

Help and Support Directory- West and Kings Lynn

General Advice and Support

Hundreds of support and advice services can be found at <https://communitydirectory.norfolk.gov.uk/>

Local support for Kings Lynn and surrounding areas can be found at <http://asklily.org.uk/kb5/westnorfolk/cd/home.page>

NHS Advice on Coronavirus	https://111.nhs.uk/covid-19	https://www.justonenorfolk.nhs.uk/
A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents.	https://youngminds.org.uk/	An App is also available.
Information about young people's mental health	https://www.childline.org.uk	Parents' helpline also available
Talking to children about world news	https://www.mentalhealth.org.uk/publications/talking-to-yourchildren-scary-world-news	
Child Advice and Duty Service (safeguarding concerns)	0344 800 8020	

Food

Community Fridges	A Community Fridge is a refrigerator located in a public space. It enables food to be shared within a community, as anyone can put food in and take food out.
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	https://www.hubbub.org.uk/the-community-fridge	
South Lynn Community Fridge Kings Lynn Baptist Church, Wisbech Road, Kings Lynn, Norfolk, PE30 5JS	01553 763015	
Fakenham Community Fridge First Focus- Oak Street, Fakenham, NR21 9DY	01328 855083 http://www.firstfocus.org.uk/?LMCL=KJITE_	Monday to Thursday 9.00am to 9.30am
Swaffham Community Fridge Swaffham Community Centre/Campingland, Swaffham PE37 7RB	01760 722800 www.icenipartnership.info	Open Monday to Friday 9am to 4pm
Dereham Community Fridge Green Pastures, 20 Norwich Street, Dereham, NR19 1BX	01362 697953	
Watton Community Fridge The Wayland Partnership, Wayland House, High Street, Watton, IP25 6AR		

Foodbanks	All 10 are still open as of 18/3/2020 and are still operating on the usual voucher system. Link to their locations: https://www.trusselltrust.org/get-help/find-a-foodbank
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Money/Financial Help

Citizens Advice-	Tel No: 03444 111444	ALL FACE TO FACE SESSIONS HAVE BEEN CANCELLED
Tax Helpline to support small business and self-employed	https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19	
Eastern Savings and Loan Credit Union	03336 000690 www.eslcu.co.uk	
The Money Advice Hub	0333 305 7648 https://www.moneyadvicehub.org.uk/	

Housing

Breckland Housing Services	01362 656 870 www.breckland.gov.uk
The Purfleet Trust Pathway House, Austin Field, Kings Lynn, PE30 1PH	01553 767829 www.purfleettrust.org.uk

Borough of Kings Lynn and West Norfolk- Housing	01553 616200
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Family support

Leeway- domestic violence and abuse (male and female)	0845 2412171
Norfolk Family Mediation Service 17 St John Maddermarket, Norwich NR2 1DN	01603 620588 www.norfolkmediation.co.uk
Point 1 – mental health support for children and young people	http://point-1.org.uk/
The Samaritans	Call 116 123 https://www.samaritans.org/