



Student Mentors: Supporting the local community

It's a very challenging and overwhelming time right now, but we have to say that the response from the community has been incredible - filled with people who want to help. Interested in getting involved and supporting this fantastic community? Whether you want to help or need help, please find links below for ways to volunteer and where you can turn for support.

I want to help

British Heart Foundation donation banks can be found at the following locations:

- Guild
- Elgar Court
- Maple Bank Car Park
- Tennis Courts
- Vale Reception
- Shackleton Laundry
- Pritchatts Park
- Jarratt Hall
- Bournbrook

Guild, Jarratt and Bournbrook should be accessible to those of you leaving Selly Oak. You can donate: clothes, shoes, CDs, DVDs, books, kitchenware, stationery, small electrical items in full working condition (*other than rice cookers*), knickknacks and other saleable items.

The Trussell Trust runs the largest network of food banks in the UK, giving emergency food and support to people in crisis. Food donations can be dropped off at any of [these](#) locations. Check out all the ways you can help [here](#), these include volunteering, as well as donating food or money.

Set up by a group of university students, the **Selly Oak Community Response to Covid-19** are accepting drop-offs in Jarrett Hall reception, preferably between 12 -

4pm. Details about what food and products can be donated is available on their [Facebook page](#). They're also looking for drivers and have a dedicated Whatsapp for that, which you can find in the group.

If you've moved back home, see what you can do to help there. There may be a local support group which you can join, or elderly/vulnerable neighbours you can assist. If there's nothing set up, why not set something up yourself? The Guardian have linked a blank template [here](#) offering support.

Support your local suppliers and corner shops, who may have food stock but also may be facing uncertainly at this difficult time.

A number of supermarkets are taking steps to ensure the elderly and vulnerable can get their shopping. You can help by making sure to abide by this, not stockpiling and following all safety precautions. The majority of supermarkets are putting restrictions on products bought to ensure everyone can get what they need. Check online for your local store's opening hours.

We can help you share your kindness with those who need it most. By becoming a [community reserve volunteer](#), you will help your community get back on track in the event of a major local emergency. This may be particularly important right now and we are working with the authorities to support the Covid-19 response in the best possible way.

[The National Care Force](#) is a nationwide network of care providers, healthcare workers and volunteers ready to support the most vulnerable members of our society through the challenges faced owing to Coronavirus.

In the **Casserole Club**, volunteers share extra portions of home-cooked food with people in their area who aren't always able to cook for themselves. They share once a week, once a month, or whenever works best for them. [Find out more.](#)

As the NHS prepares for the ongoing strain of Coronavirus on its systems, it's urging people to continue the vital act of **donating blood**. "Donation will help keep stocks healthy so we are well prepared for the Coronavirus. We're putting in place extra safety measures and safety is always our number one priority." Find out your nearest donation centre and the latest information [here](#).

I need help

It's an overwhelming time, but the Guild have set up the UOB Virtual Neighbourhood to help you stay connected, informed and entertained.

It also acts as a way for us to support each other through this strange and difficult time. From workout routines to recipe ideas, live performances and guest lectures, this Virtual Neighbourhood is our space to stay connected.

If you're self-isolating or vulnerable, look to your local suppliers who can help. Not only do you get to support a local business, but many offer home delivery.

If you are having problems going to the shops, the **Bournville Bread Basket** are delivering bread, eggs, milk, flour and sugar. You can give them a call 0121 471 1420.

Leverton and Hall Café are also making up meals to deliver locally to Bournville. Their number is 0121 451 1246.

If you need support, you can also look through the Coronavirus COVID-19 Community Support Directory for South West Birmingham.

The Selly Oak Community Response to Covid-19 can also help you if you need it, as they've got volunteers able to deliver and pick up groceries, people to talk to at this overwhelming time, and lots of other links to individuals in Birmingham who are able to help.