

Contact Numbers Norfolk, Norwich and Waveney Area

We do understand that Covid 19 places additional pressures on people affected by MND, and that self-isolation can result in a feeling of loneliness. But you are not alone and the NHS, Social Services, MND Association and other agencies will still be available to advise and support you.

Please see below a list of useful contact 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)

Provides free help and support if you have unplanned need at home but do not need emergency service (including falls) **0344 800 8020**

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

Gill Newton MNDAssociation Care Service Navigator

07810 750122 gill.newton@mndassociation.org

MND Connect

0808 802 6262

Community Dietitian

01603 216021