

Support for Families and Young People in and around King's Lynn

ACTIVITIES & ENTERTAINMENT

The Workshop

[Classes & Holiday Activities | The Workshop](#)

38 New Conduit St, King's Lynn PE30 1DL

01553 277919

Located in King's Lynn town centre, is a hub for performing arts, a creative playground – from first steps to professionals. We work with local and national partners to provide high quality performing arts programming, participation, education and training for all ages. It is a place for everyone but has a particular focus on young people from all backgrounds and abilities, with musical theatre and dance classes Tuesdays , Thursdays and Saturdays.

Alive Lynnsport

[Alive Active Community - Alive West Norfolk](#)

Alive Lynnsport, Greenpark Ave, King's Lynn PE30 2NB

01553 818001

Lynnsport is situated in 72 acres of parkland and is one of the largest sports and leisure facilities in the country with sports club and athletics centre with studios, climbing wall, pitches and halls, skatepark plus a fishing lake. Lynnsport offer a host of activities for all ages and abilities including weekly clubs, events and holiday programmes. Council-run.

Open Monday - Friday 8.30-10.00pm

Saturday - Sunday 8am -6pm

Gaywood Library

[Gaywood Library - Norfolk County Council](#)

River Lane, King's Lynn PE30 4HD

01553 768498

The library offers lending service and hosts a programme that includes : Bereavement café, Norfolk Community Law, Baby Self Weigh, Lego Club, Free mobile data and laptop loan Bounce and Rhyme, Infant Feeding friendly, Adult Lego Club, Career Service, Cuppa and chat, Knit and Natter, Colour Calm, Scrabble Club, History Club, Book Club, Maths Support ,SENDIASS and more

Monday: 10am to 7pm

Tuesday: 10am to 7pm

Wednesday – Closed

Thursday: 10am to 7pm

Friday: 10am to 7pm

Saturday: 10am to 4pm

Sunday - Closed

Army Cadets (King's Lynn)

[Norfolk Army Cadets | Army Cadets UK](#)

Loke Road KING'S LYNN Norfolk PE30 2BP

01362 694515

Army Cadets offer young people 12 and 17 years old opportunities to take part in loads of exciting and challenging activities such as fieldcraft, adventure training, first aid, music, sports and shooting, to name but a few.

Open Tuesday 7.30-9.30pm

Air cadets King's Lynn 42F Squadron

[Home | Mysite](#)

174 Loke Rd, King's Lynn PE30 2BP

01553 661240

Air cadets offers young people over the age of 12 years the opportunity to have fun, adventure, incredible experiences and make new friends. There are intake events through the year for anyone interested in joining.

Open: Mondays and Thursdays, 7.15-9.00PM

Police Cadets

[Our Units | Norfolk Constabulary](#)

Kings Lynn Police Station, St James Street, Kings Lynn, PE30 5DE

Meet 18.00 – 20.00 every Thursday during term time with some weekend and holiday activities

Norfolk Volunteer Police Cadets is a Uniformed Youth Organisation that engages with young people between 13-17 years old who live in Norfolk. Cadets are an important part of the extended police family and as a Cadet you can expect to learn a basic knowledge of policing activity and help progress current policing campaigns in the local community.

Majestic cinema - Autism film sessions

[What's On - Cinema Listings & Tickets in King's Lynn | The Majestic Cinema](#)

Local cinema in Kings Lynn Town Centre

Kings Lynn RPG and War Games club

[Kings Lynn RPG & Wargames Club - Kings Lynn Tabletop RPG Wargames Club Kings Lynn](#)

Beulah Street, Scout Hut, Kings Lynn Sundays 1pm-6pm

Magpie Centre, West Norfolk Group Riding for the Disabled Association

Wallington Hall, Lynn Rd, Runcton Holme, King's Lynn PE33 0EP

01553 810202

Dedicated RDA Riding Centre from [Wallington Hall](#) for over 30 years Providing therapy, achievement and enjoyment to people with disabilities.

The Indoor School built in 1990 meant lessons could run all year round with the beautiful tracks on the Wallington Estate providing outdoor hacks and carriage drives.

Vision (King's Lynn Hub)

[Vision Norfolk – Supporting people with sight loss to enjoy independent and fulfilled lives](#)

20, Thoresby College, Queen St, King's Lynn PE30 1HX

Tel: 01553 660808

Providing practical and emotional support and activities for people living with sight loss and vision impairment. Our hub team members provide one-to-one support and can assess the needs of those with any degree of sight loss to determine how best they can help and support them. We can provide support and access to equipment to help around the house, help you and your loved ones to develop strategies to adapt to daily life and signpost you to other services that may also be able to help. We will be there every step of the way and for as long as you need us.

West Norfolk Deaf Association

[Hearing Loss | WNDA.org.uk | England](#)

The Deaf Centre, Railway Rd, King's Lynn PE30 1NF

01553 773399

West Norfolk Deaf Association (WNDA) is a local charity providing specialist support and practical assistance to Deaf people and those with acquired hearing difficulties in West Norfolk. They also run events and activities. Located in Kings Lynn Town Centre.

Wild Hub

[The Wild Hub | Community](#)

At The Wild Hub, we believe in the power of community and nature to support our well-being. We're dedicated to creating a space where everyone feels connected, supported, and empowered. Together, let's combat isolation and rediscover the healing power of human connection and the natural world. They provide family days, children's yoga and events

Ability Counts Football

[Alive KL Ability Counts Football | Norfolk Community Directory](#)

Greenpark Avenue King's Lynn Norfolk PE30 2NB

A fun and inclusive football session in which we cater for both children and adults with both learning and physical disabilities.

Open Saturdays - 9am-10.30am

King's Lynn Park run

[home | King's Lynn parkrun | King's Lynn parkrun](#)

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate.

The event takes place at The Walks, King's Lynn, Norfolk.

Every Saturday at 9:00am

WELLBEING, MENTAL HEALTH SUPPORT & COMMUNITY SUPPORT

MAP Mental health support

[King's Lynn | MAP Norfolk](#)

8 High Street, King's Lynn PE30 1BX

0800 0744454

Open Tuesday, Thursday & Friday 1.30pm-5.00pm

Our Drop-In Centre is for young people to get advice without having to make an appointment. We offer counselling by appointment only for young people aged 11-25.

REST

[Norfolk and Waveney Mind - Community Support Groups & Activities](#)

56 High St, King's Lynn PE30 1AY

0300 330 5488

REST is a partnership project that brings together mental health support, local services and a place where everyone can feel welcome, programme includes an art group.

REST King's Lynn offer a daytime community wellbeing hub open 9.30am- 4:30pm, Monday to Friday

The Beacon Church North Lynn

[King's Lynn - North Lynn Methodist Church - The Beacon](#)

Losinga Rd, King's Lynn PE30 2DH

07542 435094

North Lynn Methodist Church provides a safe place for families with activities for all age groups, a community café with a small soft play space and toilets. They also offer a community meal on a weekly basis on Thursdays.

Opening Hours :

Wednesday & Friday - 9am-2pm

Saturday - 10am-3pm

Sunday Services - 10am

The Hub, St Faith's

Gayton Road Gaywood King's Lynn, PE30 4DZ,

Wednesday at 10:30 a.m – 11.30am

St Faith's Church and Community Hub

Gayton Rd, King's Lynn PE30 4DZ
01553 279687

St Faith's Youth Group

01553 774916

St. Faith's Youth Group is for 10-18 year olds.

This lively bunch meet at 6pm on the first Sunday of the month for games, discussions, food and prayer. Along with the youth leaders they attend events in other areas of King's Lynn throughout the year.

Faith IN Community Mental Health Drop In

Everyone is welcome to drop in for a cuppa and a chat.

Alternate Fridays 10am - 12noon.

Craft Group

The craft group meets on the 1st Thursday of the month 2-4pm in the St. Faith's Community Hub. Please come and join us and bring along your art/ craft project, share skills, learn new ones and chat over a cuppa or just come along to pick up new ideas. Everyone welcome.

Hope– a suicide loss group

For people bereaved by suicide. Our monthly groups provide a relaxed, safe, confidential and non-judgemental space for you to talk about your loss, how you are feeling and to help look for hope in a supportive environment in the hub.

1st Wednesday of the month 7.00pm -8.30pm

FOOD & SUPPORT

Discovery Centre North Lynn

[Community Centre | Freebridge Community Housing](#)

Columbia Way, King's Lynn PE30 2LA
01553 667777

A safe place for families that offer activities and events for families and all age groups.

Free Community Meal Get Together : Tuesday 4pm - 6pm

For those that need a warm meal in the area.

Winter Warm Hub Thursday 10am -12noon

Different activities and free hot drinks.

Family Hub

[Family hubs - Norfolk County Council](#)

St Augustine's Centre, Columbia Way, Kings Lynn, Norfolk, PE30 2LB
01553 669651

Open Monday – Friday 8.45am -4.15pm

Advisors are available to offer information, advice and support to families on a range of issues they may be experiencing. In addition, there is a monthly programme of drop ins with opportunity to speak to the DWP, Homestart, ECFS and REDI Teams. The family hub provides Tricky Period Packs, Hygiene Packs and a Nappy Swap as well as free books from the Children's Literacy Project. There is a programme of activities including Footprints (for young parents), Active Families, Baby Massage, Blossoms .

The Community Shop (Fairstead)

[The Community Shop WEST NORFOLK](#)

5, Centrepoint, King's Lynn PE30 4SR
01553 404051

Offers low cost clothes, toys and furniture for families and also can access foodbank vouchers for families. All funds raised go back into the community.

Open Monday – Friday 8.30-3.30

Purfleet Pantry – Social Supermarket

[Contact the Purfleet Pantry | The Purfleet Trust](#)

1-2 Out South Gates, Southgates Roundabout, King's Lynn PE30 5SX

01553 603810

The Purfleet Pantry is our social supermarket on the Southgates Roundabout in King's Lynn. A social supermarket offers everyday food, essentials and furniture at affordable prices – available to everyone. To shop at the Pantry you need to be a member. Membership costs £3 per year, no hidden costs or surprises!

Open Tuesday-Saturday - 9am-5pm

North Lynn Food Hub

[Church social action | Imagine Norfolk Together](#)

4 Walpole Road, King's Lynn, United Kingdom

01553 761516

Is member of the Nourishing Norfolk Network that provides support, advice, and information to ensure communities have access to affordable, healthy food. We offer everyday food, toiletries and cleaning products at affordable prices – and they are available to everyone. Membership £3 a year.

Open Monday 12-5, Wednesday 12-2, Friday 12-2.

Food for Thought Sessions

Food For Thought is a series of free to attend home cooking events, run by the [LILY](#) programme, which primarily aims to improve the health and wellbeing of residents by combatting loneliness and social isolation, but also by providing real world healthy cooking and eating advice. These sessions are run in venues in the community throughout the year.

Hanseatic Union

[Hanseatic Union - Hanseatic Union](#)

41 Old Hospital Mews, Hospital Walk, King's Lynn PE30 5RU

The Hanseatic Union was set up ten years ago to help the community in King's Lynn and West Norfolk to find the support they need – even if English isn't their first language. Today they can support families with ESOL classes, employment and benefit support, health and housing and run the refugee welcome centre.

Refugee Welcome Centre : Monday, Tuesday and Thursday from 9 am – 1pm at Borough Council Offices, King's Court, Chapel Street, King's Lynn, PE30 1EX

Citizens advice

[Norfolk Citizens Advice \(Kings Lynn\) - Citizens Advice](#)

Hanse House, South Quay, King's Lynn PE30 5GN

Provides free, confidential and impartial advice and campaign on big issues affecting people's lives.

Open Mondays, Tuesdays and Thursdays 10am and 2pm.

Help You Choose

[Home](#)

The information, advice and careers guidance website for young people in Norfolk.

Family Action

2nd Tuesday of the month drop in at Costa Coffee Hardwick during term time for families that are looking for information, advice and peer support with any worries including neurodivergence.

Ask Lily

West Norfolk on-line directory

[LILY](#)

CARERS SUPPORT

King's Lynn group one:

ages 7 - 10. Meet on the first Wednesday of the month from 6pm - 8pm.

King's Lynn group two:

ages 11 - 13. Meet on the third Wednesday of the month from 6pm - 8pm.

King's Lynn group three:

ages 14 - 16. Meet on the fourth Wednesday of the month from 6pm - 8pm.

West Norfolk Kinship**[West Norfolk Kinship - Kinship](#)**

The Beacon, St Edmundsbury Road, King's Lynn, PE30 2DH

07955 194409

The group is led by kinship carers and is open to all kinship carers in West Norfolk. Providing peer support, friendship and encouragement to all kinship carers in Kings Lynn and West Norfolk.

2nd Wednesday of each month 10:00am to 12:00pm

HISTORY & HERITAGE**Lynn Museum**

[Lynn Museum - Lynn Museum - Norfolk Museums Service](#)

Market Street, King's Lynn, Norfolk PE30 1NL

Interesting objects to discover, local history and exhibitions, tours, special events and family activities throughout the year. Learn about Seahenge and explore the social, maritime, and industrial history of Lynn and West Norfolk

Open Tues-Sat 10am to 5pm

True's Year Fisherfolk Museum

[True's yard Fisherfolk Museum - places to visit in King's Lynn](#)

North Street, King's Lynn, PE30 1QW

01553 770479

True's Yard is a unique heritage site and tourist attraction but it is also an important town archive of social history. The Museum is a treasure house of local history with a variety of primary and secondary sources. Whether researching your family history, local history, studying for a qualification or just interested in history, you can access our exceptional social and cultural history and take advantage of the wealth of information at our Research Centre.

Open Tuesday to Saturday - 10am-4pm