








## Norfolk - 10 Local Organisations to help you as an Active Citizen

Organisation	Name & Role	Contact Details	How they can help you
	Emma Humphrey, Director ACCESS, Supporting Migrants in East Anglia	(t) 01553-773905 (e) emma@accessmigrantssupport.org.uk  <a href="http://www.accessmigrantsupport.org.uk/get-involved/">http://www.accessmigrantsupport.org.uk/get-involved/</a>	They can advise you on volunteering with them to help migrant people in the Kings Lynn area of Norfolk.
Citizens Advice Bureau	Citizens Advice Norfolk 	(t) 03444-111-444 (e) public@ncab.org.uk  <a href="https://www.citizensadvice.org.uk/local/norfolk/">https://www.citizensadvice.org.uk/local/norfolk/</a>	They can advise you on becoming a volunteer, and provide you with training as an advisor on welfare benefits, housing and employment rights.
	Anna Martin, Operations Manager	(t) 01473-350370 (e) anna.martin@groundwork.org.uk  <a href="https://www.groundwork.org.uk/sites/east">https://www.groundwork.org.uk/sites/east</a>	They can find you an opportunity to help protect the environment, and make it healthy and safe.

			
<p>Great Yarmouth Refugee Outreach and Support</p> 	<p>Ieva Vilkaite</p>	<p>Kingside Advice &amp; Enterprise Hub, 115 High Street, Lowestoft, NR32 1HN</p> <p>(t) 01502 581001 (e) ieva@gyros.org.uk</p> <p><a href="http://www.gyros.org.uk/our-services">http://www.gyros.org.uk/our-services</a></p>	 <p>They can find you a volunteering role, including catering, administration and working in the community.</p>
	<p>Chris Andrews, Healthwatch Norfolk Engagement Manager</p>	<p>(t) 01953 856029 (m) 07437-018-615 (e) chris.andrews@healthwatchnorfolk.co.uk <a href="http://www.healthwatchnorfolk.co.uk">www.healthwatchnorfolk.co.uk</a></p>	<p>They are interested in hearing your views on local health services.</p>
	<p>Norfolk Constabulary Volunteers</p>	<p><a href="https://www.norfolk.police.uk/join-us/volunteers">https://www.norfolk.police.uk/join-us/volunteers</a></p>	<p>They can advise you on their wide range of volunteering opportunities, for example</p>

			watching out for speeding traffic ('Speed Watch').
	Adult Learning, English for Speakers of Other Languages (ESOL)	<a href="https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/language-and-communication-skills/english-for-speakers-of-other-languages-esol">https://www.norfolk.gov.uk/education-and-learning/adult-learning/courses/language-and-communication-skills/english-for-speakers-of-other-languages-esol</a>	They run courses where you can learn or improve your English. 
Norfolk Fire & Rescue Service 	Volunteer Coordinator	(t) 07808898493 (e) mail hq@fire.norfolk.gov.uk	If you can spare a few hours a month, they can advise you on volunteering with the fire service to raise awareness of fire risks and the need for fire safety. 
Voluntary Norfolk	Andrew Morter, Head of Volunteering	Voluntary Norfolk, St Clements House, 2-16 Colegate, Norwich, NR3 1BQ  (t) 01603 614474 (e) Andrew.morter@voluntarynorfolk.org.uk	They can match your skills and interests to available volunteering opportunities.

			
	<p>Volunteering</p>	<p><a href="https://www.norfolk.gov.uk/jobs-training-and-volunteering/volunteering">https://www.norfolk.gov.uk/jobs-training-and-volunteering/volunteering</a></p>	<p>The council has lots of volunteering opportunities for you. For example, being a driver for community transport, helping out in a library, helping to care for the countryside.</p> 