

Making a plan



Haringey Together is about people and community. We have supported each other through Covid-19 by reaching out to friends, family, neighbours and colleagues to make sure they are safe, well and able to cope with what lies ahead. While the immediate crisis of Covid-19 is easing, we will need to adjust our lives so that we remain safe and well in these next few months.

If you feel like you might need support, now is **the time to make a plan** so that you are ready to reach out and get the information, help or the support you need.



What to think about when making **your plan**

Here are some questions to think about when making your plan in the event you have to self-isolate or there is another lockdown preventing you from leaving your home.

If you need more information or help with your plan, please call **Connected Communities** on **0208 489 4431**.



Money

What would you do if:

- You cannot get cash out or pay for things with cash
- Your hours at work were reduced: Would you be able to afford your rent/bills? Where could you get help?

INFO

If you are employed earning more than £120 a week and are unwell or are required to self-isolate you are able to claim statutory sick pay- £95.85 a week. To claim this, you should inform your employer you are unwell,

If you think you will need financial support you may need to apply for Universal Credit.

Most applications are made online:

 www.gov.uk/how-to-claim-universal-credit

If you would like help making an application please call Citizens Advice Help to Claim: Monday to Friday, **8am to 6pm.**

 **0800 1448 444**

This is a free to call number.

You may qualify for a reduction in your Council Tax if your income has changed. This is called the 'Council Tax Reduction Scheme.' You can apply for this online. If you are unable to apply online please contact Connected Communities

 **0208 489 4431**

If you think you may struggle to make payments on your rent it is important to let your landlord know.

If you think you may struggle to make payments for other bills or

for debts it is important to let those you owe money to know. You may be able to temporarily reduce or freeze your payments. If you would like support around managing or preventing debt:

 www.haringey.gov.uk/community/advice/debt-advice

 **0808 808 4000**

If you have children, you may qualify for extra support through Free School Meal Vouchers- please contact your school- or healthy start vouchers- please contact your children center.

Haringey Works offer employment support and qualifications to all Haringey residents. If you would like more information or support please call

 **020 8489 2969**



Food and essentials

What would you do if:

- You could not go out to the shops
- Your friends / relatives could not shop for you
- You could not afford to buy food or other essentials

Our Haringey Website has a map of local shops offering deliveries as well as local foodbank provision.



I AM ...	HOW WILL I GET FOOD?	WHAT DO I NEED TO DO?
'SHIELDING' Clinically vulnerable and have been contacted by the NHS	Weekly food packages are being supplied by central government Supermarkets have online priority deliveries	Register on the government website gov.uk/coronavirus-extremely-vulnerable or call Connected Communities Log in to your supermarket online shopping account
SELF-ISOLATING not clinically vulnerable but I cannot leave my home	Local shops are delivering Ask friends, family or local connections; neighbours or mutual aid groups if they can help Organise a 'Click and Collect'	Information is on our website haringey.gov.uk/covid19 or by calling Connected Communities If you do not know someone who can collect this for you, contact Connected Communities
I CANNOT AFFORD FOOD	If your usual method of accessing food is unavailable or there has been a change in your circumstances, Haringey Council can help you to access food	Contact Connected Communities
I AM ABLE TO LEAVE MY HOME and can afford food	You should continue to shop as you would normally	Please observe social distancing of 2m and wash your hands frequently



Medication

What would you do if:








- You cannot go out to collect your prescription
- You cannot go to your GP

Your pharmacy may allow you to order prescriptions online or over

the phone: You may need to set this up in advance.

You can also check if, in the event you are unable to leave home, your pharmacy can deliver.

Be conscious of your stock of any regular medication you need.

999	 	A&E or 999 Emergencies only
	 	Call 111 out of hours 24 hours a day, 7 days a week, 365 days a year. Calls to 111 are FREE
	 	GP Surgery
		Pharmacy

  Indicates phone interpretation available


How you access your GP may have changed: Please check with them directly




Childcare / carer responsibilities


What would you do if:

- Your childminder / carer cannot visit as they are self-isolating
- Your children cannot go to school
- You are sick and cannot care for your child / someone you care for


 **020 8489 0000** 5pm-9am
Monday- Friday and at weekends

If you need emergency support for a child you care for please contact MASH:

 **020 8489 4470**
9am - 5pm, Monday - Friday

 **020 8489 0000**
5pm-9am Monday- Friday and at weekends

If you need emergency support for an adult you care for please contact the First Response Team:

 **020 8489 1400**
Opening hours
9am - 5pm, Monday - Friday

Communicating

What would you do if:

- Friends / relatives couldn't visit you
- You cannot socialise like you usually would
- You do not have access to the internet





Health and Wellbeing

How would you look after your wellbeing if:

- You had to stay inside for weeks
- You could not go out to exercise
- You could not have visitors / go and visit friends or relatives

You can get free telephone friendship from volunteers in Haringey who ring residents every week for a chat. You can refer yourself to this service run by Reach & Connect – call 020 3196 1905 or complete the online application here - <https://reachandconnect.net/telephone-friendship-application>

INFO

Did you know many of our library resources can be accessed online?

HALS are also offering free adult education courses

There are resources and information on our website:



haringey.gov.uk/covid19

Domestic Abuse and Violence Against Women and Girls

If you or someone you know is at risk of abuse at home, help is available.

Haringey DA Helpline
(Monday-Friday 10am-5:30pm)



0300 012 0213



haringeyIDVA@niaendingviolence.org.uk

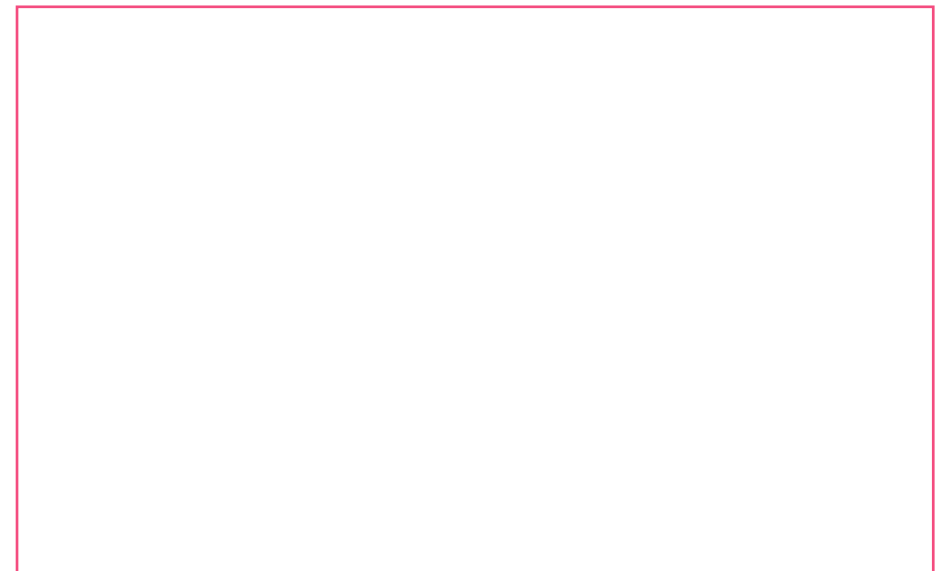


Mutual Aid Groups

Covid-19 Mutual Aid Groups are small groups of local people supporting one another during this outbreak. You can contact your local mutual aid group if you need support or would like to offer support.

If, whilst making your plan, you think you may need support from your local mutual aid group, we suggest making contact with them to establish a relationship and see how they may be able to help.

There is more information on Mutual Aid Groups in Haringey on this web page: <https://mutualaid.wiki/map>. This pamphlet may have been delivered by your local mutual aid group who may have included their details below.



Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend, help to protect your family, friends and neighbours from scams.

Read it.
Share it.
Prevent it.

#Coronavirus
#ScamAware



Contact

For advice on scams call the Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

NATIONAL TRADING STANDARDS

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk



NATIONAL DOMESTIC ABUSE HELPLINE (27/4)

If in immediate danger, always ring the police on **999**. If you are unable to speak, you can press **55** on your mobile phone and the police will assist you.



0808 2000 247

BEREAVEMENT AND GRIEF SUPPORT

If you have experienced the death of someone you know, either from the coronavirus or other causes, and you would like some emotional and practical support, Cruse can help.

CRUSE BEREAVEMENT CARE

(Monday and Friday 9am-5pm;
Tuesdays, Wednesdays, Thursdays
9am -8pm)



0808 808 1677



helpline@cruse.org.uk



www.cruse.org.uk

Cruse can provide information and support for dealing with grief yourself, how to talk to someone else who is grieving, and practical advice for things such as funerals during the lockdown.

www.cruse.org.uk

What's your plan?

In the event that you need to self-isolate as you or someone in your household has symptoms of Corona Virus or there is another lockdown to prevent the spread of Covid-19 – what is your plan for:

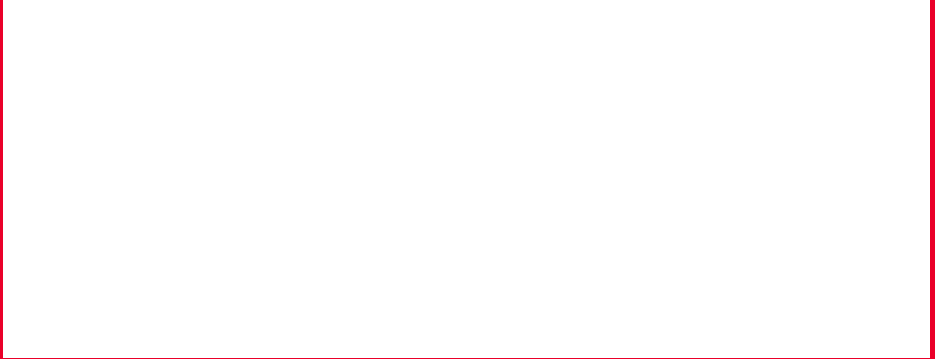
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Food and Essentials

Childcare / Carer responsibilities



Medication



Communicating



Health and Wellbeing

