

Need help? Not sure who to talk to? Too much or too little information?

Helpful contacts for Denton residents during the current crisis

Help with shopping - Lots of people have volunteered to help with this. You can find a list on the website <https://www.denton-norfolk.co.uk/news/2020/03/support-isolated> . If you can't/don't want to use the website, ring Kath & Terry Hanner 01986 788141 or Anne & Richard Carden 01986 788279 for information.

Prescription collection - as above. Also, if you have a mobile phone and are on the village messaging group 'dentontalk' you will see messages from those who are going to collect prescriptions and are prepared to pick up for others. If you would like to join 'dentontalk' please email r.carden@btinternet.com or call him on 01986 788279

'Shielding' letters - you may have received one of these. Please follow the instructions to find out about the support on offer.

Not everyone who needs a 'shielding' letter received it in the first wave of posting. A second batch has been sent out.

If you think you should have received a letter but have not, you should contact your GP as they are compiling the lists. Please note - age alone is not a criterion for shielding.

Vulnerable but not 'shielded' - There are many people in need of help who have not received a 'shielding' letter. South Norfolk have put a designated phonenumber in place. Call 0344 800 8020 between 9am and 5pm. If you would rather talk to someone in the village call Gill 01986 788188.

Financial difficulty -South Norfolk have created a hardship fund. Phone 0344 800 8020 between 9am and 5pm. There is also some financial assistance available specifically for Denton residents. Contact Rev Chris on 01986 895423 / chrishutton@hotmail.com or call Helen 01986 788549. Everything will be kept strictly confidential.

Feeling overwhelmed - social distancing isn't easy. Many of us feel isolated. Or too close to those we live with. Or driven to cope in ways that we know aren't healthy. If loneliness is the issue, there is a list on the village website of people who are happy to have a chat at any time. If you need more than this, we can help you to find the support you need. Contact Rev Chris in confidence – details above.