

Breckland – Information and Support for Families

Children's Advice and Duty Service (CADS) Norfolk County Council

If you are a professional, i.e. working with a child or young person in a formal or voluntary setting and not a family member or member of the public, you can contact the Children's Advice and Duty Service on their direct line: 0344 800 8021.

If you are a member of the public, you can do this through Norfolk County Council's Customer Services on 0344 800 8020.

Norfolk County Council: Home: Telephone Number: 0344 800 8020

Information on adult social care, children's services, libraries and adult learning

Norfolk County Council - How you can Help

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/norfolks-response-to-coronavirus/how-you-can-help>

Breckland Council:

<https://www.breckland.gov.uk/>
Telephone Number: 01362 656870

Breckland Council Community Support Hub

<https://www.breckland.gov.uk/community-support-hub>

Community Fridges & Food banks

<https://www.breckland.gov.uk/article/8565/Community-Fridges>

<https://thetford.foodbank.org.uk/>

<https://midnorfolk.foodbank.org.uk/>

Housing

Breckland Housing

<https://www.breckland.gov.uk/article/2909/Housing>

If you are at risk of homelessness or are currently homeless tonight; please follow the link below to complete our Housing Advise Form, alternatively please contact us on 01362 656870. There are wide range of properties available to rent from private landlords in the Breckland District.

Normal Opening Hours

Open 8am to 6pm Monday to Thursday and 8am to 5pm Friday except for the final Friday of each month when we close at 3.30pm.

Do you have an emergency when the office is closed?

Contact **01522 782246** to speak to an adviser handling emergency calls (homelessness, removal of syringes from public areas, environmental health emergencies etc).

Shelter <https://england.shelter.org.uk/>
National Helpline 0808 800 4444

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Health

GP Surgery

- Find a GP - NHS (www.nhs.uk)

Pharmacies

- Find a pharmacy - NHS (www.nhs.uk)

Children and Young People's Health - Just One Number

0300 300 0123

Chat Health Text 07480 635060

Mental Health:

First Response Public Helpline 0808 1963494

Samaritans:

Telephone 24/7 Call: 116 123

<https://www.samaritans.org/>

MIND 0300 330 5488

Dentist information:

Find a dentist - NHS (www.nhs.uk)

Emergency Dental Service:

Our services | NCH&C

(norfolkcommunityhealthandcare.nhs.uk)

Urgent and emergency care

- Information on NHS 111 and find your nearest A&E:

Urgent and emergency care

- NHS (www.nhs.uk)

Norfolk and Norwich

University Hospital, Colney Lane Norwich

NR4 7UY-Telephone Number:01603 286286

<http://www.nnuh.nhs.uk/>

Financial Support

Norfolk Assistance Scheme

<https://www.norfolk.gov.uk/care>

-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme

01603 223392 (option 5)

Turn To Us:

Online grant and benefit search

<https://www.turn2us.org.uk/Get-Support>

Community Action Norfolk:

ThinkingFuel: Telephone: 01362 698216

<https://www.communityactionnorfolk.org.uk/sites/content/thinkingfuel>

ThinkingFuel is Community Action Norfolk's community oil buying scheme. We help thousands of our members order fuel collectively - saving time and money. It's free to register to be part of the scheme and bulk ordering takes place on two set days each month to maximise savings. You can order oil on any working day of the month and still get a competitive price - but those two important days give the best price.

Council Tax & Benefits

<https://www.breckland.gov.uk/yourcounciltax>

Thetford Job Centre:

Breckland House, Breckland Business Centre, St Nicholas St, Thetford IP24 1BT

Dereham Job Centre:

Breckland District Council Elizabeth House Walpole Loke, Dereham NR19 1EE

Phone: 0800 169 0190

Contact Jobcentre Plus - GOV.UK (www.gov.uk)

Citizens Advice

Help to Claim Universal Credit Helpline 0800 1448 444

The Citizens Advice website gives you information on benefits and tax credits. There is also information about council tax and housing costs, national insurance, payment of benefits and problems with benefits. <https://www.citizensadvice.org.uk/benefits/> You can contact an adviser through their national phone service, Adviceline **03444 111 444** which is available 9am to 5pm, Monday to Friday. Their Chat service lets you talk to a trained adviser online. <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/>

Breckland – Information and Support for Families

Debt Advice & Support

Christians Against Poverty:

<https://capuk.org/>

Telephone: 01274 760720

New enquiries helpline: 0800 328 0006

Step Change Debt Charity

<https://www.stepchange.org/>

Call us for FREE on 0800 138 1111

(Monday-Friday, 8am-8pm,

Domestic Abuse

If you are in immediate danger, call 999

Call 101 for non-emergency enquiries

National Domestic Violence helpline
0808 2000 247

Leeway

- Domestic abuse helpline 0300 561 0077

<https://www.leewaysupport.org/>

Daisy Project

<https://www.daisyprogramme.org.uk/>

Telephone: 01953 880903

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Big Norfolk Holiday Fun - Active Norfolk

- the three posters below describe the activities on the Big Norfolk Holiday Fun link in blue.



The poster is for 'Big Norfolk Holiday Fun' and features a large blue location pin graphic on the right side. The background is light blue at the top and green at the bottom, representing a sky and grassy field. The Norfolk County Council logo is in the top right corner.

Big Norfolk Holiday Fun

Big Norfolk Holiday Fun Scheme for families eligible for means tested free school meals

Children will be able to access up to 16 days of free activity throughout the summer holidays, the sessions will be varied and include a free meal each day.

Book your child a place today!

Don't miss out on your first choice – spaces are limited.

Free activities for 5-16 year olds during the Summer Holidays

- Sports and fitness
- Outdoor fun
- Art and craft
- Youth clubs and projects
- Science and nature
- Drama

 To register and to get your unique code for the free activity days visit www.activenorfolk.org/getmycode

Breckland – Information and Support for Families

Free activities during the summer holidays taking place near you!

If you claim free school meals you'll be eligible to take part in free activity days during the summer holidays.



Keep busy and active, make new friends and learn new skills during the holidays - plus you get a free healthy meal too



Choose from

- Football and multi sports
- Water sports (kayaking, canoeing, paddle boarding)
- Drama, theatre and dance
- Music
- Mad Science camp
- Cooking

And lots more!

**Don't
miss out!**

Ask your parent or carer to book you on today with your free promo code.
www.activenorfolk.org/getmycode

Breckland – Information and Support for Families

Big Norfolk Holiday Fun programme is now open **– FREE summer holiday activities for children aged 5-16** **who are eligible for means tested free school meals**

Following on from our successful Easter holiday scheme we're pleased to announce that our summer holiday scheme for 5-16 year olds is now open for booking. We have a fantastic range of face to face activities for children taking place this summer including sports, music, arts and other exciting opportunities to learn and develop skills, alongside a free nutritious meal each day.

This opportunity is provided as part of the government's Holiday Activities and Food (HAF) programme being delivered across Norfolk by Norfolk County Council in partnership with Active Norfolk.

Please share the flyer provided with any families that you work with that are eligible for means tested free school meals to encourage parents and carers to book their children onto the activities.

Please do encourage families to sign up as soon as possible. The earlier families sign up to the scheme the better so they can get their first choice of activity. Families can access up to 16 days of activities.

Some families may need support with booking and we appreciate any help you can offer to help them to take advantage of this scheme.

Booking can be done in 3 simple steps

- 1) Parents should visit www.activenorfolk.org/getmycode to register and receive their Big Norfolk Holiday Fun booking code
- 2) They can check out all the fun activities here www.norfolk.gov.uk/holidayactivities and decide which ones they'd like to book
- 3) Parents need their booking code to hand and click on the links provided for their chosen activity. Using their booking code will ensure that the activities will be completely free of charge.

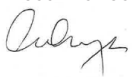
Please remember that the free holiday activities are likely to be popular and we really don't want families to miss out! **Securing a code does not guarantee a place on activities and places are booked on a first come first served basis.**

If you have any questions please get in touch at BNHF@norfolk.gov.uk

Thank you in advance for your help with sharing this information with Norfolk families.

Looking forward to a fun and active summer.

Best wishes



Tim Eyres

Assistant Director Commissioning and Partnership
Norfolk County Council

