will be launched by the end of this week.  In the meantime if you are unable to leave home due to self isolating and urgently need help with access to food please first of all see if there is anyone in your family network or nearby community who can help you with this.  If this is not possible and you urgently need help please email communities@bcpcouncil.gov.uk This should only be used if there is nobody in your family network or close community who can help you. |
| BCP | Benefits & Support |  |  | If you're claiming benefits, worried about work or reduced pay/Statutory Sick Pay or self-employed, these websites offer support and information to help you:   * [**Citizens advice**](https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/) * [**Turn2us**](https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-Sickness) * [**Money advice service**](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you) |
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