

Help and Support

King's Lynn has a wealth of local organisations providing help and support to people of all ages.

● Big C Support Centre

Big C is a local cancer charity that has friendly and welcoming support centres. They support anyone affected by cancer, including carers and children. Their team of experienced nurses, support officers, complementary therapists, counsellors, welfare rights advisors, nutrition and physical activity leads, and friendly volunteers will help you whatever your situation.

Unit A, 17-19 Railway Rd,
King's Lynn, PE30 1NF

0800 092 7640

www.big-c.co.uk

● Change Grow Live

Offers support to anyone struggling with drugs and alcohol to make positive changes in their life.

01603 514096

● Citizens Advice Bureau

The Norfolk Citizens Advice Bureau in King's Lynn offers free, independent, confidential and impartial advice on a number of issues including debt, housing, legal problems and benefits.

0800 144 8848

● Matthew Project

Matthew Project supports young people misusing substances and those affected by the misuse by others.

0800 970 4866

● Norfolk and Waveney Mind

Norfolk and Waveney Mind is an independent and specialist mental health charity providing local services to people in need of support, their families and carers.

0300 330 5488

● MAP

MAP provides information, advice and guidance for young people aged 11–25 through their drop-in centre in King's Lynn. They also offer counselling by appointment.

0800 0744454

● Steam House Café

Their primary function is to encourage people to talk openly and honestly about mental health, and provide support as required. The venue operates a range of bespoke individual appointments and group services to clients experiencing mental health crisis.

01553 407831

● Vida Health Care GP Surgery and Family Hub

St Augustine's Surgery, Columbia Way,
King's Lynn PE30 2LB

01553 769614

www.vidahealthcare.nhs.uk

● Vision Norfolk

A charity for people living with sight loss and visual impairment, providing practical and emotional support at their King's Lynn hub. Together with social and wellbeing activities, daily living equipment, befriending services and specialist housing, they help those affected by sight loss to live life fully.

Unit 3, Dundee Court, Hamburg Way,
King's Lynn PE30 2ND

01553 660808

kingslynnhub@visionnorfolk.org.uk

www.visionnorfolk.org.uk

● West Norfolk Community Transport

West Norfolk Community Transport offers a wide range of transport solutions across the county including Dial-a-Bus, Pick Me Up, Community Car Scheme, Go-To-Town, Group Hire, King's Lynn Shop Mobility and Flexibus.

01553 776971 Head Office, Go To Town,
Volunteer Car Services

01553 770310 Dial-a-Bus, Pick Me Up,
Shopmobility

● West Norfolk Deaf Association

The Deaf Centre, based in King's Lynn town centre, is easily accessible by car or public transport. Their services include:

- Hearing Support
- Tinnitus Support
- Coffee mornings and social/learning activities
- Advocacy
- BSL Courses

www.wnda.org.uk

01553 773399 or 01553 774766
(Textphone)

● West Norfolk Disability Information Service

WNDiS provides information, advice and an advocacy service for disabled people and carers. It also conducts access audits of buildings and gives training in disability awareness and equality.

01553 782558

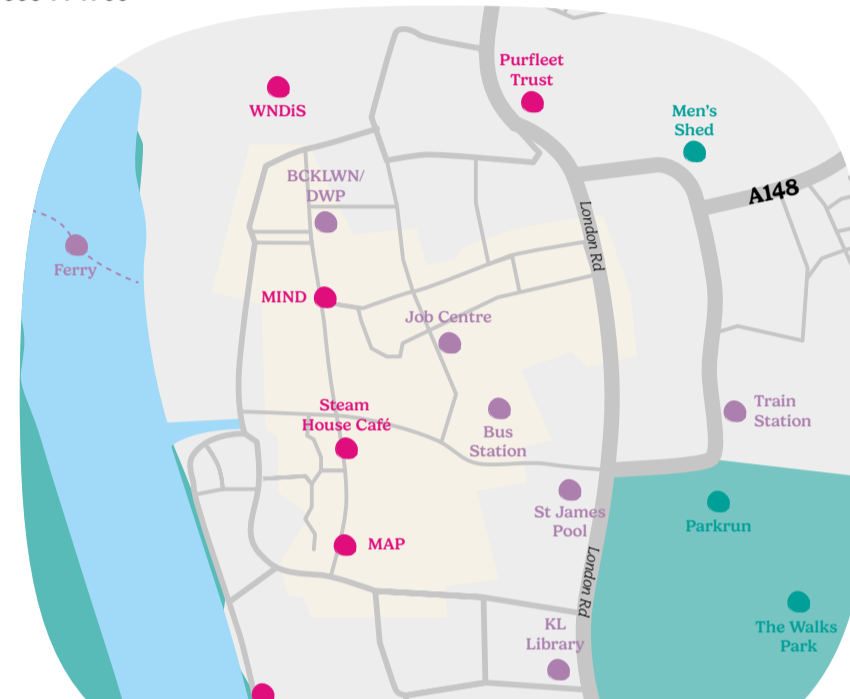
● Youth Groups

Benjamin Foundation provides free youth groups for young people. These sessions will have many activities offering a time to be creative, play games, play sports, but most of all to have fun!

- Juniors (8–12 years old)
Tuesdays 4pm–5.45pm
- Seniors (13–17 years old)
Tuesdays 6pm–7.45pm

Benjamin Foundation, Discovery Centre,
Columbia Way, King's Lynn PE30 2LA

angela.teague@benjaminfoundation.co.uk



Community Directory

Looking for help and support locally?
Search our directory for information on:



asklily.org.uk

For more information,
scan the asklily QR-Code
with your mobile phone



01553 616200

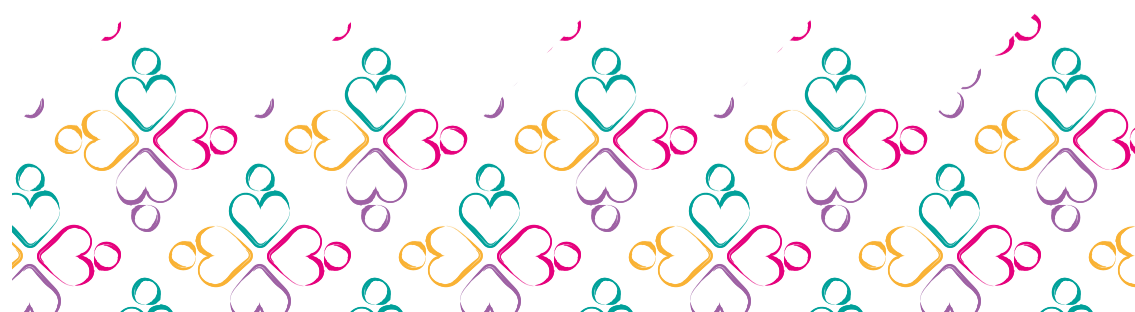
Borough Council of
King's Lynn &
West Norfolk



Welcome to North Lynn

Your guide to community groups, help and support, local amenities, and ways to get involved in your local community.

Whether you are new to this area or have lived here for years, we hope you find this useful.



Community

West Norfolk has a wide variety of social groups and activities for all ages, abilities, and interests. In King's Lynn, local groups meet at The Discovery Centre, The Beacon Church, Lynnsport, Gaywood Church Rooms and Reffley Community Centre among other locations. Details of these can be found on asklily.org.uk

Air Cadets

Air cadets is a national youth organisation for young people aged 13-20 years old. King's Lynn 42F Squadron is based on Loke Road. www.42fkingslynnaircadets.co.uk

The Bridge for Heroes

Provides members of the Armed Forces community with support and facilities which promote their overall health and wellbeing for them to lead meaningful lives.

0300 111 2030

Discovery Centre

The Discovery Centre is an accessible, flexible community resource in the North Lynn area of King's Lynn. A wide range of groups offering a variety of activities, programmes and initiatives are based there, so there really is something for everyone!

01553 667777

Family Hub

The Family Hub's approach supports parents and carers of children and young people from conception up to the age of 19 years old (25 for young people with special educational needs and/or disabilities).

www.norfolk.gov.uk/children-and-families/family-hubs

Men's Shed

Community workshop where people come together to build, fix and restore projects, while conversing and connecting. Membership is open to all (over 18).

Oddfellows

For over 200 years, Oddfellows has helped its members forge friendships and offered help in times of need.

Today they have a national network of 99 branches and 369,300 UK members, of which around 37,000 receive the support of their social, care and financial benefits. So whether they are going through one of life's ups, or downs, they can be there for each other.

They have no political or religious affiliations – they are here for everyone – from all walks of life and ages.

01553 776030

Parkrun

A free, fun and friendly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you. When is it? Every Saturday 9am at The Walks Café, King's Lynn.

Purfleet Trust

The Purfleet Trust provides help for single homeless people in King's Lynn and West Norfolk. Its services include housing advice to help people find accommodation, support to help them maintain their tenancies, and a Health and Wellbeing Centre providing a daily hot meal and the opportunity to gain some essential life skills. The centre can be used as a postal address and there is free access to both computers and a telephone.

01553 767829

True's Yard

True's Yard is a heritage site and museum celebrating the fishing community of the North End area, which has made a significant contribution to King's Lynn's economic and social life for 900 years. The museum complex, extended and developed in 1998 and 2010 through Heritage Lottery Funding, has become a premier King's Lynn tourist attraction, education centre and community venue.

01553 770479

Other Local Support

Mental Health Support

NHS Talking Therapies
www.wellbeingnands.co.uk/norfolk/
111 option 2

Just One Norfolk

Trusted help, advice and information during pregnancy, birth and throughout your parenthood journey.

www.justonenorfolk.nhs.uk/
0300 300 0123

West Norfolk Befriending

West Norfolk Befriending aims to reduce social isolation by providing a link to the outside world. They match isolated older people with trained volunteer befrienders who will contact and visit on a regular basis.

01553 763500

Headway

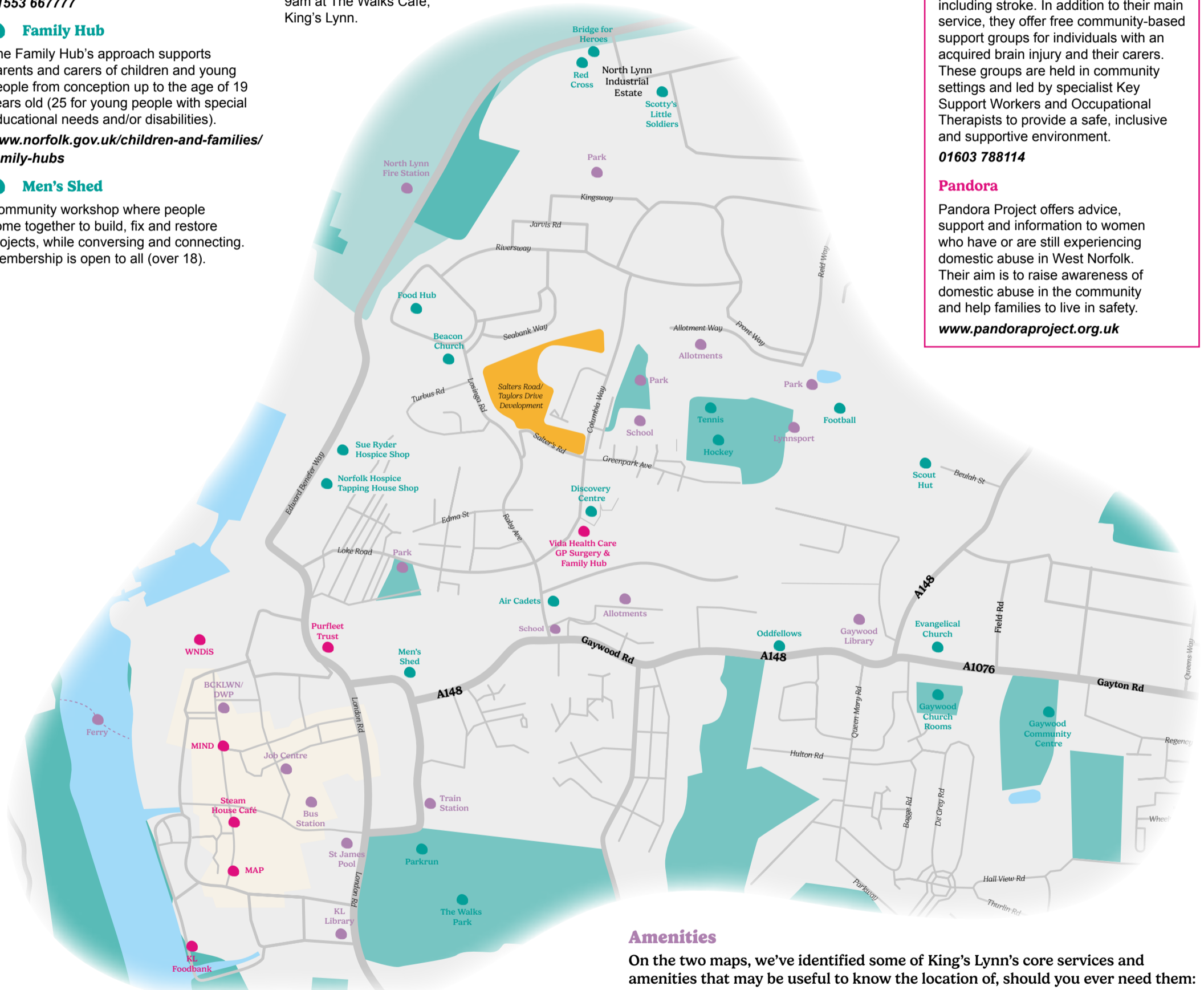
Headway Norfolk and Waveney support those affected by acquired brain injury, including stroke. In addition to their main service, they offer free community-based support groups for individuals with an acquired brain injury and their carers. These groups are held in community settings and led by specialist Key Support Workers and Occupational Therapists to provide a safe, inclusive and supportive environment.

01603 788114

Pandora

Pandora Project offers advice, support and information to women who have or are still experiencing domestic abuse in West Norfolk. Their aim is to raise awareness of domestic abuse in the community and help families to live in safety.

www.pandoraproject.org.uk



Amenities

On the two maps, we've identified some of King's Lynn's core services and amenities that may be useful to know the location of, should you ever need them:

Volunteering

There are always charities and community organisations seeking volunteers. Volunteering is a great way to meet new people in the local area, make friends, gain skills and experience, and give back to the community.

The Beacon Church, North Lynn Food Hub, Purfleet Trust, Sue Ryder, The Norfolk Hospice, The Red Cross, Scotty's Little Soldiers, Bridge for Heroes and Parkrun all have locations in or close to North Lynn and are often seeking new volunteers.

Voluntary Norfolk

Voluntary Norfolk helps people to find the right volunteering option that fits your interests, skills, location and availability. They work with local charities and the NHS, Norfolk County Council and other public services to recruit volunteers.

www.voluntarynorfolk.org.uk/register-to-volunteer/

Libraries

- Gaywood Library
- King's Lynn Library

Regular events in the libraries to help support your health and wellbeing – like Just a Cuppa, Colour me Calm, Walk and Talk, and more. IT support is available in all libraries including free internet access on the Library PCs and free WiFi. Libraries also have baby weighing facilities, Tricky Period packs and Hygiene packs.

BCKLWN/DWP

Allotments

There are a number of charity and community allotments here for residents.

North Lynn Fire Station

Schools

Ferry

Bus & Train Station

Lynnsport

St James Pool