A big thank you to everyone that is helping within our communities at this very difficult time. Many residents are organising help for others, with plans in place to help with such things as shopping, picking up prescriptions, contacting residents living on their own, working with local businesses that will deliver in our area and looking out for one another to make sure that we are all looked after and kept safe and well. So big thank you also to the many local shops and businesses that are working so hard to get the supplies that we all need. In Pulham St Mary you have your Parish Council Website with all the information you might need during this outbreak, with all of your many volunteers there ready to help as and when needed.

People across Norfolk have done an excellent job so far during this difficult period by staying at home (traffic volumes are down about 80%) staying safe and helping to slow the spread of this virus. But our efforts will only be effective if everyone continues to do their part by following the rules and stay at home to help save lives.

During this difficult time there will be additional pressures on mortuaries, undertakers and crematoria. The Norfolk Resilience Forum is therefore ensuring there is additional capacity to help make sure the county's hospitals have enough space in their mortuaries. A temporary mortuary is being set up at Scottow Enterprise park (the old Coltisahall Airbase). This will be a short-term centre and will support the whole county.

Every household in South Norfolk has received a letter from Trevor Holding (Managing Director South Norfolk Council) and John Fuller (Leader of South Norfolk Council) with helpful information and contact details about help for the Vulnerable, Volunteering, Financial help, Help for businesses, Donations, Government advice and Public Health advice. If anyone needs help they can contact a designated phone line on 0344 8008020 or visit www.norfolk.gov.uk/coronavirus Contact the for the Hardship Fund is 01508 533933 or visit www.south-norfolk.gov.uk/coronavirus If you are a business in need of help, please visit the New Anglia Growth Hub website for free support www.growthhub@newanglia.co.uk or call 0300 333 6536

Norfolk supports health workers and volunteers with new COVID-19 Response permit. A simple parking permit is available to ease the way for health workers and community volunteers helping people across Norfolk. All councils have come together to create a new permit which will allow free parking on-street and in council run car parks. People can apply online for the new COVID-19 Response Permit by providing a photo of their NHS ID or voluntary assignment document. Concessionary fares (Bus passes) can now be used at any time instead of the 9.30am start time, this enables older residents to access stores that have a dedicated shopping time.

Our highways teams can continue to do emergency works and maintenance works on our highways by sticking to government guidelines and our annual re-surfacing works start on April 15th in our coastal areas so that when the restrictions are lifted people can access our lovely coast and not get held up by these works.

More than 60 firefighters will be driving ambulances across the county. The firefighters responded to a call for help as the East of England Ambulance Service is stretched by staff sickness and the demand from the pandemic.

So as you can see from the above everyone is working together to keep us all Safe and Well. I would like to say to you all, **Take Care, Look Out For One Another and we will get through this.**

With My Very Best Wishes Martin