

[Housingcare.org](http://www.housingcare.org)

Extensive database of Residential Care Homes, Retirement Housing Schemes and many other housing schemes nationwide.

This site provides the main facts about each scheme, including contact details, what amenities and services are available both at the scheme and within the local community how to enquire about vacancies, and care standards ratings.

<http://www.housingcare.org>

[Equal Lives](http://www.equallives.org.uk)

Equal Lives is led by people who face disabling barriers and is dedicated to making your voice heard.

We support people to empower themselves to live independent lives. Our aim is to give you the support you need to live your own life and to remove disabling barriers

We're also here to provide support and information for the day to day tasks of living. Whether you need to employ a personal assistant, find out what benefits you're able to receive or you need help or advice for caring for an elderly friend or relative we are here to help

01508 491210 or email info@equallives.org.uk

Website: <https://equallives.org.uk/>



Where do I go for support or care?



[Social Services - Customer First](#)

Should you require assistance (for example, if you are struggling to manage your own wellbeing and it is seriously affecting your health and ability to cope with daily life) you would need to contact the County Council Adult Social Care team to assess your needs.

If you are new to care and support services it may be beneficial to engage with Social Services irrespective of whether you fund your own care or require funding from Social Services as they can assist you with assessments and advice.

Visit their website at <https://www.norfolk.gov.uk/care-support-and-health/contact-our-social-care-team> or call **0344 800 8020** (free from landlines and most mobiles)

Wellbeing Service - Norfolk

Provides a range of support for people with emotional and mental health issues. If you are aged 16 and over you can access support through your GP or any other health or social care professional, or you can use the self-refer form on the website below or by calling your local team.

0300 123 1503 or <https://www.wellbeingnands.co.uk>

Norfolk Community Directory

A comprehensive website providing details of all care providers and services in Norfolk. Norfolk Community Directory is an online directory of community information; local clubs, societies, community and voluntary organisations, childcare providers and services.

Information on Norfolk Community Directory is provided by the organisations listed, not by Norfolk County Council.

Even though a club, activity or service is included it does not mean it is recommended by Norfolk County Council, or that we have checked its quality. You should check with providers that their service or organisation meets your requirements.

There is no charge to use Norfolk Community Directory

<https://communitydirectory.norfolk.gov.uk/>



Scope About disability

Offering free independent advice to disabled people and carers.

0808 800 3333 (open 9am - 5pm weekdays) or email helpline@scope.org.uk or <https://www.scope.org.uk/>

Norfolk HomeStay

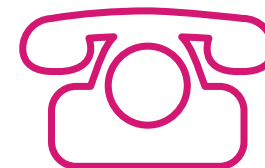
Offers support, advice and guidance around housing issues.

0845 155 0390 or email StonhamHomestayNorfolk@homegroup.org.uk

Age UK Norfolk

Offering a range of services across Norfolk to improve people's quality of life and enable them to live independently at home.

Age UK Norfolk offer a free befriending service to people over the age of 60. A weekly contact with one of their volunteers can make a real difference, so if you are feeling lonely and think this service may be for you, please get in contact with them and they can tell you more.



Age UK can be contacted by telephone: **0300 500 1217**, by email at: befriending@ageuknorfolk.org or via their website: <https://www.ageuk.org.uk/norfolk/>

Citizens Advice

Providing free confidential, impartial advice on any matter.

03454 040506 (will also be able to advise where your nearest CAB branch is located) or <https://www.citizensadvice.org>