

caring cards / mental health



Age Concern Suffolk - Younger People with Dementia

01449 674266

Bridge House Clubhouse

01473 230111

MDF - the BiPolar Organisation

08456 340 540

Mid Suffolk Mind

01449 676337

Mid Suffolk Clubhouse (Old Fox House)

01449 774966

Rethink (formerly National Schizophrenia Association)

01440 704514

Richmond Fellowship for Community Mental Health

01787 881307

Saneline

0845 767 8000

Stowmarket Contact Club

01449 674394

Suffolk Carers (Mental Health Family Carers)

01473 232679

Together (formerly Mental After Care Association)

01449 614458

Workwise

01284 755261

Volunteer in Suffolk

08452 235 335



caring cards / mental health





caring cards / cancer

Breast Cancer Campaign
020 7749 3700

Cancer Research UK
020 7121 6699

Children's Hospice
01473 279938

Coping with Breast Cancer
0845 601 7152

Macmillan Nurses
01473 274060

St Elizabeth Hospice
01473 727776

St Nicholas Hospice
01284 766133

Stowmarket and District Cancer Support Group
01449 676291

Volunteer in Suffolk
08452 235 335



caring cards / cancer



caring cards / substance misuse

Al-Anon

020 7403 0888

Alcoholics Anonymous

0845 769 7555

Anglia Care Trust

01473 213140

Drinkline

0800 917 8282

NORCAS Suffolk Helpline

0808 800 1122

The Iceni Project

01473 214006

Frank

0800 776 600

Volunteer in Suffolk

08452 235 335



caring cards / substance misuse





caring cards /relationships

Citizens Advice Bureau
01728 832193

Family Mediation Service
01392 271610

Families Need Fathers (East Anglia Branch)
07947 137969

Families Need Fathers (National Helpline)
08707 607 496

Relate Norfolk and Suffolk
01284 767305

Volunteer in Suffolk
08452 235 335



caring cards /relationships





caring cards / support

Age Concern Suffolk	01473 257039
Alzheimer's Society (Mid Suffolk)	01449 721258
Anglia Care Trust	01473 213140
Arthritis Research Campaign	01449 613441
British Heart Foundation	01449 678127
British Red Cross	01284 767215
CHAS Club (Chest, Heart, Arthritis and Stroke)	01449 674659
Families Need Fathers (East Anglia Branch)	07947 137969
Families Need Fathers (National helpline)	020 8886 0970
Gamblers Anonymous National Helpline	020 7384 3040
Gay and Lesbian Helpline	0202 7837 7324
HARP (Help and Advice for Relatives of Prisoners)	0808 8082 003
Ipswich Aids Helpline	01473 232007
Mid Suffolk Axis	01379 678703
Multiple Sclerosis Suffolk	01473 828731
National Autistic Society	01394 383855
Optua	01473 836777
Parkinson's Disease Society	0808 800 0303
Rape Crisis Centre	01473 715333
Raynauds & Scleroderma Association	01449 740851
Salvation Army	01449 613989
Samaritans	01473 211133
Stowmarket and District Amputees Support Group	01449 676818
Stroke Dysphasia Suffolk	01449 722325
Suffolk Befriending Scheme	01787 371333
Suffolk Carers	01473 232679
Suffolk Hearing Support Service	01473 583561
Suffolk Young Carers	01473 232679
University of the Third Age (U3A)	01449 770256
West & Mid Suffolk Victim Support	01284 717188
Volunteer in Suffolk	08452 235 335

caring cards / support



caring cards / advice, advocacy, mediation



Access Group for Suffolk	01394 388588
ACE Advocacy (Learning disabilities)	01449 678088
Age Concern Suffolk Advice Service	01449 674222
Age Concern Suffolk Independence Advisors Service	01473 288048
Age Concern Suffolk Information Service	01473 257039
Citizens Advice Bureau - Diss, Eye and Harleston	01379 651333
Citizen's Advice Bureau - Mid Suffolk	01449 676060
Citizen's Advice Bureau - Sudbury	01787 374671
Gateopener (children with disability)	01638 667614
Ipswich and Suffolk Council for Racial Equality	01473 408111
Leukaemia Research Fund	01473 273016
Mid Suffolk Crime Prevention Panel	01473 383410
Optua - Advice Service (disability)	01449 672781
Optua Home Care	01394 388588
Rural Coffee Caravan Information Project	01379 855338
Samaritans	01284 750000
The Refugee Council	01473 297913
West & Mid Suffolk Victim Support	01284 717188
West Suffolk Advocacy Network	01284 765925
Volunteer in Suffolk	08452 235 335



caring cards /advice, advocacy, mediation



caring cards / faith

Salvation Army
01449 613989

Stowmarket Baptist Church
01449 677318

Suffolk Inter-Faith Resource and Education
01473 343661



caring cards / faith



caring cards / ethnicity

Ipswich and Suffolk Council for Racial Equality
01473 40811

MECAN
01473 275198

Minority Ethnic Network Eastern Region
01223 355034

Suffolk Refugee Support Forum
01473 400785

The Refugee Council
01473 297913

Volunteer in Suffolk
08452 235 335



caring cards / ethnicity



caring cards / environment

Friends of the Earth
01449 721751

Gipping Rotary Club
01449 740415

Inland Waterways Association
01728 831061

Suffolk Wildlife Trust
01473 890089

Suffolk Building Preservation Trust
01787 247179

The National Trust
01284 747500

The Pickerel Project
01449 612060

Woodland Trust
01449 766434

Volunteer in Suffolk
08452 235 335



caring cards /environment





caring cards /women

Coping With Breast Cancer
0845 6017152

National Women's Register Wortham
01379 898388

Suffolk East Federation of Women's Institutes
01473 251632

Suffolk West Federation of Women's Institutes
01284 754520

Time for Me
01449 672696

Wortham Women's British Legion
01379 642 127

WRVS
01449 626187

Volunteer in Suffolk
08452 235 335



caring cards / women



caring cards / animals

Animal Information service
01473 210800

Cats Protection League
01359 231881

RSPB
01603 661662

RSPCA
0870 5555 999

Suffolk Wildlife Trust
01473 890089

Volunteer in Suffolk
08452 235 335



caring cards / animals



caring cards / Mid Suffolk Action in Partnership



MID SUFFOLK ACTION IN PARTNERSHIP (MAP)

Based at the Red Gables Resource Centre in Stowmarket, MAP is a charity whose role is to provide support to the voluntary and community sector throughout Mid Suffolk. If an organisation needs help with anything, they can contact us and we'll either help or use our extensive range of contacts to find someone who can.

- MAP runs training courses, events and projects to address common needs within the local voluntary sector.
- MAP publishes a monthly newsletter which is distributed throughout the voluntary and community sector in Mid Suffolk.
- MAP owns and manages the Red Gables Resource Centre in Stowmarket which provides permanent accommodation at an affordable rate for a number of voluntary organisations.

Contact: Daniel Harvey

Phone: 01449 673947

Email: map@suffolkonline.net

Website: www.midsuffolkaction.co.uk



caring cards / **Mid Suffolk Action in Partnership**



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

caring cards / Mid Suffolk LSP



MID SUFFOLK LOCAL STRATEGIC PARTNERSHIP

Mid Suffolk Local Strategic Partnership is a partnership of local agencies, organisations and other representative groups who have pledged to work together to improve the prosperity and well-being of the people of Mid Suffolk.

The Mid Suffolk LSP Community Strategy sets out a clear vision for the area. It focuses on delivering the needs and aspirations of the community, as defined by the people of the district. The purpose of the Community Strategy is to make measurable improvements to the economic, social and environmental conditions in Mid Suffolk and to improve the quality of life for everyone.

2020 Vision for Mid Suffolk

"A safe, healthy and prosperous community, living within thriving towns and villages with access to first class services, actively involved in providing a fairer society and a better social, economic and environmental heritage for future generations"

Contact: Mid Suffolk LSP Manager

Tel: 01449 727376

Email: ian.clark@midsuffolk.gov.uk

caring cards /Mid Suffolk LSP





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
or 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
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



caring cards / employer supported volunteering



caring cards /volunteering

Eye Centre for Volunteering
01379 870229

Mid-Suffolk Volunteer Centre
01449 612486

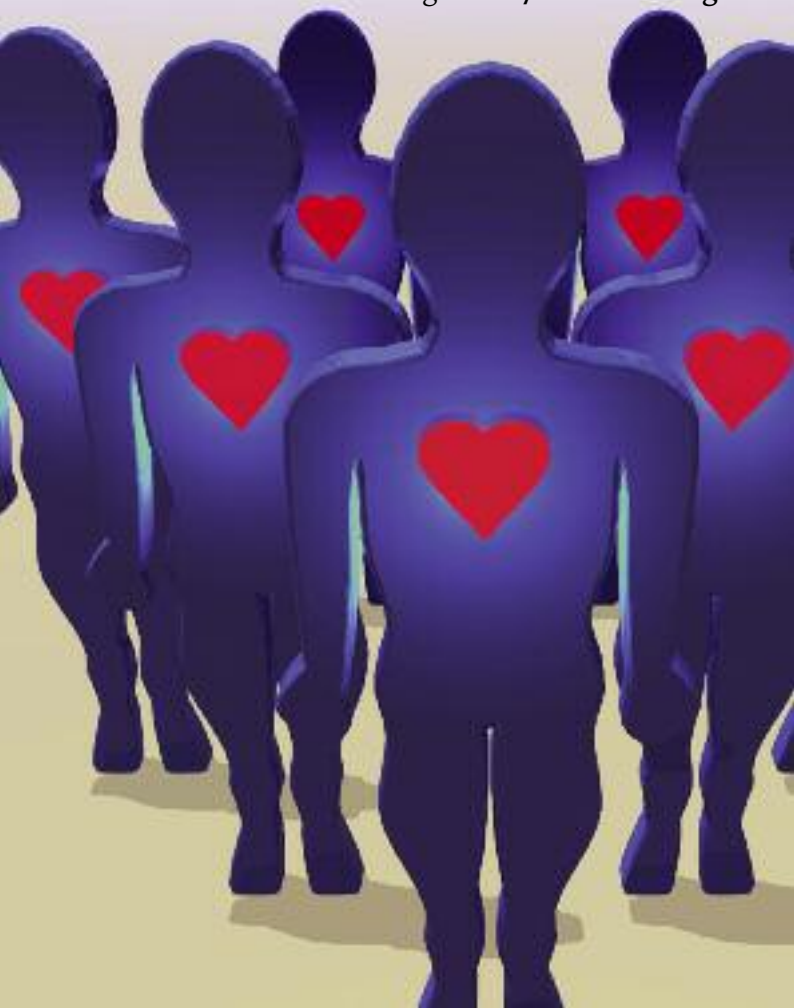
Millennium Volunteers
07899 807121

Suffolk Volunteering Federation
01638 602711

Volunteer in Suffolk
08452 235335



caring cards /volunteering





caring cards / training

British Red Cross

01284 767215

Optua Access Services

01473 836777

East Suffolk MIND

01473 231666

St Johns Ambulance

01473 241500

Suffolk Association of Voluntary Organisations

01473 273273

Suffolk ACRE

01473 242500

Suffolk Carers

01473 835400

YMCA

01449 612701

Volunteer in Suffolk

08452 235 335



caring cards /training





caring cards / learning disability

ACE Advocacy
01449 678088

Circles Network
01733 551253

Learning through Leisure
01284 769087

Millennium Farm Trust
01359 230498

Out and About
0870 770 5767

Stowmarket and District Gateway Club
01449 674430

Stowmarket Resource Centre
01449 626215

Suffolk Befriending Scheme
01787 371333

Target Club
01449 676775

The Papworth Trust
01473 232146

Volunteer in Suffolk
08452 235 335



caring cards /learning disability





caring cards / disability

Access Group for Suffolk	01394 388588
Central Suffolk & District Dyslexia Association	01394 379709
Disability Information Advice Line (DIAL)	01449 672781
East Suffolk Association for the Blind	01449 774056
Freeway	01284 388738
Gateopener (Disability Advice and Information for Children)	01638 667614
Hand in Hand Club	01394 671422
MENCAP	01449 616682
Mid Suffolk Axis	01379 678703
Optua - Advice Service	01449 672781
Optua Care	01473 836751
Optua Community Brain Services	01473 836720
Optua - Home Care	01394 388588
Optua - Home Service	01394 388588
Optua - Leisure Services	01473 836770
Out and About	0870 7705767
Remap (aids for disabled people)	0845 1300 456
Riding for the Disabled	0845 241 6342
Shaw Trust	01473 407305
Stowmarket and District Talking Newspaper	01449 615678
Street Forge Workshops	01379 678543
Target Club	01449 676775
Together UK	01449 614458
West Suffolk Headway	01284 702535
West Suffolk Voluntary Association for the Blind	01284 706655
Volunteer in Suffolk	08452 235 335



caring cards /disability



Support



caring cards /housing

Anglia Care Trust

01473 213140

Co-Op Homes

01449 677428

English Churches Housing Group

0845 070 7071

Hanover Housing Association (elderly applicants only)

01784 446000

Housing 21 (elderly applicants only)

01480 453541

Orbit General Housing Association

01603 763412

Orbit Housing Association

08458 500 500

Orwell Housing Association

01473 218818

Sanctuary Housing Association

01473 213342

Solo Housing (East Anglia) Ltd

01379 640250

Suffolk Heritage Housing Association

01728 727555

Suffolk Housing Society Limited

01284 767224

Volunteer in Suffolk

08452 235 335



caring cards /housing





caring cards / transport

Axis

01379 678703

Borderhoppa

01379 854800

British Red Cross Wheels Within Wheels

0845 6012291

Eye Centre for Volunteering Community Car Scheme

01379 871200

Mid Suffolk Community Car Scheme

01449 614271

Mid Suffolk Dial a Ride

01449 614271

Mid Suffolk Wheels Within Wheels

01449 614271

Optua - Transport Service including Club 88

01449 614271

Shopping Bus Project

01473 216642

WRVS

01473 216642

Volunteer in Suffolk

08452 235 335



caring cards / transport





caring cards / arts

Cotton & District Local History Society

01449 780201

Debenham Arts Club

01473 622533

East Suffolk Morris Men

01473 621224

Eye Arts Club

01379 870100

Mechanical Music Museum & Bygones

01449 613876

Mid Suffolk Light Railway

01449 766899

Museum of East Anglian Life

01449 612229

Sound Sense

01449 673990

Stonham Theatre Guild

01449 711534

Stowmarket Art Club

01473 831594

Stowmarket Choral Society

01502 678580

Stowmarket Junior Amateur Dramatic Society

01449 676291

Warts Amateur Theatre Group

01379 644558

Woolpit & District Museum


01359 240822

Worham Line Dancing

01379 890534

Worham Pantomime

01379 669066

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 one in 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

Sports Development Officer
01449 724641

Sport England
www.sportengland.org

English Federation of Disability Sport
www.efds.co.uk

Optua
www.optua.org.uk

Volunteer in Suffolk
08452 235 235



caring cards / sports clubs





caring cards / **Men**

Family Welfare Association - Domestic Violence
07966 982611

Families Need Fathers (East Anglia Branch)
07947 137969

Families Need Fathers (National Helpline)
08707 607 496

Family Mediation Service
0800 200 300

Ipswich Area Gay Group
01206 520175

Suffolk Gay and Lesbian Helpline
0808 808 2322

Transgender Group
07717 611100

Volunteer in Suffolk
08452 235 235



caring cards / men



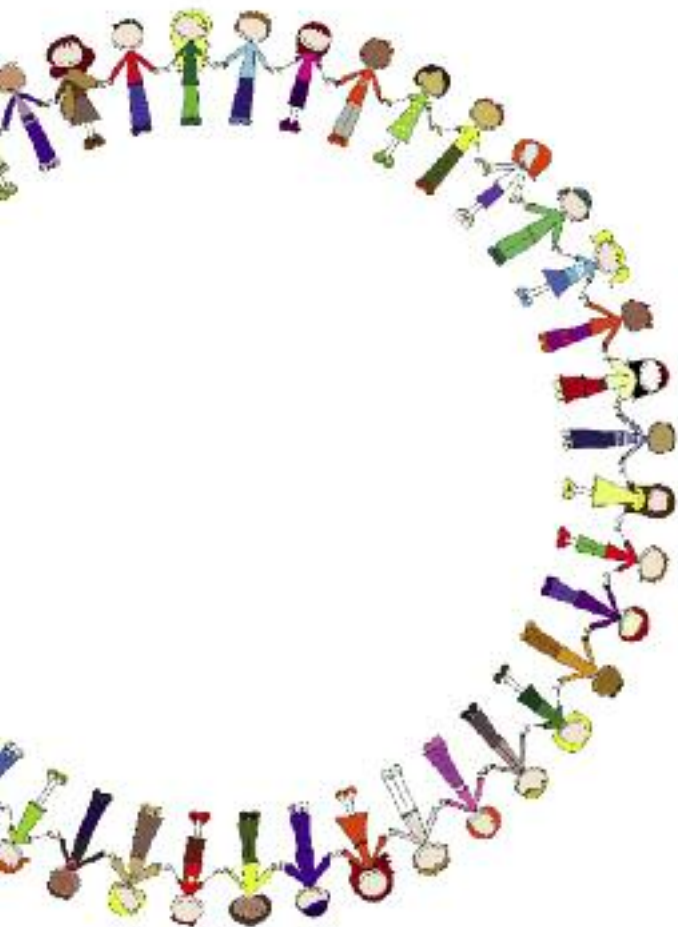
caring cards / caring



Age Concern Information Service	01473 257039
Age Concern Suffolk Telephone Befriending	01787 378773
Age Concern Suffolk Local Links Scheme	01473 298686
Age Concern Suffolk Welcome Home Service	01284 712942
Crossroads Care Mid Suffolk and West Suffolk	01284 748811
Cruse Bereavement Care	01473 212888
Salvation Army	01449 613989
SSAFA (Forces Help)	0845 1300 975
St Elizabeth Hospice	01473 727776
St Nicholas Hospice	01284 766133
Suffolk Befriending Scheme	01787 371333
Suffolk Carers	01473 835400
Suffolk Respite	01473 730929
Suffolk Young Carers	01473 835430
United Response	01449 722283
VolCare	01728 664050
Volunteer in Suffolk	08452 235 335



caring cards / caring



caring cards / bereavement

Age Concern
01473 257039

Cruse Bereavement Care
01473 212888

rd4u (Youth Branch of Cruse)
0808 808 1677

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

Age Concern Suffolk
01473 257039

Age Concern Suffolk Advice Service
01449 674222

Age Concern Suffolk Home Support Service
01284 757755

Age Concern Suffolk Lunch Clubs & Leisure Days
01284 757744

Red Cross T&T Club
01449 674442

Women's Royal Voluntary Service
01449 626187

Volunteer in Suffolk
08452 235 335



caring cards / older people





caring cards / young people

3H Fund	01892 547474
Coddenham Youth Club	01449 760478
Create	01379 668353
Eye Youth Club	01379 870313
Gipping Young Farmers	01473 785547
Lavenham Park Community Association Youth Club	01449 612273
Making Tracks	01473 271881
Millennium Volunteers/SCA Ltd	01449 720703
Needham Market Youth Centre	01449 720703
Onehouse Youth Club	01449 614184
Sound Sense	01449 673990
Stowmarket Youth Club	01449 612252
Suffolk Clubs for Young People	01449 721803
Suffolk Young Carers	01473 835430
Suffolk Young Peoples' Health Project	01473 329573
The Princes Trust	01473 228844
Young Suffolk	01473 744187
Volunteer in Suffolk	08452 235 335



caring cards / young people





caring cards / children

East Anglian Children's Hospice

01473 279938

Eye Opportunity Group

01379 870975

Gateopener (Disability Advice and Information for Children)

01638 667614

Home-Start Mid Suffolk

01379 678552

Mid Suffolk Holiday Opportunities Playscheme

01449 677827

New Life Suffolk

01449 616686

NSPCC

0808 800 5000

Stowmarket and Area Opportunity Group

01449 770645

Suffolk Pre-School Learning Alliance

01449 677878

Volunteer in Suffolk

08452 235 335



caring cards /children



caring cards /health

British Red Cross

01284 767215

East Anglian Children's Hospice

01473 279938

Eating Disorders Association

0845 634 1414

Haemophilia Society

0800 0818 6068

Huntingdon's Disease Society

01353 648437

Ipswich Aids Helpline

01473 232007

St Elizabeth Hospice

01473 727776

St John Ambulance

01449 675455

St Nicholas Hospice

01284 766133

Stowmarket First Responders

01449 737618

Suffolk Young Peoples' Health Project

01473 329573

Volunteer in Suffolk

08452 235 335



caring cards /health

