

Wandsworth Borough Information Sheet

Local Council Information and Support

Both Civic Centres closed

Richmond/Wandsworth Covid 19 Helpline –

020 8871 6555 (Monday to Friday, 9am to 5pm). First point of concern that any resident has. Make contact with any service through this helpline.

Email – covid19support@richmondandwandsworth.gov.uk

This includes Adult social services.

But they have an enquiry email – adultsocialservices@richmond.gov.uk

General services e.g. waste collection as normal but recycling centres are closed.

Wandsworth CA is open via the phone – 10am-4pm each day – 0300 3301169 or online via www.cawandsworth.org.uk

Supermarkets and Food Deliveries

Sainsbury -45, Garratt Lane, Wandsworth 8am-8pm – Mon Saturday. 11am-5pm (Sunday)

Waitrose Southside Shopping Centre open – 8am-6pm – Monday Saturday
1st 30 mins each day is reserved for vulnerable customers.

ASDA 204 Lavender Hill, Battersea – 8am-8pm – Monday – Saturday. (11am-5pm Sunday)

Lidl, Falcon Lane, Battersea – Monday- Friday 8am-8pm (11am-5pm – Sunday)

All Express and Local stores are still open

All Tesco Metro stores, Sainsbury Locals etc are still open across the Borough but all checked have slightly reduced hours – most are closed by 10pm.

Delivery is available and should be booked in the usual way but is very busy.

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

Wandsworth food banks are now shut to visitors.

However, they are delivering packages to referrals – contact number – 020 7326 9428.

You must still have a voucher and been referred

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

Local Pharmacies

Pharmacies still open – Boots in Wandsworth

Boots – London southside – 10am-6pm

Boots Falcon Lane, Battersea - open normally (9am – 8pm) but restricting access at any one time.

Boots St John's road - open normally (9am – 7.30pm) but restricting Access at anyone time.

Other Essential Shops and Surgeries

Most opticians are closed.

Emergency service for SW London at Kingston hospital – The Royal Eye Unit – 020 8934 6799. Is still open Mon-Fri but you MUST ring first. It is Not offering walk-in at the moment.

Dentists have been told to offer emergency services – so you should ring your normal dentist and follow the instructions

Local Banks and Banking

Main banks in Wandsworth all working to reduced hours. All Nationwide branches appear closed across the borough until 14/04/2020..

TSB Wandsworth high Street – Open 10am-4pm Mon-Friday.

Barclays – Putney High Street – 10am-2pm. (Mon-fri only)

Halifax – Putney High street – 10am-2pm (Mon- Fri only)

Online and phone banking normal but obviously busy. Nationwide have asked for people not to ring unless vulnerable or have no internet access.

Important to Note – You can complete banking services from all main banks at the Post Office. Presently all branches are open from 9am-3pm. But please check website before travelling.

Local Support

Wandsworth Council crisis payment is available via www.wandsworth.gov.uk which you can apply for if you receive a benefit.

The main Community Hub/helpline can provide support to accessing the Government's free school meals voucher scheme.

Domestic Abuse Support Wandsworth – 020 78011777.

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or <https://www.ageuk.org.uk/information-advice/coronavirus/> or call 0800 678 1602. – open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call 0800 074 5560

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women) 0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call 01823 334244

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library
CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainSMART/games/	Brain games for adults
Games online	https://www.chess.com/ https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Chess Monopoly (for adults & kids)
Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis

NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga