

Directory of Voluntary and Community Groups in Ipswich & District 2011

1st Question Co-operative

Co-Op Education Centre, 11 Fore Street,
Ipswich, IP4 1JW

01473 280316

admin@1stquestion.coop

Co-operative training for schools and community groups. Develops communication team building and participation for all.

4 R Community

4 Bonnington Road, Ipswich, IP3 0HE

01473 423886

07982 245096

tracygould6@hotmail.com

Different types of activities and a fun day for children age 7 years and up

4'rce Training Ltd

'Taylor House', 160 Norwich Road, Ipswich, IP1 2PT

01473 230222

paul.4rce@btconnect.com

Personal development and training education.

Abbeyfield Deben Extra Care Society Limited

Highlands, Fitzgerald Road,
Woodbridge, IP12 1EN

01394 386204

lyn@highlands1.plus.com

Housing for elderly people: residents with extra care. Residential home for the elderly.

Abbeyfield Society (Felixstowe)

57 Orwell Road, Felixstowe, IP11 7WP

01394 285202

Regional office

Abbeyfield Society (Ipswich)

Serenus Court, Silent Street, Ipswich, IP1 1EN

01473 289458

p.cooper@abbeyfield.com

Housing with resident house manager.

Access for Younger people with dementia

Red Gables, Ipswich Road, Stowmarket, IP14 1BE

01449 674266

Countywide team for under 65's with dementia based in Stowmarket

Accordionists of Suffolk & Essex

71 Belstead Road, Ipswich, IP2 8BD

01473 601336

Ace People First

Red Gables, Stowmarket, IP14 1BE

Action for Children - New Beginnings

333 Felixstowe Road
Ipswich, IP3 9BU

01473 727079

Diana.Porter@actionforchildren.org.uk

Therapeutic service for child victims of sexual abuse.

Action Medical Research

Molletts Farm, Benhall, Saxmundham, IP17 1JY

01728 603076

Fiona@actionr99.freeserve.co.uk

Dedicated to preventing & treating disease / disability by funding medical research.

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ActionAid (Ipswich & District)

9 Mayfield Lane, Martlesham Heath,
Ipswich, IP5 3TZ

01473 625892

Helping children, families and communities in the poorest parts of the world

Caribbean & African Community Health Support Forum

1 Cornhill, Ipswich, IP1 1DD

01473 233844

healthsupportforum@live.co.uk

Afro-Caribbean Saturday School

Caribbean Centre, 11 Woodbridge Road,
Ipswich, IP4 2EA

01473 230656

Meets at Murrayside Community Centre - 5-16 years

Age UK Suffolk

Unit 14 Hillview Business Park, Old Ipswich Road,
Ipswich, IP6 0AJ

01473 298686

office@ageconcernsuffolk.org.uk

www.ageconcernsuffolk.org.uk

Provides information, advice, advocacy and a range of care and support services for older people and their family carers. Covers the county of Suffolk.

Age UK Befriending Service

01473 284254

Age UK Benefits Advice Centre

01449 674222

Age UK Domestic Information Helpline

0845 330 0470

Age UK Foxhall Day Care Centre

110 Parliament Road, Ipswich, IP4 5EP

01473 724144

Age UK Home Help Service

01473 720329

Age UK Independence Advisors Service

01473 288048

Age UK Local Links Scheme

01473 720329

Age UK Telephone Befriending Service

01787 378773

All Hallows Church

The Vicarage, Reynolds Road, Ipswich, IP3 0JH

01473 727467

ricktobin@btinternet.com

Alzheimer's Society (East Suffolk Branch)

Suite 7-8 Epsilon House, West Road, Ransomes
Europark, Ipswich, IP3 9FJ

01473 237301

alzheimers-es@btconnect.com

www.alzheimers.org.uk

The aim of the branch is to reduce the isolation of people with dementia, their families & carers by providing information and emotional support.

Alzheimer's Society (The Heartease Club)

Needham Market Community Centre,
Needham Market

01449 737469

www.alzheimers.org.uk

Support and advice. Telephone number for Helpline and contact. Thursday 10-12

Amateur Radio Society (Ipswich)

30 Suffolk Drive, Rendlesham,
Woodbridge, IP12 2TP

01394 420226

01473 643249

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Amnesty International

22 Hines Road, Ipswich, IP3 9BG

01473 251185

hbzadeh@btinternet.com

Helps non-violent political prisoners & human rights campaigns

Anglia Care Trust

65 St Matthew's Street, Ipswich, IP1 3EW

01473 269419

07867 953917

janesharpe@angliacaretrust.org.uk

www.angliacaretrust.org.uk

Support for those at risk of social exclusion

Anglo Chinese Cultural Exchange

C/O CSV Media Club House, 120 Princes Street, Ipswich, IP1 1RS

07867 614349

tseyukkiu@hotmail.com

<http://acce.onesuffolk.net/>

Lunch club - Healthy Chinese food & traditional Chinese cookery classes. Tai Chi class, English/Chinese Translation service, Free Immigration Legal information. Teenage Volunteer training

Anglo-Scottish Society of Ipswich

83 Ashdown Way, Ipswich, IP3 8RN

01473 710215

Jim.cranmer@ntlworld.com

Scottish Country Dancing

Animal Welfare Centre

The Clinic, 181 Cauldwell Hall Road, Ipswich, IP4 5DA

01473 727496

Shelters for stray and unwanted cats. Open 9am - 11am. Clinic for pet owners on benefit open Mon - Thurs 3.30pm - 4.15pm.

Appeal Theatre Group

2 St Anne's School House, Crown Place, Woodbridge, IP12 1BW

01394 386942

ARP 050

7 Queens Road, Felixstowe, IP11 7QT

National Organisation. Friendship for retired people and those over 50.

Arthritis Care - Ipswich Branch

Unit 7, Carlton Business & Technology Centre, Nottingham, NG4 3AT

0845 6504400

CentralEngland@arthritiscare.org.uk

Arthritis Research Campaign

196 Defoe Road, Ipswich, IP1 6RP

01473 743358

Fundraising for arthritis and rheumatism research

Association for Suffolk Museums

SCC, Adult and Community Services, Ipswich, IP1 2BX

01473 265241

lyn.gash@libher.suffolk.gov.uk

www.suffolkmuseums.org

The Association is an independent charity that provides strategic leadership & representation for all Suffolk museums & a range of services that give mutual & professional support & benefits for its members.

Association of Speakers Clubs

1 Mackenzie Drive, Kesgrave, IP5 1HW

01473 623918

felixstowe.speakers.club@btinternet.com

Meets fortnightly in a practical, supportive environment to help members increase self confidence.

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Autistic Society (National) Suffolk

3 Grange Business Centre, Tommy Flowers Drive,,
Kesgrave, IP5 2BY

01473 632700

autism.suffolk@nas.org.uk

Offers information and support to parents and all those involved in caring for children (aged 5 - 13) with an Autism Spectrum Disorder.

Balkan Cultural Centre

1 Cornhill, Ipswich, IP1 1DD

07944 507 193

balkanculturalcente@googlemail.com

www.balkan.org.uk

Helps minority communities to integrate and communicate with the local society

Bangladeshi Luncheon Club

32 - 36 Bond Street, Ipswich, IP4 1JE

01473 226879

Luncheon/Social club for elderly Bangladeshi people every Thursday.

Bangladeshi Muslim Community Centre & Mosque (Ipswich & Suffolk)

32/36 Bond Street, Ipswich, IP4 1JE

01473 226879

mahbubalam67@yahoo.co.uk

Help & advice to local residents with Bangladeshi origins

Bangladeshi Muslim Youth Forum

162 St. Helens Street, Ipswich, IP4 2LH

Youth activities, Bangla education, Bengali youth support work

Bangladeshi Support Centre

Room 29, 19 Tower Street, Ipswich,, IP1 3BE

01473 400081

mojilum.khan@bscentre.org.uk

www.bscentre.org.uk

Provide support services and projects which seek to address the educational, health, training & cultural needs of the local Bangladeshi and other BME people.

Barnardos

10 Gipping Way, Sproughton, Ipswich, IP8 3BE

01473 240844

Fund-raising group

Bethel Church U CH of J C Aposotolic

12 Gippeswyk Road, Ipswich, IP2 9AB

Bethesda Baptist Church

9a St Margaret's Plain, Ipswich, IP4 2BB

Bethesda Eventide Homes Ipswich

59a Henley Road, Ipswich, IP1 3SN

01473 211431

Big Local Trust

1 Cornhill, Ipswich, IP1 1DD

leah.douglas@ipswich-cvs.org.uk

Big Splash Hadleigh

Hadleigh Swimming Pool, Hadleigh

l.pennell3@ntlworld.com

BikeActive

12 Gainsborough Road, Ipswich, IP4 2UR

01473 258498

alanaugarde@hotmail.com

Bicycle riding for people with disabilities.

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BLF Breathe Easy

7 Glemsford Close, Felixstowe, IP11 2UG

01473 720189

Helpline: 08458 505020

Support & Social group for people with lung conditions. Need transport? 01473 720189 or 01394 285544

Blue Badge Alliance

5 Hudson Close,

Dovercourt, Harwich, CO12 4XJ

01473 735875

info@bluebadge.org.uk

Formerly Orange Badge Network

Blue Coat Foundation

5 Digby Road, Ipswich, IP4 3ND

01473 717126

ipswichbluecoat@btinternet.com

Provide financial support for parents of secondary aged pupils to purchase school uniform and equipment.

Blue Cross Adoption Centre (Felixstowe)

333 High Street, Walton, Felixstowe, IP11 9QL

01394 283254

Care and rescue of unwanted animals. Open 10 -12 & 2- 4.00p.m.

BME Links

Felaw Maltings, 44 Felaw Street, Ipswich, IP2 8SJ

michael.ogden@shaw-trust.org.uk

Gathers the views of the BME community on health and social care services.

Breast Cancer Care

94 Robin Drive, Ipswich, IP2 0TY

01473 421318

lindaarnold@hotmail.com

Help Line: 0808 8006000

Support and practical advice for women with Breast Cancer or related problems, partners, family & friends.

Brethren Meeting House

High Street,

Ipswich

Bridge Club (Felixstowe)

43 St Andrew's Road, Felixstowe, IP11 7QT

01394 273015

Bridge House Community

36 Campbell Rd, Ipswich, IP3 9RJ

01473 712308

A clubhouse for people with long term mental health problems. The aim of club is to maintain supportive friendship. We meet every Mon. 10am-2.30pm & have lunch.

Britain Australia Society - Suffolk Branch

22 Tovells Road, Ipswich, IP4 4DY

01473 723793

dianastw@aol.co.uk

Maintains and extends connections between Britain & Australia.

British Heart Foundation

24 Carr Street, Ipswich, IP4 1EJ

01473 210481

British Heart Foundation Furniture Shop

2 St Matthews St, Ipswich, IP1 3EU

01473 226736

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British Red Cross Society

Ipswich Centre, 15 Chevalier St, Ipswich, IP1 2PF

01473 219260

Help Line:

Medical loan 219261

British Retinitis Pigmentosa Society

195 Spring Road, Ipswich, IP4 5NQ

01473 422420

keithwesley@ntlworld.co.uk

Raises money for research

Broomhill pool trust (The)

18 Dales View Road, Ipswich, IP1 4HL

01473 742721

janet.adams@sheldrakeandwells.co.uk

www.savebroomhillpool.org

To save Broomhill Pool from demolition and return it to its former glory.

Burlington Baptist Church

18 Karen Close, Ipswich, IP1 4LP

Business in the Community

PO Box 559, Ipswich, IP1 3YB

01473 401117

c.gillan@ntlworld.com

Buttons & Bows Nursery

Neighbourhood Nursery, Aster Road, Ipswich, IP1 0NR

01473 680530

buttonandbows@ipswich-cvs.org.uk

www.ipswich-cvs.org.uk

Day-care and nursery

'Buzabout'

Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH

0845 4581920

Cancer Campaign in Suffolk

39-41 Elm Street, Ipswich, IP1 2AB

01473 211884

07866 555524

theteam@cancercampaigninsuffolk.co.uk

Cancer Research Campaign

1 Picton Avenue, Ipswich, IP1 4PH

01473 253758

Raises funds for research and treatment

Cancer Research Campaign Shop

26 Upper Brook Street, Ipswich, IP4 1EB

01473 280128

Cardinal Ringers

"Friarsbrook", 1 Waterloo Road, Ipswich, IP1 2NY

01473 210199

The only 4 in hand Hand-bell Trio in region. A voluntary organisation which aims to support Hospices in Ipswich & Colchester by playing hand-bells in shopping centres, pubs etc. New members welcome.

Cardinelles Cheerleaders Group

Northgate Sports Centre, Ipswich

07907 887426

cardinelles@ipswichcardinals.co.uk

Care and Repair (South Suffolk)

Babergh District Council, Corks Lane, Hadleigh, IP7 6SJ

01473 825894

As previous entry

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Castle Hill United Reformed Church

27 Rosecroft Road, Ipswich, IP1 6AP
01473 743958
mick.barnes@btinternet.com
www.castlehillurc.org.uk

A local church serving the community

Catch-22 Suffolk Positive Futures

Northgate Sports Centre, Ipswich
07717 290545
paul.knight@suffolk.gov.uk

Cats Protection

23 Maple Close, Ipswich, IP2 0PB
01473 690084
Care and welfare of cats

Challengers

21 Ely Road, Barham, Ipswich, IP1 2NU
01473 225772
challengers@tinyonline.co.uk
www.thechallengers.org.uk
Social Events for people with sensory and physical disabilities. Office at YMCA

Chantry Residents Association

26 Lavender Hill, Ipswich, IP2 0NB
01473 683680
chantryresassoc@btconnect.com
<http://larkinthe park.webs.com/>
Resident Association. Organise Lark in the Park each year as well as other events for the Residents of Chantry and run a community shop on Lavender Hill

Chantry Youth Initiative

35 Gainsborough Road, Ipswich, IP4 2XG
01473 221695
Developing freely accessible facilities for young people on Chantry Estate

CHARIS

P.O. Box 13, Stowmarket, IP14 3EG
01449 770779
Christian HIV/AIDS Resource in Suffolk

Chess Club (Ipswich)

30 Parnell Road, Ipswich, IP1 6SP
01473 747543
Tues & Thurs at Ipswich Institute Reading Rooms
(Not June-Aug)

ChildLine

Studd Street, London, N1 0QW
020 7239 1000
www.childline.org.uk
Help Line: 0800 1111
ChildLine is the UK's free, 24 hour helpline for children and young people.

Children Liver Disease Foundation

7 Coggeshall Road, Ardleigh, Colchester, CO7 7LP
01206 230124

Children of Pulilan Foundation

115 Brunswick Road, Ipswich, IP4 4BX
Help Line:

Children's Aid Direct

Crowe Hall, Stutton, IP9 2SH
01473 328213
Local contact for National group.

Children's Book Group (Ipswich)

34 Salehurst Road, Ipswich, IP3 8RY

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Children's Society (Suffolk)

Milestones, Bergate Road, Gislingham,
Eye, IP23 8JX

01379 783480

peter.neale@childrenssociety.org.uk

Christian charity working with children, young people
& families

Chinese Culture Community Forum

23 Rope Walk, Ipswich, IP4 1NA

01473 610269

0790 1598469

cathy_gan@hotmail.com

Chris Sharpe Training and Development

29 St Marys Road, Ipswich, IP4 4SW

01473 278123

chris@sharpe99.freereserve.co.uk

I provide Professional Supervision and Coaching;
Supervision Skills Training; Team Building and
Organisational Development.

Christ Church

Tacket Street, Ipswich, IP4 1AU

01473 231097

Weekly Lunch clubs for the elderly.

Christadelphians

3 Weymouth Road, Ipswich, IP4 5BB

Christchurch House

43 Fonnereau Road, Ipswich, IP1 3JL

01473 252915

Part of Orwell Housing

Christchurch Ladies Club

Woodbridge School House, Burkett Road,
Woodbridge, IP12 4JH

01394 380016

Christian Aid Committee (Ipswich)

3 Palmerston Road, Ipswich, IP4 2NU

01473 218149

Christian Literature Crusade

16 St Matthews St, Ipswich, IP1 3EU

Christian Science Reading Room

54 St Matthews St, Ipswich, IP1 3EP

07779 089605

Christian Science Society

21 Silent Street, Ipswich, IP1 1TF

Christian Youth Ministries

6 Great Colman Street, Ipswich, IP4 2AP

Church of Christ UK

49 Cliff Lane, Ipswich, IP3 0PD

01473 729 530

07984 769226

contact@thechurchofchristuk.org

www.churchofchristuk.org

Churchill Society London (The)

C/o 18 Grove Lane, Ipswich, IP4 1NR

01473 413533

Citizen's Advice Bureau (Mid Suffolk)

5 Milton Road South, Stowmarket, IP14 1EZ

01449 676060

01449 676280

Offers free, confidential and impartial legal help and
advice on all subjects

Civil Service Retirement Fellowship

2 Grantham Crescent, Ipswich, IP2 9PD

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CLAPA East Suffolk

41 Marlborough Road, Ipswich, IP4 5AX

01473 712939

Support families of children with cleft lip and pallet conditions

Clarkson Street Free Church

Clarkson Street, Ipswich, IP1 1JL

Climb - Children with Life-Restricting

Climb Building, 176 Nantwich Road,
Crewe, CW2 6BG

01440 706143

Children's genetically inherited rare diseases

Club 4 Teenz

Gainsborough Community Library, Ipswich

01473 260888

club-4-teenz@hotmail.co.uk

Coastal Homeless Action Group

154a Hamilton Road, Felixstowe IP11 7DS

chag@homeless99.freeserve.co.uk

Office also in Felixstowe contact 01394 276115

Coeliac UK

P.O. Box 404, Rochester, ME1 2WE

01634 849771

south-east@coeliac.co.uk

Offers local support groups, and advice and support to people with coeliac disease and also medical professionals.

Coins, Medals and Banknotes

148 Colchester Road, Ipswich, IP4 4RT

This includes numismatic books of all types and all types of medallions

Colchester Road Baptist Church

2 Palmcroft Close, Ipswich, IP1 6RB

01473 290115

admin@crbc.org.uk

www.crbc.org.uk

Colitis and Crohn's Disease (South Suffolk)

4 Beaumont House, Sutton Road,
St Albans, AL1 5HH

0845 130 6812

ss@groups.crohnsandcolitis.org.uk

www.nacc.org.uk

Offers help and advice for sufferers - South Suffolk Group.

Commonwealth Trust (The)

61 Bucklesham Road, Ipswich, IP3 8TW

01473 726090

Formerly Victoria League for Commonwealth friendship

Community Car Service

The Portakabin, Garrison Lane Car Park,
Felixstowe, IP11 7SH

01394 282857

Community Drugs Team (East Suffolk)

37 Berners Street, Ipswich, IP1 3LN

01473 236069

Offers advice & support to drug users including information on HIV and hepatitis B & C

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Community Service Volunteers

CSV Media, The Media Club House,
120 Princes Street, Ipswich, IP1 1RS

01473 418014

bmacgregor@csv.org.uk

www.csv.org.uk

Delivering social and community projects around Ipswich and surrounding area.

Community Wind Band

129 Henley Road, Ipswich, IP1 4NL

01473 215710

Company of Four (Woodbridge)

5 Hamblin Road, Woodbridge, IP12 1BG

01394 386965

Drama group

Compassion in World Farming

36 Finbars Walk, Ipswich, IP4 1HY

01473 438277

Compassionate Friends

33 North Street, Bristol, BS3 1EN

08451 20 37 85

helpline@tcf.org.uk

www.tcf.org.uk

Help Line: 0845 123 2304 (10.00-16.00)

Help and Support for parents whose child has died at any age (including adult) and from any cause. For initial support, leaflets etc. and details of support locally contact Helpline.

Computers for Charity

28 Westmorland Road, Felixstowe, IP11 9TB

01394 279656

Recycles computers for charities

Concern Housing

23 Pinecroft Way, Needham Market, IP6 8HB

01473 214177

brogden@fish.co.uk

Assisting would-be tenants with deposit guarantees

Connexions

37-43 Fore Street, Ipswich, IP4 1JH

01473 341800

Advice and support for young people

Conservative Constituency Office

Unit 19, Earl Soham Lodge, Earl Soham,
Woodbridge, IP13 7SA

01728 685148

Help Line:

Contact a Family

209-211 City Road, London, EC1V 1JN

01473 413510

rachel.hill@cafamily.org.uk

www.cafamily.org.uk

For families with disabled children: advice, information and support to the parents of all disabled children.

Co-Op Education Centre

11 Fore Street, Ipswich, IP4 1JW

01473 280316

education@eastofengland.coop

www.eastofengland.coop

Activities and groups for a wide age range. Hall and meeting rooms available for lettings. Please call for a brochure.

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Coping with Breast Cancer

3 Chandos Drive, Martlesham,
Woodbridge, IP12 4ST

01473 611754

joan@richold.plus.com

www.copingwithbreastcancer.org.uk

Help Line: 0845 6017152

We offer one to one confidential support to breast cancer sufferers and their families. 24 hour/365 day support helpline

Cover (Community & Voluntary Forum)

Eagle Stile, Rectory Farm Barns, Walden Road,
Little Chesterford, CB10 1UD

01799 584482

mandy.crawley@cover-east.org

Working to increase voluntary and community sector regional influences, activity and recognition.

CREATE (formerly Suffolk Scrap Store)

9 Scrivener Drive, Ipswich, IP2 0SD

01473 601779

suffolkscrapstore@btconnect.com

www.suffolkscrapstore.co.uk

Creative Freelance

Bridge Cottage, 178 Henley Road, Ipswich, IP1 6TA

01473 210090

www.creative-freelance.org.uk

Help Line:

Self help support group for professional creatives in Ipswich and the surrounding area

CRI (Suffolk Recovery Service)

The Victoria, 1 Civic Drive, Ipswich, IP1 2AR

01473 219764

suffolk.recovery@cri.org.uk

www.cri.org.uk

Cruse (Felixstowe Branch)

51 Garrison Lane, Felixstowe, IP11 7RR

01394 670770

CRUSE Bereavement Care (Ipswich)

19 Tower Street, Ipswich, IP1 3BE

01473 212888

angus100@ntlworld.com

Office Line: 212888 Bereavement care, support, drop in centre, children and family support groups

Cyclists Touring Club

22 Naverne Meadows, Woodbridge, IP12 1HU

Regular rides, phone for details (or see what's on)

Cystic Fibrosis Research Trust

70 West Road, Bury St Edmunds, IP33 3LR

01284 702051

Raises funds for research into causes & treatment of cystic fibrosis

DAB - Disabled Advice Bureau

19 Tower Street, Ipswich, IP1 3BE

01473 217313

dab.ipswich@btopenworld.com

www.ipswichdab.org.uk

Information, Advice, Advocacy for people with disabilities + carers and wheelchair hire service

Dame Vera Lynn Trust, Suffolk

6 Perry Barn, Burstall Lane, Sproughton,
Ipswich, IP8 3DJ

01473 857678/87

www.dvltrust.org.uk

Independent charity for pre-school children with motor learning disabilities and associated needs.

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Dance East

Jerwood DanceHouse, Foundry Lane,
Ipswich, IP4 1DW

01473 295230

info@danceeast.co.uk

www.danceeast.co.uk

National Dance agency.

Deaf Children's Society (National) - Ipswich

13 Mandy Close, Ipswich, IP4 5JE

Help for deaf kids & families, especially education,
health & social services

Deben Players

14 Manor Gardens, Saxmundham, IP17 1ET

01728 602628

Amateur dramatic society

Decorative & Fine Arts Society (Ipswich)

147 Henley Road, Ipswich, IP1 4NL

01473 215333

To increase knowledge and enjoyment of the arts.
Meets monthly

Depression Alliance

34 Devon Court, Buckhurst Hill, IG9 5RH

0208 5029580

Depression Support group (Suffolk)

07762571234

neiljmasser@yahoo.co.uk

Derby Close Group

24 Derby Close, Ipswich, IP4 5AL

01473 712172

Diabetes UK - Ipswich & East Suffolk

17 Collinsons, Ipswich, IP2 0DS

01473 233260

07710 403684

cliff.oakley@me.com

Promote awareness of diabetes and its complications
and provide support to those affected by the
condition

Digestive Disorders Foundation (Suffolk)

28 Woods Lane, Melton, Woodbridge, IP12 1PH

01394 383592

Fund raising to support research into digestive
diseases at the endoscopy units in Suffolk hospitals

Diocese of St Edmundsbury & Ipswich

Diocesan Office, St Nicholas Centre, 4 Cutler Street,
Ipswich, IP1 1UQ

01473 298522

07917 385843

bishop.nigel@stedmundsbury.anglican.org

www.stedmundsbury.anglican.org

Promotion of Christian faith.

Disability Advice Service (East Suffolk)

Cedar House, Pytches Road, Woodbridge, IP12 1EP

01394 387070

Open Fri 10am -12noon Tues & Thurs 10am - 2pm.
Appointments available in Felixstowe, Saxmundham,
Leiston & Framlingham. Home visits available if
unable to get to an office

Disabled People Club (Felixstowe)

Flat 1, 3 Stanley Road, Felixstowe, IP11 7DE

01394 278628

Divorced and Separated Club (Ipswich)

117 Avondale Road, Ipswich, IP3 9LA

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Dog Training Club (Felixstowe)

41 Falkenham Rd, Kirton, Ipswich, IP10 0NP

01394 448865

Meets weekly at Walton Church Hall

Dominic Barker Trust (Dom's Fund)

Pound Close, Harkstead Road, Holbrook, Ipswich, IP9 2RA

01473 328530

enquiries@dominicbarkertrust.org.uk

www.dominicbarkertrust.org.uk

Funding research into stammering, advising on routes to support for stammerers.

Down's Syndrome Association (Suffolk)

94 Queens Rd, Felixstowe, IP11 7PE

01394 283246

Dyslexia Action Chelmsford

10a Duke Street, Chelmsford, CM1 1HL

01245 259656

chelmsford@dyslexiaaction.org.uk

www.dyslexiaaction.org.uk

A National Charity for supporting people with Dyslexia and other specific learning difficulties. We offer assessments, tuition & training.

East Anglian Air Ambulance

Whitehouse Distribution Centre, Whitehouse, Ipswich, IP1 5NX

01473 745007

Nichola.Whymark@eaaa.org.uk

www.eastanglianairambulance.org.uk

A charity independent of government and lottery funding providing a 365 day a year life saving service across Bedfordshire, Cambridgeshire, Peterborough, Norfolk and Suffolk. Raises funds to keep its 2 air ambulances in the air.

East Anglian Children's Hospices

6 Walker Close, Ipswich, IP3 8LY

01473 714194

simon.king@each.org.uk

www.each.org.uk

Children's Hospice - Care & Support of children with terminal illness and their families, in the hospice and community settings.

East Anglian Indian Association

84 Henley Road, Ipswich, IP1 4NQ

01473 215145

angliabioscience2004@yahoo.co.uk

Association for the Indian Community

East Anglian Men's Network

2 Seymour Road, Ipswich, IP2 8EN

01473 414881

BasFowler@Bushinternet.com

A Fellowship of like-minded men. A newsletter 3 times a year, access to men's groups, day & weekend events.

East Anglian Russian & International Cultural

CSV Media Clubhouse, The Point, Princes Street, Ipswich, IP1 1RS

01473 286830

07702 794812

vladimir@russianipswich.org.uk

<http://russianipswich.org.uk/>

Directory of Voluntary and Community Groups in Ipswich & District 2011

East Anglian Sailing Trust (E.A.S.T.)

Suffolk Yacht Harbour, Levington, Ipswich, IP10 0LN

0333 088 3278

07802 226227

admin@e-a-s-t.org.uk

www.e-a-s-t.org.uk

Help Line: 0333 088 3278

Boating activities for blind and disabled East Anglians and their carers

East Ipswich Community Mental Health Team

East Ipswich Recovery CMHT, Grange Lodge, Ipswich, IP5 1JF

01473 633700

07717302108

East Suffolk Association for the Blind

Mallard House Business Centre, the Old Station, Little Bealings, Woodbridge, IP13 6LT

01473 611011

e-mail@esab.org.uk

www.esab.org.uk

Promoting the welfare of Blind/partially sighted in East Suffolk. Equipment centre, community workers, annual group holiday. Contact secretary Bridget Craven

East Suffolk Mind

Hyntle Barn, Hyntle Farm, Silver Hill, Ipswich, IP8 3NJ

01473 652847

Rosemarylane@eastsoffolkmind.org.uk

Community Mental Health Resource Centre Offering Advice, Counselling, Complementary Therapy, Therapeutic Groups

Eastern Angles Theatre Company

Sir John Mills Theatre, Gatacre Road, Ipswich, IP1 2LQ

01473 218202(admin) 01473

jon@easternangles.co.uk

www.easternangles.co.uk

"The national theatre of East Anglia" - bringing high quality theatre productions to the towns and villages of the region. Annual spring/autumn tours, Christmas show at St John Mills Theatre

Eastern Baptist Association

6 Ferndown Drive, Godmanchester, PE29 2LU

01480 530289

07587 188753

secretary@easternbaptist.org.uk

Eating Disorders Recovery Group

89 Berners Street, Ipswich, IP1 8LN

01473 421669

Helpline for sufferers and their carers. Fortnightly support group. Open Access

Eczema Society

7 Broomfield Mews, Martlesham Heath, Ipswich, IP5 7TN

01473 624160

Provides support and information for sufferers of eczema

Elizabeth Finn Trust

21 Halstead Road, Earls Colne, CO6 2NG

01787 220257

caroline.bates@elizabethfinn.org.uk

Support and care for professional people and their families

Directory of Voluntary and Community Groups in Ipswich & District 2011

Elmsett Fellowship Brass Band

Homeland, Hadleigh Road, Elmsett,
Ipswich, IP7 6ND

01473 658658

Embroiderers Guild (Suffolk East)

1 Chapel Street, Woodbridge, Woodbridge, IP12 4NF

01394 380303

Emmaus Ipswich

Emmaus UK, 76 - 78 Newmarket Road, Cambridge,
CB5 8DZ

01223 576103

contact@emmaus.org.uk

Setting up an Emmaus community providing housing
and work for homeless people.

English Churches Housing Group

P.O Box 117, Peppercorn Lodge, Ipswich, IP2 8RT

01473 684835

pete.husbands@echg.org.uk

Works with local authorities to provide housing for
needy in Suffolk. Sheltered housing general needs
0845 0707071

ESAN (East Suffolk Advocacy Network)

St Clements Hospital, Foxhall Road,
Ipswich, IP3 8LS

01473 329671

ipswich@esan.org.uk

www.esan.org.uk

ESAN is an independent, user-led organisation which
provides advocacy for people with mental health
problems across the whole of Suffolk.

ESPERANTO Society (Felixstowe)

35 Western Avenue, Felixstowe IP11 9SL

01394 273441

Alternative universal language group. Meets
fortnightly

Evening Townswomen's Guild (Ipswich)

3 The Mills, Playford Road, Ipswich, IP4 5RL

01473 624607

Meets monthly. Educational & social

Extend

Dairy Farmhouse, Low Common,
Norwich, NR14 8LG

01508 570124

Movement to music for the over 60s & less able of
any age. Telephone for groups in your area

Eye Centre for Volunteering

20 Broad Street, Eye, IP23 7AF

01379 871200

eyevolunteercentre@btinternet.com

Information and advice service, community care
service, home visiting service, tea parties and
lunches.

FACTS (Felixstowe Area Community Transport)

The Portakabin, Garrison Lane Car Park, Felixstowe,
IP11 7SH

01394 270339

01394 282857

FADOS

63 St Andrews Road, Felixstowe, IP11 7QH

01394 670049

irene.tayler@tiscali.co.uk

Answer phone

Directory of Voluntary and Community Groups in Ipswich & District 2011

Fair Trade Shop, Ipswich Ltd (The)

15 Orwell Place, Ipswich, IP4 1BD

01473 288225

mlfish@btinternet.com

www.thefairtradeshopipswich.co.uk

9:30 - 4:30 six days per week. Working for improved world trade. Retail outlet, campaigning and education concerning fair trade and trade justice.

Family Fund Trust

6 Clifton Wood, Holbrook, Ipswich, IP9 2PY

01473 327252

Gives grants to severely disabled under 16's

Family Planning Service

Trotman Court, 72 Foundation St, Ipswich, IP4 1BN

01473 428001

Family Welfare Association (Brooks House)

Brooks House, 306 Norwich Road, Ipswich, IP1 4HD

01473 742262

brooks.house1@btopenworld.com

Services & support for people with long-term mental health needs. By referral only

Far East POW Fellowship

17 Bury Hill, Woodbridge, IP12 1LP

Monthly meetings.

Felixstowe & Haven Ports Seafarers' Service

Felixstowe Seafarers' Centre, Dock Road, Felixstowe, IP11 3TG

01394 673599

admin@fhps.org

www.fhps.org

Felixstowe Art Group

276 High Street, Walton, Felixstowe, IP11 9EA

01394 283987

Felixstowe Arthritis Care

56 Melford Way, Felixstowe, IP11 8FU

01394 213340

Social & Welfare organisation for sufferers

Felixstowe CAB

2-6 Orwell Road, Felixstowe, IP11 7HD

01394 275958

felixstowecab@cabnet.org.uk

www.felixstowecab.org.uk

Provides free, independent, confidential & impartial advice to everyone.

Felixstowe Irregulars Wargames

23 Radcliffe Drive, Ipswich, IP2 9QZ

01473 403865

Felixstowe Musical Theatre

334 High Road, Trimley St Mary, Felixstowe, IP11 0RL

01394 270932

Felixstowe Scribblers

12 Mumford Road, Ipswich, IP1 5DE

felixstowescribblers@ntlworld.com

<http://homepage.ntlworld.com/annets/>

Writers group: fiction, non-fiction, poetry etc.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Felixstowe Volunteer Coast Patrol Rescue

2 Darsham Close, Felixstowe, IP11 2YH

01394 270929

00748 526322

simoncomber@shipsafesolutions.com

www.guardianrescue.org.uk

Marine rescue to cover local areas up to 25 miles offshore. 24/7 Marine resource for Suffolk Constabulary. S.C.C. Emergency Flood Rescue Team.

FIND (Families In Need)

42 Chequers Rise, Great Blakenham, Ipswich, IP6 0LT

01473 833351

Helps homeless & needy referred by agencies

First Question East Cooperative Ltd

Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH

01473 345371

admin@1stquestion.coop

www.1stquestion.coop.

Training programmes underpinned with coop values and principles.

First Stage

21 Winston Avenue, Ipswich, IP1 4AN

Floral Decoration Society

43 Ashdown Way, Ipswich, IP3 8RJ

01473 729259

Flying Rappers

7 Crowswell Court, Trimley St Martin, Felixstowe, IP11 0UZ

01394 210082

Help Line:

Folk dancers.

Flying Tatters

183 Brunswick Road, Ipswich, IP4 4DB

01473 711037

Folk dancers.

Focus 12

82 Risbygate Street, Bury St Edmunds,

Folk Dance Club

51 Severn Road, Ipswich, IP3 0PU

01473 720968

Meets fortnightly

Foundation for Study of Infant Deaths

143 Ashcroft Road, Ipswich, IP1 4LL

01473 410370

Support for families who suffer cot death. Fund raising and information

Foyer for Ipswich Ltd

Richmond House, Star Lane, Ipswich, IP4 1JN

01473 225655

Housing Project offering accommodation, training, development & support to 16-25 yr olds

Free Church Assemblies of God

4 Avondale Road, Ipswich, IP3 9JT

FRESCO

Leiston Volunteer Centre, Council Offices, Main Road, Leiston, IP16 4ER

01728 832829

Framlingham, Leiston and Saxmundham voluntary sector forum

Friends of Christchurch Park

6 Broughton Road, Ipswich, IP1 3QR

Directory of Voluntary and Community Groups in Ipswich & District 2011

Friends of Ipswich Museums

The Old Whitehouse, Culpho, Ipswich, IP6 9DH

Friends of Rushmere Common

1 Playford Road, Ipswich

01473 710406

angelajohnadams@btinternet.com

www.rushmerecommon.com

Friends of the Earth (Ipswich & District)

20 Aylward Close, Hadleigh, IP7 5SS

01473 828351

Environmental pressure group working on a full range of issues affecting the environment locally

Full Gospel Church

692 Old Norwich Road, Ipswich, IP1 6LB

FWA

CIDAS|3 Dog's Head St, Ipswich, IP4 1AE

01473 225845

CIDAS (Children in Divorce and Separation) also operates IDCC (Ipswich & District Contact Centre).
Tel 01473 252828

Gainsborough Community Association

258 Clapgate Lane, Ipswich, IP3 0RH

01473 420768

herbert.vince2@ntlworld.com

Gamblers Anonymous

PO Box 5582, London, W1A 6SA

020 7384 3040

<http://www.gamblersanonymous.org.uk>

For those who want to do something about their gambling problem and help others to do the same

Gateopener

Unit 5, Craven Way, Newmarket, CB8 0BW

01638 667614

enquiry@gateopener.org.uk

www.gateopener.org.uk

An information service for disabled people, especially children, their carers and relatives. Also for professionals working in this field.

Gateway Club

33 Broadmere Rd, Ipswich, IP1 5BU

01473 402342

Social club for adults with learning difficulties - at Christ Church, Tacket Street, Ipswich

Gateway Club (Felixstowe & District)

28 Old Kirton Road, Trimley St Martin, Felixstowe, IP11 0QH

01394 278942

A social club for those with learning difficulties

Genesis

Genesis, 6 Wright Road, Ipswich, IP3 9JG

01473 723888

Drcentre@senseeast.org.uk

www.sense.org.uk

Leisure & recreational resources for people with dual sensory loss and/or other disabilities. Open Thursday mornings 10am - 12 noon.

German Lutherans

4 Kingsgate Drive, Ipswich, IP4 4DL

01473 711262

Gilbert and Sullivan Society (Ipswich)

23 North Lawn, Ipswich, IP4 3LL

01473 725217

www.IpswichGandS.org.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

Gippeswyk Singers

8 Eccles Road, Ipswich, IP2 9RQ
01473 681391

Gipping & District Dog Training Club

58 Castle Road, Hadleigh, IP7 6JW
01473 823895
rosamar@talktalk.net

Trains dogs. Meets Friday at Bramford Church Rooms

Gipping Angling Preservation Society

126 Valley Road, Ipswich, IP1 4PA
01449 613686
mark@thebrewsters.f9.co.uk

Aim to improve, maintain & develop rivers & lakes for fishing

Girlguiding Ipswich East Division

64 Hazel Rise, Claydon, Ipswich, IP6 0DB
j.williams@care4free.net

Girls Brigade Suffolk District

10 Heath Lane, Ipswich, Ipswich, IP4 5RR
01473 715340

We are a Christian organisation which helps the girls to reach their full potential through trips, craft, sports, Christian teaching in a fun and happy environment.

Green Light Trust

The Foundry, Bury Road, Lawshall,
Bury St Edmunds, IP29 4PJ
01284 830829
jane@greenlighttrust.org
www.greenlighttrust.org

Exists to encourage people through formal & informal education to become active caretakers of their environment.

Greenfinch Church

17 Ranelagh Road, Ipswich, IP2 0AH
01473 404786
christopherbedford@hotmail.com
www.greenfinchchurch.org.uk

Greenpeace Support Group (Ipswich)

44 Salisbury Road, Ipswich, IP3 0NP
01473 274344

Greenways Countryside Project

Holywells Park, Cliff Lane, Ipswich, IP3 0PG
01473 433995

Working with volunteers to improve the countryside and access to it around Ipswich

Greenwich Community Group

103 Robeck Road, Ipswich, IP3 0HS
01473 411435

Growing Places

Unit 9, Hill View Business Park, Claydon,
Ipswich, IP6 0AJ
01473 833611

Gardening/horticulture for people with special needs

Guide Dogs for the Blind

78 Angel Street, Hadleigh, IP7 5EY
01473 827816

Guild of Bell Ringers (Suffolk)

76 Rectory Road, Ipswich, IP2 8EQ
01473 602407

Gujarati Community

84 Henley Road, Ipswich, IP1 4NQ
01473 215145

Directory of Voluntary and Community Groups in Ipswich & District 2011

Guru Nanak Gurdwara

719 Bramford Road, Ipswich, IP1 2LS

Gyppeswyck Garland

3 Vicarage Close, Bramford, Ipswich, IP8 4AF

01473 743568

Ladies Clog and Garland dancing. Meets weekly

Gypsy Traveller Support Forum

Multi-Cultural Resource Centre, Pauls Road, Ipswich, IP2 0AN

01473 583529

Protect the interests of Gypsies & Travellers. Regular meetings

Hadleigh Healing Society

16 Yeoman Crescent, Hadleigh, IP7 5HN

01473 823282

01473 816597

Teaching centre for healing and Psychic Studies

Hadleigh Heartease Club

Sidney Brown Court, Hadleigh

01449 737469

Every Tuesday 10-12.

Hanover AtHome

c/o Babergh District Council Offices, Corks Lane, Hadleigh, IP7 6SJ

01473 825894

janet.smetana@hanover.org.uk

Hanover Housing Association

Nelson Ho., Alington Rd, St Neots, PE19 2RB

01480 475069

Housing Association

Happy Tots Pre-school Playgroup

Landseer Road Methodist Church, Landseer Road, Ipswich, IP3 9LX

01473 290290

angiehawker@msn.com

Hard of Hearing Club (Ipswich & District)

The Lions, Kelsale, Saxmundham, IP17 2PE

01728 602870

Social event meets one Tuesday afternoon per month.

HARP (Help and Advice for Relatives of

C/o Ormiston Trust, 51 Cambridge Road, Cambridge, CB4 6AW

01223 426148

harp@handbag.com

www.harpinfo.org.uk

Help Line: 0800 389 3003

Helpline for those with relatives / friends in prison, on remand etc.

Hatfield Road Congregational Church

Hatfield Road, Ipswich, IP3 9AF

01473 723164

Headway (Ipswich & East Suffolk)

Headway House, Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

01473 704159

headwayipswichsuffolk@btopenworld.com

www.headway.ipswich.org

Rehabilitation and support to people with an acquired brain injury and stroke in the community, in people's homes and in rehabilitation centres.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Health Outreach Project (HOP)

Allington Clinic, 428 Woodbridge Road,
Ipswich, IP4 4EL

01473 275285

GP practise for homeless people with drug & alcohol abuse problems, and mental health problems.

Health Promotion (East Team)

P.O. Box 55, Foxhall Rd, Ipswich, IP3 8NN

01473 323323

Information on local health services and issues

Hearing Dogs for Deaf

18 Eastcliff Avenue, Clacton-on-Sea, CO15 5AR

01255 429976

Heartbeat (East Suffolk)

23 Sycamore Way, Brantham,
Manningtree, CO11 1TL

01206 393292

len.tate@btopenworld.com

Support group for heart disease sufferers & families

Heartstart

77 Lindbergh Rd, Ipswich, IP3 9QX

01473 439746

Helping Hand

Suffolk Coastal District Council, Melton Hill,
Woodbridge, IP12 1AU

01394 444644

Sarah.Keeble@suffolkcoastal.gov.uk

Advice and support for adaptations and modifications to homes of the elderly and disabled people.

HMS Ganges Museum

20 Flint Close, Ipswich, IP2 8PU

01473 684749

Home Farm Trust

Bosmere Hall, Kettle Lane, Creeting St Mary,
Ipswich, IP6 8LL

Homeless Families Unit (IBC)

West Villa, 28/34 Woodbridge Rd East,
Ipswich, IP4 5PB

01473 433228

Homematch

Hyrrells Farm House, Boxford Lane, Boxford, CO10 5JY

01787 211624

hyrrellsf@aol.com

Free independent service to match the need and placement for short stay/long stay or Residential or Nursing Home for the elderly

Homer Defoe Residents Association

27 Defoe Road, Ipswich, IP1 6SN

01473 461211

HomeShare

214 Sidegate Lane, Ipswich, IP4 3DH

01473 588577

Small scale domestic style day care in an approved carers home-over 60s. Access to service through social care service and social worker referral.

Homestart Babergh

Unit 8 Crockatt Road, Hadleigh, Ipswich, IP7 6RH

01473 822822

peter@home-startbabergh.co.uk

Home-Start Suffolk Coastal

Cedar House, Pytches Rd, Woodbridge, IP12 1EP

01394 389402

office@homestartcoastal.co.uk

www.homestartcoastal.org.uk

Supporting families under stress.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Horley Spiritualist Church

331 London Road, Ipswich, IP2 0BG

Hospital Radio Ipswich

Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

01473 725045

Hospital Voluntary Services

Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

01473 704110

Ann.Woolnough@ipsh-tr.anglox.nhs.uk

Housing Society (Suffolk)

Old Mission House, St Botolphs Lane,
Bury St Edmunds, IP33 2AX

01284 767224

Many Properties in Ipswich. Contact direct for
Application Form

Humanist - Suffolk Humanists

Woodstock, Ipswich Way, Pettaugh, IP14 6DJ

01473 890593

mail@suffolkhumanists.org.uk

Humanist baby namings, weddings and funerals in
the CO and IP postcode areas. Regular newsletters,
meetings, social events. Speakers for schools and
adult orgs & 'Thoughts for the Day' on BBC Radio
Suffolk. (For ceremonies tel: 01473 658828)

Huntington's Disease Association (Ipswich)

10 Heather Hayes, Ipswich, IP2 9DE

01473 404314

terry.yates7@ntlworld.com

Information and support for sufferers/carers

ICANHO/The Suffolk Brain Injury Rehabilitation

Chilton Way, Stowmarket, IP14 1SZ

01449 774161

Provides specialist rehabilitation for people between
the ages of 18 & 65 with head injury or stroke

Ice Illusions Majorettes

81 Sandpiper Road, Ipswich, IP2 9HT

01473 414793

07956 466990

iceymajorette@yahoo.co.uk

www.freeweb.com/iceillusionsmajorettes

Majorettes performing at competitions & other events

Iceni Project

64 Foundation Street, Ipswich, IP4 1BN

01473 214006

brian@iceniipswich.org.uk

Help Line:

Tackling Drug Misuse

ICON (Integrating Communities and Overseas)

CSV Media Club House, 120 Princes Street,
Ipswich, IP1 1RS

01473 418032

gdesai@csv.org.uk

ICON is specifically designed to help third country
nationals who have been resident in the UK with
legal immigration status for less than 5 years
integrate into their local community.

Imperial Cancer Research Fund - Shop

53 Westgate Street, Ipswich, IP1 3DX

01473 230882

Directory of Voluntary and Community Groups in Ipswich & District 2011

Independent Evangelical Church

20 Surbiton Road, Ipswich, IP1 4AX
01473 461116

Independent Order of Oddfellows/Manchester

37 High Street, Ipswich, IP1 3QH
01473 251867
Basil.Taylor@oddfellows.co.uk

Mutual society, provides social & welfare services to its members and gives financial support to charities

Inner Wheel

Springlea, Church Lane, Playford, Ipswich, IP6 9DR
01473 624077

Inside Out Community Arts in Mental Health

Stelvio, London Road, Ipswich, IP2 0SS
01473 602982
d.r.patrick@talktalk.net
www.insideoutcommunity.com

Creative and artistic activities for people recovering from mental ill health.

Insight

77 Downing Close, Ipswich, IP2 9EQ
A forum for users and ex users of drug treatment services

Inspire Counselling

The Fletcher Centre, 2 Crescent Rd, Ipswich, IP1 2EX
01473 217694
contact@inspireipswich.org.uk
www.inspirecounselling.org.uk

Counselling & Training. Counselling to individuals & couples aged 18 & over. Professional & non-professional counselling training.

International Voluntary Service

Old Hall, East Bergholt, Colchester, CO7 6TQ
01206 298215
Organises international work camps for volunteers

IP1 magazine

43c Buttermarket, 2nd Floor, Ipswich
01473 231079
howard@ip1zine.com
www.ip1zine.com

Promoting local creative talent incl. event management, distribution & promotion, photography, advertising & marketing, graphic design, web design

Ip-City Learning Centres

C/o Ipswich ITEC, Felaw Maltings, Felaw Street, Ipswich, IP2 8SJ
01473 407310
sammy@ipswichitec.co.uk

IPSEA

Hunters Court, Debden Rd, Saffron Walden, CB11 4AA
01799 582030
www.ipsea.org.uk
Help Line: 0800 018 4016

Advises parents on education law for children with special educational needs. The only way to receive IPSEA advice is to contact one of our helplines - see website

Ipswich & District Battalion of the Boys'

385 Defoe Road, Ipswich, IP1 6RR
01473 464985
ipsbb@btinternet.com
Or contact Mr P Dawson 01473 611797

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich & District Citizens Advice Bureau

19 Tower Street, Ipswich, IP1 3BE
01473 219770
manager@ipswichcab.org.uk
www.ipswichcab.org.uk
Help Line: 01473 219777 (Evening)

Offers help & advice on all subjects

Ipswich & District Contact Centre

C/o cafcass, 6 Merchants Court, 74 Foundation Street, Ipswich, IP4 1BN

01473 252828

Opens fortnightly at Museum Street Methodist Church for separated parents to have contact with their children.

Ipswich & District Council for Voluntary Service

1 Cornhill, Ipswich, IP1 1DD

01473 251834

enquiries@ipswich-cvs.org.uk

Provides infrastructure for the Ipswich Voluntary Sector. Support, information, advice and services, enabling representation and partnership.

Ipswich & District Historical Transport Society

5 Park View Road, Ipswich, IP1 4HN

Meets at Ascension Hall, Larchcroft Road

Ipswich & District Kidney Association

423 Woodbridge Road, Ipswich, IP4 4ER

Ipswich & District Osteoporosis Group

Lowood, Playford Road, Little Bealings, Woodbridge, IP13 9ND

Ipswich & District Photographic Society

11 Malmersbury Close, Ipswich, IP1 9EW

01473 622458

Ipswich & District Ramblers Association

8 Church Lane, Henley, Ipswich, IP6 0RQ

01473 831236

Leads walks, protects paths & helps clear them

Ipswich & District Stroke Club

656 Old Norwich Road, Ipswich, IP1 6LU

01473 743934

Provides social meetings and activities. Help with problems. For those who have had a stroke/and carer.

Ipswich & District Talking Newspaper "Sound On"

EADT, 30 Lower Brook Street, Ipswich, IP4 1AL

01473 232251

vw@callconnection.com

Ipswich & District Widows

Room 36, 19 Tower Street, Ipswich, IP1 3BE

01473 254818

01473 687103

Bereavement care and support Open Mon-Fri 10am-12.30pm, Tues.2pm-4pm

Ipswich & East Suffolk Parkinsons Society

9 Church Lane, Henley, Ipswich, IP6 0RN

01473 831295

Parkinson's Disease Society of the U.K.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich & East Suffolk Samaritans

140 St Helens Street, Ipswich, IP4 2LE

01473 214609

ipswichsams@btconnect.com

Anyone in despair, suicidal, or just needing to talk.
24hr telephone service

Ipswich & Gipping Valley Local Nature

St Edmund House, County Hall, Ipswich, IP4 1LZ

01473 583174

07855 667787

elaine.austin@et.suffolkcc.gov.uk

Aims include promoting Nature Conservation, Countryside Recreation and Access, raising environmental awareness and enhancing the landscape character to protect cultural & heritage sites. Practical conservation work undertaken using skilled volunteers.

Ipswich & Suffolk Bangladeshi Community

1 Cardigan Street, Ipswich, IP1 3PF

01473 402294

Ipswich & Suffolk Chinese Community

15 -17 Woodbridge Road, Ipswich, IP4 2EA

01473 212090

07905 503219

Ipswich & Suffolk Credit Union Ltd

63 Austin Street, Ipswich, IP2 8DF

01473 690690

ipscreditunion@tiscali.com

www.iscu.org.uk

Ipswich & Suffolk Homeopathic Group

24a Sidegate Lane, Ipswich, IP4 3DH

01473 726902

Monthly meetings

Ipswich & Suffolk Indian Association (ISIA)

P O Box 757, Ipswich, IP1 9ND

0844 8844 825

07771630063

info@isia.org.uk

www.onesuffolk.co.uk/ISIA

Providing information & services primarily to the Asian community but open to all members of the community.

Ipswich & Suffolk Local Support Group of the

The Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

01473 712233

Quality meetings to provide information and support to people, and carers, with pituitary conditions.

Ipswich & Suffolk Muslim Council

33 Beaconsfield Road, Ipswich, IP1 4AD

ipswichsmc@yahoo.co.uk

Help Line:

Organisation linking Muslim communities from across the county.

Ipswich Access Group

Ipswich Borough Council, Grafton House, 15-77 Russell Road, Ipswich, IP1 8DE

01473 432959

access.officer@ipswich.gov.uk

Advise IBC on access issues

Ipswich AIDS Helpline

P.O. Box 57, Ipswich, IP1 6DX

01473 232007

ipsaidhelp@hotmail.co.uk

Confidential help, advice, information & support at local level for anyone concerned about HIV/AIDS, Open Mon-Fri 10am - 2pm

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Allotment Holders Association Ltd

Registered Office, 8 Arnold Close, Ipswich, IP1 6EJ
01473 411629
KASHFR@AOL.COM

Ipswich Amateur Boxing Club

754 Foxhall Road, Ipswich, IP4 5TR
01473 720576

Ipswich and Suffolk Boatbuilding Club

10 Vermont Road, Ipswich, IP4 2SR
01473 404853
dball@fastmail.fm

This is a boatbuilding club for amateur enthusiasts where members can share ideas, pool knowledge and learn from each other.

Ipswich Animal Rights

PO Box 97, Ipswich, IP3 0NY
01394 384583
Help Line:

Care and welfare of animals

Ipswich Art Society

31 Upland Road, Ipswich, IP4 5BT
01473 717521

Programme includes Annual Open Exhibition, lectures, excursions etc.

Ipswich Arts Association

1 Holly Cottages, Little Bealings,
Woodbridge, IP13 6PN
01473 624141
ivangilson@btinternet.com
www.ipswich-arts.org.uk

All arts within the Ipswich area.

Ipswich Bach Choir

24 Park Road, Ipswich, IP1 3SU
01473 250728

Ipswich Blind Society

19 Tower Street, Ipswich, IP1 3BE
01473 219712
ipswichblindsociety@tiscali.co.uk

To provide support and services to both partially sighted and blind people through community workers, social groups, training sessions and a resource centre.

Ipswich Buddhist Centre

4 Friars Bridge Road, Ipswich, IP1 1RR
01473 211516
enquiries@ipswichbuddhistcentre.org.uk
www.ipswichbuddhistcentre.org.uk

Meditation and Buddhism classes also yoga, Tai Chi, Kung Fu, voice and chanting.

Ipswich Building Preservation Trust

4 St Edmunds Road, Ipswich, IP1 3QZ
01473 252440

Restoration of Buildings of Architectural & Historical Interest which are at risk

Ipswich Cancer Aid Network

15 Clifton Wood, Holbrook, Ipswich, IP9 2PY
01473 328172

Ipswich Caribbean Association International

15-17 Woodbridge Road, Ipswich, IP5 1AL
01473 230656
ipswichcaribbeanassociation@hotmail.com

Social Centre

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Chamber Choir

62 Westerfield Road, Ipswich, IP4 2XN
01473 218465

Ipswich Charioteers Wheelchair Football Club

13 Blackfriars Court, Foundation Street,
Ipswich, IP4 1DY

07786 062656

ipswich.charioteers@hotmail.co.uk

www.ipswichcharioteers.co.uk

For male & female wheelchair user of all types of disabilities. We teach and coach them to play the international sport of Wheelchair Football.

Ipswich Charity Concert Committee

4 Quilter Drive, Ipswich, IP8 3RB

Ipswich Children's Book Group

18 Cuckfield Avenue, Ipswich, IP3 8RZ

shirley.imlach@ntlworld.com

www.icbg.co.uk

Ipswich Chinese Culture Language Centre

3 Semer Close, Stowmarket, IP4 2BP

01473 828909

07740 651706

yunfai.pang@btinternet.com

Ipswich Community Light Orchestra

42 Dover Road, Ipswich, IP3 8JQ

01473 726771

Ipswich Community Playbus

7 Constantine Road, Ipswich, IP1 2DL

01473 221521

playbus@btinternet.com

Mobile double-decker playbus offering free educational play facilities to under 5's and their families in Ipswich.

Ipswich Community Radio

The Point, 120 Princes Street, Ipswich, IP1 1RS

01473 418014

Ipswich Co-op Band

43 Seckford Street, Woodbridge, IP12 4LZ

01394 615644

tromboneian@talktalk.net

Ipswich Co-op Juniors

Education Centre, 11 Fore Street, Ipswich, IP4 1JW

01473 280316

Ipswich County Court Advice &

33 Tokio Road, Ipswich, IP4 5BD

01473 714709

iccars@dubdog.co.uk

Provides advice & representation free to defendants at mortgage & rental possession hearings in Ipswich County Court

Ipswich Crime Reduction Panel

Ipswich Police Station, Civic Drive, Ipswich, IP1 2AW

01473 383141

cro.ipswich@suffolk.police.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Cycle Speedway

Whitton Sports & Community Centre,
Whitton Church Lane, Ipswich, IP1 6LW
01473 430057
catherine.hill50@ntlworld.com
<http://ipswicheagles.org.uk>

Ipswich Dads and Kids

68 Mill Hill, Newmarket, CB8 0JB
07931 552003
dadsandkids.ipswich@ntlworld.com

Ipswich Decorative & Fine Arts Society

Whimbrels, Boot Street, Great Bealings, Woodbridge,
IP13 6PB
01473 735433

Ipswich Dial-a-Ride, Suffolk ACRE

Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH
08453 479379
wendy.hughes@suffolkacre.org.uk
www.suffolkacre.org.uk

Transport is available for people with mobility/
disability problems. All vehicles are wheelchair
accessible. Lift equipped and easy access
minibuses, door to door service.

Ipswich Diamonds Majorettes

62 Hilton Road, Ipswich, IP3 9RH

Ipswich Dog Training Club

1 The Orchard, Wetherden, Stowmarket, IP14 3GL
01359 244434
Meets Tues & Thurs at Castle Hill Community Centre

Ipswich East Guides Association

15 Century Road, Eye, IP23 7LE
01473 711872
cholmes@ntlworld.com
www.girlguiding.org.uk
Guiding provides weekly meetings for girls from 5
years upwards on a very wide range of activities

Ipswich Epilepsy Support Group

2 Grantham Crescent, Ipswich, IP2 9PD
01473 688040
Help Line: 01473 461407
Supporting sufferers of epilepsy and their families in
as many ways as possible.

Ipswich Filipino Association

108 Felixstowe Road, Ipswich, IP3 8EG
01473 405430
erwinmanan@yahoo.com

Ipswich Film Theatre Trust

Saracens House, 25 St Margaret's Green,
Ipswich, IP4 2BN
01473 280294
FILM@IFTT.co.uk
www.IFTT.co.uk

Public access community cinema.

Ipswich Furniture Project

Hogarth Road, Ipswich, IP3 0EY
01473 404004
ipswichfp@aol.com
Collect and distribute second-hand furniture &
electrical appliances for people on low income.

Ipswich Guild of Freeman (The)

7 Wye Road, Ipswich, IP3 0PS
01473 425780

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Gujarati School

32 Lindbergh Rd, Ipswich, IP3 9QX

01473 728323

mayuric65@gmail.com

Activities include teaching Gujarati, our culture, Dance, Festivals, outings.

Ipswich Hears Telecare (alarms) Service

Emergency Services Centre, 2nd Floor, Grafton House, Russell Road, Ipswich, IP1 2DE

01473 432704

kevin.wegg@ipswich.gov.uk

24hr alarm service, with optional neck pendant, for falls etc (paid for - anyone in Ipswich can apply for free assessment)

Ipswich Hindu Samaj

32 Lindbergh Road, Ipswich, IP2 9XT

01473 728323

chadmacmarket@gmail.com

Ipswich Historic Churches Trust

24-26 Museum Street, Ipswich, IP1 1HZ

01473 406270

james.hall@birketts.co.uk

Ipswich Holiday Help for Children

97 Larchcroft Road, Ipswich, IP1 6PE

01473 742332

Giving kids a break

Ipswich Holiday Help for Children

22 Park Road, Ipswich, IP1 3 SU

07768 722084

info@ihhc.org.uk

www.ihhc.org.uk

Provides grants for family holidays, school trips and activities which improve children's self-esteem.

Ipswich Housing Action Group (IHAG) Ltd

P.O. Box 122, Ipswich, IP1 3RU

01473 213102

halford@ihag.freemove.co.uk

www.ihag.org.uk

Ipswich Housing Action Group- housing, resettlement and Money Advice for single homeless people & those at risk of being homeless.

Ipswich in Bloom

The Beeches, Old Hall Close, Henley, Ipswich, IP6 0RJ

info@ipswichinbloom.org

www.ipswichinbloom.org

A volunteer-run organisation that holds annual floral competitions each summer that are open to all residents, businesses and communities of Ipswich.

Ipswich Institute (Library & Reading Room)

15 Tavern Street, Ipswich, IP1 2HT

01473 253992

library@ipswichinstitute.org.uk

www.ipswichinstitute.org.uk

Independent Library with extensive leisure learning programme. Small grants available to arts & education

Organisations.

Ipswich International Church/Elim Pentecostal

Barrack Corner, Ipswich, IP1 2NB

01473 281614

enquiries@elim-ipswich.org

www.elim-ipswich.org

Church - holds meetings for acts of worship, also social activities & community functions for all ages and groups of people through use of facilities in building.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich International Club

202 Woodbridge Road, Ipswich, IP4 2BP
01473 216425

Ipswich Jazz Club

Basement Flat, 82 Christchurch Street,
Ipswich, IP4 2DE
01473 231552

Ipswich Kurdish Women's Group

1 Cornhill, Ipswich, IP2 8QU
07752 691135
ikwg@hotmail.co.uk

Ipswich Labour Party

33 Silent Street, Ipswich, IP1 1TF
01473 255131
contact@ipswich-labour.org.uk
www.ipswich-labour.org.uk

Democratic socialist political party covering the
Ipswich Constituency and Ipswich Borough Council
areas.

Ipswich Laryngectomy Club

Speech & Language Therapy Dept, Ipswich Hospital,
Heath Road, Ipswich, IP4 5PD
01473 703118

Ipswich Life Saving Club

51 All Saints Rd, Creting St Mary, Ipswich, IP6 8NF

Ipswich Malayalee Association

8 Whitby Road, Ipswich, IP4 4AE
01473 439303
07809 686597
ipswichmalayaleeassociation@gmail.com
www.ipswichmalayaleeassociation.com

To promote British culture and values, to develop
children's artistic talent, volunteering opportunity. To
promote social & cultural integration of members.

Ipswich Methodist Circuit

Circuit Office, 17 Black Horse Lane, Ipswich, IP1 2EF
01473 254781
circuit.orrice@lineone.net

Ipswich Mountaineering Club

30 Wells Way, Debenham, Stowmarket, IP14 6SL
secretary@ipswich-m-c.co.uk
Help Line:

Meet at the Case is Altered, Woodbridge Road

Ipswich Opportunity Group

15 Ashton Close, Ipswich, IP2 9XY
01473 687325

Support group for pre-school special needs children
& their families. Mon am & pm Fri 10-12am Salvation
Army Hall Woodbridge Rd

Ipswich Orchestral Society

Ravenswood Community Primary School, Ipswich
www.iosoc.org

The Ipswich Orchestral Society greatly appreciates
the support it receives from its Friends, Patrons and
Sponsors

Ipswich over 50's Brass Band

336 Sidegate Lane, Ipswich, IP4 3DW
01473 435727

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Pagan Council

PO Box 392, Ipswich, IP1 4EZ

01473 402811

ipc@here.is

Regular social and religious events for pagan faiths

Ipswich Philatelic Society

8 June Avenue, Ipswich, IP1 4LT

01473 255294

Meets 2nd & 4th Wednesdays of each month, September to April @ 7.30pm at Cedarwood Primary School, Wilkinson Drive, off Ropes Drive, Kesgrave

Ipswich Polish Club (The)

8 Burnham Close, Ipswich, IP4 4ED

01473 251000

07968 693325

secretary@theipswichpolishclub.co.uk

www.theipswichpolishclub.co.uk

Polish Club to give signposting advice in all matters; English/Polish lessons/Restaurant/Bar, social and cultural club.

Ipswich Primary Care Trust

2nd Floor, St Clements Main Building, Foxhall Road, Ipswich, IP3 8LS

01473 275260

Statutory Agency with a role to involve the Voluntary Sector

Ipswich Railway Modellers Association

Moselle Cottage, 68 Lacey Street, Ipswich, IP4 2PH

01787 370019

iain@farquharsont.freereserve.co.uk

Ipswich Recorded Music Society

7 Ernleigh Road, Ipswich, IP4 5LU

01473 412392

peter.partridge@ntlworld.com

Ipswich Ripple Food Coop

165 Burrell Road, Ipswich, IP2 8AA

01473 684449

info@ipswichfoodcoop.co.uk

www.ipswichfoodcoop.co.uk

We sell vegetarian and organic whole foods, locally or ethically sourced. As a voluntary community project, the Food Coop is run by and for its members.

Ipswich School Chorus

Ipswich School, 25 Henley Road, Ipswich, IP1 3SG

01473 408300

Ipswich School Musical Society

25 Henley Road, Ipswich, IP1 3SG

01473 408310

Ipswich Scout Gang Show

21 Stadbroke Road, Ipswich, IP4 4LS

01473 728739

Ipswich Sea Cadets Unit 195

585 Nacton Road, Ipswich, IP3 9QS

01473 435113

www.tsorwell.co.uk

Ipswich Society (The)

40 Glencoe Road, Ipswich, IP4 3PR

01473 726229

Caring for the appearance and amenities of Ipswich

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Sports Club for the Disabled

65 Ranelagh Road, Ipswich, IP2 0AD

01473 690834

07926 363998

pat.hoy@virgin.net

www.iscd.org.uk

Sports & Social Events for Disabled People aged 14 upwards (Bowls, w/c basketball, New Age Curling, assorted board games)

Ipswich St Raphael Club

Westwold, The Street, Raydon, Ipswich, IP7 5LW

01473 311049

Meets at 26 Highfield Road for various social events, craft sessions, games evenings welcomes new members

Ipswich swimming self help group

Fore Street Swimming Pool, Fore Street, Ipswich

01473 421556

07876 571791

anthony.dooley@ntlworld.com

Ipswich Toc H

9 Allington Close, Ipswich, IP4 4HA

01473 723673

Friendship and service to the community

Ipswich Town Community Trust

Portman Road, Ipswich, IP1 2DA

01473 400866

carolyn.shaw@itfc.co.uk

www.itfccharitabletrust.org.uk

The ITFC Charitable Trust is the main charity of Ipswich Town Football Club. The Trust offers a wide variety of activities for children, young adults and adults right across the region of Suffolk.

Ipswich Transport Museum

Old Trolleybus Depot, Cobham Road, Ipswich, IP3 9JD

01473 715666

www.transportmuseum.co.uk

Drop-in (with café) for individuals caught up in chaotic lifestyle. Advice & info, housing, welfare rights, employment. Partnership with other agencies (e.g. HOP).

Ipswich Umbrella Trust

16 Old Foundry Road, Ipswich, IP4 2AS

01473 433244

Roger.fern@btopenworld.com

Ipswich UNICEF Group

Mill Farm, Westerfield, Ipswich, IP6 9AA

01473 257011

United Nations Children's Fund. Raises funds.

Ipswich Waterfront Action

Trinity Bungalow, 20 Back Hamlet, Ipswich, IP3 8AJ

0773 199 1669

jay@waterfrontaction.co.uk

www.waterfrontaction.co.uk

Waterfront Action (formerly called the 'Waterfront Community Group') is working in partnership towards a vibrant, friendly, and thriving Waterfront Community.

Ipswich West Division Guides

46 Dales View Road, Ipswich, IP1 4HL

01473 742813

kerrison77@btinternet.com

Youth organisation for girls and women

Directory of Voluntary and Community Groups in Ipswich & District 2011

Ipswich Wildlife Care and Rescue

77 Montgomery Road, Ipswich

07706 229820

iwcr@ipswichwildlife.co.uk

www.ipswichwildlife.co.uk

a small local rescue centre which aims to treat injured or orphaned wild creatures, then return them to the wild.

Ipswich Wildlife Group

90 Bell Lane, Kesgrave, Ipswich, IP5 1JJ

john.ej.welsh@btinternet.com

Affiliated to BTCV & Urban Wildlife Partnership.
Sites in/around Ipswich

Ipswich YMCA

2 Wellington Street, Ipswich, IP1 2NU

01473 252456

Ipswich Young Persons Support Team (YPST)

37-43 Fore Street, Ipswich, IP4 1JL

01473 341815

judeth.gregory@socserv.suffolkcc.gov.uk

shaftesbury.org.uk

Leaving Care Team for Social Services

Ipswich Youth Steel Band

St Peters by the Waterfront, College Street, Ipswich, IP4 1DD

info@ipswichsteelband.co.uk

Builds self-esteem, instils discipline, and brings the joy of music to people of all ages, abilities and backgrounds. Develops to the full all members' musical potential and enhances the impact of music from the Caribbean on their lives.

Ipswich-Arras Association

1 Hall Lane, Somersham, Ipswich, IP8 4QP

01473 832296

Iranian Cultural Society

75 Carr Street, Ipswich, IP4 1HB

01473 225249

Social and cultural events

ISCRE (Ipswich & Suffolk Council for Racial)

46a St Matthew Street, Ipswich, IP1 3EP

01473 408111

office@iscre.org.uk

www.iscre.org.uk

ISCRE delivers race equality services that bring significant benefits to Suffolk communities on issues around employment, housing, education, social welfare and criminal justice.

Islanders Polish Radio

Contact by email

07828 458722

arek.tylza@gmail.com

<http://islandersradio.co.uk/>

Polish Internet Radio Station. Our aim is to help you understand and explore the reality of living and working in the UK and also to develop links with other communities in the area. This is your platform, your voice, your station.

Italian Community

61 Belle Vue Road, Ipswich, IP4 2RG

Jehovah's Witnesses

100 Cavendish Street, Ipswich, IP3 8BE

01473 686682

Jigsaw

4 Bridge Foot, Cross Street, Ballingdon, Sudbury, CO10 6DG

01787 310650

National Association: concerned with children maintaining contact with both parents after divorce/separation. Meets at Friends Meeting House monthly.

Directory of Voluntary and Community Groups in Ipswich & District 2011

JIMAS

PO Box 24, Ipswich, IP3 8ED

01473 251578

mail@jimas.org

www.jimas.org

JIMAS is a UK registered charity that support educational and charitable activities for both Muslims and non-Muslims. JIMAS lectures and seminars promote positive character building through Islamic learning and practice.

Jubilee Park Community Group

82 Victoria Street, Ipswich, IP1 2JX

01473 256445

Creating a safe and inspiring community park.

Junior Cavalry Squadron

6 Kinross Road, Ipswich, IP4 3PL

01473 413704

juniorcalvalry.suffolk@ntlworld.com

Promoting good riding practice and horse management among young people

Karibu African Women's Support Group

2nd Floor, 1 Cornhill, Ipswich, IP1 1DD

01473 289330

07751 660833

karibu_wsg@yahoo.co.uk

www.karibu_wsg.org

KARIBU now runs Health Trainer's service activities for women of all cultures and supplementary school for kids 3-19 yr old.

Kerala Community Supplementary School

C/O St Alban's High School, Digby Road, Ipswich, IP4 3NG

07766 655697

kcssipswich@gmail.com

www.kcaipswich.com

Supplementary School for children and young people between the age of five and eighteen

Kerala Cultural Association Ipswich

Contact via contact page on web-site

07882 179302

www.kcaipswich.com

Kernos Centre

32-34 Friars Street, Sudbury, CO10 2AG

01787 882883

admin@kernos.org

http://www.kernos.org/

Kesgrave and District Help Centre

Twelve Acre Approach, Kesgrave, Ipswich, IP5 1JF

01473 622574

martin.grimwood@suffolkcoastal.gov.uk

Help elderly / disabled in our area with transport to local clubs/shops/doctors plus run coffee mornings once a week. Also occasional outings.

Key, The

15 St Margaret's Plain, Ipswich, IP4 2BB

01473 211585

Coffee Shop & Community Centre

Directory of Voluntary and Community Groups in Ipswich & District 2011

Klass Kreations CIC

13 Furness Close, Ipswich, IP2 9YA

01473 682760

07795250663

nadiacenci@hotmail.com

www.klasskreations.co.uk

Delivers classroom workshops or training for young people using drama and creative activities to enhance and embed learning.

Ladies Clubs (Ipswich Association of)

63 Belle Vue Road, Ipswich, IP4 2RD

01473 257841

Ladies of Vision International Ministry

5 Kingfisher Avenue, Ipswich, IP2 0QL

01473 688803

07878251855

hfafflu@yahoo.co.uk

www.ladiesofvision.org.uk

Lady Hoare Trust for physically disabled

"Walclare" The Street, Herringswell,
Bury St Edmunds, IP28 6ST

01638 751806

yvonne.holman@totalise.co.uk

www.ladyhoaretrust.org.uk

Practical & financial support for children with arthritis or limb disabilities.

Landseer Play Centre

Hogarth Road, Ipswich, IP3 0EY

01473 263661

jo.hazelton@ipswich.gov.uk

After school and holidays for 6-14 yr olds

Leeway Domestic Violence and Abuse

PO Box Leeway, City Hall, Norwich, NR2 1NH

0845 2412171

a.speller@leewaynwa.org.uk

www.leewaysupport.org

LGB&T Network (Suffolk)

PO Box 311, Ipswich, IP1 3BQ

07801 224879

support@suffolk-lgbt-network.org.uk

www.suffolk-lgbt-network.org.uk

Help Line: 08088 082322

The network runs a helpline for people who are gay, lesbian, bisexual or transgendered.

Life Shop and Pregnancy Care Centre

31 Norwich Road, Ipswich, IP1 2ET

01473 286866

Shop opens 9.30am - 3.30pm Monday to Friday.
Free counselling and pregnancy tests 10am to 12noon Monday & Thursday only

Lighthouse Women's Aid

Westgate House, Museum Street, Ipswich, IP1 1HQ

01473 220770

admin@ipswichwa.org.uk

www.ipswichwa.org.uk

Help Line: 01473 745111

Offering temporary accommodation in safe, supportive refuges where women and their children can recover from the effects of domestic violence

Lions Club of Ipswich

P.O. Box 251, Ipswich, IP1 4ZL

0845 833 8728

ipswich-lions@anglianet.co.uk

www.ipswich-lions.anglianet.co.uk

To raise money to support any worthwhile causes and needy people

Directory of Voluntary and Community Groups in Ipswich & District 2011

Lloyds/TSB Foundation

Lloyds/TSB Bank, 28-34 Risbygate St,
Bury St Edmunds, IP33 3AH

Long Distance Walkers Association - Norfolk

Parsonage Ram Lane, Woodditton,
Newmarket, CB8 9RZ

07789 792766

secretary@ldwa-ns.org.uk

Love Hope Strength Foundation

33 Wilding Drive, Kesgrave, Ipswich, IP5 2AE

01473 631365

katrina.copping@suffolk.gov.uk

www.lovehopestrength.co.uk

M N M

25 Forfar Close, Ipswich, IP4 3NY

07841 748785

A multi-media project for men. Uses multi-media with men in the community to look at ways men use their time & what issues arise.

Macmillan Cancer Relief (Suffolk Project)

The Old Wool Warehouse, St Andrews Street,
Bury St Edmunds, IP33 3PH

01284 750808

sireland@macmillan.org.uk

Help Line: 0845 601 6161

Fundraising to improve the lives of people living with cancer and their families.

Magical Society (Ipswich)

50 Ash Road, Onehouse, Stowmarket, IP14 3HB

01449 612446

magician@thenet.co.uk

Maidenhall Residents Association

Community Centre, 21 Maidenhall Green,
Ipswich, IP2 8PJ

01473 683534

maidenhallres@tiscali.co.uk

Majorettes (Ipswich Imperials UK FM)

1 Polstead Close, Stowmarket, IP14 2PJ

01449 677844

Training and Displays. Fund-raising

Making Tracks

48 Queens Way, Ipswich, IP3 9EX

01473 271881

07812 660682

kate.burgess@ipswich-cvs.org.uk

www.ipswich-cvs.org.uk

Clubs for Young People based at Queensway, Thurleston High School, Chantry and Triangle Community Centre.

MAP (Mid-Suffolk Action Partnership)

Red Gables, Ipswich Road, Stowmarket IP14 1BE

admin@midsuffolkaction.org.uk

Marie Curie Cancer Care

89 Albert Embankment, London, SE1 7PT

020 7599 7777

jhall@mariecurie.org.uk

Marie Curie Cancer Care (Felixstowe Support)

24 Penfold Rd, Felixstowe, IP11 7BP

01394 285037

As previous entry

Directory of Voluntary and Community Groups in Ipswich & District 2011

Maritime Volunteer Service

69 Macaulay Road, Ipswich, IP1 6HH
01473 410288

Martineau Trust

35 Burkitt Road, Woodbridge, IP12 4JJ
01394 382681
The Lasts@btinternet.com

Referrals only from social workers, nurses etc no self-referrals. Helps with expenses for the sick needy people of Suffolk.

Martlesham Brass

5 Lummis Vale, Grange Farm, Kesgrave, Ipswich, IP5 2FJ
01473 614054
jaynehowlett@sky.com
www.martleshambrass.co.uk

Brass Band

MENCAP Ipswich

1 St Edmunds Place, Ipswich, IP1 3RA
01473 216912
07779130415
brian@bluestarhr.co.uk

Support for children and adults with learning difficulties

MENTER

19 Muspole Street, Norwich, NR3 1DJ
01603 617076
pamusa@menter.org.uk
www.menter.org.uk

Methodist Church (Alan Road and Landseer Road, Ipswich)

73 Arundel Way, Ipswich, IP3 9QG
01473 717522
dibuuri@yahoo.co.uk

Methodist Church (Bramford and Bramford Road, Ipswich)

528 Norwich Road, Ipswich, IP1 6JR
01473 744523
alantaylor@aldor.eclipse.co.uk

Methodist Church (Brantham, Chelmondiston and Holbrook)

34 Medway Road, Ipswich, IP3 0QH
01473 431832
ig.gardner@ntlworld.com

Methodist Church (Capel St Mary, Chantry and Elmsett)

8 Roundridge Road, Capel St Mary, Ipswich, IP9 2UG
01473 311178
ssuelamber3@aol.com

Methodist Church (Felixstowe, Kirton and Trimley)

Trinity Manse, Tower Road, Felixstowe, IP11 7PR
01394 282023
kemble1@btopenworld.com

Methodist Church (Museum Street)

2 Belmont Road, Ipswich, IP2 9RH
01473 680306
msmc@googlemail.com
www.museumstreet.org.uk

Worship, social & educational activities both for members and for those who wish to come along.

Methodist Church (Woodbridge, Framlingham and Orford)

13 Grundisburgh Road, Woodbridge, IP12 4HJ
01394 383674
Aichele@btopenworld.com

Directory of Voluntary and Community Groups in Ipswich & District 2011

Methodist Homes for the Aged

Norwood, 14 Park Road, Ipswich, IP1 3ST

01473 257502

Residential home for 38 people

MHVS

306 Norwich Rd, Ipswich, IP1 4HD

01473 742214

mhvs@care4free.net

Mid-Suffolk Action in Partnership

Redgables, Ipswich Road,

Stowmarket

IP14 1BE

01449 673947

david@midsuffolkaction.org.uk

www.midsuffolkaction.org.uk

Providing support to the voluntary and community sector throughout Mid Suffolk, including funding advice surgeries, fundraising resources, governance advice, training & support.

Millennium Green Trust (Sproughton)

Faerland, Elton Park, Sproughton, Ipswich, IP2 0DG

Help Line:

MIND - The Caretakers House

The Caretakers House, 26 High Road West,

Felixstowe, IP11 9JB

01394 276909

caretakers@eastssuffolkmind.org.uk

A mental health resource centre for people in the Felixstowe area. Available to voluntary, professional and self-help groups, service users, carers and individuals. Working to support or advice on matters of mental well-being.

Minority Ethnic Community Action Network

46a St Matthews Street, Ipswich, IP1 3EP

01473 408111

suffolkmecan@mail.com

www.iscre.org.uk/MECAN

MECAN is a network for and of the Black, Asian, Refugees, Gypsies and other Minority Ethnic groups, working together to help influence practices and infrastructure as it affects them in Suffolk.

Mission to Seafarers

Ipswich Seafarers Centre, Port of Ipswich, Wet Dock, Ipswich, IP3 0DP

MND Association (Suffolk Branch)

36 Briarhill, Woolpit, Bury St Edmunds, IP30 3SD

01359 241084

Support Group and Fundraising

Mothers' Union

Churchgates House, Cutler Street, Ipswich, IP1 1UQ

01473 298511

mu@stedmundsbury.anglian.org

Church of England based womens' group

Mount Zion Baptist Church

60 Belvedere Road, Ipswich, IP4 4AB

Mountbatten Stopford Residents Group

12 Mountbatten Court, Ipswich, IP1 2NF

01473 212866

MS Society (South Suffolk Branch)

Whimbrels, Great Bealings, Woodbridge, Ipswich

01473 463004

Directory of Voluntary and Community Groups in Ipswich & District 2011

Multiple Sclerosis Therapy Centre (Suffolk)

Unit 27 Claydon Business Park, Gipping Road, Ipswich, IP6 0NL

01473 463004

mssociety@btinternet.com

Murrayside Youth & Community Centre

Nacton Road, Ipswich, IP3 9JL

01473 712645

Museum of East Anglian Life

Iliffe Way, Stowmarket, IP14 1DE

01449 612229

john.lanagan@eastanglianlife.org.uk

Music in Our Bones

Contact by email

01473 835458

tracy.sharpe43@ntlworld.co.uk

<http://musicinourbones.btck.co.uk/>

NACRO

247 Felixstowe Road, Ipswich, IP3 9BN

01473 729230

david@nacrosuffolk.org.uk

www.nacro.org.uk

Training for young people. Support for offenders & ex-offenders.

Nansen Road Baptist Church

109 Bucklesham Road, Ipswich, IP3 8TX

01473 726882

National Blood Service

Contact via phone

0845 7711 711

www.blood.co.uk

Help Line: 0845 7 711 711

Organises volunteer helpers at centres

National Childbirth Trust (NCT)

Contact via phone or email

08442 436 174

caroline.gould@hotmail.co.uk

www.nct.org.uk/branches/ipswich-east-suffolk

Help Line: 0300 330 0700

Offers information & support in pregnancy, childbirth and early parenthood.

National Trust Volunteers

33 Kings Avenue, Ipswich, IP4 1NT

01473 233703

Environmental maintenance - Ages 16 and over

Natty Knitters (Kesgrave)

35 Edmonton Road, Kesgrave, Ipswich, IP5 7EG

01473 622086

Meets first Wednesday of the month at Kesgrave Community Hall

Naturalists' Society (Suffolk)

C/o Ipswich Museum, High St., Ipswich, IP1 3QH

01473 213761

Suffolk natural history promotion, recording. Field excursions & books.

New Wolsey Theatre

New Wolsey Theatre, Civic Drive, Ipswich, IP1 2AS

01473 295911

ekidd@wolseytheatre.co.uk

www.wolseytheatre.co.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

New Wolsey Theatre Club

5 Drapers Close, Hadleigh, IP7 5DH

01473 828210

Trips to theatres and fund raising. Meets monthly in Ipswich.

Newlarks Residents Association

91 St Catherine's Court, Ipswich, IP2 9UA

01473 404296

newlarks@ntlworld.com

www.freewebs.com/newlarksresidentsassociation

NHS Direct

Riverside House, 2a Southwark Bridge Road, London, SE1 9HA

01223 702767

Help Line: 0800 665544

Information on local / national groups.

NHS Retirement Fellowship (East Suffolk)

19 Quantock Close, Rushmere St Andrew, Ipswich, IP5 1AS

Nia Project

Merchant House, 26-28 Fore Street, Ipswich, IP4 1JU

01473 221715

07960651156

niaproject21@yahoo.com

Nia Project is a cultural, arts and heritage project. Focusing on an inclusive cultural awareness programme embracing cultural diversity from an Afro-centre perspective.

NORCAS - Community Alcohol Service

41 Lower Brook Street, Ipswich, IP4 1AQ

01473 259382

a.hovell@norcass.org.uk

Free, confidential open access service offering advice, information, one-to-one counselling and group work

NOS (National Osteoporosis Society) Ipswich

Marlow House, 3 Fitzgerald Road, Woodbridge, IP12 1EN

01394 383382

www.nos.org.uk

Information on fragile bones for sufferers, carers, health professionals and all interested. Support group, promoting bone health & funding research into prevention & funding treatment

Novello Brass Quintet

2 Oak Close, Rushmere St Andrew, Ipswich, IP4 5RN

01473 626975

NSPCC (National Society)

Hyde Park House, 1 Crown Street, Ipswich, IP1 3LG

01473 234850

hofford@nspcc.org.uk

Therapeutic services to children who have been abused/neglected. Young Witness Support Scheme pre-trial support post-trial therapy. Community based group work programmes.

Oasis Drop-in Centre

C/o Ipswich International Church, Barrack Corner, Ipswich, IP1 2NB

01473 422807

harold-afflu@hotmail.com

Drop-in Centre for people with problems - isolated, dependent, homeless etc. - Christian based

Directory of Voluntary and Community Groups in Ipswich & District 2011

OCD Limits

11 Dombey Road, Ipswich, IP2 0JS

01473 212536

07922 973916

paul.mcguire7@ntl.com

Self help group for people with OCD. All welcome. Meets weekly Weds 7.30pm-9pm and Thurs 2pm-4pm at Quaker Meeting House, Fonnereau Rd, Ipswich

Offshoot Films

19 Kings Hill, Great Cornard, Sudbury, CO10 0EH

01787 308048

paulpress@mac.com

Old Time and Modern Square Dance Club

33 Upper Field Drive, Felixstowe, IP11 9LS

01394 271256

Open Road (Suffolk Recovery Service)

32 Princes Street, Ipswich, IP1 1RJ

0844 8440184

info@openroadsuffolk.org.uk

www.openroad.org.uk

Operatic and Dramatic Society (Ipswich)

8 Grinstead Gardens, Needham Market, IP6 8EU

01449 721467

Optua

Optua House, Hill View Business Park, Old Ipswich Road, Claydon, Ipswich, IP6 0AJ

01473 836777

enquiries@optua.org.uk

www.optua.org.uk

Providing a range of services and information for disabled people, including leisure activities.

Optua - Suffolk Art Link

5 Poplar Hill, Stowmarket, IP14 2AS

01449 614420

artlink@rethink-disability.org.uk

Orbit Housing Association

7 Finborough Rd, Stowmarket, IP14 1PN

01449 778410

Organist's Association (Suffolk)

Fairview, Thurleston Lane, Ipswich, IP1 6TF

01473 257659

Help Line:

Ormiston Childrens Centre

333 Felixstowe Rd, Ipswich, IP3 9BU

01473 724549

www.ormiston.org

Locally, Ormiston Children & Families Trust deliver childrens centre services in Ipswich. For families with children under the age of 5 years.

Orwell Art Club

14 School Lane, Lawford, Manningtree, CO11 2HZ

01206 393711

ipswich@ast.cam.ac.uk

Orwell Astronomical Society (Ipswich)

7 Saw Mill Lane, Nacton, Ipswich, IP10 0HS

01473 659806

Orwell Country Park

Stable Block, Holywells Park, Cliff Lane, Ipswich, IP3 0PG

01473 433991

country.park@ipswich.gov.uk

Environmental volunteer work structured to suit people's interests and availability

Directory of Voluntary and Community Groups in Ipswich & District 2011

Orwell Housing Association Ltd

Crane Hill Lodge, 325 London Road,
Ipswich, IP2 0BE

01473 218818

07725 200594

zena.fisher@o2.co.uk

www.orwell-housing.co.uk

We provide general needs housing for single persons, couples, families and older persons. Our special needs housing is suitable for disabled persons and those with learning disabilities.

Orwell Play Scheme

59 Sidegate Lane, Ipswich, IP4 4HY

Summer Play scheme for children with severe learning difficulties

Orwell Singers

5 Nock Gardens, Kesgrave, Ipswich, IP5 2DU

Orwell Singers

21 Edgecomb Road, Stowmarket, IP14 2DN

01449 615749

Meets weekly

Ostomy Support Group

7 Boydlands, Capel St Mary, Ipswich, IP9 2UX

01473 311204

Meets monthly at Ipswich Hospital

Otley Handbell Ringers (St Mary's)

7 Spring Park, Otley, Ipswich, IP6 9NX

01473 890477

helen.jay@which.net

Entertain Friendship Clubs, Day Centres, Sheltered Housing, Residential/Nursing Homes etc. Weekday afternoons

Out & About

Claydon Court, Old Ipswich Road, Claydon,
Ipswich, IP6 OAE

0845 241 2576

info@oaa.co.uk

www.oaa.co.uk

Supports disabled children and young people in leisure activities

Outreach Youth

PO Box 958, Ipswich, IP1 9SX

07895 342 202

07895 342 202

info@outreachyouth.org.uk

www.outreachyouth.org.uk

Youth project for lesbian, gay, bisexual, trans young people.

Over 50's Keep Fit Group

The Corn Exchange, Ipswich, IP1 1DH

01473 255851

Gentle Exercise for Over 60's. Meets Thurs 10.30am

OXFAM Shop

53 Buttermarket, Ipswich, IP1 1BJ

01473 217720

PACS People Abused as Children

333 Felixstowe Road, Ipswich, IP3 9BU

01473 727079

alelsa@aol.com

Hospital / SCATS links

Directory of Voluntary and Community Groups in Ipswich & District 2011

Papworth Trust

42-54 Foundation Street, Ipswich, IP4 1BN

01473 211671

mandy.schlarb@papworth.org.uk

www.papworth.org.uk

Day centre for adults with learning disabilities

Parentline Plus

CAN Mezzanine, 49-51 East Road, London, N1 6AH

020 7553 3080

contact@parentlineplus.org.uk

www.parentlineplus.org.uk

Help Line: 0808 800 22 22

Parentline is a national helpline which is available 24/7 and is free from landlines & most mobile phones, offering help & support to families. parentsupport@parentlineplus.org.uk

PASTEL Community Interest Company

2 Fitzgerald Mews, Saxmundham, IP17 1XP

01728 604944

don.tricker@pastel.org.uk

www.pastel.org.uk

Social Enterprise training company for young adults (aged 14-25) with learning disabilities.

People for People

C/o The Saxmundham Centre, Seaman Avenue, Saxmundham, IP17 1DZ

01449 678088

01728 604399

Citizen Advocacy Partnership - learning disabilities

Peppercorn House

31 Wherstead Road, Ipswich, IP2 8RT

01473 685947

Activities for the elderly. Referrals only from Social Services

Peppery Productions

Contact by email

07941 322433

info@peppery.co.uk

www.peppery.co.uk

Perspectives Pregnancy Advice

The Fletcher Centre, 2 Crescent Rd, Ipswich, IP1 2EX

01473 255115

office@perspectives.freemove.co.uk

www.pregnancyadviceipswich.org.uk

Open Wednesdays 6pm - 9pm & Friday 10am - 2pm. We offer free pregnancy testing, pregnancy crisis, pregnancy loss and post abortion counselling. We also provide.

Peter Kidd Business

Greenstead, Sandy Lane, Little Bealings, Woodbridge, IP13 6LW

01394 623133

peter.kidd@yahoo.com

Pets As Therapy

14a High Street, Wendover, Aylesbury, HP22 6AE

0118 921 2467

reception@petsastherapy.org

www.petsastherapy.com

Pets as Therapy (PAT dogs)

PHAB Club

16 Greenhill, Coddensham, Ipswich, IP6 9PU

01449 760254

Photographic Society (Ipswich)

76 Heathfield, Martlesham Heath, Ipswich, IP5 3UB

01473 611507

Directory of Voluntary and Community Groups in Ipswich & District 2011

Pinewood Bowls

Contact by phone for more information
01473 403244

Pinewood Community Hall Association

30 Sycamore Close, Ipswich, IP8 3RL
01473 430271

Fundraising for a community hall

Pink Sky Cycling

2 Church Terrace, Wickham Market, IP13 0SG

Polio Fellowship (British) - Ipswich/Suffolk

91 Mill Lane, Felixstowe, IP11 8LN
01394 285335

Help & advice for sufferers & their families. Social Meetings Monthly

Polish Community

92 Brunswick Road, Ipswich, IP4 4BP
kobrynbow@yahoo.co.uk

Polish Ex-Combatants Association

92 Brunswick Road, Ipswich, IP4 4BP
01473 434549

Portage Scheme (East Suffolk)

Westbridge Unit, London Road, Ipswich, IP1 2HE
01473 211858

Support for parents of children with Special Educational Needs

Portuguese Group

32-36 Norwich Road, Ipswich, IP1 2NJ

Postal History Study Circle (East Anglia)

76 Rushmere Road, Ipswich, IP4 4JZ
01473 723329

Pre-School Learning Alliance

Red Gables, Ipswich Road, Stowmarket, IP14 1BE
01449 677878

Information & advice for parents & providers about early years education & care

Prince's Trust (The)

39 Princes Street, Ipswich
01473 694838
ADM_Suffolk@princes-trust.org.uk
www.princes-trust.org.uk

Helps 18-30yr olds who are unemployed to gain confidence and of limited means to start their own businesses.

Prospect Housing Trust

2 Chilton Rd, Ipswich, IP3 8ID
01473 724738

For Ex Offenders

Quay Theatre

Quay Lane, Sudbury, CO10 2AN
01787 374745
admin@quaytheatre.org.uk
www.quaytheatre.org.uk

Railway Correspondence & Travel Society

40 Polstead Close, Stowmarket, IP14 2PJ
01449 677244
bandjsteele.1@btinternet.com
www.rcts.org.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

Rainbow Pet Dog Training School

Haresfield, Baddingham Road,
Framlingham, IP13 9HS

01728 621488

Pet-Dog Training Courses. Meets Thursday evenings at Tuddenham Village Hall.

Ransomes Afternoon Club

107 Stratford Road, Ipswich, IP1 6EQ

01473 749425

Ravenswood Residents Association

5 Hurricane Place, Ipswich, IP3 9TH

01473 424763

Raynaud's and Scleroderma Support Group

41 Brookfield, Bildeston, IP7 7EJ

01449 740851

Advice & info for sufferers

REACH

3 St Clare Drive, Colchester, CO3 3TA

01206 573207

dmparr@talk21.com

Red Cross Shop

128 Felixstowe Road, Ipswich, IP3 8EF

01473 273128

Red Rose Chain

Gippeswyk Hall, Gippeswyk Avenue,
Ipswich, IP2 9AF

01473 603388

david@redrosechain.com

www.redrosechain.com

Film and theatre Production Company specialising in engaging disadvantaged groups.

Red Roses Weekend School

142 Kemball Street, Ipswich, IP4 5EA

078588 601734

dag.emel@gmail.com

Red Roses weekend school help and support Muslim children from the Ipswich area with Maths for Sat's, the Qur'an for kids, story telling and homework clubs.

Refugee Council

1 Cornhill, Ipswich, Ipswich, IP1 1DD

01473 297900/2

marie.weatherall@refugeecouncil.org.uk

www.refugeecouncil.org.uk

Advice Line 01473 219180. Open 10am to 1pm Mon to Fri enquires from other agencies and org welcome

Relate (Norfolk & Suffolk)

53 Corbet Avenue, Norwich, NR7 8HS

01603 254118

lfarrow@relatenorfolksuffolk.co.uk

www.relatenorfolksuffolk.co.uk

Relationship counselling across Suffolk & Norfolk for couples, individuals, families and young people (10+). Also psychosexual therapy and life skills training

Release Ipswich

Trinity Bungalow, 20 Back Hamlet, Ipswich, IP3 8AJ

07935 058685

07545 249890

john.cobbold@releaseipswich.org

www.talithakoum.org.uk

Religious Society of Friends

39 Fonnereau Road, Ipswich, IP1 3JH

01473 257649

Directory of Voluntary and Community Groups in Ipswich & District 2011

Richmond Fellowship

16 Lackford Place, Robson House, Ipswich, IP3 9UP

01473 274080

robson.house@richmondfellowship.org.uk

www.richmondfellowship.org.uk

Supported housing for those with enduring mental health problems

Riding for the Disabled (East Suffolk)

College Farm, Forward Green, Stowmarket

01449 711497

Helpers welcome at Newton Hall equestrian centre Swilland

Rights and Humanity

8-10 Princes St., Ipswich, IP1 1QT

01473 286565

office@rightsandhumanity.org

www.rightsandhumanity.org

International Movement for Human Rights

Robert Milne Family Centre

333 Felixstowe Rd, Ipswich, IP3 9BU

01473 724549

alison.gillies@ormiston.org

Toy Library - lends a wide variety of toys for pre-school children. Drop-in & play sessions.

Romanian Child Action

High View, Tuddenham Lane, Witnesham, Ipswich, IP6 9HL

01473 785206

barbara@romanianchildaction.freerve.co.uk

Practical help/aid to orphanages in Romania

Romany Theatre Company

Llandaff, 2 Regent Street, Cambridge, CB2 1AX

01223 303 939

07891 011403

info@romanytheatrecompany.com

www.romanytheatrecompany.com

Promoting Romany Culture through performance arts.

Rotary Club of Ipswich (Wolsey)

Magnolia House, Pearl Close, Otley, Ipswich, IP6 9QP

Rotary Club of Ipswich East

5 Fox Lea, Kesgrave, Ipswich, IP5 2YU

01473 611557

Rotary Club of Ipswich Orwell

7 Post Mill Orchard, Woodbridge, IP13 6UT

01473 735213

martin.hough@tiscali.co.uk

Round Table (Ipswich Greyfriars)

40 Saxon Way, Woodbridge, IP12 1LG

01394 445351

Round Table 240

12 Shelbourne Close, Kesgrave, Ipswich, IP5 7FP

01473 630 764

Financial support for local deserving causes

Roundwood Bowling Club, Ipswich

Gordon Road, Ipswich, IP4 4HL

01473 721296

07941231608

Directory of Voluntary and Community Groups in Ipswich & District 2011

Royal Association for Disability &

Head Office, 12 City Forum, 250 City Road,
London, EC1V 8AF

0207 250 3222

Info & advice. Campaigns for disabled's rights,
publications & booklets

Royal British Legion (Ipswich Branch)

9 The Lawns, Ipswich, IP4 3LQ

01473 272690

Ex-Service Men and Women

Royal British Legion (The)

12 St Margaret's Green, Ipswich, IP4 2BS

01473 252361

Royal Life Saving Society (Suffolk Branch)

38 Philip Road, Ipswich, IP2 8FQ

01473 405629

Royal National Institute for the Blind

"Toluca", Main Road, Kesgrave, Ipswich, IP5 2PS

01473 630387

Royal National Lifeboat Institution

48 Brooks Hall Road, Ipswich, IP1 4BZ

01473 258791

Fundraising talks about the Lifeboats

Royal Naval Association

42 Orchard End, Grundisburgh, IP13 6UA

01473 738140

Meetings held every 2nd and 4th Wed every month
at Kirby Street Conservative Club 7.30pm.

RSPB

68 Eccles Road, Ipswich, IP2 9RE

01473 682239

Fund-raising, monthly meetings & events.

RSPCA Suffolk East & Ipswich

Farthings, Burnt House Lane, Battisford,
Stowmarket, IP14 2ND

01449 614057 (office hours)

katebranchadmin@talktalk.net

www.ipswich-rspca.org.uk

Local Branch of RSPCA Animal welfare charity.

RSPCA Suffolk East & Ipswich Branch Ipswich

35A St. Georges Street, Ipswich, IP1 3NF

01473 231972

www.ipswich-rspca.org

Please note the Clinic is ONLY open on Tuesday,
Thursday and Friday

RSPCA Suffolk East & Ipswich Branch

2 Mill Lane, Martlesham, Woodbridge, IP12 4PD

01473 623280

martlesham.rspca@btconnect.com

www.ipswich-rspca.org

Rushmere Baptist Church

The Street, Rushmere, Ipswich, IP5 1DF

01473 721455

www.rushmerebaptist.org.uk

Worship services, Sunday school groups for children
& young people, week-day groups incl. a lunch club,
senior citizens' friendship group and youth groups

Rushmere Community Lunch Club

20 Winston Ave, Ipswich, IP4 3LS

01473 727460

Directory of Voluntary and Community Groups in Ipswich & District 2011

Rushmere Residents Association

21 Cromarty Road, Ipswich, IP4 3UE
01473 425512

Russian - British Club

All Saint Church Hall Highbury Road, Bury St Edmunds, IP33 3QW
01284 725 380
mkralina@yahoo.com

Russian Community

Earl Kitchener, Hadleigh Road, Ipswich, IP2 0BT

Safetyboss Ltd

3 Deben Mill Business Centre, Old Maltings, Woodbridge, IP12 1BL
01394 389683
07887 522590
roz@safetyboss.co.uk
www.safetyboss.co.uk

Sailors Society (British & International)

104 Chelsworth Road, Felixstowe, IP11 8UJ
01394 272048
Look after spiritual and moral welfare of all seafarers

Salvation Army

121 Bramford Road, Ipswich, IP1 2LN

Salvation Army - Priory Centre

43 Queens Way, Ipswich, IP3 9EX
01473 710721
maggiebale@btinternet.com

The Priory Centre provides a programme of social and support activities, including a listening service and family support

Salvation Army Citadel

558 Woodbridge Rd, Ipswich, IP4 4PH
01473 270009

Salvation Army Hostel

107 Fore Street, Ipswich, IP4 1YJX
01473 251070

Sargent Cancer Care for Children

105 Darby Road, Beccles, NR34 9XH
01502 710711
claire.palmer@clicsargent.org.uk

SCAMPS

11 Shakespeare Road, Ipswich, IP1 6EY

Scope Central & East Community Team

Suite B, St Georges House, Anderson Centre, Bury St Edmunds, IP33 3TA
01284 731600
eafhu@scope.org.uk

Scouts (Suffolk)

143 Caldwell Road, Ipswich, IP4 5BS
01473 711678
suffolkscouts@btconnect.com

Scouts Council (Ipswich)

Hallowtree Camp Site, Nacton, Ipswich, IP10 0JP
01473 714440
suffolk@btconnect.com

SEA CADETS (Ipswich)

29 Robin Drive, Ipswich, IP2 0TD
01473 682709
rcdickybird@aol.com
Sea Cadets

Directory of Voluntary and Community Groups in Ipswich & District 2011

Seckford Foundation (The)

1 Seckford Street, Woodbridge, IP12 4LY

01394 387150

director@seckford-foundation.org.uk

Housing for elderly of Woodbridge & adjoining parishes & independent schools, also Deben Family Centre & in Clerkenwell.

Sense

The Lanterns, Church Lane, Playford, Ipswich, IP6 9DS

01473 289455

Leisure Library at Genesis, 6 Wright Road, Ipswich, IP3 9JG. Shop at 15/17 Upper Brook Street, Ipswich, IP4 1EG

Servite House

Trafalgar Close, Ipswich, IP4 5NZ

01473 274058

Sheltered housing for older people.

Seventh Day Adventist Church

Rope Walk, Ipswich, IP4 1ND

01473 257203

v.akrofi@googlemail.com

Christian based

Sexual Health Department

Ipswich Hospital, Heath Road, Ipswich, IP4 5PD

01473 703264

Shadows Residents Group

41 Whitland Close, Ipswich, IP2 9YS

01473 685323

shadowsresidentsgroup@yahoo.co.uk

Social Events to raise funds for long term aim of a community centre.

Shaftesbury Care Services / Ashley Homes

10 Purplett House, Purplett Street, Ipswich, IP2 8RW

01473 603133

10 bedsits for Adults 18-55 physically disabled

Shajalal Community Centre

110-112 St. Helens Street, Ipswich, IP2 2LB

Shaw Trust

Felaw Maltings, 44 Felaw Street, Ipswich, IP2 8SJ

01473 407305

07967 313250

peter.coltham@shaw-trust.org.uk

www.shaw-trust.org.uk

P2W with users of drugs & homeless (All Suffolk), workshop support in employment (All Suffolk), Lead partner in Employment Support Partnership - Mental Health Project (All Suffolk except Coastal & Forest Heath)

Shelter Eastern Counties

Whitefriars House, 50 Fishergate, Norwich, NR3 1SE

0344 5151860

colchester@shelter.org.uk

www.shelter.org.uk

We are a free, confidential, independent specialist housing aid & advice service. We operate outreaches services, so please telephone for an appointment (or further information)

Shiloh Pentecostal Fellowship

Vernon Street, Ipswich, IP2 8JA

SHIMS (Self Help In Multiple Sclerosis)

82 Holcombe Crescent, Ipswich, IP2 9PW

01473 692087

Multiple Sclerosis self help group, meets Tuesdays 6.30pm at the South Gym of Heath Road Hospital

Directory of Voluntary and Community Groups in Ipswich & District 2011

Shirts 'n' Skirts Square Dance Club (Kesgrave)

124 Bucklesham Road, Ipswich, IP3 8TY
01473 725736

Meet weekly at Kesgrave Community Centre

Shotley Drama Group

13 Orwell View Road, Shotley, Ipswich, IP9 1NW
01473 787353

Sidegate Lane Neighbourhood Group

Sidegate Lane Comm. Centre, Ipswich, IP4 4HZ
01473 729440

Provider of recreation & leisure activities for the local community. Details from the Secretary.

Sikh Association

Gainsborough House, Old Norwich Road, Ipswich, IP1 6LJ

07970 333649

Sikh Temple

719 Bramford Road, Ipswich, IP1 2LJ

Sir Robert Hitcham School Debenham

Debenham, Stowmarket, IP14 6PL

01728 860858

admin@sirroberthitcham.suffolk.sch.uk

www.sirroberthitcham.suffolk.sch.uk

Sisters of Jesus and Mary

320 Woodbridge Road, Ipswich, IP4 4BD

SIT (Survivors in Transition)

34 Dickens Road, Ipswich, IP2 0RW

01473 722774

survivorsintransition@hotmail.co.uk

www.survivorsintransition.co.uk

Drip in Centre for Female Adult Survivors of Childhood Sexual Abuse Open Wednesdays noon-2pm and Thursday 4-6pm

Sixty Plus Club

C/o Corn Exchange, King Street, Ipswich, IP1 1DH

01473 433107

Thursdays - Movement to music

Smarties Mother & Toddler Group

117 Downing Close, Ipswich, IP2 9EQ

01473 404448

karen.stradling@ntlworld.com

SODA (Society for Disabled Artists)

Bramfield Ho., Church Rd., Little Ellingham, NR17 1JN

01953 850381

Meets locally, for further information call the above number.

Somersham Tennis Club

16 Princes Gardens, Lower Somersham, Ipswich, IP8 4PF

01473 831436

Playing - Learning to play tennis for fitness and fun & to ease people into sport proper.

Soroptomists International - Ipswich & District

14 Hope Crescent, Melton, Woodbridge, IP12 1SJ

01394 385580

International Women's Service Organisation

Directory of Voluntary and Community Groups in Ipswich & District 2011

South African Youth Empowerment

73 Burrell Road, Ipswich, IP2 8AZ

South East Suffolk Crossroads - Caring for Carers

4 Constable Court, The Street, Belstead, Ipswich, IP8 3LY

01473 730455

sescrossroads@btconnect.com

www.sescrossroads.org.uk

Provides home-based respite for carers of adults or children with a disability or long term illness

South West Ipswich Team Ministry

Parish Office, St Francis Church, 192 Hawthorn Drive, Ipswich, IP2 0QQ

01473 603229

SPACE

38 Tooley's Court, Ipswich, IP4 1BE

07814 041077

tim.spacerep@googlemail.com

info@spaceuserre.com

Speakers Club (Ipswich)

31 Blanche Street, Ipswich, IP4 2EJ

01473 423682

derek.cocker@ntlworld.com

Meets alternate Thursdays (September - April)

Spiritual Assembly of the Baha'is of Ipswich

Contact by email

01473 422909

richard_togher@yahoo.co.uk

Springfield Women's Club

57 Westbourne Road, Ipswich, IP1 5EJ

Meet at Castle Hill Community Centre

Sri Chinmoy Meditation Centre

4 Paget Road, Ipswich, IP1 3RP

01473 423247

07909 527547

martin.spettigue@virgin.net

The Sri Chinmoy Centre is based at 6 Soane Street, Ipswich, Suffolk, IP4 2GB

SSAFA - Forces Help (Ipswich Division)

Westerfield Business Centre, Main Road, Ipswich, IP6 9AB

01473 215616

ssafaipswich@gmail.com

Offer help & advice to serving & ex-serving men and women and their dependants from all three armed services.

St Anargyrie Greek Orthodox Community

193 Fountains Road, Ipswich, IP2 9TJ

01473 681121

pano.kordosis@btinternet.com

St Andrew's Church

St Andrew's Church Office, 286 Britannia Road, Ipswich, IP4 5HF

01473 721695

stAndrewsliz@tiscali.co.uk

St Andrew's Rushmere

253 Colchester Road, Ipswich, IP4 4SH

St Audrey's Sports & Social Club

64 Geneva Avenue, Martlesham Heath, Ipswich

01473 623677

St Augustine's Church

2 Bucklesham Road, Ipswich, IP3 8TJ

Directory of Voluntary and Community Groups in Ipswich & District 2011

St Augustine's Sunshine Club

6 Dorchester Road, Ipswich, IP3 8RQ
Senior citizens Meet at St Augustine's Church Hall

St Bartholomew's Church

The Vicarage, Newton Road, Ipswich, IP3 8HQ

St Edmundsbury & Waveney YMCA

Batt House, 56 Westgate St.,
Bury St Edmunds, IP33 1QG
edward@edwardvaughan.wanadoo.co.uk

St Elizabeth Hospice

565 Foxhall Road, Ipswich, IP3 8LX
01473 727776
jo.shevlin@stelizabethhospice.org.uk
stelizabethhospice.org.uk

Service to relieve carers for short breaks

St Giles Trust

1 Cornhill, Ipswich, IP1 1DD
01473 256254
0781 6969619
carole.brown@stgilestrust.org.uk
www.stgilestrust.org.uk
Providing training for ex-offenders to gain a Level 3 NVQ in Advice and Guidance to support their search for employment and therefore reduce reoffending.

St James Roman Catholic Church

482 Landseer Road, Ipswich, IP3 9LU

St John Ambulance

County Headquarters, Priory House, Duck mere,
Ipswich, IP8 4AJ

01473 241500
info@suffolk.sja.org.uk
www.sja.org.uk/suffolk

First aid training, emergency aid for schools, private ambulance service. First aid cover for events (Suffolk)

St John the Baptist

Cauldwell Hall Rd, Ipswich, IP4 4QE
01473 270978
info@stjohnsipswich.org.uk
www.stjohnsipswich.org.uk

St Johns Housing Trust

28 Gordon Road, Lowestoft

St John's United Reformed Church

Cowper Street, Ipswich, IP4 5JD
01473 711880
www.stjohnsipswich.neighbourhoodwatchonline

St Luke's Over 60's

12 King George's Homes, Cliff Lane,
Ipswich, IP3 0PF
01473 717433
Social Club at Cliff Lane

St Margaret's Charities for the Needy

28 June Avenue, Ipswich, IP1 4LT
01473 256906
Small grants to needy individuals or families, mostly on the recommendation of Social Services. No direct approach from individuals.

Directory of Voluntary and Community Groups in Ipswich & District 2011

St Margaret's Church

32 Constable Road, Ipswich, IP4 2UW

St Mark's RC Church

180 Hawthorn Drive, Ipswich, IP2 0QQ

01473 684963

office@stmarksparish.org.uk

<http://www.stmarksparish.org.uk>

St Mary at the Elms Parish Church

7 Dalton Road, Ipswich, IP1 2HT

01473 250134

h.pierce@btinternet.com

www.stmaryattheelms.org.uk

Village hall / community centre

St Mary le Tower Vicarage

8 Fonnerau Road, Ipswich, IP1 3JP

01473 252770

St Mary Magdalen RC

468 Norwich Rd, Ipswich, IP1 6JS

St Mary/ St Botolph Whitton

176 Fircroft Road, Ipswich, IP1 6PS

01473 741389

St Mary's RC

322 Woodbridge Road, Ipswich, IP4 4BD

secretary@st-mary.org.uk

St Matthew's Church

2 Crescent Road, Ipswich, IP1 2EX

01473 251630

St Pancras Catholic Church

1 Orwell Place, Ipswich, IP4 1BD

01473 252596

stpancras.priest@btinternet.com

St Peter's Church, Stoke

St Peters House, Stoke Park Drive, Ipswich, IP2 9TH

01473 601438

ganbo@btinternet.com

All the activities of a vicar and church on a housing estate in a mixed social area.

St Peter's Nursery

117 Downing Close, Ipswich, IP2 9EQ

01473 404448

karen.stradling@ntlworld.com

St Raphael Club

26 Highfield Road, Ipswich, IP1 6DA

01473 748498

magjoe55@yahoo.co.uk

Club days on alternate Tuesdays & Thursdays provide a Social meeting place, with lunch & games, for elderly people & people with disabilities.

St Thomas Church

102 Cromer Road, Ipswich, IP1 5EP

Stage Door Theatre Company

57 Orwell View Road, Shotley, Ipswich, IP9 1NW

01473 787436

Directory of Voluntary and Community Groups in Ipswich & District 2011

Stiff UK

P.O Box 1484, Newcastle-Under-Lyme, ST5 7UZ

01782 562366

www.stiffuk.org

Information and mutual support for fibromyalgia sufferers, their families and friends. Provides confidential group and individual help and support. If you have FMS or know anyone who has please contact us.

Stillbirth and Neonatal Death Society

21 Maidenhall Approach, Ipswich, IP2 8NY

01473 404815

Support for affected parents

Stoke Green Baptist Church

12 Almondhayes, Ipswich, IP2 9SH

Stonham

28 Ipswich Street, Bury St Edmunds, IP33 1SX

01284 756122

katie.pike@homegroup.org.uk

Supported housing for homeless people and/or people with housing related support needs. Applications received from ages statutory/voluntary agencies and self ref

Stow Lodge Hospital (Friends of)

43 Wordsworth Road, Stowmarket, IP14 1TT

01449 674106

Fund-raising organisation

Stroke Association (The), Communication

Whitehouse Distribution Centre, Whitehouse Road, Ipswich, IP1 5NX

01473 743976

07717275778

elaine.monsen@stroke.org.uk

www.stroke.org.uk

Help regain lost communication skills following a stroke.

Sue Ryder Care

The Chantry, Hadleigh Road, Ipswich, IP2 0BP

01473 295200

julia.capon@suerydercare.org.uk

www.suerydercare.org

Suffolk Accident Rescue Service

Turret House, Turret Lane, Ipswich, IP4 1DL

01473 218771

colin.sars@btinternet.com

Provides skilled immediate care and medical aid .Will attend any accident / medical emergency

Suffolk ACRE

BRIGHTSPACE, 160 Hadleigh Rd, Ipswich, IP2 0HH

01473 345300

Info@suffolkacre.org.uk

www.suffolkacre.org.uk

Help Line:

Our aim is to help communities in Suffolk identify & tackle their needs through community action.

Suffolk Action (CSV Media)

BBC Radio Suffolk, St Matthew's Street, Ipswich, IP1 3EP

01473 340740

Suffolk Animal Rescue

161 Felixstowe Road, Ipswich, IP3 9BJ

01473 680243

Rescue and re-homing of cats & dogs, also advice about care and welfare of cats & dogs.

Suffolk Artlink

1 Miles Ward Court, Halesworth, IP19 8AY

01986 873955

alistair@suffolkartlink.org.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

Suffolk Association of Voluntary

Dickson House, 43a Woodbridge Rd East,
Ipswich, IP4 5QN

01473 273273

admin@savo.co.uk

Suffolk Autism

3 Grange Business Centre, Tommy Flowers Drive,
Kesgrave, IP5 2BY

01473 632700

autism.suffolk@nas.org.uk

Offers information and support to families and professionals

Suffolk Befriending Scheme

44 Gainsborough Street, Sudbury, CO10 2EU

01787 371333

info@suffolkbefriendingscheme.org.uk

www.suffolkbefriendingscheme.org.uk

For people with learning disabilities

Suffolk Book League

49 Cheltenham Avenue, Ipswich, IP1 4LN

01473 236149

01473 743701 (evenings)

Suffolk Chinese Family Welfare Association

10 Birch Road, Stowmarket, IP14 3EZ

aubrey@mason@o2.co.uk

We are a charitable organisation in Ipswich. Members meet every Monday for lunch and activities like Mah-jong, Tai chi and Salsa! We also organise annual trip and provide support and advice for Chinese community members and their families.

Suffolk Coastal - Helping Hand

Council Offices, Melton Hill, Woodbridge, IP12 1AU

01394 444644

Helping the elderly or disabled to get repairs and adaptations carried out to their homes

Suffolk Coastal Crossroads

The Bartlett Annex, Undercliff Rd East,
Felixstowe, IP11 7LT

01394 278750

suffolk_coastal_crossroads@btopenworld.com

As above

Suffolk Coastal Resource Network

43a Woodbridge Road East, Ipswich, IP4 5QN

01473 275195

coastal@savo.co.uk

Suffolk Concert Band

5 Upsons Way, Kesgrave, Ipswich, IP5 7XS

01473 612898

Suffolk CONNECT

86 Whiting Street, Bury St. Edmunds, IP33 1NX

01284 766488

timabbott.suffolkconnect@virgin.net

Linking local business with voluntary and community groups

Suffolk Constabulary Male Voice Choir

35 Lowry Way, Stowmarket, IP14 1UE

01449 672600

scmvc@scwade.eclipse.co.uk

Open to non-police, meets Tuesdays Ipswich Police Station. Concerts for Charities

Directory of Voluntary and Community Groups in Ipswich & District 2011

Suffolk County Council

Floor 2, Block 3, Endeavour House, Russell Road, Ipswich, IP1 2BX

01473 264654

katrina.copping@socserv.suffolkcc.gov.uk

Suffolk Deaf Association Headquarters and

Suffolk House, 2 Wharfedale Road (off Dales Road), Ipswich, IP1 4JP

01473 251179

suffolkdeafassoc@btconnect.com

www.suffolkdear.org.uk

Help and advice for the deaf. 24 hour answer phone

Suffolk Dyslexia Association

81 Henley Road, Ipswich, IP1 3SB

01473 254227

07886 460636

jane@leeburn.com

We raise awareness of dyslexia, run a helpline for advice and send info. We have volunteers who befriend where needed. We raise funds to support our activities.

Suffolk Family Carers Limited

Units 6 & 8, Hillview Business Park, Old Ipswich Road, Ipswich, IP6 0AJ

01473 835400

jacqui.martin@suffolkfamilycarers.org

www.suffolkfamilycarers.org

Help Line: 0844 225 3099 (open Mon -Fri)

We focus on family carers and young carers; their needs and priorities influence everything we do. We listen to what family carers and young carers say, and use our knowledge and experience to help them make informed choices.

Suffolk Festival of Performing Arts

71 Belstead Road, Ipswich, IP2 8BD

01473 601336

musicalmitchell@aol.com

The Suffolk Festival exists to provide amateur musicians, dancers and actors of all ages and abilities the opportunity to perform on stage in front of a live audience and receive expert help and advice from experts of international standing

Suffolk Foundation (The)

Old Reading Rooms, The Green, Grundisburgh, Ipswich, IP13 6TA

01473 734120

stephen.singleton@suffolkfoundation.org.uk

www.suffolkfoundation.org.uk

Suffolk Gay and Lesbian Helpline

PO Box 311, Ipswich, IP1 3BQ

0808 808 2322

07960 162102

support@suffolkgayandlesbianhelpline.co.uk

www.suffolkgayandlesbianhelpline.co.uk

Help Line:

Support & info to gay men, lesbians, bisexuals & transgender. Drop in Saturdays 2 - 5pm

Suffolk Hearing Support Service

Suffolk House, 2 Wharfedale Road (off Dales Road), Ipswich, IP1 4JP

01473 467780

Help (home visits) in managing any hearing loss problems, hearing aid maintenance anywhere in Suffolk

Suffolk Hearing Support Service

Suffolk House, 2 Wharfedale Road, Ipswich, IP1 4JP

01473 583561

dee.payne@shss.org.uk

To support and advise anyone experiencing difficulties with hearing loss. Empowering people to function in a positive and valued way.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Suffolk Helpline (Drugs & Alcohol)

41 Lower Brook Street, Ipswich, IP4 1AQ

0808 800 1122

Confidential advice, information and support for people concerned about drug & alcohol misuse and for young people for themselves or others use of drugs & alcohol

Suffolk Inter-Faith Resource (SIFRE)

The Inter-faith Centre, The West Building, Ipswich, IP4 1QJ

01379 678615

office@sifre.org.uk

www.sifre.org.uk

Help Line: 01473 343661

The objects of the Company shall be to advance public knowledge and understanding of the teachings, beliefs, traditions and practices of different religions and philosophies (including their distinctive features & common ground) of communities in Britain.

Suffolk LINK

Suffolk LINK Room 18, Red Gables, Ipswich, Stowmarket, IP14 1BE

01449 771246

Kerry.Overton@shaw-trust.org.uk

(Part of Shaw Trust) Suffolk LINK - Get Involved

Suffolk Local History Council

5 Cotswold Avenue, Ipswich, IP1 4LL

01473 254291

admin@slhc.org.uk

www.slhc.org.uk

A registered charity, we support & encourage the study of Suffolk local history. We also run the SLHC Recorders' scheme to ensure that changes taking place at local level are adequately recorded for future historians.

Suffolk Multiple Sclerosis Therapy Centre

Unit 27 Claydon Business Park, Gipping Road, Ipswich, IP6 0NL

01473 830359

suffolkmstherapy@btopenworld.com

www.suffolkmstherapycentre

Help Line:

A self-help group for people affected by multiple sclerosis. Therapy is by way of hyperbaric oxygen treatment.

Suffolk Phoenix

23 Naverne Meadows, Woodbridge, IP12 1HU

01394 386584

Suffolk fire service band

Suffolk Pregnancy & Baby Loss Support

46 Dewar Lane, Kesgrave, Ipswich, IP5 2GJ

01473 630333

joseale46@msn.com

Informal monthly support group & small library

Suffolk Pro Help

2 Victory Road, Ipswich, IP4 4 LE

01473 725613

kevenmulley@dsl.pipex.com

Pro Help is part of Business in the Community and offers free professional help to charities and voluntary organisations.

Suffolk Rambling Club

19 Lonsdale Close, Ipswich, IP4 4HB

Suffolk Rape Crisis

The Bungalow, Lindsey, Ipswich

Directory of Voluntary and Community Groups in Ipswich & District 2011

Suffolk Recorder Players

17 Broomhill Road, Ipswich, IP1 4EH
01473 438730

Suffolk Refugee Support Forum

38 St Matthews Street, Ipswich, IP1 3EP
01473 400786
rcrerar@srsf.org.uk

Drop-in advocacy & advice (Mon, Tue, Fri) for refugees & asylum seekers, women's group, ESOL classes, employment advice, community forum, legal advice

Suffolk Respite

3 Constable Court, The Street, Belstead, Ipswich, IP8 3LY
01473 730929
suffolkrespite@btconnect.com

Regular planned respite for carers of people suffering from serious mental health problems.

Suffolk School of Samba

394 Woodbridge Road, Ipswich, IP4 4EW
01473 719785

Suffolk Spartans

East Bergholt Sports Centre, Heath Road, East Bergholt, Colchester, CO7 6RJ
01206 299340
eastbergholtsc@hotmail.co.uk
<http://suffolkspartans.co.uk>

Suffolk TG Group (The)

C/o Top Floor, 5 The Thoroughfare, Ipswich, IP1 1BX
07952 773380
suffolktgpeople@hotmail.com

Exists to help transgendered or transsexual people in Suffolk

Suffolk Users Forum

Suffolk House, St Clements Hospital, Foxhall Road, Ipswich, IP3 8LS
01473 329316
07919 370786
suf.mha@smhp.nhs.uk
User voice for mental health

Suffolk Vehicle Enthusiasts Club

115 Rushmere Road, Ipswich, IP4 4LH
01473 729512
www.svec.org.uk
For those interested in vehicles 20 years old or more.

Suffolk Wildlife Trust

Brooke House, Ashbocking, Ipswich, IP6 9JY
01473 890089
County-wide conservation group

Suffolk Young People's Health Project - 4YP

14 Lower Brook Street, Ipswich, IP4 1AP
01473 252607
enquiries@syphp.org.uk
www.onesuffolk.co.uk/4YP

Suffolk Youth & Parent Support Group

9 Main Rd, Tuddenham, Ipswich, IP6 9BZ
07708 095466
barb@cdrobinson.freemove.co.uk
www.suffolkmeandyou.org.uk

Suffolk Youth Jazz Orchestra

48 Constable Road, Ipswich, IP4 2UW
01473 255608

Directory of Voluntary and Community Groups in Ipswich & District 2011

Suffolk Youth Offending Service (South)

St Edmund House, Rope Walk, Ipswich, IP4 1LZ

01473 583570

peter.fox@yots.suffolkcc.gov.uk

Alternative to care and custody

Support Team for Ethnic Elderly (STEEDS)

Ipswich Caribbean Assn, 11/15 Woodbridge Road, Ipswich, IP4 2EA

01473 230656

Surestart

The Tree House Children's Centre, Clapgate Lane, Ipswich

01473 322055

An open access centre for all children/families/ pregnant women in IP3 - Gainsborough/Greenwich /Priory Heath. Offers advice/play activities/nursery/ drop in groups every day

Swing Machine Band

14 Arkle Court, Wright Lane, Kesgrave, Ipswich, IP5 7YW

01473 611929

Talitha Koum

Trinity Bungalow, 20 Back Hamlet, Ipswich, IP3 8AJ

01473 658612

07935 058685

admin@talithakoum.org.uk

Help Line:

Tamba (Twins & Multiple Births Association)

15 Irlam Road, Ipswich, IP2 9QR

01473 414361

ronmichie@networld.com

For parents of twins, triplets and quadruplets

Team Ipswich Sports Foundation

Ipswich Borough Council, Grafton Way, Ipswich

01473 433510

sports.development@ipswich.gov.uk

Tearfund East of England Office

The Manor House, 10 St Margaret's Green, Ipswich, IP4 2BS

01473 232136

07748 156916

www.tearfund.org.uk

Practical support & work with Christian groups worldwide and also in the UK

The Arab Social Club of Eastern England

566 Woodbridge Road, Ipswich, IP4 4PH

07786 601497

tascee@live.co.uk

www.tascee.com

At Tascee we have one main aim; to help those who are less fortunate than ourselves.

The Bard Company

27 Davey Close, Ipswich, IP3 0EF

07785 597949

info@bardcompany.org

www.bardcompany.org

The Church of Christ (UK)

49 Cliff Lane, Ipswich, IP3 0PD

01473 729530

07984 769266

info@thechurchofchristuk.org

Helping the less privileged; drug addicts, the poor and homeless

Directory of Voluntary and Community Groups in Ipswich & District 2011

The Erasmus Foundation

Moat House, Barnyards Green, Laxfield,
Woodbridge, IP13 8ER

01986 798682

www.erasmus-foundation.org

Spiritual healing, (free of charge), retreat days and evening meetings to share spiritual teachings, Peace gardens for people to enjoy.

The Glass-House Community Led Design

51 Tabernacle Street, London, EC2A 4AA

020 7490 4583

020 7490 4584

info@theglasshouse.org.uk

www.theglasshouse.org.uk

The Glass House offers design courses, advice & support to tenants, residents & professionals working in neighbourhoods undergoing change & renewal.

The Parish of Whitton with Thurleston &

Whitton Rectory, 176 Fircroft Road, Ipswich, IP1 6PS

01473 741389

0781 4949828

andrew@dotchin.org.uk

The Phoenix Project

34 Palmerston Road, Ipswich, IP4 2NU

01473 422746

07722503059

donna2.garrod@ntlworld.com

Voluntary Community Group which offers support to people who have experience of mental health issues. Education, social support and advice.

Thera Trust

1 Cornhill, Ipswich, IP1 1DD

07841 278854

benita.bull@thera.co.uk

Thorpe Morieux Village Hall

Little Home Farm, Bury Road, Thorpe Morieux, Bury
St Edmunds, IP30 0NT

01284 827039

jasgagen@btinternet.com

Time for You

United Response, Unit 10 Hillview Business, Ipswich,
IP6 0AJ

amanda.timeforyou@ipswich-cvs.org.uk

Together

21 High Street, Ipswich, IP1 3QH

Together Working for Wellbeing

78-80 Felixstowe Road, Ipswich, IP3 8EH

01473 286138

felixstoweroad@together-uk.org

www.together-uk.org

Supported Housing & Substance Misuse

Tools with a Mission

2 Bailey Close, Hadleigh Road Industrial Estate,
Ipswich, IP2 0UD

01473 210220

Placing hand tools Worldwide (Not electrical)

Torch Fellowship for the Visually Handicapped

229 Sidegate Lane, Ipswich, IP4 3DG

01473 725210

irism@waitrose.com

We meet on the 2nd Saturday of each month from 2.45 - 4.30pm (Colchester Road Baptist Church hall). Our informal meetings (followed by tea) provide a chance for people with sight loss to meet up in a friendly Christian atmosphere. Ipswich transport possible

Directory of Voluntary and Community Groups in Ipswich & District 2011

Town and Bridge Project

1 Cornhill, Ipswich, IP1 1DD

01473 261112

07810801316

julie.stokes@ipswich-cvs.org.uk

www.ipswich-cvs.org.uk

Provides a variety of activities & support to encourage people 45+, living in the Town Centre & Stoke Bridge areas of Ipswich, to improve health & well-being.

Town Pastors Ipswich

15 Dereham Avenue, Ipswich, IP3 0QB

01473 411604

07867 633672

Liz.beaton@townpastors.org.uk

www.townpastors.org.uk

Toy Library (Woodbridge)

1 Hillyfields, Woodbridge, IP12 4DX

01394 383578

Toys for pre-school. Tues & Thurs at St Mary's House, Market Hill

Training Bungalow

567 Foxhall Road, Ipswich, IP3 8LX

01473 271265

Adults with learning difficulties

Transition Ipswich

Contact via email

ttipswich@googlemail.com

www.transitionipswich.org.uk

Translation & Interpreting Project

46A St. Matthews Street, Ipswich, IP1 3EP

01473 400082

Provides translation and interpreting services in more than 30 languages on request including Bengali and Chinese.

Trefoil Guild of Ipswich

19 Adelaide Road, Ipswich, IP4 5PS

01473 729336

Organisation for persons 18+ previously connected with Guide/Scout Movement

Triangle Church (The)

2 Crescent Road, Ipswich, IP1 2EX

Triangle Living Water

38 Dickens Road, Ipswich, IP2 0BD

01473 225882

L.carey4@ntlworld.com

www.trianglelivingwater.co.uk

Community Shop/Cafe run by Triangle Church, selling nearly new clothes, bric-a-brac, etc, café offering drinks/snacks/light lunches.

Triangle Project

1 Cornhill, Ipswich, IP1 1DD

ronagh.witthames@ipswich.gov.uk

Triangle Residents Association

Ipswich

01473 403181

Trianon Music Group

Abbey Oaks Farm, Sproughton, Ipswich, IP8 3DH

01473 240737

Symphony orchestra and choir

Trianon Symphony Orchestra

36 Littles Crescent, Ipswich, IP2 8DP

01473 602309

Turkish Community

Galley Restaurant, St. Nicholas Street, Ipswich

Directory of Voluntary and Community Groups in Ipswich & District 2011

Turning Point

HMP YO1 Hollesley Bay, Activity Centre, Hollesley Bay, Woodbridge, IP12 3JS

01394 411741

A drug rehabilitation unit for juvenile offenders.

Ukrainian Association

85 Highfield Road, Ipswich, IP1 6DH

Unitarian Meeting House

Friars Street, Ipswich, IP1 1TD

01986 872052

United Kingdom Advocacy Network (UKAN)

14-18 West Bar Green, Sheffield, S1 2DA

0114 272 8171

This is a network of UK advocacy groups which is run by the service users. It provides information and support for local groups, and campaigns for improvements to mental health services. They also support Patients Councils and User Forums.

United Nations Association (Ipswich & District)

42 Tuddenham Road, Ipswich, IP4 2SP

01473 214116

United Response

Hill View Business Park, Old Ipswich Road, Ipswich, IP6 0AJ

01473 836160

chris.marsh@unitedresponse.org.uk

Care in community for people with learning disabilities

University of the Third Age in East Suffolk

Flat 1, Montrose Court, Rosehill Crescent, Ipswich, IP3 8ER

Ipswich and the surrounding area

Victim Support

1 Wharfside House, Prentice Road, Stowmarket, IP14 1RD

0845 3899548

ipswich@victimsupport.org.uk

Visits to offer help and advice to victims of crime.

VoiceAbility

1 Cornhill, Ipswich, IP1 1DD

01223 555800

07824 443837

jeanette.bramwell@voiceability.org

www.voiceability.org

Provide advocacy and self-advocacy. We support children, young people and adults with learning disability, mental health problems and other disabilities to find their voice and speak up to achieve positive changes in their lives.

Volunteer Centre Babergh

The Christopher Centre, Sudbury, CO10 2EU

0845 260 6340

volunteering@bctssuffolk.org.uk

Volunteer Ipswich

1 Cornhill, Ipswich, IP1 1DD

01473 261116

kirk.jackson@ipswich-cvs.org.uk

www.ipswich-cvs.org.uk

VOSDA

1 Helston Close, Kesgrave, Ipswich, IP5 1JT

01473 624989

Raises money for amenities for patients of St Clements Hospital

Directory of Voluntary and Community Groups in Ipswich & District 2011

Waterfront Churches (St Helen's, Holy Trinity,

Waterfront Churches, Trinity Bungalow, 20 Back Lane, Ipswich, IP3 8AJ

01473 259651

0773 199 1669

office@ipswichwaterfrontchurches.co.uk

www.WaterfrontChurches.org

Waterfront Community Centre

32 -34 Grimwade Street, Ipswich, IP4 1LP

01473 226931

waterfrontcommunitycentre@btinternet.com

Drop In Centre providing information, support & guidance/ internet provider/ community cohesion. Respect Festival co-ordinators.

Wattisham Playpark Committee

Welfare Officer, 3 Regiment AAC, Wattisham, Ipswich, IP7 7RA

01449 728321

Welcome Space

33 Broadmere Road, Ipswich, IP1 5BU

01473 402342

Drop-in Centre for past & present users of Mental Health Services. At St John's U.R.C.

Whitehouse Baptist Church

Waterford Rd, Ipswich, IP1 5NW

07984 951530

ipsbb@btinternet.com

Provide a range of voluntary services to the community around the church, youth, drop-in, pre-school, senior citizens.

Whitehouse Residents Association

Community Centre, Limerick Close, Ipswich, IP1 5LR

01473 744299

j_lancaster@ntlworld.com

Whitton Baptist Church

516 Norwich Road, Ipswich, IP1 6JR

01473 413115

Whitton Family Centre

19 Shenstone Drive, Ipswich, IP1 6NT

01473 588114

Whitton United Football Club

Bury Road, Ipswich

01473 464030

07917 165126

<http://whittonutd.co.uk>

Wigwams Neighbourhood Nursery

Whitton Church Lane, Ipswich, IP1 6LW

01473 240304

wigwams@ipswich-cvs.org.uk

www.ipswich-cvs.org.uk

Day-care and nursery

Winged Fellowship Trust

Jubilee Lodge, Grange Farm, High Rd, Chigwell, IG7 6DP

020 8500 8675

Planned breaks for disabled people & their carers

Wolsey Orchestra

4 Tolworth Road, Ipswich, IP4 5AU

01473 273623

Wolsey Road Cycling Club

197 Britannia Road, Ipswich, IP4 5HE

01473 420136

maurken@ntlworld.com

www.wolseyroadclub.co.uk

Cycle racing club; time trials, road racing, cycle cross & all day rides.

Directory of Voluntary and Community Groups in Ipswich & District 2011

Women's Institutes Suffolk East Federation

22 Orford Street, Ipswich, IP1 3NS
01473 251632
gill@sefwi.org.uk
www.sefwi.org.uk

Offer opportunities to enjoy friendship within local communities, to develop skills and talents, and to improve quality of life in the community.

Woodbridge New Horizons Leisure Days Centre

Leisure Centre, Ransome Rd, Woodbridge, IP12 4JX
07841 460383

Age Concern Suffolk Leisure Days Club meets Tues and Thurs at the Methodist Church, St Johns Street, Woodbridge. Self Referral possible.

Woodbridge Swimming Club for the Disabled

2 St Edmund's Close, Woodbridge, IP12 2PL
01394 460435

Meets Sundays at Deben pool - 12.15 - 1.45

Woolverstone Project (The)

Tower Cottage, Freston, Ipswich, IP9 1AD
01473 781928
ron.w.sutherland@btinternet.com
www.woolverstoneproject.org.uk

Sailing opportunities for people with disabilities

Workers Educational Association

68 Shenstone Drive, Ipswich, IP1 6NS
01473 424901
neil13ca@hotmail.com

Adult Education Organisation

Wren Centre

7 Wren Avenue, Ipswich, IP2 0TJ
01473 686804

Assessment, information & support for people with sensory or physical disabilities. Open Referral. Info & advice line

WRVS (Women's Royal Voluntary Service)

11d Farthing Road Industrial Estate, Farthing Road, Ipswich, IP1 5AP

01473 744619

deborah.fair@wrvs.org.uk

Services to community, meals on wheels, emergencies.

YAC Information & Support Service

14 Lower Brook Street, Ipswich, IP4 1AP

01473 225344

Support young people 13 - 19. SCC Community Education

Y-Fitness

Ipswich YMCA, 2 Wellington Street, Ipswich, IP1 2NU

01473 252456

Fitness studio, multi-use sports hall, sun beds, and saunas.

YMCA Playscheme

2 Wellington Street, Ipswich, IP1 2NU

01473 252456

6 - 12 year olds during school holidays & after school

YMCA Training

517 London Rd, Ipswich, IP2 0ST

01473 406126

f.carter@ymcatraining.org.uk

Directory of Voluntary and Community Groups in Ipswich & District 2011

Young Farmers Club

Otley College, Charity Lane, Ipswich, IP6 9EY

01473 785547

Social 10-26 years, not many farmers!

Young Suffolk

Room 9, Castle Hill Community Centre, Ipswich, P1 6DG

01473 744187

youngsuffolk@suffolkonline.net

Support services for Suffolk voluntary organisations working with young people

Yugoslavian Community

455 Nacton Road, Ipswich, IP3 9PY

Yugoslavian Community

14 Derwent Road, Ipswich, IP3 OQR

Zimbabwe Women's Resource Centre

19 Tower Street, Ipswich, IP1 3BE

01473 231566

07765 869286

zimyproject@yahoo.co.uk

There is a social worker available to provide support, active listening, information and referral service to women, with a special emphasis on women and young people from African and ethnic minority background.

Zoar Baptist Church

112 Dales Road, Ipswich, IP1 4JR

01473 401017

g.eldridge@ntlworld.com

www.zoarbc.org.uk