

Oulton Parish Council - COVID-19 - Useful Contact Numbers

Oulton Parish Council has put a list together of useful contact numbers for the people of Oulton if they need support in these difficult times:

YOUR LOCAL COUNCILLORS:

(Cllr) James Reeder - 07907979521

(Cllr) Edward Back-07970068285

(Cllr) Andree Gee-07825272985

(Cllr) Keith Robinson-07824864412

It's not a 999 emergency,
but you need medical help fast.



For more information visit www.nhs.uk/111

116 123

SAMARITANS

"It's alright to
ask for help"



COMING TOGETHER WAVENEY

SUPPORTING THE VULNERABLE DURING COVID-19

CONTACT US

0333 335 5237

SUPPORT@COMINGTOGETHERWAVENEY.UK

WWW.COMINGTOGETHERWAVENEY.UK

HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD

Tribe - Volunteer
APP TO VOLUNTEER



Need a volunteer's help? Call: 0800 876 6926

FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

- 9:00 **PE WITH JOE WICKS**
YOUTUBE.COM/THEBODYCOACH
- 10:00 **MUSIC WITH MYLEENE KLASS**
YOUTUBE/MYLEENESMUSICCLASS
- 11:00 **SCIENCE WITH MADDIE MOATE**
YOUTUBE.COM/MADDIEMOATE
- 11:30 **DANCE WITH OTI MABUSE**
YOUTUBE.COM/OTIMABUSEOFFICIAL
- 13:00 **MATHS WITH CAROL VORDERMAN**
THEMATHSFACTOR.COM
- 14:00 **HISTORY WITH DAN SNOW**
TV.HISTORYHIT.COM
- 15:00 **ENGLISH WITH DAVID WALLIAMS**
WORLDOFDAVIDWALLIAMS.COM
- 17:30 **FOOD TECH WITH JAMIE OLIVER**
CHANNEL4.COM/KEEPCOOKINGANDCARRYON



WWW.KIDADL.COM



Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

