

1. If you need help with shopping; need a prescription collected; need a letter posted or feel lonely and would like to chat please contact the Early Help Team at South Norfolk Council. You can telephone 01508 533933 between 08.15 and 17.00 hours or 0800 389 6109 out of hours. Alternatively you can email them at [earlyhelphubsouth@s-norfolk.gov.uk](mailto:earlyhelphubsouth@s-norfolk.gov.uk) or go to their website [www.south-norfolk.gov.uk/residents/communities/coronavirus](http://www.south-norfolk.gov.uk/residents/communities/coronavirus).

We are exploring setting up an Ashwellthorpe and Fundenhall mobile phone number to help link up people who need help with volunteers. We will update if this is arranged.

2. If you are feeling unwell <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/>

3. If you need financial help then you can contact: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk). Once on the site choose England and that takes you to a page at the bottom of which you will see popular advice which currently includes:

- Coronavirus what it means for you;
- If you cannot pay your bills because of coronavirus;
- Check if you are entitled to sick pay.

There is a search area in the box above if these are not the questions you want answered.

[www.understandinguniversalcredit.gov.uk](http://www.understandinguniversalcredit.gov.uk) is the government site. At the top of the first page you will find a strap line saying 'Find out about coronavirus and claiming benefit'.

#### **Donating to those in need:**

Foodbanks are crying out for volunteers at the moment as many of their usual ones are over 70 and are having to obey the lockdown rules. They are also appealing for food so when you do manage to go shopping please drop some food into the FoodBank box in your local supermarket or shop. Please contact them to see what they need most and to volunteer to help them

The Norwich FoodBank is run by The Trussell Trust:  
Henderson Business Centre, 51 Ivy Road,  
Norwich  
NR5 8BF  
01603 251733  
<http://www.norwichfoodbank.co.uk>  
Email: [admin@norwich.foodbank.org.uk](mailto:admin@norwich.foodbank.org.uk)

The Waveney Foodbank is also run by The Trussell Trust:  
Unit 9b  
Fortress Close  
Broome Industrial Estate  
Eye  
IP23 7HN  
07484 394749  
Email: [info@waveneyfoodbank.org.uk](mailto:info@waveneyfoodbank.org.uk)  
<https://waveney.foodbank.org.uk>