

Local support when shielding is paused:



If you are not online



- Speak with us on 0113 376 0330 if you wish to follow any of the links or access any of the offers that are listed here online
- If you would like help to get online – to improve your digital skills or to loan a device to help you stay connected, call us on 0113 222 4444 ask to speak to an operator and they will arrange a call back. Or email directly to: ProjectDevelopmentTeam@leeds.gov.uk
- Contact us if you need help in British Sign Language, another language or another format – call us on 0113 376 0330, use the Sign Live Directory – select LCC Covid 19 or text us on 07480 632 471

Accessing food and essentials



- We will continue to offer support if you need help to access food safely. Call us on 0113 376 0330
- If you would like someone to accompany you when you return to shopping independently let us know and we may be able to match you with a volunteer. Call us on 0113 376 0330
- Ask for an emergency food delivery – if you will run out within 48 hours and have no other means to access food, call us on 0113 376 0330

Accessing medicines



- Ask family or friends – to collect prescriptions for you
- Get help from a volunteer – we can ask a local volunteer to pick it up for you. Call us on 0113 376 0330
- Check with your pharmacy if they will continue to offer a delivery service. – if they are doing free deliveries, make sure they know you are Clinically Extremely Vulnerable

Employment support



- Discuss with your employer the best way to continue to take precautions if you plan to return to the workplace. Make sure you have a risk assessment in place
- Consult the latest guidance from the Health and Safety Executive: www.hse.gov.uk/coronavirus/working-safely/index.htm
- Seek employment advice – if you and your employer cannot agree: Citizens Advice Leeds on 0113 223 4400 or the National Acas Helpline on 0300 123 1100

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Financial support



- Get informed – the Leeds Money Information Centre has information on: debt, benefits, emergency food, low cost loans, bills or payment holidays www.leeds.gov.uk/leedsmic
- Seek financial advice – the Welfare Rights Unit can offer free, confidential on what support you may be entitled to. Call on 0113 376 0452 or email: welfare.rights@leeds.gov.uk
- Ask for help - if you are struggling financially as a result of following shielding advice - we will continue to make assistance available even when shielding pauses. Call us on 0113 376 0345 if you need financial help.

Physical Wellbeing



- Get active, stay active – The Active Leeds website has some great tips for staying active at home: www.active.leeds.gov.uk/healthy-at-home
- Ask for one to one support – we now have trained physical activity specialists who can offer you free, one-to-one support to make sure you are doing the right kind of physical activity for your needs. Call 0113 222 4444 ask to speak to an operator and they will arrange a call back. Or email directly to: ProjectDevelopmentTeam@leeds.gov.uk
- One You Leeds - offers free online classes to help gradually increase your activity level. Call 0800 169 4219 or visit www.oneyouleeds.co.uk/move-more for more information.

Mental Wellbeing



- Staying mentally healthy – the Leeds MindWell website is full of tips on different ways for adults to stay mentally well, visit www.mindwell-leeds.org.uk. And the Leeds MindMate website has tips and support for children and young people's mental health: www.mindmate.org.uk
- Ask for help – there is a 24 hour a day, 7 days a week free Mental Health Helpline for anyone registered with a Leeds GP. Call them on 0800 183 0558 you do not need to be in crisis to seek help.
- Connect with others – there are a wide range of friendly and inclusive, weekly, online groups for people who are shielding. You can enjoy some good company, take up a new activity or interest, or simply enjoy a safe place to talk about feelings of anxiety and isolation which you may be feeling as someone who is clinically extremely vulnerable. Call 0113 222 4444 ask to speak to an operator and they will arrange a call back. Or email directly to: ProjectDevelopmentTeam@leeds.gov.uk
- Get connected locally – Linking Leeds helps connect people with a range of local community services to improve social, emotional and mental wellbeing. Call them on: Tel: 0113 336 7612