

COVID-19 Coronavirus local support

Barnet Age UK

Barnet Age UK aim to help with:

- Shopping
- Changing a light bulb
- Collect prescriptions
- Admin tasks
- Moving furniture
- A cooked meal to your door up to twice a week
- Regular chat over the phone
- Craft packs, e.g. magazines and puzzle books

If you or anyone you know is self-isolating requires support from Barnet Age UK, please contact info@ageukbarnet.org.uk or phone 020 8203 5040.

Edgware Families Facebook group

Many people have posted on the Edgware Families Facebook group offering their support and services. This ranges from qualified teachers offering help and resources for home-schooling, homework-out plans and Personal Training, and information about free care packages for the over 70s to name a few.

<https://www.facebook.com/groups/EdgwareFamilies/>

Naomi Clucas (Edgware)

Naomi is preparing healthy homemade meals and delivering them locally in Edgware from Friday 20th March 2020. She will have daily menus and is also taking orders for Passover. If you would like a price list and menu, please contact her using the following details:

naomi@simplyscrumptious.catering

07798 945725

Carmelli Bakery/Yossi's Bakery

The team at Carmelli understand that many of their customers are isolated at home. In order to reduce the stress of the community, they are kindly offering a **FREE DELIVERY SERVICE TO YOUR HOME** within the Golders Green, Hendon and Edgware areas. There will be a minimum order of £10.

To place an order, please email Carmelli on delivery@carmelli.co.uk, send a message on WhatsApp or call on 020 8458 7056.

Mill Hill Synagogue

Mill Hill Synagogue (MHS) have put into place an action plan for the elderly members, many of whom will have to self-isolate. MHS have asked the community to look after vulnerable members in their areas and ensure they are cared for.

If you or anyone you know needs extra help during this time, or there is someone you know in isolation that requires meals or other essentials like medication, please contact MHS Welfare using the contact details below:

020 8959 1137

office@millhillsynagogue.co.uk – please mark your email for the attention of Welfare.

<https://www.shul.co.uk/contact#welfare>

In addition, if anyone needs technical support with online shopping or other online essentials, please do not hesitate to contact HMS.

Beaufort Park Residents Association

Residents are kindly offering to support each other during this difficult time. This support includes:

- Help with shopping
- Dog walking
- A link to a WhatsApp group for residents to discuss matters in more detail
- Offers of telephone calls to reduce loneliness and anxiety during this time

<https://www.facebook.com/groups/55506327128/>

Inside Mill Hill

The Inside Mill Hill Facebook group offers wealth of support and volunteering opportunities. The group has created a contact form where you can sign up to volunteer as well as register for support services. All information provided is treated confidentially and will not be shared outside of the group. The link to the form is copied below, as well as the group's Facebook page.

<https://airtable.com/shrRipT5il9j7n023?fbclid=IwAR0wJVAl9-HzAu4wm-qpE5rLRDdjNjmbuiOqUaqe8bqfYeccfr8A2YN6WJA>

<https://www.facebook.com/groups/Insidemillhill/>

Hendon area

Sue Palin, a Hendon resident, has kindly offered to help at any time in the Queens Road, Sydney Grove, Heriot Road, and Fosters Estate area. She can cook, clean, shop and help with administrative tasks. If you would like her support, please contact her on sue.palin@btinternet.com

General support

Supermarkets

Some supermarkets are allocating specific hours for elderly and vulnerable people to shop. They will not have to rush or fight the crowds of panic buyers. I am aware that **9am-11am at Iceland in Edgware is now exclusively for elderly and vulnerable people and Waitrose in Mill Hill also has a dedicated time for older and vulnerable residents**. Please do keep an eye on your local stores to see if they are offering a similar service.

Self-Employed/Business Owners

If you are self-employed or a business owner, Her Majesty's Revenue and Customs (HMRC) have launched a tax hotline to help businesses concerned about paying their tax due to Covid-19 Coronavirus.

Tel: 0800 0159 559

<https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19>

How can I help?

If you are able to provide any assistance to local residents in need, please contact me on: matthew.offord.mp@parliament.uk or call 020 7219 7083. Please **provide your name, an explanation of what help you can provide, and a contact number or email address which you would be happy to be contacted on by residents**.