

Type of service	Name of organisation	Website	Telephone number
Energy/Gas support	SHINE- fuel poverty Citizens Advice	https://shine-london.org.uk/ https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/ https://www.gov.uk/government/news/government-agrees-measures-with-energy-industry-to-support-vulnerable-people-through-covid-19	078 0000 6143 0344 499 4134
Mental health support and Befriending	SLAM Crisis team Ele friends online NHS mental health Time and Talents Link Age Southwark Blackfriars Settlement Sliverline Sane Samaritans Southwark wellbeing hub	https://www.slam.nhs.uk/patients-and-carers/crisis-support https://www.elefriends.org.uk/ https://www.nhs.uk/oneyou/every-mind-matters/ http://www.timeandtalents.org.uk/ remote befriending https://www.linkagesouthwark.org/ shopping and befriending https://www.blackfriars-settlement.org.uk/ remote befriending https://www.thesilverline.org.uk/ http://www.sane.org.uk/ https://www.samaritans.org/ https://www.together-uk.org/southwark-wellbeing-hub/the-directory/	0800 731 2864 Online only Online only 020 7231 7845 020 8299 2623 020 7928 9521 0800 470 80 90 0300 304 700 116 123 020 8299 2623
Shopping	Good sixty AGE UK food2you Foodbank Foodbank Little village	https://www.goodsixty.co.uk/ only £2:50 delivery fee. https://www.ageuk.org.uk/lewishamandsouthwark/services/food2you/ https://southwark.foodbank.org.uk/ http://www.cityhope.co.uk/community/foodbank.php local foodbank https://littlevillagehq.org/southwark/ supplies for babies and young children such as nappies/milk	0117 230 5660 020 7358 4077 020 7732 0007 020 7993 3934 Online only
Housing support/ Equipment needs	Streetlink Shelter Freecycle Southwark council Red cross Southwark council	https://www.streetlink.london/Streetlink_London_HomePage homelessness https://www.together-uk.org/southwark-wellbeing-hub/the-directory/20140/shelter-southwark-housing-advice/ https://freecycle.org/ good for looking for white goods/ free equipment/clothing https://www.southwark.gov.uk/housing/rent/problems-paying-your-rent https://www.redcross.org.uk/ https://www.southwark.gov.uk/social-care-and-support/adult-social-care/living-independently/equipment-and-gadgets-to-aid-you-in-your-home	Online only 0207 525 4365 Online Online 0344 8711 11
Debt/ Finance support	Southwark council Citizens advice Southwark law centre	https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/covid-19-what-can-you-do-to-help https://www.citizensadvicesouthwark.org.uk/ https://www.understandinguniversalcredit.gov.uk/coronavirus/ http://www.southwarklawcentre.org.uk/	0207 525 2434 0344 499 4134 020 7732 2008
Community support and advice-	Covid mutual aid Community Southwark Southwark mutual aid	https://covidmutualaid.org/ http://communitysouthwark.org/covid-19%C2%A0call-out%C2%A0what-do-you-need-help https://www.facebook.com/groups/833177740485170/	Online only 020 7358 7020 Online only

	Nextdoor Southwark council Southwark newspaper	https://nextdoor.co.uk/ https://www.southwark.gov.uk/benefits-and-support/emergency-support https://www.southwarknews.co.uk/news/coronavirus-live-updates/	020 7525 2434 Online
Over 50's support and local community centres	AGE UK Time and Talents Blackfriars settlement Link Age Southwark South London Cares Pembroke House Community Hub	https://www.ageuk.org.uk/lewishamandsouthwark/ http://www.timeandtalents.org.uk/ https://www.blackfriars-settlement.org.uk/ https://www.linkagesouthwark.org/ https://donate.southlondoncares.org.uk/covid-19-response support to get people online resources https://pembrokehouse.org.uk/ https://www.cschub.co.uk/	020 7358 4077 020 7231 7845 020 7928 9521 020 8299 2623 0207 118 0404 020 7703 3803 020 7703 1653
Faith groups offering support	St George the Martyr St James, Bermondsey St Mary Magdalene, Bermondsey St Peter's Walworth City Hope, Bermondsey Old Kent road Mosque	https://www.stgeorge-themartyr.co.uk/page/131/covid-19-coronavirus http://www.godlovesbermondsey.co.uk/ http://stmarysbermondsey.org.uk/ https://stpeterswalworth.tumblr.com/ http://www.cityhope.co.uk/ https://www.manuk.org/	07585 113 773 020 3643 2327 020 7357 0984 Online 020 7993 3934 020 7237 0009

Disclaimer: We have compiled a list of services to assist you with living independently and help with your health and wellbeing. Contact details are accurate at the time of printing. Please let us know if you experience any problems trying get through to any of the organisations listed.

We accept no liability for outcomes resulting from your choice of provider. Note that there may be costs for some of the services provided by these organisations.