

This information is in addition to last week's listings. If you would like a copy of last week's listing please let me know. Also please let me know of anyone who would like to be on the distribution list.

The e-mail is in four sections;- an update on food boxes, an update on testing for key workers, updates from existing services, and useful advice and guidance:-

Food Boxes for extremely vulnerable

The government have sent out a weekly food box for people who recently registered for additional support, because they are vulnerable due to a medical condition and they have no other means of accessing food during isolation.

We are being told that many people are now able to access food and do not require the emergency food parcel.

If vulnerable people no longer need the weekly food box, please help the Government to prioritise deliveries for the most in need by revisiting

<https://www.gov.uk/coronavirus-extremely-vulnerable>

and re-register selecting **YES** to the following question – Do you have a way of getting essential supplies delivered at the moment?

Alternatively, they can refuse the next parcel by letting the driver know, and it will be redelivered to another clinically vulnerable person in need.

When extremely vulnerable people register on line as needing support the Government share data with supermarkets so that the person can be given priority access to delivery slots

The person must also be registered online as a customer with any of the participating supermarkets (Asda Sainsburys Tesco, Ocado, Waitrose, Morrisons, Iceland). Please check individual supermarkets websites for more information.

Coronavirus Testing

There are different testing arrangements in place for key workers and members of the public:

o **Key workers** (including NHS, care home staff, teachers etc) can use both our dedicated local arrangements or the national booking system. The local arrangements and the national system offer appointments in different places.

o **Members of the public** (not key workers) who are eligible according to the latest government criteria should use the national booking system.

Key workers

All key workers are invited to apply for testing, if eligible, at one of three sites in Norfolk and Waveney. These are at:

- o The Centrum centre, close to the Norfolk and Norwich University Hospital (NNUH)
- o The Queen Elizabeth Hospital, King's Lynn (QEHL)
- o The James Paget University Hospital (JPUH) in Gorleston.

The service is by appointment only. Appointments for these locations cannot be booked using the national portal, they must be booked using our local system:

- o **NHS acute hospital staff:** Use your organisation's existing booking arrangements.
- o **All other NHS employees:** Email NHScovidtesting@nnuh.nhs.uk.
- o **All other essential workers, including care home staff:** Ask your employer/line manager to email NorfolkRegistercovidtesting@nnuh.nhs.uk with their name, job title and contact number. The registration team will contact them to register your organisation so you can then book an appointment. Your employer will be given a unique reference number and the contact details for your triage.

If you choose to book via the national booking system, you will be directed to centres at Ipswich, Peterborough or Stansted, or a mobile testing centre if available.

Members of the public

Members of the public who are not key workers must book using the national booking system. You will be offered a choice of a home testing kit or travelling to a regional testing centre. The nearest regional testing centres are at Ipswich, Peterborough and Stansted. From time to time, mobile testing centres are also being set up and appointments for these will be shown on the national booking system when available.

Who are key workers?

Key workers include many people working in education, transport, many public services, energy, power and water/sewerage workers, and those working to provide, distribute or sell food. The precise definition is available on this government web page: <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#key-workers>

Updates from existing services

Age UK

Age UK Norfolk is expanding our existing bereavement advocacy service to those over 50 who may have a limited support network; people who are finding things difficult at this challenging time. This service will allow us to help alleviate the pressure of those initial thoughts of 'what do I do next?'

Areas we will provide information and support with will include:

- Registering a death
- Assisting clients with funeral arrangements
- Eligibility and applying for a funeral expense payment (we cannot provide any grants towards the costs of funerals)
- Notifying relevant authorities
- We cannot provide legal advice, but we can provide information on dealing with an estate and next steps

- Information and applying for bereavement support payments and referring to our benefits service for follow on benefit checks
- Signposting to bereavement counselling services and mental health support
- Providing information and advice if ongoing care or support is required
- Weekly check in calls if requested
- Referral to telephone befriending
- Referrals to our benefit service for benefit checks and practical help with applications

Referrals will be taken by our advice line which is open Monday-Friday 10am to 4pm 0300 500 1217, via NCAN, or via contacting us on advice@ageuknorfolk.org.uk . Once a referral is made, an advocate will contact the client in a maximum of three working days. This service will at present be delivered via phone/video conferencing to ensure the continued safety of our staff, volunteers and clients and also to continue protecting our NHS at this time.

The expanded service goes live on Monday 11TH May 2020.

Alzheimer's Society

While we are unable to conduct face to face services during the Coronavirus outbreak, we will continue to support people affected by dementia to manage their well-being and safety. We want to enable those affected by dementia to live as well as possible during this difficult time through two types of calls, Welfare and Companion.

The Welfare calls will enable us to assess support needs, check on people's safety, and provide advice, information and signposting. The frequency will be determined by level of need and assessed risk. Companion calls are an opportunity for people affected by dementia to have an informal chat with a volunteer about whatever they like. They will be offered to all service users and their carers once a week, or as often as requested during their regular Welfare Call.

Living with dementia always brings challenges. Living with dementia while staying at home, probably for weeks, will be very difficult. We can provide suggestions for carers who are caring at home or supporting someone from a distance. We are providing activity idea's for people who are living with dementia and some group type services virtually.

We have a Norfolk Dementia helpline for anyone who is affected by dementia.

Access:

Our Norfolk helpline number is **01603 763556** and is available Monday to Friday 9am to 5pm.

If anyone would like support outside the hours detailed above:

Alzheimer's Society National Helpline is on **0300 222 1122** and available 9am – 8pm Monday to Wednesday, 9am – 5pm Thursday and Friday, 10am to 4pm Saturday and Sunday.

Talking Point is an online forum for everyone who is affected by dementia, open 24 hours a day <https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>

<https://www.alzheimers.org.uk/coronavirus>

ASD Helping Hands

Back when I first notified you of the changes, we are making to our services due to the restrictions in place, I said these would be reviewed at the beginning of May.

[Please click here to see the original update](#) I am sad to say that not much has changed and we will still not be able to run any of our face to face sessions, groups or training. With the social distances measure in place still and no prospect of them being relaxed. These measures will be reviewed in **2 months' time (01/07/2020)**.

Family and Youth Support Groups

All groups both Youth and Family will remain closed, this will be reviewed on the 01/07/2020

We encourage you to use the Facebook groups/pages to remain in contact with those from the groups, as we understand this will start to become a very lonely and isolating time for some of you:

Facebook groups:

[Thetford Family](#)

[Norwich Family](#)

[Aylsham Family](#)

[Dereham Family](#)

[Norwich Youth](#)

-Join us on a Saturday Morning 10:00-11:00 for our virtual support group on [ASD Helping Hands Support Page](#)

Family Support service

-The Family Support Service has now stopped receiving referrals. This is down to an influx of referrals but also limited time and volunteer resources to manage the caseloads received.

-This measure will be reviewed on a monthly basis with the next review happening on the 25/05/2020

-We encourage anyone needing support to get in touch to use our Live Chat service which is available from 9am - 9 pm Monday to Saturday. Just look for the chat box on our [website](#).

E-learning and Shop

-We have a wide range of E-learning courses on our [shop](#) as well as many resources to help.

-Plus, we have something else in the works which we hope to reveal to you very shortly!

Summer Activities

-It is with great regret that this year we have taken the decision to not hold any activities over the summer. We do not know which venues will open or how long these restrictions will be in place for, so will not have enough time to prepare everything we need to ensure they run safely.

Further Information and Resources

[- Autism and Covid-19 resources](#)

[-Homeschooling help](#)

[-Managing your mental health](#)

Help with Sensory Issues

For further information and the latest advice on COVID-19 please visit the Government / NHS websites on: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you for your understanding,

Lee Gibbons Operations Manager ASD Helping Hands

GamCare Free online training

Women and Gambling-Related Harm – FREE online training – multiple dates available.

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

GamCare is a national provider of free information, advice and treatment for anyone affected by problem gambling. There are around 500,000 problem gamblers in the UK, up to 20% of whom are women. For every person who has a problem with gambling, up to 10 other people can be affected, and women are disproportionately at risk of experiencing gambling-related harm. Gambling-related harm can include debt, relationship difficulties, housing issues, gender-based violence, health problems, depression and anxiety, feelings of isolation, and suicidality.

Our FREE training is usually offered face-to-face, but we now have a 1.5-hour session which we are delivering online via Zoom. Individuals can register to attend the training at their convenience, using a mobile phone, tablet, or laptop.

During the training session, we will talk about gambling-related harm, risk factors, impacts, and how to identify and support people affected. Learn about our treatment network and how to refer clients to treatment services. This training is essential for any professionals who work with women and families.

Sessions currently available:

Thursday 21 May	10.00am to 11.30am
Wednesday 27 May	2.00pm to 3.30pm
Monday 1 June	2.00pm to 3.30pm
Thursday 4 June	2.00pm to 3.30pm
Wednesday 17 June	10.00am to 11.30am
Tuesday 30 June	2.00pm to 3.30pm

Book your place using Eventbrite: <https://bit.ly/2z7HqRP>

I look forward to seeing you online soon!

In Good Company

While the coronavirus pandemic has us all following the government guidelines to stay at home whilst observing the social distancing guidelines, it has never been more important to reach out to those who might be in need of some company. There are more than 118,000 people living alone in Norfolk – and for those losing all of their usual contact with other people, it must be hugely challenging.

As we get into week six of lockdown, Norfolk County Council wants to shine a light on those who might be alone at this time and encourage people to connect with others in a variety of different ways.

In Good Company was originally launched as a campaign in 2017, but has been re-launched as '[Staying at home, but still In Good Company](#)', and it can provide Norfolk residents with information, help, opportunities and fun ideas to keep connected to others, whilst sticking to the social distancing guidelines.

In Good Company is all about highlighting all of the amazing work going on across the county which is being done specifically to tackle loneliness and over the coming weeks this will be highlighted via the campaign webpage, across social media platforms and as part of advertising with local media.

- We would love you to support the campaign in whatever way you can. Perhaps by:
- Providing some information about ways in which you are helping to tackle loneliness
- Offering some case studies for our webpage to highlight volunteer or community heroes
- Sharing and commenting on our social media posts, either on Facebook or twitter
- Being an advocate for the campaign – tell your friends, colleagues and family about it and get them to spread the word!

Thank you - it has never been more important to come together – even if it can't be physically. This campaign will work with partners across the county to demonstrate just how important it is to work together for everyone; Now, more than ever, we need each other.

We have also teamed up with the EDP who are running a series of advertorials for us, allowing us to show many different aspects to our loneliness campaign. Here's the link to the latest advertorial we have run in the EDP.

<https://www.edp24.co.uk/news/museums-go-online-to-help-tackle-lockdown-loneliness-1-6632489>

Please do take a look at the '[Staying at home, but still In Good Company](#)' webpages and share with your contacts.

Narcotics Anonymous

For everyone who cannot attend meetings in person, we have virtual meetings online. No registration required & totally anonymous.

<https://online.ukna.org/>

<u>Norwich Weekenders Group</u>	<u>Sunday</u>	<u>7:00pm for 1 hour 30 mins</u>	<u>"Open to all"</u>	<u>Zoom Link Video Optional</u>
<u>Dereham Gratitude in Recovery</u>	<u>Tuesday</u>	<u>7:00pm for 1 hour 15 minutes</u>	<u>Just for Today Book Study, Living Clean Study</u>	<u>Zoom Link</u>
<u>King's Lynn Open Format Share Meeting</u>	<u>Wednesday</u>	<u>6:00pm for 1 hour</u>	<u>Discussion/Participation, Format Varies, Share meeting, No children, "Open to all"</u>	<u>Zoom Link Video Optional</u>
<u>Norwich Step Meeting</u>	<u>Wednesday</u>	<u>7:00pm for 1 hour 30 minutes</u>	<u>Literature Study, Speaker, Step</u>	<u>Zoom Link</u>
<u>Newmarket Just for Today</u>	<u>Thursday</u>	<u>7:00pm for 1 Hour</u>	<u>Just for Today Book Study, "Open to all"</u>	<u>Zoom Link Video Required</u>
<u>Norwich - Plus Four's Meeting</u>	<u>Thursday</u>	<u>7:45pm for 1 hour 15 minutes</u>	<u>Literature Study</u>	<u>Zoom Link</u>
<u>Norwich Weekenders Group</u>	<u>Friday</u>	<u>7:30pm for 1 hour 30 mins</u>	<u>Topic</u>	<u>Zoom Link</u>
<u>Norwich Weekenders Group</u>	<u>Saturday</u>	<u>5:00pm for 1 hour 30 mins</u>	<u>Just for Today Book Study</u>	<u>Zoom Link</u>

Norfolk Community College

We are continuing to provide training support both over the phone and via webcam. There are many sites offering free training resources such as Open University. One of our participants has completed an online diploma.

We are also helping people access a range of free online training delivered by Norfolk county Council's Adult Learning Team.

In addition, we have launched a new on-line platform which has been set up by ACE. On this learning platform you will find groups for a range of topics including community job search and mental wellbeing. There will be an online tutor who can support participants through instant messenger. The platform can be accessed via a digital device. For those we do not have access to one the information can be printed and sent out

Please get in touch for more information email: info@norfolkcommunitycollege.co.uk

www.NorfolkCommunityCollege.co.uk

OnTrack

Our On Track Team hope that you are all well during these tricky times! We are still open to taking referrals and are offering telephone coaching sessions during this period

Kevin Mutimer Participation Support Officer

The Matthew Project: On Track 70-80 Oak Street, Norwich, NR3 3AQ.

(e) kevin.mutimer@ontracknorfolk.org (t) 07717428149(w) <http://www.ontracknorfolk.org>

Sprowston Youth Engagement Project

Sprowston Youth Engagement Project run lots of fun projects with young people throughout the week, but during this time we have decided to run virtual sessions on Zoom for young people aged 12+. We have fitness sessions, quizzes, games, chances to catch up with each other and lots more.

For more information about this and the Zoom codes for the sessions, please email our Project Lead Clare Lincoln on clare.lincoln@syep.co.uk.

The virtual sessions and project is open to any young person, not just those living in Sprowston or Old Catton.

We hope to see you soon!

David Mills SYEP Sessional Support Worker

Victim Support

New 24/7 live chat service that Victim Support provide that went live on Friday 24th April

Locally the service is called Norfolk and Suffolk Victim Care (a commissioned service provided by Victim Support) and our lines are open week days between 8am – 5pm, outside of these hours, people can call the national victim support helpline. All our contact details are below followed by info about the new live chat service:

Local phone number	0300 303 3706
Email	nsvictimcare@victimsupport.org.uk
Website	www.nsvictimcare.org
Socials	@nsvictimcare
National Victim Support helpline	0808 168 9111

Victim Support is launching a **24/7 online Live Chat service on 24 April @ 6pm**. This has been made possible via funding from the Ministry of Justice and is available to all victims of crime across England and Wales. For further details about the service, this link will take you to our website with links to the online Live Chat page.

<https://www.nsvictimcare.org/24-7-live-chat-now-available-for-victims/>

Support needs for victims of crime such as those impacted by Hate Crime, Scams & Fraud and Domestic Abuse, is growing. So, this 24/7 online live chat facility will provide a new and invaluable way for victims to access practical and emotional support.

Wellbeing Socials

Virtual socials continue for May

Dear Associates, hoping this update finds you safe and well.

We're continuing to deliver social opportunities online and have been thrilled with your positive feedback. We've had new faces of people who've wanted to come to a social in person for a while but were too anxious to do so, and they've found our online socials a good ice breaker and look forward to joining us in person when we're back running socials in the community. We will also be continuing virtual socials, so we continue to offer opportunities in many forms.

We've kept to are regular schedule with a few changes as per the bank holidays coming up – yes, we'd forgotten too! May 8th and 25th! – But will still host a social on the morning of the 8th May, and we've a brand new social 'Wellbeing around the world' where we will discuss what wellbeing is when it's at home? A laid-back chat about what makes us feel well from cultures and communities around the world - traditional daily rituals, the food we eat, how we keep fit, what is important to us. Expect singing, sharing, gratitude, recipes and more!

We've Yoga with Rosy now running regularly on a Monday morning to set your week up. A gentle, relaxing Bhava yoga (similar to Hatha) session which will focus on soft heart-openers as well as some grounding poses to help us feel cantered as well as connected with each other at this challenging time. The yoga session will be 30 minutes of physical yoga poses and finish with 15 minutes of guided relaxation.

As well as that we're continuing our drop-in coffee and catch up's, Thursday evening Quizzes and round off our 5 Way to Wellbeing with Connect and Be Present. We're Lucky to be joined by our service's Kiri Owen who will talk us through and Into to Mindfulness, a good opportunity if you've ever been curious to try! And We intro 'Wellbeing Discuss', where similarly to the 5 ways, we will discuss different subjects we can consider and think about to help improve our wellbeing.

And our themed Friday's this month include Community, Pets (by popular demand), Arts and Crafts and Literature and Creative writing. Remember you can always email submissions for these topics to us prior to the socials, we'd also love feedback and suggestions!

<https://www.wellbeingnands.co.uk/norfolk/communitydevelopmentteam/social-events/>

Useful Advice and Guidance

Children and young people's hub

Access advice and support from Norfolk county Council if you're a child or young person feeling scared or unsafe during the coronavirus pandemic

Children and young people's hub

These are difficult times and we hope you're safe at home.

If you're feeling unsafe or scared, then don't keep it to yourself. We're here to help, so contact us:

- Text: [07480 635060](tel:07480635060)
- Call: [0344 800 8029](tel:03448008029)

You'll also find links on this page to activities, support, advice and information to help you.

<https://youtu.be/rbYPG5qUpqQ>

Dr Radha Modgil's tips to look after children at home:

<https://www.facebook.com/BritishRedCross/videos/586421151960928/?v=586421151960928>

Free Digital Books for Primary School Children

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>

www.millieandsuzie.com

Fire Safety Competition for children

Felix and Freya's worksheets

Felix and Freya need your help to get our firefighters working. Can you solve all the challenges and become a Junior Firefighter in the Norfolk Fire and Rescue Service?

- [Colouring in worksheet](#)
- [Crack the code worksheet](#)
- [Firefighter maths worksheet](#)
- [Spot the hazards worksheet](#)
- [Wordsearch worksheet](#)

Design a poster terms and conditions:

The competition is open to all children in Norfolk aged up to and including 11 years. Following the closing date, our chief fire officer will pick a winner for each of our four fire service districts of Norfolk.

The winner will receive a visit to their school from a fire crew, so that their classmates can all learn more about the work of our service in keeping communities safe and how they can help us. We'll also talk about careers within the fire service. We hope these visits will be able to take place in the autumn term.

By agreeing for their child to enter, parents give permission for their child's name and entry to be used in publicity when the winners are announced.

<https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/in-your-community/young-people/kids-zone>

Romans and Celts Home School Pack

Support for Home-Schoolers from Norwich Castle - Romans and Celts Resource Pack

Is your child studying Romans and Celts at KS2? Then you can find lots of information and activities in our [Romans Teacher Resource Pack](#).

Public Health England Survey of childhood vaccinations

Public Health England and the London School of Hygiene and Tropical Medicine are collaborating on a piece of research about people's feelings and experiences in regard to routine childhood vaccination during the current Coronavirus pandemic and lockdown. They are recruiting parents of children under 18 months to complete a 10-minute survey. Please share the survey links with your networks

<https://www.facebook.com/LSHTM-survey-Childhood-vaccination-during-the-coronavirus-pandemic-101332664891744/>

Looking after children and young people

How a child or young person reacts to the coronavirus (COVID-19) outbreak may depend on their age, past experiences or understanding of what's happening. Some children and young people, including those with additional needs and disabilities, may find it difficult to deal with things.

For instance, some may worry about their health, their loved ones or have physical symptoms like stomach ache. Others may behave differently, getting more angry, distant or acting up in other ways. Some children might react right away, and some may show signs of difficulty later on. Other children might be coping fine, and some younger children may be enjoying more time with the family.

If you are a parent or carer, it's important you know how to look after the mental health of those you care for during this time. Here are 10 top tips to help you.

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Your Guide to care and Support for adults 2020/21

The new 2020/21 edition of "Your guide to care and support for adults" is now available to download here: www.norfolk.gov.uk/careservices as a PDF, or it can be read online as an e-book. Due to the impact of Covid-19 we are finalising an amended distribution list for the printed edition, given that many of our normal distribution channels will be impacted. For example, our library branches are currently closed. We will endeavour to ensure paper copies of the Guide reach residents who are not online and hope this will only have a temporary impact on availability.

Please can you update any digital copies you have saved within your organisation or uploaded to your website pages.

Online Everyday Wellbeing with Coronavirus Support

Online Everyday Wellbeing with Coronavirus Support

Join us for a live webinar exploring how we can all look after our mental health and emotional wellbeing in these challenging times. The session will cover various hints and tips to help us look after our understandable worries, stress and low mood during what is a particularly challenging time in all our lives.

This is a live online presentation, where you log in on your computer, phone or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group.

You will need to book in at least 24 hours before a webinar is due to start.

The webinar content focuses on resources and information to help the general public maintain good emotional and psychological wellbeing during the Coronavirus Pandemic and is not designed to offer specialist mental health support for those with more severe and enduring mental health problems.

Mental Health Telephone Line

For anyone worried about their mental health and wellbeing [regardless of age] call Norfolk and Suffolk NHS Foundation Trust 24/7 helpline on 0808 196 3494

Norfolk and Suffolk NHS Foundation Trust Wellbeing Service have also developed a range of resources to support people through the Coronavirus pandemic available at: <https://www.wellbeingnands.co.uk/norfolk/>

For more tips and advice for you to look after your mental wellbeing during this time visit the Public Health England resources available at www.everymindmatters.co.uk

If you're a child, parent or carer looking for online access to mental health support for someone aged 0 -25 visit www.justonenorfolk.nhs.uk/mentalhealth. [You don't need a referral, you can get in touch straight away for advice and support].

Helpline for Free Exercise Support

Active Norfolk has launched a free exercise telephone support service to help those who are vulnerable and without internet access to keep active at home.

Staying active is an important way to keep healthy and resilient to the coronavirus and is so important that the government has identified it as one of the four reasons that people can leave their homes.

However, there are many vulnerable people who are isolating and who are also living without access to internet, and therefore unable to access the wealth of online fitness resources and advice.

We want to ensure that these vulnerable and digitally isolated residents are supported to be physically active, so we have set up a free call-back service through the Norfolk County Council Customer Service line.

People who are vulnerable and without access to internet can call **0344 800 8020 and select Option 5** and speak to someone to request a call back from Active Norfolk.

A qualified physical activity instructor will call them back free of charge and give tailored one-to-one guidance on how they can safely exercise at home.

FREE NEW guidance | Scams: the power of persuasive language

<https://www.norfolksafeguardingadultsboard.info/professionals/news/>

Published today (04 May 2020) *Scams: the power of persuasive language* will help any professionals supporting people who have been or may be targeted by a scam.

Written by **Professor Keith Brown** from the [National Centre for Post-Qualifying Social Work and Professional Practice](#) (NCPQSW) and **Dr Elisabeth Carter**, [Senior Lecturer in Criminology and Forensic Linguist at the University of Roehampton](#), this publication shows how criminals use language in *subtle* and *powerful ways* to scam people out of money. It highlights how, far from the popular idea of the gullible or vulnerable person '*falling for*' a scam, the reality is that scammers are highly skilled manipulators of language who ...

Welcome to GameChange

<https://ccbt.gamcare.org.uk/en/gambling/screening/login>

GameChange is an online treatment course for those who are concerned about their gambling behaviour, supported by regular contact with a GamCare therapist. The course has been designed so you can work at your own pace, wherever is most convenient for you, over the course of eight weeks.

The course consists of eight modules, each designed to address a different area relevant to your gambling behaviour.

Before you access the course, we will ask some questions about you and your situation. This will help us understand what is going on for you, how much support you might benefit from, and whether this course is the most suitable option for you.

When you have completed this initial assessment, we aim to notify you of whether you have been successfully registered for the course within two weeks.

Your registration details will be sent to the email address you provide. Should you run into any problems with the registration, please contact our support team

ccbt_treatment@gamcare.org.uk

Car parking permits for key workers and community volunteers across Norfolk

A reminder for key workers and community volunteers to apply for their free car park permits:

Parking teams across the county who have helped ease the way for health workers and volunteers to park for free. To apply: [Read about how county, city, borough and district councils have all come together to create new permits which allow free parking on-street and in council run car parks for key workers and community volunteers helping people across Norfolk.](#)

Financial Support for VCSE Organisations, Small Businesses and Hospitality

Community Action Norfolk has been working with District Council partners to ensure VCSE organisations who are struggling do not miss out on the government's grant packages. The grant packages are:

- Small Business grant – for organisations who receive small business or rural rates relief.
- Retail, hospitality, and leisure grants – for organisations who provide retail, hospitality or leisure services INCLUDING charities who are exempt from paying business rates.

The schemes are operated by District Councils; please contact your local District Council to find out who the scheme is operating in your area. To view the government guidance for the schemes please click the link below.

<https://communityactionnorfolk.us2.list-manage.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=8c68e6fa91&e=26f91473a5>

If you experience any problems claiming or accessing the support, please let us know by emailing covid@communityactionnorfolk.org.uk

Business COVID-19 Toolkit

The New Anglia Growth Team offer free advice and guidance to businesses in Norfolk and Suffolk. They have created a COVID-19 toolkit to provide businesses with up to date information and resources including:

- Latest information and guidance for businesses
- Funding opportunities
- Urgent call to help our frontline workers
- Useful links
- Free support provided by local businesses
- Free online workshops
- Social media messages you can share

For more information please click the link below.

<https://communityactionnorfolk.us2.list-manage.com/track/click?u=c6cf6edba7d2212b75d4841d5&id=8c122d70f8&e=26f91473a5>

Keith

When it is darkest, we can see the stars;- Ralph Waldo Emerson