

HOLME HALE PARISH COUNCIL

Coronavirus COVID -19

Dear Residents

We are facing a challenging and worrying time with the spread of Coronavirus. This is a fact sheet with information on local and national services where you can access support and information.

Do you need assistance: If you are unable to leave your home and cannot arrange help to do shopping please contact Neville McBrien from The Parish Council who will support you with this - tel: 01760 441728

Volunteers needed: Please contact Neville McBrien from the Parish Council 01760 441728 (or email: nevmcbrien@gmail.com) If you are able to help - he will be compiling a list of volunteers to call on when needed. We do ask that if it is safe for you to do so, please check in on older and vulnerable neighbours.

Health Services

Telephone – 111

Website - <https://111.nhs.uk/>

If you have symptoms of Coronavirus you are advised to use the 111 online checker - <https://111.nhs.uk/covid-19>

NHS Website : <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The advice is that you should only contact 111 if you are worried about your health or you have had symptoms for more than seven days.

Medication - You can go online or phone your local chemist to discuss your prescriptions being delivered to your home.

Statutory Services

If you are suspicious or concerned about someone's safety, ring Norfolk County Council's Adult and Children's Social Services on 0344 800 8020.

<https://www.norfolk.gov.uk/care-support-and-health/protecting-someone-from-harm/help-an-adult-at-risk-of-harm/report-a-concern>

Norfolk County Council

Norfolk County Council have advice and help with regard to the coronavirus outbreak and council services.

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus>

Benefit & Money Advice

Citizens Advice Bureau

East Dereham Telephone: 01363 692546 (open Mon, Tue, Fri 10-3pm);

Watton Telephone: 01953 882746 (open Wednesday)

National Tel: - 0344 411 1444 - Website - <https://www.citizensadvice.org.uk>

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Universal Credit

For advice on benefits and guidance for employers and businesses contact:

Telephone - 0800 328 5644

Textphone - 0800 328 1344

Website - www.gov.uk/universal-credit

Martin Lewis Money Saving Expert

Website - <https://www.moneysavingexpert.com/>

Charities that can offer telephone and online support

The British Lung Foundation

Telephone - 03000 030 555

Website - <https://www.blf.org.uk/support-for-you/coronavirus>

Silver Line – A helpline for Older People – open 24 hours a day to offer support for loneliness and isolation.

Telephone - 0800 4 70 80 90

Website - <https://www.thesilverline.org.uk/>

Mind – The Mental Health Charity

Telephone - 0300 123 3393 – open 9 – 6 Monday to Friday

Website - www.mind.org.uk

Age UK Norfolk – offers a range of services to older people in later life.

Telephone - 0300 500 1217

Website - www.ageuk.org.uk/norfolk

The Trussell Trust - provides emergency food and support to people in crisis.

Telephone - 01722 580 180

Website - <https://www.trusselltrust.org/>

WE HOPE YOU KEEP WELL AND SEEK ASSISTANCE IF NEEDED