

## Advice for Covid-19 Mutual Aid Groups in Camden

### 1. Looking after yourself and others

Always avoid giving out addresses and phone numbers for everyone to see on Facebook and other social media platforms. As a rule, always share personal information with the fewest people possible. If you need to get someone to contact you directly, you should send a message to that person directly on WhatsApp or use the Direct Messaging facility on Facebook. A good 'rule of thumb' is if something does not feel right, take a moment to talk to your family, friends, neighbours or someone you trust.

**A volunteer protocol and a series of short videos with info on volunteering safely, safeguarding and data protection is also available on the Council's [website](#).**

### 2. If you need help

If you are self-isolating and **you need someone to bring you shopping, prescription medicines or anything else**, call **Camden Council** on **0207 974 4444** and choose **option 9**. You can also visit [here](#) **Voluntary Action Camden's online directory** which will help you find a local VCS organisation who can help with everyday tasks you might be struggling to do yourself.

If you are self-isolating because you are in an extremely vulnerable category, you also can register for help on the government website by clicking [here](#).

For advice on a wide range of issues arising from the Coronavirus emergency [contact Camden CAB](#).

### 3. If you want to help?

**If you are thinking about helping a neighbour, friend or family member, PLEASE have a look at this [Good Neighbour Guide](#) Volunteer Centre Camden has prepared. It will help you keep everyone safe including yourself.**

- **Volunteering**

You could consider volunteering as a [NHS Volunteer Responder](#) and for a variety of community volunteering roles go to [Time to Spare Camden](#) where you will receive information on volunteering opportunities in Camden. Local organisations can be contacted via:

- [Age UK Camden](#)
- [Camden CAB](#)
- [Camden Community Centres Consortium \(C4\)](#)

- [London Borough of Camden welfare rights team](#)
- [Voluntary Action Camden](#)
- [Volunteer Centre Camden](#)

- **Donating Money**

Camden Council is also partnering with [Camden Giving](#) on a fund that has been specially created to deal with the current situation and will support charities, community groups and social enterprises helping people in Camden. [Age UK Camden](#) has also launched a Coronavirus Emergency Appeal to help them support distressed older people without enough food in the house.

- **Donating Food**

More than ever, your local foodbank needs support and items to distribute to those who need it. Find your local foodbank via the [Trussell Trust website](#)

#### 4. **If you're a business that wants to help**

There is government funding available for businesses who can find digital ways to support people who need help. Find out more [here](#).

If your business may be able to support the national effort against coronavirus with property, logistics, food supply or other equipment, contact [gcfccovid19enquiries@cabinetoffice.gov.uk](mailto:gcfccovid19enquiries@cabinetoffice.gov.uk)

#### 5. **Camden is very proud of the efforts of its residents in these unprecedented times and we are amazed by your generosity and desire to help each other. To support you in your efforts, Camden Council can provide the following:**

- We are sharing information about the mutual aid groups with local residents via our various communications channels;
- We are happy to evaluate materials and offer advice on health and safety;
- We are liaising with other public bodies to ensure that they are aware of resident initiatives that are supporting community action;
- Free access to the council's own online safeguarding training but also its training on personal safety, resilient families and managing uncertainty, etc. for Mutual Aid groups. For more information please email: [learning@camden.gov.uk](mailto:learning@camden.gov.uk).
- We hold weekly meetings with Mutual Aid groups and other informal groups to share experience and unblock barriers. Get in touch if your group wants to attend.

**For any other information, please get in touch: [participation@camden.gov.uk](mailto:participation@camden.gov.uk).**