

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>

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