

Mutual aid and community support – South West Durham

Category	Offer	Date and time	Contact
Weardale Hub Useful Facebook pages Wolsingham Help and Support Group Stanhope and Eastgate Coronavirus Support Westgate Coronavirus Help Upper Teesdale Isolation Support Group Durham Covid 19 Mutual Aid	If you are in a high-risk group and are self-isolating, Weardale hub can help with shopping, collection of prescriptions, dog-walking or just a friendly chat etc.	Coronavirus period	Telephone: 07773 070 439 to have a chat Facebook: Weardale hub
Bishop Auckland Covid-19 Isolation Community Support	Online support from volunteers with shopping, collection of prescriptions, dog-walking or just a friendly chat etc.	Coronavirus period	Contact via Facebook
UTASS Upper Teesdale 9-11 Chapel Road Middleton-on-Teesdale DL12 OSN	UTASS has changed the way it is operating due to the current situation. If you are self -isolating contact UTASS so we they can keep in touch and make sure you are safe.	Coronavirus period	Telephone: 01833 641 010 9.00am – 5.00pm 7 days a week In an emergency outside of office hours as above contact 07917 304 685 UTASS are focusing our efforts on https://www.facebook.com/groups/InitTogetherTeesdale

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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	Can offer support with shopping, prescriptions, dog walking or anything you may need.		(You do not have to be signed up to Facebook to see the information) Email initttogether@utass.org
Bishop Auckland Coronavirus Angels 16 Tenters Street Bishop Auckland DL14 7AD Areas covered Barnard Castle Bishop Auckland Middleton in Teesdale Shildon Spenymoor West Auckland And all towns and villages in between in the constituency	Collection of medication, medical supplies, medical equipment from GP surgeries, hospitals and pharmacies. Shopping for food or any essentials needed. Phone calls to people who want a chat or are feeling lonely.	Coronavirus period	<u>Telephone 01388 342022</u> <u>Email dehenn.davison.mp@parliament.uk</u>
Coundon and Leeholme Coronavirus Covid – 19 Support Group	Support with meals delivery and any other essentials people may need	Coronavirus period	<u>Contact via facebook page</u>

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Barnard Castle area Covid-19 Mutual Aid Community Support Covers anyone living or working in Barnard Castle or a 10 mile radius of DL12 8JB	<p>Local volunteers who lives/works in Barnard Castle. An informal group of volunteers joining together for the benefit of all. Offering support with whatever may be needed.</p> <p>Please note volunteers are not DBS checked or medically trained</p>	Coronavirus period	<u>Message via facebook</u>
Wear Valley Bridge End Garage Covid-19 Mutual Aid Howden Le Wear	Can support with click and collect shopping for the elderly and vulnerable	Coronavirus period	<u>Telephone 01388 762105</u>
St Helens / West Auckland Covid-19 Community Support	Communication platform for those who reside and/or work in St Helens and West Auckland to identify and help elderly and vulnerable members of the community. It is a platform to share stories of kindness, positivity, food businesses that can genuinely and legally support the community at this time. Ideas and tips to fill the time	Coronavirus period and after coronavirus period ends	<u>Message through facebook</u>

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