

Warwickshire Community and Voluntary Action - V4 - 10/6/2020

Provider	Area	What services are you currently providing?	What is the referral process?
Age UK	Warwickshire Wide	Age UK Coventry & Warwickshire counselling via telephone and zoom	Call 01926 458112 (answerphone in place and messages are picked up regularly throughout the day) or email PSS.Admin@ageukwarks.org.uk
Alzheimer's Society	Warwickshire Wide	<p>We can answer queries about all aspects of dementia, and offer advice and support for all associated challenges, including coronavirus. We cannot offer personalised medical advice, but we will direct you towards other reliable sources.</p> <p>We have now temporarily suspended all our face-to-face and group services. We are replacing these with more telephone support calls and new versions of some services as follows:</p> <p>Welfare calls - these are phone calls from a trained staff member or volunteer. They will check on the person affected by dementia – their safety and wellbeing, and also offer advice or signposting to other support. Welfare calls are for everyone we currently support with one of our face-to-face services</p> <p>Singing for the Brain - This popular service is now being run over the internet and by phone (Ring and Sing). Both are for people who have been attending our Singing for the Brain groups.</p>	<p>Call our Dementia Connect support line on 0333 150 3456. Or, if you speak Welsh, you can call our Welsh-speaking support line on 03300 947 400.</p> <p>Connect with other people affected by dementia via our online community Talking Point.</p> <p>Order from our full range of free publications.</p> <p>Find relevant dementia information and support with our online tool.</p>
Arc CIC Ecotherapy	Warwick District	<p>Due to the current Covid 19 Coronavirus epidemic we will not be holding Ecotherapy sessions at Foundry Wood until further notice. Foundry Wood itself is also closed.</p> <p>BUT we will be running online sessions via our Ecotherapy@FoundryWood Facebook Group every Tuesday and keeping in touch throughout the coming weeks via our Ecotherapy Friends WhatsApp group. We hope you will join us.</p> <p>Stay Connected</p> <p>Join our private Ecotherapy Facebook group www.facebook.com/groups/466596320198354</p> <p>Join our Ecotherapy Friends WhatsApp group by emailing me with your phone number (kath@arccic.co.uk) or texting me on 07814 605245 with your name (including surname).</p>	

Big White Wall	Online	<p>BWW is an online mental health and wellbeing service, available 24 hours a day, 365 days a year, on any device with an internet connection.</p> <p>Residents of Warwickshire, aged 16+ can join our community for support with a wide range of mental health and wellbeing issues, from anxiety, depression, and isolation, to relationship issues and lifestyle challenges.</p> <p>Big White Wall offers a range of activities that allow you to work through what's troubling you.</p> <p>Community: Forums where people help people. Share your thoughts and join a Talkabout alongside fellow members to share and discuss what's on your mind, gain support and advice. There are also Drawings tools to enable the creative expression of difficult emotions.</p> <p>Self-Guided Support Courses: In addition to the community, members have access to a wealth of resources and self-help courses covering all mental health and lifestyle topics from coping with grief and loss, to problem solving, health anxiety and stop procrastinating</p> <p>Resources: access to a library of articles which can help you understand more about how you are feeling, learn new skills and improve your wellbeing, as well as Self-assessments to understand more about yourself and to track your progress, online journaling and action trackers.</p> <p>BWW is also monitored 24/7 by Mental Health Professionals, we call these 'Wall Guides'. Our Wall Guides job is to keep our members safe and help them feel they are not alone.</p> <p>Please visit www.bigwhitewall.com for further details and a short video.</p> <p>In terms of the referral process, BWW is accessible via Self-referral and prescription.</p> <p>For self-referral, Post codes are used as a determinate of access. People simply head to www.bigwhitewall.com, click 'Register' at the top, and they will be presented with the following:</p> <p>Users can click on the 'my area is registered', and enter their postcode to register.</p>	
Bipolar UK		<p>Some areas have online zoom groups instead of face to face meetings – contact supportgroups@bipolaruk.org for information</p> <p>Our Peer Call back service can provide telephone or email support – leave a message via 07591375544 or email info@bipolaruk.org</p> <p>Our online forum www.bipolaruk.org/ecomunity</p> <p>Our Website www.bipolaruk.org has many resources and information on bipolar including a Chatbot</p>	Self-referral is fine

Brunswick Hub	Warwick District	<p>We are currently all working from home, however we are offering support to people via telephone, email and social media.</p> <p>Sally (our social prescriber) and I are offering support for those who are isolated or struggling with the demands that lockdown is bringing for example parents who are home schooling. Just to make it clear we are not offering help with the school work, we are offering support if they are finding the situation difficult. We are also offering support to people who have lost a loved one to the virus or have general bereavement issues. We are also looking to do bereavement group work via Zoom once we have enough people to participate.</p> <p>Our colleague Rachel is offering support for people who are affected by employment or financial issues - and as you know this often leads to providing some low level mental health support as well.</p>	<p>People can contact us via our facebook page (https://www.facebook.com/Brunswickhlc), by emailing Sally (sallyharwood@brunswickhlc.org.uk), Rachel (rachelcefai@brunswickhlc.org.uk) or myself (theresataylor@brunswickhlc.org.uk) or by calling us - Sally 07923230579, Rachel 07391317169 or myself 07787254162"</p>
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Carers Trust		<p>Following the updated government guidance on Coronavirus, we are avoiding meeting face-to-face to help reduce the spread of the virus. We are still here to support carers and are continuing to offer 1:1 support however this will be done by telephone appointments or email. We have also taken the decision to temporarily suspend our Carers group meetings across Coventry and Warwickshire from Monday 23rd March until further notice.</p> <p>We understand that carers still need information, advice and support and we will continue to provide these services, along with Wellbeing Assessments and contingency planning support. Please rest assured that if you are in self-isolation and need someone to talk to, our Wellbeing Advisors will be available on our Wellbeing helpline: 02476 632972 (opt 2). We have extended the hours to Monday to Friday 9am - 8pm and Saturday 9am - 1pm If you think you have symptoms and can't get through to NHS 111 or are not sure what to do, we can guide you through the online screening as recommended by the NHS via telephone.</p> <p>Things you can do</p> <ul style="list-style-type: none"> • follow core public health advice • ensure any visitors or health professionals visiting your home follow hygiene and infection control guidelines • plan for contingencies and check with the local authority what the emergency plan is, or your local health organisation if your families' or friends' care is health funded • make the most of networks now, family, friends and neighbours, and your local community organisations to plan for 'what if' • make sure you have key information to hand about the person you care for • make the most of technology that can keep you in touch with the person for whom you care, or keep them in touch with others <p>Where to get additional help and support</p> <p>CRESS: Our CRESS Emergency and planned support service will still be running as normal for the time being and will be there to help and support you as much as possible. The CRESS service can be contacted on 02476 258816 and 07079 503 133 in an out-of-hours emergency. Please make sure you are registered and have been assessed. Care Companion: an online digital platform to find out more about the condition of the person you care for and local support available: www.carecompanion.org.uk/ Care We Share: An innovative web portal that allows carers to coordinate care, share caring responsibilities and obtain support from their network which is currently being offered free of charge to carers. If you need help setting it up our support line can help: www.careweshare.org Carers Trust Heart of England website – www.carerstrusthofe.org.uk/ Carers Trust Heart of England Facebook page: www.facebook.com/CarersTrustHeartofEngland Carers Trust national website advice on Coronavirus page: carers.org/guidance-coronavirus Carers UK website: www.carersuk.org/ If you do not have access to the internet, please call one of our Wellbeing helpline - 02476 632972 (opt 2) - and a Wellbeing Advisor will guide you through the information. Here to support carers in Coventry and Warwickshire</p> <p>We want to reassure carers that we remain totally committed to supporting carers, staff and the cared for and we will continue to update you on the practical steps we are taking to minimise any potential impact to our services going forward.</p> <p>Michelle Sawyer, Warwickshire Carers Wellbeing Manger Email: Michelle.sawyer@carerstrusthofe.org.uk Tel: 02476 632972 (opt 2)</p> <p>We are currently also setting up virtual carers groups for carers to connect with each other and next week we are starting a campaign for volunteers to run a budding service for carers who may be feeling lonely and isolated. We havent had any major problems at present but probably the biggest one was carers being to access food and having to queue at supermarkets but we have made a carers card that they can show which allows them to go in on the vulnerable days and times.</p>	
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Citizens Advice South Warwickshire	Warwick District Stratford-on-Avon District	Increased capacity in 4 areas: Instant Self Help www.citizensadvice.org.uk Phone: You can reach us by phone between 10:00 - 15:00 Monday to Friday on 0300 330 1183 Email: Our email form can be found here www.casouthwarwickshire.org.uk/contact/email-us Webchat: www.casouthwarwickshire.org.uk/contact/chat-with-us	
Coleshill and Water Orton Memory Cafe	North Warwickshire Borough	Unfortunately we have had to close the Coleshill and Water Orton Memory Cafe due to the Corona Virus. However we are giving support by phoning our clients regularly once a month. They also have our personal phone numbers in case they need to contact us for any reason or in an emergency. We are doing all we can to keep our clients in the loop.	
CW Mind Safehaven		We provide an out of hours mental health service and emotional support from 6pm-11pm, Thursdays-Sundays. We are currently only providing support via telephone or email,	people in need of support can contact us on: 07970 042270 02477 714554
CWPT - IAPT		CBT and Counselling for anxiety and depression over the telephone or via e-consultation.	02476 671090.
Healthwatch Warwickshire	Warwickshire wide	We currently provide Information and Signposting. No particular issues re funding etc. No other comments other than to say that people with physical conditions alongside mental illness and wellbeing issues are probably being more adversely affected by Lockdown. We will be conducting a survey in the next few days to see what is actually happening out there.	It is by self referral.
Insight - Counselling Coaching And Support Services T/A DACS - Domestic Abuse Counselling Service	Warwickshire wide	Specialist focus on victims & perpetrators of domestic abuse. Plus partner & childrens counselling	To ensure that counselling services remain operational during this crisis, we are transferring all current 'face to face' counselling sessions to telephone counselling. All DACS counsellors are trained to provide telephone assessments and telephone counselling services. Email referrals only during this period: kerry.thorpe@dacs-service.org.uk
Leamington Night Shelter	Warwick District	Closed	
Lifespace Trust	Stratford-on-Avon District	25% of what they usually provide which is mentoring for children and young people. This is taking place on the phone rather than virtually. Initially just working with existing clients but now starting to work with new mentees.	Referrals usually via Schools but occasionally direct from parents.
Lifeways Therapy Centre	Stratford-on-Avon District	What services you are currently providing? Lifeways building is closed but many of our counsellors and the charities that work here are continuing to operate online via Zoom or Skype. The aim is to support those with depression or at risk of suicide or domestic abuse throughout the crisis. Our community garden remains open on strict condition that social distancing is observed.	What is the referral process? The office at Lifeways remains open and we are encouraging people in need to contact us via social media. Our contact details are 01789 292 052 and lifewayscentre@googlemail.com . Lifeways counsellors are self-employed so there is a charge for their services, but we also have charities working here that provide free services to those most at risk. We make appropriate referrals based on the approach we receive.
Mary Ann Evans Hospice	North Warwickshire Borough Nuneaton and Bedworth Borough	Day hospice whose aim is to provide specialised care, support and advice to patients and their families when living with a life limiting illness. We also provide expert secondary Lymphoedema care and treatments	all of our on-site services have been temporarily suspended. To respond to the crisis and those most in need at home we have stepped up all of our efforts within the community alongside South Warwickshire NHS Foundation Trust. So to ensure as many people as possible receive a Rapid Response to their calls for help we have boosted our Rapid Response Service to a 24 hour access service to now include the Nuneaton and Bedworth areas in addition to rural north Warwickshire . Should you have an emergency linked to palliative care please contact our Rapid Response service 07584 557366

New Hope Counselling	Warwick District Stratford-on-Avon District	New Hope are continuing to operate during this period offering an affordable counselling service by telephone or email. Out of our team of 36 counsellors only around 20 are currently able to deliver counselling as some of the team do not have the appropriate facilities for offering counselling from their homes. Our service is also due to some clients dropping out as they do not want their counselling to be delivered remotely. At present we are mainly working with existing clients and starting to see some that were already on our waiting list. We can also take referrals for new clients and these will undergo a telephone assessment before being added to our waiting list. Before the shutdown the waiting time for counselling once the assessment was completed was only about 6-8 weeks. Sadly, now we have less therapists, it is likely to be more like 12 weeks. We cannot easily use more volunteers at present as the administrative tasks they could help with cannot easily be done from their homes. We also interview all our staff (including short term volunteers) before they start and require them to complete a DBS before they start and to provide at least two references. This is due to the sensitive and confidential material they will be accessing. It is difficult to interview from home. If individuals are looking for medium to long term affordable counselling then they are welcome to self-refer and we will take them through the assessment process. Sadly we are unable to offer a mental health helpline service and will signpost anyone who approaches us for emergency support to one of the other agencies that are able to provide this.	
North Warwickshire Citizens Advice	North Warwickshire Borough	Telephone support	
Papyrus		During these unprecedented times, our teams have adapted to the changing working environment and kept the safety of young people at the centre of everything they do. We are proud to say that our focus on saving young lives is stronger than ever and we continue to keep those who are struggling, safe from suicide, through our helpline HOPELINEUK. HOPELINEUK continues to operate and answer calls, texts and emails from young people who are experiencing thoughts of suicide, and those who may be concerned about a young person in their lives. Our dedicated and trained staff are on hand every day to provide a place of safety for young people and help them to find hope during these difficult times. Our HOPELINEUK team can be reached by phone on 0800 068 4141, and they are also available by e-mail at pat@papyrus-uk.org or text on 07860039967. HOPELINEUK are available between 9am-10pm weekdays, and 2pm-10pm on weekends and bank holidays. More information can be found here: https://papyrus-uk.org/hopelineuk .	
Parents in Mind	Warwick District	Parents in Mind is still operating but our group and 121 support has been replaced with online and phone support during this period. Parents in Mind offers Peer Support to those who are pregnant or are mothers of under twos and are experiencing perinatal mental health/wellbeing issues. Our face-to-face service has been suspended of course but we are instead offering 121 support by trained volunteers and moderated Whatsapp groups in place of our Stratford and Leamington 'physical' groups. We are still very much welcoming referrals and the service is open to anyone living in Warwickshire. Please find poster and contact details attached.	Women can self-refer or a professional can refer them in. Sarah Hislam Local Project Manager: Parents in Mind Coventry and Warwickshire Tel: 0788 597 5261
Recovery and Wellbeing Academy	Warwickshire-wide	Classroom sessions have obviously been suspended but we have a new ONLINE: workshop tab on the website where people can get videos with hints and tips to support mental health and wellbeing in these time - https://recoveryandwellbeing.covwarkpt.nhs.uk/OnlineWorkshops.aspx We are trying to move to online platforms and courses e.g. via zoom. People will be able to book on these via the usual online enrolment system https://recoveryandwellbeing.covwarkpt.nhs.uk/Enrolment.aspx and links will be sent out. More info to come	Self-referral... via https://recoveryandwellbeing.covwarkpt.nhs.uk/
Rethink		What services you are currently providing? 4 nursing home services, 3 x 8 beds (block funded to ccg) , 1 IN Stratford, 2 in Leamington, 1x7 beds male only in rugby. Plus a small supported living service.	Referrals via CMHT, CCG, Social services , referral forms can be gained from services, but at present we only have one ned free in Stratford and some space on SLS

ROSA	Warwickshire-wide	<p>RoSA is an independent charity offering Free confidential support for anyone who has experienced the trauma of rape, sexual abuse or sexual violence.</p> <p>We work throughout the county of Warwickshire supporting women, men, young people and children from age 5. Our support is also offered to family members, partners and carers.</p>	
Safeline	Warwickshire-wide	<p>Safeline is a specialised charity working to prevent sexual abuse* and to support those affected in their recovery. This includes working with people whose mental health issues (manifesting for example as self-harming) suggest that they may be vulnerable to abuse.</p> <p>We provide a comprehensive range of services for people affected by sexual abuse, including:</p> <p>Counselling: face-to-face, by telephone and online (funding dependent), as well as creative therapies such as art therapy.</p> <p>National Male Survivors Helpline providing immediate emotional support, information and advice to men and boys affected by sexual abuse or rape in England and Wales.</p> <p>Online support (text and email) providing immediate emotional support, information and advice to anyone affected by sexual abuse or rape in England and Wales.</p> <p>Independent Sexual Violence Advisors (ISVAs) providing emotional and practical support for those individuals who choose to report the abuse to the police.</p> <p>Training for professionals, parents and anyone affected by sexual abuse to help them protect and support their communities</p> <p>Prevention projects, one-to-one support and peer mentoring to keep vulnerable young people safe and enable them to fulfil their potential.</p> <p>Safeline offers its services to people across Warwickshire of all ages, regardless of gender, sexuality or race, who are survivors of abuse. Family members and friends of abuse survivors can also use Safeline's services.</p>	<p>Counselling service continues to operate with some changes. General enquiries call 01926 402498. All clients currently receiving face to face counselling have been contacted and provided with options for continuing support during this difficult period. We will be carrying out assessments remotely for any clients who have already referred to keep wait times to a minimum. Any new referrals will be added to our referrals list, we will let people know the estimated wait time.</p> <p>Our National Telephone and Online Counselling service for men and women aged 18 and over living in England and Wales, is operating as normal and is open to new referrals.</p> <p>Safeline's ISVA service continues to operate as normal and is still accepting referrals for the service.</p> <p>The National Male Survivor Helpline and Online Support Service for men and boys across England and Wales affected by sexual violence and for those supporting a male survivor, such as family and friends, is open as normal.</p> <p>Our local Coventry and Warwickshire Women and Girls' Helpline is also open as normal.</p>
Salvation Army Leamington (Way Ahead Project)	Warwick District	We have changed how we are supporting our local homeless community: we are now providing take away breakfasts, packed lunches and food parcels instead of our community drop-in and we are giving advice over the phone instead of face-to-face.	
Samaritans	Stratford-on-Avon District Warwick District	Emotional support to anyone of any age 24 hours/day, every day of the year. For people going through a personal crisis in their life which they would like to share in confidence.	Callers contact us directly by phone on our free helpline no. 116 123 or by email: jo@samaritans.org
Silence of Suicide	Warwickshire Wide	<p>All physical public & private meetings are replaced with the following mental health listening support & sign-posting services during Covid-19:</p> <p>* Online chat via our website www.sossilenceofsuicide.org between 3pm and 6pm seven days a week</p> <p>* Online chat dedicated Men's Hour between 1pm and 2pm seven days a week</p> <p>* Text messaging to 07933044407 (check your network provider to see if you may incur charges)</p> <p>* Zoom for employers, contact us via info@sossilenceofsuicide.org</p>	<p>Follow us on Twitter: https://twitter.com/SOS_Initiatives</p> <p>Follow us on Facebook: https://www.facebook.com/SOSSilenceOfSuicide/</p> <p>Follow us on Instagram: https://www.instagram.com/sossilenceofsuicide/</p> <p>Our Website is: https://sossilenceofsuicide.org/</p>

SOBS - Survivors of Bereavement by Suicide		<p>We exist to meet the needs and break the isolation experienced by those bereaved by suicide. We are a self-help organisation and we aim to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations. Our services are available to those over 18 years only and are free of charge.</p> <p>National Helpline 0300 111 5065 Monday to Sunday 9am – 9pm (hours have been extended to cover the weekend during the lockdown)</p> <p>Peer-led Support Groups (currently suspended due to the Covid-19 pandemic): NB: Some support groups are offering virtual support meetings during the pandemic; please contact your local group to find out if this is available with them. Details for local groups can be found on our website www.uksobs.org</p> <p>Email Support: We also have a support by email address which is email.support@uksobs.org</p> <p>Online Forum: We have also launched our online forum which is supporting all those members who join for self-support. To join visit www.uksobs.org</p> <p>Our website: Is easily accessible for information and includes many resources on suicide bereavement www.uksobs.org</p>	We do not have a referral system, those bereaved by suicide or those supporting people bereaved by suicide can contact us directly to access our services.
Springfield Mind	Stratford-on-Avon District Warwick District	<p>Anyone needing support with their mental health and wellbeing can arrange a one to one telephone or email appointment with one of our wellbeing practitioners, by contacting Springfield Mind on 01789 298615 or enquiries@springfieldmind.org.uk. Alternatively leave a message on the Wellbeing for Warwickshire line: 02477 712288 or wbw@cwmind.org.uk. Please note that when we get in touch the call will appear as "Unknown Caller".</p> <p>Get Set To Go: Signposting and advice on remaining active in this period through virtual taster sessions and other physical activity ideas. Contact jessica.thawley@springfieldmind.org.uk to get support with staying physically active, especially if you are struggling with your mental wellbeing.</p> <p>Community Adult Autism Support Service (CAASS) If you are an adult or a parent/carer of an adult living with autism, whether you have a diagnosis or not, get in touch with our support worker jules.shehata.morgan@springfieldmind.org.uk for more information on how we may be able to support you during this time. Alternatively leave a message on the CAASS line: 024 7771 4545 or caass@cwmind.org.uk</p> <p>Breathing Space: Customers of Orbit Housing needing support with their mental health and wellbeing can self-refer either by completing a referral form through the Better Days website: https://betterdays.orbit.org.uk/better-days/health-and-wellbeing/ or by calling 0208 303 8932 and pressing option 3 or by texting 0795 149 7382 with name and contact details One of our practitioners will then get back to you to arrange a one to one assessment, which can be done over the phone or over email. Please note that when we get in touch the call will appear as "Unknown Caller".</p>	
Sydenham Neighbourhood Initiatives	Warwick District	<p>Cafe closed but Food Co-Op to offer food bags to take away including frozen items. ESOL (English for Speakers of Other Languages) courses to run on-line. Offering phone & email contact</p>	

The Anxiety2Amazing@ Programme		I am giving an ongoing service during the lockdown through video link, to both adults and young people who are experiencing the effects of anxiety and depression and mental/emotional distress.	People usually come to me privately to receive help and support after finding me on the web, through my website, or through family or past client referral.
The Gap Community Centre/Packmores	Warwick District	Plan to support the community remotely/online/calls (both centres closed) Most of our employees are working from home and we are organising a rota to cover phone calls from next week.	
The Parenting Project	Nuneaton and Bedworth Borough Rugby Borough Stratford-on-Avon District Warwick District	Counselling - at the moment we are not taking new referrals to the counselling service, However we are developing online and telephone counselling for parents already known to the Mental Health team, counselling in this way will be in place from this week across the County. Family Wellbeing Facilitators - are continuing to support and take referrals for families in Orbit Housing - South Warwickshire. The team are keeping in touch with families through online and telephone contact, offering advice, support and signposting. We are able to take new referrals for families in Orbit housing, and have a triage process in place - email jo.farrand@parentingproject.org.uk. Parent Mentors - at the moment our Parent Mentoring service is on hold.	
Volunteer Friends	Nuneaton and Bedworth Borough	Shopping & medicine service; telephone support to existing supported shopping & friendship group users	info@volunteerfriends.org.uk 02476 982066
Warwick District Foodbank	Warwick District	We have an ever changing situation but are hoping to keep some Foodbank centres open. Please check website for latest info	
Warwickshire Counselling Centre T/A Sycamore Counselling Service.	North Warwickshire Borough Nuneaton and Bedworth Borough Rugby Borough	All of our counselling services are still being offered over the phone with an alternative online service for children and young people where requested. Where children are of primary age we have offered parents simple therapeutic resources they can offer at home and linked them to online provision. We are waiting to hear from the funder if our anger awareness course can be ran online one to one for the course due to start in May.	People can self refer by phone. When they call the service there will be a message with a mobile number given to call to refer on that day.
Warwickshire Housing Related Support		We are currently accepting referrals and providing Housing related Support over the phone. No non-essential face to face visits are being carried out. Most of the agencies we would usually work with such as local authority housing teams, Citizen's Advice etc. are also working in this way and we are still able to help with benefits, grants, tenancy issues. We are also supporting those who are most at risk from Covid-19, registering them with Extremely Vulnerable group and ensuring that food parcels and meds can be delivered where necessary.	

Warwickshire Libraries		<p>All WLIS (council run) Libraries are currently closed and we are offering a online and digital service only. We have extended all existing loans until the beginning of July and all fines will be waived.</p> <p>Our current service includes eBook and eAudio which can be browsed and downloaded via the website www.warwickshire.gov.uk/librarycatalogue. Our supplier is Borrowbox and information about how to access is included on the website. We also off eMagazines via RB Digital and eNewspapers via Press Reader. Both can be used on most mobile and tablet devices.</p> <p>Reading Well titles are included in the eBook and eAudio offer. We do not have all Reading Well titles in digital format but are aiming to make available as many as we are able.</p> <p>We have also out together some webpages to support people whilst they are staying at home, including home learning for families. We have a social media presence to keep people supported and engaged;</p> <p>twitter @warkslibraries</p> <p>facebook @warwickshirelibraries</p> <p>Instagram https://www.instagram.com/warwickshire_libraries/</p> <p>Library blog on Wordpress https://librariesblog.warwickshire.gov.uk/</p>	
Warwickshire Police	Warwickshire wide	When Police officers or colleagues make a referral to Mental Health via the Harm Assessment Unit in the MASH they are using the following email address: cwp-tr.specoventryadult@nhs.net. There has been no change for us.	
Warwickshire Pride		<p>Online support for LGBT+ people via a private Facebook group at https://www.facebook.com/groups/2565240413714869/.</p> <p>Telephone and text message support on 07580532659.</p> <p>Email support on info@warwickshirepride.co.uk.</p> <p>We are able to provide practical and emotional support for any LGBT+ person in Warwickshire.</p> <p>We are also in the process of moving our face to face services online via Zoom. This includes our Proud Youth group for 12 - 18 year olds, our TransTogether group for transgender people, and coffee mornings where LGBT+ people can chat and access support.</p>	<p>LGBT+ people can self-refer by contacting us by telephone or email.</p> <p>Organisations can also make referrals to us, again by telephone or email.</p> <p>Telephone and text message support on 07580532659.</p> <p>Email support on info@warwickshirepride.co.uk.</p>
Warwickshire Reminiscence Action Project (WRAP)	Stratford-on-Avon District Warwick District	Our Cafes and day care are on hold. I am working from home with few resources but been ringing 30 volunteers, staff, and participants who are looking after a loved one living with dementia each week. The phone calls have been welcomed and enabled me to keep in touch with our vulnerable people. The stories that have been shared will give us loads of info to use in our next newsletter. A lot of the stories are humorous so there has been lots of laughter shared	How to get in involved :- The process is by joining WRAP as an member £10.00 per year. Or by attending our Day care or café WRAP or participating in our LAALO programme " Looking after a loved one "that meets for two hours each week for six weeks
Warwickshire Wildlife Trust		We are providing a weekly newsletter for all our members and volunteers in Warwickshire which is open to anyone to join and which has ideas for engaging with nature during this time to help stay well, as well as stories, activities and ideas for things to do at home or in the garden. This weeks is here https://mailchi.mp/wkwt/your-august-e-newsletter-1363092?e=bc883acc47 . We also have regular (at least 3 times a day) social media posts to offer nature to people at home. In Coventry we are doing some more intensive work supporting our most vulnerable clients, but this is outside the Warwks area.	What is the referral process? – none to receive the newsletter – anyone can sign up at any time and anyone can follow us on social media
Willows Project		The Willows project is currently closed due to the small size of our cabin at the farm. Good news.. we have been successful in securing another lottery grant to run 10 more 'Grow to Grow' sessions. These sessions will involve days on the farm growing plants and joining in nature based art and craft sessions. Food and transport provided. Open to all. We are unsure when we can begin to start organising them but it is something to look forward to. I'll be back in contact when I have more news.	

You Can Flourish	Warwick District	<p>All for girls aged 11-18</p> <p>We have now moved our services online and are launching a new group course Flourish Rebuild, starting w/c 1st June. We are open for referrals now for this and for digital mentoring.</p> <p>We are continuing to support girls' emotional and mental wellbeing in the following ways.</p> <p>Girls can now be referred for:</p> <ul style="list-style-type: none"> • One-to-one mentoring (matched with one of our wonderful female mentors) • Our NEW online course "FLOURISH REBUILD" All about managing emotions and resilience. (6 sessions, weekly. Girls can be referred on individually to join a group) • Our weekly drop-in Direct messaging on our youcanflourish_ Instagram account. 1pm-2pm every Wednesday. 	<p>Referral forms for mentoring and Flourish Rebuild can be found on the website: www.youcanflourish.co.uk</p>
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