

# COPING WITH 'THE NEW NORMAL'

As lockdown is gradually eased, we all need to adjust to 'the new normal' and inside this leaflet you can find details of

**how and where to get help**

from reliably recruited volunteers of various local organisations who are dedicated to helping people in the Maldon District community.

**THE MALDON CORONAVIRUS  
RESPONSE HELPLINE  
01621 851997**

# RECOGNITION OF SERVICE

The Maldon District Coronavirus Response Team (including but not limited to Maldon and District CVS, Salvation Army and Maldon District Council) want to recognise and celebrate all those who have done so much to support the community during the Coronavirus pandemic.

We want you to nominate individuals and organisations based on the themes of

- **CREATIVITY**
- **KEEPING ACTIVE**
- **TECHNOLOGY**
- **FUNDRAISING**
- **TEAM WORKING**
- **NEIGHBOURLINESS**
- **YOUNG PERSON**
- **KINDNESS**



**Closing date for nominations is 28th August 2020**

More details can be found on [www.maldoncvvs.org.uk/corona/recognising-the-community](http://www.maldoncvvs.org.uk/corona/recognising-the-community) alongside a link to the online nomination form.

**MALDON FAMILY HUB:** Warm and friendly centre for families. Helping parents and carers to have access to services and networks which will empower and help them support their family.

**0300 247 0014**

**MALDON FOOD BANK:** Help with food and other household items. Every Wednesday 10am – 3pm at

**Elim Chuch, Wantz Road, Maldon CM9 5DB**

**MALDON JOB CLUB:** Support available in getting interview ready, including CV writing and interview skills. **07443 397 893**

**MOAT FOUNDATION:** Supporting communities via local projects and activities including digital support. **Nicky Plumb 07711 438 513.**

**EMAIL [nicky.plumb@moat.co.uk](mailto:nicky.plumb@moat.co.uk)**

## Local shopping links

### LOCAL PRODUCE

Ansell & Sons (Butchers)

01621 853151

Crusty Loaf

01621 854687

Blackwater Preserves

07984 591925

Buntings (Butchers)

01621 853271

Freestons Direct (Grocery)

01376 511063

Gardeners Farm Shop

01621 788162

Jacobs Farm Shop

01621 853395

Lambton & Jackson (Smokery)

01621 853710

Maldon Fruit Supplies

01621 859613

Meatline (Butchers)

02033 977719 (opt.2)

The Manor Farm Shop

01245 474077

### MEAL DELIVERY AND READY MEALS

Parsley Box

0800 612 7225

Oakhouse Foods

0333 253 1471

Tiptree Meal Service

01621 816963

Wiltshire Farm Foods

01621 816963

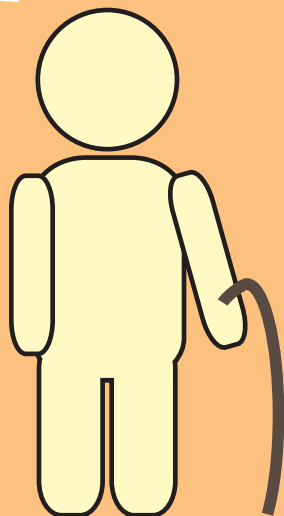
### STORE CUPBOARD

SILO Zero Waste Refillery

[silomaldon.co.uk](http://silomaldon.co.uk)



# GOING OUT: take the first step with a buddy walker



Unsure about going out? Then a buddy walker volunteer can help. A buddy walker will come to your door and accompany you on a socially distanced walk at your own pace for up to half an hour. They can go with you to the local shops, to get a fish and chip supper, or simply take a turn around your garden so that you can get used to being out and about in company. All buddy walkers respect social distancing, have face coverings and follow good hygiene practices. To find out more call the helpline on **01621 851997**.

## Are you finding it difficult to cope?

It's normal to feel stressed, anxious or low in mood

**NHS**  
Mid Essex  
Health in Mind

## Talking therapies can help you to...

boost wellbeing

relax

improve sleep

learn coping techniques

manage stressful situations

manage worry

find a sense of purpose

Health in Mind offers a range of innovative digital, video and telephone based talking therapies

Self-refer online to our free NHS service without seeing your GP by visiting:

[www.norhessesxiapt.nhs.uk/mid-essex](http://www.norhessesxiapt.nhs.uk/mid-essex)



Follow us on Twitter:  
@norhessesxiapt



Like us on Facebook:  
[www.facebook.com/IAPTNorthEssex](http://www.facebook.com/IAPTNorthEssex)

# STAYING IN TOUCH: getting online



As support reduces, now might be a good time to think about whether you or your family would benefit from online services such as getting your repeat prescriptions online, learning about video-calling with family, or finding local businesses that can deliver. If you would like a friendly digital buddy volunteer to help you go through what you would like to do, please call the helpline on **01621 851997**.

# USEFUL CONTACTS

PLEASE CONTACT DIRECTLY

**ACTION FOR FAMILY CARERS:** Services and support for unpaid carers of all ages across Essex. **0300 770 8090**

**“CHURCHES TOGETHER IN MALDON” CHAPLAINCY:**

Pastoral leaders in the churches available as chaplains to listen to and support where we can. Whether you are a person with a Christian faith, other faith or none – we are here for you. Contact us via **01621 851997**

**COMMUNITY AGENTS:** Information, referrals and assistance, form filling, information & support with benefits, information on home help – either over the phone, via email, or your doorstep with social distancing observed. **0300 303 9988** – ask for referral to Community Agents.

**DENGIE FOOD BANK:** Every Wednesday 10am – 12noon at United Reformed Church, North Street, Southminster, **CM0 7DF**

**ESSEX BEFRIENDS:** Working together to reduce loneliness and isolation by connecting people. **0300 770 1263**

**ESSEX WELLBEING SERVICE:** Linking all Essex residents with the practical, emotional & social care support they need as they adapt to ‘the new normal’ of their lives.

**0300 303 9988** or [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)

**HEARING HELP ESSEX:** Support for people with hearing loss with information and practical support managing hearing aids and equipment and emotional support. Door step service for the Maldon District coming in August. **01245 496347,**

**EMAIL [info@hearinghelpessex.org.uk](mailto:info@hearinghelpessex.org.uk) or TEXT 07950 406 173**

**HOMESTART ESSEX:** Trained volunteers and expert support helping families with young children through their challenging times. **01245 847410** [www.home-startessex.org.uk/downloadable-resources](http://www.home-startessex.org.uk/downloadable-resources)

**IAPT:** Providing access to a wide range of talking therapy treatments for adults with common mental health problems. **01376 308704**

**MALDON CITIZENS ADVICE BUREAU:** Information and advice on benefit entitlements, finding services, managing money and more. **01621 875774** – leave a message and an advisor will call you back.

# FREE ONLINE COURSES

With these free courses, you can learn how to cope with your new circumstances or feelings online at home, in your slippers, with a cup of tea. If you are worried about your computer skills, a digital buddy can phone you to help you get online!

## MANAGING DAILY PRESSURES

**To book your place: 01621 851997**

Zoom workshops address the management of daily pressures such as families and relationships, financial or workplace stress or serious health problems. A series of four workshops on either the **morning 10am – 1.15pm, or afternoon 2pm – 5.15pm on Mondays – 3rd August, 10th August, 17th August, 24th August.**

## MENTAL HEALTH FIRST AID

**To book your place: 01621 851997**

Helps you identify and deal with people with mental health issues, giving you strategies and techniques to help support others, both at work and in daily life. Half day courses via zoom: **10am – 3.30pm including breaks on Thursday 20th or Friday 21st August.**

## BUILD I.T. SKILLS

**To book your place: 01621 851997**

One-hour zoom workshops introduce you to online learning tools to help build professional skills such as Office software, online resources, email and presentations with support to develop your own learning goals. Optional ongoing support from a digital buddy. **Fridays at 10am.**

## MANAGING ANXIETY RELATED TO CORONA VIRUS

**[mindinwestessex.mindlms.org.uk/shop/coronavirus-anxiety](http://mindinwestessex.mindlms.org.uk/shop/coronavirus-anxiety)**

## FINANCIAL WORKSHOP

**To book your place: 01621 851997**

Managing money from trained CAP money advisors. Available in the autumn for you and/or your family.

# INTRODUCING THE SALTMARSH DELI

Following the COVID 19 crisis, a new initiative is being launched to encourage local consumers and businesses to buy local products and services, thereby supporting local jobs and building community spirit.

Within Maldon District and its surrounding area, there are a large number of high quality well known food & drink producers, many of whom have been significantly affected by the pandemic. The new initiative 'The Saltmarsh Deli' will deliver products from these local suppliers through an online virtual high street.

More information coming soon!



Let's connect  
our community  
with kindness



[f](#) [t](#) [i](#) [@](#) #UnitedInKind  
[provide.unitedinkind@nhs.net](mailto:provide.unitedinkind@nhs.net)  
[unitedinkind.org.uk](http://unitedinkind.org.uk)