

Help and Support Directory- South

Hundreds of support and advice services can be found at <https://communitydirectory.norfolk.gov.uk/>

General Advice and Support

NHS Advice on Coronavirus	https://111.nhs.uk/covid-19	https://www.justonenorfolk.nhs.uk/
A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents.	https://youngminds.org.uk/	An App is also available.
Information about young people's mental health	https://www.childline.org.uk	Parents' helpline also available
Talking to children about world news	https://www.mentalhealth.org.uk/publications/talking-to-yourchildren-scary-world-news	
Child Advice and Duty Service (safeguarding concerns)	0344 800 8020	

Food

Community Fridges	A Community Fridge is a refrigerator located in a public space. It enables food to be shared within a community, as anyone can put food in and take food out.	
Wymondham Community Kitchen and		

Fridge 1 Norwich road, Wymondham, Norfolk, NR18 OSZ		
Keystone Community Fridge Abbey Neighbourhood Centre, Exeter Way, Thetford, IP24 1EE		
Shops/Support		
South Norfolk Council	https://www.south-norfolk.gov.uk/residents/communities/coronavirus	
The Burston Crown	01379 741257	
More support can be found here: https://www.thetfordandbrandontimes.co.uk/news/edp-norfolk-county-council-here-to-help-campaign-support-in-thetford-during-coronavirus-1-6567112		
Foodbanks	All 10 are still open as of 18/3/2020 and are still operating on the usual voucher system. Link to their locations: https://www.trusselltrust.org/get-help/find-a-foodbank/norwich	

Money/Financial Help

Citizens Advice	Tel No: 03444 111444	FACE TO FACE SESSIONS HAVE BEEN CANCELLED BUT PHONE SUPPORT IS STILL AVAILABLE
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	
Oak Grove Money Advice	01603 403388 or 07496 047448.	

	https://www.oakgrovecommunitychurch.co.uk/money-advice	
Community Action Norfolk	http://www.communityactionnorfolk.org.uk/sites/	

Housing

Shelter Whitefriars House, 50 Fishergate, Norwich NR3 1SE	0344 5151860	Monday to Friday 9.00am to 5.30pm
South Norfolk Council	https://www.south-norfolk.gov.uk/residents/housing 01508 533633	Only telephone support available
Breckland Council	https://www.breckland.gov.uk/article/2909/Housing	

Family support

Leeway- domestic violence and abuse (male and female)	0845 2412171
Norfolk Family Mediation Service 17 St John Maddermarket, Norwich NR2 1D	01603 620588 www.norfolkmediation.co.uk

Point 1 – mental health support for children and young people	http://point-1.org.uk/
The Samaritans	Call 116 123 https://www.samaritans.org/