

## **Covid 19 Food Support for Norwich Area**

Updated: 19/03/20 by Partnership and Community Focus City Team, NCC

If you are aware of anything on this list is incorrect, please email us at

[communityfocuscityandsouth@norfolk.gov.uk](mailto:communityfocuscityandsouth@norfolk.gov.uk)

Please note we do not endorse any service included on this list. Use of these services is at your own discretion, we do not in any way verify the quality or availability of the services listed.

### **Community Fridges:**

A Community Fridge is a refrigerator located in a public space. It enables food to be shared within a community, as anyone can put food in and take food out.

West Costessey Centre, Poethlyn Drive, Queen's Hills, Costessey, NR8 5BP: 01603 742958

Tuesday 6pm - 8pm

Wednesday 6pm - 8pm

Friday 6pm - 8pm

Saturday. 9am - 12 pm

Sunday 9.00am -12 noon

St Francis Church, Rider Haggard Road, Norwich, Norfolk, NR7 9UQ: 01603 702799

Tuesdays 1.30pm – 2.30pm

Thursdays 11am – 12pm

Ormiston Victory Academy, Middleton Crescent, Costessey, Norwich NR5 0PX:  
closes 20/3/2020

Monday to Friday 8am - 3pm:

Dussindale Community Centre, Pound Ln, Norwich NR7 0SR: 01603 701048

Monday to Friday 10am - 4pm

Saturday 9am - 11am

### **Mike, Debs and Sons Market Stall –**

Due to the current circumstances, they are now offering local deliveries in your area. Market stall is open as usual but for those in need we are here to help for HOME DELIVERIES.

Please call us on 01603 305841 or message us on Facebook messenger to arrange a delivery.

Deliveries of £20 or more are free. Times will be allocated

### **Hidden Treasures, Magdalen Road**

Has a shop on Magdalen road if any elderly people or you are Self-isolating and need anything please let them know. They run a food bank for the homeless and

anyone who needs help and will do their best to help you with items, just pop me a message.

Need to access Eric at Hidden Treasures via facebook

**Stop and Go Shop, Woodgrove Parade, Catton Grove Road 01603 929802**

Raj will deliver locally if he has stock

**Soul Church 4 Mason Rd, Norwich NR6 6RF 01603 488880** are planning to run FISH (Food In School Holidays) activities when school closes. This will be based in Heartsease weekdays; Mon to Fri (possibly St Francis but they are not sure yet)

They are batch cooking single and couple meals for a 'wheels on meals' service to those elderly and vulnerable.

The Soul church café is closing for the time being, but they will operate a 'care package' pop up food distribution point at Church. There may be some delivery to those 'isolated' as well.

**Foodbanks –**

All 10 are still open as of 18/3/2020 and are still operating on the usual voucher system. Link to their locations: <https://www.trusselltrust.org/get-help/find-a-foodbank/norwich/>

**Hot meals –**

**MONDAY**

Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)

St Stephen's Church Café Pay what you can afford, minimum charge £1 (10am to 4pm)

Soul Church offering hot food at Haymarket – 7pm-8pm

**TUESDAY**

Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)

Norwich Elim Church, Trory Street Free breakfast and dinner (9.30am – 12.30pm)

St Stephen's Church Café Pay what you can, minimum £1 (10am to 4pm)

Oak Grove Chapel, 70 Catton Grove Road – Free hot meal (6-7.30pm)

People's Picnic, Haymarket (8pm)

Salvation Army Soup Run, Haymarket (8.30pm) **STOPS FRIDAY 20<sup>th</sup> March**

Russell Street Community Centre - Spud Club - Tuesday's in term time, 4:30 - 6pm. A meal for primary school aged children and parents.

**WEDNESDAY**

Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)

Russell Street Community Centre - Noah's Boat - Toddler group on Wednesday's term time, 10 - 11:30. Includes tea and cake for parents and kids snack too.

St Stephen's Church Café Pay what you can, minimum £1. (10am to 4pm)  
New Hope Christian Centre, 2 Martineau Lane Light lunch (10am-2pm)  
Harford Community Centre mostly cakes and bread rolls available to any local residents of Lakenham and Tuckswood who need them. (2.15-3.15pm)  
Norwich Soup Movement, Haymarket (8pm)  
Soul Church Haymarket hot food 7pm – 8pm

### **THURSDAY**

Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)  
St Stephen's Church Café Pay what you can, minimum £1 (10am to 4pm)  
Norwich Soup Movement, Haymarket (8pm) (unsure if this is still on)

### **FRIDAY**

Salvation Army, Pottergate Arc Hot breakfast £1.20/free toast (8-10.45am)  
St Stephen's Church Café, Pay what you can, minimum £1 (10am to 4pm)  
Hot breakfast 50p Trinity United Reform Church, 1 Unthank Rd (City end)  
Soup/bread (12.30pm – 1.30pm)  
Soul Church, Café Soul, 4 Mason Road, NR6 6RF Minibus service with 3 pickups;  
• 12noon City Reach/Highwater House, opposite Toys R Us  
• 12:15 from YMCA Central on All Saints Green  
• 12:30 from Bishops Bridge House on Gas Hill  
Free two course lunch. Shower and laundry facilities.  
Society Alive Community café still runs every 1st and 3rd Fridays of every month (12.30-2.30) Clover Hill Village Hall, Humbleyard, Norwich, NR5 9BN  
Food Cycle, Quaker Meeting House, Upper Goat Lane, NR2 1EW Hot meal (7pm)  
Salvation Army, Pottergate Arc (7.30pm – 9.30pm)  
Free hot meal for rough sleepers only Norwich Soup Movement, Haymarket (8pm)

### **STOPS FRIDAY**

Soul Church hot food at Haymarket 7pm – 8pm

### **SATURDAY**

The Welcome Wagon, breakfast food and drinks City Centre 6am  
Russell Street Community Centre - Breakfast Club - every saturday 10-11:30  
St Stephen's Church Café, (10am-4pm) Pay what you can, minimum £1  
Society Alive Soup evening (4.30-6.30) Clover Hill Village Hall, Humbleyard, Norwich, NR5 9BN  
City Saints in Action, St Augustine's Church Hall, St Augustine's Street – jacket potato with filling, £donation (4pm – 7pm)  
Salvation Army Soup Run, Haymarket (8.30pm) **STOPS FRIDAY 20<sup>th</sup> March**

### **SUNDAY**

The Welcome Wagon, breakfast food and drinks City Centre 6am  
People's Palace Café Vauxhall Street, 26 Suffolk Square NR2 2AA (11am–2pm)

The Kings Centre, Kings St, NR1 1PH (2pm – 4pm) Free hot meal, laundry and shower facilities

Anon Street Team, Haymarket (8pm)

Hot food Salvation Army Soup Run, Haymarket (8.30pm) **STOPS FRIDAY 20<sup>th</sup>**

**March**

Hebron Chapel, Haymarket - every other Sunday (8.30pm)

# Edition 1: Covid 19 Resource packs for families

Date: 19/03/20

## **Early Help Hubs**

Currently Early Help Hubs are still being manned. Contact your local hub on

**South** : 01508 533701 email [earlyhelphubsouth@S-NORFOLK.GOV.UK](mailto:earlyhelphubsouth@S-NORFOLK.GOV.UK)

**City** : 01603 212121 email [nehh@norwich.gov.uk](mailto:nehh@norwich.gov.uk)

## Links to official sites for advice and guidance

**Latest information and advice can be found at:**

<https://www.gov.uk/coronavirus>

### **Health Advice**

For health information and advice, read NHS pages on

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **Guidance for employees, employers and business**

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

### **Guidance for education settings**

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

### **Easy read leaflets, available in an electronic format through the Mencap and Mind websites**

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### **NHS leaflet available to download from our Health information leaflet service website**

<https://brochure.norfolklivingwell.org.uk/product/coronavirus-wash-your-hands-more-often-for-20-seconds-a4-poster>

### **Resource from Young Minds aimed at children and young people who are anxious about the virus:**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

### **LUMI directory: Information for community organisations and those amazing residents who want to get out there and lend a helping hand.**

<https://www.lumi.org.uk/resources/resources-and-toolkits/covid-19/>

### **Tax Helpline to support small business and self-employed**

<https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19>

At time of print more than 79,000 people around the world have recovered from Covid-19, and 52 in the UK.

## Links to activities for children and families

### Apps for mental health

<https://www.goodschoolsguide.co.uk/special-educational-needs/mental-health/apps-for-mental-health>

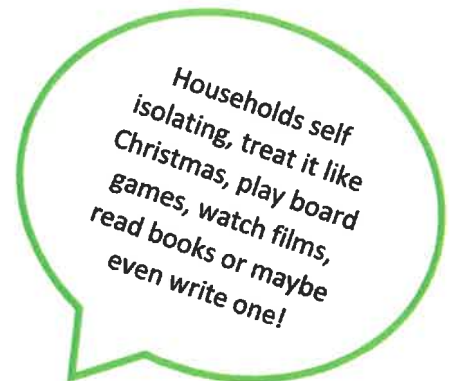
### Free online books from your local library

<https://www.overdrive.com/apps/libby/>

### Free education links for children

<https://www.twinkl.co.uk/resources/lovely-premium-resources>

<https://www.bbc.co.uk/bitesize>



### Exercise games and indoor activities for kids

<https://mommypoppins.com/newyorkciykids/25-exercise-games-indoor-activities-for-kids>

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

### Free colouring pages

<https://www.crayola.com/featured/free-coloring-pages/>

<http://coloring-4kids.com/>

<https://www.twinkl.co.uk/resource/t-t-751-easter-colouring-posters> (Easter)

### Crafting ideas:

<https://www.crayola.com/crafts/trending-crafts/>

### General fun:

<https://www.5minutefun.com/>

<https://fiveminutemum.com/>

## Information regarding food and supplies

### Cheap meal and store cupboards ideas

- <https://cookingonabootstrap.com>
- [https://www.bbc.co.uk/food/collections/raid\\_the\\_storecupboard](https://www.bbc.co.uk/food/collections/raid_the_storecupboard)
- <https://www.goodtoknow.co.uk/food/recipe-collections/cheap-family-meals-recipes-under-1-per-head-33813>
- <http://www.foodnetwork.co.uk/article/budget-family-recipes.html>

Struggling and need help? These links may be able to help, but please be aware they may close under the current conditions, so call first if you can.

- Find a community fridge <https://www.hubhub.org.uk/the-community-fridge>
- Download the free Olio App (like Freecycle, but for food sharing) <https://olioex.com/>
- The Feed (Norwich) have this list of Food assistance on their website <https://thefeed.org.uk/foodassistance/>
- If you are advised to use a Foodbank (Note: foodbanks are still using the voucher system), the opening times are shown below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 – 12:00 St Elizabeth's Church Cadge Road, Norwich NR5 8DG	18:00 – 19:30 Oak Grove Chapel 70 Cotton Grove Road Norwich NR3 3NT	10:00 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP	13:00 – 15:00 Norwich Central Baptist Church Duke Street Norwich NR3 3AP	10:00 – 11:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY	10:30 – 12:00 St Stephens Church Rampant Horse Street Norwich NR2 1QP
11:00 – 12:00 Wymondham Baptist Church Queen Street Wymondham NR18 0AY		12:00 – 14:00 New Hope Christian Centre 2 Martineau Lane Norwich NR1 2HX	13:30 – 15:00 Mile Cross Methodist Church Aylsham Road Norwich NR3 2RU	10:00 – 12:00 Gateway Vineyard Church Nelson Street Norwich NR2 4DR	

Finally, try websites like this one for shopping and budgeting advice:

Money supermarket shopping tips

<https://www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/>

We are being forced to change our lives and how we live/eat dramatically, so embrace it, change some of the bad habits and adopt new healthier, less wasteful habits.

## Community help / Local offers/Links to posters and other useful media

To get local updates on what is going on in your area – go to <https://covidmutualaid.org/local-groups/> click on the map to make it bigger so that you can hone in on your local area.

Check the South Norfolk Help Hub or Norfolk County Council websites and Facebook pages <https://www.south-norfolk.gov.uk/>

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

<https://www.facebook.com/southnorfolkccouncil/>

<https://www.facebook.com/Norfolkcc/>

Also, check the Facebook groups for your area as well, they have many offers of help.

[Coronavirus poster - English](#) (click to access)

Communities across our region have pulled together and started up hundreds of new groups to support each other and the vulnerable at risk

## Posters in other languages

[Coronavirus poster - Afrikaans](#)

[Coronavirus poster - Bengali](#)

[Coronavirus poster - Bulgarian](#)

[Coronavirus poster - Cantonese](#)

[Coronavirus poster - French](#)

[Coronavirus poster - Hungarian](#)

[Coronavirus poster - Kurdish](#)

[Coronavirus poster - Latvian](#)

[Coronavirus poster - Lithuanian](#)

[Coronavirus poster - Mandarin](#)

[Coronavirus poster - Polish](#)

[Coronavirus poster - Portuguese](#)

[Coronavirus poster - Perian Farsi](#)

[Coronavirus poster - Romanian](#)

[Coronavirus poster - Slovak](#)

[Coronavirus poster - Spanish](#)

[Coronavirus poster - Tigrinya](#)

[Coronavirus poster - Turkish](#)

### **Produced by Partnership and Community Focus City & South Team, Norfolk County Council**

Disclaimer: The information provided in our pack is sent to us from various sources. We try to ensure the information is correct at the time of publication but there may be some inadvertent errors. Publication in our pack does not necessarily constitute an endorsement of a service / organisation and we would advise you to take reasonable steps to check the services offered and organisation prior to using them – especially if you are referring children, young people and vulnerable adults to a service. Norfolk County Council cannot accept any liability for any services provided by a third party.