

## Supporting Vulnerable People in our Communities

[Age Concern Hampshire](#) are offering phone support and wellbeing check ins as well as door step service for things such as shopping drop offs and meal deliveries. If you are interested in volunteering to support vulnerable people in your community then more information can be found on their website on how this can be done.

[Age UK](#) has information on staying safe and well at home. As well as ways we can support older relatives, friends and neighbours, whether this is practical things like shopping, or keeping their spirits up at a time things feel challenging.

[Red Cross](#) has information on ways we can volunteer our time to help in our local areas, as well as practical information on first aid.

[Reengage](#) is committed to fighting loneliness. In the wake of Coronavirus, they are looking for volunteers to make regular calls to older people who are isolated. Their newsletter provides information on their response and all volunteer opportunities.

[Independent Age](#) is encouraging everybody to do what they can to support isolated older people during the Covid-19 crisis. Their website has information on ways to reconnect with some of the loneliest people in the UK, how to keep our community safe and other useful resources.

[The Silver Line](#) offers, amongst other things, a 24 hour help line and befriending services to combat loneliness. They also provide information on the Coronavirus for older people.

[National Citizens Advice Service](#) are regularly updating their website with the latest government updates and information on what this could mean for you. This includes information on identifying scams, advice on support you may be eligible for and tips on staying home.

## Corona Virus and our Wellbeing

**1** [Mind](#) have lots of information on their how to take care of our mental health and wellbeing during this time. It includes advice on how to still connect with people during social isolation, keeping active, and ways to keep your mind stimulated.

**2** [The Mental Health Foundation](#) also have a list of tips on staying at home and ways to find a balance when following news and information on the outbreak in the media.

## **Keeping Active while at Home**

- 1** The NHS Website has good information on seated exercises to try at home, follow the link [here](#) to view the website.
- 2** The NHS One You website also has home work out videos. Ranging from 10 minutes of cardio to strength and balance exercises, videos can be found [here](#).
- 3** [This Girl Can](#) has information on exercises to try at home and how we can utilise everyday items we have at home.

## **Useful contacts**

**Age Concern Hampshire:** [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

Telephone: 01962 868545/ Email: enquiries@ageconcernhampshire.org.uk

**Age UK:** [www.ageuk.org.uk](http://www.ageuk.org.uk)

Telephone: 0800 678 1602/ Email: contact@ageuk.org.uk

**Red Cross:** [www.redcross.org.uk](http://www.redcross.org.uk)

Telephone: 0344 871 11 11/ Email: contactus@redcross.org.uk

**Re-Engage:** [www.reengage.org.uk](http://www.reengage.org.uk)

Telephone: 0800 716543/ Email: info@reengage.org.uk

**Independent Age:** [www.independentage.org](http://www.independentage.org)

Telephone: 0800 319 6789/ Email: charity@independentage.org

**Silver Line:** [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

Telephone: 0800 470 80 90/ Email: info@thesilverline.org.uk

**Mind:** [www.mind.org.uk](http://www.mind.org.uk)

Telephone: 01264 332297/ Email: mind@andovermind.org.uk

**Test Valley Borough Council:** [www.testvalley.gov.uk](http://www.testvalley.gov.uk)

Telephone: 01264 368000/ Email: info@testvalley.gov.uk

**Hampshire County Council:** [www.hants.gov.uk](http://www.hants.gov.uk)

**Connect to Support:** [www.connecttosupporthampshire.org.uk/home](http://www.connecttosupporthampshire.org.uk/home)

**Citizens Advice Test Valley:** [www.testvalleycab.org.uk](http://www.testvalleycab.org.uk)

Telephone: 01264 723641 or 01794 522137