

# **ARNEY'S COMMUNITY**



Covid- 19- staying connected

# Carney's Community Wellbeing Pack

For more details visit: <https://carneyscommunity.org>

**'The mind and body are not separate.  
What affects one, affects the other'.**



A warm hello to our community,

We hope that you are all keeping well during the Covid 19 outbreak! Within this wellbeing pack, there are some really useful contacts and activities included to support you.

We also want to remind you that we are here, if you need us.  
Sending you all good energy.

Love from, Carney's Community.

# Here are some wellbeing tips for you...

**Stay connected** with your friends, family and us of course! Carney's would love to see you doing our online fitness sessions/ have a chat with you.

**Get outside** for some fresh air and Vitamin D (one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household).

**Yoga and Boxing** the team have been working really hard to make videos to connect with you... we would love you to also send us some your home workouts!

**Social media breaks** are important as there are lots of untrue media stories circulating! Why not set a daily target to have a break to draw, read or exercise?

**For more support and guidance you can also visit:**  
**[www.mind.org.uk](http://www.mind.org.uk)**

# How are you feeling?

At this time, during the Coronavirus outbreak we know this can be an unsettling period where you may feel anxious of the unknown, isolated and lonely. Here is an activity for you to try at home:

## Grounding Exercise

*For use during a panic attack,  
when you need to stay calm,  
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

2 things you **smell**

1 thing you **taste**

[puzzlepeacecounseling.com](http://puzzlepeacecounseling.com)

For more support and guidance you can also  
visit: [www.mind.org.uk](http://www.mind.org.uk)

# 'Fitness is more than just a physical challenge, its a mental one'.

## What are some of the benefits in exercising?



Reduce stress and anxiety  
Help you relax and improve sleep  
Relieve tension  
Improve your memory and focus  
Weight management  
Help to keep your heart and bones healthy

**Follow us @carneyscommunity to see our daily home workouts and join our live fitness sessions @carneyscoaches:**

Monday: 6pm- Boxing  
Wednesday: 6pm- Boxing  
Friday: 6pm- Boxing  
Sunday: 6pm- Yoga

# Why not try these at home?



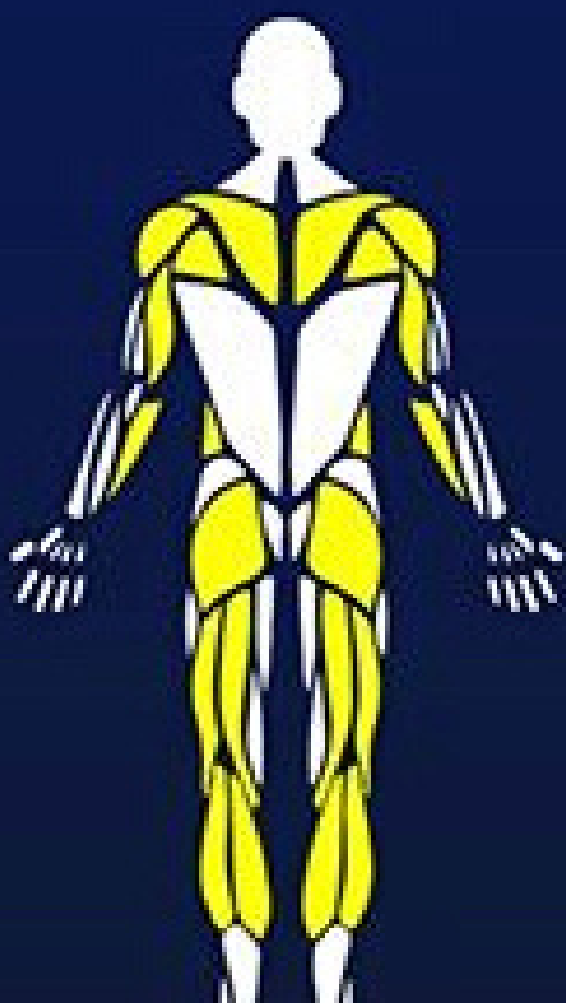
## ***FULL BODY FACTOR***

**1 MINUTE PER EXERCISE**

ANTERIOR



POSTERIOR



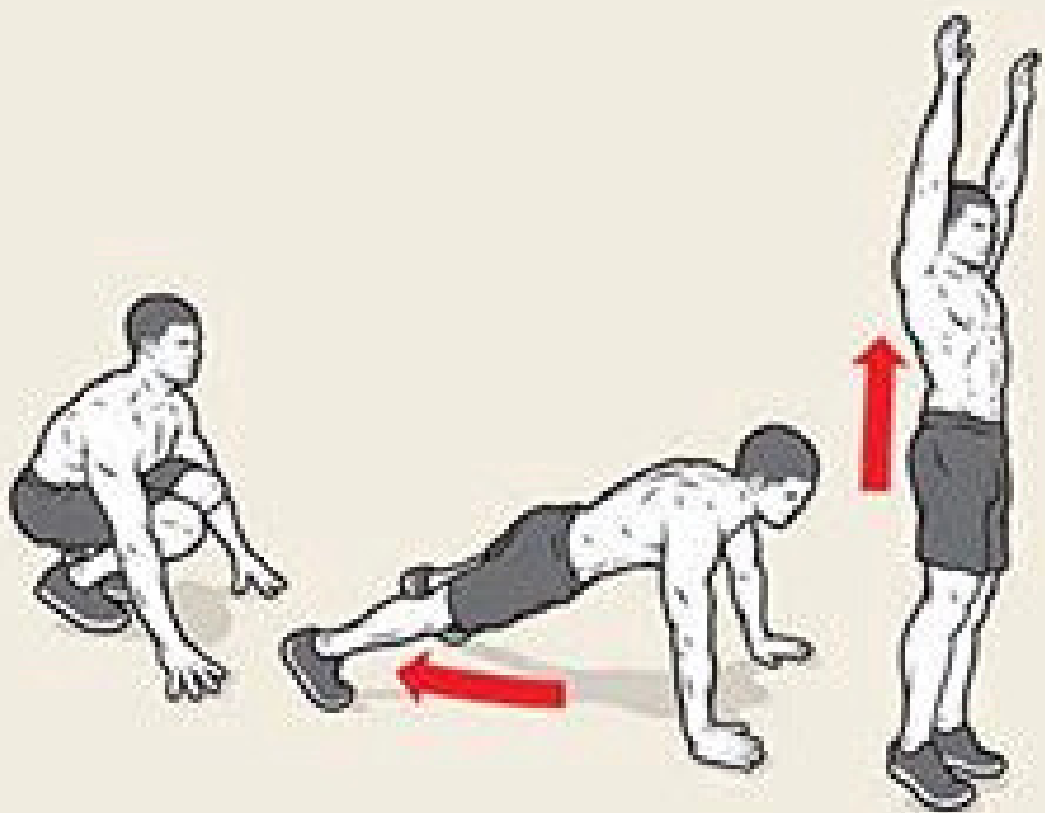
- 1.** JUMP LUNGES
- 2.** BICYCLE CRUNCHES
- 3.** SUMO SQUATS
- 4.** TRICEP DIPS
- 5.** WIDE GRIP PUSH-UP
- 6.** JUMP SQUAT
- 7.** MOUNTAIN CLIMBERS
- 8.** NARROW GRIP PUSH-UP
- 9.** PLANK
- 10.** JUMPING JACKS

# Why not try these at home?

## The 20-Minute Bodyweight Workout You Can Do Absolutely Anywhere

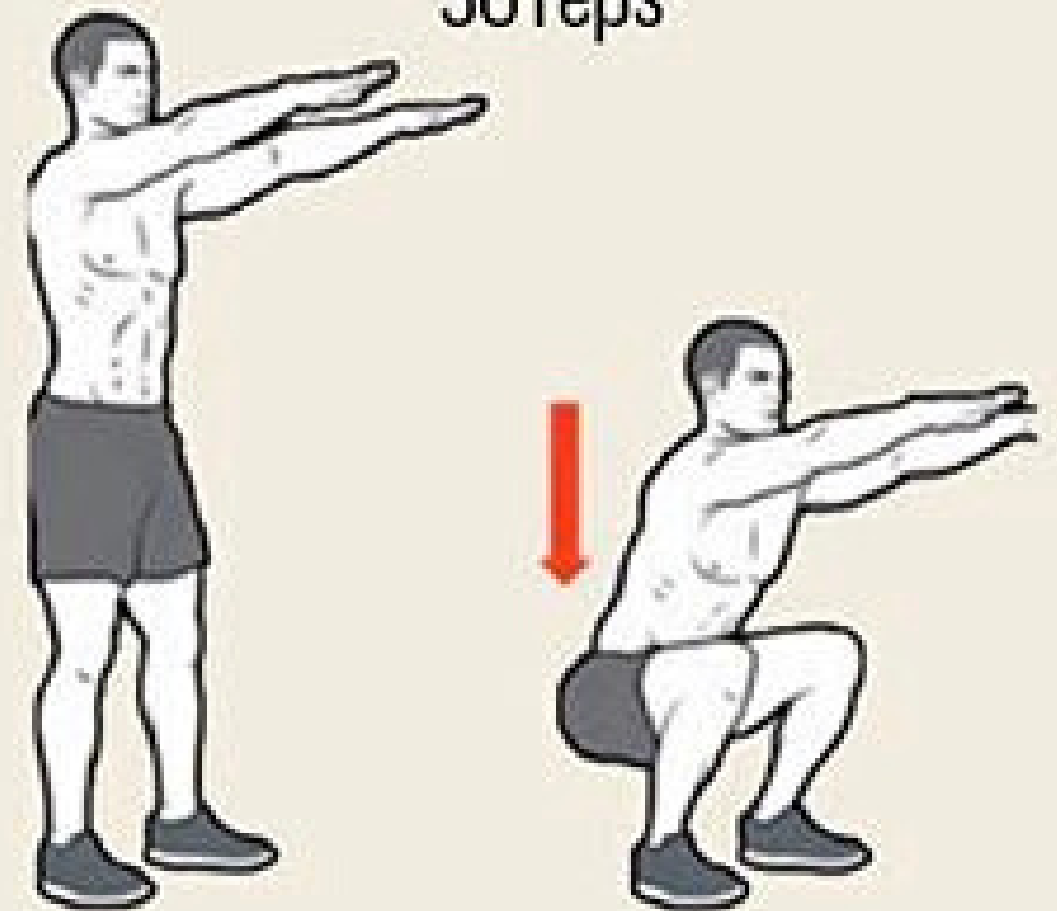
### Burpee

10 reps



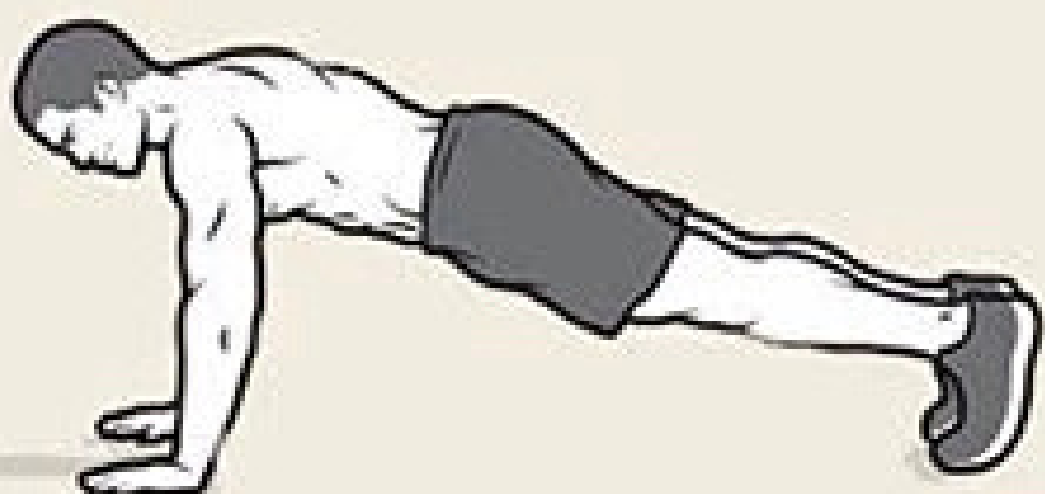
### Air Squat

30 reps



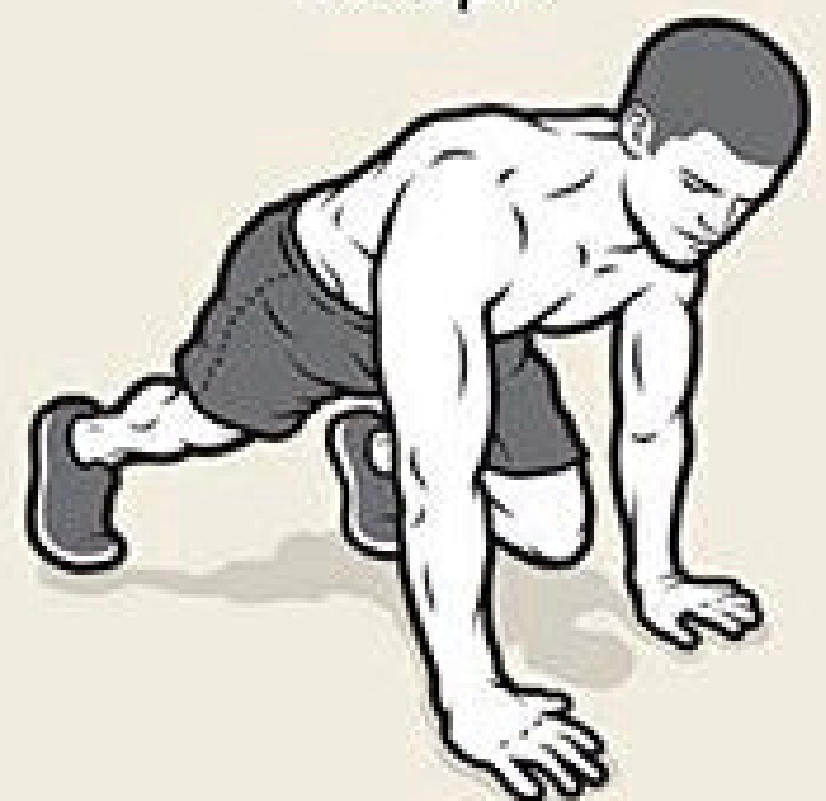
### Press-Ups

15 reps



### Mountain Climbers

50 reps



# Emergency contacts

Carney's Community

Whilst the centre is closed at present due to the lockdown, we are always here- one email/ insta message or phone call away:

We also have various virtual groups open, so if you are a registered participant who would like to get involved please get in contact to let us know.

George Turner- Chief Executive Officer

Email: [george@carneyscommunity.org](mailto:george@carneyscommunity.org)

Instagram: [@carneyscommunity](https://www.instagram.com/carneyscommunity)

Alice Milton Doyle- Chief Operating Officer

Email: [alice.miltondoyle@carneyscommunity.org](mailto:alice.miltondoyle@carneyscommunity.org)

Giz Chu- Lead Boxing Coach

Email: [giz@carneyscommunity.org](mailto:giz@carneyscommunity.org)

Instagram: [@carneyscoaches](https://www.instagram.com/carneyscoaches)

Rory Bradshaw- Lead Youth Worker

Email: [Rory.bradshaw@carneyscommunity.org](mailto:Rory.bradshaw@carneyscommunity.org)

Instagram: [@uk\\_barz](https://www.instagram.com/uk_barz)

Alice Jhugroo- Facilities Manager

Email: [alice.jhugroo@carneyscommunity.org](mailto:alice.jhugroo@carneyscommunity.org)

Tel: 0207 228 0506- calls for the centre are being taken.

Instagram: [@carneyscommunitycentre](https://www.instagram.com/carneyscommunitycentre)

# Emergency contacts

## **Childline**

Ring Free: 0800 1111 Website: [www.childline.org.uk](http://www.childline.org.uk)

You can talk to other people in the message boards anonymously and get support with all sorts of things like family worries, eating problems, self-harm, phobias, puberty, hobbies, and much more.

## **Young Minds**

Text: 85258 Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

This anonymous text service provides free, 24/7 crisis support across the UK. You can come here for support with, suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues.

# USEFUL ORGANISATIONS AND SERVICES

## Family:

Contact\*Refernet Partner

1 Siward Road, SW17 0LA

0208 9475260

Information and advice for parents and carers of disabled children and professionals working with families, including information on benefits, grants and other issues.

Love to Learn\*Refernet and Advice First Aid Partner

Katherine Low Settlement

108 Battersea High Street, SW11 3HP

0207 585 0339

Holistic support for families from a refugee or new community background, including homework clubs, mentoring, activities and educational case work.

Elays Network\*Refernet and Advice First Aid Partner

68 St Rule Street, SW8 3EH

020 7720 6864

A youth driven community organisation - aims to provide a space for growth, enrichment and spiritual development through a variety of programmes.

STORM Empowerment\*Refernet and Advice First Aid Partner

235 Battersea Park Road, SW11 4LF

020 7498 0311

Holistic support for the community, including activities and classes for women and young people and support into employment.

# USEFUL ORGANISATIONS AND SERVICES

## Family:

National Domestic Violence Helpline

0808 200 0247

Phone line during opening hours – 07884 340117

Advice and support for people experiencing domestic violence

Family Action – Newpin\*Advice First Aid Partner- 020 8785 1863

Eastwood Children's Centre, 166 Roehampton Lane, SW15 4HR

Newpin provides long term support to parents/carers and children under five where there is an identified mental health problem and/or a significant difficulty in the parent-child relationship

Family Action – Well Family\*Refernet and Advice First Aid partner

0208 874 0730

Well Family provides support for adults with mental ill-health who present to GPs with a wide range of additional and often complex, non-medical support needs or social problems. The service provides 1:1 sessions on a weekly basis in nominated GP surgeries

# USEFUL ORGANISATIONS AND SERVICES

## Family:

Mushkil Aasaan\*Advice First Aid Partner

222 Upper Tooting Road, SW17 7EW

020 8672 6581

Holistic support to the community, including domiciliary care service, crisis intervention, counselling, advocacy, welfare rights, parenting support, youth support, escort and transport and support groups

## Health:

Talk Wandsworth

56 Tooting High Street, SW17 0RN

0203 513 6264

Open: Monday to Friday 8am to 8pm and Saturdays 9am to 5pm

Free and confidential service for anyone aged 18+ which provides access to support to help address problems with stress, anxiety, depression or low mood.

Wandsworth Wellbeing Hub\*Refernet Partner

020 8812 6700

Call a Community Navigator Monday to Friday 9am – 5pm for help in finding organisations and services which support health and wellbeing.

Hestia's Recovery Café\*Advice First Aid Partner

966 Garrett Lane, SW17 0ND

07794394920

Open 6-11pm Monday to Friday and 12 noon – 11pm on Saturday and Sunday.

# USEFUL ORGANISATIONS AND SERVICES

## Health:

Paul's Cancer Support Centre

20-22 York Road, SW11 3QA

020 7924 3924

Range of wellbeing support for people affected by cancer and their carers.

Wandsworth Drug & Alcohol consortium

162 St John's Hill, SW11 1SW

0208 812 4120

1079 Garrett Lane, SW17 0LN

020 3228 8080

Support for people with drug and alcohol issues

Aurora Project

229 Garrett Lane, SW18 4DU

020 8704 0172

Volunteer peer mentoring scheme for people who are in, or about to go through treatment for drug or alcohol problems.

Wandsworth and Westminster Mind

6 Osbert Street, SW1P 2QU

020 7259 8100

Range of services related to mental health and wellbeing, including talking therapies, supported housing, community support and befriending.

# USEFUL ORGANISATIONS AND SERVICES

## Benefits advice:

DASCAS

Citizens Advice Wandsworth

0300 330 1169 – between 10am and 4pm

Monday to Friday (Advice on disability benefits).

South West London Law Centre\*Refernet Partner

76 Falcon Road, SW11 2LR

020 8767 2777

## DEBT:

South West London Law Centre\*Refernet Partner

76 Falcon Road, SW11 2LR

020 8767 2777

Debt advice – call to make an appointment

National Debt Line

0808 808 4000

<https://www.nationaldebtline.org>

Advice on debt – there are good fact sheets and sample letters on their website

# USEFUL ORGANISATIONS AND SERVICES

## Homeless:

Ace of Clubs

St Alphonsus Road, SW4 7AS

0207 720 2811

Opening times - 12-3pm

Streetlink

0300 500 0914 - 24 hours a day

Advice for people who are homeless

Shelter

0203 3930923

Advice for people who are single and homeless in London

## Housing:

Shelter

0808 800 4444

Provides advice if person might be at risk of losing their home.

South West London Law Centre (SWLLC)\*Refernet Partner

76 Falcon Road, SW11 2LR

020 8767 2777

Can provide advice and representation if there are possession proceedings, a homelessness decision or serious disrepair

# USEFUL ORGANISATIONS AND SERVICES

## Immigration:

South West London Law Centre (SWLLC)\*Refernet Partner

76 Falcon Road, SW11 2LR

020 8767 2777

Call to discuss issue and for appointments

Cardinal Hume Service

020 7227 1673

Immigration advice for people who are homeless (or living in Westminster)

Waterloo Action Centre

14 Baylis Road, London, SE1 7AA

02079282243

Free legal advice

## Job search list:

STORM Empowerment\*Refernet and Advice First Aid Partner

235 Battersea Park Road, SW11 4LF

020 7498 0311

Holistic support for the community, including activities and classes for women and young people and support into employment.

Love London Working

0300 100 0310

Training and employment programme helping unemployed people into work

# USEFUL ORGANISATIONS AND SERVICES

## Job search list:

Breaking Barriers

[www.breaking-barriers.co.uk/](http://www.breaking-barriers.co.uk/)

Job search support for people from a 'refugee' background

## Local authority- Wandsworth:

Social services

020 8871 7707

[accessteam@wandsworth.gov.uk](mailto:accessteam@wandsworth.gov.uk)

Emergency out of hours – contact switchboard on 020 8871 6000 and ask for the emergency social worker

Adult social services provides information and help to adults who have difficulty with everyday things.

Council tax

020 8871 8081

Automated self service line 24 hours a day. Advisers available Monday – Friday 9am – 5pm

Housing benefit and Council Tax Reduction

Customer Centre, Wandsworth High Street, SW18 2PU

020 8871 8081 - Ext 2, 3, 2.

[benefitappointments@wandsworth.gov.uk](mailto:benefitappointments@wandsworth.gov.uk)

Enquiries regarding housing benefit and council tax reduction. Home visits can be requested for people unable to visit the Customer Centre

# USEFUL ORGANISATIONS AND SERVICES

## Local authority- Wandsworth:

### Housing Options

90 Putney Bridge Road, SW18 1HR

9am to 4.30pm

020 8871 6840/ 6812

Advice on housing options

### Welfare reform team\*Refernet Partner

Town Hall, Wandsworth High Street, SW18 2PU

wrt@wandsworth.gov.uk

For people affected by the benefit cap

## Older people:

### Age UK - Wandsworth\*Refernet Partner

0208 8778940

Range of support for people over 60

### Hestia Age Activity Centre\*Advice First Aid Partner

966 Garratt Lane, SW17 0ND

020 8767 8426

Helps people aged 60 and over to stay active, health and independent.

### Mushkil Aasaan\*Advice First Aid Partner

222 Upper Tooting Rd, SW17 7EW

020 8672 6581

# USEFUL ORGANISATIONS AND SERVICES

## Practical support:

Foodbank\*Advice First Aid Partner

St Mark's Church, SW11 1EJ

020 7326 9428

Voucher referral system – foodbanks at 5 locations across Wandsworth

Be Enriched\*Advice First Aid Partner

07397 288 160

Community organisation, including community canteens in Tooting, Battersea, Elephant & Castle and Brixton

## Refugee support:

South London Refugee Association\*Advice First Aid Partner

St Mary's Church

Balham High Road, SW12 9BS

020 3490 3443

Drop In: Mondays 10am – 2pm (term-time only) – provision of help and advice, lunch provided, opportunity to meet new people



**On a final note, we  
appreciate each and every  
one of you, and your  
contribution to Carney's  
Community.**