

Norfolk Community Law Service (NCLS)

The NCLS offers free, confidential and independent legal advice to people in Norfolk who might not otherwise be able to access legal assistance. Areas include: employment law, family law, general law, discrimination, domestic abuse, debt, immigration and welfare benefits (appeals and tribunals only).

Tel: 01603 496623

Whatsapp: 07900 153753

Email: info@ncls.co.uk

Twitter: @NCLawService

Facebook: @NorfolkCLS

Norfolk Citizens Advice

Broad range of advice including debt, benefit checks, housing, employment

Tel: 03444 111444.

Web: www.ncab.org.uk and click 'email advice'.

Webchat available via website.

Twitter: @CAB_Norfolk

Facebook: @NorfolkCAB

Diss & Thetford Citizens Advice

Tel: 03444 111444

Web: www.cadat.org.uk

Email: dissadviser@cadat.org.uk
advice.thetford@cadat.org.uk

Twitter: @DissThetfordCA

Facebook: @DissThetfordCA

For Universal Credit 'Help to Claim'

Tel: 0800 1448444



Norfolk Community Advice Network

Free support and advice
for residents across Norfolk



Whatever your age, if you need advice and support there are a number of charities that can help.

Whether it's a feeling of isolation, advice on housing, benefits, disability rights, debt and money, legal help, homelessness or domestic abuse, these organisations can offer free, quality and impartial advice as soon as you need it. Services can be provided in different languages and formats on request.



Age UK

Age UK offers help and advice to people over 50, as well as their family and carers about benefits, housing, debt, money, lasting power of attorney, social care and support. Other services available include telephone befriending and activities.



Age UK Norwich

Tel: 01603 496333

Email: enquiries@ageuknorwich.org.uk

Facebook: @AgeUKNorwich

Twitter: @AgeUKNorwich



Age UK Norfolk

Tel: 0300 5001217

Email: advice@ageuknorfolk.org.uk

Twitter: @AgeUKNorfolk



Equal Lives

Equal lives is a disability rights organisation led by disabled people for people with mental and/or physical disabilities. The team can offer advice and support on matters such as debt, employment, welfare benefits and discrimination.

Tel: 01508 491210

Email: info@equallives.org.uk

Facebook: @equallives.org



Shelter

Shelter helps millions of people each year struggling with housing or homelessness by offering advice, support and legal services. In Norfolk, we provide legal advice on housing, covering tenancies, private and social housing, evictions and homelessness.

Tel: 03445 151860

Email: norfolk@shelter.org.uk

Twitter: @ShelterEasternC

Web: https://england.shelter.org.uk/housing_advice



Mancroft Advice Project (MAP) for young people aged 11-25

MAP helps young people to have better, safer lives, offering advice and support on issues such as employment, education and training, money and debt, housing and homelessness, welfare rights, health, sexuality and gender, relationships and parenting. We deliver young person-focused counselling, wellbeing advice plus independent professional advice, guidance and advocacy.

Tel: 0800 0744454 - Advice line for young people

Email: advice@map.uk.net

Twitter: @mapyoungpeople