

# WEETING WITH BROOMHILL 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.

**Volunteers needed: Please contact Sue Nairn from the Parish Council 01842 810212 If you are able to help - she 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. If you are unable to leave your home and cannot arrange help to do shopping please contact Sue Nairn from The Parish Council who will support you on this - 01842 810212**

### Weeting Services

**Londis** - stocks medicine, soap and cleaning products. Post office counter & cash machine

**BP Garage** - stocks medicine, soap and cleaning products. Cash machine.

**The Saxon** - remains open at this time from 11.00 am every day.

**Fish & Chip Shop** – remains open at this time.

### 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>

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>

### Benefit & Money Advice

**Citizens Advice Brandon**

Telephone - 01842 818202 - Website - <https://suffolkwestcab.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](http://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](http://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](http://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