

Online Links

Organisation	Details	Link
Facebook Advice Post	Anxiety tapping techniques	https://www.facebook.com/156960564404355/posts/2440746469359075/?d=nuil&vh=e
Therapeer	Therapeer: Peer emotional support	https://www.therapeer.app/?shortlink=FBbutton&pid=tp_facebook&c=fb_page_button
Action for Happiness	Online coping calendar	https://www.actionforhappiness.org/coping-calendar
Money Saving Expert	Article detailing how energy suppliers are helping those with pre-pay meters who cant get out to top up	https://www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/
Family in the time of COVID-19 - Facebook Group	Facebook page giving ideas of how to entertain the kids at home.	https://www.facebook.com/groups/1564726267016908/?ref=group_header
Physiotherapist	Free YouTube videos by a Physiotherapist in isolation to assist with breathing exercises	https://www.youtube.com/watch?v=mEzn_DxfMEs&fbclid=IwAR2bXAY1nkSAtyX4UpndyuZKpyU60XRDFvB8FJHYJ_6Ld_K85qZaM60Dqk
COVID-19 MUTUAL AID UK	website collaborating lists of helpful organisations by area during COVID-19	https://covidmutualaid.org/get-involved/
Natwest	telephone banking	Telephone Banking Team 03457888444
Lloyds	telephone banking	Telephone Banking Team 01733 347 007
Move it or Lose it	Online exercise at home	https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/
Zumba Holt	Online Virtual Zumba Classes	Join Facebook Group Zumba Holt
Devizine Virtual Festival	Holding a virtual festival with live streamed music performances	https://devizine.com/devizine-virtual-festival/
Body Coach PE Lessons	Free half an hour PE lesson every weekday for kids.	https://www.thebodycoach.com/blog/pe-with-joe-1254.html
Help Hub	Free 20 minute chat with a therapist, set up to support people with anxiety. Launching 23/03/20	https://www.thehelphub.co.uk/
turn2us	Helping people when times are tough/financial support	https://www.turn2us.org.uk/
Wessex Community Action	COVID-19 VCSE Resource Hub	https://www.wessexcommunityaction.org.uk/covid-19-vcse-resource-hub/
Wiltshire Council	List of volunteer groups across the county	http://www.wiltshire.gov.uk/news/articles/wiltshire-council-publishes-directory-of-volunteer-groups
Morrisons	Food boxes	https://www.morrisons.com/food-boxes/boxes
NHS England		https://www.england.nhs.uk/2020/03/your-nhs-needs-you-nhs-call-for-volunteer-army/
Managing health anxiety video	Tips for managing health anxiety	https://www.instagram.com/p/B-KFMTeI417/?fbclid=IwAR0JvzTF-oNXld8FoC6zHHfy7LVmy4Xx8JzVfMKvIkwIII9vvnYoNik8JJs
Sign Language	Youtube sign language classes for all the family	https://youtu.be/rR2Zb7TbiOA
Great British Chorus	Great British Chorus - Digital music project. Join in with an instrument or singing	decca.com
Paper Nations	Paper Nations - Stay at Home Festival between 27/3 - 11/4. A virtual festival celebrating the power of writing and reading in preventing loneliness and championing connectivity and community whilst social isolation.	Twitter @StayAtHomeFest
	Gov.uk New Rules on Staying at Home	https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people

Home School Resources

Organisation Name	Details	Additional Information	Contact
Kirsty Gray	Former teacher offering support to parents home schooling. Based in Calne	Trained secondary school teacher but taught from R to Year 13. Happy to answer questions, however big or small if you are homeschooling/remotely/digitally educating your children, if you need assistance with understanding something that has been assigned for your child contact her. Her Subjects are Maths and Science	Via Facebook - https://www.facebook.com/ShoutOutCalne/posts/1543503492486411
Consortium	home learning activities	https://www.consortiumworldwide.com/home-learning-activities	downloadable
Scholastic	home learning pack	https://www.scholastic.co.uk/search/search?utf8=%E2%9C%93&search%5Bsite%5D=corporate&search%5Bquery%5D=home+learning+packs&search%5Bregion%5D=uk&log=t	downloadable
world e book	books	https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDE4MzA2Mjpp1cw%3D%3D&fbclid=IwAR3LIFJCrUF_yzVeN5JNEUe4NxsZq-FvQNH-OTXn6VhCktAwueXcVvJ6SQ	website
Home learning Ideas and Activities	Facebook Forum set up in Calne		Facebook @HomeLearningIdeas&activities
Joe Wicks	Free YouTube 9am Mon-Fri	P.E with Joe Wicks live 9am Mon-Fri Youtube The Body Coach TV	
Twinkl	Offering free learning packs and worksheets		www.twinkl.co.uk
Harptoons	Draw With Steve Harpster everyday at 6pm		https://www.facebook.com/harptoons/
Soundmotives Music Therapy	FB Page offering instrumental and theory tuition, choirs and singing.	Offer teaching via Skype or purchase recorded videos to access and work along with at home. Also offers virtual heart beats for parents and their babies/toddlers via online videos. Virtual choirs for the elderly.	Contact through FB , phone: 07725 367700, email: soundemotive@hotmail.com
Audible	Free stories for children of all ages		Free stories for kids of all ages - www.stories.audible.com
Digital School House	Digital School House - computing curriculum workshops aimed at primary school age kids	Digital School House - computing curriculum workshops aimed at primary school age kids:	https://www.digitalschoolhouse.org.uk
Stuart McDonald - Children's Author	As a treat for the children stuck at home I'll be reading both my books in a live video at 4pm on Monday 30th March!		https://www.facebook.com/StuartMcDonaldAuthor/

Salisbury Area Specifics

Organisation Name	Details	Additional Information	Contact
Victoria & Albert Pub	Home delivery / collect meals		01722 743174
Community Engagement Manager Salisbury	Marc Read	01722 434557	marc.read@wiltshire.gov.uk

Reeve Bakery	Organising 'village drop' of pre-packed goods		https://www.facebook.com/ReeveTheBaker
Iceland	OAP shopping hours	9am - 11am - OAP only shopping hours	
Willowcroft care home	Care home looking for people to write to residents	Care home looking for people to write to their residents as no visitors allowed, they will write back to you as well	Odstock Road, Salisbury, SP2 8BG
Alabare Riverside Sanctuary	offering a telephone service between 5pm and 10.30pm	support with emotional or mental wellbeing	01722 466650
Roasts 2 U	Home delivery of roast dinner on a Sunday	Or call Roasts 2 u on 07896302425	https://www.facebook.com/groups/812694548812102/?fref=mentions&hc_location=group
The Tuesday Club	Friendship day centre Winterslow Salisbury Wiltshire	They are getting medication and shopping for members	Julie Hart 01980 862639
In Need Salisbury	FB Group connecting people in need, with people who can help.	In light of recent events, especially with the Corona Virus I have created this group for anyone in or around Salisbury that needs help. Whether you have an older relative you can't get to, you can't drive and need to get somewhere, you need urgent childcare or you're struggling to find essentials, whatever it is people are here to help you.	https://www.facebook.com/groups/inneedsalisbury/
Bishopdown Farm, Salisbury support group	FB Group		https://www.facebook.com/groups/1072543653121314/
Coombe Bissett Stores	Local delivery service	They are available during shop opening hours to take orders, which can be delivered to your doorstep and grocery boxes, which can be collected from the shop, bypassing any queues Coombe Bissett, Homington and Stratford Tony only Ideally neighbour or volunteer to collect items for client Please e-mail details of what required and give 36 hours+ notice. Please include your contact number shop@coombebissettstores.co.uk	https://www.facebook.com/groups/1072543653121314/
The Fox and Goose, Coombe Bissett	Take away meals that can be delivered	Offering very reasonably priced take away meals. They can also be delivered to Coombe Bissett, Homington or Stratford Tony.	Keith and Sue Smith from the Fox and Goose on 01722 718437
Lower Bemerton, Salisbury	Shopping and prescriptions to people in self isolation living in Lower Bemerton		Anne Trevett 01722 326261
Bhavish News	Deliveries to local housebound older people		145 Fisherton Street, Salisbury 01722 334063
The Asian Food Store	Local deliveries of shopping to housebound older people		07875 543718
Henderson's Artisan Bakery	Bread etc. delivered Tuesday and Friday afternoons	Order the day before, paying with a debit card Salisbury and Wilton	01722 341717
Woodgreen Village Shop	Offering delivery to elderly people in Woodgreen		01725 512467
Grace Churches Parish Nurse	offering telephone support in absence of face to face visits in Salisbury and Amesbury.	Support is available from Rose Maylin, Grace Church's Parish Nurse! Whilst she is unable to offer face to face meetings, she is available to speak on the phone to offer health advice and support. Please do leave her a message and she'll get back to you. Call 07387 899987 or email parishnurse@gracechurchuk.org.	https://www.facebook.com/gracechurchuk/