



**We're  
here  
to help**



## Looking after you locally

Need information,  
support or advice  
about using Norfolk  
Community Health  
and Care NHS  
Trust's services?

**Our confidential Patient  
Advice and Liaison Service  
(PALS) is here to help.**

PALS is here to:

- Help you find the information you need
- Provide advice and support for patients, families and carers
- Listen to your concerns or suggestions
- Help improve local NHS health and care services for patients

**Talk  
to us in  
confidence**

**0800 088 4449  
9am-5pm  
Monday to Friday  
[pals@nchc.nhs.uk](mailto:pals@nchc.nhs.uk)**