

## Slough Community Response Directory – January 2021\*

[www.sloughcvs.org/covid19](http://www.sloughcvs.org/covid19)

The below organisations and groups are offering support for Slough residents during COVID19.

Name of group	Contact details	Area of support	Area covered
<b>Food Support</b>			
AJ Café	07447 020743	Providing food parcels to vulnerable people	Britwell/ Slough
Colnbrook Cares	07949 285010 - Puja	Providing support to the elderly and vulnerable with food parcels, cooked meals, prescription or medication runs and anything else that the community needs help with.	Colnbrook/ Poyle/ Langley / Datchet
COVID United	07980 542717-Ajmal	Providing one off or weekly parcels to vulnerable clients.	Slough
Guru Maneyo Granth Gurdwara	07492 383057 07960 781799	Free mobile food support	Slough
Herbies Pizza	01753 521025	Free 9" pizza or burger meal (delivered for free) for over 65 to those who are in need.	Farnham Road
Sewa Day - West London (Slough) group	07960 566388 07968 123038	Working with Slough Hindu Temple to provide relief support and hot meals in Slough, in addition to "helping a neighbour" and "spreading some joy" campaigns being run.  <b>Sewa Day's National Helpline – 020 8167 4189</b>	Slough
Slough Foodbank		Slough Foodbank continues to provide food parcels to those in need. <b>By referral only.</b>  <b>Visit:</b> <a href="https://slough.foodbank.org.uk/">https://slough.foodbank.org.uk/</a>	Slough
Slough Outreach	07832 442424	Delivering food parcels and hot food to the vulnerable members of the community.	Slough
Pakistan Welfare Association	07861 261768 – Shaida	Working with local businesses to provide food parcels and assistance with shopping to the vulnerable members of the community. Can supply food parcels for those in financial hardship.	Slough

	07989 171329 – Mohammed Shabbir	Providing over the phone support to people experiencing domestic abuse and vulnerable members of the community.	
<b>Transport, Shopping &amp; Prescription Delivery</b>			
<b>Haymill Support Group</b>	02035 300785 07769 682056 - Text	Providing support for residents in Haymill and Lynch area. Including prescriptions, shopping/errands and befriending. <b>Email:</b> <a href="mailto:cvsupport@haymillvoice.org">cvsupport@haymillvoice.org</a>	Haymill & Lynch
<b>Rite Price Greengrocers</b>	01753 541445	Delivering fresh fruits and vegetables – paid service	Slough
<b>Sainsbury – telephone ordering service</b>	0800 917 8557 (option 1)	Delivery service - paid service £2.95 (Not taking on new customers)	Slough
<b>Sakoon Through Cancer (Sakoon in the community)</b>	07904 864448	Home delivery service of medication (prescription or pharmacy) to the isolated and elderly.  Providing Telephone befriending	Slough
<b>Slough Community Transport</b>	01753 691131	Slough Community Transport will be offering shopping transport and delivery service to those who are self-isolating or older people	Slough
<b>Slough Modest Sisters</b>	07522 793227	Provide Shopping, support to ladies suffering from anxiety and depression. <b>Email:</b> <a href="mailto:sloughmsisters@gmail.com">sloughmsisters@gmail.com</a>	Burnham & Cippenham
<b>Slough North Action Project</b>	07930 506882	Volunteers available to support the vulnerable in North Slough <b>Email:</b> <a href="mailto:sloughnorthactionproject@hotmail.com">sloughnorthactionproject@hotmail.com</a>	Slough
<b>Walk and Talk Upton</b>	07788 425658	Providing support for vulnerable and shielding community members with delivery of shopping or picking up prescription.  Other services include; <ul style="list-style-type: none"> <li>• Online activities e.g. sharing recipes, gardening tips etc.</li> <li>• Virtual coffee breaks</li> <li>• Sewing sessions</li> <li>• calls to vulnerable and shielding group members</li> </ul> <b>Email:</b> <a href="mailto:walktalkupton@gmail.com">walktalkupton@gmail.com</a>	Slough
<b>Your Friends in Need</b>	07522 793227 07749 373640	Food & essentials delivery	Cippenham/ Burnham/

	07980 542717 07398 050517 07876 333342		Wexham/ High Street  Stoke Poges  Manor Park  Langley
<b>Information &amp; Advice</b>			
<b>Autism Berkshire</b>	01189 594 594	<p>Offering online autism advice workshops and support groups from Monday, April 20to register an interest in these workshops or online support groups can find out more at: <a href="http://www.autismberkshire.org.uk/coronavirus-support-from-autism-berkshire/">http://www.autismberkshire.org.uk/coronavirus-support-from-autism-berkshire/</a></p> <p><b>Advice about autism;</b> <b>Email</b> <a href="mailto:contact@autismberkshire.org.uk">contact@autismberkshire.org.uk</a></p> <p><b>Benefits advice; Email</b> <a href="mailto:benefits@autismberkshire.org.uk">benefits@autismberkshire.org.uk</a></p> <p><b>General office enquiries;</b> <b>Email</b> <a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a></p>	Slough
<b>Berkshire Vision</b>	0118 987 2803	<ul style="list-style-type: none"> <li>• 1:1 telephone support for our members - to call regularly, monitoring changing needs, emerging safeguarding issues and relieving social isolation wherever possible.</li> <li>• Group social calls where members can call into a group call at a given time</li> <li>• Buddying for those who are most isolated to enable them to have daily contact</li> <li>• Remote activities programme which doesn't require a computer or internet to access</li> </ul> <p><b>For more information email:</b> <a href="mailto:info@berkshirevision.org.uk">info@berkshirevision.org.uk</a> <b>or visit</b> <a href="http://www.berkshirevision.org.uk">www.berkshirevision.org.uk</a></p>	Slough

<p><b>Hestia</b></p>	<p>01753 477 352 01753 875 620</p>	<p>Providing a specialist domestic abuse service in Slough, including outreach support for individuals across East Berkshire. This service will provide practical and emotional support to women, men and children who are victims of domestic abuse via:</p> <ul style="list-style-type: none"> <li>• adult 16+ Independent Domestic Violence Advocacy Service (IDVA)</li> <li>• outreach support (including specialist provision for BAMER groups)</li> <li>• group-based support.</li> </ul> <p><b>National Centre for Domestic Violence via text 'NCDV' to 60777 or call 0800 970 2070.</b></p> <p>In the event of any emergency please dial 999. <b>For more information email: <a href="mailto:Slough.IDVA@hestia.org">Slough.IDVA@hestia.org</a></b></p>	<p>Slough</p>
<p><b>Home-Start, Slough</b></p>	<p>01628 661029</p>	<ul style="list-style-type: none"> <li>• Providing remote support to families.</li> <li>• Posting information on our facebook page relating to activities and hints and tips for families.</li> </ul>	<p>Slough</p>
<p><b>Slough Advice Centre</b></p>	<p>0344 515 1380</p>	<p><b>Advice and guidance including Legal Aid legal services – 0344 515 1380 (Monday to Friday 9.00am – 5.00pm)</b></p> <p><b>For more information and for a free webchat service. <a href="http://www.England.Shelter.org.uk/housing_advice">www.England.Shelter.org.uk/housing_advice</a></b></p> <p><b>For urgent housing advice - call our free national emergency helpline on 0808 800 4444</b></p>	<p>Slough</p>
<p><b>Slough Immigration Aid Unit</b></p>		<p><b>For immigration or nationality legal advice and help email - <a href="mailto:info.siau@gmail.com">info.siau@gmail.com</a></b></p> <p>Skype calls available</p>	<p>Slough</p>
<p><b>Slough Refugee Support</b></p>	<p>01753 537142</p>	<p>Refugee support, information and advice available via telephone and email - <a href="mailto:srsinfo@sloughrefugeesupport.org.uk">srsinfo@sloughrefugeesupport.org.uk</a></p>	<p>Slough</p>
<p><b>Slough Young Carers</b></p>	<p>07547 559050 - Jemma (<i>Young Carers Lead</i>) 07919 575476 - Rob</p>	<ul style="list-style-type: none"> <li>• Offering weekly group sessions every Wednesday, (<i>please text Jemma if you wish to take part</i>).</li> <li>• 1:1 phone call session's available.</li> <li>• Signposting young carers or their families to services if they require advice or support.</li> </ul> <p><b>Instagram: <a href="https://www.instagram.com/Sloughyoungcarers">@Sloughyoungcarers</a></b></p>	<p>Slough</p>

		Twitter: @SloughYC	
Turning Point	01753 692548	Remote counselling and coaching either via phone or video calls.	

## National Helplines

Name of Organisation	Contact Number	Area of support
Age UK	0800 678 1602	Advice and Support
Anxiety UK	0344 4775774	Anxiety UK therapy helpline
Business Support Helpline (Gov.uk)	03004563565	Help and support for business
CALM (men)	080058 5858	Male suicide prevention support
Childline	08001111	Young person help and advice
Dash	01753 549865	Domestic Abuse
Dept. of Education	08000468687	Helpline for questions related to education
HMRC	0800 015 9559	Revenue and Customs
LGBT Foundation	0345330 3030	Advice and support for LGBTR community
Men's Advice Line	0800 801 0327	Domestic Abuse
Mental Health Matters	0800 001 4331	Mental health helpline
Mind	03001233393	Mental health helpline
National Domestic Abuse	0808 2000 247	Free 24h National Domestic Abuse Helpline
National LGBT + Domestic Abuse Helpline	0800 999 5428	Domestic Abuse
Papyrus	0800 068 4141	Young person suicide prevention
Respect	0808 802 0321	For anyone worried about their own behavior
Samaritans	116123	Suicide support helpline
SANE	0845767 8000	Mental health support
The Silver Line	0800470 80 90	Confidential helpline for older people
The Survivors Trust	0808 801 0818	Sexual violence and abuse
Universal Credit	0800 328 5644	Universal credit helpline