

Coronavirus Local Authority Guidance

We understand that a lot of our tenants are suffering due to the Coronavirus lockdown both physically due to not being able to go to shop themselves for food and necessities or mentally due to the effects of isolation and anxiety.

There are lots of stories about communities rallying together to help those that are vulnerable and require help, however there are likely lots of vulnerable people who are not receiving help and don't know where to go or who to ask for this help.

Therefore we would ask anyone in this situation and who requires help to do the following:

- Check online for local Facebook or other social media groups who are offering assistance in shopping or just for a chat. There are also Apps such as Next Door (<https://nextdoor.co.uk/>) where people can look for those offering help in their area, or offer help themselves.
- Speak with your Local Authority to see what assistance they are offering. The details for each Local Authority can be seen below. It seems as though Local Authorities are generally managing to help with food and medication deliveries, financial assistance/advice or mental health guidance.
- You can also contact your Local Authority or the Citizens Advice Bureau to ask about local food banks in your area and how to access them.
- Even if you are self-isolating and cannot leave your property, it is important to keep active and exercise within your property. There are lots of guides or videos online on how you can do this.
- Keep up-to-date on the latest Coronavirus lockdown updates.

If you are not vulnerable and wish to help we would also ask that you check up on any neighbours who you believe are vulnerable, elderly, struggling in general or those that you haven't seen in some time (making sure that you socially distance when doing so). You can also donate food, necessities, sanitary products or money to local charities or food banks in your area.

Royal Borough of Kingston

https://www.kingston.gov.uk/info/200287/health_and_wellbeing/1748/covid-19_coronavirus/2

Helpline: 020 8547 5000

Merton

<https://news.merton.gov.uk/covid19/#gethelp>

Elmbridge

<https://www.elmbridge.gov.uk/news/coronavirus-covid-19-updates/>

Helpline: 0300 200 1008