

## caring cards / mental health

Alzheimer's Society (East Suffolk Branch)

01473 211050

Bridge House

01473 230115

Depression Alliance

0208 5029580

East Suffolk Mind

01473 231666

Eating Disorders Recovery Group

01473 421669

ESAN (East Suffolk Advocacy Network)

01473 329671

Open Door Club (Woodbridge)

01473 736762

Richmond Fellowship

01473 749109

Rosemary Lane Centre

01473 230609

Shaw Trust

01473 407305

Suffolk Respite Care Association

01473 730929

Welcome Space

01473 402342

Volunteer in Suffolk

08452 235 335



caring cards / mental health





## caring cards /cancer

Breast Cancer Campaign

020 7749 3708

Cancer Research Campaign

01473 253758

Cancer Research Campaign Shop

01473 280128

Cancer Research UK

020 7121 6699

Children's Hospice

01473 714194

Coping with Breast Cancer

01473 611754

Imperial Cancer Research Fund - Shop

01473 230882

Macmillan Nurses

01473 274060

Sargent Cancer Care for Children

01502 710711

St Elizabeth Hospice

01473 727776

Volunteer in Suffolk

08452 235 335



caring cards / cancer



## caring cards / substance misuse



Al-Anon

020 7403 0888

Alcoholics Anonymous

01473 212224

Anglia Care Trust

01473 213140

Community Drugs Team (East Suffolk)

01473 236069

Drinkline

0800 917 8282

Family Anonymous

020 7498 4680

Iceni Project

01473 214006

National Drugs Helpline

0800 776 600

NORCAS

01473 259382

NORCAS Families and Carers Support

01473 281794

NORCAS Suffolk Helpline

0808 800 1122

Release Helpline

020 7603 8654

Resolve (substance Abuse)

0808 800 2345

Suffolk Helpline (Drugs & Alcohol)

0808 800 1122

Volunteer in Suffolk

08452 235 335



caring cards / substance misuse





## caring cards /relationships

Family Mediation Service  
0800 200 300

Families Need Fathers (East Anglia Branch)  
07947 137969

Families Need Fathers (National Helpline)  
020 8886 0970

Relate Norfolk and Suffolk  
01284 767305

Volunteer in Suffolk  
08452 235 335



caring cards /relationships



## caring cards / support



|   |               |
|---|---------------|
| Age Concern Suffolk   | 01473 257039  |
| Amnesty International                                       | 01473 251185  |
| BLF Breathe Easy  | 01473 720189  |
| British Heart Foundation                                    | 01473 210481  |
| British Retinitis Pigmentosa Society                        | 01473 422420  |
| Coeliac UK  | 01634 849771  |
| Colitis and Crohn's Disease (National Association for)      | 01473 403905  |
| Diabetes UK (Ipswich & East Suffolk Branch)                 | 01473 311308  |
| Digestive Disorders Foundation (Suffolk)                    | 01394 383592  |
| Eczema Society  | 01473 624160  |
| Epilepsy Support Group (Ipswich)                            | 01473 688040  |
| Family Welfare Association (Brooks House)                   | 01473 742262  |
| Family Welfare Association                                  | 01473 225845  |
| Foundation for Study of Infant Deaths (East Suffolk)        | 01473 410370  |
| Headway (Ipswich & East Suffolk)                            | 01473 704159  |
| Heartstart  | 01473 439746  |
| Huntingtons Disease Association (Ipswich)                   | 01473 404314  |
| Ipswich & District Stroke Club                              | 01473 743934  |
| Ipswich & Suffolk Support Group of the Pituitary Foundation | 01473 712233  |
| Ipswich Back Pain Fellowship                                | 01473 328577  |
| Ipswich Family Support Centre                               | 01473 271172  |
| Ipswich Laryngectomy Club                                   | 01473 703118  |
| MS Society (South Suffolk Branch)                           | 01473 463004  |
| National Osteoporosis Society Ipswich & District Group      | 01394 383103  |
| Ostemy Support Group  | 01473 311204  |
| Parkinson's Disease Society (Ipswich & East Suffolk)        | 01473 831295  |
| Polish Ex-Combatants Association                            | 01473 434549  |
| Royal British Legion (Ipswich Branch)                       | 01473 272690  |
| Royal Naval Association                                     | 01473 738140  |
| Sailors Society (British & International)                   | 01394 272048  |
| SSAFA - Forces Help   | 01473 215616  |
| SHIMS (Self Help In Multiple Sclerosis)                     | 01473 692087  |
| Stroke Association (The)                                    | 01473 711118  |
| Suffolk Multiple Sclerosis Therapy Centre                   | 01473 830359  |
| Volunteer in Suffolk  | 08452 235 335 |

caring cards / support





caring cards / advice, advocacy, mediation

Age Concern Benefits Advice Service  
01449 674222

Age Concern Suffolk Information Service  
01473 257039

Citizen's Advice Bureau (Felixstowe & District)  
01394 275958

Citizen's Advice Bureau (Ipswich & District)  
01473 219777

Community Solutions  
01473 226945

Gamblers Anonymous  
020 7384 3040

Gateopener (advice for children with disability)  
01638 667614

HARP (Help and Advice for Relatives of Prisoners)  
0800 389 3003

Ipswich Community Resource Centre  
01473 433244

Optua - Advice Service (disability)  
01449 672781

Suffolk Gay and Lesbian Helpline 0808  
808 2322

Suffolk Transgender Group  
07952 773380

Wren Centre  
01473 686804

Volunteer in Suffolk  
08452 235 335



caring cards / advice, advocacy, mediation





## caring cards / faith

Bridge Community Church

01473 429623

CHARIS (Christian HIV/AIDS Resource in Suffolk)

01449 770779

Full Gospel Church

01473 720959

Greenfinch Church

01473 410508

Ipswich Buddhist Centre

01473 211516

Ipswich International Church

01473 281614

Orwell Church

01473 233176

Salvation Army - Priory Centre

01473 710721

St Anargyrie Greek Orthodox Community

01473 681121

St Andrew's Church Office

01473 721695

St John's United Reform Church

01473 724961

St Mary's Catholic Church

01473 728115

Suffolk Inter-Faith Resource (SIFRE)

01379 678615

Torch Fellowship for the Visually Handicapped

01473 725210

Waterfront Churches

0773 199 1669

Volunteer in Suffolk

08452 235 335



caring cards / faith



## caring cards / ethnicity



|   |               |
|---|---------------|
| Afro-Caribbean Saturday School                        | 01473 230656  |
| Balkan Culture Centre                                 | 0794 4507193  |
| Bangladeshi Islamic Centre & Mosque                   | 01473 257712  |
| Bangladeshi Muslim Community Centre & Mosque          | 01473 226879  |
| Bangladeshi Support Centre                            | 01473 400081  |
| Caribbean Lunch Club                                  | 01473 230656  |
| Chinese Culture Community Forum                       | 01473 610269  |
| Gujarati  | 01473 645311  |
| Ipswich & Suffolk Indian Association                  | 0870 8966 726 |
| Ipswich Caribbean Association                         | 01473 230656  |
| Ipswich Chinese Community                             | 01473 832006  |
| Ipswich Chinese Culture Language Centre               | 01473 828909  |
| Ipswich Concern Counselling Centre                    | 01473 212788  |
| Iranian Cultural Society                              | 01473 225249  |
| ISCRE (Ipswich & Suffolk Council for Racial Equality) | 01473 408111  |
| Refugee Council                                       | 01473 297900  |
| Sikh Association                                      | 07970 333649  |
| Suffolk Chinese Association                           | 01473 212090  |
| Suffolk Refugee Support Forum                         | 01473 400785  |
| Support Team for Ethnic Elderly (STEEDS)              | 01473 230656  |
| Ukrainian Social Club                                 | 01473 259668  |
| Traveller Education Section                           | 01473 583529  |
| Volunteer in Suffolk                                  | 08452 235 335 |



caring cards / ethnicity



## caring cards / environment

East Suffolk National Trust Association  
01473 253938

Friends of Christchurch  
01473 413252

Inland Waterways Association (Ipswich)  
01502 741345

Ipswich Building Preservation Trust  
01473 255591

Ipswich Freecycle  
07973 490416

Ipswich Greenpeace Campaign  
01473 274344

Ipswich Society  
01473 726229

Ipswich Wildlife Care and Rescue  
07706 229820

Ipswich Wildlife Group  
01473 252711

Suffolk Naturalists Society (Natural History)  
01473 433547

Suffolk Wildlife Trust  
01473 890089

Volunteer in Suffolk  
08452 235 335



caring cards /environment





## caring cards / women

Breast Cancer Care  
01473 421318

Evening Townswomen's Guild (Ipswich)  
01473 624607

Halifax Women's Club  
01473 411793

Ipswich Women's Aid  
01473 220770

Ladies Clubs (Ipswich Association of)  
01473 257841

Mothers' Union  
01473 298511

Perspectives Pregnancy Crisis Centre  
01473 255115

Soroptomists International - Ipswich & District  
01394 385580

The Lioness Club of Ipswich  
01449 775009

Women's Institutes Suffolk East Federation  
01473 251632

WRVS (Women's Royal Voluntary Service)  
01473 216041

Volunteer in Suffolk  
08452 235 335



caring cards / women



## caring cards / animals

Animal Welfare Centre  
01473 727496

Blue Cross Adoption Centre (Felixstowe)  
01394 283254

Blue Cross Pet Bereavement Support Line  
0800 096 6606

Cats Protection  
01473 690084

Compassion in World Farming  
01473 438277

Ipswich Animal Rights  
01394 384583

Pets as Therapy  
0118 921 2467

RSPB  
01473 682239

RSPCA (Suffolk East and Ipswich Branch)  
01449 614057

Suffolk Animal Rescue  
01473 680243

Suffolk Ornithologist's Group  
01473 253816

Volunteer in Suffolk  
08452 235 335



caring cards / animals





## caring cards /ICVS

### Ipswich Council for Voluntary Service

The Ipswich and District Council for Voluntary Service was formed by local groups in 1959. It has been associated with the start up of charities and support for organisations ever since. This role continues and is supported and regulated by the Charity Commission and through our membership of the National Association for Voluntary and Community Action (NAVCA). We are here to help our members, represent them and support them through growth, the good times and the bad.

We have 166 members and this is growing. There are approximately 400 charities in and around Ipswich and more than 650 groups including community organisations.

Our mission is to add value and support positive social change by:

- Providing high quality advice, support and guidance; and
- Bringing people together to encourage them to work for the benefit of their local community.

Through supporting voluntary action we hope to empower communities. Local and communities mean different things. It could be any area of interest, neighbourhood, town, county or other area. It is the conviction and values driven approach to action that drives us and our members. We focus our representation work in Ipswich so as to achieve maximum impact and influence. Our other services are available to any group across Suffolk and we hope this helps to showcase Ipswich as a great place to live, work and make a difference.

Contact: Chief Executive  
Tel: 01473 261110  
Email: [ceo@ipswich-cvs.org.uk](mailto:ceo@ipswich-cvs.org.uk)  
Website: [www.ipswich-cvs.org.uk](http://www.ipswich-cvs.org.uk)



caring cards /ICVS



These Caring Cards are funded by your Local Strategic Partnership and the Capacity Builders Fund.



## caring cards / **One-Ipswich**

### One-Ipswich

A partnership called one-Ipswich has been created to make sure that the organisations that serve the people of Ipswich work to take coordinated action to tackle the key issues facing Ipswich, and involve the people of Ipswich in identifying the issues and solutions.

The one-Ipswich partnership includes representatives from public, private, community and voluntary organisations including Ipswich Borough Council, Ipswich Council for Voluntary Service, NHS, Police and Suffolk County Council, as well as many others.

Contact: LSP Manager

Tel: 01473 261111

Email: [lsmanager@ipswich-cvs.org.uk](mailto:lsmanager@ipswich-cvs.org.uk)

caring cards / **One-Ipswich**

**one-ipswich**





## caring cards / Corporate Social Responsibility

‘Companies engaged in CSR are reporting benefits to their reputation and their bottom line’

CSR is all about enabling businesses, like yourselves, to take your own voluntary actions and take account of your economic, social and environmental impacts.

Corporate Social Responsibility makes good business sense. Today companies are not just judged on results but also the way they are seen to behave in the community; it makes good business sense to build community issues into a core business strategy.

Why not find out more? Want some help? You have everything to gain!

Further details: Suffolk CONNECT (01284 766488)  
Business in the Community [www.bitc.org.uk](http://www.bitc.org.uk)  
or [www.csr.org.uk](http://www.csr.org.uk)

caring cards / Corporate Social Responsibility





## caring cards / payroll giving

Want to help support your local community? Payroll Giving is one of the easiest ways to give money to charity. It is a unique tax-effective scheme that enables employees to give to any registered UK charity straight from their gross salary (before tax is deducted).

Payroll Giving Grants are rewarded to smaller and medium sized enterprises (500 staff) with a grant of up to £500 for setting up a Payroll Giving scheme before DECEMBER 2006. The government will also match the first £10 of employees' gifts during the first 6 months of their donations up until the end of March 2007.

The Payroll Giving Quality Mark recognises and rewards organisations for making Payroll Giving available to their staff. This recent scheme is an excellent way for your business to demonstrate social responsibility through certificates and logos for use on literature and awards available based on employee participation.

Further details: [www.payrollgivingcentre.org.uk](http://www.payrollgivingcentre.org.uk)  
Search for a local charity near you: <http://www.charity-commission.gov.uk/registeredcharities/first.asp>

caring cards / payroll giving





## caring cards / employer supported volunteering

'An increasing proportion of Britain's 22 million volunteers are supported by their employer, either in work time or outside of work hours. This is known as Employer Supported Volunteering.'

This scheme encourages your business to develop your employees by taking part in volunteering experiences such as: helping with one-off projects, giving expertise and advice, becoming a trustee or even providing training, they come back different people!

There are numerous benefits for a company to get involved for both your employees and the reputation of your business. In return, voluntary and community organisations gain much needed support and opportunities.

Why not find out more?

Suffolk Connect  
**01284 766488**

Suffolk Volunteering Federation  
[www.volunteeringsuffolk.org](http://www.volunteeringsuffolk.org)



caring cards / employer supported volunteering



caring cards /volunteering

CSV Media  
01473 418021

Hospital Voluntary Services  
01473 704110

Millennium Volunteers  
01473 418035

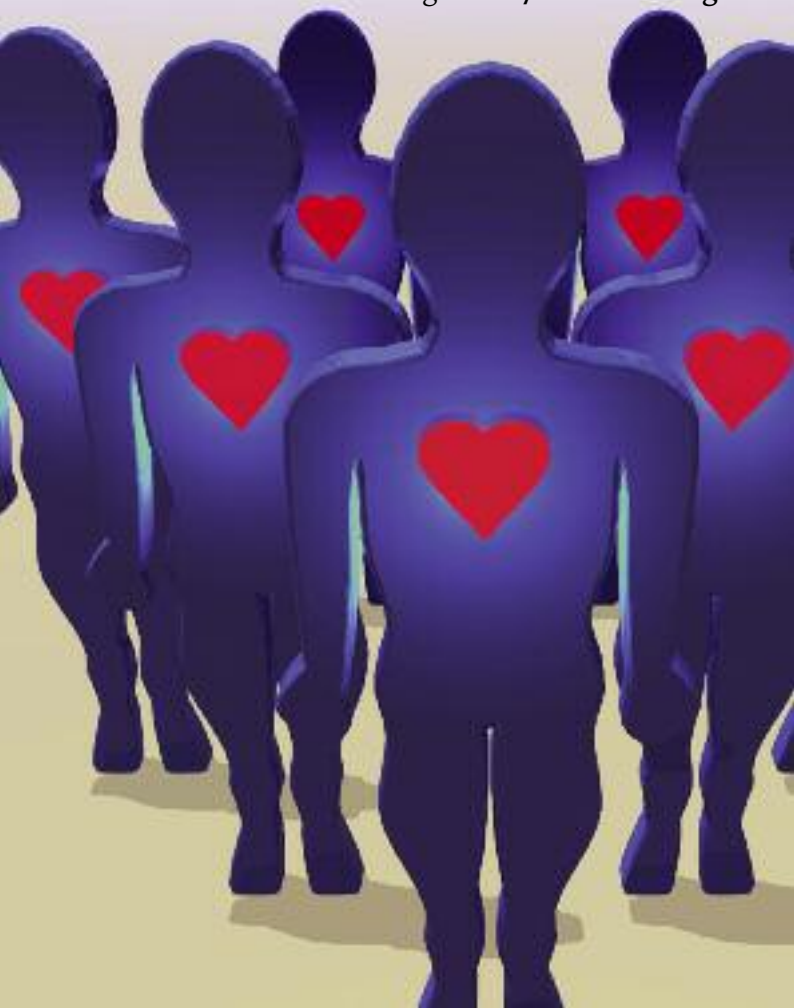
Suffolk ACRE  
01473 242500

Suffolk Volunteering Federation  
01638 602711

Volunteer in Suffolk  
08452 235 335



caring cards /volunteering





## caring cards / training

Ist Question Co-operative  
01473 180316

Optua Access Services  
01473 836777

East Suffolk MIND  
01473 231666

Ipswich Council for Voluntary Service  
01473 261110

Suffolk Association of Voluntary Organisations  
01473 273273

Suffolk ACRE  
01473 242500

Suffolk Carers  
01473 835400

YMCA  
01473 406126

Volunteer in Suffolk  
08452 235 335



caring cards /training



## caring cards / learning disability

ACE Suffolk (People First)  
01449 678088

Gateway Club  
01473 402342

Growing Places  
01473 833611

MENCAP  
01473 833014

Orwell Patterns for Living (Genesis)  
01473 723888

Out & About Trust  
0870 770 5767

People for People  
01449 678088

Suffolk Befriending Scheme  
01787 371333

The Children's Society  
01473 215419

United Response  
01473 836160

Volunteer in Suffolk  
08452 235 335



caring cards /learning disability



## caring cards / disability



|   |               |
|---|---------------|
| Arthritis Research Campaign                                     | 01473 743358  |
| Autistic Society (National) Suffolk                             | 01394 383855  |
| BikeActive  | 01394 283460  |
| Blind Society (Ipswich)   | 01473 219712  |
| Blue Badge Alliance   | 01473 735875  |
| CLAPA East Suffolk  | 01473 712939  |
| Contact a Family (Helpline for families with disabled children) | 0808 808 3555 |
| Cystic Fibrosis Research Trust                                  | 01284 702051  |
| Disabled Advice Bureau  | 01473 217313  |
| Deaf Children's Society (National) - Ipswich                    | 01473 727704  |
| Disability Advice Service (East Suffolk)                        | 01394 387070  |
| Disability Care Enterprise                                      | 01473 288885  |
| Dominic Barker Trust (Dom's Fund)                               | 01473 328530  |
| Down's Syndrome Association (Suffolk Branch)                    | 01394 283246  |
| East Anglian Sailing Trust                                      | 01728 747057  |
| East Suffolk Association for the Blind                          | 01473 611011  |
| Employment Opportunities  | 01206 760753  |
| Gateopener  | 01638 667614  |
| Gateway Club  | 01473 402342  |
| Gateway Club (Felixstowe & District)                            | 01394 278942  |
| Genesis   | 01473 723888  |
| Growing Places  | 01473 833611  |
| Guide Dogs for the Blind  | 01473 827816  |
| Hanover AtHome  | 01473 825894  |
| Hanover AtHome Ipswich  | 01473 231550  |
| Hard of Hearing Club (Ipswich & District)                       | 01728 602870  |
| Hearing Dogs for Deaf   | 01255 429976  |
| Ip-City Learning Centres  | 01473 407310  |
| Ipswich & District Disabled Persons Swimming Club               | 01473 401374  |
| Ipswich & District Talking Newspaper "Sound On"                 | 01394 387109  |
| Ipswich Access Group  | 01473 432959  |
| Ipswich Progression Centre                                      | 01473 211671  |
| Ipswich St Raphael Club (Physically Handicapped Persons)        | 01473 311049  |
| Polio Fellowship (British) Ipswich/Suffolk                      | 01394 285335  |
| Remap   | 01473 726201  |
| Optua   | 01473 412056  |
| Riding for the Disabled (East Suffolk)                          | 01449 711497  |
| Royal Association for Disability & Rehabilitation (RADAR)       | 0207 250 3222 |
| Royal National Institute for the Blind                          | 01473 630387  |
| Sense   | 01473 622443  |
| Sports Club for the Disabled (Ipswich)                          | 01473 690834  |
| Suffolk Autism  | 01473 632700  |
| Suffolk Deaf Association  | 01473 251179  |
| Suffolk Hearing Support Service                                 | 01473 583561  |
| The Challengers   | 01473 225772  |
| Winged Fellowship Trust   | 020 8500 8675 |
| Woolverstone Project (The)                                      | 01473 839191  |
| Volunteer in Suffolk  | 08452 235 335 |

caring cards /disability



Support



## caring cards /housing

|  |               |
|--|---------------|
| Christchurch House                       | 01473 252915  |
| Concern Housing                          | 01473 214177  |
| English Churches Housing Group           | 01473 705280  |
| Foyer for Ipswich Ltd                    | 01473 225655  |
| Hanover Housing Association              | 01480 475069  |
| Health Outreach Project (HOP)            | 01473 275285  |
| Hereward Housing Association             | 01473 213342  |
| Homeless Families Unit (IBC)             | 01473 433228  |
| IHAG                                     | 01473 213102  |
| Orbit Housing Association                | 01449 778410  |
| Orwell Housing Association Ltd           | 01473 218818  |
| Prospect Housing Trust                   | 01473 724738  |
| Round Table 240                          | 01473 630764  |
| Salvation Army Hostel                    | 01473 251070  |
| Sanctuary Housing Association            | 01473 213342  |
| Shaftesbury Care Services / Ashley Homes | 01473 603133  |
| Shelter Essex and Suffolk                | 01206 560864  |
| Soup Kitchen                             | 01473 415539  |
| St Matthew Housing                       | 01473 287857  |
| Suffolk Heritage Housing Association Ltd | 01728 724711  |
| Volunteer in Suffolk                     | 08452 235 335 |



caring cards /housing





## caring cards / transport

WRVS Community Car Service  
01473 216642

FACTS Felixstowe Area Community Transport Scheme  
01394 270339

Community Car Service (Felixstowe)  
01394 282857

Ipswich Dial-a-Ride at Suffolk ACRE  
01473 242500

St John's Family Centre Woodbridge Ltd  
01473 630866

Volunteer in Suffolk  
08452 235 335




caring cards / transport



## caring cards / arts



|   |               |
|---|---------------|
| Appeal Theatre Group                          | 01394 386942  |
| Association of Museums                        | 01473 584531  |
| Cardinal Ringers                              | 01473 210199  |
| Chamber Choir (Ipswich)                       | 01473 218465  |
| Community Light Orchestra/Community Wind Band | 01473 215710  |
| CSV Media                                     | 01473 418015  |
| Dance East                                    | 01473 639230  |
| Decorative and Fine Arts Society Ipswich      | 01473 215333  |
| Floral Decoration Society                     | 01473 729259  |
| Flying Tatters                                | 01473 711037  |
| Folk Dance Club                               | 01473 720968  |
| Guild of Bell Ringers                         | 01473 602407  |
| Gyppeswick Garland                            | 01473 743568  |
| Hospital Radio Ipswich                        | 01473 704666  |
| Ipswich Art Society                           | 01473 717521  |
| Ipswich Arts Association                      | 01473 624141  |
| Ipswich Over 50's Brass Band                  | 01473 827783  |
| Martlesham Brass Band                         | 01473 614054  |
| New Wolsey Theatre                            | 01473 295911  |
| Nia Project (Cultural Arts and Heritage)      | 01473 221715  |
| Operatic and Dramatic Society Ipswich         | 01449 721467  |
| SODA (Society for Disabled Artists)           | 01953 850381  |
| Suffolk Art Link                              | 01449 614420  |
| Suffolk Constabulary Male Voice Choir         | 01449 672600  |
| Suffolk Phoenix Fire Service Band             | 01394 386584  |
| Volunteer in Suffolk                          | 08452 235 335 |

The image features two brushes with red handles and silver ferrules, positioned diagonally against a vibrant, abstract background of green, purple, and blue. The brush on the left has a brown, rounded tip, while the one on the right has a white, pointed tip. Two white, oval-shaped objects are also visible, one near the top right and another near the middle left. The text "caring cards / arts" is overlaid in the top right corner.

caring cards / arts



## caring cards / sports clubs

Suffolk Sport  
01379 677307  
[www.suffolksport.com](http://www.suffolksport.com)

Sports Development Manger Ipswich Borough Council  
01473 433505

Sport England  
[www.sportengland.org](http://www.sportengland.org)

English Federation of Disability Sport  
[www.efds.co.uk](http://www.efds.co.uk)

Optua  
[www.optua.org.uk](http://www.optua.org.uk)

Volunteer in Suffolk  
08452 235 335



caring cards / sports clubs





## caring cards /men

East Anglian Men's Network  
01473 414881

Families Need Fathers (East Anglia Branch)  
07947 137969

Families Need Fathers (National Helpline)  
020 8886 0970

Ipswich Area Gay Group  
01206 520175

Ipswich Dads and Kids  
07931 552003

M N M (men's multi media project)  
07841 748785

Probus Club (Orwell)  
01473 717848

Suffolk Gay and Lesbian Helpline  
0808 808 2322

Transgender Group  
07717 611100

Visually Impaired Men's Group  
01473 219712

Volunteer in Suffolk  
08452 235 335



caring cards / men



## caring cards / caring

Sue Ryder Care  
01473 295200

Age Concern  
01473 257059

Anglia Care Trust  
01473 269403

Crossroads Carers  
01473 730455

Optua Homecare  
01394 388588

Social Care Customer First  
08456 023023

SSAFA (Forces Help)  
01842 751210

St Elizabeth Hospice  
01473 727776

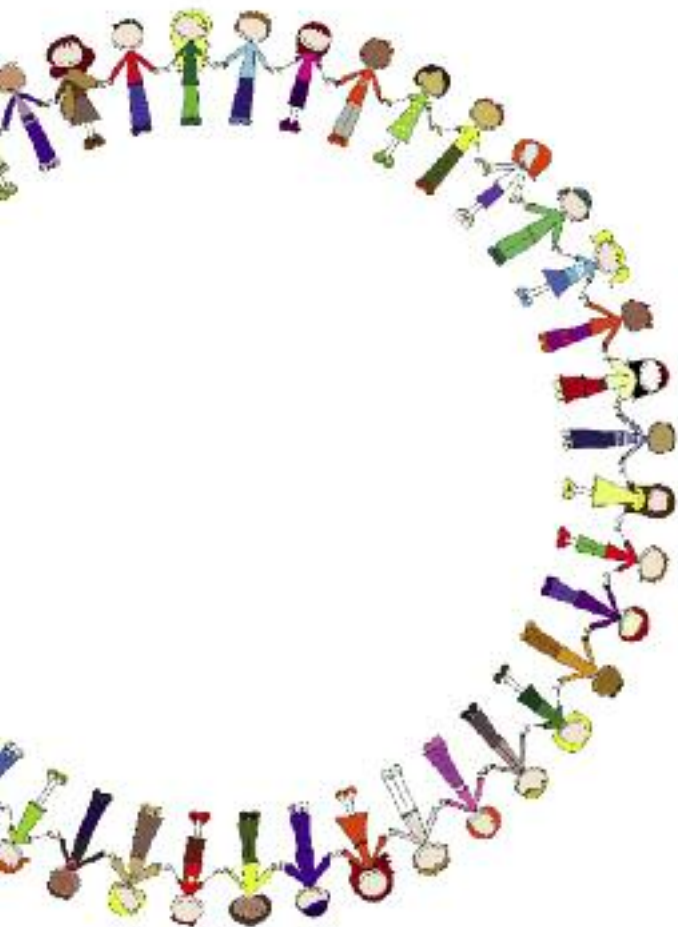
Suffolk Carers  
01473 835400

Suffolk Respite  
01473 730929

Volunteer in Suffolk  
08452 235 335



caring cards / caring





## caring cards / bereavement

Age Concern Suffolk  
01473 257039

Cruse Bereavement Care  
01473 610996

rd4u (youth branch of Cruse)  
0808 808 1677

Royal British Legion  
01728 628535

The Child Bereavement Trust  
01494 446648

Winston's Wish  
0845 203 0405

Volunteer in Suffolk  
08452 235 335



caring cards / bereavement



## caring cards / older people



|   |               |
|---|---------------|
| Abbeyfield Deben Extra Care Society         | 01394 386204  |
| Abbeyfield Society (Ipswich)                | 01473 289458  |
| Age Concern Suffolk                         | 01473 257039  |
| Bethesda Eventide Homes Ipswich             | 01473 211431  |
| Care and Repair (South Suffolk)             | 01473 825894  |
| Cherryfield Day Care Centre                 | 01473 588148  |
| Christ Church                               | 01473 231097  |
| Extend                                      | 01508 570124  |
| Fifty Plus Club                             | 01473 433107  |
| Foxhall Day Care Centre                     | 01473 724144  |
| Hears (Ipswich)                             | 01473 433236  |
| Help the Aged                               | 01954 719618  |
| Helping Hand                                | 01394 444644  |
| Homecare                                    | 01473 256428  |
| Homer Defoe Residents Association           | 01473 461211  |
| Methodist Homes for the Aged                | 01473 257502  |
| Over 50's Keep Fit Group                    | 01473 255851  |
| Seckford Foundation (The)                   | 01394 387150  |
| Sixty Plus Club                             | 01473 433107  |
| St Luke's Over 60's                         | 01473 717433  |
| Suffolk Befriending Scheme                  | 01787 371333  |
| Suffolk Pensioners Association (Whitehouse) | 01473 422646  |
| Volunteer in Suffolk                        | 08452 235 335 |



caring cards / older people



## caring cards / young people



|   |               |
|---|---------------|
| Bramford Rd Methodist Church Youth Worker                   | 01473 721096  |
| Chantry Youth Initiative                                    | 01473 221695  |
| CSV Media   | 01473 217363  |
| Endeavour (Ipswich)   | 01394 273212  |
| Ipswich Community Radio (Millennium Volunteers)             | 01473 236659  |
| Ipswich West Division Guides                                | 01473414304   |
| Ipswich YMCA  | 01473 252456  |
| Making Tracks   | 01473 271881  |
| Millennium Volunteers                                       | 01473 748743  |
| OASIS (Out and Strong In Suffolk)                           | 0808 808 2322 |
| Prince's Trust (The)  | 01473 694838  |
| Scouts Council (Ipswich)                                    | 01473 724408  |
| Sea Cadets (Ipswich)  | 01473 682709  |
| St John Ambulance, Ipswich Nursing & Nursing Cadet Division | 01473 711733  |
| Suffolk Clubs for Young People                              | 01449 721803  |
| Suffolk Young People's Health Project                       | 0845 31 08450 |
| Suffolk Youth & Parent Support Group                        | 0770 809 5466 |
| Teenage Opportunities Project/ Space                        | 01473 215419  |
| YAC Information & Support Service                           | 01473 225344  |
| Young Farmers Club  | 01473 785547  |
| Young Suffolk   | 01473 744187  |
| Volunteer in Suffolk  | 08452 235 335 |



caring cards / young people



## caring cards / children



|   |               |
|---|---------------|
| Barnardo's  | 01473 240844  |
| Buttons & Bows Nursery                                      | 01473 680530  |
| Child Sexual Abuse (SCSATS)                                 | 01473 727079  |
| ChildLine   | 020 7239 1000 |
| Children in Divorce & Separation                            | 01473 225845  |
| Children's Aid Direct                                       | 01473 328213  |
| Children Liver Disease Foundation                           | 01206 230124  |
| Children's Society (The)                                    | 01473 215419  |
| Climb - Children with Life-Restricting Metabolic Conditions | 01440 706143  |
| East Anglia's Children's Hospices (EACH)                    | 01473 714194  |
| Girls' Brigade (The)  | 01473 743375  |
| Ipswich & District Battalion of the Boys' Brigade           | 01473 464985  |
| Ipswich East Guides Association                             | 01473 711872  |
| Ipswich Holiday Help for Children                           | 01473 742332  |
| Ipswich Opportunity Group                                   | 01473 687325  |
| Ipswich Scout Gang Show                                     | 01473 728739  |
| Junior Cavalry Squadron                                     | 01473 413704  |
| Kids Corner   | 01473 252456  |
| Landseer Play Centre  | 01473 263661  |
| NSPCC (National Society)                                    | 01473 212576  |
| Pre-School Learning Alliance                                | 01449 677878  |
| Robert Milne Family Centre                                  | 01473 724549  |
| Romanian Child Action                                       | 01473 785206  |
| Save the Children Fund                                      | 01728 685102  |
| St Peter's Nursery  | 01473 404448  |
| Surestart   | 01473 322055  |
| Wigwams Neighbourhood Nursery                               | 01473 240304  |
| YMCA Playscheme   | 01473 252456  |
| Volunteer in Suffolk  | 08452 235 335 |



caring cards /children



## caring cards /health

British Red Cross Society  
01473 219260

Health Promotion (East Team)  
01473 323323

NHS Direct  
01223 702767

St John Ambulance  
01473 241500

Suffolk Accident Rescue Service  
01473 218771

Ipswich AIDS Helpline  
01473 232007

Sexual Health Department  
01473 703264

Together - Working For Wellbeing  
01473 289250

Volunteer in Suffolk  
08452 235 335



caring cards /health

