

## Basingstoke support with the Corona Virus

### Shopping help and Befriending Calls

#### MHA Live at Home

If you're a member and in isolation...

Tel: 01256 346022

Can deliver shopping and make befriending calls



#### Spotlight

- Food and Care parcels
- Foodbank and crisis support for Basingstoke - for those most vulnerable including the elderly, those with severe medical conditions including those with cancer, COPD, diabetes as well as vulnerable families via school and GP referrals. Also ensuring the nursing staff/emergency staff have food and support
- Delivering all over Basingstoke and surrounding areas
- Crisis support line for people who are vulnerable and want a chat
- Contact them at [admin@spotlightuk.org](mailto:admin@spotlightuk.org) or call 07804 880072

### Home activities for Children

#### P.E. WITH JOE

- Free Monday-Friday on YouTube at 9am
- The Body Coach TV
- An exercise fun for children of all ages.



#### "Alexa help me learn"

20 Educational games and activities kids can do with Alexa  
To get started just say "Alexa play", here's a few features:

- Amazon Storytime
- Animal Workout
- Escape the room
- Guess the animal

## Things to do at home

### DIASPO

- Online Live interactive Cooking Lessons
- On at lunch and evening times
- 1week waiting list



### Virtual Cuppa for Carers

Carers from around the UK coming together to share the challenges of isolation, practical steps they're taking and sharing jokes together.

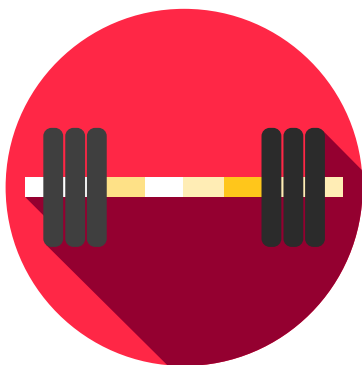
- 4pm each day
- Sign up on Website

## Exercises for adults

### Yoga or Pilates and Home Exercise Online

Here's a few helpful places to check out:

- YouTube
- Reddit
- Pinterest
- App stores



### Joy App

- Chair based virtual exercise and Chat (free) Tuesday 12pm
- Virtual exercise and chat (Long Term health conditions) (free) Mondays 12pm
- Other services available on their website

Volunteering: Spotlight – packing, shopping, delivering food, befriending calls

## Jobs Available

People at all supermarkets, Amazon, Deliveroo and Just Eat are very much needed!

### Shopping

- Eggs, cheese, butter, jams and honey delivery

Basingstoke market Wednesday or Saturday  
<https://m.facebook.com/Manorfarmeggs.eggs/>

- Supermarkets that do online deliveries

Aldi, Tesco, Sainsburys, Morrisons, Iceland

- Telephone deliveries Sainsburys

For those without computers  
[0800 328 1700](tel:08003281700)

- Sainsburys over 70s hour

7-8am for the vulnerable and over 70s to shop

- **Morrisons**

9-10 Monday-Saturday – for vulnerable and over 70's

- Newlyns Farm Shop

Free Delivery including ready meals for 10-mile radius  
01256 704128

**Many Pet Shops offer phone orders and deliveries**

**Soap Shop at Viables**

### Advice on corona virus at gov.uk

- How to protect yourself and others
- Employment and financial support
- Businesses and other organisations
- Healthcare workers and carers
- Travel
- Coronavirus affecting public services
- How you could help

Other corona virus information and advice can be found here.

### Help for anxiety

#### Headspace App

For meditation and mindfulness practice

**Most Churches are doing online worship for Sundays**

