

Slough Community Response Directory - March 2020*

www.sloughcvs.org/covid19

The below organisations and groups are offering support for Slough residents during COVID19.

Name of group	Contact details	Area of support	Area covered
Food Support			
Al Miftah Institute	07307860313 07445297008 07928510637	<ul style="list-style-type: none"> • Food, toiletries and medicine supplies • Elderly check-ups • Baby supplies/ meals for kids • Transport • friendly chat. 	Slough
Guru Maneyo Granth Gurdwara	07492 383057 07960 781799	Free mobile food support	Slough
Herbies Pizza	01753 521025	Free 9" pizza or burger meal (delivered for free) – over 65	Farnham Road
Slough Islamic Trust	07980 542717- Ajmal	Free mobile food/support service to the elderly/ vulnerable for assistance with shopping or hot food. Can supply food parcels for those in financial hardship. (65+, physical or mental health support needs, in isolation)	Slough
Slough Outreach	07832 442424	Delivering food parcels and hot food to the vulnerable members of the community.	Slough
Veggie Master	07975 563863 07939 531221 07776 809117 01753 267767	Making hot meals for the most vulnerable for free.	

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Transport, Shopping & Prescription Delivery			
CGF – Clark Group Fabrications Ltd	07495 225572 - Emma 07779 636623 - Tracey 07711 146402 - Shannon	Home delivery of essential groceries – paid service	Slough
Rite Price Greengrocers	01753 541445	Delivering fresh fruits and vegetables – paid service	Slough
Sainsbury – telephone ordering service	0800 917 8557 (option 1)	Delivery service - paid service £2.95 (Not taking on new customers)	Slough
Sakoon Through Cancer (Sakoon in the community)	07904 864448	Home delivery service of groceries/medication (prescription or pharmacy) to the isolated and elderly	Slough
Slough Community Transport	01753 691131	Slough Community Transport will be offering shopping transport and delivery service to those who are self-isolating or older people	Slough
Slough Modest Sisters	07522 793227	Provide Shopping, support to ladies suffering from anxiety and depression. Email: sloughmsisters@gmail.com	Burnham & Cippenham
Slough North Action Project	07930506882	Volunteers available to support the vulnerable in North Slough Email: sloughnorthactionproject@hotmail.com	Slough
Your Friends in Need	07522 793227 07749 373640 07980 542717 07398 050517 07876 333342	Food & essentials delivery	Cippenham/ Burnham Wexham/ High Street Stoke Poges Manor Park Langley
Information & Advice			
Autism Berkshire	01189 594 594	Advice about autism; email contact@autismberkshire.org.uk	Slough

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		<p>Benefits advice; email benefits@autismberkshire.org.uk</p> <p>General office enquiries; email admin@autismberkshire.org.uk</p>	
Berkshire Vision	0118 987 2803	<ul style="list-style-type: none"> • 1:1 telephone support for our members - to call regularly, monitoring changing needs, emerging safeguarding issues and relieving social isolation wherever possible. • Group social calls where members can call into a group call at a given time • Buddying for those who are most isolated to enable them to have daily contact • Remote activities programme which doesn't require a computer or internet to access <p>For more information email: info@berkshirevision.org.uk or visit www.berkshirevision.org.uk</p>	Slough
Slough Advice Centre	0344 515 1380	<p>Advice and guidance including Legal Aid legal services - 0344 515 1380 <i>(Monday to Friday 9.00am – 5.00pm)</i></p> <p>For more information and for a free webchat service. www.england.shelter.org.uk/housing_advice</p> <p>For urgent housing advice - call our free national emergency helpline on 0808 800 4444</p>	Slough

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Slough Immigration Aid Unit		For immigration or nationality legal advice and help email - info.siau@gmail.com Skype calls available	Slough
Slough Refugee Support	01753 537142	Refugee support, information and advice available via telephone and email - srsinfo@sloughrefugeesupport.org.uk	Slough
Turning Point	01753 692548	Remote counselling and coaching either via phone or video calls.	

National Helplines

Name of Organisation	Contact Number	Area of support
Anxiety UK	0344 4775774	Anxiety UK therapy helpline
Business Support Helpline (Gov.uk)	03004563565	Help and support for business
CALM (men)	080058 5858	Male suicide prevention support
Childline	08001111	Young person help and advice
Dept. of Education	08000468687	Helpline for questions related to education
HMRC	0800 015 9559	Revenue and Customs
LGBT Foundation	0345330 3030	Advice and support for LGBTR community
Mind	03001233393	Mental health helpline
Papyrus	0800 068 4141	Young person suicide prevention
Samaritans	116123	Suicide support helpline
SANE	0845767 8000	Mental health support
The Silver Line	0800470 80 90	Confidential helpline for older people
Universal Credit	0800 328 5644	Universal credit helpline

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