



# Summer Support

## South Norfolk Help Hub

01508 533933

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

**Waveney Foodbank**  
01379 870506

**Norwich Foodbank**  
0300 365 1123



### Money

**Norfolk Assistance Scheme**  
0344 800 8020

**South Norfolk Welfare and Debt Service**  
01508 533933



### Housing Advice

**South Norfolk 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