

SUPPORT ACROSS TEESSIDE



Middlesbrough Council have put together a range of support to help our residents and communities stay safe and well throughout these difficult times.

If you are affected by coronavirus and feel you need help, let us know and we will match you with a volunteer in your area.

Here are some of the things we can help you with:

- Shopping
- Making meals
- Walking and taking care of pets
- Someone to listen and support you
- Health advice and taking care of yourself

We can help with other concerns you have too, please do get in touch. We are all here to help.

You can fill in a short online form - <https://www.middlesbrough.gov.uk/community-support-and-safety/coronavirus-covid-19/help-boro>



01642 729777



volunteering @middlesbrough.gov.uk



this is Redcar & Cleveland

DO YOU NEED SUPPORT OR CAN YOU PROVIDE SUPPORT?

We've set up a phone line and email address offering help and support for vulnerable people and those in need. **Anyone who needs non-medical help should call 01642 774774** or email support@redcar-cleveland.gov.uk.

We've also set up a Facebook group where residents, community groups, charities and businesses can let everyone know about the help and support they are offering. You can find the group on Facebook, [here](#).

Link: <https://www.redcar-cleveland.gov.uk/>



01642 774774



support@redcar-cleveland.gov.uk



Support network launched to help those who can't leave home

The Hartlepool Support Hub has been organised by Hartlepool Borough Council in partnership with other organisations and a leaflet about the service is being delivered to all homes in the borough over the next few days. It can also be downloaded by clicking :

https://www.hartlepool.gov.uk/downloads/download/1236/hartlepool_support_hub_leaflet

The Hartlepool Support Hub will offer:

- Information and advice
- Emotional support
- Delivery of shopping, newspapers and prescriptions; and
- links to other additional services which are offering support

People can contact the Hub by:



Telephoning **01429 272905** (10am-4pm Mondays to Fridays and 10am-12 noon on Saturdays)



helping@hartlepool.gov.uk

There is also lots of information available at www.hartlepoolnow.co.uk – Hartlepool's existing local help and support website, which can also be downloaded as an App.



Stockton-on-Tees

BOROUGH COUNCIL

The Covid Community Support Team are here to help you through the coronavirus pandemic. If you are at staying at home because you are vulnerable or self-isolating then we can help with:

- Shopping
- Providing essential food supplies
- Collecting up prescriptions
- Walking or taking care of pets
- Listening on the phone and giving emotional support
- Sign posting you to places that can provide advice and guidance
- Other practical help – let us know what you need and we'll try to help.

Catalyst have an army of volunteers and brilliant voluntary, community and social enterprise organisations who are here to help and here at Catalyst we are determined to make it easy for you to get the help you need.

We are available 7 days a week 8am – 6pm



01642 524500



covidcommunitysupport@catalyststockton.org