

## Norfolk, Norwich, and Waveney Useful Numbers

### Community Nursing Support

- Norwich and South Norfolk - 01603 518444
- North Norfolk - 01692 408051/01692 408051
- East Coast and Waveney - 01493 809977

### Emergency Health Care

- Telephone 999
- Non-emergency health advice and out of hours GP 111

### Care

- Swifts and Night Owls (24 hours) - 0344 800 8020  
(Provides free help and support if you have an unplanned need at home but do not need emergency service - including falls)
- Social Services Adult Care - 0344 800 8020
- Carers Matter Support - 0800 083 1148

### Palliative and Hospice at Home care

- Priscilla Bacon Lodge - 01603 255720
- East Coast Hospice at Home - 01493 809977
- Problems with equipment NRS - 0300 1000 716
- Fresenius Kabi Helpline (24hr) - 0808 100 190

### Other services do not provide 24hr cover but you can leave messages

- Trish Moore MND Association Care Service Navigator - 07813 094820 - [trish.moore@mndassociation.org](mailto:trish.moore@mndassociation.org)
- MND Connect - 0808 802 6262
- Community Dietitian - 01603 216021