

## Help and Support Directory- North Norfolk/North of Norwich

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

### General Advice and Support

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>	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.	
North Walsham Community Fridge		Open Monday to Friday 10am to 2pm

4 St Nicholas Road, North Walsham, NR28 9HN		
<b>Shops/Support</b>		
Bodham and Beckham	Group of volunteers offering help with prescriptions/medication, urgent supplies, posting mail, other tasks as required	Telephone 07824 381519.
Briston	Group of volunteers offering help with: prescriptions/medication, shopping, posting mail, friendly chat on the phone, washing	Telephone 07961 872265.
Cromer	Cromer Town Council is co-ordinating a 'Cromer Cares' group where volunteers can offer help to people in the town or surrounding villages	01263 512254/ 07789625033
Hoveton	Operation Good Neighbour offering help with: prescriptions/medication, urgent supplies. Visit <a href="http://www.goodneighbour.wroxhambenefice.org">www.goodneighbour.wroxhambenefice.org</a> or search for 'Operation Good Neighbour Hoveton and Wroxham' on Facebook.	
Ludham	Churches together in Ludham, in association with Ludham Parish Council, offering help with: prescriptions/medication, urgent supplies, shopping	Telephone 01692 511511.
Northrepps	Northrepps Village Trust offering help with prescriptions/medication, shopping, posting mail, friendly chat on the phone	Telephone 07899 985597.

More support can be found at <a href="https://www.northnorfolknews.co.uk/news/coronavirus-here-to-help-north-norfolk-1-6567161">https://www.northnorfolknews.co.uk/news/coronavirus-here-to-help-north-norfolk-1-6567161</a>	
<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/norwich">https://www.trusselltrust.org/get-help/find-a-foodbank/norwich</a>

### 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	<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>	
Oak Grove Money Advice	01603 403388 or 07496 047448.  <a href="https://www.oakgrovecommunitychurch.co.uk/money-advice">https://www.oakgrovecommunitychurch.co.uk/money-advice</a>	
Norfolk County Council	<a href="https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme">https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme</a>	
Community Action Norfolk	<a href="http://www.communityactionnorfolk.org.uk/sites/">http://www.communityactionnorfolk.org.uk/sites/</a>	

## Housing

Shelter Whitefriars House, 50 Fishergate, Norwich NR3 1SE	0344 5151860	Monday to Friday 9.00am to 5.30pm
North Norfolk Council	01263 516375 <a href="mailto:housing@north-norfolk.gov.uk">housing@north-norfolk.gov.uk</a> <b>Emergency out-of-hours:</b> 01223 849700	
Broadland Council	<a href="http://www.broadland.gov.uk">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>