



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**