

## Helpful Agencies



### General Advice inc Debt and Welfare Benefit:

Citizen Advice (Wymondham) tel: 03444 111444  
Age UK Norwich (over 50's, in London St)  
tel : 01603 496333  
MAP (under 25's) tel : 01603 766994 or 0800 744454

### Debt :

Christians Against Poverty tel: 0800 328 0006  
Oak Grove Money Advice: 01603 403388  
National Debt line tel: 0808 808 4000

### Addiction :

Change, Grow, Live tel: 01603 514096

### Domestic Violence and Abuse :

Leeway (male and female) tel: 0300 561 0077

### Disabled :

Equal Lives tel: 01508 491210

Last updated Dec 2024

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**Legal Advice :**

Norfolk Community Law Service tel: 01603 496623

**Housing :**

Shelter: 0344 5151564 (emergency 0808 8004444)

Pathways (homeless): 01603 984694

South Norfolk Council: 01508 533701

**Employment Issues :**

ACAS tel: 0300 123 1100

**Mental Health:**

Single Point of Access Team: 0300 790 0371

Norfolk and Suffolk First Response: 111

NHS: 111 and select mental health option 2

Samaritans: 116 123 free from any phone

**Free hot meals (not a full list)**

**Wymondham RC Church:** Tuesday 11am—1pm

**Community Fridge:** The Abbey Hall, Drop in 11am - 1pm on Tuesdays & Saturdays

For a full list of Norwich-based free meals, visit The Feed's website: [www.thefeed.org.uk](http://www.thefeed.org.uk)

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