

Support for substance and alcohol misuse in Norfolk and Waveney (Norwich /Norfolk/Norfolk & Waveney/Suffolk)

HERON (Norfolk)

Database of self-help groups, statutory and voluntary agencies.

Website: www.heron.nhs.uk

Herring House Trust (Gt Yarmouth)

Supporting single adults - homeless or rough sleepers.

Address: 51 St Nicholas Road, Great Yarmouth, NR30 1NR

Tel: Hostel on 01493 331 524

Website: <http://www.herringhousetrust.org.uk/>

Matthew Project (Norfolk & Suffolk)

Supports children and adults with drug and alcohol support and recovery.

Address: 70-80 Oak Street, Norwich, NR3 3AQ

Tel: 01603 626 123

Website: www.matthewproject.org

Purfleet Trust (Kings Lynn)

Food and meals, housing and support workers.

Address: Pathway House, Austin Fields, King's Lynn, PE30 1PH

Tel: 01553 767 829

Email: enquiries@purfleettrust.org.uk

SOS Project Safe Haven (Kings Lynn)

A multi-agency initiative to meet the needs of any person in King's Lynn at night. It is a first point of contact for those whose wellbeing is threatened by illness, injury, emotional distress or homelessness.

Address: Norfolk Street, Kings Lynn, PE30 1AP

Change Grow Live: Norfolk Alcohol and Drug Behaviour Change Service

Drug and alcohol support for those living in Norfolk, one to one or group sessions.

- Norwich: Adobe House, 5 Barton Way, Norwich, NR1 1DL
- Great Yarmouth: 148 King Street, Great Yarmouth, NR30 2PN
- Thetford: Breckland House, St Nicholas Street, Thetford, IP24 1BT
- Kings Lynn: 33 Railway Road, King's Lynn, PE30 1NF

Phone: 01603 514 096

Website: <https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk/help>

Email: norfolk.info@cgl.org.uk

Turning Point: Suffolk recovery network

Support people with drug and alcohol use, mental health, offending behaviour, unemployment issues and people with a learning disability. They offer detox and residential rehab services to supported living and aftercare support.

- Lowestoft: Woodbury House, Mill Road, Lowestoft, NR33 0PP

Phone: 01502 531 138

Email: suffolk@turning-point.co.uk

Website: <https://www.turning-point.co.uk/>

St Martins Trust (Norwich & Norfolk)

Support with independent living, homelessness and residential care for mental health and substance abuse.

Tel: 01603 667 706

Email: enquiries@stmartinshousing.org.uk

Pathways (Norwich)

A 'housing led' service, which seeks to find suitable accommodation to support the need of the individual with the goal of greater independence.

Address: 7 Upper Goat Lane, Norwich, NR2 1EW

Phone: 01603 984 694

Website: <https://www.pathwaysnorwich.org.uk/about>

Email: pathways@stmartinshousing.org.uk

GamCare Service (Norfolk and Suffolk)

1:1 counselling and support for adults experiencing or affected by problematic gambling.

Tel: 0808 8020 133

Website: www.gamcare.org.uk/

Email: info@gamcare.org.uk

NORCAS (Norfolk and Suffolk)

Welfare Rights Service advocacy and benefits support for anyone who is, or has been affected by alcohol, drugs or gambling.

Address: 12 Regent Road, Lowestoft, Suffolk, NR32 1PA

Tel: 01502 513 444

Email: Welfare.rights@phoenix-futures.org.uk

National Help

- **Al-Anon Groups** Helpline: 020 7403 0888 10am-10pm Office: 020 7407 0215 Email: enquiries@al-anonuk.org.uk
- **Alcoholics Anonymous** Tel: 0800 9177 650, Email: help@aamail.org
- **Drinkline** Information and advice for people concerned about their own or other people's alcohol problems. Tel: 0300 123 1110 Weekdays 9am – 8pm Weekends 11am– 4pm
- **Frank** Tel: 0300 123 6600 (24 hours) Text: 82111 Live Chat: 2pm-6pm Website: www.talktofrank.com Information and advice about drugs
- **Narcotics anonymous** Self-help groups for people who are recovering addicts to meet and help each other stay clean. Tel: 0300 999 1212 (24hours) | Website: www.UKNA.org
- **National Alliance Advocacy** Offers a telephone helpline and advocacy for drug users. Tel: 0845 122 8608 10am-5pm weekdays | Email: info@m-alliance.org.uk
- **NHS Choices Helpline** Offers a confidential nurse advice and health information service. Tel: 111 | Website: www.nhs.co.uk
- **Samaritans Helpline** Offers a listening service for anyone experiencing an emotional crisis. Tel: 08457 90 90 90 (24 hours) | Text: 07725909090 | Email: jo@samaritans.org www.samaritans.org
- **The Salvation Army** Tel: 020 7367 4500 | Email: info@salvationarmy.org.uk

Food banks

Trussel Trust Norfolk

Confidential free helpline: 0808 208 2138, 01603 251 733 (Monday to Friday, 9am–5pm)
Website: www.trusselltrust.org/

Local food banks: Website: www.norwichfoodbank.co.uk

Email: admin@norwich.foodbank.org.uk

- **Dereham** Wellspring Centre, Dereham, NR19 2AE
- **Downham Market** The Sovereign Centre Food Bank, PE38 9SW
- **Fakenham** Salvation Army, Fakenham, NR21 9DY
- **Gorleston** Food Bank, Baptist Church, Lowestoft Road, NR31 6LY
- **Gorleston** Food Bank, St Mary Magdalene Church, Magdalen Square, NR31 7BZ
- **Great Yarmouth** Salvation Army, Tolhouse Street, NR3_2SQ
Email info@greatyarmouthfoodbank.co.uk
- **Hunstanton** and District Food Bank, Hunstanton, PE36 6BE
- **King's Lynn** Food Bank, St Margaret's Lane, PE30 5DS
- **Lowestoft** Food Bank, Lowestoft Community Church, NR33 7NF
- **Norwich**, Rampant Horse Street, NR2 1QP
- **Swaffham** Baptist Church, Swaffham, PE37 7TG
- **Wroxham** 114 Norwich Road, Wroxham, NR12 8SA
- **Wymondham** Queen Street, Wymondham, NR18 0AY