



Norfolk County Council

Children's Advice and Duty Service (CADS)

0344 800 8020

Young Person's CADS line - 0344 800 8029

Multi Agency Safeguarding Hub

Adults 0344 800 8020

Money Matters

Find out how Norfolk County Council can help you:

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits>

Norfolk Assistance Scheme

0344 800 8020 Option 5

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

Step Change – Free, impartial debt advice.

0800 138 1111

Monday to Friday 8am – 8pm

Free Debt Helpline & Online Advice.

Contact StepChange

<https://www.stepchange.org/>

MAP - For young people up to age 25

0800 074 4454

advice@map.uk.net

www.map.net.uk

Food Bank Information

Cromer Food bank

07826 376343

info@cromerdistrict.foodbank.org.uk

www.cromerdistrict.foodbank.org.uk

Locations:

Cromer Methodist Church

Thursday 13:30 – 15:00

Holt Youth Project – Friday 13:30 – 15:00

North Walsham Catholic Church of the Sacred Heart

– Wednesday 13:30 – 15:00

Sheringham Roman Catholic Church Hall

Wednesday 13:30 – 15:00

Stalham Baptist Church Stables –

Friday 13:30 – 15:00

Mid Norfolk Foodbank

07826 376343

info@midnorfolk.foodbank.org.uk

Location:

Fakenham Salvation Army – Monday 11:00

– 13:00 and Thursday 13:00 – 15:00

Norwich Food bank

0300 365 1123

admin@norwich.foodbank.org.uk

Location:

Wroxham and Hoveton United Reform Church

– Friday 10:30 – 12:00

Community Larders and Fridges

Fakenham Community Fridge at First Focus

01328 85508

www.facebook.com/FirstFocusFakenham

Holt Community Fridge at The Treehouse,

07946 725962

www.facebook.com

<https://www.facebook.com/thetreehouseholt>

Merchants Place Community Larder, Cromer

01263519454

www.merchantsplace.co.uk

Mundesley Community Larder

01263 722218

www.facebook.com/communitylarder

North Walsham Community Fridge

www.facebook.com/NWCFS

Sheringham YESU Community Fridge

07752 275086

<https://www.yesu.co.uk/community-fridge>



Housing

Victory Housing Trust

- 033 0123 1860
<https://victoryhousing.co.uk/>

Housing Options Service NNDC

01263 516375
Emergency out of hours: 01223 849700
www.north-norfolk.gov.uk/info/housing/housing-options-service/

Assist Trust

- 01603 230200
www.assist-trust.co.uk/about-us/contact

Crisis single homeless

- 0300 636 1967
<mailto:enquiries@crisis.org.uk>

Streetlink (Rough Sleepers)

0300 500 0914
www.streetlink.org.uk

Carers and Young Carers Support

Young Carers Matters Helpline

0800 0831 148
www.youngcarersmatternorfolk.org

Carers Matters

- 0800 0831 148
<https://carersmatternorfolk.org.uk/info@carersmatternorfolk.org.uk>

Chill4usCarers

- 01603 340193
www.chill4uscarers.co.uk/about-us

Young Carers online Forum (18yrs +)

www.carersuk.org/forum/support-and-advice/young-adult-carers

Caring for Adults with Aspergers

01603 620500
www.carersmatternorfolk.org.uk/groups/north-norfolk/caring-for-adults-with-aspergers/

Carers Headspace - (traumatic and acquired brain injury) - 01603 788114
www.carersmatternorfolk.org.uk/groups/north-norfolk/carers-headspace-sheringham

Adult Learning

Norfolk County Council

www.norfolk.gov.uk/education-and-learning/adult-learning

Norfolk Libraries

Email - libraries@norfolk.gov.uk
<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries>

Cromer Library

- Prince of Wales Road, Cromer, NR27 9HS

Sheringham

- New Road, Sheringham, NR26 8EB

Holt

- 9 Church Street, Holt, NR25 6BB

Wells

- Station Road,
Wells-next-the-Sea, NR23 1EA

North Walsham

- New Road, North Walsham, NR28 9DE

Mundesley

- 18 Cromer Road, Mundesley, NR11 8BE

Stalham

- High Street, Stalham, NR12 9AN

Fakenham

- Oak Street, Fakenham, NR21 9DY



GP Surgeries

Birchwood Medical Practice

Park Ln, North Walsham NR28 0BQ
01692 402035

Cromer Medical Practice

Mill Rd, Cromer NR27 0BG - 01263 513148

Fakenham Medical Practice

Meditrina House, Trinity Road, Fakenham
NR21 8SY - 01328 851321

Holt Medical Practice

Kelling Hospital, Old Cromer Rd, High
Kelling, Holt NR25 6QA - 01263 712461

Hoveton and Wroxham Medical Centre

Stalham Road, Hoveton, NR12 8DU
01603 782155

Ludham and Stalham Green Surgeries

Staithe Road, Ludham, 01692 678611

Mundesley Surgery

Munhaven Cl, Mundesley,
Norwich NR11 8AR - 01263 724500

Paston Surgery

9-11 Park Ln, North Walsham
NR28 0BQ - 01692 403015

Sheringham Medical Practice

Cromer Rd, Sheringham NR26 8RT
01263 822066

The Staithe Surgery

Lower Staithe Rd, Stalham, Norwich
NR12 9BU - 01692 582000

Wells Health Centre

Bolts Cl, Wells-next-the-Sea
NR23 1JP 01328 710741

Extra Health and Mental Health Services

Just One Number - 0300 300 0123
www.justonenorfolk.nhs.uk

Just One Number – Parentline
Text 07520 631590

MIND - 0300 330 5488
<https://www.norfolkandwaveneymind.org.uk/>

Samaritans - 116 123
- www.samaritans.org

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk

Change Grow Live
- www.changegrowlive.org

NSPCC - 0808 800 5000
- help@nspcc.org.uk

Childline - 0800 1111
www.childline.org.uk

The Help Hub (social isolation)
[www.thehelphub.co.uk/
book-an-appointment](http://www.thehelphub.co.uk/book-an-appointment)

**First Response (NHS)
(urgent mental health support)**
- 0808 196 3494

Kooth (11- 25 year olds)
- www.kooth.com

MAP - 0800 0744 454
- www.map.uk.net

ChatHealth Norfolk
- 07480 635 060

Point 1
- 0800 977 4077
- email Point1
support@ormistonfamilies.org.uk