



CORONAVIRUS (COVID-19) HELP & SUPPORT

Note: this page will be updated when the RA becomes aware of further helpful information

NHS General Advice

www.nhs.uk/conditions/coronavirus-covid-19/

Check for symptoms

www.111.nhs.uk/covid-19

Symptom Chart

<https://hgsra.uk/coronavirus/docs/symptoms.jpg>

People at High Risk

www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/

Extremely Vulnerable Persons - Support

www.gov.uk/coronavirus-extremely-vulnerable

Extremely Vulnerable Persons - Shielding and Protection

www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19

Hampstead Garden Suburb Volunteer Group

www.hgsra.uk/coronavirus/docs/hgs-coronavirus-support-letter.pdf

Royal Free Charity (RA Matchfunding)

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?pageId=1156715>

Coronavirus: Mythbusters

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Barnet Community Help Hub

<https://engage.barnet.gov.uk/communityhelphub>

Barnet Carers Centre

www.barnetcarers.org

Barnet Waste Collection and Recycling Changes

www.barnet.gov.uk/recycling

UK Mutual Aid NW11

<https://nw11.mutualaid.co.uk>

Prime Minister's Letter

www.gov.uk/government/publications/pm-letter-to-nation-on-coronavirus

Mayor of London

www.london.gov.uk/what-we-do/volunteering/coronavirus-covid-19-volunteering

GoodSAM Community

www.goodsamapp.org

Volunteering

www.vinspired.com