

Category	Description	Website/email address/address	Phone number
BS2 area	Covid 19 Mutal Aid group	https://www.facebook.com/groups/stwerbscv/	
	BS2 Connect	https://www.facebook.com/groups/411296349032880/	
BS5 area	Covid 19 Mutal Aid group	https://www.facebook.com/groups/506054493680258/	
	From 4th May the St Marks Community Cafe Foodbank will be delivering only. Please continue to drop off food donations at the cafe but if you are a recipient of the food bank vouchers then please contact whoever referred you or email to arrange a delivery	ebfoodbank@inhope.org	
	Councillors dealing with queries from any residents in Easton or Lawrence Hill	Cllr. Afzal Shah Mondays 2pm to 4pm, cllr.afzal.shah@bristol.gov.uk. Cllr. Hibaq Jama Wednesdays 2pm to 4pm, cllr.hibaq.jama@bristol.gov.uk. Cllr. Marg Hickman Fridays 2pm to 4pm, cllr.marg.hickman@bristol.gov.uk. Cllr. Ruth Pickersgill Saturdays 2pm to 4pm, cllr.ruth.pickersgill@bristol.gov.uk.	Afzal: 07789701603. Hibaq: 07786732945. Marg: 07967733735. Ruth: 07818422871
	Free Super Supper Club Takeway and Delivery Service	https://www.facebook.com/Super-Supper-Club-355560028591720/	
Self-isolating city wide/Aid	Acorn	https://acorntheunion.org.uk/corona/	07432473293
	Bristol City Council support for extremely vulnerable people	https://www.gov.uk/coronavirus-extremely-vulnerable	
	Bristol City Council support helpline	We Are Bristol	0117 352 3011
	List of community aid groups nationwide	https://secretldn.com/uk-community-aid-groups-by-area/?fbclid=IwAR1muVqyy8S7GGeCr2dNXZ3MhQss-IEu3N7jNT71OM7R5_B7BROL6NZKRnc	
	Can do Bristol food parcels, prescriptions, errands, art packs for kids	candobristol.co.uk	

	Health Watch advice	contact@healthwatchbristol.co.uk	07944369180
	Health Watch covid-19 info	https://www.healthwatchbristol.co.uk/advice-and-information/2020-04-07/covid-19-links-help-and-support	
	Age UK helpline, providing a range of practical, emotional and social support	https://www.ageuk.org.uk/bristol/	01179297537
	Self-isolating Bristol Facebook group	https://www.facebook.com/groups/1705415982932579	
	Talo Can help with dropping off essentials, shopping, providing soup, picking up medicines and providing benefits and rights information. Plus provide children activity packs.	https://www.facebook.com/talo.community/	079199 68660
	Bristol Aging Better Support Hub for older people and a community radio show. Shopping and delivery or orders and prescriptions as well as weekly befriending phone calls	admin@ageukbristol.org.uk	0117 929 7537
	Baby bank essential toiletries/baby stuff for families in need	https://www.babybanknetwork.com/contact-us/	
	Providers for older people across Bristol have come together to provide this hub	https://www.voscur.org/system/files/Support%20Hub%20COVID19%20Helpline.pdf?fbclid=IwAR306sWxCzhQV-sS2VOsa8HitHt4MSNK9ILwhn3HZrAp3ZsjT1auLawgm8M	
	Wellspring settlement distribution of food parcels, cooked meals, collecting prescriptions and dog walking; family services, including access to the garden facility for families with no outdoor space, parenting support over the phone as well as nappy, wipes and formula distribution; and befriending telephone support		0117 9556 971

	Short film recognising the challenges of observing Ramadan during the coronavirus pandemic, and offering support to families and individuals	https://www.youtube.com/watch?v=Ma3iNRlmtbo	
	Humanitarian Bristol – COVID-19 will be cooking and distributing a feast every Friday during Ramadan	https://www.facebook.com/groups/558149905126249/	
	The Care Forum service that supports people to find interesting or helpful things in their community, anything from support and advice organisations, to social or activity groups. Activities such as virtual choirs and classes, (including local groups who will go back to face to face groups after restrictions lift), mental health services, housing services, and organisations that are supporting people who are shielding around grocery shopping and collecting prescriptions. For Greater Fishponds and Eastville BS5 area.	waystowellbeing@thecareforum.org.uk	0117 9589360
	Re-engage are running a new telephone-based service for isolated older people. Call companion volunteers make regular telephone calls to lonely and isolated older people providing a lifeline of friendship. Complete an online referral form	https://www.reengage.org.uk/refer/?fbclid=IwAR2IGRw29WEoKUTrATEcBZEEL80ziMX_Y2SgaGlqKATOnMgpX4EPIbJ3V7Y	
	COVID-19 Directory - where to get help in Ashley, Easton, Lawrence Hill + beyond. Summer 2020 special edition: Up Our Street have partnered with Vocalise magazine to create a one-stop guide to	To download: https://upourstreet.org.uk/magazine-issue/coviddirectory	For a paper copy becky@upourstreet.org.uk

	support and advice in the Ashley, Easton and Lawrence Hill wards of Bristol		
	Bristol Ageing Better online helping Older Neighbours Toolkit	http://agefriendlybristol.org.uk/helping-older-neighbours-toolkit/	
Organisations self-organising/working with volunteers	Voscur online resource	https://www.voscur.org/resources?field_core_category_tid=7927	
	Bristol Noise finding volunteers for your organisation	https://www.thenoise.org.uk/volunteeropportunities	0117 9791399
Food	Foodcycle food delivery service Every Saturday from 4 April, 11am to 1pm, Barton Hill Settlement	alexh@foodcycle.org.uk	07377 866335
	National food service bristol resources	https://www.nationalfoodservice.uk/covid19	01173250450
	National Food Service Bristol pre-prepared meals, Call any time to leave a message and a volunteer will get back to you between 10am to 6pm Monday to Friday	nationalfoodservicecampaign@gmail.com / bristol@nationalfoodservice.uk	
	FareShare south west food to charities	https://faresharesouthwest.org.uk/get-food/	0117 954 2220
	St Lukes Lunch provide meals and/or ingredients to low income families	lunchstlukes@gmail.com	07801762655
	BASE Easton Free food delivery service	baseandroses@riseup.net	07731 845211

	The Plough Inn, Easton Cowboys and Cowgirls sports and social club food free delivery service which can feed people who are vulnerable, self-isolating or are struggling financially. Complete online form	https://docs.google.com/forms/d/1S3nSbpmdANqkVWHfbQco0WukXSxDH6xydDgZznEK6Gc/viewform?edit_requested=true	
	Map of food shops and suppliers doing deliveries and providing pick ups across Bristol	https://www.google.com/maps/d/u/0/viewer?fbclid=IwAR0vMmv4HnGYycgGm2w1IRvZo7vfx95gMbtEm_L5OGqU-Pbl54ErgcPJSnl&mid=1qJCe4-Ywiin1ezDrICA8x3YOzcHisPHS&ll=51.444429955350444%2C-2.6106822471931537&z=10	
	Baggator: Wednesday night FREE takeaway and delivery service within Easton. If you live in wider BS5 please come along and collect your order between 6 to 7 pm at Baggator, All Hallows Road	https://www.facebook.com/Super-Supper-Club-355560028591720/	
	Dawat-e-Islami Mosque is currently delivering FREE food parcels to those in need across Bristol. If you are in need of a food pack or know someone who is, then please contact them.	dawateislamibristoluk@gmail.com	07727 440555
	Food parcels every Wednesday from 3pm at Bristol Central Seven Day Adventist Church, 31-35 Ashley Road, Montpelier BS6 5NJ		Sharon 07840513202
	St Werburghs Community centre will be running a food service every Thursday 1:30-2:30pm. Send an email to Jess for more information	foodbank@stwerburghs.org.uk	
Signposting	Bristol Women's voice signposting	https://www.bristolwomensvoice.org.uk/covid-19-resources/	

Support Groups	Womankind email and webchat support phone and webchat support 50 minutes listening support via phone	info@womankindbristol.org.uk	0345 458 2914
	Womankind email and webchat support	https://www.womankindbristol.org.uk/helpline/	0117 916 6461
Advice	Babbasa job support advice for young people	engagement@byep.org.uk	
	Bristol City Council Safeguarding advice	https://www.bristol.gov.uk/crime-emergencies/help-people-affected-by-coronavirus-covid-19	
	Voscur information and support for Coronavirus	https://locality.org.uk/services-tools/resources/coronavirus-covid-19-information-and-support/	
	Older people Support line/website	https://www.thesilverline.org.uk/	0800 4708090
	Advice for asylum seekers, available in different languages	https://www.bristolrefugeerights.org/how-we-help/i-need-help-i-start/	01179540446
	Citizens Advice Bristol offering advice via a call back service		03444 111 444
	West of England Growth Hub: advice and signposting for up to date business support options	https://www.wearegrowth.co.uk/	
	Sexual Violence support services	https://www.survivorpathway.org.uk	
	Bilingual messages to help reach Somali community	https://www.facebook.com/bristolsomali.voice	
	The Mix support service for young people from mental health to money, from homelessness to finding a job, from break-ups to drugs	https://www.themix.org.uk/	08088084994
	Protecting children during the lockdown if worried about a child's safety, Bristol's Children and Families Services	Monday to Friday between 8.30am to 5pm	0117 903 6444

	Bristol homeless forum weekly bulletin updates about current policy and project work, like Cheers Drive managed by Caring in Bristol to get food out and St Mungos managing people in hotel accommodation	http://bristolhf.org.uk	
	Face shields for health workers Being printed by Cotham School. Contact email address leaving your phone number if you are an NHS worker, a doctor, nurse, carer, care home worker, a pharmacist, etc if you would like some face shields.	info@cotham.bristol.sch.uk	
	Fly-tipping: residents can continue to report fly-tipping here during the outbreak	https://www.bristol.gov.uk/streets-travel/report-flytipping	
	Future Bright programme - West of England Combined Authority – free job training and coaching. The programme has been temporarily expanded to help more people during COVID-19 if their job or income has been affected by the virus. United Communities are one of the partners.	https://www.unitedcommunities.org.uk/news/supporting-residents-with-job-training-and-coaching-during-covid-19/?fbclid=IwAR16jXgeTDEHGb2tuyzDNq34ojRMTeJrAcXhq4vNphK8JxTHAYvz0qSwQyA	
	CHAS housing advice service	advice@chasbristol.co.uk	0117 9351260. Mon, Wed & Fri 10am-5pm or leave a message
	Ways2Work (part of Bristol City Council's Employment, Skills and Learning Team) job vacancies including temporary work	https://ways2work.org.uk/covid-19/	
	St Pauls Advice Centre Specialists in debt, welfare benefits and immigration, they have been helping people deal with many covid and non covid related issues.	enquiry@stpaulsadvice.org.uk	0117 9552 981

	Currently covering the BS2, BS5 and BS16 area		
	SEND Local Offer website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs (SEND) or Disabilities and for their families and carers	https://www.bristol.gov.uk/web/bristol-local-offer	
	Bristol Somali Task Force is a partnership between BSRC, TALO, Barton Hill Activity Club, Tawfiq Masjid and Centre, Bristol Somali Youth Voice and more supporting people in the community who are affected by Coronavirus: self-isolating, an elder, suffering financial hardship, need benefit or employment advice they can help	https://somalitaskforce.com/	01179077994/079081 57962/07985443003
	Women's services – Sign up to a weekly update of current support for women in the city through Bristol Women's Voice	info@bristolwomensvoice.org.uk	
	Bristol Law Centre is here to offer FREE advice on EU Settlement Scheme applications. An immigration lawyer answers calls to 0117 916 7731 every Tuesday 10am-1pm	eussadvice@bristollawcentre.org.uk	
Online Entertainment /Leisure /Education	Singing for Wellbeing	https://youtu.be/01JrsTZSna4	
	Storybank weekly online stories	https://www.facebook.com/events/501308537438906/	

	Art and craft activities for all ages	https://www.facebook.com/groups/202893244303150/	
	National Theatre weekly shows	https://www.youtube.com/user/ntdiscovertheatre	
	Junction 3 Library ebooks, audiobooks	https://www.librarieswest.org.uk/client/en_GB/default/?rm=JOIN+THE+LIBRA0%7C%7C%7C1%7C%7C%7C0%7C%7C%7Ctrue	
	Boredom busting resources for children and young people	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2kNOL1gzNvz5iFGuyDod5-JSsMJJaWFWwEPEsAWEh2x_c205ql0GUkcrg	
	Online Storytime	https://www.facebook.com/events/195054031775454/	
	Knowle West Media Centre online resources for young people and families to learn music-making, coding, digital design software and websites to use to prepare files for laser-cutting	https://kwmc.org.uk/projects/jumpstudios/	
	New podcast celebrating Bristol's communities during COVID-19	https://www.bartonhillsettlement.org.uk/held-in-common-podcast/	
	St. Pauls Nursery School and Children's Centre activities, guidance, and other resources	http://stpaulschildrenscentre.co.uk/	
	Wellread stories for wellbeing for children	mywellread.com	
	Barton Hill Family Centre - Tracey reads 'We're Going on a Bear Hunt' in the garden	https://www.facebook.com/watch/?v=253283299061980	
	Cashmore Early Years Centre - Emmeline and friends have an indoor picnic	https://www.facebook.com/watch/?v=562972721267195	
	St Philips Marsh Nursery School - Join Mr Holmes in the jungle for regular sing-a-longs	https://www.facebook.com/watch/?v=842651282906581	

	Hannah More Primary School - Teachers are taking it in turns to read a bedtime story every weeknight	https://hannahmore.org.uk/class-pages/bedstories	
	Free iNaturalist app for sharing your wildlife sightings from your windows, gardens and during your daily outdoor exercise	https://www.bnhc.org.uk/festival-of-nature-type/city-nature-challenge/	
	Studio Meraki Art Kits for families	https://www.studiomeraki.org/art-kits	
	Lockdown LitFest global literature and culture hub. Delivering interviews, readings, masterclasses and more, whatever your age or interests	https://www.lockdownlitfest.com/home	
	Wriggle Roos craft, messy/sensory and game ideas for toddlers	https://www.facebook.com/wriggleroos	
	Bristol Libraries podcast called Shelflife, exploring questions like: what are people taking out of public libraries? And what are they giving back?	https://bit.ly/2Y9YS2H	
	Bristol Muslim Strategic Leadership group podcast	https://www.podbean.com/media/share/pb-h58ez-dabe45?utm_campaign=a_share_ep&utm_medium=dlink&utm_source=a_share	
	A list of resources produced by Bristol based educators and learning providers for children and young people	https://www.bristollearningcity.com/directory/	
	RWA online art classes for kids	https://shop.rwa.org.uk/collections/events/products/scribble-and-sketch-free-online-art-classes-for-kids	
	Yoga with Carolyn yoga videos for adults and children	https://www.facebook.com/pg/yogawithcarolynbristol/videos/	
	CUBAtone-Nitos FREE Fitness & Dance Class for KIDS and their Families	https://www.youtube.com/watch?v=bNlaSywLVS8&feature=youtu.be	
	Sustrans Outside In activities including videos, games, weekly challenges, themed activities and more	sustrans.org.uk/campaigns/outside-in/	

	<p>Bristol Libraries, children’s quiz time: Every Friday questions are posted on their Facebook page and at 4pm the answers are revealed. If you get there quick you might catch this week Meg and Mog. You can find the Friday quiz, Story time, Baby Bounce and Rhyme, and lots more literary entertainment for kids and grown-ups on their Facebook page</p>	<p>https://www.facebook.com/BristolLibraries/</p>	
	<p>Fun stuff to help kids learn about Bristol as well as stories, art tips, P.E, competitions and ways for them to get involved</p>	<p>https://www.wearebristol.co.uk/kids/</p>	
	<p>Interactive music education podcast for all the family</p>	<p>http://noodleloafshow.com/</p>	
	<p>The Network Community Skills share. The Network is supporting residents in Easton, Ashley and Lawrence Hill to share skills with each other, via short online Zoom sessions, hosted by local Network coordinators Lou and Sarah.</p>	<p>https://www.bartonhillsettlement.org.uk/skill-share/?fbclid=IwAR0iwkVsiM9rDLQZPJtflnrPHfnd4ZAMJA1mLmBYU0fgfIU9LGa1Ly3I5zQ</p>	
	<p>Life Cycle is offering FREE, one-to-one cycle lessons to adults. They can help with general road skills, finding safe routes or tips for tackling busy areas. Their qualified instructors follow strict COVID safety measures – and for this reason, they can’t teach beginners or groups at this time.</p>	<p>https://www.lifecycleuk.org.uk/cycle-training</p>	<p>office@lifecycleuk.org.uk</p>
	<p>The SS Great Britain have created new content to help everyone engage with stories of the ship and Brunel and have</p>	<p>https://www.ssgreatbritain.org/brunel-institute/learning/stuff-do-home</p>	

	created a dedicated page on their website with lots of activities		
	Free Yoga & Dance classes for people aged 55+: Gentle Yoga (weekly), starting Monday 22 June and Gentle Dance (weekly), starting Tuesday 23 June, virtual classes, 1.30pm to 2.30pm.		juleswellbeing@gmail.com
	Woodland Tribe have compiled a list of useful anti-racist resources for parents and those working with children and young people.	https://www.woodlandtribe.org/anti-racism	
	Do you, or someone you know, have a child with a disability or long term health condition? If so, sign up to receive FREE fantastic wellbeing activity cards for a range of abilities/disabilities! You can access them online or have them posted to you!	https://docs.google.com/forms/d/e/1FAIpQLSfqS2KyaI_SKXnlJe1ZF9L9XHnWT86PBP-9_678GK7Kk_yfZpw/viewform	
	Artist Laura Phillimore has created an art activity pack for 5 to 11 year olds. Download for free via Spike Island website. Laura has filled the pack with ideas and inspiration for making artwork at home, using very simple materials	https://www.spikeisland.org.uk/programme/dream-and-make-at-home/	
Mental Health/Wellbeing	Bristol Mind Mental Health Advice helpline/email	admin@bristolmind.org.uk	0808 808 0330
	Pre and post bereavement support St Peters Hospice	website@stpetershospice.org	01179159430/0117915 9400
	Crisis Line: If you or someone you are concerned about is in an emotional or mental health crisis that requires an urgent response		0300 555 0334

	Samaritans	-	116 123
	Rethink Mental health advice line	<u>Monday to Friday between 9.30am and 4pm</u>	03005000927
	BCC Mental Health guidance	<u>https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19</u>	
	Brahma Kumaris free online meditations every Wed	<u>bristol@uk.brahmakumaris.org</u>	
	Healthy Living Consortium - mental health directory during COVID-19	<u>https://drive.google.com/file/d/1yLz57X-1SVqPJ2SqYns_j4xpJi72t5B6/view</u>	
	Tips and advice for you to look after your mental health and wellbeing	<u>https://www.nhs.uk/oneyou/every-mind-matters/</u>	
	Team 100 Easton are running a Chat & Meet, Thursday 30 April 3.30pm to 4.30pm	<u>team100easton@gmail.com</u>	
	Leading Lights Emergency Telephone Helpline for children, young people and parents. This service is open to any children, young people and parents affected by mental health, special educational needs or a disability who needs advocacy or support from specialists, or just want someone to have a friendly chat with. Our Parents Helpline runs Wednesday 2-4pm and Children/Young People's Helpline is open Thursday 2-4pm	<u>Shona@leadinglightseducationandwellbeing.org.uk</u>	Shona - 07497308748 Ben - 07397851890 Sarah Louise - 07869146087
	A telephone support service, 7 days a week from 4-10pm. This is for people aged 16+living in the Bristol and South Gloucestershire area who are in emotional distress or struggling with the day to day impact of COVID-19.		01179542952/ 07709295661

Finance/benefits	Welfare Rights & Money Advice Service	welfarerights@bristol.gov.uk	0117 3521888
	Universal Credit	https://www.gov.uk/universal-credit	
	If experiencing problems paying Council Tax		0117 9222900
	Council Tax Reduction Scheme for coronavirus related financial difficulties	https://www.voscur.org/insight/news/council-tax-reduction-scheme-available-those-coronavirus-related-financial-1?utm_source=divr.it&utm_medium=facebook	
	CAB Universal credit support		0800 144 8444
	Warmer homes advice and money energy use & bills during the current crisis	https://www.cse.org.uk/news/view/2454	0800 082 2234
	Advice if you can't work, have been made redundant or have trouble paying your Council Tax and other bills	https://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help	
	Bristol City Council Emergency payments including gas and electric top up	https://docs.google.com/forms/d/e/1FAIpQLSdPIS-jnr2ctzNOwJWBWIDRR-Y8MhuXBmw4unOUUUrXg27-fA/viewform?fbclid=IwAR373tJe3vsfgxxwdLCLmAH3ZmrhTsfusUokKlj_q6zeWfk8CKRLJj_6jcl	
	Centre for Sustainable energy can advise on: Topping up prepayment meters, Water payments, Energy bills, Switching supplier, Benefits advice, Housing, Food banks, Food delivery, Prescriptions, Befriending services, Priority Services Register, Debt advice	https://www.cse.org.uk/advice/how-we-can-help/covid-19-how-we-can-help-you-during-the-crisis?fbclid=IwAR3ObI4Dv6Syc8nTE8ElGrQIR9VZg2dOR1mAON6kKjIO9gUsTW3aemQKo9Q	
	Bristol Law Centre offering legal advice on people's rights, debts, family law appointments; employment and discrimination advice line		Mon-Fri 10am-4pm 0117 924 8662

	A guide to private renting during Covid-19	https://www.bristol.gov.uk/housing/guide-to-renting-privately-during-covid-19	Dr. Kane Davis 0117 35 25010/ 07917651751
Funding	Emergency grants for projects	https://www.voscur.org/insight/news/coronavirus-emergency-grants-digest-updated-160420?fbclid=IwAR0KXOqvLyVXjpZ-qUd16HzYRghiQgm4DVnZmB1C7rtr1HjfCsCRazqm0wo	
	Voscur support for organisations funding applications	info@voscur.org	0117 909 9949