



## caring cards / mental health

Alzheimer's Society  
01502 514712

Family Welfare Association  
01502 531789

Great Yarmouth & Waveney  
01493 842129

MENCAP  
01986 874074

MENCAP Homes Foundation (Lowestoft)  
01502 580886

Norfolk and Waveney Mental Health Partnership  
01502 532100

Scope (Lowestoft)  
01502 584688

SOLD (Special Objectives for Local Disabled)  
01502 512617

Suffolk Carers Mental Health Project  
01502 538774

Suffolk Respite Care Association  
01508 518094

The Threshold Trust Waveney  
01502 713355

Waveney Advocacy Network  
01502 561200



caring cards / mental health



caring cards / cancer

Breast Cancer Campaign  
01502 513998

McMillan Nurses  
01473 274060



caring cards / cancer





## caring cards / substance misuse

Al Anon Family Group (24 hour helpline)  
0207 403 0888

Alcoholics Anonymous  
01904 644026

Halesworth and Bungay Drug & Alcohol Addiction  
01986 873090

NORCAS - Lowestoft  
01502 513444

NORCAS - Youth Team  
01502 513444



caring cards / substance misuse





## caring cards /relationships

Domestic Violence Helpline Waveney  
0800 587 7890

Family Mediation Service  
0800 200 3000

Families Need Fathers (East Anglia Branch)  
07947 137969

Families Need Fathers (National Helpline)  
0208 886 0970

Relate - Norfolk & Suffolk  
01502 563733



caring cards /relationships



## caring cards / support



Alzheimer's Society	01502 516203
ASBAH Suffolk	01379 650491
Beccles & District ME/CFS Support Group	01986 893676
Beccles Friends of Cancer Research UK	01502 475296
Bells Palsy Helpline - Great Yarmouth and Waveney	01502 563256
Blyth Valley Parkinsons Support Group	01502 478174
British Epilepsy Association (Waveney)	01603 783547
British Red Cross Society (Southwold)	01502 722383
Diabetic Association	01502 562535
Domestic Violence - Respect	0845 122 8609
Family Welfare Association (Lowestoft & Waveney)	01502 531789
Gingerbread Lone Parent Support Group	01502 560232
Heartcare Cardiac Support Group (Lowestoft & Waveney)	01502 569512
Ipswich & Suffolk AIDS Helpline	01473 232007
MENCAP- Lowestoft and Waveney	01502 580886
Multiple Sclerosis Society (North Suffolk)	01502 712173
National Osteoporosis Society Suffolk Support Group	01473 625246
Parkinson's Disease Society	01692 598943
Parkinson's Disease Society (Waveney Branch)	01502 572257
Parkinson's Society (Gt Yarmouth and Waveney)	01493 445314
Parkinsons Support Group	01502 478174
RAF Association Beccles South and District Branch	01986 873904
Royal British Legion Halesworth	01986 785213
Royal British Legion Southwold & Reydon	01502 722987
Royal Naval Association Beccles Branch	01502 715795
Stroke Association - Dysphasia Support (Gt Yarmouth & Waveney)	01493 663837
Suffolk Dyslexia Association	01394 279709
Victim Support	01502 562560
Waveney SHIMS (Suffolk Help in Multiple Sclerosis)	01502 574052
YAPPRS (Young Alert Parkinson's Partners & Relatives)	01502 568432

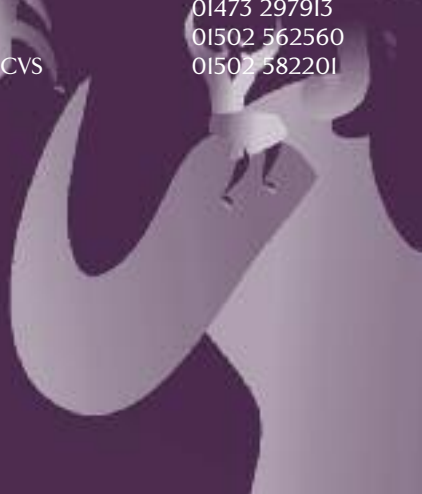
caring cards / support





## caring cards / advice, advocacy, mediation

Access Group for Suffolk	01394 388588
ACE Advocacy (Learning disabilities)	01449 678088
Age Concern	01502 586308
Age Concern Suffolk Advice Service	01449 674222
Age Concern Suffolk Independence Advisors Service	01473 288048
Citizens Advice Bureau Beccles Bungay & Halesworth	01502 712869
Citizens Advice Bureau Lowestoft	01502 518510
DIAL Lowestoft & Waveney Centre for Independent Living	01502 511333
Domestic Violence Helpline Waveney	0800 587 7890
Gateopener (children with disability)	01638 667614
Ipswich and Suffolk Council for Racial Equality	01473 408111
Kirkley Counselling Centre	01502 564193
Optua - Advice Service (disability)	01449 672781
Samaritans - Lowestoft & Waveney	01502 563010
Suffolk ACRE	01473 242500
Suffolk Association of Voluntary Organisations	01473 273273
The Refugee Council	01473 297913
Victim Support	01502 562560
Waveney Community Forum CVS	01502 582201



caring cards /advice, advocacy, mediation



## caring cards / faith

Carlton Colville Methodist Church	01502 568909
Church of Jesus Christ of Latter Day Saints	01502 573851
Gunton Baptist Church	01502 531141
Halesworth Church of England	01986 872602
Halesworth Methodist Church	01986 875941
Hillside Church Lowestoft	01502 893701
London Road Baptist Church	01502 514091
Lowestoft Community Church	01502 537527
New Life Christian Fellowship Lowestoft	01502 713067
Our Lady Star of the Sea Catholic Church Lowestoft	01502 731609
Salvation Army (North Lowestoft)	01502 539118
Salvation Army (South Lowestoft)	01502 574815
Southwold Catholic Church	01502 723207
Southwold Methodist Church	01502 722333
Southwold United Reform Church	01728 684052
St Andrews Roman Hill Lowestoft	01502 572546
St Benedict's Church, Gunton	01502 580707
Suffolk Inter-Faith Resource and Education (SIFRE)	01473 343661
Wenhaston Methodist Church	01502 473378



caring cards / faith



## caring cards / ethnicity

Ipswich and Suffolk Council for Racial Equality  
01473 408111

Lowestoft International Support Group  
01502 501444

MECAN  
01473 275198

Minority Ethnic Network Eastern Region  
01223 355034

Suffolk Refugee Support Forum  
01473 400785

The Refugee Council  
01473 297913



caring cards / ethnicity



caring cards / environment



Anglian Maritime Association  
01502 732719

Beccles & District Museum  
01502 715722

Bonds Meadow Group  
01502 530316

Bright Green  
01502 584061

Corton Woods Project  
01502 732003

East Anglia Transport Museum  
01502 515787

Eastex Materials Exchange  
01502 584061

Fen Park Friends  
01502 515628

Halesworth Recycling Project  
01986 874074

Suffolk Connect  
01502 584061

The National Trust  
01284 747500

The Shaw Trust  
01502 527603

World Land Trust  
0845 054 4422



caring cards /environment





## caring cards /women

Rape Crisis Centre Suffolk  
01502 585707

Waveney Women's Aid  
01502 519801

Waveney Women's Aid (Outreach in Halesworth)  
01502 581816

Waveney Women's Health Information Centre  
01502 561816

Women's Royal Voluntary Service (Beccles)  
01502 711874

Women's Royal Voluntary Service (Lowestoft)  
01502 568186



caring cards / women



## caring cards / animals

Cats Protection League  
01359 231881

RSPB  
01603 660066

RSPCA  
0870 7540 221

Suffolk Coastal Canine Rescue Trust  
01502 675257

Suffolk Wildlife Trust  
01473 890089



caring cards / animals





## caring cards / Waveney Community Forum

The Waveney Community Forum was set up in 2000 by members of local charities and community groups, who recognised the need for an umbrella organisation to represent the interests of the voluntary sector in Waveney.

Along with other Councils for Voluntary Service we engage in;

- Representation - enabling and encouraging representation of the Voluntary Sector.
- Development - developing new voluntary and community services in response to changing needs.
- Services - support and services for local voluntary and community groups.
- Strategic Partnership - working with the statutory sector to make Waveney a better place to live
- Liaison - encouraging networking between members of the Voluntary Sector to share good practice.

Phone: 01502 582201

Email: [info@waveneycf.org.uk](mailto:info@waveneycf.org.uk)

Website: [www.waveneycf.org.uk](http://www.waveneycf.org.uk)



caring cards / **Waveney Community Forum**



**WAVENEY COMMUNITY FORUM**

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



## caring cards / Waveney Local Strategic Partnership

The Waveney LSP is working to enhance the quality of life, contribute to sustainable development, and help coordinate and shape the future action of public, private, voluntary and community organisations across the district

The Waveney LSP "2020" vision is:

'Prosperous, attractive and vibrant communities with good access to jobs, services and facilities and where everybody can feel safe, be healthy and happy'

The four main short term objectives for the LSP are to ensure:

- Children and Young People are safe and healthy
- Safer Stronger Sustainable Communities
- Healthier Communities and Older People
- Economic Development and Enterprise

Contact: Carol George

Phone: 01502 523304

Email: [carol.george@waveney.gov.uk](mailto:carol.george@waveney.gov.uk)

caring cards / Waveney Local Strategic Partnership





## 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

Beccles Volunteer Centre  
01502 716637

Halesworth Volunteer Centre  
01986 874290

Lowestoft Volunteer Centre  
01502 562299

Sparks Millennium Volunteers  
01502 530632

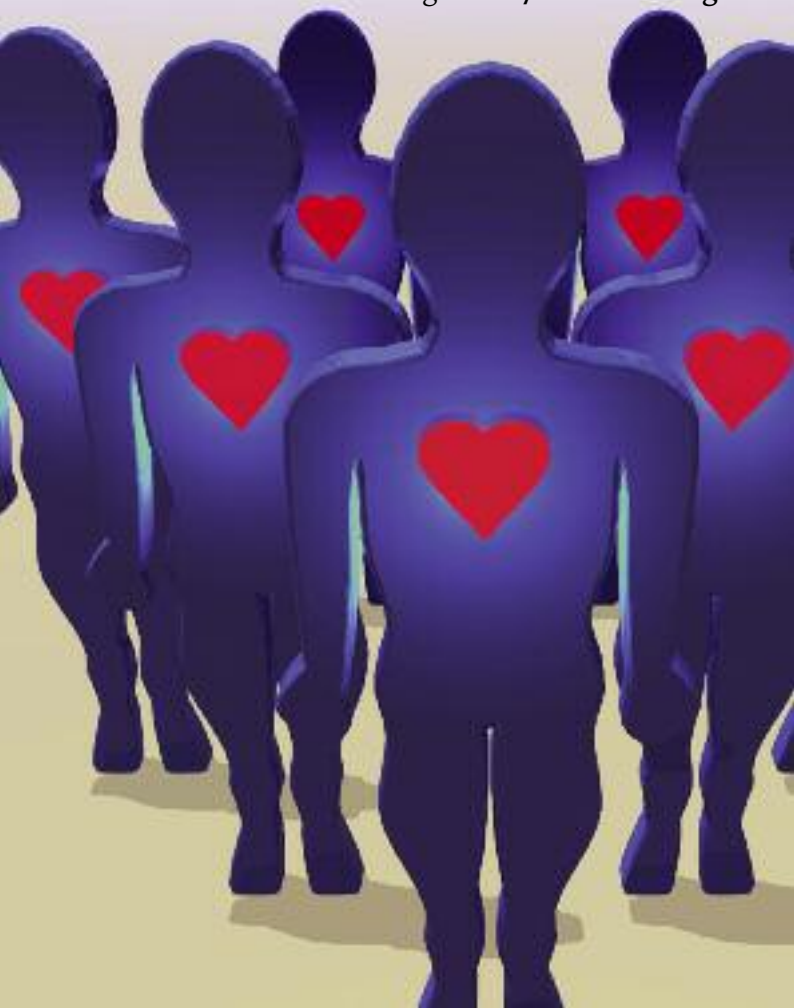
Southwold Voluntary Help Centre  
01502 724549

Suffolk Volunteering Federation  
01638 602711

Volunteer in Suffolk  
08452 235 335



caring cards /volunteering



## caring cards / training

British Red Cross  
01284 767215

Optua Access Services  
01473 836777

East Suffolk MIND  
01473 231666

MENCAP  
01986 874074

Lowestoft Volunteer Centre  
01502 562299

St Johns Ambulance  
01502 569658

Suffolk Association of Voluntary Organisations  
01473 273273

Suffolk ACRE  
01473 242500

Suffolk Carers  
01473 835400

YMCA  
01502 539249

St John Ambulance - Lowestoft  
01502 569658

YMCA  
01502 539249



caring cards /training





caring cards / learning disability

CLUB ' 85  
01502 585683

Learning through Leisure (Halesworth Office)  
01986 781279

MENCAP  
01986 874074

Mow & Grow, Waveney  
01502 573952

Open Arts Project  
01502 405432

Suffolk Befriending Scheme  
01787 371333

The Budden Trust  
01502 562255

Waveney Enterprises  
01502 716065



caring cards /learning disability



## caring cards / disability



British Limbless Ex-Serviceman's Association (BLESMA)

01502 565149

East Suffolk Association for the Blind

01502 478174

Freeway

01502 724619

Halesworth Recycling Project (training centre)

01986 874074

Hand in Hand Club, Lowestoft

01986 872299

Links Club for the Handicapped- Lowestoft

01502 717697

Lowestoft Shopmobility

01502 587056

Lowestoft St Raphael Club for Disabled

01502 588857

May Centre For Disabled People

01502 573625

Out & About

01502 518786

Pakefield Riding School for the Disabled

01473 400210

Recreational Facilities for the Disabled (Waveney)

01502 724267

Special Objectives for the Local Disabled (SOLD)

01502 512617

Sound East (Lowestoft & District Talking Newspaper)

01502 583094

Suffolk Deaf Association

01502 581823

Suffolk Hearing Support Service

01502 512073

The Shaw Trust

01502 527603

Three Rivers Talking Newspaper

01473 583561

Tuesday Social Club

01986 896778



caring cards /disability



Support



caring cards /housing

Ashley Homes  
01502 511168

Broadland Housing Association  
01502 532250

Flagship Housing Group  
01502 589671

St Johns Housing Trust  
01502 568592

St Matthew Housing  
01473 287855

Stonham Housing  
01502 516535

Suffolk Heritage Housing Association  
01728 727573



caring cards /housing





## caring cards / transport

Beccles & Bungay Area Community Transport (BACT)  
01986 896896

Halesworth Area Community Transport  
01986 875900

Halesworth Community Car Service  
01986 874290

Halesworth Pathfinder  
01986 874479

Lowestoft Shopmobility  
01502 588857

Southwold Community Car Service  
01502 724549

WACT - Waveney Area Community Transport  
01502 531631



caring cards / transport



## caring cards / arts



AndAction Performance Arts Project

0800 4580 835

Artworkz and Arts Promotions

01502 513518

Beccles & District Museum

01502 715722

Broadland Digital Imaging Group

01502 587876

Bungay Museum

01986892176

Corton - The Act

01502 730708

East Anglia Transport Museum, Lowestoft

01502 518459

Fisher Youth Theatre Group

01986 893952

Halesworth Airfield Memorial Museum 56th Fighter Group USAAF

07815 441669

Halesworth & District Museum

01986 872264

Halesworth Arts Festival

01986 872000

Lowestoft Choral Society

01502 569045

Norwich City Theatre Company & Iron Bridge Project

01986 893303

New Cut Arts

01986 873285

Norfolk and Suffolk Aviation Museum, Bungay


01986 896644

Nutmeg Puppet Company

01502 478525

Southwold Museum

01502 723374

The image features two brushes with red handles and silver ferrules, positioned diagonally across the frame. The brush on the left has a dense, rounded head of brown bristles, while the one on the right has a more tapered, pointed head of lighter-colored bristles. They are set against a vibrant, abstract background of thick, textured paint in shades of green, blue, purple, and yellow. Two white, oval-shaped objects, possibly lids or pieces of paper, are placed near the brushes. The text 'caring cards / arts' is overlaid in the upper right corner.

caring cards / arts



## caring cards / sports clubs

Suffolk Sport

01379 677307

[www.suffolkspport.com](http://www.suffolkspport.com)

Service Manager, Sports and Leisure Development

01502 523010

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 235 235



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

Crossroads - Waveney  
01502 574526

Headway - Norfolk & Waveney  
01493 442994

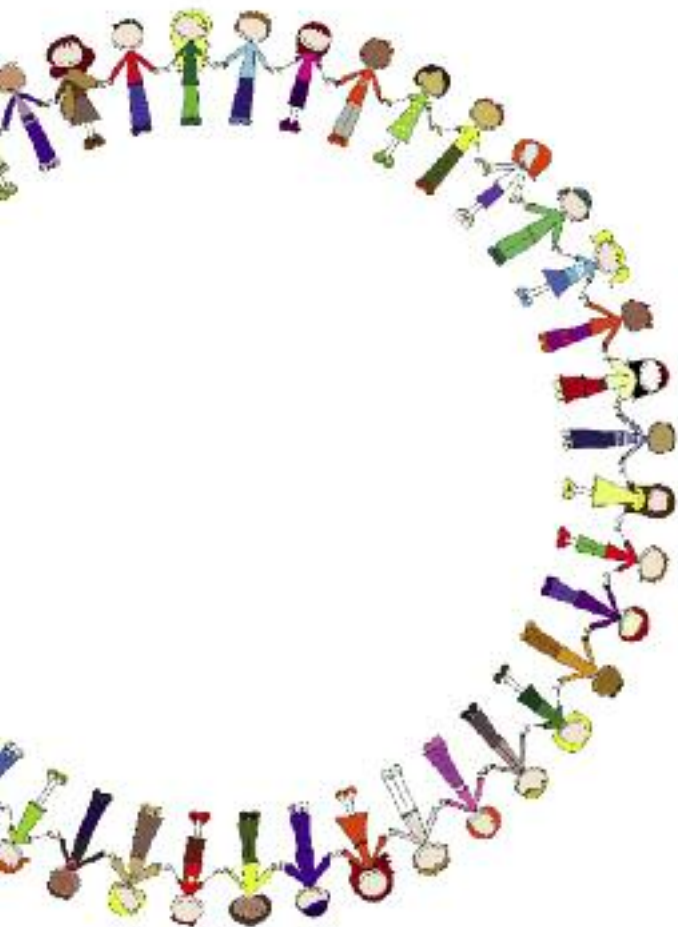
Suffolk Carers  
01473 835400

Suffolk Young Carers  
01473 835430

Waveney Valley Carers Group  
01473 835420



caring cards / caring





## caring cards / bereavement

Age Concern Suffolk Information Service  
01502 586308

Cruse Bereavement Care  
01502 722234

Cruse Bereavement Care North Suffolk and Gt Yarmouth  
01502 573240

rd4u (youth branch of Cruse)  
0808 808 1677

The Child Bereavement Trust  
01494 446648

Winston's Wish  
0845 203 0405



caring cards / bereavement





## caring cards / older people

Age Concern Befriending Service	01502 539280
Age Concern Home Help Service	01502 530981
Age Concern Suffolk Information Service	01502 586308
Corton Happy Circle Over 60's Club	01502 573090
Halesworth Day Centre	01502 875080
Halesworth Luncheon Club	01986 872441
Halesworth Probus Club	01986 785346
Halesworth Reminiscence Group	01986 872686
Home Library Service	01502 405345
Kessingland Friendship Club	01502 740874
Kirkley Friendship Group	01502 500798
Lowestoft Fishermen's & Seafarers Benevolent Assoc	01502 574312
Lowestoft 60's Club	01502 561438
National Federation of OAP's	01502 562006
North Suffolk Association for the Elderly	01986 873172
Partnership with Older People (POP)	01473 264417
St Barnabas Care Home	01502 724973
Stradbroke Court Day Centre	01502 405495
Suffolk Carers	01502 713372
University of the Third Age	01502 588985
Waveney Centre	01502 712473
White House Residential Centre & Day Centre	01502 711254
WRVS Meals on Wheels	01502 568186



caring cards / older people





## caring cards / young people

4th Lowestoft (St. Margaret's) Scout Group	01502 519035
Apollo Support Group	01986 872555
Beccles Unit the Sea Cadet Corps	01502 711810
Bungay Youth Association	01986 894641
Community Education	01986 892609
CYDS Project	01728 850716
First Kessingland Scout Group	01502 742191
Halesworth Youth Club	01986 874811
Kessingland Youth Project	01502 740216
NORCAS - Youth Team	01502 513444
Scouts Association - Lowestoft & District	01502 560629
Sea Cadet Corps	01502 581263
SPARKS - Millennium Volunteers	01502 530632
Yard Project	01502 740466
YMCA	01502 532249
Young Suffolk	01473 744187



caring cards / young people





## caring cards / children

ADHD in Suffolk	01502 742028
Bungay Play Scheme	01502 713497
Children's Society	01473 215419
Chill Out Club	01986 781394
Family Learning	01502 538365
Forget - Me - Nots	01502 476814
Family Welfare Association	01502 405961
Gunton Pre School	01502 580707
Lowestoft Lone Parent Group (Gingerbread))	01502 508133
Roundabout Community Trust Children's Clubs	01502 512058
Suffolk Carers	01728 664050
Suffolk Real Nappy Network	0870 0053 985
Sure Start North Lowestoft	01502 574154
WASH - Waveney ADHD Self Help Group	01502 581779
Waveney Family Support Initiative	01502 405961



caring cards /children



## caring cards /health

Allied Medicare  
01502 714405

Arthritis Care in Central England  
01159 525522

Breathe Easy (Waveney & Great Yarmouth)  
01502 572834

British Red Cross Southwold  
01502 722383

Fightback Trust (HIV and AIDS)  
01502 531300

Health Information and Resources  
01502 532664

National Asthma Campaign  
01502 574052

St John Ambulance - Beccles  
01502 719673

St John Ambulance - Lowestoft  
01502 569658

Stroke Health Information Project (SHIP)  
01493 602556

Waveney Hospice Care  
01502 575893



caring cards /health

