

## *Stay Connected!* Reading Friends Toolkit

### Signposting

These resources are working documents and we would very much welcome your thoughts and input during this changing and challenging time.

### Organisational services and activities

[Reading Groups for everyone](#) – join an online reading group through our Reading Agency programme

[Directory of local befriending organisations](#) from Befriending Networks

[Silver Line](#) – a free confidential helpline providing information, friendship and advice to older people.

[RNIB](#) – run their own telephone book clubs and people can join up themselves.

<https://covidmutualaid.org/> - set up to support local communities. Volunteers run local community groups to provide support, resources inc. [a leaflet](#) you can send and advice for vulnerable people in their communities. Find your local group or get involved through the website.

[Sofa Singers](#) – join an online choir. The Zoom link can be accessed through the website.

[Dementia Diaries](#) – find out about people's experiences of living with dementia.

[London Renters Union](#) and [Tenants Union UK](#) – provide legal advice and resources for renters in difficulty due to the COVID-19 outbreak.

[TIDE](#) -Together In Dementia Everyday – are hoping to set up virtual coffee mornings. We will share details when we have them.

[Cruse](#) – A bereavement charity are here to support those who may have lost loved ones due to the virus.

Are there any other organisations, services or activities you can add?

## Other specific organisational contact details

If you feel like you would like to talk to someone, please call the helplines below. Or visit the website links to find out more, or if you would like any help and support for yourself or others.

### Bereavement

Cruse bereavement care free helpline **0808 808 1677**

[Cruse Bereavement Care](#)

[MIND](#)

[Age UK](#)

[NHS](#)

[Macmillan](#)

### Caring Commitments

Age UK advice line **0800 678 1602**

[Carer's UK](#)

[TIDE](#)

[Age UK](#)

[NHS](#)

### Dementia

Alzheimer's Society's national dementia helpline **0300 222 11 22**

Dementia UK's helpline **0800 888 6678**

[Alzheimer's Society](#)

[Dementia UK](#)

[TIDE](#)

[NHS](#)

[Dementia Friends](#)

[Dementia Diaries](#)

### Mental Health and Wellbeing

Samaritans helpline **116 123**

[NHS list of mental health charities and helplines](#)

[MIND](#)

[Samaritans](#)

[Rethink Mental Illness](#)

### Stroke

Stroke Association helpline **0303 3033 100**

[Stroke Association](#)

[Headway](#)

[NHS](#)

Are there any other contact details you need? Please email [readingfriends@readingagency.org.uk](mailto:readingfriends@readingagency.org.uk) if you have any ideas or suggestions.

## Stay connected on social media

Reading Friends Twitter: @ReadingFriends\_

Keep up to date with The Reading Agency news @readingagency on [Instagram](#), [Facebook](#) and [Twitter](#).