Preparing for Adult Life: Providers Directory

Service providers and support organisations covering:

- Help with preparing for employment
- Help with accommodation and preparing to live outside the family home, including residential homes and supported living
- Participation in the community
- Universal Services and Support Organisations

This guide aims to help if you are:

- A young person with additional needs
- A young carer
- A looked after child
- The parent/carer of either a young person with additional needs, a young carer or looked after child
- A practitioner working with young people with additional needs, young carers or looked after children
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Important information - Paying for services listed in this directory

Norfolk County Council provides and arranges services for both children and adults. Many of the providers listed in the first four sections of this directory charge for the services they offer. This includes payments made for support staff and payments made for using their facilities. There may also be transport costs associated with getting to these services which will also have to be paid for.

We may be able to pay for these services for you but cannot do so for everyone. Before we can offer you help with paying for these services we need to find out what your needs are. We do this by carrying out what is called an assessment of need. These assessments happen in both children and adult social care services where our priority is to help the most vulnerable children and adults.

This means that we will offer help to children with a physical or mental impairment that is ‘substantial and permanent’ and to adults whose social care needs pose a significant risk to their wellbeing.

If your assessment shows that we think that your needs do not meet the eligibility criteria we have set out above, then we would not be able to pay for any provider listed in this directory who offers you their support.

When eligible needs are identified as meeting the criteria set out above, payments made to service providers will be proportionate to the presenting need and subject to managerial approval agreed in your Personal Budget.

If you are not eligible for help from us (or from the NHS through Continuing Healthcare), you may choose to pay for these services yourself, or contact any of the universal organisations listed in Section 5 of this directory which offers provider services.

Further information on eligibility for services from the Children with Disabilities Service can be found on the website: www.momentumnorfolk.org.uk/what-we-do/go-do-norfolk

Further information on eligibility for Adult social care services can be found by going to the Adult Care section of the NCC website and clicking on ‘Finding the Care You Need’ – ‘Who is eligible for services?’. 
Preparing for Adult Life Providers Directory

The service providers and organisations listed here are those who in some way offer support to young people in transition when they are thinking about:

- how they prepare for or find employment,
- preparing for or experiencing living outside of the family home,
- looking at the ways young people can access and participate as full and equal members of their community.

Some providers and organisations may appear more than once where they offer a range of transition support.

More information and contact details about what these providers and organisations offer can be found on the Norfolk Community Directory and The Local Offer Website. This directory does not reflect any expression of preference, endorsement or recommendation by NCC in respect to any providers or services they offer.

As you will appreciate some of this information may go out of date and therefore we rely on providers to inform us should their services change in any way.

This directory is separated into five sections as follows:

**Section One:** A colour coded A-Z listing of providers indicating the type of service(s) provided.

**Section Two:** Help with Preparing for Employment – a list of service providers who might be able to help young people prepare for or access a work environment.

**Section Three:** Help with accommodation or preparing to live outside the family home, including residential homes and supported living – a list of service providers who might be able to help young people access accommodation.

**Section Four:** Participation in the community – a list of groups and providers who might be able to help and support young people access their community.

**Section Five:** Universal Organisations, Social Care and Health Services – a list of organisations who can provide additional information or support to young people and their families/carers.
Other useful provider lists and sources of information

Links to other lists of providers who offer support to transition age young people:

1. **The Local Offer** – Directory of provisions that are available across education, health and social care, for children and young people with special educational needs and disabilities (SEND). The Local Offer has two main purposes; to provide clear, comprehensive, accessible and up-to-date information about the available provisions and how to access them; and to make provisions responsive to local needs and aspirations.

   www.norfolk.gov.uk/children-and-families/send-local-offer

2. **Momentum** - Social opportunities for children and young people:

   www.momentumnorfolk.org.uk

3. For Health information go to:

   www.norfolk.gov.uk/Childrens_services/Special_educational_needs_and_disabilities/Health/index.htm

4. Information for carers can be found on the **Carers Matter Norfolk** website:

   www.carersmatternorfolk.org.uk

5. The **NCC Service Directory** includes the **Family Service Directory**, the Adult Care directory and the Communities directory. For more information go to:

   www.norfolk.gov.uk/norfolk-directory

6. Parents and carers can keep up to date with news, events and activities for young people of transition age in Norfolk by contacting the **Norfolk Family Information Service** Facebook page:

   www.facebook.com/NorfolkFIS

7. **Family Voice** – the parent carer forum for Norfolk. Works with the local authority, health and social services to improve services for children and adults with special educational needs and/or disabilities (SEND) and their families.

   www.familyvoice.org.uk
8. **Norfolk SEND Partnership** – Free and impartial information, advice and support across all areas about special educational needs and disabilities for children, young people, parents and carers.

   [www.norfolksendpartnershipiass.org.uk](http://www.norfolksendpartnershipiass.org.uk)

9. **Council for Disabled Children** - The umbrella body for the disabled children’s sector with a membership of over 250 voluntary and community organisations and an active network of practitioners and policy-makers that spans education, health and social care.

   [www.councilfordisabledchildren.org.uk](http://www.councilfordisabledchildren.org.uk)

10. **SEN Support Guidance** – Provision expected at SEN Support – The local authority is required to set out what special education provision and training it expects schools, early years and post-16 providers to offer. This is so that parents, carers, educational establishments and the local authority have a shared understanding. The whole SEN Support Guidance document can be downloaded from the following link:

   [www.norfolk.gov.uk/send](http://www.norfolk.gov.uk/send)

11. **Mental Health Resources** – NCC easy-read guides. Norfolk County Council has published links on a range of easy read guides, covering a range of mental health topics, well-being measurement and frameworks. Content is suitable for all ages with topics aimed at children, parents and professionals.

   These can be accessed via the **SEND Local Offer** webpage, by clicking through **Health Services Norfolk** into **Mental Health Resources**.
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Key to abbreviations for area locality: N = North, E = East, S = South, W = West, Nch = Norwich, NN = North Norfolk, CW = Countywide, CN = Central Norfolk, OC = Out of County
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- **Supported living**
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- **Universal Support Services**
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<td>Turn2us</td>
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<td>Turning Point</td>
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<td>UEA Norwich Swimming Club</td>
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<td>Under One Roof (St. Martins Housing)</td>
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<tr>
<td>Provider Name</td>
<td>Locality (if known)</td>
<td>Employment</td>
<td>Accommodation</td>
<td>Participation in the community</td>
<td>Universal Support Services</td>
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<tr>
<td>United Response</td>
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<td>Help with preparing for employment</td>
<td>Help with accommodation/preparing to live outside the family home</td>
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<td>Vauxhall Community Hub (Independence Matters)</td>
<td>Nch</td>
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<td>Victory Housing Trust</td>
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<td>Voyage</td>
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<td>Waveney Enterprises</td>
<td>E S OC</td>
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<td>West Norfolk Deaf Association</td>
<td>W</td>
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<tr>
<td>West Norfolk Disability Information</td>
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<td>Employment</td>
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<td>Participation in the community</td>
<td>Universal Support Services</td>
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<td>West Norfolk Mencap</td>
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<td>Help with preparing for employment</td>
<td>Help with accommodation/preparing to live outside the family home</td>
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<tr>
<td>West Norfolk Mind Downham Market</td>
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<tr>
<td>West Norfolk Riding for the Disabled (The Magpie Centre)</td>
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<tr>
<td>West Norfolk Self Advocacy Service</td>
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<tr>
<td>West Norfolk Carers</td>
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<td>Westward Barns/Farm (Westward Care Homes Ltd)</td>
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<td>WheelPower</td>
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<tr>
<td>Wherry Housing Association</td>
<td>Nch</td>
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<td>Willow Tree Farming</td>
<td>W</td>
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<tr>
<td>Provider Name</td>
<td>Locality (if known)</td>
<td>Employment</td>
<td>Accommodation</td>
<td>Participation in the community</td>
<td>Universal Support Services</td>
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<td>Willow Tree Farming</td>
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<td>Help with accommodation/preparing to live outside the family home</td>
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<tr>
<td>Work It Out – Young Womens Trust</td>
<td>OC</td>
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<tr>
<td>Worstead Lodge (Independence with Care)</td>
<td>NN</td>
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<tr>
<td>YMCA</td>
<td>Nch CW</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td></td>
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</tr>
<tr>
<td>Young Minds</td>
<td>OC</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td></td>
<td></td>
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<tr>
<td>Your Choice Social Centre</td>
<td>NN</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td>Residential home providers</td>
<td>Universal Support Services</td>
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<tr>
<td>Your Norwich</td>
<td>Nch</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td>Residential home providers</td>
<td>Universal Support Services</td>
</tr>
<tr>
<td>Your Own Place</td>
<td>Nch</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td>Residential home providers</td>
<td>Universal Support Services</td>
</tr>
<tr>
<td>Youth Advisory Boards</td>
<td>Nch CW</td>
<td>Help with accommodation/preparing to live outside the family home</td>
<td>Residential home providers</td>
<td>Residential home providers</td>
<td>Universal Support Services</td>
</tr>
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</table>
Section Two – Help with Preparing for Employment

The service providers listed here have demonstrated an intention to help prepare young people to access a work environment, either through:

- Work experience placements
- Volunteering
- Paid employment
- A supported employment scheme or work focussed day provision or course of work preparation study

Having a work ethos (that is wanting to work) is the most important thing. Knowing how to behave when you are at work, being on time, getting on with other people and helping customers are all part of having work skills and being work ready.

Providers will also show you specific work skills needed if you would like to work in a shop or on a farm, or run your own business. The providers listed here are the ones who support young people who need more help to access and remain in the work place.

Note: For information on apprenticeships, internships, supported internships and employment training please see the Local Offer web pages for ‘Employment and Training’ and also the ‘Help You Choose’ website:

www.helpyouchoose.org.

Key to abbreviations

<table>
<thead>
<tr>
<th>ASD</th>
<th>Autistic Spectrum Disorder</th>
<th>LD</th>
<th>Learning Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>CB</td>
<td>Challenging Behaviour</td>
<td>MH</td>
<td>Mental Health</td>
</tr>
<tr>
<td>E</td>
<td>Support into Employment</td>
<td>PD</td>
<td>Physical Disability</td>
</tr>
<tr>
<td>HI</td>
<td>Hearing Impairment</td>
<td>SI</td>
<td>Sensory Impairment</td>
</tr>
<tr>
<td>LAC</td>
<td>Looked After Child</td>
<td>YC</td>
<td>Young Carer</td>
</tr>
</tbody>
</table>

Organisations offering general advice:

BASE – British Association of Supported Employment. Managed by a voluntary National Executive Committee, made up of employment professionals. Assists people with disabilities by encouraging the provision of support into employment and working with the business community to secure sustainable jobs for people with a disability or other disadvantage.

www.base-uk.org
**Access to work (AtW)** – Government programme aimed at supporting disabled people to take up or remain in work. AtW is also a discretionary grant scheme that provides personalised support to disabled people and those suffering with an eligible health condition.

[https://www.gov.uk/access-to-work](https://www.gov.uk/access-to-work)

**Job Centre Plus** – Work Path information/support from Disability Employment Advisers

[www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

**National Citizen Service** – Government funded social action project for 15 – 17 year olds.

[www.ncsyes.co.uk](http://www.ncsyes.co.uk)

| **About With Friends** | **Address:** Unit 22D Holt Road  
Cromer  
NR27 9JW | **Website:** www.aboutwithfriends.co.uk  
**Phone:** 01263 515230 | **Email:** info@aboutwithfriends.co.uk | **Supports:** Children, Young People, Adults PD LD |
|------------------------|-------------------------------------------------|---------------------------------|-------------------------------|-------------------------------------------|
| Offers social opportunities and activities for people with learning disabilities. Charity also offers a huge range of adult services and youth services, work skills and bespoke outreach scheme tailored to individuals with a focus on independent living. | **Address:** Unit 2  
Cringleford Business Centre  
Intwood Road  
Norwich  
NR4 6AU | **Website:** www.rnib.org.uk/who-we-are | **Phone:** 01603 455767 | **Email:** norwich@actionforblindpeople.org.uk |
| **Supports:** Childre, Young People, Adults with SI E | **Supports:** Adults with LD MH |**Supports:** Adults with LD MH | **Supports:** Adults with LD MH | **Supports:** Adults with LD MH |
| **Action for Blind** | **Address:** Unit 2  
Cringleford Business Centre  
Intwood Road  
Norwich  
NR4 6AU | **Website:** www.rnib.org.uk/who-we-are | **Phone:** 01603 455767 | **Email:** norwich@actionforblindpeople.org.uk |
| Merged with RNIB April 2017. Supporting young people to enjoy full and active lives through access to information, education, leisure and sporting opportunities – ensuring they are as equipped as possible for adult life and the world of work. | **Supports:** Childre, Young People, Adults with SI E | **Supports:** Adults with LD MH | **Supports:** Adults with LD MH | **Supports:** Adults with LD MH |
| **Andrew Frederick Adult Support** | **Address:** Heath Farm  
Norwich Road  
Little Plumstead  
Norwich  
NR13 5JG | **Website:** www.norfolkdacare.co.uk | **Phone:** 01603 722756 | **Email:** mail@norfolkdacare.co.uk |
<p>| An activity centre and small working farm located in a countryside setting. Members can expect to be out in the community working and gaining a variety of skills. | <strong>Supports:</strong> Adults with LD MH | <strong>Supports:</strong> Adults with LD MH | <strong>Supports:</strong> Adults with LD MH | <strong>Supports:</strong> Adults with LD MH |</p>
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
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<tr>
<td>Asperger East Anglia</td>
<td>Charing Cross Centre 17-19 St. John Maddermarket Norwich NR2 1DN</td>
<td><a href="http://www.asperger.org.uk">www.asperger.org.uk</a></td>
<td>01603 620500</td>
<td><a href="mailto:info@asperger.org.uk">info@asperger.org.uk</a></td>
<td>Children, Young People, Adults</td>
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<tr>
<td>Aspires</td>
<td>Chapel Farm Downham Road Fincham PE33 9HF</td>
<td><a href="http://www.aspires.ltd.uk">www.aspires.ltd.uk</a> - live online chat</td>
<td>01366 347721</td>
<td><a href="mailto:jackie@aspires.ltd.uk">jackie@aspires.ltd.uk</a></td>
<td>Adults with LD PD</td>
</tr>
<tr>
<td>Assist Trust</td>
<td>20 Colegate Norwich NR3 1BQ</td>
<td><a href="http://www.assist-trust.co.uk">www.assist-trust.co.uk</a></td>
<td>01603 230200</td>
<td><a href="mailto:office@assist-trust.co.uk">office@assist-trust.co.uk</a></td>
<td>Adults with LD</td>
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<tr>
<td>Barrington Farm</td>
<td>Barrington Farm Walcot NR12 OPF</td>
<td><a href="http://www.barringtonfarm.com">www.barringtonfarm.com</a></td>
<td>01692 650707</td>
<td><a href="mailto:admin@barringtonfarm.com">admin@barringtonfarm.com</a></td>
<td>Adults with PD LD MH E</td>
</tr>
<tr>
<td>Beyond The Wall</td>
<td>Thornham Field Centre Trust Thornham Walled Garden Thornham Magna IP23 8HA</td>
<td><a href="http://www.beyondthewall.org.uk">www.beyondthewall.org.uk</a></td>
<td>01379 788700</td>
<td><a href="mailto:admin@beyondthewall.org.uk">admin@beyondthewall.org.uk</a></td>
<td>Young People and Adults PD LD MH</td>
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| **Bicycle Links** | **Address:** | 135/137 King Street  
Norwich  
NR1 1QH |
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<tr>
<td>A Community Interest Company, an enterprise with a social purpose giving unemployed and disadvantaged people skills and work shop experience.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.bicyclelinks.org.uk">www.bicyclelinks.org.uk</a></td>
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<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01603 631199</td>
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<tr>
<td></td>
<td><strong>Email:</strong></td>
<td><a href="mailto:info@bicyclelinks.org.uk">info@bicyclelinks.org.uk</a></td>
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<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Young People and Adults</td>
</tr>
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| **Bowthorpe Community Trust** | **Address:** | St Michaels Workshop Bowthorpe  
Hall Road  
Bowthorpe  
Norwich  
NR5 9AA |
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<tr>
<td>Workshop teaches skills to people with physical or learning disabilities and unemployed people.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.stmichaelsworkshop.co.uk">www.stmichaelsworkshop.co.uk</a></td>
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<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01603 746106</td>
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<tr>
<td></td>
<td><strong>Email:</strong></td>
<td>Online Email Form</td>
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<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults with PD LD</td>
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| **Brambles Therapeutic Care Farm** | **Address:** | School Road  
Bedingham  
Woodton  
Nr Bungay  
NR35 2DB |
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<tr>
<td>Activities and therapies for young people aged 16+. Various opportunities on farm to work with animals, crafts, cookery and independent living skills. Individual plans of care and group therapy available and support in seeking employment, voluntary or paid.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.bramblescarefarm.co.uk">www.bramblescarefarm.co.uk</a></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01508 483846 / 07825511510</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td><a href="mailto:admin@bramblescarefarm.co.uk">admin@bramblescarefarm.co.uk</a></td>
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<td></td>
<td><strong>Supports:</strong></td>
<td>Young People, Adults PD LD MH</td>
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| **Bridge Project Sudbury (The)** | **Address:** | Bradbury Courtyard  
20 Gainsborough Street  
Sudbury  
CO10 2EU |
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<tbody>
<tr>
<td>Vocational training, continual education and employment opportunities are provided for adults who face multiple disadvantage through their learning, physical and/or 'hidden' disabilities.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.thebridgeproject.co.uk">www.thebridgeproject.co.uk</a></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01787 313691</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td><a href="mailto:info@thebridgeproject.co.uk">info@thebridgeproject.co.uk</a></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults with LD</td>
</tr>
</tbody>
</table>

| **Camphill Communities** | **Address:** | Thornage Hall  
Thornage  
Holt  
NR25 7QH |
| --- | --- | --- |
| Provide a meaningful residential and working environment for adults, some of whom have special needs. Social, artistic and therapeutic activities are an integral part of life, where everyone participates to the best of their abilities. | **Website:** | www.camphill.org.uk  
www.thornagehall.co.uk |
|  | **Phone:** | 01263 860305 |
|  | **Email:** | office@thornagehall.co.uk |
|  | **Supports:** | Adults with LD |
| **Clinks Care Farm Limited** | **Address:** Clinks Farm Church Road  
Toftmonks  
Beccles  
NR34 0ET | **Website:** www.clinkscarefarm.org.uk  
**Phone:** 01502 679134  
**Email:** admin@clinkscarefarm.org | **Supports:** Adults with PD LD MH |
|-------------------------------|---------------------------------|---------------------------------|------------------|
| **An alternative to day care by offering meaningful activities and opportunities for disadvantaged people to help out on the farm.** | **Address:** Clinks Farm Church Road  
Toftmonks  
Beccles  
NR34 0ET | **Website:** www.clinkscarefarm.org.uk  
**Phone:** 01502 679134  
**Email:** admin@clinkscarefarm.org | **Supports:** Adults with PD LD MH |
| **Darwin Nurseries** | **Address:** 5 Quy Waters, Newmarket Road  
Cambridge  
CB1 9AT | **Website:** www.cpft.nhs.uk  
**Phone:** 01223 293911  
**Email:** christine.millar@cpft.nhs.uk | **Supports:** Adults with LD |
| **Promoting learning, independence, skill building and social skills within a supported, horticultural and retail environment.** | **Address:** 5 Quy Waters, Newmarket Road  
Cambridge  
CB1 9AT | **Website:** www.cpft.nhs.uk  
**Phone:** 01223 293911  
**Email:** christine.millar@cpft.nhs.uk | **Supports:** Adults with LD |
| **Edfords Care Farm** | **Address:** Thorpe Market Road  
Roughton  
NR11 8TB | **Website:** www.edfordscarefarm.co.uk  
**Phone:** 01263 833919 / 07584 414537  
**Email:** info@edfordscarefarm.co.uk | **Supports:** Young People, Adults with LD MH |
| **Edfords is a not for profit organisation working with individuals from all walks of life offering therapeutic time taking part in traditional farming methods on a smallholding by the North Norfolk coast.** | **Address:** Thorpe Market Road  
Roughton  
NR11 8TB | **Website:** www.edfordscarefarm.co.uk  
**Phone:** 01263 833919 / 07584 414537  
**Email:** info@edfordscarefarm.co.uk | **Supports:** Young People, Adults with LD MH |
| **Elmwood Woodcraft Activity Centre** | **Address:** C/o Worstead Lodge, 106 Cromer Road  
North Walsham  
NR28 0NB | **Website:** www.independencewithcare.org.uk  
**Phone:** 01692 403865  
**Email:** independencewithcare@hotmail.co.uk | **Supports:** Young People, Adults with PD LD |
| **Woodcraft centre and gardening group, providing woodcraft and gardening activities. Services also offered to people with physical disabilities.** | **Address:** C/o Worstead Lodge, 106 Cromer Road  
North Walsham  
NR28 0NB | **Website:** www.independencewithcare.org.uk  
**Phone:** 01692 403865  
**Email:** independencewithcare@hotmail.co.uk | **Supports:** Young People, Adults with PD LD |
| **Engage Norfolk Limited** | **Address:** 47 Bergen Way  
North Lynn, Industrial Estate  
Kings Lynn  
PE30 2JG | **Website:** www.engagenorfolk.co.uk  
**Phone:** 01553 401200  
**Email:** help@engagenorfolk.co.uk | **Supports:** Adults with SI PD LD MH |
| **Support to maintain and improve independence and life fulfilment by providing tailored support and development programmes.** | **Address:** 47 Bergen Way  
North Lynn, Industrial Estate  
Kings Lynn  
PE30 2JG | **Website:** www.engagenorfolk.co.uk  
**Phone:** 01553 401200  
**Email:** help@engagenorfolk.co.uk | **Supports:** Adults with SI PD LD MH |
### Equal Brewkery
Based in the main kitchen at Ipswich Road Community Hub. Teaching programme for young people with disabilities about baking and also brewing. Working to build self-confidence and self-esteem, instilling a sense of self-worth alongside practical and transferable skills.

**Address:** 120 Ipswich Road
Norwich
NR4 6QS

**Website:** [www.equalbrewkery.org.uk](http://www.equalbrewkery.org.uk)

**Phone:** 01603 616209 / 07453 967733

**Email:** bill@equalbrewkery.org.uk
introtobrewing@virginmedia.com

**Supports:** Young People and Adults LD

### Equal Lives
Support with direct payments, personal assistants and support plans. NB: this is one example of the 14 service providers who offer a payroll and supported account service. Norfolk County Council's Customer Service Centre has information on all providers.

**Address:** 15 Manor Farm Barns
Fox Road
Framingham Pigot
Norwich
NR14 7PZ

**Website:** [www.equallives.org.uk](http://www.equallives.org.uk)

**Phone:** 01508 491210

**Email:** info@equallives.org.uk

**Supports:** Young People and Adults LD

### Fitzroy Support (Fakenham)
FitzRoy works to transform the lives of people with learning disabilities, helping them live more independently at home and in the community.

**Address:** The Maltings, Hall Staithe
Fakenham
NR21 9BW

**Website:** [www.fitzroy.org](http://www.fitzroy.org)

**Phone:** 0808 168 4662

**Email:** services@fitzroy.org / julie.bruce@fitzroy.org.uk

**Supports:** Adults with LD

### Fitzroy Support (North Walsham)
FitzRoy works to transform the lives of people with learning disabilities, helping them live more independently at home and in the community.

**Address:** 3 St Nicholas Court
North Walsham
NR28 9BY

**Website:** [www.fitzroy.org](http://www.fitzroy.org)

**Phone:** 01692 405192

**Email:** mark.baxter@fitzroy.org

**Supports:** Adults with LD

### Forward Day Centre
Provides a range of services focusing on life skills, independence and employment skills.

**Address:** St Margarets
School House
Millfleet
Kings Lynn
PE30 5EG

**Website:** [www.forwarddc.org.uk](http://www.forwarddc.org.uk)

**Phone:** 01553 776910

**Email:** office@forwarddc.org.uk

**Supports:** Young People, Adults with LD
| **Graphic Design & Print Cic** | **Address:** Unit 7c Bayfield Brecks Bayfield Holt NR25 7DZ  
**Website:** www.gdpcic.com  
**Phone:** 01263 715566  
**Email:** Online Email Form  
**Supports:** Adults |
|---|---|
| **Gressenhall Farm & Workhouse** | **Address:** Gressenhall Dereham NR20 4DR  
**Website** www.museums.norfolk.gov.uk/gressenhall-farm-and-workhouse  
**Phone:** 01362 869263/860563  
**Email:** gressenhall.museum@norfolk.gov  
**Supports:** Adults with PD LD MH E |
| **Heath End Farm (SHES)** | **Address:** Dyes Road Blofield Heath Norwich NR13 4DH  
**Website:** www.shesltd.co.uk  
**Phone:** tel. 01603 722270  
**Email:** office@shesltd.co.uk  
**Supports:** Young People and Adults with LD |
| **Holt Hall** | **Address:** Kelling Road Holt NR25 6RT  
**Website:** www.holthall.org.uk  
**Phone:** 01263 713117  
**Email:** holthall@educatorsolutions.org.uk  
**Supports:** Children, Young People, Adults |
| **Involve** | **Address:** 27 Tower Place Kings Lynn PE30 5DF  
**Website:**  
**Phone:** tel. 01553 769850  
**Email:** cp.involve@btconnect.com  
**Supports:** Adults with PD LD MH |
| **Jus Jen Horseways** | **Address:** Croft Farm, Thrigby Road  
Filby  
NR29 3DP  
**Website:** croftfarmridingcentre.co.uk  
**Phone:** 01493 368275  
**Email:** Email Link on Website  
**Supports:** Children, Young People, Adults |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Equine care farm providing opportunities for people to learn about horses and at the same time learning about themselves.</strong></td>
<td></td>
</tr>
</tbody>
</table>

| **Lowestoft & Oulton Broad Aid & Assist Project** | **Address:** 54 High Street  
Lowestoft  
NR32 1JA  
**Website:** www.aidandassistltd.onesuffolk.net  
**Phone:** 01502 586925  
**Email:** aid_assist@btconnect.com  
**Supports:** Adults with LD |
<table>
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<tr>
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<tbody>
<tr>
<td><strong>Furniture restoration project providing day care workshops for people with learning difficulties.</strong></td>
<td></td>
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</tbody>
</table>

| **MATCH – Norfolk Specialist Employment Service** | **Address:** Countywide  
**Website:** www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-training-0-25  
**Phone:** 01603 306578  
**Email:** supportintoemployment.norfolk.gov.uk  
**Supports:** Young People and Adults |
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Team helping people with learning disabilities find employment in their local community. Presents employees with carefully defined and chosen work environments. Also provides on-site support and training.</strong></td>
<td></td>
</tr>
</tbody>
</table>

| **Mencap Halesworth** | **Address:** 1 Chediston St  
Halesworth  
IP19 8BE  
**Website:** www.mencap.org.uk  
**Phone:** 01986 874074  
**Email:** jeanne.womack@mencap.org.uk  
**Supports:** Adults with LD |
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Day service offering a range of opportunities including a furniture project and working in the shop.</strong></td>
<td></td>
</tr>
</tbody>
</table>

| **Mow and Grow** | **Address:** Mow and Grow House  
Bowthorpe Community Hub  
Bowthorpe Hall  
Norwich  
NR5 9AA  
**Website:** www.thegroworganisation.org  
**Phone:** tel. 01603 740107  
**Email:** info@thegroworganisation.org  
**Supports:** Adults LD PD MH |
<table>
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<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Gardening and horticulture scheme connecting vulnerable adults with food and the natural environment. Offers wellbeing courses covering: outdoor activity, horticultural therapy, nutrition and budgeting.</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **MTM Youth Services** | **Address:** MTM Youth Services CIC  
1 Rambler Cottage  
Botesdale, Diss  
IP22 1BZ | **Website:** www.mtmyouthservices.jimdo.com | **Phone:** 07715336885/07778 896325 | **Email:** info@mtmyouthservices.org.uk | **Supports:** Young People

A Community Interest Company developing, delivering and supporting high quality youth work through informal education programmes through a range of enjoyable activities and support, primarily focussing on young people aged 11-19.

| **NANSA** | **Address:** 200 Bowthorpe Road  
Norwich  
NR2 3TZ | **Website:** www.nansa.org.uk | **Phone:** 01603 627662 | **Email:** sheilaparish@nansa.org.uk | **Supports:** Young People, Adults with SI PD LD

Various activities on offer and opportunities to gain experience and develop skills in a working environment.

| **New Boundaries (Horticulture) Ltd** | **Address:** Haveringland Road  
Felthorpe  
NR10 4BZ | **Website:** www.newboundariesgroup.com | **Phone:** 01603 407549 | **Email:** headoffice@newboundariesgroup.com | **Supports:** Adults with LD

Offers a range of horticultural and gardening based projects as well as woodwork skills.

| **Norfolk Adult Education Service** | **Address:** | **Website:** www.norfolk.gov.uk/adulteducation | **Phone:** | **Email:** | **Supports:** Adults

Provides support with courses and work preparation training for young people and adults.

| **Norfolk Industries (EVOLVE)** | **Address:** 95 Oak Street  
Norwich  
NR3 3BP | **Website:** www.norfolkindustries.co.uk/services/EVOLVE | **Phone:** 01603 667957 | **Email:** Evolve@norfolkindustries.co.uk | **Supports:** Adults LD

Aimed at people living in rural areas, with disabilities and the long term unemployed. Designed to move people closer to work. Provides work placements in commercial environments as we as a range of training and development opportunities.
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
</table>
| **Not About the Bike** | **Address:** Unit 9 Henderson Business Park  
Ivy road  
Norwich  
NR5 8BF  
**Website:** www.nabnorwich.org.uk  
**Phone:** 01603 251700 / 07983 919817  
**Email:** nab@henderson-norwich.org  
**Supports:** Young People and Adults | | | | |
| **Onward Enterprises** | **Address:** 18a Carver Way Industrial Estate  
Harleston  
IP20 9EA  
**Website:** www.onward-enterprises.co.uk  
**Phone:** 01379 854234  
**Email:** harleston@onwardenterprisescic.co.uk  
**Supports:** Adults with LD | | | | |
| **Onwards Enterprises** | **Address:** 1 Telford Way  
Thetford  
IP24 1HU  
**Website:** www.onward-enterprises.co.uk  
**Phone:** 01842 766055  
**Email:** thetford@onwardenterprisescic.co.uk  
**Supports:** Adults with LD | | | | |
| **Opportunities Without Limits** | **Address:** Sawston Village College, New Road  
Sawston  
CB22 3BP  
**Website:** www.papworthtrust.org.uk  
**Phone:** 01223 835329  
**Email:** info@papworthtrust.org.uk  
**Supports:** Young People and Adults with LD | | | | |
| **Papworth Trust**     | **Address:** Hospital Road  
Bury St Edmunds  
IP33 3NR  
**Website:** www.papworthtrust.org.uk  
**Phone:** 01284 755261  
**Email:** enquiries@workwise.org.uk  
**Supports:** Adults with E PD MH | | | | |
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prospects Trust</strong></td>
<td>Snakehall Farm</td>
<td><a href="http://www.prospectstrust.org.uk">www.prospectstrust.org.uk</a></td>
<td>01638 741551</td>
<td><a href="mailto:enquiries@prospectstrust.org.uk">enquiries@prospectstrust.org.uk</a></td>
<td>Adults with PD LD MH</td>
</tr>
<tr>
<td>Work based day activity for people with a learning or physical disability of mental illness. Provides training and work opportunities in agriculture and horticulture.</td>
<td>Snakehall Farm Swaffham Road Reach CB25 0HZ</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rowan Humberstone</strong></td>
<td>40 Humberstone Road Cambridge CB4 1JG</td>
<td><a href="http://www.rowanhumberstone.co.uk">www.rowanhumberstone.co.uk</a></td>
<td>01223 566027</td>
<td><a href="mailto:info@rowanhumberstone.co.uk">info@rowanhumberstone.co.uk</a></td>
<td>Adults with LD</td>
</tr>
<tr>
<td>A Cambridge City based charity and arts centre that artists and learning-disabled people together in the production of fine artwork and crafts; while providing opportunities for self-expression and creative exploration.</td>
<td></td>
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</tr>
<tr>
<td><strong>Sense East (College)</strong></td>
<td>32 Bertie Ward Way Rashes Green Estate Dereham NR19 1TE</td>
<td><a href="http://www.sense.org.uk">www.sense.org.uk</a></td>
<td>0300 330 9256</td>
<td><a href="mailto:info@sense.org.uk">info@sense.org.uk</a></td>
<td>Young People with PD SI LD</td>
</tr>
<tr>
<td>Offers personalised learning for young people with complex communication needs. Three detailed curriculum pathways help individuals to develop skills needed to achieve education, independent living and employment goals.</td>
<td></td>
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</tr>
<tr>
<td><strong>SOLD (Special Objectives for Local Disabled)</strong></td>
<td>36 Harvest Road, South Lowestoft Industrial Estate Lowestoft NR33 7NJ</td>
<td><a href="http://www.soldstudio.co.uk">www.soldstudio.co.uk</a></td>
<td>01502 512617</td>
<td><a href="mailto:soldstudio@yahoo.com">soldstudio@yahoo.com</a></td>
<td>Young People and Adults with PD SI</td>
</tr>
<tr>
<td>Workshop environment for physically and sensory disabled people, producing woodwork, art clay, textiles, needlework and horticulture produces for own and public use.</td>
<td></td>
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</tr>
<tr>
<td><strong>Sprowston Community Hub</strong></td>
<td>Aslake Close Sprowston NR7 8ET</td>
<td><a href="http://www.independencematters.org.uk">www.independencematters.org.uk</a></td>
<td>01603 410377</td>
<td><a href="mailto:contactus@independencematters.org.uk">contactus@independencematters.org.uk</a></td>
<td>Adults with LD</td>
</tr>
<tr>
<td>Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.</td>
<td></td>
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</tr>
<tr>
<td><strong>Street Forge Workshops</strong></td>
<td><strong>Address:</strong> The Street&lt;br&gt;Thornham Magna&lt;br&gt;Eye&lt;br&gt;IP23 8HB</td>
<td><strong>Website:</strong> <a href="http://www.streetforge.org">www.streetforge.org</a></td>
<td><strong>Phone:</strong> 01379 678543</td>
<td><strong>Email:</strong> <a href="mailto:info@streetforge.org">info@streetforge.org</a></td>
<td><strong>Supports:</strong> Adults with LD</td>
</tr>
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<tr>
<td>Individually designed programmes for adults with learning, physical and/or sensory disability in an atmosphere which is supportive, work-like and friendly.</td>
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<tr>
<th><strong>Strong Roots</strong></th>
<th><strong>Address:</strong> C/o The Bridge Plus, Suite 209&lt;br&gt;Sackville Place Business Centre&lt;br&gt;44-48 Magdelene Street&lt;br&gt;Norwich&lt;br&gt;NR3 1JU</th>
<th><strong>Website:</strong> <a href="http://www.strongroots.org.uk">www.strongroots.org.uk</a></th>
<th><strong>Phone:</strong> 07746 364668</th>
<th><strong>Email:</strong> <a href="mailto:info@strongroots.org.uk">info@strongroots.org.uk</a></th>
<th><strong>Supports:</strong> Young People and Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>An innovative therapeutic garden project in Norwich. People who benefit from it include those who experience social isolation. No gardening experience is required.</td>
<td></td>
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</tbody>
</table>

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<thead>
<tr>
<th><strong>Supported Employment Team</strong></th>
<th><strong>Address:</strong></th>
<th><strong>Website:</strong> <a href="http://www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-training-0-25/post-16">www.norfolk.gov.uk/children-and-families/send-local-offer/education-and-training-0-25/post-16</a></th>
<th><strong>Phone:</strong> 0344 8008020</th>
<th><strong>Email:</strong> <a href="mailto:information@norfolk.gov.uk">information@norfolk.gov.uk</a></th>
<th><strong>Supports:</strong> Adults with LD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support for people with Learning Disabilities to find employment within their local community.</td>
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</tbody>
</table>

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<tr>
<th><strong>Sunset Barn Care Farm</strong></th>
<th><strong>Address:</strong> Sunset Barn&lt;br&gt;Brandon&lt;br&gt;IP27 9BY</th>
<th><strong>Website</strong></th>
<th><strong>Phone:</strong> 07847 037622</th>
<th><strong>Email:</strong> <a href="mailto:melaniepsmith@hotmail.co.uk">melaniepsmith@hotmail.co.uk</a></th>
<th><strong>Supports:</strong> Adults with LD PD ASD MH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day placement opportunities working in a horticultural/animal husbandry setting to improve self esteem, confidence, recovery and development of practical and social skills.</td>
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<thead>
<tr>
<th><strong>The Centre (Formerly Wood 'n Stuff)</strong></th>
<th><strong>Address:</strong> Unit 1 - 4, Station Hill&lt;br&gt;Bury St Edmunds&lt;br&gt;IP32 6AD</th>
<th><strong>Website:</strong></th>
<th><strong>Phone:</strong> tel. 01284 702195</th>
<th><strong>Email:</strong> <a href="mailto:thecentrebury@thecentreuk.com">thecentrebury@thecentreuk.com</a></th>
<th><strong>Supports:</strong> Adults with PD LD MH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offers worked based day activities for people with disabilities.</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
The OWL Project
A new project run by Norfolk County Council which aims to give young people aged 18-25 with additional needs learning opportunities through (unpaid) supported work placements.
Address: Countywide
Website:
Phone:
Email: frank.crowdy@norfolk.gov.uk
Supports: Young Adults

Thera East Anglia Trust
Service and support for those living with a disability and their family and carers, including advice and support in making choices and planning how the disabled person wants their life to be, choosing where to live, and finding employment.
Address: The West House Alpha Court Swingbridge Road Grantham Lincolnshire NG31 7XT
Website: www.thera.co.uk/help
Phone: 0300 303 1280
Email: info@thera.co.uk
Supports: Adults with LD

TrAC Apprenticeships Norfolk
6-month work placements across Norfolk and East Anglia to help vulnerable young people aged 16-24 embark on and complete apprenticeships. Wrap-around support and personal mentoring packages provided. Working with young people every step of the way.
Address: Regionwide
Website: www.tracweb.co.uk
Phone: 01603 737739
Email: katie@tracweb.co.uk
Support for: Young People

Volunteering Matters
A project which creates volunteering opportunities for people with learning disabilities.
Address: Nationwide
Website: www.volunteeringmatters.org.uk
Phone: 01553 766953 / 020 3780 5870
Email: jmindham@csv.org.uk
Supports: Young People, Adults PD LD SI MH

Waveney Enterprises
Supports adults with mild to moderate learning disabilities in the Norfolk and Suffolk area. Arts and crafts workshops provide service users the opportunity to develop their life and social skills in a safe and supportive environment.
Address: 13 Smallgate Beccles NR34 9AB
Website: www.waveneyenterprises.co.uk
Phone: 01502 716065
Email: Online Email Form
Supports: Adults with LD
Willow Tree Farming
Provides an environment where vulnerable people can overcome or manage their mental health issues, depression or disabilities. Offers activities and support which meets the needs of the individual, promoting positive change and improved well being.

Address: Field Farm
Hillington
Kings Lynn
PE31 6DL
Website: www.willowtreefarming.co.uk
Phone: 07786 853549
Email: info@willowtreefarming.co.uk
Supports: Young People and Adults

Your Own Place
Innovative social enterprise supporting young people and adults in transition. Offers a variety of employment advice and support, including employer supported volunteer mentoring, peer youth work training academy and personalised skills training.

Address: 23 Johnson Place
Norwich
NR2 2SA
Website: www.yourownplace.org.uk
Phone: 07530 028446 (CEO Rebecca)
01603 611910 (Training Flat)
Email: rebecca@yourownplace.org.uk
Supports: Young People and Adults

Section Three - Help with accommodation or preparing to live outside the family home

The service providers listed here help people with their accommodation in many ways. Some may help you find a home and others may help you stay there by providing support with running your home. Some young people may only need a small amount of help, whereas others will require a larger package of care.

Also included are respite providers who are often the first step for some disabled young people in moving out of the family home.

Abbottswood Lodge
Residential Respite. Specialises in care for adults with learning disabilities, as well as autistic spectrum disorders, Asperger's and Down's syndrome.

Address: Church Lane
Swanton Abbott
Norwich
NR10 5DY
Website: www.abbottswoodlodge.co.uk
Phone: 01692 538455
Email: abbottswoodlodge@abc-care-solutions.co.uk
Supports: Adults with Asperger ASD LD Down’s Syndrome, MD
| **Allied Healthcare** | **Address:** | Cringleford Business Centre  
Intwood Road  
Cringeford  
NR4 6AU  
Website: | www.alliedhealthcare.com/learning-disabilities-services.aspx | **Phone:** | 0800 542 1067 | **Email:** |  
**Supports:** | Adults LD PD |
|-----------------------|-------------|--------------------------|-----------------|-------------|-----------------|-----------------|----------------|------------------------|
| **Assist Trust** | **Address:** | 20 Colegate  
Norwich  
NR3 1BQ  
Website: | www.assist-trust.co.uk | **Phone:** | 01603 230200 | **Email:** | office@assist-trust.co.uk | **Supports:** | Adults with LD |
| **Assistive Technology (N-ABLE)** | **Address:** | Unit 1  
Burton Road  
Norwich  
NR6 6AX | **Website:** | www.n-able.org.uk | **Phone:** | 01603 894120 | **Email:** | n-able@ncsgrp.co.uk | **Supports:** | Adults PD |
| **Bishop Herbert House** | **Address:** | 34 Globes Street  
Vauxhall Street  
Norwich  
NR2 2SG  
Website: | www.norsecare.co.uk/homes/bishopherbert | **Phone:** | 01603 620710 | **Email:** | denise.allington@norsecare.co.uk | **Supports:** | Adults with PD |
| **Breaks for Carers Services (Carers Matter Norfolk)** | **Address:** | St Clements House  
2 – 16 Colegate  
Norwich  
NR3 1BQ  
Website: | Carersmatternorfolk.org.uk | **Phone:** | 0808 8089876 | **Email:** | info@carersmatter.org.uk | **Supports:** | Carers and Young Carers |
**Camphill Communities**

Provide a meaningful residential and working environment for adults, some of whom have special needs. Social, artistic and therapeutic activities are an integral part of life, where everyone participates to the best of their abilities.

**Address:** Thornage Hall
Thornage
Holt
NR25 7QH

**Website:** www.camphill.org.uk

**Phone:** 01263 860305

**Email:** office@thornagehall.co.uk

**Supports:** Adults with LD

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**Care UK**

Homecare support for people with complex or challenging needs who may need a round-the-clock service. Work closely with a range of agencies and services to ensure individuals can access mainstream housing and live as independently as possible.

**Address:** Wensum Mount Business Centre
Low Road
Hellesdon
NR6 5AQ

**Website:** www.careuk.com/learning-disabilities

**Phone:** 03332 004046

**Email:**

**Supports:** Adults with LD

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**Caremark**

Provider of homecare support which is tailored to meet the individual needs and preferences of clients.

**Address:** 147 Yarmouth Road
Norwich
NR7 0SA

**Website:** www.caremark.co.uk/locations

**Phone:** 01553 660333/01603 433855

**Email:** norwich@caremark.co.uk

**Supports:** Adults with LD

---

**Carewatch**

Homecare support for adults of all ages with health conditions, helping to remain independent as much as possible.

**Address:** Highhouse Farm Lane
Honingham Thorpe
NR9 5DG

**Website:** www.carewatch.co.uk/home-care-support

**Phone:** 01362 696967

**Email:** Christine.Clare@carewatch.co.uk

**Supports:** Adults

---

**Church Green Lodge**

Short Break service provides respite support for adults and their carers. Provide a personalised experience for all customers using our short break facilities in specially designed premises across the county.

**Address:** Alaske Close
Sprowston
NR7 8TE

**Website:** www.independencematters.org.uk/services/respite-care

**Phone:** 01603 411855

**Email:**

**Supports:** Adults with LD
| Cotman | Cotman House  
Social housing landlord and partner organisation for support living schemes  
Bowthorpe Hall  
Bowthorpe Hall Road  
Norwich  
NR5 9AD  
Website | www.cotman-housing.org.uk  
Phone | 01603 731699  
Email | office@cotman-housing.org.uk  
Supports | Adults |
|---|---|---|---|---|---|
| Day Break Support Services | 25 Wootton Road  
Kings Lynn  
PE30 4EZ  
Website | www.daybreakssocialcare.co.uk  
Phone | 01553 768154  
Email | info@daybreaksupport.com  
Supports | Adults with PD LD MH |
| Faro Lodge | Galyon Road  
Kings Lynn  
PE30 3YE  
Website | www.independencematters.org.uk/services/respite-care  
Phone | 01553 679233 / 0300 790 0508  
Email | contactus@independencematters.org.uk  
Supports | Adults with LD |
| Fitzroy Support (Fakenham) | The Maltings, Hall Staithe  
Fakenham  
NR21 9BW  
Website | www.fitzroy.org  
Phone | 01328 856089  
Email | services@fitzroy.org / julie.bruc@fitzroy.org.uk  
Supports | Adults with LD |
| Fitzroy Support (North Walsham) | 3 St Nicholas Court  
North Walsham  
NR28 9BY  
Website | www.fitzroy.org  
Phone | 01692 405192  
Email | mark.baxter@fitzroy.org  
Supports | Adults with LD |
| **Foxwood** | **Address:** 3 Blithemeadow Court  
Sprowston  
Norwich | **Website:**  
**Phone:** 01603 692450  
**Email:** joanne.reeve@norfolk.gov.uk  
**Supports:** Children with LD |
| --- | --- | --- |
| A residential short break unit in Norwich for children and young people up to age 18 with severe learning disabilities or multiple disabilities including a learning disability. | **Freebridge Community Housing** | **Address:** Juniper House  
Austin Street  
King's Lynn  
PE30 1DZ | **Website:**  
**Phone:** 03332 404444  
**Email:** enquiries@freebridge.org.uk  
**Supports:** Adults with LD MH |
| **Hamlet Centre Trust** | **Address:** Ella Road  
Norwich  
NR1 4BP | **Website:**  
**Phone:** 01603 616094  
**Email:** admin@hamletcentre.org.uk  
**Supports:** Adults with PD LD |
| Day service offering various activities. Also has a training flat to teach/encourage independent living skills. | **Jark Healthcare Ltd** | **Address:** 3A St Stephens Street  
Norwich  
NR1 3QL | **Website:**  
**Phone:** 01603 764030 / 01603 764049  
**Email:** nrhc@jark.co.uk  
**Supports:** Adults |
| Provides respite and caring support in the home. | **Jeelas Day Care Limited** | **Address:** 16-18 High Street  
Dereham  
NR19 1DX | **Website:**  
**Phone:** 01603 279938 / 0800 6440039  
**Email:** residential@jeesal.org  
**Supports:** Adults with PD LD MH |
| Day service offering a variety of activities and residential accommodation. Respite also available. |  |  |
### John Groom Court
Supported living accommodation for adults with disabilities. Also offers activities for non-residents.

**Address:**
215 Sprowston Road
Norwich
NR3 4HX

**Website:**
www.livability.org.uk/service/john-grooms-court-norwich

**Phone:**
01603 429400

**Email:**
enquiries@livability.org.uk

**Supports:**
Adults

### Julian Support
Practical outreach and support with daily living, social inclusion, health, housing and the future.

**Address:**
23 Pilling Park Road
Norwich
NR1 4PA

**Website:**
www.juliansupport.org

**Phone:**
01603 767718

**Email:**
info@juliansupport.org

**Supports:**
Adults with MH

### Linked Families
Family based respite. The ‘Linked Families’ short breaks service links each child with a family or carer who offers an agreed package of care which can include day care and overnight care in the carer’s home. Carers may also go to the child’s own home allowing parents and carers to have time outside of the home pursuing their own interests or spending time with their other children. The service is not provided to allow the main carer to work.

**Address:**
48 Ferry Road
West Lynn
PE34 3NB

**Website:**
www.time-for-me.org.uk/shortbreak/linked-families-service

**Phone:**
01553 614984

**Email:**
nicola.king@norfolk.gov.uk

**Supports:**
Children

### Marmalade House
Supported housing providing support and care to adults with learning disabilities aged 18 years plus. In certain circumstances, young adults approaching 18 years old may be considered.

**Address:**
5 Kittens Lane
Loddon
Norwich
NR14 6JU

**Website:**
www.orwell-housing.co.uk/learning-disabilities/kittens-lane-loddon-799

**Phone:**
01508 528163

**Email:**
support&care@orwell-housing.co.uk

**Supports:**
Adults with LD
| **Marshfields** | **Address:** 48 Ferry Road  
West Lynn  
PE34 3NB  
**Website:**  
**Phone:** 01553 614984  
**Email:** nicola.king@norfolk.gov.uk  
**Supports:** Children |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential short breaks unit in Kings Lynn for 5 to 18 year olds with severe learning disabilities or multiple disabilities including a learning disability from across Norfolk.</td>
<td></td>
</tr>
</tbody>
</table>

| **Mears Care** | **Address:** 108 Hellesdon Park Industrial Estate  
Norwich  
NR6 5DR  
**Website:**  
**Phone:** 01603 309060  
**Email:**  
**Supports:** Adults with LD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecare support for people with learning disabilities.</td>
<td></td>
</tr>
</tbody>
</table>

| **Mid Norfolk Mencap** | **Address:** 1a Tavern Lane  
Dereham  
NR19 1PX  
**Website:** www.midnorfolkmencap.org  
**Phone:** 01362 693013  
**Email:** info@midnorfolkmencap.org.uk  
**Supports:** Young People and Adults LD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides young people and adults with advice and information on a range of topics. Also offers residential housing provisions in South Norfolk.</td>
<td></td>
</tr>
</tbody>
</table>

| **Mill Lodge** | **Address:** 156-158 Kingswood Avenue  
Taverham  
NR8 6UR  
**Website:** www.norfolkcommunityhealthandcare.nhs.uk  
**Phone:** tel: 01603 868202  
**Email:**  
**Supports:** Adults with LD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides a nurse-led respite service supporting people with learning disabilities.</td>
<td></td>
</tr>
</tbody>
</table>

| **Morley House** | **Address:**  
**Website:** www.break-charity.org/what-we-do/short-breaks  
**Phone:** tel. 01553 772157  
**Email:** carol.augur@break-charity.org  
**Supports:** Children |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children's respite service providing residential short breaks during weekends and school holidays for young people up to 18 years of age with a severe disability from across Norfolk.</td>
<td></td>
</tr>
<tr>
<td><strong>Nelson Lodge</strong></td>
<td><strong>Address:</strong> <a href="http://www.break-charity.org/what-we-do/short-breaks">www.break-charity.org/what-we-do/short-breaks</a></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>Children's respite service is a residential short break unit in Tharston, Norfolk. It is for young people up to 18 years of age with severe learning disabilities including autistic spectrum disorders and challenging behaviour.</td>
<td><strong>Website:</strong> <a href="http://www.break-charity.org/what-we-do/short-breaks">www.break-charity.org/what-we-do/short-breaks</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Children</td>
<td><strong>Phone:</strong> tel. 01508 536515</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:Mel.julier@break-charity.org">Mel.julier@break-charity.org</a>.</td>
<td><strong>Website:</strong> <a href="http://www.break-charity.org/what-we-do/short-breaks">www.break-charity.org/what-we-do/short-breaks</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Oak Trees</strong></th>
<th><strong>Address:</strong> 26 Norfolk Drive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short term residential respite care and support.</td>
<td><strong>Norfolk</strong></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.flagship-housing.co.uk/oak-trees">www.flagship-housing.co.uk/oak-trees</a></td>
<td><strong>Phone:</strong> 01953 457360</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:kerrie.good@flagship-housing.co.uk">kerrie.good@flagship-housing.co.uk</a></td>
<td><strong>Website:</strong> <a href="http://www.flagship-housing.co.uk/oak-trees">www.flagship-housing.co.uk/oak-trees</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults</td>
<td><strong>Website:</strong> <a href="http://www.flagship-housing.co.uk/oak-trees">www.flagship-housing.co.uk/oak-trees</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Petit Port Guest House</strong></th>
<th><strong>Address:</strong> 152-160 Nelson Street</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed and breakfast providing emergency accommodation.</td>
<td><strong>Norwich</strong></td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong> 01603 625435</td>
</tr>
<tr>
<td><strong>Phone:</strong> 01603 625435</td>
<td><strong>Email:</strong> Petit Port Guest House</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><strong>Website:</strong> <a href="http://www.flagship-housing.co.uk/oak-trees">www.flagship-housing.co.uk/oak-trees</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults</td>
<td><strong>Website:</strong> <a href="http://www.flagship-housing.co.uk/oak-trees">www.flagship-housing.co.uk/oak-trees</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Pine Lodge</strong></th>
<th><strong>Address:</strong> Unit 14 Diss Business Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Break service provides respite support for adults and their carers. Provide a personalised experience for all customers using our short break facilities in specially designed premises across the county.</td>
<td><strong>Dark Lane</strong></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.independencematters.org.uk/services/respite-car">www.independencematters.org.uk/services/respite-car</a></td>
<td><strong>Phone:</strong> 01692 670123</td>
</tr>
<tr>
<td><strong>Phone:</strong> 01692 670123</td>
<td><strong>Email:</strong> <a href="mailto:contactus@independencematters.org.uk">contactus@independencematters.org.uk</a></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><strong>Website:</strong> <a href="http://www.independencematters.org.uk/services/respite-car">www.independencematters.org.uk/services/respite-car</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults</td>
<td><strong>Website:</strong> <a href="http://www.independencematters.org.uk/services/respite-car">www.independencematters.org.uk/services/respite-car</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PSS Shared Lives</strong></th>
<th><strong>Address:</strong> Unit 14 Diss Business Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shared lives scheme working with adults with learning disabilities to support them to live independent lives and make sure they are not excluded from everyday social life experiences and activities.</td>
<td><strong>Dark Lane</strong></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.psspeople.com/contact-us/norfolk-and-suffolk">www.psspeople.com/contact-us/norfolk-and-suffolk</a></td>
<td><strong>Phone:</strong> 01379 644423</td>
</tr>
<tr>
<td><strong>Phone:</strong> 01379 644423</td>
<td><strong>Email:</strong> <a href="mailto:info@pss.org.uk">info@pss.org.uk</a></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><strong>Website:</strong> <a href="http://www.psspeople.com/contact-us/norfolk-and-suffolk">www.psspeople.com/contact-us/norfolk-and-suffolk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults</td>
<td><strong>Website:</strong> <a href="http://www.psspeople.com/contact-us/norfolk-and-suffolk">www.psspeople.com/contact-us/norfolk-and-suffolk</a></td>
</tr>
<tr>
<td>Service Provider</td>
<td>Address</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td><strong>Quidenham (Hospice)</strong></td>
<td>Monastery House</td>
</tr>
<tr>
<td><strong>Saffron Housing Trust</strong></td>
<td>Saffron Barn</td>
</tr>
<tr>
<td><strong>Scope Inclusion (NANSA)</strong></td>
<td>200 Bowthorpe Road</td>
</tr>
<tr>
<td><strong>Sense East (Dereham Resource Centre)</strong></td>
<td>32 Bertie Ward Way</td>
</tr>
<tr>
<td><strong>Scope Inclusion Suffolk</strong></td>
<td>Shakers Lane</td>
</tr>
</tbody>
</table>
| **St. Edmunds Society** | **Address:** 114-118 Oak Street Norwich NR3 3BP  
**Website:** www.st-eds.org  
**Phone:** 01603 622035  
**Email:** admin@st-eds.org.uk  
**Supports:** Adults |
|-------------------------|--------------------------------------------------|
| **Stonham Housing**     | **Address:**  
**Website:** www.homegroup.org.uk  
**Phone:** 0345 141 4663  
**Email:** contactus@homegroup.org.uk  
**Supports:** Young Adults and Adults |
| **The Benjamin Foundation** | **Address:** 23-27 St. Andrews Street Norwich NR2 4TP  
**Website:** www.benjaminfoundation.co.uk  
**Phone:** 01603 615670  
**Email:** info@benjaminfoundation.co.uk  
**Supports:** Children and Adults |
| **The Matthew Project** | **Address:** Nedeham House 22 St. Stephens Road Norwich NR1 3QW  
**Website:** www.matthewproject.org  
**Phone:** 01603 626123  
**Email:** Online Contact Form  
**Supports:** Young People and Adults |
| **The Squirrels (Mill Close)** | **Address:** 5 Mill Close Aylsham NR11 6LZ  
**Website:**  
**Phone:** tel. 01263 734938  
**Email:**  
**Supports:** Children and Young People |
| **The Swallows (Adult Day Care Ltd)** | **Address:** 40 Station Road  
Salhouse  
NR13 6NY | **Website:** www.adultdaycare.co.uk  
**Phone:** 01603 721643  
**Email:** daycare@btinternet.com  
k.pledger@btopenworld.com  
**Supports:** Adults with PD LD MH |
|---|---|---|
| **Trafalgar Lodge (Children’s Services)** | **Address:** 70 Swan Lane  
Long Stratton  
NR15 2UY | **Website:** www.break-charity.org  
**Phone:** 01508 536510  
**Email:** catherine.kenny@break-charity.org  
**Supports:** Children and Young Adults PD |
| **YMCA** | **Address:** 35-37 Exchange Street  
Norwich  
NR2 1DP | **Website** www.ymca-norfolk.org.uk  
**Phone:** 01603 621263  
**Email:** info@ymcanorfolk.org  
**Supports:** Young Adults, Adults |

The Swallows offers a wide choice of activities to people aged 18+ with a learning disability, physical disability or mental disability/illness.

Care home for young people up with 18 years of age with a learning or physical disability.

YMCA Norfolk is a Christian charity committed to supporting young people to enable them to reach their full potential. We work to support disadvantaged young people who are at a point of crisis in their lives.
### Residential Home Providers

Norfolk County Council (NCC) will always endeavour, wherever possible, to support people to live independently in their own homes in the community.

However, some young people may need close and consistent support which can only be provided by a residential service. Although residential accommodation may be accessed through NCC as this is often the only option for some young people, the providers listed here represent those models of residential care which are intended to offer the most independent way of living in a residential environment.

Some residential home providers have divided their accommodation into independent ‘flats’ or ‘studios’. Others may have single rooms but encourage residents to develop their independence by cooking for themselves and undertaking daily domestic routines.

There are residential providers who focus more on a younger age group or who offer employment focused day support as opposed to recreational and leisure day activities.

Specialist residential providers are also included who support those with specific presenting needs such as behaviours that may challenge.

All residential care providers listed here have been accepted on to the main NCC service directory and so must comply with the operating standards set down by the local authority and by the Care Quality Commission (CQC). All have a responsibility to promote the welfare, social inclusion and independence of their residents.

| **Adrian Lodge** | **Address:** 19 Gaywood Road  
Kings Lynn  
PE30 1QT | **Website** www.regard.co.uk/services/adrian-lodge  
**Phone:** 01553 760347 / 07725 960782  
**Email:** adrianlodge@regard.co.uk  
**Supports:** Adults with MH |
|---|---|---|
| **Argyll House (Ryes Trust/College)** | **Address:** 210 Holt Road  
Cromer  
NR27 9JN | **Website** www.argyllhouse.org  
**Phone:** 01263 515130  
**Email:** info@argyllhouse.org  
ian@argyllhouse.org  
**Supports:** Adults with MH |
### Ashcroft Project

Ashcroft is part of Julian Support, providing specialist mental health services. Ashcroft is based in a rural location offering accommodation, for women only, who suffer from mental health difficulties. The beds are for mixed criteria; planned respite, extended recovery placement, step down from hospital and as an alternative to hospital.

| Address          | Milestone Lane  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wicklewood</td>
</tr>
<tr>
<td></td>
<td>Wymondham</td>
</tr>
<tr>
<td></td>
<td>NR18 9QL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
<th><a href="http://www.juliansupport.org">www.juliansupport.org</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>01953 607340</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Woman with MH</th>
</tr>
</thead>
</table>

### Autism Anglia

Provides a range of services to enable people with autism to live as independently as possible and experience choice and inclusion in society.

| Address          | Unit 24 - 27  
|------------------|----------------|
|                  | Bertie Ward Way  
|                  | Rashes Green   |
|                  | Dereham         |
|                  | NR19 1TE        |

<table>
<thead>
<tr>
<th>Website</th>
<th><a href="http://www.autism-anglia.org.uk">www.autism-anglia.org.uk</a></th>
</tr>
</thead>
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<table>
<thead>
<tr>
<th>Phone</th>
<th>01362 654477</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th><a href="mailto:ccomaskey@autism-anglia.org.uk">ccomaskey@autism-anglia.org.uk</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Supports</th>
<th>Children and Adults ASD</th>
</tr>
</thead>
</table>

### Autism Care UK (Lincolnshire)

A leading provider of specialist support services to individuals with Autism or complex learning disabilities in the UK. Offers a range of pathway options to design person centred support plans that really work for individuals and families.

| Address          | Heath Farm  
<table>
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<tbody>
<tr>
<td></td>
<td>Heath Road</td>
</tr>
<tr>
<td></td>
<td>Scopwick</td>
</tr>
<tr>
<td></td>
<td>Lincolnshire</td>
</tr>
<tr>
<td></td>
<td>LN4 3JD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
<th><a href="http://www.autismcareuk.com">www.autismcareuk.com</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>01526 322444</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Online Contact Form</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Supports</th>
<th>Young People and Adults ASD</th>
</tr>
</thead>
</table>

### Cascade (Charlton House)

Residential home with individual tailored support. Offers education programmes and courses as well as emphasising each person’s place in the community. All support works towards developing life skills and achieving personalised goals.

| Address          | 331A Drayton High Road  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Norwich</td>
</tr>
<tr>
<td></td>
<td>NR6 5AA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
<th><a href="http://www.cascade-care.com/our-homes">www.cascade-care.com/our-homes</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>01603 405051</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Online Contact Form</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Supports</th>
<th>Young People, Adults LD MH</th>
</tr>
</thead>
</table>

### Cascade (Cohen House)

Care home with individual tailored support. Offers education programmes and courses as well as emphasising each person’s place in the community. All support works towards developing life skills and achieving personalised goals.

| Address          | 55 Norwich Road  
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>New Costessey</td>
</tr>
<tr>
<td></td>
<td>Norwich</td>
</tr>
<tr>
<td></td>
<td>NR5 0EQ</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
<th><a href="http://www.cascade-care.com/our-homes">www.cascade-care.com/our-homes</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>01603 479740</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Online Contact Form</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Supports</th>
<th>Young People, Adults LD MH</th>
</tr>
</thead>
</table>
| Coopers Mill | Address: Mill Road  
Walpole Highway  
Wisbech  
PE14 7QL |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides accommodation mainly for people with learning disabilities but can also accommodation people with sensory and/or hearing impairments.</td>
<td>Website</td>
</tr>
</tbody>
</table>
Phone: 01945 880020 / 01945 881249 |
Email: |
Supports: Adults with LD SI HI |
| Cranleigh | Address: 21 Vicarage Road  
Cromer  
NR27 9DQ |
| The home provides support for up to eight adults who have a learning difficulty. | Website |
Phone: 01263 512478 |
Email: |
Supports: Adults with LD |
| Crystal Care | Address: Cromer  
NR27 9DL |
| Includes: Honeysuckle Cottage, Newhaven, Oak Lodge, Rosedale House, Sunnyside, The Wishing Well. | Website |
Phone: 01263 722208 |
Email: |
Supports: Adults |
| Decoy Farm | Address: Browston Lane  
Browston  
Great Yarmouth  
NR31 9DP |
| At Decoy, we provide accommodation, care and support for people with moderate to severe learning disabilities who present with behaviours that challenge. | Website |
Phone: 01502 730927 |
Email: decoy.manager@isiss.co.uk |
Supports: Adults with LD CB |
| Drayton Wood | Address: 189 Drayton High Road  
Hellesdon  
NR8 6BL |
| Drayton Wood is registered to provide care and support to people with learning disabilities. | Website |
Phone: 01603 409451 |
Email: office@benellcare.co.uk |
Supports: Adults with PD LD MH |
<table>
<thead>
<tr>
<th>Residential Home</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Elsenham House</strong></td>
<td>49-51 Station Road Cromer</td>
<td><a href="http://www.elsenhamhouse.co.uk/">www.elsenhamhouse.co.uk/</a></td>
<td>01263 513564</td>
<td><a href="mailto:elsenhamhouse@hotmail.co.uk">elsenhamhouse@hotmail.co.uk</a></td>
<td>Adults with MH CB</td>
</tr>
<tr>
<td>A residential home for individuals with mental health or challenging behaviour problems.</td>
<td>NR27 0DX</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fairways</strong></td>
<td>Links View Sandy Lane Dereham</td>
<td></td>
<td>01362 695588</td>
<td></td>
<td>Young adults with LD</td>
</tr>
<tr>
<td>A residential home which provides care and support for up to six young people who live with a learning disability.</td>
<td>NR19 2ED</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fryers Walk</strong></td>
<td>53 Castle Street Thetford</td>
<td></td>
<td>01842 766444</td>
<td><a href="mailto:helpline@mencap.org.uk">helpline@mencap.org.uk</a></td>
<td>Adults LD PD MH ASD VI</td>
</tr>
<tr>
<td>Residential care home for up to 16 service users with a range of needs including Autism/ASD, mental illness, Cerebral Palsy, challenging behaviour, Down Syndrome and physical impairment.</td>
<td>IP24 2DL</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Glenholme</strong></td>
<td>20-22 Cabbell Road Cromer</td>
<td>glen-holme.co.uk</td>
<td>01263 511101</td>
<td><a href="mailto:glenholmebch@btconnect.com">glenholmebch@btconnect.com</a></td>
<td>Adults LD PD MH ASD</td>
</tr>
<tr>
<td>Residential care home for adults with a range of needs including Asperger Syndrome, Autism/ASD, mental illness, challenging behaviour, Down Syndrome.</td>
<td>NR27 9HX</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>High Oaks</strong></td>
<td>Rectory Road Gissing</td>
<td><a href="http://www.high-oaks.co.uk">www.high-oaks.co.uk</a></td>
<td>01379 674456</td>
<td><a href="mailto:info@high-oaks.co.uk">info@high-oaks.co.uk</a></td>
<td>Adults with MH</td>
</tr>
<tr>
<td>High Oaks is a small, independent home for over 18's with mental health needs including those who also have associated learning disabilities.</td>
<td>IP22 3UU</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Hollybrook House** | **Address:** | 85 Silver Road  
Norwich  
NR3 4TF |  |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential home for young people and adults with learning difficulties.</td>
<td><strong>Website</strong></td>
<td><a href="http://www.barchester.com">www.barchester.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01603 767578</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td><a href="mailto:hollybrook@barchester.com">hollybrook@barchester.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults with MH</td>
<td></td>
</tr>
</tbody>
</table>

| **Home from Homecare (Lincolnshire)** | **Address:** | 85 Silver Road  
Norwich  
NR3 4TF |  |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Home From Home Care provides a range of specialist needs-led services for adults aged 18+ with learning disabilities and complex support needs including Autism, Epilepsy, Severe Learning Disabilities, Profound and Multiple Learning Disabilities and High Vulnerability.</td>
<td><strong>Website</strong></td>
<td><a href="http://www.homefromhomecare.com">www.homefromhomecare.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>0800 587 0372</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td>Online Contact Form</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults</td>
<td></td>
</tr>
</tbody>
</table>

| **John Groom Court** | **Address:** | John Groom Court  
215 Sprowston Road  
Norwich  
NR3 4HX |  |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Supported living accommodation for adults with disabilities. Also offers activities for non-residents.</td>
<td><strong>Website</strong></td>
<td><a href="http://www.livability.org.uk/service/john-grooms-court-norwich">www.livability.org.uk/service/john-grooms-court-norwich</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01603 429400</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults LD PD</td>
<td></td>
</tr>
</tbody>
</table>

| **Kelling Park** | **Address:** | Jeesal Kelling Park  
Holgate Hill  
Holt  
NR25 7ER |  |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation for young people with a learning disability who require/prefer single accommodation.</td>
<td><strong>Website</strong></td>
<td><a href="http://www.jeesal.org">www.jeesal.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01263 711397</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td><a href="mailto:keelingpark@jeesal.org">keelingpark@jeesal.org</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Young People and Adults LD</td>
<td></td>
</tr>
</tbody>
</table>

| **Keys Hill Park** | **Address:** | Park Road  
Wroxham  
NR12 8SB |  |
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential accommodation for adults requiring mental health support as well as adults with learning disabilities.</td>
<td><strong>Website</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Phone:</strong></td>
<td>01603 784203</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Supports:</strong></td>
<td>Adults LD MH</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
<td>Website</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------------------------</td>
<td>--------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td><strong>Link House</strong></td>
<td>Links View, Sandy Lane Dereham NR19 2ED</td>
<td></td>
<td>01362 695588</td>
</tr>
<tr>
<td>A residential home which provides care and support for up to six young people who live with a learning disability.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Linkage Community Trust</strong></td>
<td>Scremby Grange Scremby PE23 5RW</td>
<td><a href="http://www.linkage.org.uk">www.linkage.org.uk</a></td>
<td>01754 890339</td>
</tr>
<tr>
<td>Residential home in Lincolnshire for young people and adults with learning difficulties.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Magnolia House</strong></td>
<td>Sydney Road Spixworth Norwich NR10 3PG</td>
<td><a href="http://www.cmg.co.uk/locations/magnolia">www.cmg.co.uk/locations/magnolia</a></td>
<td>01372 364000</td>
</tr>
<tr>
<td>Residential adult support for people with ASD, learning disabilities and/or challenging behaviour. Support with person centre planning and life and independence skills.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mandalay House (Challenging behaviour)</strong></td>
<td>The Street Marham Kings Lynn PE33 9HP</td>
<td><a href="http://www.progresspathways.co.uk/_pp/pages/97-mandalay.asp">www.progresspathways.co.uk/_pp/pages/97-mandalay.asp</a></td>
<td>01760 444175</td>
</tr>
<tr>
<td>Offers support and accommodation for young people and adults with learning disabilities and associated behaviours which challenge.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Morley House (five day children's placement)</strong></td>
<td><a href="http://www.break-charity.org/what-we-do/short-breaks">www.break-charity.org/what-we-do/short-breaks</a></td>
<td><a href="http://www.break-charity.org/what-we-do/short-breaks">www.break-charity.org/what-we-do/short-breaks</a></td>
<td>01553 772157</td>
</tr>
<tr>
<td>Morley House provides residential short breaks during weekends and school holidays young people up to 18 years of age with a severe disability.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **New Boundaries Group** | **Address:** Boundary House  
Haverlingland Road  
Felthorpe  
NR10 4BZ | **Website:** www.newboundariesgroup.com  
**Phone:** 01692 407549  
**Email:** headoffice@newboundariesgroup.com  
**Supports:** Adults with LD |
|---|---|---|
| **Oliver Court** | **Address:** Bath Hill Terrace  
Gt. Yarmouth  
NR30 2LF | **Website:**  
**Phone:** 01493 332552  
**Email:** olivercourtgse@gmail.com  
**Supports:** Adults with MH |
| **Point House** | **Address:** Sprowston Road  
Norwich  
NR3 4QN | **Website:** www.pointhouse.uk.com  
**Phone:** 01603 427249  
**Email:** enquiries@pointhouse.uk.com  
**Supports:** Adults with LD |
| **Sense East (Dereham Resource Centre)** | **Address:** 32 Bertie Ward Way  
Rashes Green Estate  
Dereham  
NR19 1TE | **Website:** www.sense.org.uk/content/dereham-resource-centre  
**Phone:** 01362 854153  
**Email:**  
**Supports:** Children and Adults PD SI LD |
| **Shieling** | **Address:** Squires Hill  
Marham  
Kings Lynn  
PE33 9JT | **Website:** www.progresspathways.co.uk/_pp/pages/97-mandalay.asp  
**Phone:** 01760 337731  
**Email:** jane@progresspathways.co.uk  
**Supports:** Adults with LD |
| **St. Elizabeths (Hertfordshire)** | **Address:** | St. Elizabeths Centre  
Perry Green  
Much Hadham  
Hertfordshire  
SG10 6EW  
**Website:**  
www.stelizabeths.org.uk  
**Phone:**  
01279 843451  
**Email:**  
enquiries@st.elizabeths.org.uk  
**Supports:**  
Young People and Adults |
|--------------------------------|-------------|-------------------------------------------------|
| Providing holistic care, support, health and education services in a safe environment for very vulnerable people. | **Address:** | St. Elizabeths Centre  
Perry Green  
Much Hadham  
Hertfordshire  
SG10 6EW  
**Website:**  
www.stelizabeths.org.uk  
**Phone:**  
01279 843451  
**Email:**  
enquiries@st.elizabeths.org.uk  
**Supports:**  
Young People and Adults |
| **St. Elmo’s** | **Address:** | 7 Edenside Drive  
Attleborough  
NR17 2EL  
**Website:**  
www.numbersevenhealthcare.com  
**Phone:**  
Email:  
**Supports:**  
Young People LD MD |
| Residential care home for up to 8 individuals. Accommodation provided for young people and adults with learning disabilities and mental health problems. | **Address:** | 7 Edenside Drive  
Attleborough  
NR17 2EL  
**Website:**  
www.numbersevenhealthcare.com  
**Phone:**  
Email:  
**Supports:**  
Young People LD MD |
| **The Paddocks** | **Address:** | Church Road  
Weybread  
Diss  
IP21 5TR  
**Website:**  
www.janithhomes.org  
**Phone:**  
01692 650707  
**Email:**  
admin@janithhomes.org  
**Supports:**  
Adults with LD |
| Residential care home with day care provisions and facilities, for adults with learning disabilities and autism. | **Address:** | Church Road  
Weybread  
Diss  
IP21 5TR  
**Website:**  
www.janithhomes.org  
**Phone:**  
01692 650707  
**Email:**  
admin@janithhomes.org  
**Supports:**  
Adults with LD |
| **The Rookery, St. Bannocks, Strawberry Field, Cypress Lodge** | **Address:** | Janith Homes Ltd Registered Office  
The Rookery  
Walcott  
NR12 0PF  
**Website:**  
www.janithhomes.org  
**Phone:**  
01692 650707  
**Email:**  
admin@janithhomes.org  
**Supports:**  
Adults with LD |
| Janith Homes Ltd is an established residential care provider for adults with learning difficulties in North Norfolk. | **Address:** | Janith Homes Ltd Registered Office  
The Rookery  
Walcott  
NR12 0PF  
**Website:**  
www.janithhomes.org  
**Phone:**  
01692 650707  
**Email:**  
admin@janithhomes.org  
**Supports:**  
Adults with LD |
| **The Willows** | **Address:** | Muriel Kenny Court  
Hethersett  
NR9 3EZ  
**Website:**  
www.newboundariesgroup.com/the-willows  
**Phone:**  
01603 814915  
**Email:**  
headoffice@newboundariesgroup.com  
**Supports:**  
Adults with LD CB |
| Provides residential care for adults with a learning disability and challenging behavior. | **Address:** | Muriel Kenny Court  
Hethersett  
NR9 3EZ  
**Website:**  
www.newboundariesgroup.com/the-willows  
**Phone:**  
01603 814915  
**Email:**  
headoffice@newboundariesgroup.com  
**Supports:**  
Adults with LD CB |
| **Trafalgar Lodge (Children's Services)** | **Address:** | 70 Swan Lane  
Long Stratton  
Norwich  
NR15 2UY |  
**Website:**  
www.break-charity.org/our-services/short-breaks |  
**Phone:** | 01508 536510 |  
**Email:** |  
**Supports:** | Children and Young People LD PD |
|---|---|---|---|---|---|---|---|
| **Westward Barns/Farm** | **Address:** | Long Street  
Great Ellingham  
NR17 1AW |  
**Website:** |  
**Phone:** | 01953 451542 / 07780 435531 |  
**Email:** | kelly.harvey@westwardhealthcare.co.uk |  
**Supports:** | Adults with LD MH |
| **Worstead Lodge** | **Address:** | 106 Cromer Road  
North Walsham  
NR28 0NB |  
**Website:** | www.independencewithcare.org.uk |  
**Phone:** | 01692 403865 |  
**Email:** | independencewithcare@hotmail.co.uk |  
**Supports:** | Adults with LD |
**Supported Living & Housing Support**

Supported living is when someone becomes a tenant in their own home and has support to help them live independently. Mostly the landlord organisation and the support provider organisation are different. Some landlords are housing associations and others are private landlords.

There are also schemes such as The Shared Ownership Scheme (helping disabled people to buy their own homes) and the Private Sector Leasing Scheme (where Norfolk County Council works directly with a social housing landlord in respect to particular privately rented properties) that may also be considered.

The following is a list of social housing landlords and partner support organisations which NCC has worked with in setting up supported living schemes, as well as providers who offer housing and residential-based support services.

**Housing Associations**

<table>
<thead>
<tr>
<th>Archway Housing Project (Stonham)</th>
<th>Address: Archway House 23 West Parade Norwich NR2 3DN</th>
</tr>
</thead>
</table>
| Provides accommodation for young adults within a specific target group. Staff provide support around independent living skills, personal care, access to education and training. | Website: :
| Phone: 01603 616950 |
| Email: |
| Supports: Young adults LD PD MH |

<table>
<thead>
<tr>
<th>Cotman</th>
<th>Address: Cotman House Bowthorpe Hall Road Norwich NR5 9AD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social housing landlord and partner organisation for support living schemes</td>
<td>Website: <a href="http://www.cotman-housing.org.uk">www.cotman-housing.org.uk</a></td>
</tr>
<tr>
<td>Phone: 01603 731699</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:office@cotman-housing.org.uk">office@cotman-housing.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Support for: Adults</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Freebridge Community Housing</th>
<th>Address: Juniper House Austin Street Kings Lynn PE30 1DZ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing Association providing a range of accommodation including supported housing and care schemes for people with learning difficulties or mental illness.</td>
<td>Website: <a href="http://www.freebridge.org.uk">www.freebridge.org.uk</a></td>
</tr>
<tr>
<td>Phone: 03332 404 4444</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:enquiries@freebridge.org.uk">enquiries@freebridge.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Support for: Adults LD MH</td>
<td></td>
</tr>
</tbody>
</table>
| **Orbit (Norwich Office)** | **Address:** Fourth Floor Yare House  
62-64 Thorpe Road  
NR1 1RY  
**Website** www.orbit.org.uk  
**Phone:** 0345 6002535  
**Support for:** Adults |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing organisation providing a range of accommodation including supported housing.</td>
<td></td>
</tr>
</tbody>
</table>

| **Wherry Housing Association** | **Address:** 6 Central Avenue  
Norwich  
NR7 0HR  
**Website** www.myclarionhousing.com  
**Phone:** 0800 694 0165  
**Support for:** Adults |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Clarion provides services for people in Norfolk including general needs, sheltered and supported housing.</td>
<td></td>
</tr>
</tbody>
</table>

**Supported living Care Providers & Housing Support**

| **Adrian Lodge** | **Address:** Gaywood Road  
Kings Lynn  
PE30 1QT  
**Website** www.regard.co.uk/services/adrian-lodge  
**Phone:** 01553 400321 / 07725 960782  
**Email:** adrianlodge@regard.co.uk  
**Support for:** Adults with MH |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Supports adults with mental illness to manage their MH needs and provides a bespoke care plan for each individual.</td>
<td></td>
</tr>
</tbody>
</table>

| **Affinity Trust (Norfolk Office)** | **Address:** Crome House  
231 St. Faiths Road  
Norwich  
NR6 7AP  
**Website** www.affinitytrust.org  
**Phone:** 01603 400321  
**Email:** infoeastanglia@affinitytrust.org  
**Support for:** Adults with LD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Affinity Trust delivers support to adults with learning disabilities enabling people to meet their potential and enabling individuals to enjoy greater independence and reach their goals in life.</td>
<td></td>
</tr>
</tbody>
</table>

| **Allcare Community Support (ACS)** | **Address:** 8 Louden Road  
Cromer  
NR27 9EF  
**Website** www.adultcommunitysupport.co.uk  
**Phone:** 01263 478188  
**Email:** staceysmithacs@gmail.com  
**Supports:** Adults with PD LD MH |
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Providing unique opportunities and support for adults with LD &amp; MH. Aims to provide a more personalised approach to care and support.</td>
<td></td>
</tr>
</tbody>
</table>
| **Archway Housing Project (Stonham)** | **Address:** | Archway House  
23 West Parade  
Norwich  
NR2 3DN  
**Website:** |  
**Phone:** | 01603 616950  
**Email:** |  
**Supports:** | Young adults LD PD MH |
<table>
<thead>
<tr>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides accommodation for young adults within a specific target group. Staff provide support around independent living skills, personal care, access to education and training.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Camphill Communities** | **Address:** | Thornage Hall  
Thornage  
Holt  
NR25 7QH  
**Website** | www.camphill.org.uk  
www.thornagehall.co.uk  
**Phone:** | 01263 868305  
**Email:** | office@thornagehall.co.uk  
**Support for:** | Adults with LD |
| Provide a meaningful residential and working environment for adults, some of whom have special needs. Social, artistic and therapeutic activities are an integral part of life, where everyone participates to the best of their abilities. | | | | | | |
| **Choice Support** | **Address:** | | www.choicesupport.org.uk  
**Phone:** | 0207 2614100  
**Email:** | enquiries@choicesupport.org.uk  
**Support for:** | Young People, Adults |
| Choice Support provides support services for disabled and disadvantaged people with the aim of enabling the people they support to take control of their lives and live the way they choose. | | | | | | |
| **Community Independent Living Team (CILT)** | **Address:** | | www.independencematters.org.uk  
**Phone:** | 0300 790 0508  
**Email:** | contactus@independencematters.org.uk  
**Support for:** | Adults |
| Provides outreach support for people living in their own home. | | | | | | |
| **Dimensions** | **Address:** | Rowan House  
28 Queens Road  
Hethersett  
Norwich  
NR9 3DB  
**Website** | www.dimensions-uk.org  
**Phone:** | 0300 303 9016  
**Email:** | Online Contact Form  
**Support for:** | Adults with LD CB |
<p>| Provides of a wide range of services for people with learning disabilities and people who experience autism. Provides support packages to adults of all ages, including those with complex needs or challenging behaviour, enabling people to be part of their community and make their own choices and decisions about their lives. | | | | | | |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Support for</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitzroy Support (Fakenham)</strong></td>
<td>The Maltings, Hall Staithe Fakenham NR21 9BW</td>
<td><a href="http://www.fitzroy.org">www.fitzroy.org</a></td>
<td>01328 856089</td>
<td><a href="mailto:services@fitzroy.org">services@fitzroy.org</a>, julie.bruc...</td>
<td>Adults with LD</td>
</tr>
<tr>
<td><strong>Fitzroy Support (North Walsham)</strong></td>
<td>3 St Nicholas Court North Walsham NR28 9BY</td>
<td><a href="http://www.fitzroy.org">www.fitzroy.org</a></td>
<td>01692 405192</td>
<td><a href="mailto:mark.baxter@fitzroy.org">mark.baxter@fitzroy.org</a></td>
<td>Adults with LD</td>
</tr>
<tr>
<td><strong>Heritage Care</strong></td>
<td>First Floor 14 Alston Road Hellesdon Park Road Norwich NR6 5DS</td>
<td><a href="http://www.heritagecare.co.uk">www.heritagecare.co.uk</a></td>
<td>01603 568266</td>
<td></td>
<td>Adults with LD MH</td>
</tr>
<tr>
<td><strong>Hilton Care</strong></td>
<td>1st Floor Hampton House 100 Crossbrook Street Cheshunt EN8 8JJ</td>
<td><a href="http://www.hiltoncare.com">www.hiltoncare.com</a></td>
<td>01992 638361</td>
<td><a href="mailto:admin@hiltoncare.com">admin@hiltoncare.com</a></td>
<td>Adults</td>
</tr>
<tr>
<td><strong>Keyring Living Support</strong></td>
<td>Nationwide</td>
<td><a href="http://www.keyring.org/">www.keyring.org/</a></td>
<td>020 3119 0960</td>
<td><a href="mailto:enquiries@keyring.org">enquiries@keyring.org</a></td>
<td>Adults</td>
</tr>
</tbody>
</table>
| **Merle Boddy House (MN Mencap)** | **Address:** Merle Boddy House  
55 Norwich Road  
Dereham  
NR20 3AX  
**Website** www.midnorfolkmencap.org  
**Phone:** 01362 694643  
**Email:**  
**Support for:** Children and Adults |
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<tbody>
<tr>
<td>Provides young people and adults with advice and information on a range of topics.</td>
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</table>

| **Papworth Trust** | **Address:** Hospital Road  
Bury St Edmunds  
IP33 3NR  
**Website** www.papworthtrust.org.uk  
**Phone:** 01284 755261  
**Email:** enquiries@workwise.org.uk  
**Support for:** Adults with PD MH E |
<table>
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<tbody>
<tr>
<td>Provides individual work based training programmes and various buildings and community based activities.</td>
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</tbody>
</table>

| **Progress Housing Group** | **Address:** Nationwide  
**Website** www.progressgroup.org.uk/about_us  
**Phone:** 03333 204555  
**Email:** Live Chat and Email Form on Website  
**Support for:** Adults |
<table>
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<tbody>
<tr>
<td>Progress Housing Group provides high quality housing and related services to communities including sheltered housing and supported housing for people with learning disabilities.</td>
<td></td>
</tr>
</tbody>
</table>

| **Regard Partnership** | **Address:**  
**Website** www.regard.co.uk/services/adrian-lodge  
**Phone:** 0800 840 0313 (referrals hotline)  
**Email:**  
**Support for:** Children and Young People |
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<tbody>
<tr>
<td>Residential service for children and young people.</td>
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</table>

| **Sense East (Dereham Resource Centre)** | **Address:** 32 Bertie Ward Way  
Rashes Green Estate  
Dereham  
NR19 1TE  
**Website** www.sense.org.uk/content/dereham-resource-centre  
**Phone:** 01362 854153  
**Email:**  
**Support for:** Children and Adults with PD SI LD |
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<tr>
<td>Supports young people who are deafblind offer high-quality, offers flexible services to deafblind and multi-sensory impaired people, as well as those who have a single-sensory impairment with additional needs. Provide specialist services built around each person enabling them to be as independent as possible. Offers a range of housing, educational and leisure opportunities.</td>
<td></td>
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</tbody>
</table>
| **The Benjamin Foundation** | **Address:** 23-27 St. Andrews Street
Norwich
NR2 4TP |  |
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<tbody>
<tr>
<td>Helps people across Norfolk deal with many of the challenges that life throws at them providing them with hope, opportunity, stability and independence.</td>
<td><strong>Website</strong> <a href="http://www.benjaminfoundation.co.uk">www.benjaminfoundation.co.uk</a></td>
<td><strong>Phone:</strong> 01603 615670</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong> <a href="mailto:info@benjaminfoundation.co.uk">info@benjaminfoundation.co.uk</a></td>
<td><strong>Support for:</strong> Children and Young People</td>
</tr>
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| **Thera** | **Address:** The West House Alpha Court
Swingbridge Road
Grantham
Lincolnshire
NG31 7XT |  |
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<tr>
<td>Service and support for those living with a disability and their family and carers, including advice and support in making choices and planning how the disabled person wants their life to be, choosing where to live, and finding employment.</td>
<td><strong>Website</strong> <a href="http://www.thera.co.uk">www.thera.co.uk</a></td>
<td><strong>Phone:</strong> 0300 303 1280</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong> <a href="mailto:info@thera.co.uk">info@thera.co.uk</a></td>
<td><strong>Support for:</strong> Adults with LD</td>
</tr>
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</table>

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<th><strong>United Response</strong></th>
<th><strong>Address:</strong> Nationwide</th>
<th></th>
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<tbody>
<tr>
<td>Supports people with learning disabilities or mental health needs to live in the community.</td>
<td><strong>Website</strong> <a href="http://www.unitedresponse.org.uk/">www.unitedresponse.org.uk/</a></td>
<td><strong>Phone:</strong> 020 8246 5200</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong> <a href="mailto:info@unitedresponse.org.uk">info@unitedresponse.org.uk</a></td>
<td><strong>Support for:</strong> Adults with LD</td>
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<th><strong>Voyage</strong></th>
<th><strong>Address:</strong> Regional</th>
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<tr>
<td>Supports people with learning and physical disabilities, autism and other needs in Norwich, East and West Norfolk. Supports people to find somewhere to live, manage their tenancy and their finances.</td>
<td><strong>Website</strong> <a href="http://www.voyagecare.com/">www.voyagecare.com/</a></td>
<td><strong>Phone:</strong> 0800 035 3776</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong> <a href="mailto:referrals@voyagecare.com">referrals@voyagecare.com</a></td>
<td><strong>Support for:</strong> Adults</td>
</tr>
</tbody>
</table>

| **Your Own Place** | **Address:** 23 Johnson Place
Norwich
NR2 2SA |  |
|---|---|---|
| Innovative social enterprise supporting young people and adults in transition. Offers tenancy and independent living skills training (TILS) and practical 1-2-1 and group sessions about tenancy support and creating budgets. | **Website** www.yourownplace.org.uk | **Phone:** 07530 028446 (CEO Rebecca)
01603 611910 (Training Flat) |
|  | **Email:** rebecca@yourownplace.org.uk | **Supports:** Young People and Adults |
Housing support organisations that may also be able to help:

**CAPS** (Contact, Assessment & Prevention Service) run by St. Martins Housing Trust in Norwich who also offer housing support, emergency accommodation, care support and development.  
[www.stmartinshousing.org.uk](http://www.stmartinshousing.org.uk)

**Norfolk Trusted Trader** - A directory of businesses & traders (checked by Trading Standards) that provide a wide range of services, including home maintenance and improvement, car servicing and repairs, and personal care services.  

**Norwich City Council – Home Options Scheme.** Choice based letting scheme for social housing allocation across Norwich, South Norfolk and Broadland. Homelessness advice. Need to be on the housing register.  
[www.norwichhomeoptions.org.uk](http://www.norwichhomeoptions.org.uk)

**Norwich Community Alarm Service** - Provides 24-hour, year-round monitoring and response service for people considered vulnerable or at risk in the community.  
[www.norwich.gov.uk/Housing/info/20057/supported_living/1262/community_alarm_service/1](http://www.norwich.gov.uk/Housing/info/20057/supported_living/1262/community_alarm_service/1)

**Housing Support Alliance** - Free, independent advice service for people with learning disabilities and families on everything to do with housing, support and rights.  
[www.housingandsupport.org.uk](http://www.housingandsupport.org.uk)

**Learning Employment Accommodation Project (LEAP)** – A partnership between Norwich City Council and St. Martins Housing Trust empowering people who face homelessness to live a fulfilling life of their choice by providing independent accommodation and supporting them towards employment.  
[www.thefeed.org.uk/norwich-leap](http://www.thefeed.org.uk/norwich-leap)

**Mancroft Advice Project (MAP)** – Advisers, counsellors and youth advisers providing help and support to young people in Norfolk.  
[www.map.uk.net](http://www.map.uk.net)
Section Four - Participation in the Community

The following list of providers offers opportunities for young people to gain the confidence they need to access activities of their choice. These include both mainstream community activities as well as more specific activities tailored to their additional needs.

These providers should also help young people to build social networks by helping them make new friends and offer the opportunity for young people to play a role in influencing and shaping their community.

**Able2B**
Adapted fitness classes for children, young people and adults. Designed for all levels of disability or impairment, including wheelchair users. Classes are aimed to improve strength and aerobic fitness as well as promote confidence and self-belief.

**Address:** Unit 9 Gilchrist Close
Bessmer Road
Norwich
NR4 6AT

**Website** [www.able2b.co.uk](http://www.able2b.co.uk)

**Phone:**

**Email:** info@able2b.co.uk

**Supports:** Children, Young People and Adults

**About With Friends**
Offers social opportunities and activities for people with learning disabilities. Charity also offers a huge range of adult services and youth services, work skills and bespoke outreach scheme tailored to individuals with a focus on independent living.

**Address:** Unit 22D Holt Road
Cromer
NR27 9JW

**Website** [www.aboutwithfriends.co.uk](http://www.aboutwithfriends.co.uk)

**Phone:** 01263 515230

**Email:** info@aboutwithfriends.co.uk

**Supports:** Children and adults with PD LD

**Action for Blind**
Merged with RNIB April 2017. Supporting young people to enjoy full and active lives through access to information, education, leisure and sporting opportunities – ensuring they are as equipped as possible for adult life and the world of work.

**Address:** Unit 2
Cringleford Business Centre
Intwood Road
Norwich
NR4 6AU

**Website** [www.rnib.org.uk/who-we-are](http://www.rnib.org.uk/who-we-are)

**Phone:** 01603 455767

**Email:** norwich@actionforblindpeople.org.uk

**Supports:** Children and Adults with SI E

**Allcare Community Support (ACS)**
Providing unique opportunities and support for adults with LD & MH. Aims to provide a more personalised approach to care and support.

**Address:** 8 Louden Road
Cromer
NR27 9EF

**Website** [www.adultcommunitysupport.co.uk](http://www.adultcommunitysupport.co.uk)

**Phone:** 01263 478188

**Email:** staceysmithacs@gmail.com

**Supports:** Adults with PD LD MH
### Allied Healthcare
Homecare provider providing care and support to people of all ages who have learning disabilities and associated complex needs, such as communication difficulties, autism, epilepsy and physical disabilities.

**Address:** Cringleford Business Centre
Intwood Road
Cringeford
NR4 6AU

**Website:** [www.alliedhealthcare.com/learning-disabilities-services.aspx](http://www.alliedhealthcare.com/learning-disabilities-services.aspx)

**Phone:** 0800 542 1067

**Email:**

**Supports:** Adults with LD PD

### Andrew Frederick Adult Support
An activity centre and small working farm located in a countryside setting.

**Address:** Heath Farm
Norwich Road
Little Plumstead
Norwich
NR13 5JG

**Website:** [www.norfolkdaycare.co.uk](http://www.norfolkdaycare.co.uk)

**Phone:** 01603 722756

**Email:** mail@norfolkdaycare.co.uk

**Supports:** Adults with LD MH

### ASD Helping Hands
Offers a wide variety of support packages for families, children and young people affected by the Autistic Spectrum Condition. Services include whole family support, parent and carer support groups and recreational youth groups.

**Address:** Room 219 Breckland Business Ctr.
Dereham
NR19 1DH

**Website:** [www.asdhelpinghands.org.uk](http://www.asdhelpinghands.org.uk)

**Phone:** 01362 288110

**Email:** asdhelpinghands@gmail.com

**Supports:** Children Adults ASD

### Assist Trust
Progression services for people with learning difficulties aged 18+. Supporting people to build confidence levels, self-esteem and building relationships to help take on manageable amounts of responsibility and become more independent.

**Address:** 20 Colegate
Norwich
NR3 1BQ

**Website:** [www.assist-trust.co.uk](http://www.assist-trust.co.uk)

**Phone:** 01603 230200

**Email:** office@assist-trust.co.uk

**Supports:** Adults with LD

### Attleborough Community Hub
Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.

**Address:** Station Road
Attleborough
NR17 2AT

**Website:** [www.independencematters.org.uk](http://www.independencematters.org.uk)

**Phone:** 01953 450840

**Email:** contactus@independencematters.org.uk

**Supports:** Adults with LD
| **Autism Anglia** | **Address:** Unit 24 - 27 Bertie Ward Way Rashes Green Dereham NR19 1TE  
Website: www.autism-anglia.org.uk  
Phone: 01362 654477  
Email: ccomaskey@autism-anglia.org.uk  
Supports: Children, Young People, Adults |
| **Barrington Farm** | **Address:** Barrington Farm Walcot NR12 OPF  
Website: www.barringtonfarm.com  
Phone: 01692 650707  
Email: admin@barringtonfarm.com  
Supports: Adults with PD LD MH E |
| **Benjamin Court Community Hub** | **Address:** Roughton Road, Cromer NR27 0EU  
Website: www.independencematters.org.uk  
Phone: 01263 510134  
Email: contactus@independencematters.org.uk  
Supports: Adults with LD |
| **Black Box Associates** | **Address:** North Walsham  
Website: www.blackboxassociates.com  
Phone: 01692 631240/07825 563860  
Email: blackboxassociates@hotmail.co.uk  
Supports: Adults with LD |
| **Brambles Therapeutic Care Farm** | **Address:** School Road Bedingham Woodton Nr Bungay NR35 2DB  
Website: www.bramblescarefarm.co.uk  
Phone: 01508 483846 / 07825511510  
Email: admin@bramblescarefarm.co.uk  
Supports: Young People, Adults PD LD MH |
| **Break Support Services** | **Address:** Regionwide  
Break supports children, young people and families in four key areas:- Young people in care and moving on; Children and young people with disabilities; Families in need of support and Children at risk.  
**Website:** [www.break-charity.org](http://www.break-charity.org)  
**Phone:** 01263 822161  
**Email:** office@break-charity.org  
**Supports:** Children LAC LD |
| --- | --- |
| **BUILD** | **Address:** Church House  
Church Alley  
Redwell Street  
Norwich  
NR2 4SN  
**Website:** [www.buildcharity.co.uk/opportunities](http://www.buildcharity.co.uk/opportunities)  
**Phone:** 01603 618029  
**Email:** info@buildcharity.co.uk  
**Supports:** Young Peoplem, Adults PD LD  
A Norfolk based independent charity providing social, leisure and learning opportunities to people with sensory, physical or learning disabilities. Daytime, evening and weekend activities offered, as well as days out and regular cultural community based groups. One popular favourite is the Wednesday Club between 7pm and 9pm. |
| **Caister Community Hub** | **Address:** High Street  
Caister on Sea  
Great Yarmouth  
NR30 5EH  
**Website:** [www.independencematters.org.uk](http://www.independencematters.org.uk)  
**Phone:** 01493 722552  
**Email:** contactus@independencematters.org.uk  
**Supports:** Young People and Adults LD  
Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends. |
| **Centre '81** | **Address:** Tarworks Road  
Great Yarmouth  
NR30 1QR  
**Website:** [www.centre81.co.uk](http://www.centre81.co.uk)  
**Phone:** 01493 852573  
**Email:** reception@centre81.com  
**Supports:** Adults with PD LD SI MH  
For people with physical and/or sensory disabilities who live in or around the Great Yarmouth area. Focused on ability rather than disability - and how to extend and develop members social and practical skills so they can get even more out of life. |
| **Community Music East** | **Address:** Martineau Memorial Hall  
21 Colegate  
Norwich  
NR3 1BN  
**Website:** [www.cme.org.uk](http://www.cme.org.uk)  
**Phone:** 01603 760529  
**Email:** enquiries@cme.org.uk  
**Supports:** Children, Young People PD LD MH SI  
Promotes opportunity, education and personal development through participation in music and media activities. Works with children and adults with physical, sensory, or learning disabilities, people with mental health issues and young people in challenging circumstances. |
| **Day Break Support Services** | **Address:** 25 Wootton Road  
Kings Lynn  
PE30 4EZ | **Website** www.daybreakssocialcare.co.uk  
**Phone:** 01553 768154  
**Email:** info@daybreaksupport.com  
**Supports:** Adults with PD LD MH |
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<tbody>
<tr>
<td>Day service for people with learning difficulties, physical disabilities or mental illness plus outreach into the community.</td>
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</table>

| **Dereham Community Hub** | **Address:** Rashes Green  
Dereham  
NR19 1JG | **Website** www.independencematters.org.uk  
**Phone:** 01362 654654  
**Email:** contactus@independencematters.org.uk  
**Supports:** Adults with LD |
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<tbody>
<tr>
<td>Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.</td>
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</table>

| **Dereham Gateway Club (MenCap)** | **Address:** Dereham Community Hub  
Rashes Green  
Dereham  
NR19 1JG | **Website**  
**Phone:** 01362 693013  
**Email:** Wellslesley88@yahoo.co.uk  
**Supports:** Children aged 16+ and adults with LD |
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<tbody>
<tr>
<td>Club offers a range of activities including bowling, karaoke, disco's and days out.</td>
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</table>

| **Edfords Care Farm** | **Address:** Thorpe Market Road  
Roughton  
NR11 8TB | **Website** www.edfordscarefarm.co.uk  
**Phone:** 01263 833919 / 07584 414537  
**Email:** info@edfordscarefarm.co.uk  
**Supports:** Adults with LD MH |
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<tbody>
<tr>
<td>Edfords is a not for profit organisation working with individuals from all walks of life offering therapeutic time taking part in traditional farming methods on a smallholding by the North Norfolk coast.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Engage Norfolk Limited** | **Address:** 47 Bergen Way  
North Lynn, Industrial Estate  
Kings Lynn  
PE30 2JG | **Website** www.engagenorfolk.co.uk  
**Phone:** 01553 401200  
**Email:** help@engagenorfolk.co.uk  
**Supports:** Adults with SI PD LD MH |
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<tbody>
<tr>
<td>Support to maintain and improve independence and life fulfilment by providing tailored support and development programmes.</td>
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</tbody>
</table>
### Equal Brewkery

Based in the main kitchen at Ipswich Road Community Hub. Teaching programme for young people with disabilities about baking and also brewing. Working to build self-confidence and self-esteem, instilling a sense of self-worth alongside practical and transferable skills.

**Address:** 120 Ipswich Road
Norwich
NR4 6QS

**Website:** [www.equalbrewkery.org.uk](http://www.equalbrewkery.org.uk)

**Phone:** 01603 616209 / 07453 967733

**Email:** bill@equalbrewkery.org.uk
introtobrewing@virginmedia.com

**Supports:** Young people and Adults LD

### Equal Lives

Support with direct payments, personal assistants and support plans. NB: this is one example of the 14 service providers who offer a payroll and supported account service. Norfolk County Council’s Customer Service Centre has information on all providers.

**Address:** Manor Farm, Fox Road
Framingham Pigot
Norwich
NR14 7PZ

**Website:** [www.equallives.org.uk](http://www.equallives.org.uk)

**Phone:** 01508 491210

**Email:** info@equallives.org.uk

**Supports:** Adults with LD

### Eye Opportunity Group

Play sessions, pre-school and family support group for children with additional needs who may be experiencing some difficulties in daily life. Activites for individual needs and small groups of up to 10 children, with high adult ratio.

**Address:** Hartismere Hospital
Carleston way
Eye
IP23 7BH

**Website:** [www.eyeopportunitygroup.onesuffolk.net](http://www.eyeopportunitygroup.onesuffolk.net)

**Phone:** 01379 870975

**Email:**

**Supports:** Children

### Fitzroy Support (Fakenham)

FitzRoy works to transform the lives of people with learning disabilities, helping them live more independently at home and in the community.

**Address:** The Maltings, Hall Staithe
Fakenham
NR21 9BW

**Website:** [www.fitzroy.org](http://www.fitzroy.org)

**Phone:** 01328 856087

**Email:** services@fitzroy.org / julie.bruce@fitzroy.org.uk

**Supports:** Adults with LD

### Fitzroy Support (North Walsham)

FitzRoy works to transform the lives of people with learning disabilities, helping them live more independently at home and in the community.

**Address:** 3 St Nicholas Court
North Walsham
NR28 9BY

**Website:** [www.fitzroy.org](http://www.fitzroy.org)

**Phone:** 0808 1684662

**Email:** mark.baxter@fitzroy.org

**Supports:** Adults with LD
| **Gemini Day Care Centre Limited** | **Address:** 45 Albion Road  
Great Yarmouth  
NR30 2JD  
**Website**  
**Phone:** 01493 842511  
**Email:** info@geminidayservices.co.uk  
**Supports:** Adults with LD |
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<tbody>
<tr>
<td>Promote independence for adults with learning difficulties in Great Yarmouth and Norfolk. Day centre workshops encourage clients to develop practical life skills such as cookery, arts &amp; crafts and IT computer basics in a way that suits their own special needs.</td>
<td></td>
</tr>
</tbody>
</table>

| **Genesis - Orwell Mencap** | **Address:** 6 Wright Road  
Ipswich  
IP3 9JG  
**Website**  
**Phone:** 01473 723888  
**Email:** info@orwellmencap.co.uk  
**Supports:** Adults with LD |
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<tbody>
<tr>
<td>Orwell Mencap is a charity based in Suffolk providing personalised services supporting people with disabilities and their families and carers.</td>
<td></td>
</tr>
</tbody>
</table>

| **Great Yarmouth & Waveney Special Olympians** | **Address:** Marina Leisure & Fitness Centre  
Marine Parade  
Great Yarmouth  
NR30 2ER  
**Website**  
**Phone:** 01493 302975 / 01493 851521  
**Email:** specialolympians@ntlworld.com  
**Supports:** Children and Adults with LD |
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<tbody>
<tr>
<td>Providing sports training and competition for people from across Norfolk of all ages with intellectual disabilities.</td>
<td></td>
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</table>

| **Great Yarmouth Community Hub** | **Address:** Suffolk Road  
Great Yarmouth  
NR31 0LJ  
**Website**  
**Phone:** 01493 664658  
**Email:** contactus@independencematters.org.uk  
**Supports:** Adults with LD |
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<tbody>
<tr>
<td>Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.</td>
<td></td>
</tr>
</tbody>
</table>

| **Hamlet Centre Trust** | **Address:** The Hamlet Centre, Ella Road  
Norwich  
NR1 4BP  
**Website**  
**Phone:** 01603 616094  
**Email:** admin@hamletcentre.org.uk  
**Supports:** Adults with PD LD E |
<table>
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<tbody>
<tr>
<td>Day service offering various activities. Also has a training flat to teach/encourage independent living skills.</td>
<td></td>
</tr>
<tr>
<td><strong>Headway Norfolk &amp; Waveney - Gt Yarmouth</strong></td>
<td><strong>Address:</strong></td>
</tr>
<tr>
<td>Day care provider offering a range of activities and services. Support to develop skills and confidence and support into paid employment where appropriate.</td>
<td><strong>Website:</strong></td>
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<td><strong>Phone:</strong></td>
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<td></td>
<td><strong>Email:</strong></td>
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<tr>
<td></td>
<td><strong>Supports:</strong></td>
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</tbody>
</table>

| **Holt Community Hub** | **Address:** | Charles Road Holt NR25 6DA |
| Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends. | **Website:** | www.independencematters.org.uk |
| | **Phone:** | 01263 712451 |
| | **Email:** | contactus@independencematters.org.uk |
| | **Supports:** | Adults with LD |

| **Holt Youth Project** | **Address:** | Old Station Way Holt NR25 6DH |
| Offers preventative programmes which allow young people to reach their full potential as well as meeting their own aspirations. Supports young people to work towards accredited qualifications, training opportunities and projects current and relevant to themselves. | **Website:** | www.holtyouthproject.org.uk |
| | **Phone:** | 01263 710918 |
| | **Email:** | juliealfordatholtyouth@googlemail.com |
| | **Supports:** | Children and Young People |

| **Icenicare** | **Address:** | 8 - 12 Queens Road Great Yarmouth NR30 3HT |
| Day Service offering life skills and recreational activities, encourages independence, personal care. Community access - social inclusion, use of public transport (with TITAN training) community activities via groups, access to work, friendship, life skills personal care. | **Website:** | |
| | **Phone:** | 01493 718684 |
| | **Email:** | info@icenicare.co.uk |
| | **Supports:** | Adults with LD |

| **Ipswich Road Community Hub** | **Address:** | 120 Ipswich Road Norwich NR4 6QS |
| Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends. | **Website:** | www.independencematters.org.uk |
| | **Phone:** | 01603 458643 |
| | **Email:** | contactus@independencematters.org.uk |
| | **Supports:** | Adults with LD |
| **JDT Music Academy** | **Address:** 20 Charles Wood Road, Rashes Green Industrial Estate Dereham NR19 1SX  
Music and movement programme which encourages expression and develops communication and co-ordination. Arts Award for aged 18-25. | **Website** www.jdtmusic.org.uk  
**Phone:** 01362 694187 / 07717 171003  
**Email:** office@jdtmusic.co.uk  
**Supports:** Adults with PD LD |
|---|---|---|
| **Jeesal Day Care Limited** | **Address:** Patches Farm Buxton NR10 5LH  
Day service offering a variety of activities. Respite also available. | **Website** www.jeesal.org  
**Phone:** 01603 279938  
**Email:** info@jeesal.org  
**Supports:** Adults with PD LD MH |
| **Julian Support** | **Address:** 23 Pilling Park Road Norwich NR1 4PA  
Practical outreach and support with daily living, social inclusion, health, housing and the future. | **Website** www.juliansupport.org  
**Phone:** 01603 767718  
**Email:** info@juliansupport.org  
**Supports:** Adults with MD |
| **King’s Lynn Community Hub (Fairstead)** | **Address:** Centre Point  
Fairstead Community Building  
Kings Lynn  
PE30 4SR  
Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends. | **Website** www.independencematters.org.uk  
**Phone:** 01553 614936  
**Email:** contactus@independencematters.org.uk  
**Supports:** Adults with LD |
| **Lavender Hill Mob Theatre Company** | **Address:** Crossroads Community Hub  
Grimston Road  
King’s Lynn  
PE30 2LB  
An inclusive theatre company who help all members of the community to achieve their full potential through the medium of performing arts. We endeavour to raise self-esteem, well-being and at the same time, educate members of the community about the benefits of Inclusion. | **Website** www.lhmtc.co.uk  
**Supports:** Children and Young People |
### Mencap (Halesworth)

**Day service for people with learning disabilities offering a range of opportunities including swimming, cookery, gardening and community access activities.**

- **Address:** 1 Chediston St, Halesworth, IP19 8BE
- **Website:** [www.mencap.org.uk](http://www.mencap.org.uk)
- **Phone:** 01986 874074
- **Email:** jeanette.womack@mencap.org.uk
- **Supports:** Adults with LD

### Musical Keys

Charity for people of all ages with disabilities and/or additional needs across Norfolk. Offers a comprehensive programme of music, movement and art based activities designed to enable individuals to learn new skills, build confidence and motor skills. Also offers a support network to parents, carers and families.

- **Address:** Martineau Memorial Hall, 21 Colegate, Norwich, NR3 1BN
- **Website:** [www.musicalkeys.co.uk/contact](http://www.musicalkeys.co.uk/contact)
- **Phone:** 01603 766690 / 07757 353144
- **Email:** info@musicalkeys.co.uk
- **Supports:** Children, Young Adults, Adults

### NANSA

Various activities on offer and opportunities to gain experience and develop skills in a working environment.

- **Address:** 200 Bowthorpe Road, Norwich, NR2 3TZ
- **Website:** [www.nansa.org.uk](http://www.nansa.org.uk)
- **Phone:** 01603 627662
- **Email:** sheilaparish@nansa.org.uk
- **Supports:** Adults with SI PD LD

### NEAD

Helps young people to improve their communication, confidence and team working skills by connecting them with their local communities.

- **Address:** Charing Cross Centre, 17-19 St. Maddermarket, Norwich, NR2 1DN
- **Website:** [www.nead.org.uk](http://www.nead.org.uk)
- **Phone:** 01603 610993
- **Email:** info@nead.org.uk
- **Supports:** Children and Young Adults

### New Beginnings (Wisbech) Ltd

Offers a range of activities, gardening projects and independent living skills.

- **Address:** Unit 3 Evergreen Venture Park, Barton Road, Wisbech, PE13 4TP
- **Website:**
- **Phone:** 01945 411807
- **Email:**
- **Supports:** Adults with PD LD
**Norwich Mind**

Provides various services to people with mental illness including: personalisation and recovery, wellbeing, psychological therapies and social inclusion.

**Address:** 50 Sale Road Heartsease
Norwich
NR7 9TP

**Website** www.norwichmind.org.uk

**Phone:** 01603 432457

**Email:** headoffice@norwichmind.org.uk

**Supports:** Adults with MH

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**Papworth Trust**

Provides individual work based training programmes and various buildings and community based activities.

**Address:** Hospital Road
Bury St Edmunds
IP33 3NR

**Website** www.papworthtrust.org.uk

**Phone:** 01284 755261

**Email:** enquiries@workwise.org.uk

**Supports:** Adults with PD MH E

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**Phobbies (King’s Lynn)**

Provides activities for people with a physical or sensory disability aged 18+.

**Address:** Youth & Community Centre, Providence Street
King’s Lynn
PE30 5ET

**Website**

**Phone:** 01553 669300

**Email:** janetgdavies21@gmail.com

**Supports:** Adults with SI PD LD E

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**Scope Inclusion (NANSA)**

Independent living skills/leisure/social/community access.

**Address:** 200 Bowthorpe Road
Norwich
NR2 3TZ

**Website** www.nansa.org.uk

**Phone:** 01603 627662

**Email:** enquiries@nansa.org.uk

**Supports:** Children and adults

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**Sense East (Dereham Resource Centre)**

Supports young people who are deafblind offer high-quality, offers flexible services to deafblind and multi-sensory impaired people, as well as those who have a single-sensory impairment with additional needs. Provide specialist services built around each person enabling them to be as independent as possible. Offers a range of housing, educational and leisure opportunities.

**Address:** 32 Bertie Ward Way
Rashes Green Estate
Dereham
NR19 1TE

**Website** www.sense.org.uk/content/dereham-resource-centre

**Phone:** 01362 854153

**Email:** jo.loubser@sense.org.uk

**Supports:** Children and adults with PD SI LD
### Shine
Shine provides a range of services and activities for children and young people with additional needs or disabilities and their families.

**Address:** Alpha Centre
Alpha Road
Gt. Yarmouth
NR31 0LG

**Website:** www.shine-gy.org.uk

**Phone:** 01493 661000

**Email:** Online Contact Form

**Supports:** Children

### Skipjacks Hydrotherapy Pool
Hydrotherapy pool with full disabled access and facilities.

**Address:** Skipjacks Leisure Pools
Toligate
Ingworth
NR11 6PL

**Website:**

**Phone:** tel. 01263 761352/07867 555068

**Email:** sjw_skier@yahoo.co.uk

**Supports:** Children, Young People, Adults

### SPEADA
Speada Friday Group is an Integrated Youth Group offering workshops, sport, IT, art & Craft. Young Carers ages 11-19 offers support, and fun. Both groups go on residential and day trips.

**Address:** Freebridge Community Centre
Providence Street
King’s Lynn
PE30 5ET

**Website:** www.speada.org.uk

**Phone:** 07769 165750

**Email:** info.speada@gmail.com

**Supports:** Children, Young People, Carers

### Special Needs Enterprises – Stepping Stones
Offers a training programme for young people with learning disabilities for help with life skills.

**Address:** 52 Magdalen Road
Norwich
NR3 4AQ

**Website:** www.steppingstonesproject.com

**Phone:** 01603 419996

**Email:** viv@steppingstonesproject.com

**Supports:** Adults with LD PD

### Sprowston Community Hub
Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.

**Address:** Aslake Close
Sprowston
NR7 8ET

**Website:** www.independencematters.org.uk

**Phone:** 01603 410377

**Email:** contactus@independencematters.org.uk

**Supports:** Adults with LD
| **Swaffham Community Hub** | **Address:** | The John Chapman Day Centre  
Westfield Road  
Swaffham  
PE37 7JW | **Website:** | www.independencematters.org.uk | **Phone:** | 07917 551355 | **Email:** | contactus@independencematters.org.uk | **Supports:** | Adults with LD |
|--------------------------|--------------|---------------------------------------------------|-------------|----------------|-------------|-------------|-------------|-------------------------------------|----------------|----------------|
| **Thalia Theatre Company** | **Address:** | St Saviours Church, Magdalen Street  
Norwich  
NR3 1AA | **Website:** | www.thaliatheatre.co.uk | **Phone:** | 01603 630805 | **Email:** | artisticdirector@thaliatheatre.co.uk | **Supports:** | Children and Adults with PD LD MH |
| **The Benjamin Foundation** | **Address:** | 23-27 St. Andrews Street  
Norwich  
NR2 4TP | **Website:** | www.benjaminfoundation.co.uk | **Phone:** | 01603 615670 | **Email:** | info@benjaminfoundation.co.uk | **Supports:** | Children and Young People |
| **The Engaging Theatre Company** | **Address:** | 47 Bergen Way  
North Lynn Industrial Estate  
King's Lynn  
PE30 2JG | **Website:** | www.engagenorfolk.co.uk | **Phone:** | 01485 534827 | **Email:** |                          | **Supports:** | Children and Young People |
| **The Green Gym (BTCV)** | **Address:** | Innovation Centre  
Norwich Research Park  
NR4 7GJ | **Website:** | www.tcv.org/uk/eastern/tcv-norfolk | **Phone:** | 01603 274512 | **Email:** | Norfolk@tcv.org.uk | **Supports:** | Young People and Adults |
| **The Rookery, St. Bannocks, Strawberry Field, Cypress Lodge** | **Address:** Janith Homes Ltd Registered Office The Rookery Walcott NR12 0PF |
| **Janith Homes Ltd is an established residential care provider for adults with learning difficulties in North Norfolk.** | **Website** www.janithhomes.org/ |
| **Phone:** 01692 650707 | **Email:** admin@janithhomes.org |
| **Supports:** Adults LD |

| **The Swallows (Adult Day Care Ltd)** | **Address:** 40 Station Road Salhouse NR13 6NY |
| **Day service for people aged 18+ with a learning disability, physical disability, mental disability/illness, offering a wide choice of activities in comfortable and spacious surroundings.** | **Website** www.adultdaycare.co.uk |
| **Phone:** 01603 721643 | **Email:** daycare@btinternet.com k.pledger@btopenworld.com |
| **Supports:** Adults with PD LD MH |

| **Vauxhall Community Hub** | **Address:** Johnson Place Norwich NR2 2SA |
| **Community hub offering a range of activities, opportunities for learning, information and guidance to people (and their families), along with the chance to meet other people and make friends.** | **Website** www.independencematters.org.uk |
| **Phone:** 01603 626014 | **Email:** |
| **Supports:** Adults with LD PD |

<p>| <strong>Waveney Enterprises</strong> | <strong>Address:</strong> 13 Smallgate Beccles NR34 9AB |
| <strong>A charity in east Suffolk, supporting adults with mild to moderate learning disabilities in the Norfolk and Suffolk area. Arts and crafts workshops provide service users the opportunity to develop their life and social skills, as well as to promote their independence, choice, confidence and to maximise each individuals own potential in a safe and supportive environment. Support service users in producing handmade, unique and original gifts of a high quality which are sold in their shop.</strong> | <strong>Website</strong> <a href="http://www.waveneyenterprises.co.uk">www.waveneyenterprises.co.uk</a> |
| <strong>Phone:</strong> 01502 716065 | <strong>Email:</strong> Online Email Form |
| <strong>Supports:</strong> Adults with LD |</p>
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<tr>
<th>Organization Name</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
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</table>
| West Norfolk Mind                         | Saunders Yard  
Kings Lynn  
PE30 1PH                                     | [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk) | 01553 776966  | Online Contact Form                | Adults with PD MH   |
| West Norfolk Riding for the Disabled      | Wallington Hall  
Runcot Road  
Kings Lynn  
PE33 0EP                                     | [www.rda-westnorfolk.org.uk](http://www.rda-westnorfolk.org.uk) | 01553 810202  | magpiecentrewnrda@hotmail.co.uk    | Children and adults |
| West Norfolk Carers                        | 20 Thoresby College  
Queen Street  
King’s Lynn  
PE30 1HX                                      | [www.westnorfolkcarers.org.uk](http://www.westnorfolkcarers.org.uk) | tel. 01553 768155 | info@westnorfolkcarers.org.uk     | Carers              |
| Worstead Lodge                            | 106 Cromer Road  
North Walsham  
NR28 0NB                                     | [www.independencewithcare.org.uk](http://www.independencewithcare.org.uk) | 01692 403865  | independencewithcare@hotmail.co.uk | Adults with PD LD   |
| Your Choice Social Centre                 | 12b Foldgate Road  
Lyngate Industrial Estate  
North Walsham  
NR28 OAJ                                     | [www.independencewithcare.org.uk](http://www.independencewithcare.org.uk) | 01692 218121  | yourchoicesocialcentrepaulg@gmail.com | Adults with PD LD MH |
Section Five - Universal Organisations, Social Care and Health Services

This section offers a wide range of free-to-access universal services, including charitable support. These include both national and regional networks, mainstream and countywide activities, as well as providers catering to specific and additional needs.

To make it easier to navigate and find a specific provider if needed, the section has been divided into five individual parts, covering:

➢ General Services
➢ Health and Wellbeing
➢ Education and Employment
➢ Accommodation and Breaks
➢ Community Participation
➢ Finance, Equipment Support & Grants

Other Useful Links:

1. **The Local Offer** – Directory of provisions that are available across education, health and social care, for children and young people with special educational needs and disabilities (SEND). The Local Offer has two main purposes; to provide clear, comprehensive, accessible and up-to-date information about the available provisions and how to access them; and to make provisions responsive to local needs and aspirations.


2. **Carers Matter Norfolk** – Provides support and advice to unpaid carers. All services are free and available to people aged 16+ caring for someone 18+. Services include information, listening and practical support, advocacy and representation, counselling and education and training support.

   [www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)

3. **NCC Carer’s Emergency Card** – If you are caring for someone, it is important that you get a Carer’s Emergency card to ensure that that person will be safe if you are caught up in an emergency. Creating a Carer’s Emergency Plan online will see you sent a card which
clearly states you are a carer and that someone is relying on you to keep them safe and well.


4. **Disability Rights** – National organisation run by and for people living with experience of disability or health conditions. Provides a wide range of useful fact sheets, guides and information-based resources online for all aspects of everyday life. These include Independent Living and Career Opportunities.

www.disabilityrights.co.uk

5. **Welfare Rights** - Independent information directory compiled by Dumfries Welfare Rights Charity. Provides all relevant details about benefits and support allowances available to parents and carers of SEND young people and those in local authority care.

Some of the useful and easy-to-follow guides included are those relating to **Employment Support Allowance (ESA), Council Tax Reductions** for families with a disabled young people, as well as Carers Allowance and **Carers Credit**, in addition to details regarding **Disability Living Allowance (DLA)**.

www.welfarerights.net

6. **Preparing for Adulthood** – Funded by the Department for Education. Works to ensure that children and young people with SEND achieve paid employment, independent living, housing options, good health, friendships, relationships and community inclusion.

www.preparingforadulthood.org.uk

7. **Directory of Social Change** – A service directory and online funding database providing information on training courses, publications, as well as top-tips and best-practice articles. Specifically targeting charity based organisations and their members.

www.dsc.org.uk/about-us


A recently published booklet to help parents support the wellbeing of their young child (aged 0 – 5). The information comes from research by a team at the University of Warwick, in partnership with Cerebra, Mencap, the Challenging Behaviour Foundation and parents of children with learning disabilities.

Available for free, and to download from: www.warwick.ac.uk/fac/soc/cedar/parentsguide
## General Advice and Support Services

| **Afasic** | **Address:** 209-211 City Road  
London  
EC1V 1JN  
Website: www.afasic.org.uk/about-talking  
Phone: 020 7490 9410  
0300 666 9410 (UK Helpline)  
Email: Online Contact Form  
Supports: Parents and Carers |
|---|---|
| **Afasic** | **Break**: Wide range of advice and resource to support parents and those caring for children who have difficulties with communication and language, listening, talking and understanding others.  
Website: www.afasic.org.uk/about-talking  
Phone: 020 7490 9410  
0300 666 9410 (UK Helpline)  
Email: Online Contact Form  
Supports: Parents and Carers |
| **Break** | **Address:** Head Office – Schofield House  
Spar Road  
Norwich  
NR6 6BX  
Website: www.break-charity.org  
Phone: 01603 670100  
Email: reception@break-charity.org  
Supports: Children and Young People |
| **British Red Cross** | **Address:** Nationwide  
Website: www.redcross.org.uk/about-us/what-we-do  
Phone: 0344 8711 111  
Email: contactus@redcross.org.uk  
Supports: Children, Adults and Families |
| **Care for the Family** | **Address:** Garth House  
Leon Avenue  
Cardiff  
CF15 7RG  
Website: www.careforthefamily.org.uk  
Phone: 029 2081 0800  
Email: mail@cff.org.uk  
Supports: Adults and Families |
| **Cerebra** | **Address:** The Lyric Buildings  
King Street  
Carmarthen  
SA31 1BD  
Website: www.cerebra.org.uk  
Phone: 01267 244200  
Email: enquiries@cerebra.org.uk  
Supports: Children, Young People and Families |

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**Break**  
Charity working across Norfolk and East Anglia whose core business is the provision of children’s homes for Looked After Children and young people with profound learning and physical disabilities, as well as short-break schemes. Wide range of additional information and support services available.

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**British Red Cross**  
National charity offering a variety of support services. From practical aspects, such as borrowing a wheelchair or piece of equipment, to support at home, and befriending.

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**Care for the Family**  
National charity which aims to promote strong family life and to help those who face family difficulties of any kind. Services include parent support, courses, training, parenting events and supported holiday breaks.

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**Cerebra**  
Organisation working for children with brain conditions. Offers help and information, postal lending library, advocacy services, social activities and parent guides. Recently published factsheet “*What to do if your child’s care package is reduced*”. 
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<td><strong>Change Grow Live</strong></td>
<td>Nationwide</td>
<td><a href="http://www.changegrowlive.org">www.changegrowlive.org</a></td>
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<td>Children, Young Adults and Families</td>
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<td>Provides help and support to young adults, children, young people and families. Services cover a wide area including health and welfare, mental health, advocacy and homelessness.</td>
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<td><strong>Contact</strong></td>
<td>Nationwide</td>
<td><a href="http://www.contact.org.uk/about-us/what-we-do">www.contact.org.uk/about-us/what-we-do</a></td>
<td>0808 808 3555</td>
<td><a href="mailto:eastofengland@contact.org.uk">eastofengland@contact.org.uk</a></td>
<td>Children, Adults and Families</td>
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<td>Contact is a national charity that supports the families of disabled children whatever their condition or disability. Services include a free advice helpline, interactive website, workshops and information sessions, as well as the opportunity to meet and socialize with other local families.</td>
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<td><a href="mailto:helpline@contact.org.uk">helpline@contact.org.uk</a></td>
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<tr>
<td><strong>Equal Lives</strong></td>
<td>15 Manor Farm Barns</td>
<td><a href="http://www.equallives.org.uk">www.equallives.org.uk</a></td>
<td>01508 491210</td>
<td><a href="mailto:info@equallives.org.uk">info@equallives.org.uk</a></td>
<td>Young People and Adults LD PD</td>
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<td>User-led disabled people's organisation offering advice and advocacy on all areas of financial planning. This includes personal budgets, employment and recruitment support, payroll services and supported accounts.</td>
<td>Fox Road Framingham Pigot Norwich NR14 7PZ</td>
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<td><strong>Family Action</strong></td>
<td>Nationwide</td>
<td><a href="http://www.family-action.org.uk/what-we-do">www.family-action.org.uk/what-we-do</a></td>
<td>020 7254 6251</td>
<td><a href="mailto:info@family-action.org.uk">info@family-action.org.uk</a></td>
<td>Children, Adults and Families</td>
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<td>Provides advice and support in a variety of areas, including early years support, guidance for families, support for those experiencing mental health problems as well as small grants for those suffering financial hardship.</td>
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<td><strong>Family Lives Helpline</strong></td>
<td>Nationwide</td>
<td><a href="http://www.familylives.org.uk/how-we-can-help/confidential-helpline">www.familylives.org.uk/how-we-can-help/confidential-helpline</a></td>
<td>0808 800 2222</td>
<td>Online Contact Form</td>
<td>Parents and Families</td>
</tr>
<tr>
<td>Offers confidential and free helpline for parents. Provides information, advice, guidance and support on any aspect of parenting and family life, including bullying. Open 9am – 9pm Monday to Friday and 10am – 3pm Saturday and Sunday.</td>
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| **Independent Supporters - Norfolk** | **Address:** Countywide  
**Website:** [www.scope.org.uk/support/services-directory/independent-supporters-norfolk](http://www.scope.org.uk/support/services-directory/independent-supporters-norfolk)  
**Phone:** 07764 256471  
**Email:** Charlotte.collison@scope.org.uk  
**Supports:** Adults and Families |
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<tr>
<td>Provides free advice and support for parents of children and young people with Special Educational Needs in Norfolk, through the statutory assessment and EHCP processes.</td>
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</table>
| **Locality Groups – Norfolk LD Partnership Board** | **Address:** Adult Social Services  
County Hall  
Martineau Lane  
Norwich  
NR1 2DH  
**Website:** [www.norfolklearningdisability.info](http://www.norfolklearningdisability.info)  
**Phone:** 01603 223175 / 01603 223098  
**Email:** james.bullion@norfolk.gov.uk  
alastair.corrigan@norfolk.gov.uk  
**Supports:** Children, Young People, Adults LD |
| Norfolk Learning Disabilities Partnership Board has set up 5 Locality Groups to look at local issues for people with learning disabilities and their families. Each group has members who speak up for individuals with learning disabilities and family/carers. The Locality Groups presents these issues to the Partnership Board through their members who sit on the Board. |
| **Making it Real** | **Address:** Think Local Act Personal  
54 Baker Street  
London  
W1U 7EX  
**Website:** [www.thinklocalactpersonal.org.uk/Browse/mir](http://www.thinklocalactpersonal.org.uk/Browse/mir)  
**Phone:** 020 7766 7400  
**Email:** info@tlap.org.uk  
**Supports:** Children, Young People, Adults |
| A national scheme delivered by Think Local Act Personal that aims to support organisations (e.g. Norfolk County Council) to improve personalised services for people with support needs. A personalised service is one that gives people choice and control over how their social care needs are met so they can live full and independent lives. The process helps organisations make progress towards personalised, community based support. |
| **Norfolk Constabulary** | **Address:** Countywide  
**Website:** [www.norfolk.police.uk](http://www.norfolk.police.uk)  
**Phone:** 101 (in an emergency dial 999)  
**Email:** Online Contact Forms  
**Supports:** All Residents |
| Local policing keeping neighbourhoods safe. |
| **Norfolk Family Carers** | **Address:** 69-75 Thorpe Road  
Norwich  
NR1 1UA  
**Website:** [www.norfolkfamilycarers.org](http://www.norfolkfamilycarers.org)  
**Phone:** 01603 219924  
**Email:** info@norfolkfamilycarers.org  
**Supports:** Carers |
| A range of service to support family carers of any age. Ranging from information and advice, to carer specific counselling and personalised support. |
### Norfolk Parent Partnership

Norfolk Parent Partnership is an impartial service providing information and support for parents and carers of children and young people with special educational needs.

**Address:** 148 Woodside Road  
Norwich  
NR7 9QL

**Website:** [www.norfolksendpartnershipiass.org.uk](http://www.norfolksendpartnershipiass.org.uk)

**Phone:** 01603 704070

**Email:** sendpartnership.iass@norfolk.gov.uk

**Supports:** Parents and Carers

### Opening Doors

Adult Advocacy. A user led organisation run by people with learning difficulties for people with learning difficulties.

**Address:** 38a Bull Close  
Norwich  
NR3 1SX

**Website:** [www.openingdoors.org.uk](http://www.openingdoors.org.uk)

**Phone:** 01603 631433  
01263 519454 (Cromer)

**Email:** admin@openingdoors.org.uk

**Supports:** Adults with LD

### Ormiston Families

East of England’s leading family charity, supporting children, young people and families to manage the challenges they face and improve life chances. Wide-ranging support for children and young people, from mental health services, transition advice and a variety of workshops.

**Address:** Unit 17 The Drift  
Nacton Road  
Ipswich  
IP3 9QR

**Website:** [www.ormiston.org.uk](http://www.ormiston.org.uk)

**Phone:** 01473 724517

**Email:** enquiries@ormistonfamilies.org.uk

**Supports:** Children, Young People & Families

### POhWER - Independent Mental Capacity Advocate (IMCA)

The IMCA service provides information, advocacy and advice with decision making for people aged 16 years or older and who have no one able to support and represent them. The free service has been working in Norfolk since 2003.

**Address:**

**Website:** [www.pohwer.net/norfolk](http://www.pohwer.net/norfolk)

**Phone:** 0300 456 2370  
Text ‘pohwer’ to 81025

**Email:** pohwer@pohwer.net

**Supports:** Young People and Adults

### Scope Charity Directory

Scope have created an A-Z directory of UK disability Charities, which act as a start point to identify local services for a range of specific disabilities and needs.

**Address:** Nationwide

**Website:** [www.scope.org.uk/support/families/diagnosis/links](http://www.scope.org.uk/support/families/diagnosis/links)

**Phone:** 0808 800 3333

**Email:** helpline@scope.org.uk

**Supports:** Young People, Adults and Families
| **The Benjamin Foundation** | **Address:** 23-27 St. Andrews Street  
Norwich  
NR2 4TP  
Website: [www.benjaminfoundation.co.uk](http://www.benjaminfoundation.co.uk)  
Phone: 01603 615670  
Email: info@benjaminfoundation.co.uk  
Supports: Children and young adults |
<table>
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<tbody>
<tr>
<td>Helps young people across Norfolk deal with many of the challenges that life throws at them providing them with hope, opportunity, stability and independence.</td>
<td></td>
</tr>
</tbody>
</table>
| **Turning Point** | **Address:** Nationwide  
Website: [www.turning-point.co.uk/](http://www.turning-point.co.uk/)  
Phone: 020 7481 7600  
Email: info@turning-point.co.uk  
Support for: Adults |
| Specialist and integrated services which focus on improving lives and communities across mental health, learning disability, substance misuse, primary care and employment. |  |
| **West Norfolk Disability Information** | **Address:** 14 Tuesday Market Place  
King’s Lynn  
PE30 1JN  
Website: [www.wndis.org.uk](http://www.wndis.org.uk)  
Phone: 01553 782558  
Email: jt@wndis.org.uk  
Supports: Adults LD PD VI HI |
| The purpose of WNDiS is to provide impartial information, advice and support in order to promote the interests of disabled people, further independence and full participation in the wider community. Services include help with forms, benefits appeals, advocacy and awareness training. |  |
| **Youth Advisory Boards (YAB)** | **Address:** Room 11 Diamond House  
Vulcan Road North  
Norwich  
NR6 6AQ  
Website: [www.momentumnorfolk.org.uk/our-services/yab-documents](http://www.momentumnorfolk.org.uk/our-services/yab-documents)  
Phone: 01603 672333  
Email: info@momentumnorfolk.org.uk  
Supports: Children and Young People |
| Operate across Norfolk in each district area. They work with partners and young people and have an overview of local youth provision across the district area based on the needs of young people aged 11-25. Membership reflects all the key agencies that have an interest in or responsibility for young people locally. There is also a requirement that young people themselves are part of the YAB’s, involved in and decision making. |  |
Health and Wellbeing Services

**Just One Number** – Children & Young People’s Health Services Norfolk.

Single telephone number for accessing all services provided by the Norfolk Healthy Child Programme team. To be used for help and finding the right support on any issue or concern about children’s health.

Available for all children, young people and parents/carers living in Norfolk.

**0300 300 0123**

**Parentline** – Children & Young People’s Health Services Norfolk.

In addition to the Just One Number service, parents and carers of a child or young person aged 0 – 19 can text a messaging service where you can talk to practitioners, for health-related advice or information.

**07520 631 590**

**Personal Health Budgets** - NHS England.

Information and guidelines about personal healthcare budgets for people of all ages, including eligibility and implementation guides.

[www.england.nhs.uk/personal-health-budgets](http://www.england.nhs.uk/personal-health-budgets)

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**ABLEize**

UK disability resource directory offering the largest collection of disability, mobility and health resources in the UK and Europe.

**Address:**

**Website** – www.ableize.com

**Phone:**

**Email:** Online Contact Form

**Supports:** Young People, Adults, Families

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**ADHD Norfolk**

Support, advice, guidance and training for those with ADHD and ADD, as well as their parents and carers. Services include a wellbeing clinic and monthly drop-ins with activities, located in Central Norwich and North Norfolk.

**Address:**

- The Studio
- Blofields Loke
- Aylsham
- NR11 6ES

**Website** – www.adhdnorfolk.org.uk

**Phone:** 01263 734808

**Email:** Online Contact Form

enquiries@adhdnorfolk.org.uk

**Supports:** Children and Adults
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asperger East Anglia</td>
<td>Charing Cross Centre 17/19 St. John Maddermarket Norwich NR2 1DN</td>
<td><a href="http://www.asperger.org.uk">www.asperger.org.uk</a></td>
<td>01603 620500</td>
<td><a href="mailto:info@asperger.org.uk">info@asperger.org.uk</a></td>
<td>Children and adults with Aspergers</td>
</tr>
<tr>
<td>BEAT</td>
<td>Unit 1 Chalk Hill House 19 Rosary Road Norwich NR1 1SZ</td>
<td><a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a></td>
<td>0808 801 0677 (Adult Helpline) 0808 801 0711 (Youthline)</td>
<td><a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a></td>
<td>Children and Adults</td>
</tr>
<tr>
<td>Child Brain Injury Trust – Brain Injury Information Card</td>
<td>Unit 1 The Great Barn Baynards Green Farm Oxfordshire OX27 7SG</td>
<td><a href="http://www.childbraininjurytrust.org.uk/2018/05/new-brain-injury-information-cards">www.childbraininjurytrust.org.uk/2018/05/new-brain-injury-information-cards</a></td>
<td>01869 341075</td>
<td><a href="mailto:idcard@cbituk.org">idcard@cbituk.org</a></td>
<td>Children and Young People PD</td>
</tr>
</tbody>
</table>
| **City Reach (Norwich)** | **Address:** Under 1 Roof  
Westwick Street  
Norwich  
NR2 4SZ  
**Website** www.norfolkcommunityhealthandcare.nhs.uk/The-care-we-offer/Service-search/city-reach.htm  
**Phone:** 0800 028 7174/01603 621481  
**Email:**  
**Supports:** Young People, Adults |
|--------------------------|---------------|
| **Deafblind UK** | **Address:** UK Head Office  
John & Kucille van Geest Place  
Cygnet Road  
Peterborough  
PE7 8FD  
**Website** www.deafblind.org.uk  
**Phone:** 01733 358100  
**Email:** info@deafblind.org.uk  
**Supports:** Children and adults with HI VI |
| **Deaf Connexions** | **Address:** Rotary House  
King Street  
Norwich  
NR1 2BL  
**Website** www.deafconnexions.org.uk  
**Phone:** 01603 660889 / 07932 069352  
**Email:** mail@deafconnexions.org.uk  
**Supports:** Children and adults with HI |
| **Down’s Syndrome Norfolk** | **Address:** 6 Manor Road  
Roydon  
IP22 5QU  
**Website** www.downsyndrome-norfolk.org.uk  
**Phone:** 07968 655703  
**Email:** dsninfo@downsyndrome-norfolk.org.uk  
**Supports:** Children and Adults LD |
| **Dyslexia Awareness** | **Address:** Nationwide  
**Website** www.bdadyslexia.org.uk  
**Phone:** 0333 405 4567  
**Email:** helpline@bdadyslexia.org.uk  
**Supports:** Children and Adults |
| **Healthwatch** | **Address:** Suite 6 Elm Farm  
Norwich Common  
Wymondham  
NR18 0SW  
**Website** www.healthwatchnorfolk.co.uk  
**Phone:** 0808 168 9669  
**Email:** enquiries@healthwatchnorfolk.co.uk  
**Supports:** Children and adults |
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<tr>
<td>Healthwatch Norfolk has been set up to represent everyone who lives in the county giving them the opportunity to have their say about health and care services. Healthwatch will represent your views and be your voice on all NHS services (for all ages), social care for children and families, adult social care and public health.</td>
<td></td>
</tr>
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</table>

| **MindED for Families** | **Address:** Nationwide  
**Website** www.mindedforfamilies.org.uk  
**Phone:**  
**Email:** minded@rcpsych.ac.uk  
**Supports:** Children, Young Adults, Adults |
<table>
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<tr>
<td>Free learning resource about the mental health and wellbeing of children, young people and adults. Funded by the Department of health and Department for Education, it is aimed at families and provides trusted expert advice and information.</td>
<td></td>
</tr>
</tbody>
</table>

| **NHS Wellbeing Service** | **Address:** Norfolk Wellbeing Service  
The Conifers  
Drayton High Road  
Norwich  
NR6 5SJ  
**Website** www.wellbeingnands.co.uk  
**Phone:** 0300 123 1503  
**Email:** pals@nsft.nhs.uk  
**Supports:** Young People 16+ and adults |
<table>
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<tr>
<td>Offers a range of support to help you make changes in your life to improve your wellbeing and help you cope with stress, anxiety and depression. These include taster sessions that give you more information about our service stress control workshops, online or telephone support, group therapies and some short-term therapy or counselling. The service is free of charge if you live in Norfolk.</td>
<td></td>
</tr>
</tbody>
</table>

| **Norfolk & Norwich Association for the Blind** | **Address:** 106 Magpie Road  
Norwich  
NR3 1JH  
**Website** www.nnab.org.uk  
**Phone:** 01603 629558  
**Email:** office@nnab.org.uk  
**Supports:** Children, Young People, Adults |
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<tr>
<td>Resource and advice centre for the visually impaired and blind in Norfolk.</td>
<td></td>
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</table>

| **Norfolk & Norwich University Hospital - Voluntary Services** | **Address:** Norfolk & Norwich Hospital  
Colney Lane  
NR4 7UY  
**Website** nnuh.nhs.uk/departments/voluntary-services  
**Phone:** 01603 286060  
**Email:** volunteers@nnuh.nuh.uk  
**Supports:** |
### Norfolk Deaf Association

Dedicated to improving the lives of young people and adults with all degrees of hearing loss by providing hearing aid maintenance, advice on assistive listening devices and communication methods, and support and information on hearing loss and other related conditions.

**Address:** 14 Meridian Way  
Meridian Business Park  
Norwich  
NR7 0TA

**Website:** www.norfolkdeaf.org.uk

**Phone:** 01603 404440

**Email:** nda@norfolkdeaf.org.uk

**Supports:** Young People, Adults VI

### Norwich & Central Norfolk Mind

Offers a range of support services to people experiencing mental health problems, as well as their families and carers. This includes online guidance on where to seek urgent help, as well as social and support groups. Operates across Norfolk.

**Address:** 50 Sale Road  
Norwich  
NR7 9TP

**Website:** www.norwichmind.org.uk/get-support/groups

**Phone:** 01603 432457

**Email:** headoffice@norwichmind.org.uk

**Supports:** Adults with MH

### NR Care Ltd

We can provide daily support to the disabled, or we can help with convalescence, respite and rehabilitation to help improve quality of life and empower independence.

**Address:** 18a Bidwell Road  
Rackheath  
Norwich  
NR13 6PT

**Website:** www.nrcare.co.uk

**Phone:** 01603 407976

**Email:** admin@nrcare.co.uk

**Supports:** Adults with LD PD MH

### Point 1

Professional, short-term support for young people experiencing the early signs of mental health and emotional problems. Services include counselling, talking therapies, parenting programmes, group activities and individual information advice and professional consultations.

**Address:** 13/14 South Quay  
Great Yarmouth  
NR30 2QX

**Website:** www.point-1.org.uk

**Phone:** 0800 977 4077

**Email:** help@point-1.org.uk

**Supports:** Children and Adults MH

### Rethink – Bridges Community Service

Provides support to people with mental illness to ensure they have access to the right support to meet their needs and make choices.

**Address:** Suite 204, Sackville Place, 44 - 48 Magdalen Street  
Norwich  
NR1 3JU

**Website:** www.rethink.org

**Phone:** 01603 768356

**Email:** info@rethink.org

**Supports:** Adults with MH
| **RNIB** | **Address:** Nationwide  
| **Website** | www.rnib.org.uk  
| **Phone:** | 0303 123 9999  
| **Email:** | Online Contact Form  
| **Supports:** | Children and Adults VI |
| **Sensory Support (Children's Services)** | **Address:** Countywide  
| **Website** | www.vsss.virtual-school.org.uk  
| **Phone:** | 01603 704040  
| **Email:** | sensorysupport@norfolk.gov.uk  
| **Supports:** | Children HI VI |
| **Sleep East** | **Address:** Countywide  
| **Website** | www.sleepeast.com  
| **Phone:** | 01692 402240  
| **Email:** | joybishop@sleepeast.co.uk  
| **Supports:** | Adults and Families |
| **The Matthew Project** | **Address:** Nedeham House  
| | 22 St. Stephen's Road  
| | Norwich  
| | NR1 3QU  
| **Website** | www.matthewproject.org  
| **Phone:** | 01603 626123  
| **Email:** | sarah.rhoades@matthewproject.org  
| **Supports:** | Children, Young Adults, Adults |
| **The Matthew Trust** | **Address:** PO Box 604  
| | London  
| | SW6 3AG  
| **Website** | www.matthewtrust.org  
| **Phone:** | 020 7736 5976  
| **Email:** | amt@matthewtrust.org  
| **Supports:** | Children, Young Adults, Adults MH |
| **The Norfolk Keyworker Service** | **Address:** Norwich Community Hospital  
Bowthorpe Road  
Norwich  
NR2 3TU  
Website: www.norfolkcommunityhealthandcare.nhs.uk/The-care-we-offer/Service-search/keyworker-htm  
**Phone:** 01603 508968  
**Email:** pals@nchc.nhs.uk  
**Supports:** Children, Young Adults and Families |
|---|---|
| **West Norfolk Deaf Association** | **Address:** 32b Railway Road  
King’s Lynn  
PE30 1NF  
Website: www.wnda.org.uk  
**Phone:** 01553 773399  
**Email:** info@wnda.org.uk  
**Supports:** Children and Adults HI |
| **Young Minds** | **Address:** Nationwide  
Website: www.youngminds.org.uk  
**Phone:** 0808 802 5544 (Parents Helpline)  
**Email:** Online Contact Form  
**Supports:** Children, Young Adults MH, Parents |

**Education & Employment**

**BASE** – British Association of Supported Employment. Managed by a voluntary National Executive Committee, made up of employment professionals. Assists people with disabilities by encouraging the provision of support into employment and working with the business community to secure sustainable jobs for people with a disability or other disadvantage.

www.base-uk.org

**Business Disability Forum** – Building disability-smart organisations. A not-for-profit membership organisation that makes it easier and more rewarding for companies to do business with and employ disabled people. Provides pragmatic support, shared expertise, advice, training and facilitates networking opportunities to help organisations become fully accessible to disabled customers and employees. A full list of public and private sector members and partners can be found online at:

www.businessdisabilityforum.org.uk/about-us
<table>
<thead>
<tr>
<th>Access to Work</th>
<th>Address: Nationwide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government programme aimed at supporting disabled people to take up or remain in work. AtW is also a discretionary grant scheme that provides personalised support to disabled people and those suffering with an eligible health condition.</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.gov.uk/access-to-work">www.gov.uk/access-to-work</a></td>
<td>Phone: 0800 121 7479</td>
</tr>
<tr>
<td>Email: Online Form</td>
<td>Supports: Adults with LD PD</td>
</tr>
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<tr>
<th>Broadland Meridian</th>
<th>Address: NCFC (Head Office) Carrow Road Norwich NR1 1HU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set up to provide training and employment support services for those with PD and MH. Now a grant giving body for local organisations sharing this objective and aim.</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.broadlandgroup.org">www.broadlandgroup.org</a></td>
<td>Phone: 0303 303 0003</td>
</tr>
<tr>
<td>Email: <a href="mailto:enq@broadlandgroup.org">enq@broadlandgroup.org</a></td>
<td>Supports: Adults with PD LD MH</td>
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<table>
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<tr>
<th>City College Norwich</th>
<th>Address: Ipswich Road Norwich NR2 2LJ</th>
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<tbody>
<tr>
<td>Offers a wealth of provisions for students with learning difficulties or disabilities. Variety of bespoke supported learning courses. This includes Project Search, a work focused course containing three 10 – 12 week placements a year.</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.ccn.ac.uk/courses/subject-areas/supported-learning">www.ccn.ac.uk/courses/subject-areas/supported-learning</a></td>
<td>Phone: 01603 773311</td>
</tr>
<tr>
<td>Email: <a href="mailto:information@ccn.ac.uk">information@ccn.ac.uk</a></td>
<td>Supports: Young People and Adults</td>
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<tr>
<th>Disabled Students Allowance/Guide</th>
<th>Address: Nationwide</th>
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<tbody>
<tr>
<td>Young people with a disability or specific learning difficulty and studying in higher education may be eligible for DSAs. These allowances cover extra disability-related costs or expenses while studying which are over and above those provided as reasonable adjustments by colleges or universities.</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.gov.uk/disabled-students-allowances-dsas">www.gov.uk/disabled-students-allowances-dsas</a></td>
<td>Phone:</td>
</tr>
<tr>
<td>Email:</td>
<td>Supports: Young People LD PD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eastern and Otley College</th>
<th>Address: Easton Campus NR9 5 DX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offers a range of part time and full time courses for students with disabilities and learning difficulties. Provides a wide range of practical skill based and vocational qualifications.</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.eastonotley.ac.uk/course-guide">www.eastonotley.ac.uk/course-guide</a></td>
<td>Phone: 01603 731200 / 01473 785543</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@eastonotley.ac.uk">info@eastonotley.ac.uk</a></td>
<td>Supports: Young people and Adults</td>
</tr>
</tbody>
</table>
### Independent Living Skills – Pathways to employment programme

**Address:** Countywide  
**Phone:** 01603 306071  
**Email:** independent.living.skills@norfolk.gov.uk  
**Supports:** Young People and Adults

**Designed for young people and adults with learning disabilities and disabilities who may not feel confident accessing a mainstream course. Encourages learners to live independently and includes cooking, money and time, and personal safety.**

### Mint (City College)

**Address:** The Forum  
**Website:** [www.mintnorwich.co.uk](http://www.mintnorwich.co.uk)  
**Phone:** 01603 773760  
**Email:** mintenquiries@ccn.ac.uk  
**Supports:** Young People and Adults

**Aims to support young people aged 16-25 to find sustainable paid employment, by helping them overcome personal barriers through a variety of methods tailored around individual needs. Examples include support through training and job coaching.**

### National Careers Service

**Address:** Nationwide  
**Website:** [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)  
**Phone:** 0800 100 900  
**Email:** Online Form and Webchat  
**Supports:** Young People and Adults

**Provides information, advice and guidance in order to help people make decisions on their learning, training and work. The online service offers a bank of job profiles in order to help identify job roles.**

### National Citizen Service

**Address:** Nationwide  
**Website:** [www.ncsy.es.co.uk](http://www.ncsy.es.co.uk)  
**Phone:** 0800 197 8010  
**Email:** Online Contact Form  
**Supports:** Young People 15 - 17

**Government funded voluntary personal and social development programme for young people aged 15-17. Scheme lasts for 3-4 weeks and consists of residential visit, independent living and community participation.**

### Norfolk Adult Education Service

**Address:**  
**Website:** [www.norfolk.gov.uk/adulteducation](http://www.norfolk.gov.uk/adulteducation)  
**Phone:**  
**Email:**  
**Supports:** Adults

**Provides support with courses and work preparation training for young people and adults.**
| **On Track (Matthew Project)** | **Address:** Needham House  
22 St. Stephens Road  
Norwich  
NR1 3QU  

**Website:** www.matthewproject.org.uk/on-track  
**Phone:** 01603 723845  
**Email:** contact@ontracknorfolk.org  
**Supports:** Young People and Adults |
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<tbody>
<tr>
<td>Aimed at supporting those aged 16 – 24 who are unemployed and not in education or training, and having trouble finding or experiencing barriers to work.</td>
<td></td>
</tr>
</tbody>
</table>

| **Prince’s Trust (Norfolk Office)** | **Address:** 20 Bank Plain  
Norwich  
NR1 3DS  

**Website** www.princes-trust.org.uk  
**Phone:** 0800 842842  
**Email:** Live Chat and Online Form  
**Supports:** Young People and Adults |
<table>
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<tbody>
<tr>
<td>Supports 13 to 30 years old who are unemployed and those struggling at school and at risk of exclusion. Programmes give young people the practical and financial support they need to stabilise their lives. Helping to develop key skills, confidence and motivation, enabling young people to move into work, education or training.</td>
<td></td>
</tr>
</tbody>
</table>

| **Project Search - James Paget Hospital, Gt. Yarmouth (in partnership with Gt. Yarmouth College)** | **Address:** Great Yarmouth College  

**Website** www.gyc.ac.uk  
**Phone:** 01493 622261  
**Email:** myfuture@gyc.ac.uk  
**Supports:** Young People and Adults |
<table>
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<tbody>
<tr>
<td>An employment-focused education programme, designed to give students aged 18+ with learning difficulties and/or disabilities the opportunity to develop employability skills and to get hands on experience in the workplace combined with classroom sessions.</td>
<td></td>
</tr>
</tbody>
</table>

| **Project Search - Norfolk & Norwich Hospital (in partnership with City College Norwich)** | **Address:** City College Norwich - www.ccn.ac.uk  
**Phone:** 01603 773311  
**Email:** information@ccn.ac.uk  
**Supports:** Young People and Adults |
<table>
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</thead>
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<td>An employment-focused education programme, designed to give students aged 18+ with learning difficulties and/or disabilities the opportunity to develop employability skills and to get hands on experience in the workplace combined with classroom sessions.</td>
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</tr>
<tr>
<td><strong>Project Search - Norse Commercial Services, Norwich (in partnership with City College Norwich)</strong></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td></td>
</tr>
</tbody>
</table>
| **Address:** City College Norwich  
**Website:** www.ccn.ac.uk  
**Phone:** 01603 773311  
**Email:** information@ccn.ac.uk  
**Supports:** Young People and Adults |

An employment-focussed education programme, designed to give students aged 18+ with learning difficulties and/or disabilities the opportunity to develop employability skills and to get hands on experience in the workplace combined with classroom sessions.

<table>
<thead>
<tr>
<th><strong>Project Search - Queen Elizabeth Hospital, Kings Lynn (in partnership with College of West Anglia)</strong></th>
</tr>
</thead>
</table>
| **Address:** College of West Anglia  
**Website:** www.cwa.ac.uk  
**Phone:** 01553 761144  
**Email:** enquiries@col-westanglia.ac.uk  
**Supports:** Young People and Adults |

An employment-focussed education programme, designed to give students aged 18+ with learning difficulties and/or disabilities the opportunity to develop employability skills and to get hands on experience in the workplace combined with classroom sessions.

<table>
<thead>
<tr>
<th><strong>Remploy</strong></th>
</tr>
</thead>
</table>
| **Address:** 18c Meridian East  
Meridian Business Park  
Leicester  
LE19 1WZ  
**Website:** www.remploy.co.uk  
**Phone:** 0300 456 8104  
**Email:** norwich@mail.remploy.co.uk  
**Supports:** Adults |

Nationwide provider of specialist employment and skills support for disabled people and those with health conditions. Offers opportunities across a range of programmes and has a long history of supporting disabled people into work.

<table>
<thead>
<tr>
<th><strong>St. Edmunds Society</strong></th>
</tr>
</thead>
</table>
| **Address:** 114-118 Oak Street  
Norwich  
NR3 3BP  
**Website:** www.st-eds.org/  
**Phone:** 01603 622035  
**Email:** admin@st.eds.org.uk  
**Supports:** Young People and Adults |

Offer a variety of courses incorporating transferable skills ranging from literacy and numeracy to construction. Also offers accommodation to single homeless men.
<table>
<thead>
<tr>
<th><strong>Talent Match (Prince’s Trust)</strong></th>
<th><strong>Address:</strong> Nationwide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support for people aged 18 – 24 who have been out of work or education for 12 months of more, and facing barriers to work or education including factors such as confidence issues, disabilities or mental health issues. Services include on-to-one support, ongoing support whilst in work or education, and free knowledge and skills courses.</td>
<td><strong>Website</strong> <a href="http://www.princes-trust.org.uk/about-the-trust/initiatives/talent-match">www.princes-trust.org.uk/about-the-trust/initiatives/talent-match</a></td>
</tr>
<tr>
<td><strong>Phone:</strong> 0800 842842</td>
<td><strong>Email:</strong> <a href="mailto:Talentmatch.newanglia@princes-trust.org.uk">Talentmatch.newanglia@princes-trust.org.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Young People and Adults</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The Bread Kitchen</strong></th>
<th><strong>Address:</strong> 8 Harley Road</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set up to meet the needs of young people who have not been able to meet their full potential in traditional educational settings. Learning community which engages, educates and empowers. Services include skill workshops, peer mentoring and volunteer training.</td>
<td>**Great Yarmouth</td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.thebreadkitchen.org.uk">www.thebreadkitchen.org.uk</a></td>
<td><strong>NR30 4JS</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 07825 554345</td>
<td><strong>Email:</strong> <a href="mailto:office@thebreadkitchen.org.uk">office@thebreadkitchen.org.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults with PD LD</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The College of West Anglia</strong></th>
<th><strong>Address:</strong> Tennyson Avenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus’ in King’s Lynn, Wisbech and Cambridge. Welcomes applications from learners with a range of disabilities and learning difficulties. Examples of help include personalised support plans, small-group tailored courses and one-to-one support.</td>
<td>**King’s Lynn</td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.cwa.ac.uk">www.cwa.ac.uk</a></td>
<td><strong>PE30 2QW</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 01553 761144 (K.L Campus)</td>
<td><strong>Email:</strong> <a href="mailto:enquiries@cwa.ac.uk">enquiries@cwa.ac.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Adults</td>
<td></td>
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</tbody>
</table>

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<thead>
<tr>
<th><strong>The Green Gym (BTCV)</strong></th>
<th><strong>Address:</strong> Innovation Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>A scheme which helps to improve both your health and the environment at the same time. Leaders guide you through practical projects, giving you the opportunity to tackle physical jobs in the outdoors - improving your strength and stamina.</td>
<td>**Norwich Research Park</td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.tcv.org.uk/uk/eastern/tcv-norfolk">www.tcv.org.uk/uk/eastern/tcv-norfolk</a></td>
<td><strong>NR4 7GJ</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 01603 274512</td>
<td><strong>Email:</strong> <a href="mailto:Norfolk@tcv.org.uk">Norfolk@tcv.org.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong> Young People and Adults</td>
<td></td>
</tr>
</tbody>
</table>
| **The Hive Norwich** | **Address:** St Clements House  
2-16 Colegate  
Norwich  
NR3 1BQ | **Website:** www.voluntarynorfolk.org.uk/services/employment-skills-services/the-hive-norwich | **Phone:** 01603 614474 | **Email:** admin@voluntarynorfolk.org.uk | **Supports:** Young People and Adults |
| **The Snowdon Trust** | **Address:** Unit 18 Oakhurst Business Park | **Website:** www.snowdontrust.org.uk | **Phone:** 01403 732899 | **Email:** info@snowdontrust.org | **Supports:** Young People PD LD |
| **TrAC Apprenticeships Norfolk** | **Address:** Regionwide | **Website:** www.tracweb.co.uk | **Phone:** 01603 737739 | **Email:** katie@tracweb.co.uk  
info@tracweb.co.uk | **Supports:** Young People |
| **Victory Housing Trust – Employability Support Team** | **Address:** Tom Moore House  
Cromer Road  
North Walsham  
NR28 0NB | **Website:** www.victoryhousing.co.uk | **Phone:** 0330 123 1860 | **Email:** customerservices@victoryhousing.co.uk | **Supports:** Young People and Adults |
| **Work It Out – Young Women’s Trust** | **Address:** Unit D 15-18 White Lion Street  
London  
N1 9PD | **Website:** www.youngwomenstrust.org | **Phone:** 0808 808 8099 / 07400 553880 | **Email:** workitout@youngwomenstrust.org | **Supports:** Young Women |
## Accommodation and Breaks

### ARC
Homeless drop-in centre, run by The Salvation Army. A professional day centre for homeless and vulnerable people.

**Address:** The Salvation Army Pottergate ARC  
28 Pottergate  
Norwich  
NR2 1DX

**Website:** www.salvationarmy.org.uk/ang/pottergate arc

**Phone:** 01603 663496

**Email:** nicola.darkin@salvationarmy.org.uk

**Supports:** Adults

### Bishopbridge House
Homeless hostel providing a temporary living environment for people who are homeless in Norwich.

**Address:** 45 William Kett Close  
Norwich  
NR1 4FD

**Website:** www.stmartinshousing.org.uk/department s/bishopbridge-house

**Phone:** 01603 666563 / 01603 667706

**Email:** enquiries@stmartinshousing.org.uk

**Supports:** Adults

### Gwesty Seren Hotel
Offers holiday breaks for persons with learning disabilities, their carers and families in luxury accommodation in the heart of Snowdonia. There is a wide range of facilities at the hotel including a craft room, hydrotherapy pool, sensory room and a games room.

**Address:** Llan Ffestiniog  
Gwynedd  
LL41 4NS

**Website** www.gwestyseren.co.uk

**Phone:** 01766 513133

**Email:** info@gwestyseren.co.uk

**Supports:** Children and Adults with LD

### Hinde House
Hinde House is a supported housing scheme that offers temporary accommodation in conjunction with a support and risk management package to vulnerable women aged 16 and over.

**Address:** 61 Bethel Street  
Norwich  
NR2 1NR

**Website** www.orwell-housing.co.uk/hinde-house

**Phone:** 01603 625982

**Email:** hindehouse@orwell-housing.co.uk

**Supports:** Women aged 16+
| **Holiday Care (Tourism For All)** | **Address:** 1 Pixel Mill  
44 Appleby Road  
Kendal  
LA9 6ES  
**Website:** www.tourismforall.org.uk  
**Phone:** 0845 1249971  
**Email:** info@tourismforall.org.uk  
**Supports:** Children, Adults, Families |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Making accessible travel better. Database providing information on all types of accessible holidays, as well as advice and support on travelling.</td>
<td></td>
</tr>
</tbody>
</table>

| **Branch Out Holidays** | **Address:** The Cottage  
The Cottage  
Blacksmith Green  
Wetheringsett  
IP14 5PY  
**Website:** www.branchoutholidays.com  
**Phone:** 01728 768749  
**Supports:** Adults with LD |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Specialist provider of all inclusive supported holidays for adults with mild to moderate learning disabilities. Day service also offered by provider.</td>
<td></td>
</tr>
</tbody>
</table>

| **Breakaway Supported Holidays** | **Address:** 135 Baddow Road  
Chelmsford  
CM2 7PY  
**Website:** www.breakawayactive.co.uk  
**Phone:** 01268 542365 / 07790 770218  
**Email:** info@buryactive.co.uk  
**Supports:** Adults with LD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Supported holidays for adults with a learning disability (ideal for adults between the ages of 17 and 35).</td>
<td></td>
</tr>
</tbody>
</table>

| **Climbing Out** | **Address:** Aston Pigott  
Westbury  
Shrewsbury  
SY5 9HH  
**Website:** www.climbingout.org.uk  
**Phone:** 07977 574785 / 01743 892961  
**Email:** keldawood@climbingout.org.uk  
**Supports:** Young People and Adults LD PD |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>Running many 5-day residential outdoor activity programmes to help young people facing life changing illness or injury. Young people completing the programme can join social clubs, communities and apply for bursaries to support further growth and development.</td>
<td></td>
</tr>
</tbody>
</table>

| **CS Disabled Holidays (Cavendish Spencer Trust)** | **Address:** 9 New square  
Lincoln’s Inn  
London  
WC2A 3QN  
**Website:** csdisabledholidays.co.uk  
**Phone:** 07450 676183  
**Email:** info@csdisabledholidays.co.uk  
**Supports:** Children, Young People LD PD |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Charitable organisation dedicated to helping severely disabled people take a holiday or respite break. Provides part-funding (up to 50%), and full cost funding.</td>
<td></td>
</tr>
</tbody>
</table>
| **Day Trippers** | **Address:** | 36 Great Pulteney Street  
London  
W1F 9NS |
| **Website** | **www.daytrippers.org.uk** |
| **Phone:** | **020 7758 0030** |
| **Email:** | **enquiries@daytrippers.org.uk** |
| **Supports:** | Children, Young People |

Children’s charity which creates opportunities to explore, learn and develop through great days out. For children and young people, up to the age of 25. Day trip grants and bespoke day-long events organised.

| **Family Holiday Association** | **Address:** | 3 Gainsford Street  
London  
SE1 2NE |
| **Website** | **www.familyholidayassociation.org.uk** |
| **Phone:** | **020 3117 0650** |
| **Email:** | **info@FamilyHolidayAssociation.org.uk** |
| **Supports:** | Children, Young People, Families |

National charity dedicated to providing breaks and day trips for families coping with difficult challenges in their day-to-day lives.

| **Happy Days** | **Address:** | Clody House  
90-100 Collingdon Street  
Luton  
LU1 1RX |
| **Website** | **www.happydayscharity.org** |
| **Phone:** | **01582 755999** |
| **Email:** | **enquiries@happydayscharity.org** |
| **Supports:** | Children, Young People, Families |

Organising and funding special days out, such as to the seaside, theatres, zoos, museums and sporting events, for children living with mental, physical and learning difficulties. Supports groups such as SEN schools and young carers as well as individuals and families.

| **Holidays for All** | **Website** | **www.holidaysforall.org** |
| **Phone:** | **0845 124 9971** |
| **Email:** | |
| **Supports:** | Adults with LD PD |

Specialist Holiday information, offering accessible holidays for disabled people with or without their friends, family or carers.

| **Merlin's Magic Wand** | **Address:** | Link House  
25 West Street  
Poole  
Dorset  
BH15 1LD |
| **Website** | **www.merlinsmagicwand.org** |
| **Phone:** | **01202 440060** |
| **Email:** | **Online Contact Form** |
| **Supports:** | Children, Young People, Families |

Makes fun accessible to children of all ages with a physical or learning disability by organising days out, providing tickets and funding travel grants to families to enjoy their day at Merlin Entertainments’ attractions. These include Legoland Resort, SEA LIFE centres and Madame Tussards.
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My Safe Home</strong>&lt;br&gt;An organisation that helps people with disabilities get mortgages.</td>
<td>1 Sycamore Court&lt;br&gt;Birmingham Road&lt;br&gt;Allesley&lt;br.CV5 9BA</td>
<td><a href="http://www.mysafefhome.info">www.mysafefhome.info</a></td>
<td>02476 402211</td>
<td>Online Contact Form</td>
<td>Adults LD PD</td>
</tr>
<tr>
<td><strong>Over The Wall</strong>&lt;br&gt;Transformational residential camp provider across the UK. Offers free therapeutic recreational activity camps for children and young people aged 8 – 17 facing serious health challenges. Camp locations and dates available on website.</td>
<td>Langstone Technology Park&lt;br&gt;Havant&lt;br&gt;Hampshire&lt;br.PO9 1SA</td>
<td><a href="http://www.otw.org.uk">www.otw.org.uk</a></td>
<td>02392 477110</td>
<td><a href="mailto:info@otw.org.uk">info@otw.org.uk</a></td>
<td>Children, Young People LD PD</td>
</tr>
<tr>
<td><strong>Re-Vitalise</strong>&lt;br&gt;National charity providing respite care in the form of holiday settings for disabled people and their carers. Accessible holiday centres operating in Chigwell, Southampton and Southport.</td>
<td>Nationwide</td>
<td><a href="http://www.revitalise.org.uk">www.revitalise.org.uk</a></td>
<td>0303 303 0145</td>
<td>Online Contact Form <a href="mailto:bookings@revitalise.org.uk">bookings@revitalise.org.uk</a></td>
<td>Adults and Carers</td>
</tr>
<tr>
<td><strong>Scouts – 46th Norwich Scout Troop</strong>&lt;br&gt;A scout troop that allows young people aged 10-21 with specialist support needs to enjoy scouting in a safe and supported environment.</td>
<td>Alec Bussey Scout Centre&lt;br&gt;2 Rowington Road&lt;br&gt;Norwich&lt;br.NR1 3RR</td>
<td><a href="http://www.46thnorwichscouts.org.uk">www.46thnorwichscouts.org.uk</a></td>
<td>07831 636466</td>
<td><a href="mailto:46thnorwichScouts@gmail.com">46thnorwichScouts@gmail.com</a></td>
<td>Children &amp; young adults with specialist support needs</td>
</tr>
<tr>
<td><strong>St. Martins Housing Trust</strong>&lt;br&gt;Provides emergency accommodation to homeless people in Norwich. Offers emergency direct access accommodation, residential care, support and development to enable everyone to achieve their full potential and a greater level of independence.</td>
<td>Head Office&lt;br&gt;35 Bishopsgate&lt;br&gt;Norwich&lt;br.NR1 4AA</td>
<td><a href="http://www.stmartinshousing.org.uk">www.stmartinshousing.org.uk</a></td>
<td>01603 667706</td>
<td><a href="mailto:enquiries@stmartinshousing.org.uk">enquiries@stmartinshousing.org.uk</a></td>
<td>Adults</td>
</tr>
</tbody>
</table>
| **Sunny Days Fund** | **Address:** 4 Cressing Road  
Braintree  
Essex  
CM7 3PP  
Website www.sunnydaysfund.org.uk  
Phone: 01376 528376  
Email: trustees@sunnydaysfund.org.uk  
Supports: Children, Young People and Families |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Makes small grants to enable children under the age of 18 and their families to enjoy day trips and holidays, as well as respite and any other necessary travel. Also offers two bookable holiday homes for children to take much needed breaks.</td>
<td></td>
</tr>
</tbody>
</table>

| **The 3H Fund** | **Address:** B2 Speldhurst Business Park  
Tunbridge Wells  
Kent  
TN3 0AQ  
Website www.3hfund.org.uk  
Phone: 01892 862019  
Email: info@3hfund.org.uk  
Supports: Children and Young People LD PD |
<table>
<thead>
<tr>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Provides holidays and respite grant programmes for individuals with learning difficulties or physical disabilities, their families and carers.</td>
<td></td>
</tr>
</tbody>
</table>

| **Traveline** | **Address:** Nationwide  
Website www.traveline.info  
Phone: 0871 200 2233  
0114 221 1282  
Email: Online Contact Form  
Supports: Children, Adults, Families |
<table>
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<tbody>
<tr>
<td>A partnership between local authorities and transport operators in the UK to provide impartial and comprehensive information about public transport. It prepares comprehensive public transport journeys across the UK as well as regional public transport journey planners.</td>
<td></td>
</tr>
</tbody>
</table>

| **YMCA** | **Address:** 35-37 Exchange Street  
Norwich  
NR2 1DP  
Website www.ymca-norfolk.org.uk/what-we-do-2  
Phone: 01603 621263  
Email: info@ymcanorfolk.org  
Supports: Children, Young People and Adults |
<table>
<thead>
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<tbody>
<tr>
<td>YMCA Norfolk is a Christian charity committed to supporting young people to enable them to reach their full potential. We work to support disadvantaged young people who are at a point of crisis in their lives. Aside from help with homelessness, services include support with health and wellbeing, training and education and whole family support.</td>
<td></td>
</tr>
</tbody>
</table>
## Community Participation

**DisabledGo** - Online provider of detailed accessible venue information across the UK. Directory of 125,000 places of interest across the UK accessible to those with a physical disability.

[www.disabledgo.com](http://www.disabledgo.com)

**Go Do Norfolk** – A free directory of youth groups and activities for all children and young people in Norfolk. Listings help those with disabilities and learning difficulties to find out those that are accessible to them.

To see what is available nearest to you, simply visit the website and enter your postcode:


<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abilitynet</td>
<td>Nationwide</td>
<td><a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a></td>
<td>0800 269545 / 01926 312847</td>
<td><a href="mailto:enquiries@abilitynet.org.uk">enquiries@abilitynet.org.uk</a></td>
<td>Children, Young People, Adults</td>
</tr>
<tr>
<td>Able2B</td>
<td>Unit 9 Gilchrist Close Bessmer Road Norwich NR4 6AT</td>
<td><a href="http://www.able2b.co.uk">www.able2b.co.uk</a></td>
<td></td>
<td><a href="mailto:info@able2b.co.uk">info@able2b.co.uk</a></td>
<td>Children, Young People and Adults</td>
</tr>
<tr>
<td>Active Norfolk</td>
<td>Easton College Campus Norwich NR9 5DX</td>
<td><a href="http://www.activenorfolk.org">www.activenorfolk.org</a></td>
<td>01603 732333</td>
<td><a href="mailto:info@activenorfolk.org">info@activenorfolk.org</a></td>
<td>Children and Adults</td>
</tr>
</tbody>
</table>
### Boom!

Provides young carers across Norfolk with access to a range of fun and sociable activities as well as essential support. Young carers are children and young people up to the age of 18 whose lives are affected by caring for someone in their family who has a long term illness or disability, mental health problem, learning disability or who misuses alcohol or drugs.

**Address:** 23 – 27 St Andrews Street
Norwich
NR2 4TP

**Website:** [www.benjaminfoundation.co.uk/boom](http://www.benjaminfoundation.co.uk/boom)

**Phone:** 01603 615670

**Email:** info@benjaminfoundation.co.uk

**Supports:** Young Carers

### Carers Council for Norfolk

Gives carers a voice about services that affect them. The combination of first-hand experience and professional expertise means we can advise decision-makers and funders about the issues that really matter to carers and help find innovative and progressive solutions. Locality groups meet every two months in the North, East, South and West Norfolk as well as in Norwich.

**Address:** 20 Thoresby College
Queen Street
King’s Lynn
PE30 1HX

**Website:** [www.westnorfolkcarers.org.uk](http://www.westnorfolkcarers.org.uk)

**Phone:** 01553 768155

**Email:** louisegooldccn@hotmail.co.uk
info@westnorfolkcarers.org.uk

**Supports:** Carers

### Cinema City (Norwich)

Autism friendly screenings of current and classic films, located in Central Norwich.

**Address:** St Andrew's Street
Norwich
NR2 4AD

**Website:** [www.picturehouse.com/cinema/Cinema_City](http://www.picturehouse.com/cinema/Cinema_City)

**Phone:** tel. 0871 902 5724 (box office)

**Email:** enquiries@picturehouses.co.uk

**Supports:** Adults and Children with LD

### Cinema Exhibitors Association (CEA Card)

Provides a card for a small annual fee (£6.00). Enables carers to get free entry to cinemas when accompanying someone with a disability or additional need. Supported by around 90 per cent of UK cinemas.

**Address:** UK Cinema Association
3 Soho Square
London
W1D 3HD

**Website:** [www.cinemauk.org.uk/key-issues/disability-and-access/cea-card](http://www.cinemauk.org.uk/key-issues/disability-and-access/cea-card)

**Phone:** 01244 526016

**Email:** Online Contact Form

**Supports:** Young People and Carers

### Community Engagement – West Norfolk

Gives disabled people, their families and unpaid carers the time and space to think about what issues matter to them in their local community, and the opportunity to take action on them together.

**Address:** West Norfolk Locality

**Website:** [www.scope.org.uk/support/services-directory/community-west-norfolk](http://www.scope.org.uk/support/services-directory/community-west-norfolk)

**Phone:** 07734 133056

**Email:** Chloe.yianni@scope.org.uk

**Supports:** Children, Adults and Families
### Community Sports Foundation

Sports opportunities including Downs Syndrome soccer centre, supported by Norwich City Football Club. Helping the most disadvantaged, disabled and talented people across Norfolk achieve their goals with innovative services through football and other sports.

**Address:** Carrow Road  
Norwich  
NR1 1JE

**Website:** [www.communitysportsfoundation.org.uk](http://www.communitysportsfoundation.org.uk)

**Phone:** 01603 761122

**Email:** info@communitysportsfoundation.org.uk

**Supports:** Children, Young People and Adults

### Development Workers

Preventing people needing services in the future, engaging in the community, preventing social isolation.

**Address:**

**Website**

**Phone:** 01603 223586

**Email:** developmentteam@norfolk.gov.uk

**Supports:** Adults

### DisabledGo

Online provider of detailed access venue information across the UK. Directory of 125,000 places of interest across the UK accessible to those with a physical disability.

**Address:** Unit 7 Arlington Court  
Arlington Business Park  
Stevenage  
SG1 2FS

**Website** [www.disabledgo.com](http://www.disabledgo.com)

**Phone:** 01438 842710

**Email:** enquiries@disabledgo.com

**Supports:** Children, Young People, Adults

### East Coast Truckers

Charity providing memorable days out for disabled and disadvantaged children living in East Anglia. Also offers holidays to children and their families in Norfolk.

**Address:** ECTC  
PO Box 3649  
Norwich  
NR7 7YY

**Website** [www.eastcoasttruckers.co.uk](http://www.eastcoasttruckers.co.uk)

**Phone:** 07803 210307

**Email:**

**Supports:** Children with PD LD

### EP Youth

Aims to make a positive difference in the lives of young people, empowering them to make informed choices and increase their participation and volunteering in their local communities. E P Youth delivers drop in services, informal health education, outreach programmes and creative workshops.

**Address:** 11 Oak Street  
Fakenham  
NR21 9BX

**Website** [www.epyouth.co.uk](http://www.epyouth.co.uk)

**Phone:** 01328 851020

**Email:** office@epyouth.org.uk

**Supports:** Children and Young Adults
### Family Voice Norfolk

Family Voice is a collective of parents and carers of children with special and additional needs working voluntarily with a common aim to ensure that parents’ voices are heard when it comes to planning and decision making about services for children and young people in Norfolk.

**Address:** PO Box 1290  
Long Stratton  
NR15 2HD

**Website:** [www.familyvoice.org.uk](http://www.familyvoice.org.uk)

**Phone:** 07950 302937

**Email:** admin@familyvoice.org.uk

**Supports:** Parents and Carers

### Gig Buddies

New service offered by Mencap. Young people with learning disabilities are matched with volunteer mentors who share similar interests. Together they can attend gigs, music events and other less accessible out-of-hours social activities such as the pub and quiz nights.

**Address:** Countywide

**Website:**  
[www.gigbuddies.org.uk/gig-buddies-norwich](http://www.gigbuddies.org.uk/gig-buddies-norwich)  
[www.mencap.org.uk/get-involved/volunteer-mencap/gig-buddies](http://www.mencap.org.uk/get-involved/volunteer-mencap/gig-buddies)

**Phone:** 07967 769173

**Email:** Hannah.riches@mencap.org.uk

**Supports:** Young People and Adults

### Great Yarmouth & Waveney Mind Befriending

Support for people with mental illness to enhance their quality of life, maintain their independence, reduce isolation, improve their physical and mental wellbeing.

**Address:** 28-31 Deneside  
Great Yarmouth  
NR30 3AX

**Website:** [www.gywmind.org.uk](http://www.gywmind.org.uk)

**Phone:** 01493 842129

**Email:** stuart.bennett@gywmind.org.uk  
reception@gywmind.org.uk

**Supports:** Young People, Adults MH

### Independent Travel Training Scheme

Delivered on behalf of NCC and available to those aged 10 – 25. Provides SEND pupils with the support and training necessary to travel independently. Trainers will aim to build confidence and personal development to help young people make a wide range of journeys in the future.

**Address:** Countywide

**Website:** [www.traveltraining.org/info_for_teachers/norfolk_2](http://www.traveltraining.org/info_for_teachers/norfolk_2)

**Phone:** 01603 222707

**Email:** karlchapman@hctgroup.org

**Supports:** Children and Young People
| **Mancroft Advice Project** | **Address:** The Risebrow Centre  
Chantry Road  
Norwich  
NR2 1RF | **Website:** www.map.uk.net  
**Phone:** 01603 766994  
**Email:** info@mapuk.net  
**Supports:** Children and Young People |
| --- | --- | --- |
| **Mid Norfolk Mencap** | **Address:** 1a Tavern Lane  
Dereham  
NR19 1PX | **Website:** www.midnorfolkmencap.org  
**Phone:** 01362 693013  
**Email:** info@midnorfolkmencap.org.uk  
**Supports:** Children and Adults |
| **Momentum Norfolk** | **Address:** Room 11 Diamond House  
Vulcan Road North  
Norwich  
NR6 6AQ | **Website:** www.momentumnorfolk.org.uk  
**Phone:** 01603 672333  
**Email:** info@momentumnorfolk.org.uk  
**Supports:** Children and Young People |
| **Mulbarton Gymnastics Club** | **Address:** Mulbarton Village Hall  
The Common, Mulbarton  
Norwich  
NR14 8AE | **Website:** www.mulbartongymclub.co.uk  
**Phone:** 01508 578547  
**Email:** Mulbartongymclub@hotmail.com  
**Supports:** Children and Young People |
| **Nancy Oldfield Trust** | **Address:** Irstead Road  
Neatishead  
Norwich  
NR12 8BJ | **Website:** www.nancyoldfield.org.uk  
**Phone:** 01692 630572  
**Email:** info@nancyoldfield.org.uk  
**Supports:** Children and adults |
<table>
<thead>
<tr>
<th><strong>National Autistic Society</strong></th>
<th><strong>Address</strong>: Diamond Business Centre Attley Way Nene Park Irthlingborough NN9 5GF</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Website</strong>: <a href="http://www.autism.org.uk">www.autism.org.uk</a></td>
<td><strong>Phone</strong>: 01933 653200</td>
</tr>
<tr>
<td><strong>Email</strong>: <a href="mailto:northamptonshire@nas.org.uk">northamptonshire@nas.org.uk</a></td>
<td><strong>Supports</strong>: Children, Young People, Adults</td>
</tr>
<tr>
<td><strong>National charity providing information, support and services for people with Autism and their families. Arranges various activities for families including swimming, gym play sessions, teen groups, music events and more.</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Nelson's Journey</strong></th>
<th><strong>Address</strong>: Bradbury Building – Smiles House Little Plumstead Norwich NR13 5FH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Website</strong>: <a href="http://www.nelsonsjourney.org.uk">www.nelsonsjourney.org.uk</a></td>
<td><strong>Phone</strong>: 0103 431788</td>
</tr>
<tr>
<td><strong>Email</strong>: <a href="mailto:enquiries@nelsonsjourney.org.uk">enquiries@nelsonsjourney.org.uk</a></td>
<td><strong>Supports</strong>: Children and Adults</td>
</tr>
<tr>
<td><strong>Supports children and young people up to their 18th birthday that have experience the death of a significant person in their life. Services may include one-to-one support and opportunities to meet others their age, as well as guidance for parents and carers.</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Network Norwich</strong></th>
<th><strong>Website</strong>: <a href="http://www.networknorwich.co.uk">www.networknorwich.co.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone</strong>: 07712 787762</td>
<td><strong>Supports</strong>:</td>
</tr>
<tr>
<td><strong>Supports</strong>:</td>
<td></td>
</tr>
<tr>
<td><strong>The Norfolk and Norwich Christian community website.</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Norfolk Can Inspire</strong></th>
<th><strong>Address</strong>: Southwell Building City College Ipswich Road Norwich NR2 2LJ</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Website</strong>: <a href="http://www.norfolkcaninspire.org.uk">www.norfolkcaninspire.org.uk</a></td>
<td><strong>Phone</strong>:</td>
</tr>
<tr>
<td><strong>Email</strong>: <a href="mailto:amy.hams@norfolkcaninspire.org.uk">amy.hams@norfolkcaninspire.org.uk</a></td>
<td><strong>Supports</strong>: Young People and Adults</td>
</tr>
<tr>
<td><strong>Supports</strong>: Opportunities for young people in Norfolk between the ages of 16-24 to volunteer to work with local charities and voluntary organisations – helping in their community, while gaining valuable work experience and skills.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Norfolk Community Transport Association</strong></th>
<th><strong>Website</strong>: <a href="http://www.ncta.org.uk">www.ncta.org.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone</strong>: 07415 789554</td>
<td><strong>Supports</strong>: Children, Young People, Adults</td>
</tr>
<tr>
<td><strong>Email</strong>: <a href="mailto:membership@ncta.org.uk">membership@ncta.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>An umbrella organisation for voluntary and community transport groups in Norfolk listing all the community transport providers in Norfolk.</strong></td>
<td></td>
</tr>
</tbody>
</table>
| **Norwich International Youth Project** | **Address:** | C/o Student Advice Centre  
City College  
Norwich  
NR2 2LJ  
Website: www.niyp.co.uk  
Phone: 07415 734896  
Email: m.clemo@niyp.org.uk  
norwichyouthproject@yahoo.co.uk  
**Supports:** Children and Young People |
| --- | --- | --- |
| Support for young people from different ethnic backgrounds including unaccompanied asylum seeking children. | **Address:** | Countywide  
Website  
Phone:  
Email:  
**Supports:** Children, Young People, Adults |
| **On The Move** | **Address:** | 20 Bank Plain  
Norwich  
NR2 4SF  
Website: www.opennorwich.org.uk  
Phone: 01603 763111  
Email: info@opennorwich.org.uk  
**Supports:** Children and Young People |
| A new project (Autumn 2018) to help young disabled people, that are leaving education, and entering adult life, to have a greater number of quality opportunities to be active. | **Address:** | 20 Bank Plain  
Norwich  
NR2 4SF  
Website: www.opennorwich.org.uk  
Phone: 01603 763111  
Email: info@opennorwich.org.uk  
**Supports:** Children and Young People |
| **Open (Youth Trust)** | **Address:** | 20 Bank Plain  
Norwich  
NR2 4SF  
Website: www.opennorwich.org.uk  
Phone: 01603 763111  
Email: info@opennorwich.org.uk  
**Supports:** Children and Young People |
| Provides opportunities for the 13-25 year age group, including those who are most disadvantaged. Aims to make a positive difference to the lives of young people in Norfolk. | **Address:** | 20 Bank Plain  
Norwich  
NR2 4SF  
Website: www.opennorwich.org.uk  
Phone: 01603 763111  
Email: info@opennorwich.org.uk  
**Supports:** Children and Young People |
| **RADAR** | **Address:** | www.disabilityrightsuk.org/shop  
**Supports:** Children, Young People, Adults |
| Administers key scheme for accessible toilets. Physical key available to purchase directly from shop on website. | **Address:** | www.disabilityrightsuk.org/shop  
**Supports:** Children, Young People, Adults |
| **Riding for the Disabled** | **Address:** | Norfolk House 1a Tournament Court  
Edgehill Drive  
Warwick  
CV34 6LG  
Website: www.rda.org.uk  
Phone: 01926 492915  
Email: info@rda.org.uk  
**Supports:** Children, Young People, Adults |
| Provide therapy, achievement and enjoyment to people with disabilities all over the UK. Various local groups available throughout Norfolk area. List and contact details available through website search. | **Address:** | Norfolk House 1a Tournament Court  
Edgehill Drive  
Warwick  
CV34 6LG  
Website: www.rda.org.uk  
Phone: 01926 492915  
Email: info@rda.org.uk  
**Supports:** Children, Young People, Adults |
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
<th>Email</th>
<th>Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safer Places Scheme</td>
<td>A scheme running in Norwich and other towns in Norfolk providing people with disabilities a safe place to go if they are feeling vulnerable or afraid when they are out in their community, where help and trusted carers can be contacted.</td>
<td><a href="http://www.norfolk.gov.uk/safety/safe-places">www.norfolk.gov.uk/safety/safe-places</a></td>
<td></td>
<td></td>
<td>Children, Young People, Adults</td>
</tr>
<tr>
<td>SENSational Families Norfolk</td>
<td>Small, local charity supporting families and carers with young people under the age of 19. Services include weekly support groups, online forum, training opportunities and a small loan service of equipment such as sensory toys and specialist books.</td>
<td><a href="http://www.sensationalfamilies.org/help">www.sensationalfamilies.org/help</a></td>
<td></td>
<td></td>
<td>Families and Carers</td>
</tr>
<tr>
<td>Shootability</td>
<td>ShootAbility is a weapon range with wheelchair access and appropriate equipment for physically disabled over 18's.</td>
<td>Unit C Orchard Business Units Maurice Gaymer Estate Attleborough NR17 2QZ</td>
<td>01362 858544 / 07931 465352</td>
<td><a href="mailto:shootabilitynfk@btinternet.com">shootabilitynfk@btinternet.com</a></td>
<td>Adults with PD</td>
</tr>
<tr>
<td>Slice of Advice</td>
<td>Free support group for parents of children with ASD, Asperger’s or ADHD. Sessions every Wednesday and include professionals and guest speakers, as well as general opportunities to meet other parents.</td>
<td>King Street Great Yarmouth NR30 2PA</td>
<td>07773 116515</td>
<td><a href="mailto:sliceofadvice@hotmail.com">sliceofadvice@hotmail.com</a></td>
<td>Children and Adults ASD LD</td>
</tr>
<tr>
<td>Sova – Independent Visitors Scheme</td>
<td>Independent visitors are matched with a child or young person with an LD or PD, or are in local care (working separately from social/care workers). IV’s provide consistent long term supportive relationships and take part in activities with those who need a little additional support.</td>
<td>1st Floor Adobe House 5 Barton Way Norwich NR1 1DL</td>
<td>07741 196398</td>
<td><a href="mailto:NorfolkIV@sova.org.uk">NorfolkIV@sova.org.uk</a></td>
<td>Children and Young People</td>
</tr>
</tbody>
</table>
### Special Olympics Norfolk
Sports training and competition for people with a learning disability. Current groups include skiing, artistic gymnastics, boccia and athletics.

**Address:** Various Locations in Norfolk  
**Website:** www.specialolympicsnorfolk.com  
**Phone:** 01603 453891 / 07948 353245  
**Email:** njfish@hotmail.co.uk  
**Supports:** Children, Young People, Adults

### Sunbeams Play
A self-referral, registered charity which provides a fun, safe and caring environment for children and young people with ASD. Opportunities for children to relax and play in an area that is suitable for them, with various play sessions offered.

**Address:** Unit 7 Enterprise Court  
Gapton Hall Road  
Great Yarmouth  
NR31 0ND  
**Website:** www.sunbeamsplay.org.uk  
**Phone:** 01493 442181  
**Email:** info@sunbeamsplay.org.uk  
**Supports:** Children and Young People

### The Garage (Dance S.E.N.D)
The Garage is a lively performing arts centre in Norwich and home to The Garage Trust, a charity providing support and development opportunities for children, young people and families from all backgrounds.

**Address:** 14 Chapelfield North  
Norwich  
NR2 1NY  
**Website:** www.thegarage.org.uk  
**Phone:** 01603 283382  
**Email:** info@thegarage.co.uk  
**Supports:** Children and Young People

### The Kandoo Club
For young people aged 8-16 with disabilities. Chance to have fun, make friends and take part in physical activity. Wide range of sports on offer. Also offers a mini club for younger children.

**Address:** Lynnsport  
Greenpark Avenue  
King's Lynn  
PE30 2NB  
**Website:** www.aliveleisure.co.uk/activities/disability-sport  
**Phone:** 01553 818001  
**Email:** Enquiries@aliveleisure.co.uk  
**Supports:** Children and Young People

### The Magpie centre
Offers activities such as riding and carriage driving to all age groups to people with disabilities. Service also offers family social activities such as Open Days, Bingo and race Nights, Carol Services and Fundraising Ball. Range of day slots available.

**Address:** Wallington Hall  
South Runcton  
King's Lynn  
PE33 0EP  
**Website:** www.rda-westnorfolk.org.uk/equestrian-activities  
**Phone:** 01553 810202  
**Email:** magpiecentrewnrda@hotmail.co.uk  
**Supports:** Children and Adults
**TITAN**  
Independent travel training scheme run by a number of schools, colleges and other organisation to encourage people with special educational needs and physical disabilities to become safe and independent travellers.  
**Address:** Countywide  
**Website** [www.norfolk.gov.uk/TITAN](http://www.norfolk.gov.uk/TITAN)  
**Phone:** 01603 223401  
**Email:** titan@norfolk.gov.uk, mabel.cates@norfolk.gov.uk  
**Supports:** Children

**UEA City of Norwich Swimming Club**  
Various swimming classes accessible for people with physical and learning disabilities, impairments and mental health problems.  
**Address:** UEA Sportspark  
Norwich Research Park  
NR4 7TJ  
**Phone:** 07970 289643  
**Email:** tbirdspinner@gmail.com  
**Supports:** Children, Young People and Adults

**Under One Roof**  
Community drop-in and support for those who have experienced – or are at risk of – homelessness. Regularly running various courses, sessions and activities covering a wide variety of subjects and interests.  
**Address:**  
100/102 Westwick Street  
Norwich  
NR2 4SZ  
**Website** [www.under-1-roof.org.uk](http://www.under-1-roof.org.uk)  
**Phone:** 01603 699150  
**Email:** u1r@stmartinshousing.org.uk  
**Supports:** Young People and Adults

**Voluntary Norfolk**  
The service recruits, trains and matches individual volunteers with clients to provide regular, community-based support, companionship and encouragement. This helps clients to become more independent, to develop confidence and to overcome social isolation.  
**Address:**  
St Clements House  
2-16 Colegate  
Norwich  
NR3 1BQ  
**Website** [www.voluntarynorfolk.org.uk](http://www.voluntarynorfolk.org.uk)  
**Phone:** 01603 614474  
**Email:** reception@voluntarynorfolk.org.uk  
**Supports:**

**Volunteering Matters**  
A project which creates volunteering opportunities in all areas of the community and workplaces, for people with learning disabilities.  
**Address:** Nationwide  
**Website** [www.volunteeringmatters.org.uk](http://www.volunteeringmatters.org.uk)  
**Phone:** 01553 766953 / 020 3780 5870  
**Email:** jmindham@csv.org.uk  
**Supports:** Young People Adults PD LD SI MH
<table>
<thead>
<tr>
<th><strong>West Norfolk Mencap</strong></th>
<th><strong>Address:</strong> 16 Tuesday Market Place&lt;br&gt;King’s Lynn&lt;br&gt;PE30 1JN</th>
<th><strong>Website</strong> wnmencap.org.uk</th>
<th><strong>Phone:</strong> tel. 01553 776154</th>
<th><strong>Email:</strong> <a href="mailto:office@wnmencap.org.uk">office@wnmencap.org.uk</a></th>
<th><strong>Supports:</strong> Young People and Adults MI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides young people and adults with advice and information on a range of topics.</td>
<td><strong>Address:</strong></td>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong></td>
<td><strong>Email:</strong></td>
<td><strong>Supports:</strong></td>
</tr>
<tr>
<td><strong>West Norfolk Self Advocacy Service</strong></td>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong></td>
<td><strong>Email:</strong></td>
<td><strong>Supports:</strong></td>
<td></td>
</tr>
<tr>
<td>Self advocacy organisation run by and for people with learning difficulties. Has several subgroups which help to support people in leading a full and active part in everyday services.</td>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong></td>
<td><strong>Email:</strong></td>
<td><strong>Supports:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Your Norwich</strong></td>
<td><strong>Address:</strong></td>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong></td>
<td><strong>Email:</strong></td>
<td><strong>Supports:</strong></td>
</tr>
<tr>
<td>A programme to transform and integrate health and care in the communities of Norwich to join up and strengthen local health and care services in the community.</td>
<td><strong>Website</strong></td>
<td><strong>Phone:</strong></td>
<td><strong>Email:</strong></td>
<td><strong>Supports:</strong></td>
<td></td>
</tr>
</tbody>
</table>
Finance, Equipment Support and Grants

The following list of providers includes those that offer financial advice and equipment support, as well as those offering grants; a financial donation or contribution which – unlike loans – do not have to be repaid. These funds are mainly provided to pay for things that cannot be paid for by Government or Local Authorities.

There are UK charities and trusts that can offer grants for the disabled across all areas. These include housing and equipment, education and employment, recreational activities, holidays and respite care and more. A full list of grant providers can be found on the Disability Grants website.

**Disability Grants** – Searchable directory displaying information and contact details of charities and trusts nationwide offering grants and additional funding for anything beyond the normal costs of everyday living. Discover what’s available in your local area by searching individual sections of website:

www.disability-grants.org contact@disability-grants.org

An additional list of organisations that offer grants and funding to support individual needs can be accessed through the SEND Local Offer on the NCC website:


**Personal Independence Payment (PIP) Toolkit** – A useful guide to help organisations, support workers and individuals explain Personal Independence Payment (PIP), and changes to Disability Living Allowance (DLA) for claimants.

www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit

www.gov.uk/pip

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**Access Through Technology**

Small, specialist team within NCC's Children Services. Provides assessment, equipment, advice, and support for young people, parents and carers who benefit from using communication aids. Team also works closely with occupational, language and physiotherapists to meet individual needs.

**Address:** Nationwide

**Website** www.norfolk.gov.uk/children-and-families/send-local-offer

**Phone:** 01603 505324 / 07748 623039

**Email:** att@norfolk.gov.uk

**Supports:** Children, Adults and Families

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**ACT Foundation**

Provides grants to individuals with the aim of enhancing quality of life, particularly those who have a physical or mental disability. Grants generally fall into areas such as building work, equipment provision and respite care.

**Address:** 61 Thames Street

Windsor

Berkshire

SL4 1QW

**Website** www.theactfoundation.co.uk

**Phone:** 01753 753900

**Email:** info@theactfoundation.co.uk

**Supports:** Children and Adults PD LD MH
### Acts 435
Managed through a network of churches and local charities, the scheme puts those in need with those able to give, offering direct financial assistance. Applications made through local churches and verified by an advocate.

**Address:** Bishopthorpe Place
York
YO23 2GE

**Website:** www.acts435.org.uk

**Phone:** 01904 707021 / 07703 453862

**Email:** admin@acts435.org.uk

**Supports:** Young People and Adults

### Al-Mizan Trust Grants
General Welfare Fund provides small grants up to £500 to individuals in financial hardship because of deprivation or disadvantage. Funding is available for a range of goods and services. Full list of eligibility available on website.

**Address:** PO Box 2488
Watford
WD18 1YL

**Website:** www.almizantrust.org.uk

**Phone:**

**Email:** admin@almizantrust.org.uk

**Supports:** Children, Young People, Adults

### Baily Thomas Charitable Fund
Funding for projects that positively benefit people with learning disabilities, which has been the sole beneficiary group since 2001. Types of projects supported included building refurbishment, employment schemes, play therapy, day and social activities, family support, independent living schemes among others.

**Address:** 400 Capability Green
Luton
LU1 3AE

**Website:** www.bailythomas.org.uk

**Phone:** 01582 439225

**Email:** info@bailythomas.org.uk

**Supports:** Groups and Organisations

### Birkdale Trust for Hearing Impaired
Provides financial support to children and young people with a hearing impairment, for the purpose of advancing education and extending a better quality of life.

**Address:** 21 Gleneagle Drive
Southport
PR8 3PP

**Website:** www.grantsforthedeaf.co.uk

**Phone:**

**Email:**

**Supports:** Children and Young People

### Carers Trust Grants
Small grants of up to £300 for individual adult carers aged 16+. Funding available to help with breaks, items for the home, travel costs, training courses and materials, home repairs and short-term replacement care.

**Address:** 32-36 Loman Street
London
SE1 0EH

**Website:** www.carers.org/article/grants-available-carers-trust

**Phone:** 0300 772 9600

**Email:** info@carers.org

**Supports:** Carers
### Child Brain Injury Trust – Brain Injury Information Card

A new support service for young people aged 11-18. Individuals carry the card as they go about daily life and present it in situations where they need a little help and understanding.  

**Address:** Unit 1 The Great Barn  
Baynards Green Farm  
Oxfordshire  
OX27 7SG  

**Website:** [www.childbraininjurytrust.org.uk/2018/05/new-brain-injury-information-cards](http://www.childbraininjurytrust.org.uk/2018/05/new-brain-injury-information-cards)  

**Phone:** 01869 341075  
**Email:** idcard@cbituk.org  

**Supports:** Children and Young People PD

### Directory of Wish Granting Charities

Compiled by Spinal Muscular Atrophy Support UK, this site provides a list of charities providing financial grants and special treats or holidays for children and young adults living with severe illness or complex disabilities.  

**Address:** Nationwide  

**Website:** [www.smasupportuk.org.uk/wish-granting-charities](http://www.smasupportuk.org.uk/wish-granting-charities)  

**Phone:** 01789 267520  
**Email:** N/A  

**Supports:** Children, Adults and Families

### Disability Equipment Register

Sale and purchase of disability equipment.  

**Address:**  

**Website:** [www.disabreg.pwp.blueyonder.co.uk](http://www.disabreg.pwp.blueyonder.co.uk)  

**Phone:** 01454 318818  
**Email:** disabreg@blueyonder.co.uk  

**Supports:** Adults with LD PD

### Disabled Facilities Grants

Grants available from local Council’s for disabled people needing to make change to their home, for example widening doors and installing ramps to aid accessibility and mobility.  

**Address:** Local Council Authority  

**Website:** [www.gov.uk/disabled-facilities-grants](http://www.gov.uk/disabled-facilities-grants)  

**Supports:** Children and Adults PD

### Disabled Living Foundation

Advice on a range of disability equipment  

**Address:**  

**Website:** [www.dlf.org.uk](http://www.dlf.org.uk)  

**Phone:** 0300 999 0004  
**Email:** info@dlf.org.uk  

**Supports:** Adults with LD

### Disabled Persons Railcard

For £20 a year, or £54 for three years, those with a disability can register for a railcard. This offers a third off adult rail fares for travel on the National Rail network, as well as one extra person travelling alongside the card holder.  

**Address:** Nationwide  

**Website:** [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)  

**Phone:** 0345 605 0525  
**Email:** disability@raildeliverygroup.com  

**Supports:** Children and Adults PD LD
| **Disabled Students Allowance/Guide** | **Address:** Nationwide  
Young people with a disability or specific learning difficulty and studying in higher education may be eligible for DSAs. These allowances cover extra disability-related costs or expenses while studying which are over and above those provided as reasonable adjustments by colleges or universities. | **Website** | www.gov.uk/disabled-students-allowances-dsas  
**Phone:**  
**Email:**  
**Supports:** Young People LD PD |
|---|---|---|---|
| **DM Thomas Foundation** | **Address:** 179-199 Holland Park Avenue  
London  
W11 4UL  
**Website** | www.dmthomasfoundation.org  
**Phone:** 020 7605 7733  
**Email:** info@dmtfyp.org  
grants@dmtfyp.org  
**Supports:** Children and Young People |
| **Dosh Financial Advocacy** | **Address:** The West House  
Swingbridge Road  
Grantham  
NG31 7XT  
**Website:** www.dosh.org  
**Phone:** 0300 303 1288  
**Email:** info@dosh.org  
**Supports:** Adults with LD |
| **Elifar Foundation** | **Address:** 6 Cambridge Road  
Teddington  
TW11 8DR  
**Website:** www.elifarfoundation.org.uk  
**Phone:** 020 8977 1770  
**Email:** enquiries@elifarfoundation.org.uk  
**Supports:** Children, Young People LD PD |
| **Family Fund** | **Address:** Unit 4 Alpha Court  
Monks Cross Drive  
York  
YO32 9WN  
**Website:** www.familyfund.org.uk  
**Phone:** 01904 550055  
**Email:** info@familyfund.org.uk  
**Supports:** Children, Adults and Families |
<table>
<thead>
<tr>
<th><strong>Glasspool Trust</strong></th>
<th><strong>Address:</strong></th>
<th>Nationwide</th>
</tr>
</thead>
<tbody>
<tr>
<td>One of a few national charities making small grants to individuals in need, which has no restrictions on the type of beneficiary. Provides small, one-off contributions towards everyday items, as well as services like equipment and adaptations and vocational training.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.glasspool.org.uk">www.glasspool.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>020 3141 3161</td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:grants@glasspool.org.uk">grants@glasspool.org.uk</a>, <a href="mailto:support@grantsplus.org.uk">support@grantsplus.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults and Families</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Great Yarmouth Residents Card</strong></th>
<th><strong>Address:</strong></th>
<th>Great Yarmouth Locality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents of the Borough are entitled to a growing range of discounts and redeemable offers. One off fee of £2.50.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.great-yarmouth.gov.uk/residentadvantagecard">www.great-yarmouth.gov.uk/residentadvantagecard</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:tina.bunn@great-yarmouth.gov.uk">tina.bunn@great-yarmouth.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults and Families</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>King’s Lynn &amp; West Norfolk Borough Charity Trust</strong></th>
<th><strong>Address:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Helps those in need within the West Norfolk area. Object of the charity is to try to relieve hardship or distress by paying for – or contributing to – items, services, or facilities.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.kingslynnwncharitytrust.co.uk">www.kingslynnwncharitytrust.co.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>01945 430599 / 07842 270750</td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:andystephensobe@gmail.com">andystephensobe@gmail.com</a>, <a href="mailto:moorhousekathleen@gmail.com">moorhousekathleen@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults and Families</td>
<td></td>
</tr>
</tbody>
</table>

| **My Safe Home** | **Address:** | 1 Sycamore Court
Birmingham Road
Allesley
CV5 9BA |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>An organisation that helps people with disabilities get mortgages.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.mysafehome.info">www.mysafehome.info</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>02476 402211</td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td>Online Contact Form</td>
<td></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Adults LD PD</td>
<td></td>
</tr>
</tbody>
</table>

| **Newby Trust** | **Address:** | PO Box 87
Petworth
GU28 8BH |
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Family trust which makes small grants of up to £250 to assist individuals and families in crisis. Includes vulnerable aged 25 living alone or independently, local care leavers, individuals with physical or learning disabilities, physical or mental ill health among others.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.newby-trust.org.uk">www.newby-trust.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:info@newby-trust.org.uk">info@newby-trust.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults and Families</td>
<td></td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>Website</td>
</tr>
<tr>
<td>--------------</td>
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<td>---------</td>
</tr>
<tr>
<td>Newlife</td>
<td>Hemlock Way&lt;br&gt;Cannock&lt;br&gt;Staffordshire&lt;br&gt;WS11 7GF</td>
<td><a href="http://www.newlifecharity.co.uk">www.newlifecharity.co.uk</a></td>
</tr>
<tr>
<td>Norwich Consolidated Charities</td>
<td>1 Woolgate Court&lt;br&gt;St Benedict’s Street&lt;br&gt;Norwich&lt;br&gt;NR2 4AP</td>
<td><a href="http://www.norwichconsolidatedcharities.org.uk">www.norwichconsolidatedcharities.org.uk</a></td>
</tr>
<tr>
<td>Norwich Go4Less Card</td>
<td>Norwich City Council&lt;br&gt;St Peters Street&lt;br&gt;Norwich&lt;br&gt;NR2 1NH</td>
<td><a href="http://www.norwich.gov.uk">www.norwich.gov.uk</a></td>
</tr>
<tr>
<td>Rees – The Care Leavers Foundation</td>
<td>County Court Buildings&lt;br&gt;13 Church Road&lt;br&gt;Redditch&lt;br&gt;B97 4AB</td>
<td><a href="http://www.reesfoundation.org">www.reesfoundation.org</a></td>
</tr>
<tr>
<td>Roald Dahl Marvellous Families Fund</td>
<td>Montague House&lt;br&gt;23 Woodside Road&lt;br&gt;Amersham&lt;br&gt;HP6 6AA</td>
<td><a href="http://www.roalddahl.com/charity/family-grants">www.roalddahl.com/charity/family-grants</a></td>
</tr>
</tbody>
</table>
| **South Norfolk District Council Leisure Passport** | **Address:** | South Norfolk House  
Cygnet Court  
Long Stratton  
NR15 2XE |
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<tr>
<td>Reduced price use of leisure and sports facilities. Full eligibility criteria available online, including those in receipt of DLA/PIP and Carers Allowance.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.south-norfolk.gov.uk/visitors/leisure-centres/joining-our-centres/leisure-passport">www.south-norfolk.gov.uk/visitors/leisure-centres/joining-our-centres/leisure-passport</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>01508 533701</td>
<td><strong>Email:</strong></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children and Adults</td>
<td></td>
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| **The Dickie Bird Foundation** | **Address:** | 3 The Power  
Arthington Lane  
Otley  
LS21 1NQ |
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<tr>
<td>Assists young people under 16 years of age to participate in the sport of their choice, to the best of their ability, so they can improve their chances both inside and outside sport. Grants available to individuals for essential equipment.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.thedickiebirdfoundation.co.uk">www.thedickiebirdfoundation.co.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>07503 641457</td>
<td><strong>Email:</strong></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children and Young People</td>
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</table>

| **The Gardener’s Trust for the Blind** | **Address:** | 117 Charterhouse Street  
London  
EC1M 6AA |
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<tr>
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<tbody>
<tr>
<td>Provides financial assistance to registered blind and partially sighted individuals. Awards one-off grants towards education, training and household items.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.disability-grants.org/grants-for-blind.html">www.disability-grants.org/grants-for-blind.html</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>020 7253 3757</td>
<td><strong>Email:</strong></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults VI</td>
<td></td>
</tr>
</tbody>
</table>

| **The Headley Trust** | **Address:** | The Peak  
5 Wilton Road  
London  
SW1V 1AP |
<table>
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<tbody>
<tr>
<td>Administers small grants for practical aids for disabled people aged 16 and above. This includes items to aid mobility and other equipment recommended by a medical professional or social care worker.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.sfct.org.uk/Headley.html">www.sfct.org.uk/Headley.html</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>020 7410 0330</td>
<td><strong>Email:</strong></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults and Families</td>
<td></td>
</tr>
</tbody>
</table>
| **The Hospital Saturday Fund** | **Address:** 24 Upper Ground  
London  
SE1 9PD | **Website:** [www.hospitalsaturdayfund.org](http://www.hospitalsaturdayfund.org) | **Phone:** 020 7202 1365 | **Email:** Online Contact Form  
customer@hsf.eu.com | **Supports:** Children and Adults PD |
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<tbody>
<tr>
<td>Helps through charitable funds for individuals with a medical condition or disability who would benefit from specialised equipment or from practical forms of treatment.</td>
<td></td>
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| **The Margaret Champney Rest and Holiday Fund** | **Address:**  
The Gate House  
9 Burkitt Road  
Woodbridge  
Suffolk  
IP12 4JJ | **Website:** [www.ogilviecharities.org.uk](http://www.ogilviecharities.org.uk) | **Phone:** 01394 388746 | **Email:** info@ogilviecharities.org.uk | **Supports:** Carers |
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<tbody>
<tr>
<td>Offers small grants to carers to fund holidays. Applications can be made through a social worker or other similar professional agency or Local Authority.</td>
<td></td>
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<td></td>
<td></td>
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</tbody>
</table>

| **The Mobility Fund (Mobility Trust)** | **Address:** 19 Reading Road  
Pangbourne  
Berkshire  
RG8 7LR | **Website:** [www.mobilitytrust.org.uk](http://www.mobilitytrust.org.uk) | **Phone:** 0118 984 2588 | **Email:** Online Contact Form  
mobility@mobilitytrust.org.uk | **Supports:** Young People and Adults PD |
<table>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeks to provide powered wheelchairs and scooters for UK residents who have severe disabilities and cannot obtain funds through other means. Charity also raises required funds for Occupational Therapist assessments.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **The National Benevolent Charity** | **Address:** Peter Herve House  
Eccles Court  
Tetbury  
GL8 8EH | **Website:** [www.natben.org.uk](http://www.natben.org.uk) | **Phone:** 01666 505500 | **Email:** office@natben.org.uk | **Supports:** Young People, Adults and Families |
<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Welcomes financial support from people living in great need. Grants giving for all kinds of specialist equipment, everyday household items and towards respite and convalescent breaks for children and young adults to give parents/carers at home a well-earned rest.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
### The Paul Bush Foundation Trust

**Helps children and adults with an acquired physical disability to improve their physical, psychological and emotional well-being via the provision of grants to address individual needs.**

| **Address:** | March House  
Daventry  
Northamptonshire  
NN11 4NR |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.bushco.co.uk">www.bushco.co.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>01327 876210</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:pbft@bushco.co.uk">pbft@bushco.co.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Young People and Adults PD</td>
</tr>
</tbody>
</table>

### The SEQUAL Trust

**Specialist equipment and aids for living. Provides suitable assistive technology, and aim to increase the quality of life for those who are non-verbal, have incoherent speech, or who have learning and communication difficulties.**

| **Address:** | 3 Ploughman’s Corner  
Ellesmere  
Shropshire  
SY12 0EJ |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.thesequaltrust.org.uk">www.thesequaltrust.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>01691 624222</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:info@thesequaltrust.org.uk">info@thesequaltrust.org.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Adults PD LD</td>
</tr>
</tbody>
</table>

### The Victoria Convalescent Trust

**Makes grants to fund or part-fund breaks for those, including carers, of any age, in need of convalescence, recuperative or respite care.**

| **Address:** | 11 Cavendish Avenue  
Woodford Green  
Essex  
IG8 9DA |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.victoriaconvalescenttrust.org.uk">www.victoriaconvalescenttrust.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>020 8502 9339</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:vic.c.trust@gmail.com">vic.c.trust@gmail.com</a></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Young People, Carers</td>
</tr>
</tbody>
</table>

### The Will Charitable Trust

**Makes grants to charities of any size working with the blind, people with learning difficulties or serious illness.**

| **Address:** | Bridge House  
11 Creek Road  
East Molesey  
KT8 9BE |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.willcharitabletrust.org.uk">www.willcharitabletrust.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>020 8941 0450</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:admin@willcharitabletrust.org.uk">admin@willcharitabletrust.org.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children, Young People, Adults</td>
</tr>
</tbody>
</table>

### Trefoil – Personal Development Grants

**Offers personal grants to young people under the age of 25 with SEND and additional needs, helping to maximise capabilities and personal development and achieve as much independence as possible.**

| **Address:** | Trefoil House, The Signet Library  
Parliament Square  
Edinburgh  
EH1 1RF |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.trefoil.org.uk">www.trefoil.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>0131 220 3249</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:trefoil@wssociety.co.uk">trefoil@wssociety.co.uk</a></td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Children and Young People</td>
</tr>
<tr>
<td><strong>Turn2us</strong></td>
<td><strong>Address:</strong></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>A national charity offering to help those experiencing financial need when coping with a life changing event. Provides to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through partner organisations. Online, free and easy Benefits Calculator and Grants Search tools.</td>
<td><strong>Website</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>0808 802 2000</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td>Online Contact Form</td>
</tr>
<tr>
<td><strong>Supports:</strong></td>
<td>Young People, Adults, Families</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WheelPower</strong></th>
<th><strong>Address:</strong></th>
<th>Stoke Mandeville Stadium Guttmann Road Buckinghamshire HP21 9PP</th>
</tr>
</thead>
<tbody>
<tr>
<td>The national charity for wheelchair sport, providing opportunities for disabled people to play sport and lead active lives. Able to offer small grants through the Wheelwrights 2020 fund, open to patients of a spinal injury unit. Funding is flexible and covers equipment, kit and travel.</td>
<td><strong>Website:</strong></td>
<td><a href="http://www.wheelpower.org.uk">www.wheelpower.org.uk</a></td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>01296 395995</td>
<td></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:info@wheelpower.org.uk">info@wheelpower.org.uk</a></td>
<td></td>
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<tr>
<td><strong>Supports:</strong></td>
<td>Children and Adults PD</td>
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