

CORONAVIRUS SUPPORT LEEDS: UPDATED OCT 2020

Leeds Coronavirus Hotline: 0113 3781877

This number is for anyone unable to leave their home because of coronavirus, and worried because they don't have family or friends who can help.

LCC understand some people are alone and will need help from their local communities to get through. If you find yourself in this situation, wondering how to get groceries and other essentials, then please call and we will match you with volunteers who live near you and can help.

Leeds City Council Website: <https://www.leeds.gov.uk/coronavirus>

This website gives you the latest news about Corona related restrictions in Leeds. It tells gives support information for shielding, testing, businesses and help for people and communities.

Mental Health Support & Advice

For advice on taking care of your mental wellbeing visit

<https://www.mindwell-leeds.org.uk/home/information-on-coronavirus>

or for young people specifically visit www.mindmate.org.uk

Can you offer help and support? Tell VAL

Leeds City Council have partnered with Voluntary Action Leeds (VAL) to co-ordinate local volunteering to help those who get in touch with the hotline. Volunteers can sign up to offer practical support such as shopping deliveries, preparing meals, dog walking, making check-in phone calls

If you are well and able to volunteer, visit:

<https://doinggoodleeds.org.uk/covid-19-care-volunteering.html>

Email: info@val.org.uk

Call **0113 297 7920**