



## **Coronavirus COVID-19 – Some sites and information** **Published 06.04.2020**

### **General & multiple support and advice**

- [Aberdeen City Council Coronavirus COVID-19](#)
- [ACVO & Volunteer Aberdeen](#):
  - [Volunteer Aberdeen](#) Community response
  - [Events calendar](#) for Aberdeen 3rd Sector for planning rescheduled events.
  - [SCVO Coronavirus Assistance Directory](#) – this will help you find supports in your areas and also volunteer general advice about 3<sup>rd</sup> sector support during COVID-19.
- [NSPCC CASPER](#) – COVID-19
- [Grampian Coronavirus \(COVID-19\) Assistance Hub](#)
- [Google – Easy read and accessible COVID-19 information for those with a learning disability](#)

### **Community Languages - translated information**

- [Translated information on COVID-19](#) (UK Government)
- Doctors of the World have information COVID-19 available in 36 languages

### **Business and Jobs**

- [Invest Aberdeen](#) - information and links about support to small local businesses, those who are self-employed and employed workers.
- [Business Gateway](#) – learning now online
- [ACAS](#) – COVID-19 advice for employers and employees
- If you need help with applying for Universal Credit, please get in touch with GREC's casework service: [casework@grec.co.uk](mailto:casework@grec.co.uk) or 07857180175. If you have a job, and become ill with Covid-19 – you are entitled to your regular sick pay. You can get a doctor's note online, by visiting the NHS 111 website:
- <https://111.nhs.uk/isolation-note>
- <https://111.nhs.uk/covid-19>
- If you are self-isolating because a family member is ill, or because you are in a high-risk category – you are entitled to Statutory Sick Pay (£94.25 per week), and may be entitled to full pay, depending on your contract. You can get a doctor's note by visiting the NHS 111 website (above).

### **Money & Benefits**

- [Isolation Notes](#) when you are absent for more than 7 days due to Coronavirus.
- The government has confirmed that people who need to claim universal credit or employment and support allowance because of COVID-19 will not be required to produce a fit note or an isolation note.
- [Department of Work & Pensions](#) advice on attending job centres.
- [Loan Sharks](#) - how to avoid them.

- [Scottish Government: Support for Coronavirus support for employees, benefit claimants and businesses](#)

### **Food – deliveries, food banks etc**

- [Times and places to collect free food during the COVID-19 crisis in Aberdeen City](#)
- [Aberdeen North Food Bank - COVID-19 news](#)
- [Aberdeen South Food Bank - COVID-19 news](#)
- [CFine Food Bank](#)
- [Aberdeen Cyrenians AC2U](#) in response to Covid-19 delivering food parcels, prepared food, toiletries, baby items, sanitary items, clothing and more to vulnerable people.
- Salvation Army Aberdeen Citadel on the Castlegate is still offering food parcels and toiletries on a 'collect only' basis with social distancing rules followed. They can be obtained from the Citadel front door from 10am-12 noon, Monday, Tuesday, Thursday and Friday. They are closed on Wednesdays. On Friday lunchtimes from 12 noon -1pm. The Salvation Army is offering a free hot soup and savoury takeaway service from our front door for vulnerable people who are struggling to self-cater. Once again it is a 'collect only' service; food parcels or toiletries (including sanitary products) are also available.
- [Somebody Cares](#) – food parcels and distribution

### **Housing**

- [Scottish Government – protection for renters during COVID –19](#)
- More information on housing on the [Aberdeen City Council website](#)

### **Energy**

- [Energy Saving Trust – Scotland](#): advise on how to save energy while you are at home during the COVID-19 pandemic.
- [Scottish Government Energy Efficiency during COVID-19](#)
- [Ofgem](#) – COVID –19 heating and energy advice

### **Carers and care settings**

- [Scottish Government Advice for Unpaid Carers](#)
- [Care Inspectorate](#)
- [Scottish Social Services Council – advice for workers and employers](#)

### **Health – mental and physical**

- [NHS Inform](#) – COVID-19 advice
- [NHS Grampian COVID-19 Public information](#)
- [GP Video Appointments](#)
- [Aberdeen Health & Social Care Partnership - Guide to Mental Health and Wellbeing](#)
- [National Autistic Society](#) – [COVID –19 social story](#) to help those with autism
- [The Spark Counselling](#) Aberdeen, The Hub, Manor Avenue, Aberdeen AB16 7UR, Phone: [0808 802 0050](tel:08088020050). Emma Cameron 39-41 Fraser Place, Aberdeen, AB25 3TY. Mobile: 07760257038. E-mail: [e.cameron@thespark.org.uk](mailto:e.cameron@thespark.org.uk). Head Office: 0141 222 2166 Website: [www.thespark.org.uk](http://www.thespark.org.uk) Twitter: @SparkScotland Facebook: The Spark Counselling

- Scottish Government – [COVID –19 supporting children and young people's mental health and wellbeing](#)
- [Organisations offering support and advice to those experiencing domestic abuse](#)
- [Aberdeen Abuse Services Tracker](#) – This document will track and update the current scope of service provision for organisations who offer support to people experiencing abuse in Aberdeen.
- [Save Lives](#) – Uk wide charity supporting those experiencing domestic abuse and professionals supporting them.
- [Aberdeen Cyrenians](#) - Emergency support is available from through 0808 1964422:
  - [Domestic Abuse Support and Accommodation Project \(DASAP\)](#) supporting women, men and families who are experiencing domestic abuse. Ensuring that people who are homeless or at risk of homelessness due to domestic abuse can access specialist support and safe accommodation. Contact: [dasap@weareac.org](mailto:dasap@weareac.org)
  - [Violence Against Women \(VAW\)](#) project offers support to women who have experienced or are currently experiencing violence and abuse. Contact [vaw@weareac.org](mailto:vaw@weareac.org)
- [Future pathways](#) - For those who were abused or neglected while children living in care in Scotland.
- [Ethnic Minority National Resilience Network](#)
- [Aberdeen Bangladeshi Welfare Trust](#) have launched a community helpline
- [Grampian Regional Equality Council \(GREC\)](#) Counselling Services: Current clients can continue seeing their counsellors remotely via video call. Any new clients are encouraged to direct enquiries to [mthomson@grec.co.uk](mailto:mthomson@grec.co.uk).
- [NHS Scotland – COVID-19 guide for non-health care settings](#)

### Kids

- [School closures](#)
- [Think U Know](#) - safety for children online advice for professionals
- Barnardos – [How to talk to your child about coronavirus](#)
- **Aberdeen Action on Disability** are offering to fix/service laptops, mobiles etc. free of charge in order to enable the most vulnerable to stay connected. For more information please call **01224 641355** or email [office@aad-online.com](mailto:office@aad-online.com).

### Care Homes

- Scottish Government Coronavirus (COVID-19): clinical [guidance](#) for residential care residents.
- Scottish Government Coronavirus (COVID-19): clinical [guidance](#) for the management of clients accessing care at home, housing support and sheltered housing:
- [Health Protection Scotland Guidance for social & community care and residential settings](#)