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Support Services

Adult

- [Shaw Trust](#) - is a charity helping to transform the lives of young people and adults across the UK and internationally.

Their specialist services help people gain an education, enter work, develop their career, improve their wellbeing or rebuild their lives. Shaw Trust is one of the largest 25 charities in the UK. They offer a free confidential service for anyone over the age of 18 years.

To contact them please use the mobile number below, or email, in order to access this service. They are also based at the following doctor surgery, where you can book an appointment through the surgery:
Birches Medical Centre, Twelve acre approach, Kesgrave, Suffolk, IP5 1JF

Mobile: 07967395985 or 07790922228

Email: ConnectFor.HealthSuffolk@shaw-trust.org.uk

Web: <https://www.shaw-trust.org.uk/>

Follow us on: [Twitter](#) - [Facebook](#)

- [St Elizabeths Hospice](#) Emotional and Spiritual Support - provides support for patients and families facing illness, bereavement and to support the staff who care for them.

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Bereavement

- [Suffolk Cruse Bereavement Care](#) - is a charity that supports the bereaved in Suffolk. Their aim is to support anyone of any age, however and whenever their bereavement occurred, They also support children and young people.

Children / Young People

- [Bullying Online](#) - provides help and advice to parents and young people including how to tackle bullying, where to find help etc
- [Childline](#) - 0800 1111: free 24 hour helpline for children and young people.
- [The Source](#) - The Source is managed by the Engagement Hub within Health, Wellbeing and Children's Services at **Suffolk County Council** that works to support children, young people and families in Suffolk.
- [It's Not Your Fault](#) - advice for parents and young people going through a family break-up/Divorce.
- [The Mix](#) - Essential support for under 25s. Provides help for young people on sex, relationships, careers, money, health, drugs, rights and housing.
- Inspire Suffolk Wellbeing Service - Offers phone support and counselling to young people, aged 16-25 in Suffolk, who need someone to talk to. For more information or an initial assessment, please contact wellbeing@inspiresuffolk.org.uk or call/text 07568 107 877. Further detail - inspiresuffolk.org.uk/courses/wellbeing-service

Crime

- [Norfolk and Suffolk Victim Care](#)

If you've been affected by crime, call 0300 303 3706, Lines are open Monday to Friday 8am to 5pm, or visit their website for local information about their services.[nbsp.

If you need support outside of their open hours, call [Victim Support](#) for free on 08 08 16 89 111 or [request support via their website](#).

There is also a 24-hour live chat service accessed via <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>. A video explaining the service can be viewed here - <https://www.youtube.com/watch?v=93pG0KnDi7U&feature=youtu.be>. For more on My Support Space, visit <https://www.mysupportspace.org.uk/moj>

They provide emotional and practical help to people who have been affected by crime in Suffolk. They're an independent charity and you can contact them for support regardless of whether you've contacted the police, and no matter how long ago the crime took place.

Dementia

- [Kesgrave Dementia Cafe](#) - If you are experiencing problems with your memory or have dementia, please come and join in the various activities and games on offer, and meet the team of very helpful and supportive staff. Members will be made most welcome, but must be accompanied by a carer.
- [Sue Ryder - Dementia Together Suffolk](#). If you have memory worries, are living with dementia, caring for someone who has dementia, or if you're a health professional, we are here to help you.

Domestic Abuse

- [Lighthouse](#)

Lighthouse Women's Aid is a charitable organisation based in Suffolk providing emotional support to

women and their children experiencing domestic abuse in their personal or family relationships.

- [Anglia Care Trust](#)

Anglia Care Trust (ACT) is now providing the Domestic Abuse Outreach Service (DAOS) for the county, working with individuals and families irrespective of whether they are living together or apart.

- In an emergency call 999 using the silent solution if you need to – just add 55 when prompted and the call will be transferred to the police, who will know it is an emergency call.

Elderly

- [Age UK](#) - Charity promoting the well-being of all older people and to help make later life a fulfilling and enjoyable experience. Tel: 0800 00 99 66.

General

- [Citizens Advice Ipswich](#)

They can provide you with free, confidential, impartial and independent advice as well as information on a wide range of subjects. They can work with you to sort out any debt worries and claim all the benefits you may be entitled to. They can help with housing and employment problems, or deal with queries about consumer issues. They can advise on legal matters, answer questions about immigration, and have lots of experience on family and personal matters too.

19 Tower Street, IPSWICH. IP1 3BE. AdviceLine: 0300 330 1151. national website - www.citizensadvice.org.uk

- [Samaritans Ipswich](#)

They offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. 140 St Helen's Street Ipswich Suffolk IP4 2LE. 01473 211133 (local call charges apply).

National: 116 123 (this number is free to call). National website - www.samaritans.org

Housing

- [Solo Housing](#)

It doesn't matter why you find yourself homeless. We're here to help you find somewhere to live. This service is for men and women aged 18 upwards, who need a roof over their head and regular visits from staff to help you maintain your tenancy and develop skills to live independently.

Learning Disabilities

- [Leading lives](#)

Leading Lives provides high quality, personalised social care support for people with learning disabilities, autism and complex needs both in the home and in the community across Suffolk and neighbouring counties.

- [Cafe66](#)

Cafe 66 is staffed by young people with learning difficulties and disabilities. It offers them a unique opportunity to learn valuable skills in a supportive environment. The cafe instills a huge sense of pride and improves their interpersonal skills and self-confidence. A number of volunteers support the staff and help with cafe duties.

- [Genesis - Orwell Mencap](#)

Orwell Mencap is a local charity. Through our Genesis services we provide personalised services supporting people with disabilities and their families and carers.

- [Ipswich Mencap](#)

Ipswich Mencap is a totally independent charity although affiliated to the Royal Society. They are a voluntary organisation formed in 1960 by a group of volunteer parents, all of whom have children with learning disabilities.

- [Children's Community Learning Disabilities Nursing Team - Behaviour Support](#)

The children's community learning disabilities nursing team is a specialised service, which works with families to meet the behavioural needs of children and young people with learning disabilities in Suffolk.

Racial Equality

- [Ipswich and Suffolk Council for Racial Equality ISCRE](#)

ISCRE works towards the elimination of unlawful discrimination on the grounds of people's race, sex, disability, age, marital and civil partnership status, pregnancy and maternity status, sexual orientation, gender reassignment, religion or belief. ISCRE also promotes equality of all.

Sexual Abuse

- [Fresh Start - new beginnings](#)

Fresh Start - new beginnings works throughout Suffolk to provide a therapeutic service for children and young people up to 18 years old who have reported being sexually abused and their families.

- [Survivors in Transition \(SiT\)](#)

SiT supports male and female adult survivors of childhood sexual abuse, violence and exploitation in Suffolk.

Stop Smoking

- One Life Suffolk - onelifesuffolk.co.uk/quit-smoking

Last update on Friday 26 Jun 2020 by Alan Comber.