

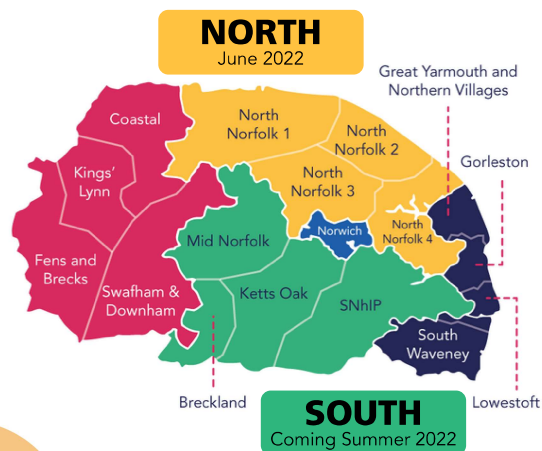
# Norfolk and Waveney Mental Health Wellbeing Hubs

## Welcome to our Wellbeing Hubs

Wellbeing hubs are a very important component within our local mental health system. There are currently three hubs across Norfolk and Waveney which operate as drop-in sites, with a further two opening Summer 2022 in the North and South of the region. Wellbeing hubs serve to improve the mental and physical wellbeing of all people in our communities, not just those with complex problems. Hubs can also provide a more appropriate option for people experiencing crisis, offering support in a community-focused, high street setting, rather than through engagement with formal statutory service, such as the ambulance service, police, and emergency departments.

Wellbeing hubs have a role in preventing crisis and empower people to manage their conditions before they escalate. Hubs help reduce demand on mental health beds and reduce pressures on emergency departments and secondary mental health services. They also provide GPs with support to draw on when patients present with mental distress or mental ill health. Hubs provide a range of therapies and links with other organisations supporting a holistic approach to mental health.

Please help signpost people to the hubs - see more information >>>



**WEST**

**STEAM Café, 102 High Street, King's Lynn PE30 1BW**  
 Open 7 days a week : Daytime 11am - 6pm / Evening (referrals only to 10pm) 7pm - midnight

- Day time support providing advice and information, delivering a social navigation and enabling approach to visitors
- Site features a café which supports social and therapeutic aims and reduces social isolation
- The hub is a sanctuary for people experiencing mental ill-health and mental distress
- Offers an evening crisis hub service



**CENTRAL**

**REST Norwich, Churchman House, 71 Bethel Street, Norwich NR2 1NR**  
 Open 7 days a week : Daytime 9.30am – 6pm / Evening (referrals only to 10pm) 6.30pm - midnight

Daytime

- 1:1 sessions with recovery workers / peer support workers
- CHIME Recovery Programme
- Feed Café and Library

Evening

- 1:1 sessions for those approaching or coming out of crisis (develop safety plan, work with other supporting agencies)



**EAST**

**STEAM Café, 140 High St, Gorleston-on-Sea NR31 6RB**  
 Open 7 days a week : Daytime 11am - 6pm / Evening (referrals only to 10pm) 7pm - midnight

- Day time support providing advice and information, delivering a social navigation and enabling approach to visitors
- Site features a café which supports social and therapeutic aims and reduces social isolation
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