

Local information and support

Wellbeing

Kooth

www.kooth.com
for 10 – 16 year olds

Well Being Norfolk

Mental Health, Wellbeing and Emotional Support
(wellbeingnands.co.uk) age 16+

Samaritans

Free phone: 116123
www.samaritans.org/branches/norwich

Parenting

Family Lives (Parentline)

0808 800 2222
<https://www.familylives.org.uk/>

ECFS

ages 0-5 0344 8008020
(14) Broadland Early Childhood & Family Service | Facebook

Health

NHS

The NHS website - NHS
(www.nhs.uk)
111

Just One Norfolk

Health Advice & Support for Children
- Just One Norfolk
0300 300 0123

Change Grow Live

Change Grow Live | Charity |
We can help you change your life

Carers Matter Norfolk

Home - Carers Matter Norfolk
0800 083 1148

Money Matters

Money Advice Hub

Money Advice Hub
0333 305 7648

Norfolk Assistance Scheme

01603 223392 #5

Norfolk Citizens Advice

I need help — Norfolk Citizens Advice
(ncab.org.uk)
0800 144 8848

Housing Advice

Broadland District Council

Housing – Broadland and South Norfolk
(southnorfolkandbroadland.gov.uk)

Shelter

Shelter Services in Norwich (Norfolk)
- Shelter England
0344 515 1860

Relationships

The Family Mediation Trust

East of England Family Mediation
(thefamilymediationtrust.org)
01603 620588

Norfolk Community Law

www.ncls.co.uk
01603 496623

Leeway

www.leewaysupport.org
0300 561 0077

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Safeguarding

Support for Families CADS (Children's Advice and Duty Service)

- 0344 800 8020 for any concerns about the welfare/safety of a child. Young Person's CADS line 0344 800 8029.

Multi Agency Safeguarding Hub - Adults 0344 800 8020

Broadland District Council

Early Help Hub call 01603 430431 or email helphub@broadland.gov.uk
Getting help – Broadland and South Norfolk
(southnorfolkandbroadland.gov.uk)

Activities

Norfolk Libraries

Activities for children and young people
- Norfolk County Council

Norfolk Wildlife Trust

Whats on - Norfolk Wildlife Trust

Norfolk Big Summer Fun - check for updates

Big Norfolk Summer Fun -
Norfolk County Council

Family Learning Courses

Family learning courses -
Norfolk County Council

Norfolk Community Directory

Home | Norfolk Community Directory

Active Norfolk - Activity Finder

Brand New Activity Finder - Get Active
In Norfolk - Active Norfolk

Food Parcels

For information on where to access food please contact the **Broadland Early Help Hub** 01603 430431 or email helphub@broadland.gov.uk
Getting help – Broadland and South Norfolk
(southnorfolkandbroadland.gov.uk)