

Helpful Contacts

If you're off sick, told to stay home and/or currently claim benefits and have money worries because of the Coronavirus, you may wish to visit the **Citizens Advice** at:

www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/

Foodbanks in the Great Yarmouth area can be found at:

www.greatyarmouthfoodbank.co.uk/

Opening Hours:

	Gorleston	Great Yarmouth
Monday	The Well, Gorleston Baptist Church, Lowestoft Rd. 9.30am – 12pm	The Salvation Army 9.30am – 11.30am
Tuesday		
Wednesday	St Mary Magdalene Church, Magdelene Square 9.30am – 11.30am	
Thursday	The Well 9.30am – 12pm	
Friday	St Andrew's Church, Church Rd. 2.15pm – 3.30pm	The Salvation Army 9.30am – 11.30am
Saturday		
Sunday	St Andrew's Church 2.15pm – 3.30pm	

Text the school Nurse – available 24 hours on 07480 635060

Point 1 – offering support for emotional well-being for children and families - contact 0800 977 4077

Early Help Family Focus - if you are worried about your child or family and think you might need some extra help - contact 01493 448188

Bereavement support – www.nelsonsjourney.org.uk or www.childbereavment.org.uk

Norfolk County Council Children's Services - 0344 800 8020

Helpful Contacts

Childline - a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they are here for you online, on the phone, anytime - 0800 1111

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

CAMHS - CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing - useful apps and online tools for support can be found at:

<https://camhs.cnw1.nhs.uk/young-people-adolescents/useful-apps-and-online-tools/>

If you think someone is in immediate danger or is seriously unwell you should always contact the emergency services by calling **999**.

The NHS are requesting that you do not need to call **NHS 111** to go into self-isolation.

If your symptoms worsen during home isolation contact **NHS 111 online**. If you have no internet access, you should call NHS 111. For a medical emergency dial **999**.

Please note that the NHS are advising that you avoid contacting NHS 111 or your GP Surgery unless you require emergency support.

Do not attend your GP Surgery if you have symptoms and/or without a prearranged appointment.

The NHS is advising that they will contact those considered to be at particularly high risk of getting seriously ill with Coronavirus to give specific advice from Monday 23rd March 2020.