

Local Emergency Numbers

During the festive period when some main offices are closed you may find these contacts useful for you or to help your children:

Fire, Police or Ambulance emergency?

Call 999 For non emergency Police Call 101

Feeling unwell?

Your local pharmacist can provide advice on most health issues.

If your GP surgery is closed, call 111 (the NHS free number) or visit www.nhs.uk to help you find the right service out of hours.

Call 999 for serious life threatening emergencies.

Need help urgently with your mental health?

If you are currently receiving care or treatment from Norfolk and Suffolk NHS Foundation Trust, use the number you have been given.

If you can't find it call 0300 123 1334 or:

Samaritans call 116 123

Childline call 0800 1111

FRANK call 0300 123 660

Housing Emergency

If you have your landlords details call them if not try:

West Suffolk Council Out of hours emergency service: 01284 763252

Homeless queries

Call 01284 757178 Mon-Friday 08.45-5pm

Out of hours call 01284 763 252

Children's Social Care

0808 800 4005 (Monday to Thursday 08.00am-5.20pm (Outside these hours this number will divert to the Emergency Duty Service. They can respond to any matters that **cannot** wait until the next working day.

Women's Aid Centre

If you need support with domestic abuse.

01284 753085 (Answerphone out of hours)

Sharing Parenting cannot guarantee the telephone numbers above are the most up to date. If you notice an error please contact us. Thank you and stay safe.
