

Mutual aid and community support – South East Durham

Category	Offer	Date and time	Contact
Ladder Centre 5-7 Coniston Road Ferryhill DL17 8EZ	Community Support If you are feeling low or lonely and just need to talk the Ladder Centre can offer help and support during these troubling times.	The centre is closed but email support is available.	Contact us through facebook: Nigel Jones Ladder new or email Employability@ferryhillladdercentre.org.uk
Helping Spennymoor	Community Support Helping Spennymoor are currently working with the Spennymoor Town council and the Spennymoor Youth and Community centre, to provide and deliver free care packages to the vulnerable in the Spennymoor community. Deliveries are made up into care packages that contain essential everyday items and all deliveries are made on a Tuesday. We also offer a telephone call back service for families and vulnerable adults living in the Spennymoor Area Action Partnership area who	Coronavirus period	To register for this service email Michael Fishwick michael@syaca.co.uk

Mutual Aid Covid-19 is a list of local support groups that have been established during the coronavirus (COVID-19) pandemic. To find a local group visit <https://www.mutual-aid.co.uk/>

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	<p>are self-isolating and need to talk to someone.</p> <p>You can call us for a chat or we will try to help with signposting and referrals to organizations who can help with issues and concerns</p>		
Bishop Middleham & Mainsforth Community Support Service	<p>Community Support</p> <p>We offer a buddy systems to those in our community who may need a bit of help with some or all of the following over the coming weeks and months: for shopping, picking up a prescription and having a chat</p>	Coronavirus period	<p>For more information and to request support please visit</p> <p>http://www.bishopmiddleham-pc.gov.uk/</p>
Sedgefield Covid-19 Community Support Group	<p>Community Support</p> <p>We can offer</p> <p>Collecting shopping or prescriptions, phone calls, Sedgefield Village area.</p>	Coronavirus period	<p>For more information call</p> <p>07940 464 529 or email</p> <p>sedgefieldlines@aol.com</p>

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St Luke's Church Church Lane, Ferryhill, DL17 8LT	Community Support If you are isolated or housebound and need help shopping for food we have a team of police checked volunteers who can help	Coronavirus period	If you need support contact Vicor Gary on 01740 655232 Or Steph Bowan on 07749401579
Junction 7 Newton Aycliffe 7 Silverdale Place, Newton Aycliffe DL5 7DZ	Community Support Support for families in need such as those who are self-isolating, those with health needs or the elderly that leave them at increased risk. Junction 7 can support with: Shopping and delivery Collecting Prescriptions Making a friendly call Food parcels	Coronavirus period	Referrals by professionals or self-referral by emailing Junc7tion@gmail.com

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