

Early Help Hubs

Currently Early Help Hubs are still being manned. Contact your local hub on

South : 01508 533701 email earlyhelphubsouth@S-NORFOLK.GOV.UK

City : 01603 212121 email nehh@norwich.gov.uk

Links to official sites for advice and guidance

Latest information and advice can be found at:

<https://www.gov.uk/coronavirus>

Health Advice

For health information and advice, read NHS pages on <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Guidance for employees, employers and business

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Guidance for education settings

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

Easy read leaflets, available in an electronic format through the Mencap and Mind websites

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

NHS leaflet available to download from our Health information leaflet service

<https://brochure.norfolklivingwell.org.uk/product/coronavirus-wash-your-hands-more-often-for-20-seconds-a4-poster>

Tax Helpline to support small business and self-employed

<https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19>

Public Health Matters

<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Travel Advice

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Community Action Norfolk's General Guidance for VCSE organisations

<http://www.communityactionnorfolk.org.uk/sites/content/coronavirus-covid-19-guidance-organisations-0>

Community Action Norfolk Advice for Community & Neighbourhood Responses to Covid -19

<http://www.communityactionnorfolk.org.uk/sites/content/community-responses-covid-19-pandemic>

Resource from Young Minds aimed at children and young people who are anxious about the virus:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

At time of print more than 79,000 people around the world have recovered from Covid-19, and 52 in the UK.

Links to activities for children and families

Apps for mental health

<https://www.goodschoolsguide.co.uk/special-educational-needs/mental-health/apps-for-mental-health>

Free online books from your local library

<https://www.overdrive.com/apps/libby/>

Free education links for children

<https://www.twinkl.co.uk/resources/lovely-premium-resources>

<https://www.bbc.co.uk/bitesize>

Exercise games and indoor activities for kids

<https://mommypoppins.com/newyorkciykids/25-exercise-games-indoor-activities-for-kids>

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

Free colouring pages

<https://www.crayola.com/featured/free-coloring-pages/>

<http://coloring-4kids.com/>

<https://www.twinkl.co.uk/resource/t-t-751-easter-colouring-posters> (Easter)

Crafting ideas:

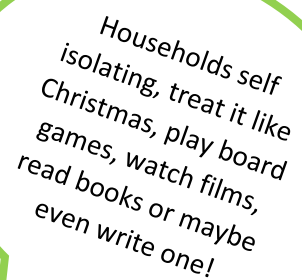
<https://www.crayola.com/crafts/trending-crafts/>

General fun:

<https://www.5minutefun.com/>

<https://fiveminutemum.com/>

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Households self
isolating, treat it like
Christmas, play board
games, watch films,
read books or maybe
even write one!

Information regarding food and supplies

Cheap meal and store cupboards ideas

- <https://cookingonabootstrap.com>
- https://www.bbc.co.uk/food/collections/raid_the_storecupboard
- <https://www.goodtoknow.co.uk/food/recipe-collections/cheap-family-meals-recipes-under-1-per-head-33813>
- <http://www.foodnetwork.co.uk/article/budget-family-recipes.html>

Struggling and need help?

These links may be able to help, but please be aware they may close under the current conditions, so call first if you can.

- Find a community fridge <https://www.hubbub.org.uk/the-community-fridge>
- Download the free Olio App (like Freecycle, but for food sharing) <https://olioex.com/>
- The Feed (Norwich) have this list of Food assistance on their website <https://thefeed.org.uk/foodassistance/>

If you are advised to use a Foodbank, the opening times are shown below:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|----------|--------|---|
| | | 10:00 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP Parcel collection only no home deliveries | | | 10:30 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP Parcel collection only no home deliveries |
| 10:30 – 12:00 St Elizabeth's Church Cadge Road, Norwich NR5 8DG Parcel Collection only no home deliveries | | | | | |
| | 18:00 – 19:30 Oak Grove Chapel 70 Catton Grove Road Norwich NR3 3NT | | | | |

| | | | | | |
|---|---|--|--|---|--|
| | Parcel Collection only no home deliveries | | | | |
| | | 12:00 – 14:00 New Hope Christian Centre 2 Martineau Lane Norwich NR1 2HX Parcel Collection only no home deliveries | | | |
| | | | 13:30 – 15:00 Norwich Central Baptist Church Duke Street Norwich NR3 3AP Parcel Collection only no home deliveries | | |
| | | | | 10:00 – 12:00 Alive Church Nelson Street Norwich NR2 4DR | |
| 11:00 – 12:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY | | | | 10:00 – 11:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY | |
| | | | 13:30 – 15:00 Mile Cross Methodist Church Aylsham Road Norwich NR3 2RU | | |
| 14:00 – 16:00 St Lukes 61 Rigbourne Hill, Beccles NR34 9JQ | | | | 15:00 – 17:00 St Lukes 61 Rigbourne Hill, Beccles NR34 9JQ | |
| 09:30 – 12:30 Hope Church Vinces Road Diss IP22 4HG Parcels can be delivered to homes | 09:30 – 12:30 Hope Church Vinces Road Diss IP22 4HG Parcels can be delivered to homes | 09:30 – 12:30 Hope Church Vinces Road Diss IP22 4HG Parcels can be delivered to homes | 09:30 – 12:30 Hope Church Vinces Road Diss IP22 4HG Parcels can be delivered to homes | 09:30 – 12:30 Hope Church Vinces Road Diss IP22 4HG Parcels can be delivered to homes | |

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|---|---|---|---|---|---|
| Deliveries only – cannot call at Church Harleston London Road Church IP20 9BH 0845 2691078 to request a delivery | Deliveries only – cannot call at Church Harleston London Road Church IP20 9BH 0845 2691078 to request a delivery | Deliveries only – cannot call at Church Harleston London Road Church IP20 9BH 0845 2691078 to request a delivery | Deliveries only – cannot call at Church Harleston London Road Church IP20 9BH 0845 2691078 to request a delivery | Deliveries only – cannot call at Church Harleston London Road Church IP20 9BH 0845 2691078 to request a delivery | |
| | 14:00 -14:45 St Johns Church Broad St, Harleston IP20 9AZ Collection only no home deliveries | | | 15:00 - 15:45 St Johns Church Broad St, Harleston IP20 9AZ Collection only no home deliveries | |
| St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery | St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery | St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery | St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery | St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery | St Johns Church Hall George Lane Loddon NR14 6NB 01508521179 Phone to request a parcel, mainly collection but can do a home delivery |
| Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery | Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery | Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery | Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery | Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery | Deliveries only – cannot call at Church Poringland Benefice Call 07707790680 to book delivery |
| | | 10:00 – 11:00 St Mary's Steeple End, Halesworth IP19 8LL | | | |

Finally, try websites like this one for shopping and budgeting advice:

Money supermarket shopping tips

<https://www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/>

We are being forced to change our lives and how we live/eat dramatically, so embrace it, change some of the bad habits and adopt new healthier, less wasteful habits.

Community help / Local offers/Links to posters and other useful media

To get local updates on what is going on in your area – go to <https://covidmutualaid.org/local-groups/> click on the map to make it bigger so that you can hone in on your local area.

Check the South Norfolk Help Hub or Norfolk County Council websites and Facebook pages

<https://www.south-norfolk.gov.uk/>

<https://www.norfolk.gov.uk/>

<https://www.facebook.com/southnorfolkouncil/>

<https://www.facebook.com/Norfolkcc/>

Also, check the Facebook groups for your area as well, they have many offers of help.

[Coronavirus poster - English](#)



<C:\Users\eadly\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\VP2PLJNA\Coronavirus postcard.pdf>

Posters in other languages

[Coronavirus poster - Afrikaans](#)

[Coronavirus poster - Bengali](#)

[Coronavirus poster - Bulgarian](#)

[Coronavirus poster - Cantonese](#)

[Coronavirus poster - French](#)

[Coronavirus poster - Hungarian](#)

[Coronavirus poster - Kurdish](#)

[Coronavirus poster - Latvian](#)

[Coronavirus poster - Lithuanian](#)

[Coronavirus poster - Mandarin](#)

[Coronavirus poster - Polish](#)

[Coronavirus poster - Portuguese](#)

[Coronavirus poster - Perian Farsi](#)

[Coronavirus poster - Romanian](#)

[Coronavirus poster - Slovak](#)

[Coronavirus poster - Spanish](#)

[Coronavirus poster - Tigrinya](#)

[Coronavirus poster - Turkish](#)

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