



# Norfolk Federation of WIs

Charity Number: 227411

## Some Information you might find Useful

### Support

There is now a central contact point in place for all residents in Norfolk requiring support. Individuals in need should call 0344 8008020.

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus>

### Where I Live

For those supporting vulnerable residents the Norfolk County Council "Where I Live" will identify which district council someone comes under, and also identify local GP contact information. <https://www.norfolk.gov.uk/where-i-live>

### Techboomers

Techboomers.com is a free educational website that teaches older adults and other inexperienced Internet users with basic computer skills about websites that can help improve their quality of life.

<https://techboomers.com/>

### Every Mind Matters

Looking after your mental health while staying at home and tips to help if you are worried about coronavirus.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

### Libraries

Libraries are now closed, but all borrowed items are being automatically renewed and there will be no overdue charges.

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries>

### Bus passes

Norfolk County Council have arranged for concessionary passes to be allowed before 9.30am weekdays. This is to allow you to attend special shopping hours during the coronavirus outbreak. This includes those for pensioners and those who have a disability.

### Scam Alerts

If you become aware of any attempts at Coronavirus-type scams, report them to me ([fedsec@norfolkwi.org.uk](mailto:fedsec@norfolkwi.org.uk)) and I will pass it on or contact Action Fraud on 0300 123 2040 or the Citizens Advice consumer helpline: 0808 223 1133 (freephone)

### Volunteer to support the Coronavirus (Covid-19) response

Voluntary Norfolk, Momentum and Community Action Norfolk are working with Norfolk County Council and local health providers to recruit volunteers for a county wide effort role.

[www.voluntarynorfolk.org.uk/home-2/volunteering](http://www.voluntarynorfolk.org.uk/home-2/volunteering)