

Coronavirus: Do you need help?

Type of help	Who is it for?	What support is offered?
Good Neighbour 	For people who are self-isolating but have a good network of trusted friends and neighbours who can help	Friends and neighbours can help you by picking up and delivering your medicine, food and household supplies, but please follow social distancing guidelines
Nottingham City Council Customer Hub 	For people who are self-isolating but do NOT have friends or neighbours who can help with picking up and delivering medicine, food and household supplies	Call our Customer Hub 0115 915 5555 9.00am-5.00pm, Monday to Friday or visit www.nottinghamcity.gov.uk/coronavirus We will connect you to community support groups and neighbourhood volunteer teams
Shielding Measures 	For extremely vulnerable people identified by the NHS as being at high risk of Covid-19	You will be contacted by the NHS about the support available for you. If you are not sure whether your medical condition makes you extremely vulnerable, register here: www.gov.uk/coronavirus-extremely-vulnerable
Adult Social Care Support 	For people who are already receiving Adult Social Care support services, or people who have recently been referred to our services	You will continue to receive the support we already provide to you, or if you have recently been referred to us, our team will assess your care needs with you



If you are worried about symptoms of Covid-19, in the first instance go to **www.111.nhs.uk**
In an emergency always call **999**

#NottinghamTogether

Do you know someone looking for work?

Nottingham City Council are urgently recruiting care workers.

The roles will pay £9.94 per hour and involve:

- ▶ personal care
- ▶ helping people in & out of bed
- ▶ cooking light meals
- ▶ medication checks

Work will be within a 1 mile walking distance of your postcode – so no need to use public transport.

No previous experience is needed and we will pay for your DBS check.

You can make a big difference to vulnerable people in Nottingham at a time when they need it the most.

Please send your name and phone number to: asc.vacancies@nottinghamcity.gov.uk or call Nottingham Jobs on **0115 876 4508**. Thank you!

**Nottingham
Jobs**

Useful contact details

The Ask Lion website has money advice here: www.asklion.co.uk/money

Citizens Advice Nottingham & District:

All Advice Nottingham agencies are offering phone and email advice on: 0300 330 5457

www.advicenottingham.org.uk/contactus

Bestwood Advice Centre:

0115 962 6519

Clifton Advice Centre: 07887 925 181

Meadows Advice Centre: 0115 986 0197

Nottingham Law Centre:

- ▶ General enquiries: 07342 116 424
- ▶ Debt: 07342 116 445
- ▶ Housing: 07763 468 526
- ▶ Welfare Benefits: 07340 542 134

St Ann's Advice Centre:

- ▶ General enquiries: 0115 950 6867
- ▶ Debt advice: 0115 908 1532

Council Tax payments:

Apply for a council tax reduction here: www.nottinghamcity.gov.uk/counciltax

Welfare Rights Service:

Monday to Friday 8:30am to 4:50pm
0115 915 1355 or email welfarerights@nottinghamcity.gov.uk

Help with energy bills:

0115 985 3009 or www.nottenergy.com/news/emergency-food-vouchers

Meals at Home service:

We can deliver hot nutritional meals or frozen meals to cook yourself
0115 876 1847 or www.nottinghamcity.gov.uk/mealsathome

Nottingham Credit Union:

Apply for a loan: www.nottinghamcu.co.uk
If you are worried you may not be able to make your next loan repayment, please email info@nottinghamcu.co.uk

Food banks:

Food bank contact details are listed here: www.asklion.co.uk/food

National Contact Details

Money Advice Service:

www.moneyadvice.service.org.uk

National Debtline Advice:

0808 808 4000
www.gov.uk/national-debtline

Step Change Debt Advice:

www.stepchange.org

Universal Credit advice:

www.understandinguniversalcredit.gov.uk/coronavirus

UK Government advice: www.gov.uk

Citizens Advice - Help to Claim Universal Credit: 0800 144 8 444