



# Become a Parent Champion

Would you like to help parents and carers in your community?

Becoming a Parent Champion means you can meet new people, learn new skills, gain confidence, and give something back to the local community.

## Training Available!

Saturday 25 January 2025, 9.30am - 4pm  
Yesu, Sheringham, NR26 8JP

Lunch and refreshments provided. Travel costs reimbursed.



## Interested?

To register your interest email:  
[parentchampions@norfolk.gov.uk](mailto:parentchampions@norfolk.gov.uk)  
or visit our website:

[norfolk.gov.uk/parentchampionvolunteers](http://norfolk.gov.uk/parentchampionvolunteers)





Joined-up domestic abuse support  
in Norfolk.

# Christmas and New Years Opening Hours

## December 2024

Wednesday 25th: 9am – 3pm

Thursday 26th: 9am – 3pm

From Friday 27th to

Tuesday 31st: Core opening hours

## January 2025

Wednesday 1st: 9am-3pm

From Thursday 2nd: Core opening hours

### Core opening hours

Weekdays: 9am – 6:30pm

Weekends: 9am – 3pm

**If you're in immediate danger,  
always call 999.**

Visit: [www.nidasnorfolk.co.uk](http://www.nidasnorfolk.co.uk)

Call: 0300 561 0555

Out of hours: 0808 2000 247







Norfolk & Suffolk  
Victim Care



## Festive period Opening Hours

**Core Service Monday-Friday**

**8am - 5pm except:**

**December 2024**

**Tuesday 24th - 8am - 1pm**

**Wednesday 25th - Closed**

**Thursday 26th - Closed**

**January 2025**

**1st January New Year's Day - Closed**

**OPEN THROUGHOUT THE FESTIVE PERIOD:**

**24/7 Supportline: 0808 168 9111**

**Livechat:**

**[victimsupport.org.uk/live-chat/](https://victimsupport.org.uk/live-chat/)**



# Household Support

Available from all  
**Norfolk Libraries**

## Keep Warm and Well

Help yourself to a blanket, hot water bottle and draught excluder



Free hot drinks are available

## Toiletries Bag

Bag contains: deodorant, shampoo, bodywash and toothpaste



Adults and children's toothbrushes are available to help yourself to or ask a member of staff

## Tricky Period

Bag contains: 1 x pack of regular and 1 x pack of super or night pads



## Understanding gangs and county lines for parents and carers in Norfolk

Inviting parents and carers in Norfolk to join us for an awareness-raising session to help recognise the signs and indicators that young people are at risk of becoming involved in gangs, exploitation and violence; as well as advice on how to have conversations about these issues and where to seek support.

**Thursday 30th January**  
**17.00-18.30PM**  
**Online**



[Register Here](#)

Or scan the QR code to visit our event page for more info or to register



<https://tinyurl.com/mvry9axa>