



Summer Support

Broadland Help Hub
01603 430421

The Help Hub is a partnership between organisations. It can offer practical support, suggest community groups, and offer advice and guidance.

Samaritans
116 123

NHS First Response
111 option 2

Wellbeing Service
0300 123 1503

Wellbeing



ECFS (ages 0-5)
0344 800 8020

Parentline
Text 07520 631590

Big Norfolk Holiday Fun

Parenting



Just One Norfolk
0300 300 0123

NHS Online 111
111

Change Grow Live
01603 514096

Health



Norfolk Family Carers 01603 219924

Carers Matter
0800 083 1148

Short Breaks
0344 800 8020

Caring



Safety



Worried about a child's safety?

Children's Services 0344 800 8020

or NSPCC 0808 800 5000

In an emergency

999



Food Banks

North Norfolk Foodbank |
Helping Local People in
Crisis

07826376343

Norwich Foodbank
0300 365 1123



Money

Norfolk Assistance Scheme
0344 800 8020

Money Support Service -
Norfolk County Council
01603 223392(4)



Housing Advice

<https://www.southnorfolkandbroadland.gov.uk/housing>
0808 168 2222

Shelter
0344 515 1860



Relationships

Norfolk Family Mediation
01603 620588

Norfolk Community Law Service 01603 496623

National Domestic Abuse Helpline
0808 200 0247