



## caring cards / mental health

Alzheimers Society

**01284 766433**

Eating Disorders Self Help Group

**01284 764808**

OCD Self Help Group

**01284 764808**

Parkinson's Disease Society

**0207 2339908**

Rethink (formerly National Schizophrenic Association)

**01449 736383**

Richmond Fellowship for Community Mental Health

**01638 660664**

The Martins (residential and dementia care)

**01284 753467**

Together (formerly Mental after Care Association)

**01440 704514**

Together (formerly Mental after Care Association)

**01638 751671**

West Suffolk Mind

**01284 764808**

Workwise

**01284 755261**

Volunteer in Suffolk

**08452 235 335**



caring cards / mental health





caring cards / **cancer**

Cancer Research UK  
**020 7121 6699**

Cancer Support Groups  
**01284 702817**

Children's Hospice  
**01473 714194**

Clic Sargent  
**01284 829090**

Coping with Breast Cancer  
**01487 841982**

MacMillan Nurses  
**01284 702525**

Marie Curie  
**01284 747385**

St Nicholas Hospice  
**01284 766133**

Volunteer in Suffolk  
**08452 235 335**



caring cards / cancer





caring cards / substance misuse

Alcoholics Anonomus  
**0207 4030888**

Anglia Care Trust  
**01473 213140**

Focus  
**01284 701702**

NORCAS  
**0808 8001122**

Together (formerly Mental after Care Association)  
**01440 704514**

Together (formerly Mental after Care Association)  
**01683 751671**

West Suffolk Mind  
**01284 764808**



caring cards / substance misuse





## **caring cards /relationships**

**Families Need Fathers (East Anglia Branch)**  
**07947 137969**

**Families Need Fathers (National Helpline)**  
**020 8886 0970**

**Family Mediation Service**  
**0800 200 300**

**Family Welfare Association Domestic Violence**  
**07966 982611**

**Relate**  
**01284 767305**

**Volunteer in Suffolk**  
**08452 235 335**



caring cards /relationships





## caring cards / support

Age Concern	01284 757740
Civil Service Retirement Fellowship	01638 750447
Domestic Violence Family Support Coordinator	07966 982611
Eating Disorders Self Help Group	01284 766126
Extra Steps and Beyond	01379 643998
Families Need Fathers (East Anglia Branch)	07947 137969
Families Need Fathers- National helpline	020 8886 0970
Farm Crisis Network	01359 269265
HARP (Help and Advice for Relatives of Prisoners)	0808 8082003
Independent Age	01480 891502
Injured Jockeys Fund	01638 662246
Ipswich Aids Helpline	01473 232007
MS Society	01284 723110
New Astley Institute	01638 662828
Newmarket Carers Centre	01638 665776
Newmarket Day Centre	01638 664262
Newmarket Open Door - Portland House Project	01638 600699
OASIS (Out and Strong in Suffolk)	01473 212165
OCD Self Help Group	01284 764808
Ormiston Trust	01638 560936
Racing Welfare	01638 560763
Royal British Legion	01284 725833
Salvation Army	01284 764523
Samaritans	01284 750000
SSAFA	01842 861880
Suffolk Carers	01284 713993
Suffolk Young Carers	01473 835431
Victim Support	01284 717188
West Suffolk Crossroads Caring for Carers	01284 748811
West Suffolk Mind	01284 764808
Womens Aid Centre	01284 753085
WRVS	01638 561963
Volunteer in Suffolk	08452 235 335

caring cards / support





## caring cards / advice, advocacy, mediation

ADHD	01440 704151
Age Concern	01284 757740
Age Concern Benefits Advice Service	01449 674222
CAROT/ADAPT (Hearing support)	01440 823039
Citizens Advice Bureau - Brandon	01842 811511
Citizens Advice Bureau - Bury St Edmunds	01284 757740
Citizens Advice Bureau - Haverhill	01440 704012
Citizens Advice Bureau - Mildenhall	01638 715746
Citizens Advice Bureau - Newmarket	01638 661694
Citizens Advice Bureau - Sudbury	01787 374671
Disability Information Advice Line	01284 748800
Domestic Violence Family Support Coordinator	07966 982611
Families Need Fathers (Newmarket group)	07947 137969
Farm Crisis Network	01359 269265
Forum 55 Plus Suffolk	01284 705874
Foundation East	01284 757777
Gateopener (children with disability)	01638 667614
Ipswich Aids Helpline	01473 232007
Marriage Care	01638 560580
NORCAS (substance misuse)	0808 8001122
Ormiston Centre	01638 560936
Salvation Army	01284 764523
SEAMS	01376 331511
Suffolk Young Carers	01473 835431
West Suffolk Mind	01284 764808
West Suffolk Advocacy Network	01284 765925

caring cards / advice, advocacy, mediation





Aglow Women's Christian Fellowship  
01440 703062

Churches Together  
0207 5298141

Haverhill Christian Viewpoint  
01440 763314

Muslim Family Group  
01284 750373

Quaker Meeting House  
01284 704513

Suffolk Inter-Faith Resource and Education  
01284 788232

Unitarian Church  
01284 767456

Volunteer in Suffolk  
08452 235 335



caring cards / faith



caring cards / **ethnicity**

ISCRE (Ipswich and Suffolk Council for Racial Equality)  
01473 408111

MECAN  
01473 275198

MENTER (Minority Ethnic Network Eastern Region)  
01223 355034

Muslim Family Group  
01284 750373

Suffolk Inter-Faith Resource and Education  
01284 788232

Suffolk Refugee Support Forum  
01473 400785

The Refugee Council  
01473 297913

Volunteer in Suffolk  
08452 235 335



caring cards / ethnicity



## caring cards / environment



Aid to Hospitals Worldwide (formerly Tools with a Missions)

01284 702236

Farm Crisis Network

01359 269265

Green Light Trust

01284 830829

Haverhill and District Flower Club

01440 707290

Millennium Farm Trust

01359 230498

National Trust

01284 770550

Newmarket Allotment Association

01638 664608

Suffolk Building Preservation Trust

01787 247179

Suffolk Preservation Society

01638 751715

Suffolk Wildlife Trust

01473 890089

The Ramblers Association

01638 751289

West Stow Anglo-Saxon Village

01284 728718

Volunteer in Suffolk

08452 235 335



caring cards /environment





## caring cards /women

Eating Disorders Self Help Group  
01284 766126

Haverhill Ladies Circle  
01784 277704

Haverhill Townswomen's Guild  
01440 703010

Haverhill Women's Institute  
01440 761540

Mildenhall Road Estate Women's Community Group  
01284 703996

Royal British Legion Women's Section (Haverhill)  
01440 706969

Suffolk West Federation of Women's Institutes  
01284 754520

Women's Aid  
01284 753085

Women's World of Prayer  
01787 373198

Volunteer in Suffolk  
08452 235 335



caring cards / women





## caring cards / animals

Animal Health Trust

0870 050 2424

British Equine Veterinary Association Trust

01638 667600

Bury's Stray Cat Fund

01284 388455

Carriage Riding for Disabled

01638 730077

Cats Protection League

01359 231881

Kedington Wildlife Group

01440 762115

Newmarket & District Canine Society

01638 552644

Newmarket Cats

01638 552455

Isleham Horse & Pony Rescue

01638 750713

Pet Bereavement Service

07870 740605

Riding for the Disabled

01284 773400

RSPB

01603 660066

RSPCA

01284 767662

RSPCA Support Shop

01638 668023

Stour Valley Cats Protection

01440 730096

Suffolk and Essex Small Animals

01787 210888



caring cards / animals





## caring cards /WSCVO

West Suffolk Consortium for Voluntary Organisations is a Local Infrastructure Partnership (LIP)

Purpose:

- to play a key role in empowering voluntary and community sector groups in West Suffolk, enabling them to participate in the delivery of services

Objectives:

- Encouraging and supporting membership of front line groups and building their capacity through funding advice, training and development tools.
- Leadership in developing the role of WSCVO aligned to the changing agenda.
- WSCVO participation in the Western Suffolk Local Strategic Partnership at Board, and Executive level to ensure the voluntary and community sector is involved in all plans and strategies.
- Working with other LIP's across the county on themes around Workforce Development, Diversity, Rural Proofing, Sustainability, Volunteering, Children and Young People and Public Service Delivery

Members of WSCVO are:

- Bury St Edmunds Volunteer Centre
- Haverhill and District volunteer Centre
- Haverhill Association of Voluntary Organisations (HAVO)
- The Voluntary Network Forest Heath

Partners of WSCVO include:

- Babergh Communities Together
- Western Suffolk Local Strategic Partnership (WSLSP)
- Community Partnerships
- Suffolk Acre
- Suffolk Association of Voluntary Organisations (SAVO)
- Suffolk Connect
- Suffolk Volunteering Federation
- Sports Development Officers

Contact: Hazel Pidsley

Phone: 0284 766126

Email: [chiefofficer@volunteercentre.co.uk](mailto:chiefofficer@volunteercentre.co.uk)

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



caring cards /WSCVO



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



## caring cards /WS LSP

### Western Suffolk Local Strategic Partnership

The Western Suffolk Local Strategic Partnership (WSLSP) was established in 2001, in response to the Government's requirement that local authorities work more closely in partnership with other organisations. The WSLSP is made up of Public Sector organisations, Community and Voluntary organisations, businesses and local people.

The first Community Strategy was produced in 2003, which set out key themes with objectives and a set of actions and outcomes. It provided a framework for promoting and improving the economic, social and environmental well being of the community. It also showed a need to work with all people in the community, to ensure that excellent and appropriate public services are provided.

This second Community Strategy sets out the vision, values and recent achievements and the key priorities and targets for the Western Suffolk area to be achieved over the next ten years. The Targets and Action Plan, which will be reviewed regularly, sets out objectives, actions, performance measures, and outcomes. These reviews will be done after service providers have engaged with local communities.

Achievement of these targets and actions will contribute significantly to the development of the area. The priorities and targets will be achieved and delivered, as far as possible, through existing area community partnerships and action teams, which include public and private sector organisations, voluntary and community sector groups, local businesses and the residents of the area.

The vision of Western Suffolk Local Strategic Partnership is to 'make life better' for all people in the Western Suffolk area.

The strategic goals of WSLSP to improve the quality of life are:

- Maximise the potential of all children and young people
- Develop and maintain a safe, strong and sustainable community
- Create and support healthier communities
- Develop a prosperous and sustainable community



caring cards /WS LSP



Make life better

Western Suffolk 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**

Babergh Communities Together  
0845 370 6340

Bury St Edmunds Volunteer Centre  
01284 766126

Forest Heath Volunteer Centre  
01638 608048

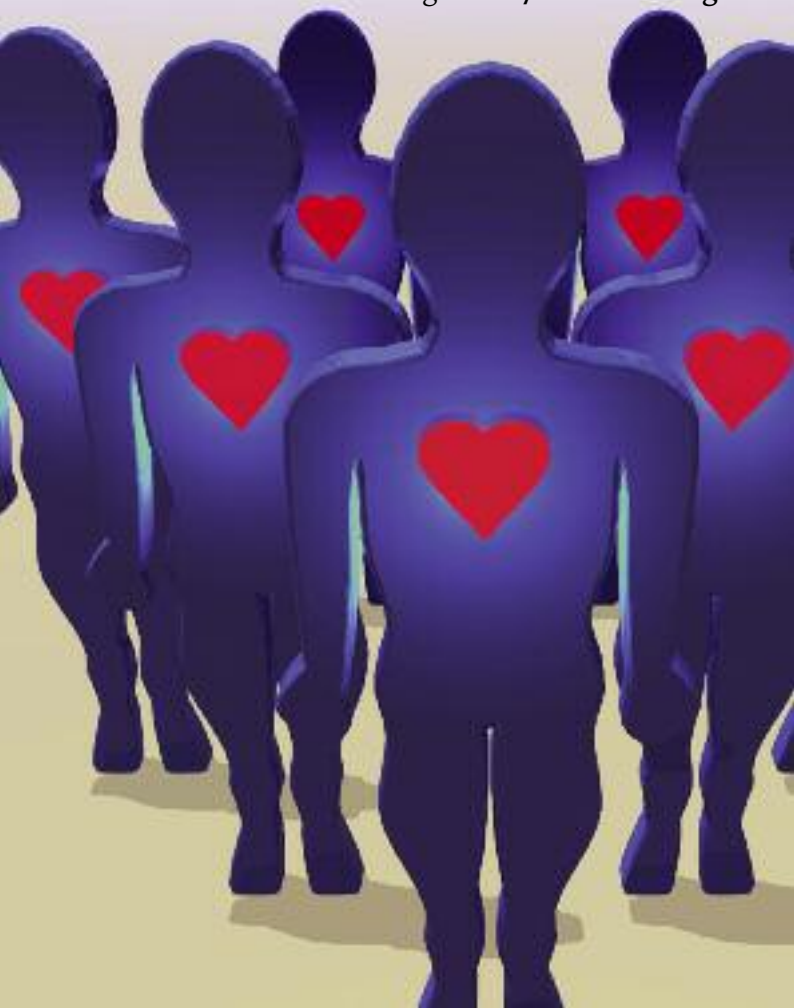
Haverhill Volunteer Centre  
01440 708444

Suffolk Volunteering Federation  
01638 602711

Volunteer in Suffolk  
08452 235 335



caring cards /volunteering





## caring cards / training

Babergh Communities Together  
0845 370 6340

British Red Cross  
01284 767215

Bury St Edmunds Volunteer Centre  
01284 766126

St Johns Ambulance  
01284 750966

Suffolk Association of Voluntary Organisations (SAVO)  
01473 273273

Suffolk ACRE  
01473 242500

Suffolk Carers  
01473 835400

Volunteer in Suffolk  
08452 235 335



caring cards /training



# caring cards / learning disability



ADHD

01440 704151

Bridge Project

01787 313691

Extra Steps and Beyond Club

01379 643998

Freeway

01284 388738

Gateway Club Bury St Edmunds

01284 760383

Gateway Club Haverhill

01440 706074

MENCAP

01284 749404

Millennium Farm Trust

01359 230498

National Autistic Society

01284 716910

Learning through Leisure

01284 769087

Out and About

01473 400209

Scope

01284 731600

Suffolk Befriending Scheme

01787 371333

Volunteer in Suffolk

08452 235 335



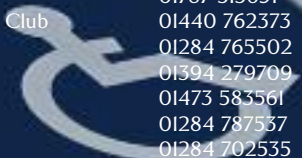
caring cards /learning disability



## caring cards / disability



Bridge Project	01787 313691
British Red Cross	01284 767215
Cystic Fibrosis UK	01284 762567
Disability Resource Centre	01284 748888
Freeway	01284 388738
Gateopener (children with disability)	01638 667614
Hand in Hand Club	01284 830068
Lark Stroke Club	01284 767081
M S Society	01284 723110
National Association of Blue Badge Holders	08707 472984
National Autistic Society	01284 716910
New Art Club	01284 750811
Newmarket Gateway Club	01638 781833
Newmarket Locality Group	01638 561516
Newstalk	01284 700046
Optua	01473 836777
Out and About	01473 400209
Papworth Trust	01284 748880
Parkinson's Disease Society	01359 241611
Parkinson's Disease Society of the UK	01638 605658
PHAB	01825 749826
Remap	01485 542412
Riding for the Disabled West Suffolk	01284 773400
Sense Outreach Services	01778 382230
Stroke Association	01284 760006
Success after Stroke	01787 313691
Suffolk Braves Wheelchair Basketball Club	01440 762373
Suffolk Deaf Association	01284 765502
Suffolk Dyslexia Association	01394 279709
Suffolk Hearing Support Service	01473 583561
West Suffolk Deaf Children's Society	01284 787537
West Suffolk Headway	01284 702535
West Suffolk Voluntary Association for the Blind	01284 706655
Wood n Stuff	01284 702195
Volunteer in Suffolk	08452 235 335



caring cards /disability



Support



# caring cards /housing

Ashley Homes

01284 724979

Britannia Housing Association

01284 756122

Cangle Junction

01440 715400

English Churches Housing Group

01284 731965

Granta Housing Association

01284 700128

Housing 21

01440 763968

Housing Action Committee for the Homeless (HATCH)

01440 706070

Newmarket Open Door

01638 600699

Royal Agricultural Benevolent Institute

01284 753106

St Matthews Housing

01284 732550

Stonham Housing Association

01284 756122

Suffolk Heritage Housing Association

01728 727555

Tayfen House

01284 725487

West Suffolk Mind

01284 764808

YMCA

01284 701697

Volunteer in Suffolk

08452 235 335



caring cards /housing





## caring cards / transport

### TRANSPORT

3 CT (Three Counties Transport)

01376 327357

Brecks Bus

01842 861784

British Red Cross

01284 767215

Community Transport Bury St Edmunds

01284 724545

Community Transport Bus

01440 710370

Newmarket Community Transport

01638 608022

Suffolk ACRE

01473 352500

WRVS

01284 765242

Volunteer in Suffolk

08452 235 335




caring cards / transport



## caring cards / arts



Accessart	01223 520213
Ancient House Museum, Clare	01787 277662
Anglian Ballet Company	01284 754510
Brandon Heritage Centre	01842 813707
Bury St Edmunds Art Gallery	01284 762081
Friendly Club	01638 661453
Haverhill and District Choral Society	01440 762476
Haverhill & District Local History Centre	01440 714962
Haverhill and District Operatic Society	01638 607897
Haverhill Art Group	01440 762740
Haverhill Arts Centre	01440 714140
Mildenhall Museum	01638 716970
Moyse's Hall Museum	01284 706183
National Horseracing Museum	01638 667333
New Art Club	01284 750811
Newmarket Art Club	01638 660332
Newmarket Decorative & Fine Art Society	01638 662369
Newmarket Local History Society	01638 730072
Newmarket Operatic Musical & Dramatic Society	01638 663337
Risbygate Arts	01284 706600
Rougham Control Tower Museum	01359 271471
Suffolk Artlink	01986 873955
Theatre Royal	01284 755127
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 one near the middle left. The text 'caring cards / arts' is overlaid on the white object in the top right.

caring cards / arts



## caring cards / sports clubs

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

Sports Development Manager, St Edmundsbury Borough Council  
01284 757480

Sports Development Manager, Forest Heath District Council  
01638

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

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

Suffolk Gay and Lesbian Helpline  
0808 808 2322

Transgender Group  
07717 611100

Volunteer in Suffolk  
08452 235 335



caring cards / men



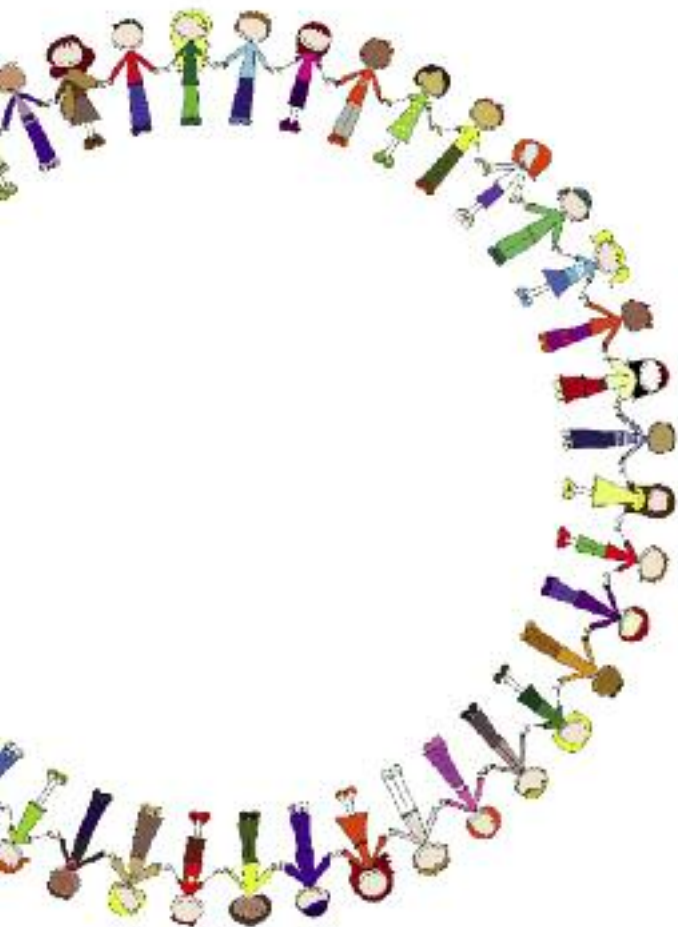
## caring cards / caring



Age Concern	01284 757740
Anglia Care Trust	01473 213140
Brandon Day Centre	01842 819777
British Red Cross	01638 663671
Business in the Community	01638 663272
Crossroads Caring for Carers	0845 4500350
Eating Disorders Self Help Group	01284 766126
Haverhill First Responder	01440 713443
Injured Jockeys Club	01638 662246
NCH Family Centre	01440 714444
Newmarket Day Centre	01638 664262
Newmarket Open Door	01638 600699
OCD Self Help Group	01284 764808
Racing Welfare	01638 664190
Salvation Army Day Centre	01440 714885
SSAFA Forces Help	01842 751210
Suffolk Befriending Scheme	01284 724293
Suffolk Carers	01473 232679
The Stable	01638 662311
WRVS Meals on Wheels	0845 601 4670
WRVS Meals on Wheels	01440 762279
Volunteer in Suffolk	08452 235 335



caring cards / caring



caring cards / bereavement

Age Concern Suffolk  
01284 757750

Club Theo  
01787 377495

Cruse Bereavement Care  
01284 767674

Volunteer in Suffolk  
08452 235 335



caring cards / bereavement





## caring cards / older people

ADAPT Hearing Club	01440 763272
Age Concern	01284 757740
Age Concern Haverhill Day Centre	07841 985795
Age Concern Links Day Centre	01284 757761
Age Concern Oasis day Centre	01284 757760
Brandon Day Centre	01842 819777
Forum 55 Plus Suffolk	01284 705874
Gatehouse	01284 754967
Haverhill & District Pensioners Association	01440 703504
Howard Estate Over 60's Club	01284 703951
Newmarket Day Centre	01638 664262
Royal Agricultural Benevolent Institute	01284 753106
Suffolk Pensioners	01638 664102
The Martins (residential and dementia care)	01284 753467

### University of the Third Age:

Bury St Edmunds	01284 717196
Bury St Edmunds (Blackbourne)	01449 673621
Haverhill	01440 703203
Newmarket and District	01638 741642
Sudbury	01787 371842

WRVS	01284 765242
WRVS Meals on Wheels	01284 752874
WRVS Meals on Wheels	01440 762279
Volunteer in Suffolk	08452 235 335



caring cards / older people





## caring cards / young people

Cangle Junction  
01440 715400

Ormiston Children and Families' Trust  
01638 560936

Out and About  
01473 400209

Prince's Trust  
0800 842842

SCA Bury/Millennium Volunteers  
01284 766452

Suffolk Contemporary Adolescents (SCA)  
01284 766452

Suffolk Young Carers  
01473 835431

YMCA  
01284 701697

Volunteer in Suffolk  
08452 235 335



caring cards / young people





## caring cards / children

All Saints Under Fives  
01638 561617

Families Group  
01638 663740

Gateopener (children with disability)  
01638 667614

National Childbirth Trust  
01284 750544

NSPCC  
01284 850536

Suffolk Young Carers  
01473 835431

West Suffolk Deaf Children's Society  
01284 787537

Volunteer in Suffolk  
08452 235 335



caring cards /children





## caring cards /health

ADAPT Hearing Club	01440 763272
Arthritis Care Newmarket Branch	01638 665994
British Red Cross	01284 767215
CORDA (Coronary Artery Disease Research Assoc)	01842 755471
Eating Disorders Self Help Group	01284 766126
Haverhill Diabetes Group	01440 706413
Haverhill First Responder	01480 371060
Ipswich Aids Helpline	01473 232007
Lark Stroke Club	01284 767081
LUPUS UK	01440 763910
Newmarket Arthritis Care	01638 604730
Newmarket Newstalk for the Blind	01638 662810
Parkinsons Disease Society	01359 270786
Parkinsons Disease Society of the UK	01638 605658
Stroke Association	01284 760006
Stroke Club	01638 564047
Up Beat	01284 811393
West Suffolk Disability Resource Centre	01284 748888
Volunteer in Suffolk	08452 235 335



caring cards /health

