

## Help and Support Directory- East

### General Advice and Support

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

NHS Advice on Coronavirus	<a href="https://111.nhs.uk/covid-19">https://111.nhs.uk/covid-19</a>	<a href="https://www.justonenorfolk.nhs.uk/">https://www.justonenorfolk.nhs.uk/</a>
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.	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>	An App is also available.
Information about young people's mental health	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a>	Parents' helpline also available
Talking to children about world news	<a href="https://www.mentalhealth.org.uk/publications/talking-to-yourchildren-scary-world-news">https://www.mentalhealth.org.uk/publications/talking-to-yourchildren-scary-world-news</a>	
Child Advice and Duty Service (safeguarding concerns)	0344 800 8020	

### Food

<b>Community Fridges</b>	<p>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.</p> <p><a href="https://www.hubbub.org.uk/the-community-fridge">https://www.hubbub.org.uk/the-community-fridge</a></p>
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MESH Community Fridge Shrublands Youth and Adult Centre Magdalen Way Gorleston Norfolk NR31 7BP		
<b>Foodbanks</b>	All 10 are still open as of 18/3/2020 and are still operating on the usual voucher system. Link to their locations: <a href="https://www.trusselltrust.org/get-help/find-a-foodbank">https://www.trusselltrust.org/get-help/find-a-foodbank</a> <a href="https://www.greatyarmouthfoodbank.co.uk/foodbank-parcels/">https://www.greatyarmouthfoodbank.co.uk/foodbank-parcels/</a>	
Great Yarmouth Borough Covid-19 Mutual Aid, a Facebook group, already has almost 1,500 members		Is offering community support to those at risk - /or already isolated help to access food (cooking or going shopping), toiletries, complete errands, or have someone to talk to, particularly those who are elderly, disabled, immunocompromised
Branfords bar and restaurant in Caister is offering help with shopping and any general errands as well as a friendly phone call for those self-isolating in the village and wider rural area.	Contact Branfords on 01493 720400	The venue is also helping to launch Whelan Meals on Wheels offering home-cooked meals for £8 per person for two courses.
The Grange, Ormesby is offering free tea/coffee and 50% off food orders for NHS staff		
<a href="https://www.greatyarmouthmercury.co.uk/news/communities-pull-together-over-covid-19-in-great-yarmouth-1-6565221">https://www.greatyarmouthmercury.co.uk/news/communities-pull-together-over-covid-19-in-great-yarmouth-1-6565221</a> lots of information about groups and individuals who are offering help and support		

### Money/Financial Help

Citizens Advice	Tel No: 03444 111444	FACE TO FACE SESSION ARE CANCELLED BUT PHONE SUPPORT IS AVAILABLE
Tax Helpline to support small business and self-employed	<a href="https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19">https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19</a>	
Dial great Yarmouth 26/27 King Street Great Yarmouth NR30 2NZ	<a href="https://www.dial-greatyarmouth.org.uk/money-and-debt-advice">https://www.dial-greatyarmouth.org.uk/money-and-debt-advice</a>	Monday to Saturday 9.30am to 12.30pm

### Housing

Great Yarmouth Borough Council	ALL HOUSING OFFICES ARE NOW CLOSED!	
Broadland District Council	<a href="https://www.broadland.gov.uk/">https://www.broadland.gov.uk/</a>	

### Family support

Leeway- domestic violence and abuse (male and female)	0845 2412171
Norfolk Family Mediation Service 17 St John Maddermarket, Norwich NR2 1DN	01603 620588 <a href="http://www.norfolkmediation.co.uk">www.norfolkmediation.co.uk</a>
Point 1 – mental health support for children and young people	<a href="http://point-1.org.uk/">http://point-1.org.uk/</a>
The Samaritans	Call 116 123 <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>