

Norfolk Services

Where to look for more help

Broadland District Council Help Hub

www.southnorfolkandbroadland.gov.uk/communities/cost-living-crisis

01603 430431

helphub@southnorfolkandbroadland.gov.uk

North Norfolk District Council Cost of Living Help

www.north-norfolk.gov.uk/projects/cost-of-living-help/

01263 513811

Norfolk County Council Winter Help

www.norfolk.gov.uk/winter

Norfolk Citizens Advice Bureau

www.ncab.org.uk

0800 144 8848

Open Mon—Fri 10am—3pm

Financial Support

Norfolk Assistance Scheme (NAS)

Online assessment for emergency funds

www.tinyurl.com/norfolkassistancescheme

Other Services

CAP UK

Free money & debt advice

0800 328 0006

www.capuk.org

Money Helper

Free advice and resources about finances

www.moneyhelper.org.uk

Olio app

Sharing app for communities—fight waste, help others.

Search 'Olio' on the Play store or App store

Age UK

Information & advice, digital inclusion services, befriending for those over 50

www.ageuk.org.uk/norfolk

01603 863811

Royal British Legion

Support for veterans & families

0808 802 8080—lines open 8am—8pm daily

Contact us

Questions? Know a local service we've missed?

Contact John by email or phone:

john@broadgrace.org.uk | 07790 007390

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Community Support



**Help available in
Horstead, Coltishall &
surrounding area**

List made by  **broadgrace**
CHURCH

www.broadgrace.org.uk
Join us on Sundays, 4pm at The River Rooms,
Coltishall

Food Banks

Food banks provide emergency food parcels & basic supplies based on referrals from local services like schools, GPs & others. To find out more, contact either the Norwich or North Norfolk Food Bank, based on your location (details below). Delivery may be possible if you don't have access to transport.

Local Food Bank branches

Wroxham (part of Norwich Food Bank)

01603 251733

admin@norwichfoodbank.org.uk

Aylsham (part of North Norfolk Food Bank)

Please telephone 07826376343 for support or email info@northnorfolk.foodbank.org.uk

North Walsham (part of North Norfolk Food Bank)

Please telephone 07826376343 or email info@northnorfolk.foodbank.org.uk

Community Fridges

Community Fridges allow people to share food and a community space for free. No membership or voucher is needed.

Aylsham

Find us on Norwich Road, open Tues, Wed, Thurs, 9am—10am.

North Walsham

Find us on Vicarage Street, open Mon—Fri 10am-2pm.

Coltishall & Horstead

Warm Spaces & Activities

Tiddlers baby & toddler group

Wednesdays 9.45—11.30am in Tithe Barn, Horstead. Run by Broadgrace Church

Horstead & Coltishall Good Neighbours Scheme

Call 07799 277455 or find other local schemes at <https://norfolkgoodneighbours.org.uk>

Aylsham

Warm Space & Activities

Aylsham Library

Mon, Tues, Thurs, Fri: 10am—7pm

Wed: 2pm—7pm

Sat: 10am—4pm

Free, discreet 'Grab & Go' bags available.

Regular activities for adults & children.

Unity Café

Aylsham Community Church, Jubilee Family Centre, Thurs 9.30-11am

Make and Take

Aylsham Parish Church free after school club—crafts, games, snacks. Thursdays, term time, 3pm.

Other Support

Aylsham Care Trust

Help with independent living, transport to medical appointments, counselling & more
01263 733385

North Walsham

Warm Spaces & Activities

North Walsham Library

Mon—Fri 10.30am—7pm

Sat—10.30am—4pm

Regular activities for adults and children.

Hoveton & Wroxham

Warm Spaces & Activities

Wroxham Library

Tuesday—Friday 10am—7pm

Saturday 10 am—4pm

Regular activities for adults & children.

Churches in the area

Find a local church & see what support or activities they have on offer:

Church of England

www.achurchnearyou.com

Salvation Army

www.salvationarmy.org.uk

Relational Mission

www.relationalmission.org/churches