



## Coronavirus/Covid 19

**I have learning disability and live in Islington**

**Who can help me?**



## The Elfrida Society

The Advocacy Team have put this list together to help you access support and information.

Our team of advocates can help you access all the services in this pack, get help and information.

We can do this all over the phone keeping everyone safe.



If you need help please call or email Marcus  
**07801529963**

**marcus.muir@elfrida.com**



## Islington Learning Disability Partnership (ILDP)

Please call ILDP if you need to talk to someone from the social services

- **020 7527 6600**



## Islington face to face support

222 Upper Street is open for emergency face to face support only.



## We are Islington

We are Islington are a fantastic team of paid staff and volunteers helping people get support, medicine, legal advice or just to chat.

They will help you get in touch with the mutual aid teams.

They are open every day from 9-5

**020 7527 8222**

[weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk)



## Help on Your Doorstep



## Help on your doorstep

Telephone support/ advice and signposting  
Monday – Friday 10am-4pm

- **020 3931 6080**
- [connect@helponyourdoorstep.com](mailto:connect@helponyourdoorstep.com)



## How can I get food if I have to stay at home?



St Vincent  
de Paul Society  
England and Wales  
Turning Concern into Action



## St Vincent De Paul Society (SVP)

SVP are running a food bank with support from the Islington Mutual Aid team.

They can arrange food deliveries for people who can't go out: **07516 690197**



### Food bank:

St Joan of Arc church, Highbury Barn, N5 2Xh

Saturday 1 – 2



### The Andover Community Centre

A free surplus food package delivery service on Fridays to addresses within walking distance of the Finsbury Park Community Hub Centre



- 020 7272 3493
- [christopher.donovan@islington.org.uk](mailto:christopher.donovan@islington.org.uk)



### I need help with getting my medication



### We are Islington

Please call or email the We are Islington team. They will try and help you get your medication delivered.

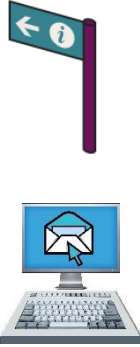
They are open every day from 9-5



- 020 7527 8222
- [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk)



## I need help with money



### Islington Resident Support Team

This team can help people who are in crisis and need financial support.

[ResidentSupportTeam@islington.gov.uk](mailto:ResidentSupportTeam@islington.gov.uk)



### Gas and Electric issues

If you are staying at home and can't top up your gas or electric please call your provider

- Tell them you can't go out
- If you call them they will help you to find help.
- They will not disconnect your gas or electric



### I feel lonely. Who can I talk to?



### Mencap

Mencap are running the Islington Me Time project using video and phone calls.



Telephone or email Jonathan

- 07930 56 37 90
- [jonathan.quarterman@mencap.org.uk](mailto:jonathan.quarterman@mencap.org.uk)



### **The Stress Project**

Telephone and online counselling service  
Monday – Friday, 9am-5pm



- 020 7700 3938
- [stressproject@hng.org.uk](mailto:stressproject@hng.org.uk)



### **Age UK**

They are running a wellbeing call service.



- Weekdays, 9am – 5pm.
- 0207 281 6018



### **I need help. I am in a crisis**



### **ILD P Duty Team**

Monday to Friday 9am – 5pm

- Call: 020 7527 6600



### **Emergency Duty Team (Social Services)**

Monday to Friday 5pm – 9am and at weekends

- 020 7226 0992

	<p><b>Islington Crisis Phone Line</b></p> <p>5pm – 6am Monday to Saturday</p> <ul style="list-style-type: none"> <li>• 020 3317 6333</li> </ul>
  	<p><b>Emergency services</b></p> <ul style="list-style-type: none"> <li>• Call <b>999</b> if you need the emergency services</li> <li>• Call <b>101</b> to speak to the police if it is <b>not an emergency</b></li> <li>• Call 111 for medical advice</li> </ul>

**Thanks to Islington Learning Disability Partnership and We Are Islington in helping us to put this together**

**This information was last updated on the 31.3.20**