

## Mutual aid and community support East Durham (including Durham City)

Category	Offer	Date and time	Contact
<b>Shotton Community Hub</b> Bridge Road Shotton Colliery DH6 2PQ	<b>Community Support</b> Support and signposting to other agencies. Delivery of cooked meals to families in isolation.	Monday to Friday 9.30am-2.30pm	Telephone: 0191 526 4213
<b>Trimdon Community College</b> Elwick View Trimdon TS29 6JU	<b>Community Support</b> Staff at the Community College want to support the community through this difficult time. They offer a scheme which offers a weekly call for a chat to make sure you are well and help to alleviate feelings of fear or loneliness.	Coronavirus period	Telephone: 01429 881 521 Your number will be kept on file to for weekly checks.
<b>Community Spirit Peterlee</b>	<b>Community Support</b> For people living in the Cotsford Hall Neighbourhood and need support through the period of the Coronavirus. Help with feelings of anxiety or loneliness through chat.	Coronavirus period	Telephone: Louise on 07882 562 196 Paul on 07507 638 222 Sharon 07810 405 190 Email: <a href="mailto:volunteers-in-peterlee@gmx.com">volunteers-in-peterlee@gmx.com</a>
<b>Wheatley Hill COVID-19 Support</b>	<b>Community Support</b> We can offer support with home deliveries, and shopping for vulnerable people within Wheatley hill	Monday to Friday	For more information and to access this service call 07971250262

Mutual Aid Covid-19 is a list of local support groups that have been established during the coronavirus (COVID-19) pandemic. To find a local group visit <https://www.mutual-aid.co.uk/>

<b>Shadforth Community Support</b>	<b>Community Support</b> Picking up shopping and prescriptions for the elderly and vulnerable. Supportive telephone calls can be made.	Coronavirus period	To use this service contact Chris Turner who will put you in contact with a volunteer. Telephone: 0191 3720804 Email: <a href="mailto:cd.turner@hotmail.com">cd.turner@hotmail.com</a>
<b>High Shincliffe Volunteers</b>	<b>Community Support</b> Collecting shopping, collecting prescriptions, posting mail and being a friendly point of contact. Covers High Shincliffe and Sherburn Village	Coronavirus period	To use this service call Nigel Jackson on 0191 3849932 Email: <a href="mailto:nigel.jackson6@btinternet.com">nigel.jackson6@btinternet.com</a> or call Shincliffe Parish Council 07701027450
<b>Gilesgate Coronavirus Group</b>	<b>Community Support</b> Mutual Aid group covering Gilesgate area offering support with self-isolation and not being able to access food, necessities, or medication.	Coronavirus period	To register for this service call 0191 649 8893 Or visit us on <a href="https://www.facebook.com/groups/GilesgateUpdate/">https://www.facebook.com/groups/GilesgateUpdate/</a>
<b>Dawdon Youth and Community Centre Co-Vid19</b>	<b>Community Support</b> Continuing to support the community by delivering food parcels. Seaham area	Coronavirus period	Please visit our website <a href="http://www.facebook.com/DawdonYouthAndCommunityCentre/">www.facebook.com/DawdonYouthAndCommunityCentre/</a>
<b>Durham City Mutual Aid (Covid-19)</b>	<b>Community Support</b> Among things we plan to provide help delivering groceries, collect food and supplies for those who can't do it themselves	Coronavirus period	To Register for this service call 0191 649 8893 Or email <a href="mailto:durhamcity.aid@gmail.com">durhamcity.aid@gmail.com</a>
<b>Community Spirit Peterlee</b>	<b>Community Support</b> Offering Neighbourhood support with the following: Shopping, telephone monitoring/counselling and sign posting to other aid agencies		To register for this service call Paul Wilding on 07507 638 222 or Email <a href="mailto:community.spirit@gmx.com">community.spirit@gmx.com</a>

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