



## Contact details to organisations and services that make up the Friendship Alliance.

**Age UK Berkshire** provide information, advice, a Home from Hospital service, an Easy Shop service which can order groceries to the home, and a Handy Person and Home Help Service to help with small tasks around the house.



0118 959 4242  
info@ageukberkshire.org.uk  
www.ageuk.org.uk/berkshire

**Involve Community Services** run a Community Navigation Scheme which can help connect you to local groups and services. They also have a Cancer Support Group.



01344 304404  
reception@involve.community  
https://involve.community

**The Link Visiting Scheme** supports older people who would love more friendship. Do get in touch if you would like regular telephone calls, home visits or to join a small group. Support and coaching can also be given to get online including access to a device.



0118 979 8019  
admin@linkvisiting.org  
www.linkvisiting.org

**The Wokingham Volunteer Centre** provides a Transport Scheme to help people who cannot use public transport to get to their medical appointments, do their shopping or go on social trips. They also run a Green 'N' Tidy Gardening Scheme for elderly or disabled residents who cannot maintain their properties.



0118 979 1340  
gardening@wok-vol.org.uk  
wokinghamvolunteercentre.org.uk

**The Friendship Alliance** runs an online Friendship Cafe every Wednesday for anyone who needs a friendly chat. They also email out a fortnightly newsletter to share local activities, groups and services.



07464 834949  
jayne@linkvisiting.org  
http://linkvisiting.org/friendship-alliance

# Do you need support during COVID-19?

## Wokingham Borough Community Response

0300 330 1189



[citizensadvicewokingham.org.uk](https://citizensadvicewokingham.org.uk)  
supervisor@

[citizensadvicewokingham.org.uk](mailto:supervisor@citizensadvicewokingham.org.uk)

### Citizens Advice Wokingham

#### Need: Food & other essentials

- We can help residents access food by referrals to local neighbourhood covid groups and to other partner agencies
- We work with partners like Wokingham United Charities and Wokingham Borough Council to source other essentials

#### Need: Prescriptions

We can help residents with prescription pick up and delivery by referring to local neighbourhood covid groups, NHS Responders, and the Wokingham Volunteer Centre

#### Need: Mental health & wellbeing

- Link Visiting Scheme make regular phone calls set up with one of our volunteers
- The Friendship Alliance have a weekly online friendship cafe
- Mental health and wellbeing support leaflet
- Signpost to other organisations who provide mental health & wellbeing support

#### Need: Other help

- Referrals to the local foodbanks
- AgeUK Berkshire 'Home from Hospital' service
- Link Visiting Scheme welfare checks
- Wokingham Citizens Advice on Debt, Benefits, Employment, Housing, Relationships & family
- Help with other essential items through the WBC Covid Winter Grant and the Wokingham United Charities Grants



There is no wrong reason to contact us



WOKINGHAM  
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Wokingham