

If you provide a community service or organise a regular activity for older people living in the region you can have details included in the directory\*. There are four ways to do this:

- You can register online at [www.asklily.org.uk](http://www.asklily.org.uk) and submit details of the service or activity to the directory\*
- You can email details of the service or activity to [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk)
- You can telephone 01553 616200 and give details of the service or activity to an advisor
- You can write with details of the service or activity to:

**AskLILY**  
King's Court  
Chapel Street  
King's Lynn  
Norfolk  
PE30 1EX



\*Terms and conditions apply

The LILY directory is a West Norfolk Partnership project, led by the Borough Council of King's Lynn & West Norfolk. It is part of a wider programme of work that is aiming to improve the quality of life for older people living in West Norfolk by supporting them to lead healthy, active and independent lives.

#### Contact us:

**Telephone:** 01553 616200  
**Email:** [asklily@west-norfolk.gov.uk](mailto:asklily@west-norfolk.gov.uk)  
**Web:** [www.asklily.org.uk](http://www.asklily.org.uk)



#### DISCLAIMER

Living Independently in Later Years is owned and maintained by the Borough Council of King's Lynn & West Norfolk (BCKLWN). The directory is an impartial signposting service for use by the public. BCKLWN cannot take responsibility for the reliability, accuracy, legitimacy or quality of any third party website or forum. BCKLWN does not recommend or endorse any of the providers listed and it has not conducted background checks or other forms of due diligence, for example, Disclosure and Barring Service checks, in respect of the providers listed in the directory. Users are advised to undertake their own checks and verifications before engaging the service of any provider listed in the directory.

Borough Council of King's Lynn & West Norfolk, King's Court, Chapel Street,  
King's Lynn, Norfolk, PE30 1EX

Picture courtesy of iStock



# LILY

## Living Independently in Later Years



An online directory of services, activities, advice and guidance for older people living in West Norfolk  
[www.asklily.org.uk](http://www.asklily.org.uk)

**LIVING INDEPENDENTLY in LATER YEARS (LILY)** is an online directory for West Norfolk that brings together information about a wide range of services, activities, advice and guidance, primarily for the over 65s, providing an easy-to-access, easy-to-use reference and signposting guide.

LILY provides a wealth of information about what's going on in the region, clubs to join, hobbies and activities to enjoy, travel and mobility advice, links to key health websites, advice on staying safe, managing your money, caring for someone, and services and accommodation for anyone needing higher levels of care.

LILY is organised into ten simple-to-search categories and there are useful filters and quick links that make finding information quick and easy.

If you don't have a computer, you can still access all the information by calling 01553 616200 and speaking to a member of our Customer Service team. An advisor will search the directory on your behalf and let you have all the relevant information. If required, this information can be sent to you or to a relative or friend by post or email.

You can also visit one of the Community Information Points (CIP) situated throughout West Norfolk. To find your nearest CIP call 01553 616200 or visit [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk)



#### THINGS TO DO

Lots of information about social activities, clubs hobbies, leisure, sport, arts and entertainment that are available throughout West Norfolk



#### ADVICE AND ADVOCACY

Advisory services and professional associations can be found here. This includes counselling and bereavement support, consumer advice and legal services



#### OUT AND ABOUT

Public transport timetables, information on concessions and travel assistance, community transport, access guides, holidays, mobility equipment and vehicle adaptations



#### STAYING SAFE

Details of equipment and services that can help you to stay safe at home. Including advice on falls prevention, home security, fire safety, handyman services and home adaptations



#### LEARNING AND VOLUNTEERING

Information about locally-based courses, day and evening classes, residential courses, training and opportunities for volunteering in the community



#### LOOKING AFTER SOMEONE

Information about how to access help from local support groups, where to find day centres, advice for pet owners, and information about respite opportunities



#### HEALTH AND WELLBEING

Tips and advice for healthy living including nutrition and exercise, health-related support groups, health care professionals and alternative therapies



#### CARE AND SUPPORT AT HOME

If you need help with personal or household tasks, this section will help you to find local homecare services, meal delivery, befriending and outreach services



#### MONEY MATTERS

This section is where you can find information about benefits and grants, tips for money management and details of how to access information on pensions and tax



#### HOUSING AND CARE HOMES

Information about local care and nursing homes, housing associations, retirement homes and sheltered housing