

## **Website information and resources for communities**

The links below will take you to self-run local groups that are helping to support their local communities.

[Depden Community Support Volunteers](#)

[Bury St Edmunds Covid-19 Community Aid](#)

[BSE Covid-19 Support](#)

[Bury St Edmunds villages Coronavirus Community support](#)

[Lambert Grove Kennett COVID 19 Mutual Aid](#)

[Newmarket Coronavirus Volunteer Network](#)

[Haverhill - Let's Get Through This Together](#)

[Haverhill South Suffolk Covid-19 Action](#)

[Long Melford Covid-19 Support Group](#)

[Fornham & Ingham Community Support Scheme](#)

[Thurston COVID19 Mutual Aid Community Support Group](#)

[Freckenham Community Group](#)

[Pakenham Village Community Group](#)

[Sudbury Community Network](#)

[Bardwell Covid-19 Community Help](#)

[Mid & West Suffolk Community Helpers & Requests](#)

[Community Help In Diss](#)

[Banham \(Covid-19\) Community Network](#)

[Thetford & Brandon Covid-19 Mutual Aid](#)

[Barrow & Denham](#)

## **Local Charities**

[Befriending Network](#)

This group support local isolated older people through friendship and connection.

### [Our Special Friends](#)

Our Special Friends helps people continue to benefit from animal companionship by providing practical and emotional support during illness, bereavement or other crises

### [Suffolk Family Carers](#)

Suffolk Family Carers is an established charity, helping family carers of all ages across Suffolk get the support they need to live fuller lives.

### [Age U.K. Suffolk](#)

Information, advice and befriending services for older people

### **Offering your support**

#### [Home But Not Alone](#)

This link helps connect people who want to volunteer in their communities with neighbours who are most in need.

#### [NHS Volunteer Responders](#)

This site allows you to apply to be volunteer NHS responders. Roles include; Community Response Volunteer, Patient Transport Volunteer, NHS Transport Volunteer and Check-in and Chat Volunteers

#### [Looking for guidance and resources on how to support your community?](#)

This website provides information, resources and helpful tips in setting up your own local support group

### **Information on how to care for somebody at home when they're dying**

<https://www.mariecurie.org.uk/help/support/being-there/end-of-life-preparation/home>

<https://www.mariecurie.org.uk/help/support/coronavirus>

[Caring for the carer when someone is dying](#)

[Tips for talking with someone who is dying](#)