

Are you (or is someone in your community) feeling lonely or isolated?

There is FREE support that could help!

Operation No Cold Shoulder is a year-long project funded by the National Lottery Community Fund running in your area from April 2020 until March 2021 and is offering the following free support;

Free Creative Wellbeing Packs

Provided by Creative Arts East for people aged 18+

A series of postal packages containing creative arts activities to try at home, including music making, crafts, movement activities and more!

No prior experience is needed.

Call Lea or Sydney on 01953 713390 or email info@creativeartseast.co.uk



Free Telephone Befriending

Provided by Age UK Norfolk for people aged 60+

Offering people aged 60 and over friendly conversation by telephone from a dedicated befriending volunteer. We call weekly for an enjoyable and stimulating chat.

Call 01603 785 223 or email befriending@ageuknorfolk.org.uk



Free Befriending Support in West Norfolk

Provided by West Norfolk Befriending for people aged 60+

Matching isolated older people age 60 and over with a volunteer befriender who can contact them on a regular basis (by phone during lockdown) – supporting socially isolated older people and their carers in West Norfolk.

Call 01553 763500 or email info@wnbefriending.org.uk



Would you like to help lonely or socially isolated neighbours?

The project is offering free support for communities who would like to set up Good Neighbour Schemes in their area where volunteers help those most in need in their neighbourhood with practical support.

Free help to set up Good Neighbour Schemes

Provided by Community Action Norfolk (CAN)

Step-by-step support, advice, a resource pack and funding support to help a scheme get up and running along with ongoing advice and support including an option of online training sessions.

Call Tracey on 01362 545024 or email tracey.allan@communityactionnorfolk.org.uk

