

# YOUR BOWES PARK

BOWESPARK.ORG.UK | INFO@BOWESPARK.ORG.UK

## COVID-19 Co-Ordinator Guidance

Area Rep Emma Killick [info@bowespark.org.uk](mailto:info@bowespark.org.uk) or 07799 888 215

Thank you for being part of the network to help the people most vulnerable, or in need of help, in our area. It's a strange time but if we pull together we can make a difference

**IMPORTANT** Please do not put your own mental or physical health or safety at risk. Take all the necessary precautions to keep safe and seek help for yourself if you need it. This document is a guide only. Make sure you follow all up to date official guidance.

### SUPPORT INFORMATION

SERVICE	CONTACT DETAILS
Police, Ambulance or Fire	999 for anyone needs urgent help
111 Covid-19	111 <a href="https://111.nhs.uk/covid-19">https://111.nhs.uk/covid-19</a> for people 5 and over
Samaritans	Freephone anytime call 116 123
Domestic Violence Helpline	Freephone and anytime call 0808 2000 247
Citizens Advice	0300 330 1187 (Mon-Friday 10-1pm and 2-4pm)
Connected Communities (Food for people in Haringey unable to pay)	020 8489 4431 (Monday to Friday 9.30 – 16.30)
Enfield Voluntary Action (For people needing help, food drops and DBS checks for volunteers)	<a href="https://new.enfield.gov.uk/services/your-council/enfield-stands-together/">https://new.enfield.gov.uk/services/your-council/enfield-stands-together/</a> <a href="https://new.enfield.gov.uk/forms/covid-19-community-support-request-form/">https://new.enfield.gov.uk/forms/covid-19-community-support-request-form/</a> to request help / food if someone is unable to pay
Mind	Haringey Crisis line : 0208 702 6700 Enfield Crisis line : 0208 887 1480
Coronavirus free government support, including food deliveries, for vulnerable people	<a href="https://www.gov.uk/coronavirus-extremely-vulnerable?fbclid=IwAR2Z14x13FqZUqBbiNFkCAvCtBkvjSBHW3VIVuiAsmvzd3tsp8FDnTgVaY">https://www.gov.uk/coronavirus-extremely-vulnerable? fbclid=IwAR2Z14x13FqZUqBbiNFkCAvCtBkvjSBHW3VIVuiAsmvzd3tsp8FDnTgVaY</a>
Local Councillors For extra support contact your local elected Councillor regarding a person or family who needs it	<b>Bounds Green Ward (Haringey)</b> Cllr James Chiriyankandath (07976 977 680) <a href="mailto:james.chiriyankandath@haringey.gov.uk">james.chiriyankandath@haringey.gov.uk</a> <b>Southgate Green Ward (Enfield)</b> Cllr Claire Stewart (07812 673 068) <a href="mailto:cllr.claire.stewart@enfield.gov.uk">cllr.claire.stewart@enfield.gov.uk</a> <b>Bowes Ward (Enfield)</b> Yasemin Brett (07943 698 919), Katherine Chibah (07812 673 061) and Achilleas Georgiou (07944 740 224)