

Social Support For Families During the CoronaVirus



LET'S BEAT **CORONAVIRUS!**

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Home Schooling Support

Name	Description	Link
BBC Bitesize Parent Support Toolkit	<p>SEND (special educational needs and disabilities) resources, activities and support to help you and your family during lockdown.</p> <p>SO MANY RESOURCES HERE - CHECK IT OUT</p>	Parents' Toolkit: SEND
Autism Anglia resources	Autism Anglia has also created an extensive list of resources for people with autism and their families to use during this time. It looks at supporting learning, but also goes into supporting the family in terms of claiming benefits, sensory activities for home and keeping fit too.	Coronavirus Resources
The National Autistic Society	The National Autistic Society has gathered resources to support families during this time. They have a section on supporting home learning, but also guidance around using supermarkets and accessing social care.	Coronavirus
The National Autistic Society	<p>They have created the Coronavirus Series – a series of videos around supporting autistic people and their families during the current situation. They cover a range of topics over multiple videos, and the videos are pre-recorded meaning that once they have been released, you can access them at any time. Their schedule is:</p> <ul style="list-style-type: none"> • ‘Coronavirus, health and wellbeing’ – Wednesday 29th April 7.30pm • ‘Your care and support’ – Wednesday 6th May 7.30pm 	Spectrum Live

	<ul style="list-style-type: none">• 'Supporting children and young people' – Wednesday 13th May 7.30pm	
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Local Support Hubs for all Support

Name	Description	Link
South Norfolk and Broadland	If you are in need of any support or cannot access essential items this is your main point of contact	Coronavirus Information 01508 533933
Norwich	If you are in need of any support or cannot access essential items this is your main point of contact	0344 980 3333 (option2) Get Involved
North Norfolk	If you are in need of any support or cannot access essential items this is your main point of contact	Home Coronavirus 01263 516000
Great Yarmouth	If you are in need of any support or cannot access essential items this is your main point of contact	08081 962238 Early Help and family support
Kings Lynn and West Norfolk	If you are in need of any support or cannot access essential items this is your main point of contact	01553 616200 (option 6) Lily Lily
Breckland	If you are in need of any support or cannot access essential items this is your main point of contact	01362 656306 Community Support Hub

District councils are coordinating food and medicine deliveries for those who are most vulnerable, including those with a serious health issue and those self-isolating who are unable to leave the house. Families have been asked to call our Customer Service Centre (CSC) on 0344 800 8020

or visit www.norfolk.gov.uk/coronavirus if they need local support.

Each local area will have it's own facebook page, e.g. Poringland Community Page, everything you need support with will be accessible through your local pages, this is current and up to date information so please check it out.

Financial Support

Name	Description	Link
Financial Help	There is a Hardship Fund and is putting in measures to help people if they need this support. call 01508 533933	www.south-norfolk.gov.uk/coronavirus
Money Advice Hub	Money Advice Hub have created a Coronavirus Advice Hub offering advice on finances	https://sites.google.com/moneyadvicehub.org.uk/coronavirus-advice-hub
Norfolk Gov	The Government has provided a Hardship Fund and is putting in measures to help people if they need this support. See your local council website or the following contacts.	Coronavirus Information 01508 533933
New Anglia Growth Hub	Help for businesses.	Home - New Anglia Growth Hub - Business support for Norfolk & Suffolk 0300 333 6536 or 0300 333 6536

Home Supplies and Local Support

Name	Description	Link
Cheap meals and store cupboard ideas.	Cheap Recipes	Jack Monroe The #1 budget recipe website
BBC Food	Store Cupboard recipes	Store cupboard
Food Network	Cheap Family Recipes	Cheap family meals: Budget recipes under £1 per head
Feed Your Family	Family recipe ideas	Feed Your Family for £20 a week
Deliver Norfolk	Check to see which businesses in Norfolk can deliver	Deliver Norfolk
Covid Mutual Aid	Find your local support group - offering support in many ways	Find your local group
Norfolk Gov	If you are vulnerable or need support call this designated line or visit the website and they can provide help.	0344 8008020 Coronavirus

Mental Health and Well Being

Name	Description	Link
Mental Health Service	For Children and Adolescent Mental Health, Point 1 is open and provides a telephone advice service for young people and their families.	point1-support@ormistonfamilies.org.uk . 0800 977 4077
The Thrive Approach	There is a Thrive facebook page for this crisis period only which has a huge amount of resources, support and ideas for everyone. PLEASE TAKE A LOOK AT THIS, VERY HELPFUL, WE ARE A THRIVE SCHOOL SO THE BOYS MAY KNOW SOME OF THESE ACTIVITIES.	https://www.facebook.com/groups/1456210734732
Government Young People and Children's Help Hub	Learning resources and health support	https://www.norfolk.gov.uk/children-and-families/children-and-young-peoples-hub
Anxiety United	A social network to share experiences and gain information and advice with a free resource centre.	Anxiety United (free mobile app)
Beat Panic	Aims to help users to calm and control breathing when experiencing panic attacks and high anxiety.	Beat Panic (79p mobile app)
SAM - Self-help for Anxiety Management	Self-help methods for tracking and controlling worry, anxiety and associated unpleasant physical sensations. If you wish you can share how you feel with others using the app.	SAM (free mobile app)

Stress Tips	Advice in the form of audio clips, from people who have also experienced stress and anxiety.	Stress Tips (69p mobile app)
Stop Panic and Anxiety	Focuses on Panic Disorder and controlling panic to relieve the fear of panic and panic attacks.	Stop Panic and Anxiety (free mobile app)
MindShift	Helps the user to identify and plan for situations that cause anxiety. Includes detailed information on perfectionism, worry, test and performance anxiety, social fears and panic.	MindShift (free mobile app)
MoodTools	Questionnaire, videos on guided meditations, soothing sounds and TED talks focusing on aspects of depression. A comprehensive section on thought records and how to make them,	MoodTools (free mobile app)
Toxic Thinking	A clear strategy recognising the symptoms, knowing what actions to take and knowing who to involve.	Toxic Thinking (free mobile app)
Mood Tracker	An app which lets the user track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.	Mood Tracker (free with in app purchases)
Wellmind	An NHS app. Advice and tips on how to improve mental health and wellbeing. Functions to help monitor moods, get crisis help and use relaxation audio tracks.	Wellmind (free mobile app)

What's Up	Immediate ways to manage anxiety. Includes a catastrophe scale to put problems into perspective and forums to talk with others. There is a personal section to track how you feel by keeping a diary, positive habits and negative record.	What's Up (free mobile app)
Calm Harm	For young people who are self harming. Distract, comfort, express and release.	Calm Harm (free mobile app)
Stay Alive App	Quick access to UK national crisis support helplines for those who are having thoughts of suicide or are concerned about someone else.	Stay Alive (free mobile app)
Anna Freud	Lots of mental health support	Self Care, Anxiety, Depression, Coping Strategies On My Mind
Young Minds	Lots of mental health info for young people and parents	Blog What to do if you're anxious about coronavirus If the current news on coronavirus
BBC	BBC News advice on how to protect your mental health	Coronavirus: How to protect your mental health
Go Zen	Free resources to help children deal with stress and worry	Online Programs for Children with Anxiety Kids Anxiety Relief
Coping Skills for Kids	Huge resource on all aspects of mental health for children	Deep Breathing Exercises for Kids
Go Noodle	Fun and interactive mindfulness and positive energy	GoNoodle: Home

Childline	Lots of mental health resources and you can talk to someone	https://www.childline.org.uk/
Dr Pooky Knightsmith YouTube	This playlist is aimed at parents or carers looking for support and ideas for supporting their child's mental health and wellbeing. Sometimes I'll also include videos about looking after yourself as well because you matter too! It includes Self Harm, Anxiety, Depression etc	Parents & carers - ideas for supporting your child

Understanding the CoronaVirus

Name	Description	Link
Makaton coronavirus information	Makaton have released information about the coronavirus using pictures and symbols, as well as a social story explaining the pandemic.	Download here.. https://www.makaton.org/Assets/Store/FreeResources/Coronavirus-social-story.pdf
Social Stories to help children understand the virus	Carol Gray, who is best known for the development of Social Stories, has also produced a range of social stories addressing different elements of the pandemic, such as understanding the virus, handwashing and coping with seeing the virus on television.	Pandemic Social Stories Direct Access
MENCAP	Easy read guide to the virus	https://www.mencap.org.uk/sites/default/files/2020-04/Info%20about%20covid19%2014th%20April.pdf
COVIBOOK - Interactive	The interactive COVIBOOK has also been developed and explains the virus and also has interactive elements for children to engage with.	COVIBOOK
Axel Scheffler book	Axel Scheffler has illustrated a book	A book for children

	about the virus.	
Dave The Dog Book	Dave the Dog is worried about the virus	https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf?fbclid=IwAR11WYpkdaDf5oiqzVppyf8-8sTzICo6998FktGp2D2jAcMY97-J3YnLwnw

Keeping Active

Name	Description	Link
Joe Wicks PE	On YouTube Joe Wicks is doing daily PE. If it is too hard there are 5-10mins school PE workouts too.	PE With Joe Monday 27th April
Active Norfolk	Whilst we are all staying safe at home during the current coronavirus crisis, it's more important than ever that we all stay as active as we can. Even a small amount of activity will have a positive impact on your physical and mental health, and there's plenty you can do at home - here are some ideas to keep you moving	Active at home during coronavirus
Just Dance	This is a playlist of videos made using the Just Dance games. They are kid-friendly dance routines that the boys can follow along with at home - they are great fun and perfect for younger children.	School Appropriate Just Dance Videos
Community Sports Foundation	This has been provided by our community sports team that run activities during residence. Some videos etc around physical activities for the children to take part in.	https://www.communitysportsfoundation.org.uk/schools-covid-19/
Oti Mabuse Dance Lessons	Lots of different dances to children's stories/films with Oti from Strictly	TROLLS kids dance class with Oti Mabuse & Oti Mabuse
Cosmic Yoga	Yoga for children, different themes, this is the Pokemon session	Pokemon A Cosmic Kids Yoga Adventure

Just for Fun

Name	Description	Link
Crayola Colouring	Free colouring sheets and ideas	Free Coloring Pages
Colouring sheets	Free colouring sheets and ideas	Free Coloring pages for kids (Online and Printables) Activities on Coloring-4kids.com Best coloring books for kids
Crayola Crafts	Simple craft ideas	Trending & Easy Crafts at Home for Kids Crafts Crayola.com Crayola CIY, DIY Crafts for Kids and Adults
5 Minute Fun	100s of fun things to do	https://www.5minutefun.com/
Norfolk Portage Service	Activities and information to support children and families with special educational needs.	facebook group search Norfolk Portage Service 1009022632441587
Activity Village	Printable resources, work sheets, activities etc	https://www.activityvillage.co.uk/school-closures?awt_a=8YG5&awt_l=EvDxJ&awt_m=JQjFXjMF4IDtG5
Built by kids	Fun ideas for DIY projects to do at home with your children	http://builtbykids.com/schools-out-kids-home/
Audible	Audible have made many of their audio books free	Free Audiobooks for Kids Audible.com
The Kids Should See This	Cool, weird, interesting, kid-friendly videos from all over the internet divided into categories like Science, Tech, Space, Animals, Nature, Food, Art and more!	https://thekidshouldseethis.com

Scribd	30 Day free trial of unlimited ebooks and audiobooks.	Scribd: Discover the Best eBooks, Audiobooks, Magazines, Sheet Music, and More
Storyline Online	Books read by actors	https://www.storylineonline.net
Filmed On Stage	Watch Broadway musicals	http://www.filmedonstage.com
Wizarding World	Harry Potter fun	https://www.wizardingworld.com/collections/harry-potter-at-home
Science Fun	Science fun on YouTube with Maddie Moate	https://www.youtube.com/results?search_query=science+with+maddie+moate
David Walliams	David Walliams reads his story books	https://www.worldofdavidwalliams.com/elevenses/

Health

Name	Description	Link
NHS	Health information and Advice	Coronavirus (COVID-19)
Public Health England	What you need to know	Coronavirus (COVID-19) - what you need to know
Children and Young People's Health Service	Just one Number Chat Health (Text messaging for 11-19yrs)	Just One Number 0300 300 0123 Chat Health 07480 635060 Parent Line 07520 631590
Domestic Abuse Support Service	Support if you are a victim of Domestic Abuse	0808 200 0247 0808 801 0327 (Male Victims)
Womens Aid	Supporting women who are being abused	I need help - information and support on domestic abuse
See Something - Hear Something - Say Something	Campaign run by NSPCC and NCC. These are difficult times and families are under huge amounts of pressure, we want to help. If you hear something or see something that makes you feel worried about a child living nearby, call the number.	0344 800 8020 999 in an emergency
Children and Young People's Health Service	The go to health website for Norfolk. Also link for FREE SOLIHULL PARENTING PROGRAMME	Just One Norfolk: Health Advice & Support for Children

Food Resources – Norwich - Access the info for your area via your support Hub or local facebook page.

- **Arthurs Organics** – deliveries Norwich and South Norfolk areas. Call 01603 291871 or go to <https://arthursorganics.co.uk/>
- **Bon Deli's**. Pies/quiches. Min order £20. (Not specialist dietary requirements). 01603 951091 / 07967 447517. bonproduce@gmail.com
- **CJs** – Norwich Market. Delivering within 15 km (9 miles) of City Centre. Min order £15. Delivery charge £2 or free if order over £20. Paulawiley@hotmail.com 07810 835544.
- **Country Kitchen Food**. Freshly prepared traditional meals that can be microwaved. Includes Norwich. 01603 465717.
- **Easters** – Fresh fruit and veg boxes £20 and £35. Northumberland Street. 01603 622890 / 760565
- **(The) Flour Pot Catering** - Food delivered to freeze or as a hot meal with potato and veg or salad and coleslaw. Free local delivery within 4 miles and a minimum order of £15 or £1 delivery charge. If delivery over 4 miles is then £1 a mile thereafter. Free delivery for customers over 70 has been subsidised by donations. For ref Norwich just over 4 miles.
- **(P B) George**, Butchers. (Not sure if minimum delivery). 01603 625358.
- **Good Wholesome Food Ltd** – Freshly cooked traditional hot meal and pudding £6.00 Monday to Friday. Norwich postcode areas NR1 – NR8. 01603 465717.
- **Hidden Treasures**, Magdalen Road - Has a shop on Magdalen road if any elderly people or you are Self-isolating and need anything please let them know. They run a food bank for the homeless and anyone who needs help and will do their best to help you with items, just find Eric at Hidden Treasures via Facebook.
- **Mike, Debs and Sons** – Norwich Market Stall – Due to the current circumstances, they are now offering local deliveries in your area. Market stall is open as usual but for those in need we are here to help for HOME DELIVERIES – please indicate if vulnerable or in isolation for us to prioritise. Please call us on 01603 305841 or message us on Facebook messenger to arrange a delivery. Deliveries of £20 or more are free. Times will be allocated.
- **Norfolk Foodbox** – deliveries across the county 1 day per week per area. Free delivery over £7.50 – go to <http://norfolkvegbox.com/>
- **(The) Oak Tree**, Ipswich Road, Norwich. Pub delivery. Menu online. 01603 920280.
- **Soul Church** 4 Mason Rd, Norwich NR6 6RF 01603 488880 are planning to run FISH (Food In School Holidays) activities when school closes. This will be based in Heartsease weekdays; Mon to Fri (possibly St Francis but they are not sure yet). They are batch cooking single and couple meals for a 'wheels on meals' service to those elderly and vulnerable. The Soul church café is closing for the time being, but they

will operate a 'care package' pop up food distribution point at Church. There may be some delivery to those 'isolated' as well.

- **Stop and Go Shop**, Woodgrove Parade, Catton Grove Road 01603 929802 - Raj will deliver locally if he has stock.
- **T L C Dinner Choices** – Operating NR1 to NR7 and offering Hot Meals, Teatime Snacks and Chilled meals. Monday to Friday (excluding Bank Holidays). Special diets and needs catered for. Phone Elaine (07742 801716) or Karen (07946 544932 or email empayne2374@gmail.com for prices and further details.

Hot Meals – Norwich

Monday

- St Stephen's Church Café Pay what you can afford, minimum charge £1 (10am to 4pm)
- Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)
- Soul Church offering hot food at Haymarket – 7pm-8pm

Tuesday

- Norwich Elim Church, Trory Street Free breakfast and dinner (9.30am – 12.30pm)
- Oak Grove Chapel, 70 Catton Grove Road – Free hot meal (6-7.30pm)
- People's Picnic, Haymarket (8pm)
- Russell Street Community Centre - Spud Club - Tuesday's in term time, 4:30 - 6pm. A meal for primary school aged children and parents.
- St Stephen's Church Café Pay what you can, minimum £1 (10am to 4pm)
- Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)

Wednesday

- Harford Community Centre mostly cakes and bread rolls available to any local residents of Lakenham and Tuckswood who need them. (2.15-3.15pm)
- New Hope Christian Centre, 2 Martineau Lane Light lunch (10am-2pm)

- Norwich Soup Movement, Haymarket (8pm)
- Russell Street Community Centre - Noah's Boat - Toddler group on Wednesday's term time, 10 - 11:30. Includes tea and cake for parents and kids snacks too.
- St Stephen's Church Café Pay what you can, minimum £1. (10am to 4pm)
- Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)
- Soul Church Haymarket hot food 7pm – 8pm

Thursday

- St Stephen's Church Café Pay what you can, minimum £1 (10am to 4pm)
- Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)

Friday

- Bishops Bridge House on Gas Hill - 12:30pm
- Food Cycle, Quaker Meeting House, Upper Goat Lane, NR2 1EW Hot meal (7pm)
- Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)
- St Stephen's Church Café, Pay what you can, minimum £1 (10am to 4pm)
- Society Alive Community café still runs every 1st and 3rd Fridays of every month (12.30-2.30) Clover Hill Village Hall, Humbleyard, Norwich, NR5 9BN
- Salvation Army, Pottergate Arc (7.30pm – 9.30pm)
- Soul Church hot food at Haymarket 7pm – 8pm
- Trinity United Reform Church, 1 Unthank Rd (City end) Hot breakfast 50p Soup/bread (12.30pm – 1.30pm)
- YMCA Central on All Saints Green - 12:15pm

Saturday

- City Saints in Action, St Augustine's Church Hall, St Augustine's Street –Jacket potato with filling, £donation (4pm – 7pm)
- Russell Street Community Centre - Breakfast Club - every Saturday 10-11:30
- St Stephen's Church Café, (10am-4pm) Pay what you can, minimum £1

- Society Alive Soup evening (4.30-6.30) Clover Hill Village Hall, Humbleyard, Norwich, NR5 9BN
- The Welcome Wagon, breakfast food and drinks City Centre 6am

Sunday

- Anon Street Team, Haymarket (8pm)
- Hebron Chapel, Haymarket - every other Sunday (8.30pm)
- The Kings Centre, Kings St, NR1 1PH (2pm – 4pm) Free hot meal, laundry and shower facilities
- People's Palace Café Vauxhall Street, 26 Suffolk Square NR2 2AA (11am–2pm)
- The Welcome Wagon, breakfast food and drinks City Centre 6am