

# Edition 1: Covid 19 Resource packs for families

Date: 19/03/20

## **Early Help Hubs**

Currently Early Help Hubs are still being manned. Contact your local hub on

**South** : 01508 533701 email [earlyhelphubsouth@S-NORFOLK.GOV.UK](mailto:earlyhelphubsouth@S-NORFOLK.GOV.UK)

City : 01603 212121 email [nehh@norwich.gov.uk](mailto:nehh@norwich.gov.uk)

## Links to official sites for advice and guidance

Latest information and advice can be found at:

<https://www.gov.uk/coronavirus>

### **Health Advice**

For health information and advice, read NHS pages on

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

### **Guidance for employees, employers and business**

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

### **Guidance for education settings**

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

### **Easy read leaflets, available in an electronic format through the Mencap and Mind websites**

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### **NHS leaflet available to download from our Health information leaflet service website**

<https://brochure.norfolklivingwell.org.uk/product/coronavirus-wash-your-hands-more-often-for-20-seconds-a4-poster>

### **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/>

### **LUMI directory: Information for community organisations and those amazing residents who want to get out there and lend a helping hand.**

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

### **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>

At time of print more than 79,000 people around the world have recovered from Covid-19, and 52 in the UK.

## Links to activities for children and families

### Apps for mental health

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

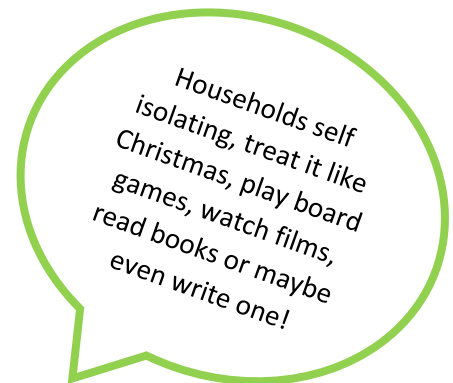
### Free online books from your local library

<https://www.overdrive.com/apps/libby/>

### Free education links for children

<https://www.twinkl.co.uk/resources/lovely-premium-resources>

<https://www.bbc.co.uk/bitesize>



### 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> (Easter)

### 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.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>

Struggling and need help? These links may be able to help, but please be aware they may close under the current conditions, so call first if you can.

- 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/>
- If you are advised to use a Foodbank (Note: foodbanks are still using the voucher system), the opening times are shown below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 – 12:00 St Elizabeth’s Church Cadge Road, Norwich NR5 8DG	18:00 – 19:30 Oak Grove Chapel 70 Catton Grove Road Norwich NR3 3NT	10:00 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP	13:00 – 15:00 Norwich Central Baptist Church Duke Street Norwich NR3 3AP	10:00 – 11:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY	10:30 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP
11:00 – 12:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY		12:00 – 14:00 New Hope Christian Centre 2 Martineau Lane Norwich NR1 2HX	13:30 – 15:00 Mile Cross Methodist Church Aylsham Road Norwich NR3 2RU	10:00 – 12:00 Gateway Vineyard Church Nelson Street Norwich NR2 4DR	

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

Money supermarket shopping tips

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

We are being forced to change our lives and how we live/eat dramatically, so embrace it, change some of the bad habits and adopt new healthier, less wasteful habits.

## Community help / Local offers/Links to posters and other useful media

To get local updates on what is going on in your area – go to <https://covidmutualaid.org/local-groups/> click on the map to make it bigger so that you can hone in on your local area.

Check the South Norfolk Help Hub or Norfolk County Council websites and Facebook pages <https://www.south-norfolk.gov.uk/>

<https://www.norfolk.gov.uk/>

<https://www.facebook.com/southnorfolkouncil/>

<https://www.facebook.com/Norfolkcc/>

Also, check the Facebook groups for your area as well, they have many offers of help.

**Coronavirus poster - English** (click to access)

Communities across our region have pulled together and started up hundreds of new groups to support each other and the vulnerable at risk

## Posters in other languages

[Coronavirus poster - Afrikaans](#)

[Coronavirus poster - Bengali](#)

[Coronavirus poster - Bulgarian](#)

[Coronavirus poster - Cantonese](#)

[Coronavirus poster - French](#)

[Coronavirus poster - Hungarian](#)

[Coronavirus poster - Kurdish](#)

[Coronavirus poster - Latvian](#)

[Coronavirus poster - Lithuanian](#)

[Coronavirus poster - Mandarin](#)

[Coronavirus poster - Polish](#)

[Coronavirus poster - Portuguese](#)

[Coronavirus poster - Perian Farsi](#)

[Coronavirus poster - Romanian](#)

[Coronavirus poster - Slovak](#)

[Coronavirus poster - Spanish](#)

[Coronavirus poster - Tigrinya](#)

[Coronavirus poster - Turkish](#)

### **Produced by Partnership and Community Focus City & South Team, Norfolk County Council**

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