



COMMUNITY HUB

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Boxford Community Hub Update 19 April 2020

Suffolk County Council - Covid 19 Briefing.

We periodically receive briefing notes from Suffolk County Council. These are often extensive and have information that may be of interest to some, but not all. The notes from the 16 April can be accessed on the Community Hub news page. The direct link to the document here:

<http://boxford.me.uk/wp-content/uploads/2020/04/Covid-19-Briefing-16-April-Suffolk-County-Council.pdf>

Some key points of interest are included in this update. However, appreciating that everyone's situation is different, we would encourage you to read the main document.

Mental Health Tips

Every mind matters have published 10 top tips for people who are worried about coronavirus;

www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/

Mental Health First response

Yesterday the Norfolk and Suffolk Foundation Trust launched their First Response helpline. The helpline is staffed by trained mental health professionals who will be able to listen to concerns and help people get the support they need. Call 24/7 on 0808 196 3494. For more information visit:

<https://www.nsfst.nhs.uk/Find-help/Pages/Helpline.aspx>

Fake Supermarket emails, Fake Facebook posts, Scam Emails

Unfortunately times like these present opportunities for scammers and other criminals. The latest problems include fake emails from Supermarkets and Sextortion emails. For more information go to Suffolk Trading Standards <https://www.suffolk.gov.uk/community-and-safety/suffolk-trading-standards/scams/> and <https://www.actionfraud.police.uk/news>. There is some online learning available via the National Trading Standards website on how to spot a scam

<https://www.friendsagainstscams.org.uk/elearning/Suffolk>

Volunteer ID Badges

If you have registered with the community hub as a volunteer and haven't received your ID badge please email evanflockhart@icloud.com or ring the Community Hub Telephone number.

Community Hub Website

The community hub website continues to be updated as necessary and includes information on shopping local: <http://boxford.me.uk/home/boxford-community-hub/>

Community Hub News Page

<http://boxford.me.uk/home/boxford-community-hub/latest-hub-news/>