**Covid – 19 support information.**

**IF YOU WANT TO HELP**

One Halton are looking for people to come forward to work with us to support our community. As one of our Street Champions, you will be matched up with people who live close to you who need a bit of help.

Carrying out the role of a volunteer is classed as essential work/travel, so is permitted as long as you continue to a keep 2m distance.

If you drive and have a car, that’s great, but if not, you can still offer valuable support from your sofa, by making calls to check people are ok.

To register to become a volunteer visit https://volunteering.haltonsthelensvca.org.uk or call 01928 592405

About One Halton

One Halton is not one organisation – it is a partnership between the Council, NHS Organisations, GP Practices, Fire, Police and Voluntary Organisations.

Under the banner of One Halton, we have made a commitment to work together to achieve one goal – a community living healthier, happier and longer lives, regardless of who they are, or where they might live. Visit http://www.onehalton.uk/ for more information about One Halton.

**IF YOU NEED SUPPORT​**

The council is working with Halton and St Helens Voluntary and Community Action to coordinate support to help to the most vulnerable members of our community and those who need our help during the coronavirus (COVID-19) outbreak.

If you have received a letter telling you that you are an ‘extremely vulnerable’ person, or you are self-isolating because you, or someone in your house have symptoms, and you have nobody to support you, we can help you.

We’re to support with food delivery and/or medical needs. We’re also here to be a friendly voice and sympathetic ear if that’s what you need. Please complete our online form and one of us will get in touch. If you’d prefer, you can call us on 0151 907 8363 (Monday to Friday 8pm to 6pm, excluding bank holidays). Outside of these hours, if it is an emergency you can call us on 0345 050 0148

**Free Apps found on the NHS Apps Library**

**Well-Being Enterprise**

Download our Happyplace App!

There are thousands of happy places near you that are waiting to be discovered. We want you to join the happy place movement today by discovering and sharing happy places in your community that help you and others to feel good.

**Big White Wall**

Categories: Mental health, online community

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

**BlueIce**

Categories: Mental health, Child health

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

**Calm Harm**

Category: Mental health

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

**Catch It**

Category: Mental health

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

**Chill Panda**

Categories: Mental health, Child health

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

**distrACT**

Category: Mental health

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

The content has been created by doctors and experts in self-harming and suicide prevention.

**eQuoo:**

Emotional Fitness Game

Category: Mental health

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.

**Feeling Good:** positive mindset

Category: Mental health

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

**MeeTwo**

Categories: Mental health, online community, Child health

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

**My Possible Self**

Category: Mental health

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

**Thrive**

Category: Mental health

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

**FAITH SECTOR RESOURCES**

Halton faith sector resources for use during Covid 19 shutdown

**Buddhist**, Wat Phra Singh Temple, Runcorn

Morning Chanting is at 06:00 and Evening Chanting at 18:00 are livestreamed on Facebook pages daily – the Facebook addresses are shown below.

Fb: Wat Phra Singh UK

Fb: วัดพระสิงห์ ยูเค

In addition, their Buddhist nun Mae Chee Shirley-Anne is holding Guided Meditation practice every Saturday using Zoom. The meetings will be announced on Facebook every week during the Coronavirus lockdown.

**Islam**

How to attend a Muslim Friday Prayer service كيفية حضور صلاة الجمعة الإسلامية

https://youtu.be/uWOKB5EzHSo

Catch up with a Friday sermon اللحاق بخطبة الجمعة

**Church of England**

Daresbury Church is streaming Tuesday to Friday at 10.00am and Sunday at 10.30am on its Facebook page <https://www.facebook.com/daresburychurch/>

St Berteline’s Church, Runcorn is live streaming a service every Sunday at 10am. It is live streamed on their Facebook page and then can be accessed there or on our website at a later point to view back.

www.stbertschurch.org.uk

https://www.facebook.com/stbertschurch

Here is the link to Transform Widnes Website.

https://tnw.church/church-at-home

All of their services are on the website along with other resources to help encourage people during this time.

The website also has information of our Long Loaf community lunch, which has now turned take away!

You can also follow them on Facebook under Transform Widnes.

St Ambrose Church, Widnes

Information on services is on their Facebook page https://m.facebook.com >St Ambrose

**Catholic**

Mass is livestreamed each Sunday from Liverpool Metropolitan Cathedral – www.liverpoolmetrocathedral.org.uk, this is normally at 9 am

St Wilfrid’s Parish Widnes has Mass uploaded to You Tube link is https://www.youtube.com/channel/UC52-K27EaYwySzRmeP3f3eA

St Maximillian Kolbe Parish, Runcorn has information on its website

**Ecumenical**

Hope Corner has a service at 10am on Sundays. Either go to www.hopecorner.co.uk or use the link:

https://youtu.be/GBbDJ9EIJL0

They also do Kid’s Church with all the links on https://hopecorner.co.uk/childrens-team/

**New Life Christian Church Widnes**

They do not live stream but do record messages every couple of days and post them on their Church’s Facebook page on their website and also on YouTube.

The website is www.newlifechritiancentre.org,uk

The Foundry, Widnes

They are streaming their Sunday services via watch.thefoundry.org.uk they are at 10am and 8pm.

They also have children’s services online at burst.thefoundry.org.uk (age 3 – year 1) and fuse.thefoundry.org.uk (year 2 – year 6), they take place between 8am and 12noon on a Sunday.

They have just launched a new phone service where people can dial one of their church numbers (0151 363 5570) and listen to the previous Sunday’s preach. All calls are charged at standard landline rates.

**Methodist**, Runcorn

The three Methodist churches in Runcorn are now part of the North Cheshire circuit.

https://www.facebook.com/NCMethodists/?tn-str=k\*F

https://www.northcheshiremethodists.org.uk

This is a prayer wall we are trying to encourage people to use:

https://padlet.com/northcheshiremethodists/fhy2sn49rvan

The local Methodist churches have Facebook pages

The Heath: https://www.facebook.com/theheathmethodistchurch/

Wicksten Drive: https://www.facebook.com/groups/412160192297940/

Halton Trinity: https://www.facebook.com/haltontrinitymethodistchurchruncorn/

In addition Tim Coleman has started a Blog for Shopping City Chaplaincy

https://shoppingcitychaplaincy.blogspot.com/

**Methodist**, Widnes

Methodist Churches in Widnes Worship

Short Livestream 10am on Sundays – Farnworth Methodist Church Facebook Page Farnworth Methodist Church

Farnworth Methodist Church Community There is also a Facebook Group

<https://www.facebook.com/groups/522713088675714/>

**Parent Information**

<https://parentinfo.org/>

To help families through lockdown and social distancing, new articles on Parent Info tackle some of the key issues they are experiencing, including:

• Separated parents managing arrangements to see their child

• Supporting teens to cope with lockdown

• Looking after their mental health while stuck indoors

• Starting difficult conversations about COVID-19 with their childYou can make this support and advice more accessible by embedding the Parent Info newsfeed in your website for free. Parent Info provides support and advice to parents, with contributions from the leading experts and organisations in matters related to young people and families in a digital world.

**What to do if you need urgent mental health help:**

• Please call and our dedicated local crisis lines and NHS staff will support you to access the help you need:

o If you live in Halton, Knowsley, St Helens or Warrington call 01925 275 309

o If you live in Wigan call 01942 636 395

• The crisis lines are available 24 hours a day, seven days a week and are open to people of all ages – including children and young people

• The crisis lines are now the first port of call for mental health crisis help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service

• Please note, A&E and 999 are not the best places to get help for the majority of mental health problems – call our crisis line to be directed to the best local service to support you

• You should still call 999 or go to A&E if you have a life-threatening emergency requiring immediate mental or physical health assistance

• For non-urgent help and general wellbeing advice, North West Boroughs Healthcare’s website contains information and links to resources to support people with anxiety, low-mood, and worries relating to the current Covid-19 pandemic: www.nwbh.nhs.uk/coronavirus

More information about the new helpline can be found at: [www.nwbh.nhs.uk](http://www.nwbh.nhs.uk)

**Openthedoor** https://www.openthedoorcheshire.org.uk

This link is the force’s campaign to support those who are the victim of domestic violence. Please spread this message so we can continue to protect those who need our help most.