

Support Links from Partner Focus Team

The Community Focus Officers have collated information and support available to share with families.

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/>

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

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

Guidance for employees, employers and business

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

Benefits and Financial information

The latest information relating to those in receipt of universal credit can be found at: www.gov.uk/universalcredit

Information from Local Early Help hubs / District and Borough Councils

Norwich - <https://www.lumi.org.uk/resources/resources-and-toolkits/covid-19/>

South Norfolk - <https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

Broadland - <https://www.broadland.gov.uk/broadlandhelphub>

Breckland - <https://www.breckland.gov.uk/>

West Norfolk - https://www.west-norfolk.gov.uk/info/20001/housing/730/west_norfolk_help_hub

Great Yarmouth - <https://www.great-yarmouth.gov.uk/coronavirus-business-support>

North Norfolk - <https://www.north-norfolk.gov.uk/>

Activities for children and families

Links to resources for talking to children about COVID-19

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

<https://www.bbc.co.uk/newsround/51861089>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKlM7Xy3VlKnA25b8Gi53N6YiFlEKB9Vx0LQypSPYzzg>

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>

<https://www.adamspsychologyservices.co.uk/coronavirus.html>

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

Links to mental health resources

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

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

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

https://www.apa.org/news/apa/2020/03/covid-19-research-findings-information/pandemics?utm_source=linkedin&utm_medium=social&utm_campaign=apa-pandemics&utm_content=pandemics-resources

<https://www.annafreud.org/selfcare/>

<https://www.bbc.co.uk/news/health-51873799>

<https://www.gozen.com>

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://www.gonoodle.com/>

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>

Households self-isolating - play board games, watch films, read books or maybe even write one!

Crafting ideas:

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

General fun:

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

<https://fiveminutemum.com/>

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>

Need further help?

These links may be able to help, but please be aware they may close or change their operating hours under the current conditions, so please contact first

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/>

See document on website too for local Foodbanks and Food resources

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

Money supermarket shopping tips

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