

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

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.

01553 660808

kingslynnhub@visionnorfolk.org.uk

www.visionnorfolk.org.uk

West Norfolk Carers

West Norfolk Carers is a registered charity working to support unpaid carers across Norfolk. West Norfolk Carers works to help carers to improve their emotional and physical wellbeing, resilience, and ability to cope with their caring roles - while also have a 'life of their own'. They are a network member of the Carers Trust and affiliated to Carers UK. They are dedicated to supporting carers of all ages and helping them to cope with their caring responsibilities.

01553 768155

www.westnorfolkcarers.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
- Advocacy
- BSL Courses
- Coffee mornings and social/learning activities

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

Other Local Support

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

Just One Norfolk

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

www.justonenorfolk.nhs.uk/

0300 300 0123

Mental Health Support

NHS Talking Therapies

www.wellbeingnands.co.uk/norfolk/

111 option 2

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

West Norfolk Befriending

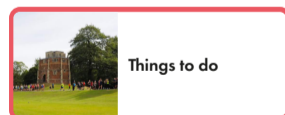
West Norfolk Befriending aims to reduce social isolation by providing a link to the outside world. They match isolated older people with trained volunteer befrienders who will contact and visit on a regular basis.

01553 763500



Community Directory

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



Things to do



Housing and care homes



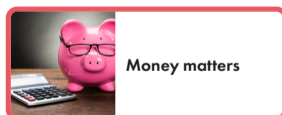
Transport and getting around



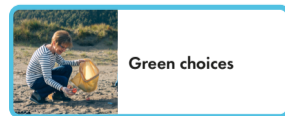
Learning, work and volunteering



Health, care and support



Money matters



Green choices



Advice, safety and other information



Childcare and family support

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 Gaywood

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 Gaywood, local groups meet at Gaywood Church Rooms, St Faith's Community Hub and Gaywood Community Centre among other locations. There is a local choir, regular coffee mornings, a youth group and a weekly lunch club as well as the Friendship Café for people with dementia and their families and friends at Gaywood Church Rooms and the Community Hub. Gaywood Community Centre hosts King's Lynn u3a meetings, weekly bingo, baby sensory and car boots to name just a few. Details of these activities and more can be found on asklily.org.uk

Air and Army Cadets

Air Cadets is a national youth organisation for young people aged 13-20 years old while the Army Cadets offers 12-17 year olds a safe and inclusive space to learn new skills, develop themselves and try activities they might not get the chance to elsewhere.

42fkingslynnaircadets.co.uk

armycadets.com

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. Open Tuesdays and Thursdays 10am to 4pm. Membership is open to all (over 18).

07900 951400

klmensshed@gmail.com

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 members 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 ages and walks of life.

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.

St Raphael's Club

The club has provided recreational facilities for local disabled people in King's Lynn, improving their conditions of life, since 1963.

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 Queen Elizabeth Hospital, Gaywood Library, Parkrun and many of the local community groups 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/



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 need them:

Allotments

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

Alive Lynnsport & Alive St James Pool

BCKLWN/DWP

Bus & Train Station

Ferry

Vida Health Care GP Surgeries

Gayton Road Health Centre, Gayton Rd, King's Lynn PE30 4DY 01553 600075

St Augustine's Surgery, Columbia Way, King's Lynn PE30 2LB 01553 769614

www.vidahealthcare.nhs.uk

Libraries

Regular events in the libraries to help support your health and wellbeing – like Just a Cuppa, Colour Yourself Calm, Cafe for the Bereaved, and Lego Club. IT support is available in all libraries including free internet access on the Library PCs and free WiFi. Libraries also have baby weighing facilities.

Job Centre

NHS Queen Elizabeth Hospital

Schools

Infant & Junior Schools:

Fairstead Community School, Gaywood First Steps Nursery, Highgate Infant School, Howard Junior School, King's Oak Academy,

Secondary Schools & Colleges: King Edward VII Academy, King's Lynn Academy, Springwood High School, College of West Anglia

