

Groups	Day and venue	Time	Venue Contact details	Notes
Arts and Crafts				
Art (U3A)*	Every 2 nd Monday	1.30- 3.30	Colville House School Road NR33 9NB Jan & les 01502 539541	For more information on all the classes and groups please contact Jan & les 01502 539541
Art Classes Water Colors 6 week beginners Drawing course /Sketching, Oils/Acrylic and Pastels	Mondays Wednesdays Thursdays Fridays	Various Times	Windsor gallery 167 London Road South Lowestoft NR33 0DR 01502 512278 windsorgallery@yahoo.co.uk	<u>Part of Buddy system</u> *
Arts and Crafts				
Lowestoft Art Group	2 nd and 4 th Friday in the month	7.30	United Reform Church London Road North Lowestoft NR32 1HB info@lowestoftartgroup.co.uk	
Lowestoft Live Arts Group for the visually impaired run by East Suffolk Association for the blind.	Thursdays	10 -2pm	Lowestoft Live Arts Colville House School Road Lowestoft NR33 9NB Mrs Linda Evans, Secretary 01502 513371 thankevans1@btinternet.com Additonal contact: East Suffolk Association for the Blind 01473 611011	Arts and crafts group for the visually impaired run by East Suffolk Association for the blind.

			Info@esab.org.uk	
Carlton Colville Arts and Crafts Group	Tuesdays	2-4	Carlton Colville Methodist Church Lowestoft Road Carlton Colville NR33 8JD	Arts and craft sessions in a friendly atmosphere for carers and cared for to take part in together or have time on their own. (Over 18s only)
Crafty Club	Every 2 nd Saturday of the month	10-12	Trinity Methodist Church High Street Lowestoft NR32 1HU Tel: 01502 573048 trinitymethodistlowestoft@gmail.com	A charge of £1 to cover costs of materials etc.
The Yard All crafts	Tuesdays Fridays	1 – 3 10-12	The Yard Project Ashby road NR32 2BB Susan Bowing@aol.com 01502 584305	<u>Part of Buddy system</u> *
Lowestoft Art and Craft Group	Every 2 nd Friday of the month	1 – 3	Boston Lodge, Boston Road Lowestoft NR32 1GU Contact EVE on 07341867131 Eve.ringer@nsft.nhs.uk	Come along and try your hand at arts and crafts, or just join us for coffee and a chat.
Knit & Natter Lowestoft	Wednesdays	2 - 4	St Andrews Church Roman road NR32 2QD Gill Gabb 01502 572546 Info@romanhill.org.uk	<u>Part of Buddy system</u> *
Norfolk Knitters & Stitches				
	Wednesdays	10 -3	Coconut Loft 8 Waterloo Road NR33 0AA	
	Mondays		The friends meeting Hall	

Kirkley Quilt + Patchwork group	Tuesdays	9.30-12.30 1.30-4.30 9.30-12.30 1.30-4.30	St Georges Road Pakefield NR33 0JS Jean Chivers 01502 568759	
Pakefield Patchers	Every Thursday	9.30 - 12.30	Pakefield Church Hall Pakefield NR33 0JZ Sandra Sacks 01502 537106 Or just come along to the hall any Thursday! sandysacks@hotmail.co.uk	<u>Part of Buddy system</u> *
Wood Carvers	Third Sunday of each month, except December when it is the second Sunday	10-4pm	East Point Academy, Kirkley Run, Lowestoft, Suffolk, NR33 0UQ Leader, Anna Cullingford 01603 433505 norfolk-suffolk@britishwoodcarversassociation.co.uk	£25 per annum membership, which gets you a quarterly magazine and liability insurance. We carve from 10am to 4pm, There is a £5 meeting charge which covers tea, coffee, cake and hall hire. Most people bring packed lunch.
Wood Turners	Second Thursday of each month and last Monday of the month		Mutford Village Hall on the second Thursday of each month when demonstrations are given by nationally noted turners. The new workshop evenings take place on the last Monday of the month at the same venue. For more information contact Mr Wooden 01502 740625 or email webmaster@waveneywoodturners.co.uk	Beginners welcome demonstrations are given by nationally noted turners each month
Befriending Services				

<p>Silverline Helpline for Older People</p> <p>Telephone Friendship The Silver Line offers weekly calls to people</p>	<p>0800 470 8090 24 hours a day every day</p> <p>People age 55 and over, who would like to receive regular weekly telephone friendship from a friendly and supportive volunteer, called a Silver Line Friend. The calls last approximately 30 minutes, and take place on the same day, at the same time, each week. Older people and volunteers are matched carefully, to ensure they have some common interests and compatible personalities and friendships are reviewed regularly, to ensure that both parties find them enjoyable.</p>			
<p>Age Uk Suffolk</p>	<p>Companion Service</p>	<p>Contact 01473 357070</p>	<p>There is a charge for this Service.</p>	
<p>The Befriending Scheme</p> <p>Learning Disabilities</p>	<p>We visit people in their own homes or in the community to enable 1 to 1 time for the person with their volunteer, to develop their friendship and reduce feelings of loneliness and isolation.</p>		<p>Christine Roe Area Co-Ordinator - Lowestoft The Befriending Scheme 07906 758039</p>	<p>Free Service</p>
<p>Bowls Clubs</p>				
<p>Sparrows Nest Bowls</p>	<p>Unsure of day Telephone for further details</p>		<p>: Whapload Road Lowestoft Suffolk United Kingdom NR32 1XG</p> <p>Email: Sparrows Nest Bowls Club</p> <p>Phone: 01502 562113</p> <p>affiliation : BowlsEngland</p> <p>Lawn bowls club</p>	
<p>Kensington Garden Bowls</p>	<p>Monday to Saturday</p>	<p>Mostly evenings</p>	<p>Kensington Gardens Kensington Road LOWESTOFT Suffolk NR33 0HY</p> <p>Mr A G Anderson, Secretary 01502 586493 Email andyandjill@uwclub.net</p>	<p>May to September</p>
			<p>Lowestoft Railway Club</p>	

Lowestoft Railway Bowls club	Contact club for details		123a Carlton Road Lowestoft NR33 OLZ 01502 560172 irbowls@btinternet.com	
Kessingland working men's Club Bowls	Contact club for details		Kessingland United Working Mens Club The Avenue Kessingland Lowestoft Suffolk NR33 7QD01502 740218 clubsecretarykuwmc@outlook.com	
Pakefield Short Mat Bowls Club (Short mat bowls)	Every Wednesday and Fridays	1.30 3.30	Pakefield Church Hall Pakefield NR33 0JZ	We have a £10.00 annual membership fee and a weekly fee of £2.50, and include a tea/coffee break during the afternoon. We also have outings during the year. To find out more, just turn up any Wednesday or Friday afternoon and you will be assured of a warm welcome.
Computer Classes				
Computer Lessons FREE	Absolute beginners Sessions arranged on a mutually convenient basis, N/a		Lowestoft Library Manager: Jane Rotheron Clapham Road South, Lowestoft NR32 1DR Tel: 01502 442810 Email: Lowestoft.library@suffolklibraries.co.uk	Absolute Beginners 1:1: Internet and computer training sessions for beginners – book in advance
BOOK & READING GROUPS				

Bookworm Club (U3A)*	Every 2 nd Monday	2 – 4	Colville House School Road NR33 9NB Jan & les 01502 539541	For more information on all the classes and groups please contact Jan & les 01502 539541
Reading Group	Last Tuesday of the month	18.50 20.30	Lowestoft Library Navigator Room 01502 674660 help@suffolklibraries.co.uk	Contact Library for further info
Literary Locusts	First Wednesday of the month	10.30 11.30	Lowestoft Library 01502 674660 help@suffolklibraries.co.uk	Contact Library for further info
Book Club Lowestoft and Waveney	Contact for further details		Sarah Cotterill www.meetup.com/lowestoft/waveney-book-club/	
Choirs/singing/music				
Heartsong Supported by Suffolk Family Carers	4 th Friday of the month	11am 1pm	Carlton Colville Methodist Church NR33 8JD Contact 07757809297 Email: tracy.sharp43@ntlworld.com WWW.musicinourbones.btck.co.uk	No need to read music or learn words – all taught by ear £2 voluntary donation first session free <u>Part of Buddy system</u> *
Kirkley Community Choir	Every other Wednesday	6.30- 8.30	The kirkley centre London Road South Stephen Amer 07909 510976	<u>Part of Buddy system</u> *
Roman Hill Community Choir	Fridays	7.30- 9.00	St Andrews church Roman Road NR32 2QD Kat Richards 0778 6153778	<u>Part of Buddy system</u> *
Church Choir	Fridays	6-7.15	St Margarets Church Hollingsworth Road	

			NR32 4BW music@stmargaretslowestoft.co.uk	
Lowestoft Folk and Square dance Club	Wednesdays	7.30	St Marks Church Bridge road Oulton Broad NR33 9JX Contact Tony Sundram 01493 290422 07955580455 tony.sundram@btinternet.com	
Lindy Hop/Jive class	Thursday Lindy hop/jive class Beginners class Intermediate class	7pm 7.45pm 8pm 8.45pm 9pm 9.30pm	United reform church Lowestoft (up from gillmans jewelers) Contact Nigel and Gill 07986011863	stroll class (cardiff stroll, Jitterbug ,Shim Sham)etc Payment on night please phone and check
Coffee Mornings				
Coffee and a chat	Fridays	11am- 12.30	St Andrews church Roman Road NR32 2QD Gill Gabb 01502 572546 Info@romanhill.org.uk	<u>Part of Buddy system</u> *
Coffee Morning	Fridays	10- 11.30	South Lowestoft Methodist Church Corner of Carlton Road NR33 ODY info@southlowestoftmethodistchurch.org.uk	
Day Centres				
Saxon Road Day Centre	Monday to Thursday	9am 3pm	Saxon Road Day Centre Seventh Day Adventist Church Saxon Road Pakefield	Mainstream Care & Dementia Care• Average cost per person,-per session - Mainstream: £38.00 per

			Lowestoft Suffolk NR33 7BT Eve Colley 07926353112 Email colley992@outlook.com	person. Dementia care: £46.00 per person. Half-days available. • £5.00 for a two course, home cooked meal. • Transport is extra • Free taster session (you just need to pay for lunch, which is £5.00)
Britten Club Day centre	Monday to Friday	9am 3pm	Judith Phillips Manager Love Road Lowestoft Suffolk NR32 2NY 03333 211984 http://www.careuk.com/care-homes/the-britten-club	
Wellbeing Day centre (Independent older people)	Monday to Friday		Day Centre Manager 45 Cotmer Road Oulton Broad Lowestoft Suffolk 01502 44 66 00 daycentre@wellbeingcare.co.uk http://wellbeingcare.co.uk	Independent older people
ESOL English Lessons	Thursday	7 pm 8.30 pm	Contact 01502 511333	Lowestoft Community Church Free Conversational English lessons
Food Parcels	Food Parcels Drop-ins in Lowestoft on: Marram Green, Wed 10 – 12, Hall Road, Kessingland, NR33 7AH Access Community Trust, Mon – Tues – Fri 10am – 12 am, 114 High Street, Lowestoft The Workspace NR32 1HN Salvation Army Mon – Tues – Weds 10am – 12pm, Beach Road, Lowestoft Lowestoft Citadel NR32 1EA Access Community Trust Leiston – Town Council Thursday 10am – 12pm Main Street, Leiston Beccles Salvation Army Wednesday 10am - 12pm Beccles, Blyburgate, Beccles Access Community Trust NR34 9TQ			

Health Support Groups				
Breast Cancer campaign (Someone to point you in the right direction)	Self-help group for sufferers		Mrs L P Bruin 01502 513998 Moonstone 61 Wollaston Road Wollaston Road LOWESTOFT Suffolk NR32 2PE	Need someone to talk too who understands.
Big C Cancer Support	Big C staff are available at the end of the phone, with local knowledge and expertise to help answer any questions you may have, from the comfort of your own home Call us free on 0800 092 7640			
Cancer Can-cervive	For more details call Mrs Tills on 07788430669, Mrs Pawlett on 07909924347 or search for Can-cervive on Facebook		Louise Hamilton Centre James Paget Hospital Lowestoft Road Gorleston For more information on the services we provide Contact us on: 01493 453100	
Breast Feeding Support Cafe	Every other Monday starting 11 th Sept	1.30 3.30	Gunton Baptist Church 72 Hollingsworth Road Lowestoft NR32 4AZ	It is a safe place to come and have tea and cake and receive peer, professional support with breastfeeding.
Breathe Easy Support group British Lung Foundation Support Network BLF Helpline 03000 030 555	Second Monday of the month	2 - 4	Breathe Easy Support Group The Conservatory JPH James Paget Hospital Lowestoft Gorleston Great Yarmouth NR31 6LA Respiratory Nursing Team 01493 453423	Call the Respiratory team for further information.
Avenues East Support for disabled and Brain injuries	Please contact 01493 442994 for further information on local group or main contact 01473 836770 als@avenuesgroup.org.uk www.avenuesgroup.org.uk		Gorleston Headway House Trafalgar Road Est Gorleston Great Yarmouth NR31 6NX T: 01493 442994	Any age over 16+ Meal & Bowling Evening Fourth Monday of every month Richardson Family Bowl, Capital Estate, Lowestoft, NR32 1TY Meal & Social Evening Second Monday of every month Wherry Hotel, Bridge Road, Oulton Broad, Lowestoft, NR32 1TY
Counselling FREE	Wellbeing		Get in touch by calling your local team: Norfolk & Waveney: 0300 123 1503	If you are aged 16 and over you can access our support through your GP or other professional. Or you can self-refer using the form on this website

		Suffolk 0300 123 1781 www.wellbeingnands.co.uk	
Asperger Support Asperger Adult Social Group	Held every 4 weeks	Beccles and Norwich For further information Contact : Thecla 07776231485 t.fellas@asperger.org.uk	Change to chat together and enjoy events in the company of others affected by Aspergers Syndrome
Asperger Carer's support	First Tuesday of every month 10 am – 12pm	Soups Café 4 the Walk (back of gary's discount shop) Beccles For further information please contact. 01502 715500 p.ingle@asperger.org.uk	Provides support for parents and Carer's, as well as people with Asperger Syndrome
Asperger's Beccles Children and family Group For children on the Autistic spectrum	10am – 12pm Alternate Saturdays	BlyburgateHall Blyburgate, Beccles Contact Paula 07484210453 p.ingle@asperger.org.uk Futher information on all above and more email www.asperger.org.uk	A wide range of fun activities for children on the Autistic Spectrum and their families
Alzheimer's Society Information points in Waveney	<p>The Waveney Centre, New Market, Beccles NR32 9HE Tel: 01502 712473 Every 4th Tuesday of the month 10.30 – 12 noon (Example - Tuesday 22nd May – Tuesday 26th June)</p> <p>Beccles Library, 32 Blyburugate, Beccles, NR34 9TB Tel: 01502 714073 The 3rd Friday every month 1.30 – 3 pm (Example – Friday 15th June)</p> <p>Beccles Medical centre, St Marys Road, Beccles, NR34 9NX Tel: 01502 712662 The last Monday of each quarter 10 am – 12 noon (Example Monday 30th July – Monday 29th October)</p> <p>Bungay Medical centre, 28 St John's Road, Bungay NR35 1LP Tel: 01986 892055 Every 2nd Thursday of the month 10.30 – 12 noon (Example Thursday 10th May – Thursday 21st June – Thursday 12th July)</p> <p>Lowestoft Library, Clapham Road South, Lowestoft, NR32 1DR Tel: 01502 674660 Every 2nd Tuesday of each quarter 9.30 am – 12 noon (Example Tuesday 8th may – Tuesday 11th September)</p> <p>Alexandra Road Surgery, Alexandra Road, Lowestoft NR32 4TW Tel: 01502 526060 Every other Wednesday of the month 9 am – 10.30 am (example Wednesday 13th June)</p> <p>Crestview Surgery, 141 Creastview Drive, Lowestoft, NR32 4TW Tel: 01502 526060 Every other Wednesday of the month 9 am – 10.30 am (example Wednesday 9th May)</p> <p>Alzheimer's Society Suffolk Tel: 01502 514712</p>		


<p>Dementia Friends Information and support</p>	<p>Information and Support</p> <ul style="list-style-type: none"> <p>The National Dementia Helpline You can call the Helpline on 0300 222 11 22 The Helpline provides interpreters on the phone if you do not speak English. There are Instructions on the Alzheimer’s Society website: www.alzheimers.org.uk</p> <p>Local services Contact your local Alzheimer’s Society office for help and support: Local Office number : 01502 514712</p> <p>Dementia connect You can use Dementia Connect to see more support in your area: www.alzheimers.org.uk/dementia-connect</p> <p>Alzheimer’s Society publications A selection of our publication are available in audio (CD and Cassette) and large print formats. To access these, contact: 020 7423 5134 publications@alzheimers.org.uk</p> 		
<p>Dementia Café Lowestoft</p>	<p>1st Wednesday of each month 11 am – 12.30 pm</p>	<p>St Marks Church Bridge road Oulton Broad NR33 9JX Contact Alice Sparksman 01502 514712</p>	<p>For people suffering with Dementia plus their families and Carers</p>
<p>Dementia Café Kessingland</p>	<p>3rd Thursday of the month 10.30 – 12 noon</p>	<p>Kessingland Sports and Social Centre Francis Road Kessingland NR33 7PU Contact Alice Sparkman 01502 514712</p>	<p>For people suffering with Dementia plus their families and Carers</p>
<p>Dementia Forget-me-nots</p>	<p>2pm – 4pm 1st Tuesday and the 3rd Monday of the month</p>	<p>Beccles Public Hall Smallgate Beccles NR34 9AD Sue Bergin (event coordinator) 01603 499350 or 07775721748 sue@becclespublichall.com</p>	<p>Meetings are FREE Cup of coffee/tea with cake, just £1.50 Relax, reminisce and remember through Music.</p>
<p>Dementia Remember Me Club</p>	<p>Every Tuesday 11.30 – 2.30pm</p>	<p>The Remember Me Club The Deaf Centre Blackheath Road Lowestoft NR33 7JG</p>	<p>For people suffering with Dementia plus their families and carers</p>

			remebermeclub@gmail.com facebook: The Remember Me Club	
Dementia Remember-me-club	2nd Thursday of each month 2pm – 4pm		Barchester Oulton Park Care centre Union lane Oulton NR32 3AX Activities.oultontpark@barchester.com Call Andrea – Heidi 01502 539998	Dementia Café Open to all those caring for someone with Dementia. Offering support, advice and a place to chat over a cuppa. Pop in or give us a call for more information
iCASH (integrated Contraception & Sexual Health)	icash is the new name for contraception and sexual health services in Suffolk. Call 0300 123 3650 www.icashsuffolk.co.uk			Icash provide all aspects of sexual health, including contraception, STI testing & treatment and HIV care and treatment which will be available from easily accessible venues across Suffolk
Turning Point Drugs and Alcohol Services	Turning Point Woodbury House Mill Road NR32 0PP			Suffolk@turning-point.co.uk
Suffolk Family Carers Drug & Alcohol users	Family Drop-in-sessions			Drop in sessions held at turning point. To help guide you with the challenges of having a drug or alcohol user in the family Contact Juanita 01473 83541 Submiuse@suffolkfamilycarers.org
	Every 3rd Wednesday	10.30 2.30	16th August 6th September	
Navigating the road to recovery FREE (Suffolk family carers and Turning point)	Mondays (five sessions) Sept 11 th , 18 th , 25 th , Oct 2 nd and 9 th	10.15 am 1pm	Kirkley Centre Lowestoft Contact Juanita Rampley 01473 835411 Email Submiuse@suffolkcarers.org	Five session program designed to give information and support to those caring for someone affected by substance misuse in suffolk
Alcoholics Anonymous	Wednesday and Friday	8pm	Trinity Methodist Church High Street Lowestoft	Open meeting
Cocaine Anonymous	Wednesday	7 pm to 8.30 pm	Hope Faith and amp courage Cocaine Anonymous St Andrews Church Roman road Lowestoft NR32 2DG	This Meeting is open and anyone may attend.
UKNA Narcotics anonymous	Saturday	6pm	The United Reform Church High Street Lowestoft NR32 1HB	No need to book Helpline 10am til midnight 0300 999 1212
Fibromyalgia Support Group	1 st Monday of each month	11-1pm	The Hatfield Hotel Lowestoft contact Sue on 01502531851 for any information.	Find us in the main bar or I can come and meet you before the group and introduce you to the group. Join us for a coffee and a chat

			Also on facebook look for Lowestoft Fibromyalgia Support Group	<u>Part of Buddy System *</u>
Feedback Adult Mental Health Service Users and Carers	Morning Afternoon	Our office is open 9am-5pm	Feedback Office 3 Kirkley Centre 154 London Road South Lowestoft Suffolk NR33 0AZ info@feedbackhealth.uk http://feedbackhealth.uk	Our building does not have a car park, although there is parking available nearby. Contact Tod Sullivan Coordinator 03300 011239 07519 396134
L.I.D Drugs & Alcohol Lonely Isolated Depressed	Weekly Drop in Fridays	1pm 3pm	Gateway to Hope 141 london Road South Lowestoft NR33 0AX Malcolm Blowers 07931 807643	Self Help Support Group An opportunity to have a chat in a friendly non-judgemental environment
Gateway to Hope Coffee and snack	Mondays Wednesdays Thursdays	11 – 3 10 – 4 11 - 3	Drop in Café 141 london Road South Lowestoft NR33 0AX	Hot drinks and a simple meal served here
Downs Syndrome Group	Every 3 rd Saturday of the month	2 – 4 pm	The Church of the Latter-day Saints. 165 Yarmouth Road Lowestoft NR32 4AB Contact Lisa Whitfeild on 07724074697 Littlewhitty@gmail.com	We are a family friendly group who meet once a month to chat, play, learn and share experiences
Gambling Problems GamCare	Gamcare provide a confidential helpline throughout the uk and a range of help online. These services provide emotional support, advice, information, information and referral for people experiencing problems with their gambling and family and friends affected by gambling.		The helpline is open 7 days a week, 8am-midnight. 0845 6000 133 www.gamcare.org.uk	

<p>Heron Local Health information network</p> <p>(Adults, Young people, Children (5-11), Pre-school)</p>	<p>Please check website for further information</p>		<p>Heron Local Health Information Network Norfolk</p> <p>Address Web site only http://www.heron.nhs.uk/</p> <p>Area served suffolk & waveney</p>	<p>This website provides a comprehensive and searchable source of self-help support groups, statutory and voluntary agencies covering the whole of Norfolk and Waveney</p>
<p>Ostomy Support Group James Paget</p>	<p>Quarterly Jan – April –July –October on 2nd or 3rd Thursday evening</p>	<p>7pm</p>	<p>The Golf Club Warren Road - Off Links Road Gorleston Norfolk</p> <p>sandra.hutchings@sky.com</p>	<p>Sandra Hutchings Secretary 24 Hervey Street Lowestoft Suffolk NR32 2JG 01502 585955</p>
<p>Stammer support group</p>	<p>3rd Monday of the month</p>	<p>7.30 pm</p>	<p>Various venues. Please contact John on 01502 581481 or 07854 650246 Johntommo6@btinternet.com</p>	<p>Offer help and support for people who stammer like us and those affected by it. Also welcome professional interest.</p>
<p>Stroke Support group</p> <p>A Support group for stroke survivors and those affected by stroke.</p>	<p>Fridays</p>	<p>10 - 12</p>	<p>St Margarets Church Hall Hollingsworth Road Lowestoft Suffolk NR32 4BW</p> <p>Kate Oubridge 07917 795453</p> <p>lowestoftstroke@aol.com</p> <p>https://www.stroke.org.uk/finding-support/lowestoft-stroke-support-group</p>	<p>The Lowestoft Stroke Support Group holds a friendly, welcoming meeting every Friday morning, offering support, information and social activities to stroke survivors, carers and spouses. We have a varied programme of events including games & quizzes, exercise sessions, speakers and occasional meals and trips out</p>
<p>Stroke Association</p>	<p>Information, advice and support service.</p> <p>We're here for you. If you'd like to know more please get in touch</p> <p>Stroke helpline 0303 3033 100</p> <p>Website: stroke.org.uk</p>			
<p>Heartcare Cardiac Support group</p>	<p>Call helpline for more information</p>		<p>Great Yarmouth and Waveney Heartcare Cardiac Support Group Lowestoft Community Church,</p>	<p>We welcome all visitors to Healthcare Cardiac Support Group (UK) Based at the James Paget Hospital, Gorleston. It is</p>

Great Yarmouth and Waveney HeartCare Cardiac Support group			The Depot, 8 Hadenham Road South South Lowestoft Industrial Estate Lowestoft, NR33 7NF Call our Heart Helpline on 0300 330 3311 for more information.	hoped that anyone might take some comfort from the support offered from a group such as Heartcare.
Autistic support group	1 st Tuesday evening of the month 7pm – 9pm Also the 3 rd Wednesday morning of the month 9.30 – 11.30 am		The Carlton 564 London Road South Call 01502 565709 for further information	We are friendly supportive network who can offer you a listening ear. We can signpost you to the correct services for your needs, we can offer tips on how to support and understand those on the Autistic spectrum and for some families just the knowledge that you are not alone in your journey helps.
MENTAL HEALTH WELLBEING				
Time for You	1 st Monday of each month	10.30 2pm	The Carlton 564 London Road South Call 01502 565709 for further information	Relaxation sessions for carers of those with mental health issues
Time for you For ladies with mental Health issues	4 th Monday of the month	10.30 2pm	The Carlton 564 London Road South Call 01502 565709 for further information	Relaxation sessions for ladies with mental health issues
Mental health/ wellbeing Drop-in	Every 2 nd Monday of the month Drop in between 10.30 am and 12.30 pm	Lift loud for Danny Wellbeing drop in The Carlton 564 London Road South Pakefield, NR33 0LF	Heart of the matter , Waveney are are pleased to be able to provide a wellbeing drop-in for those experiencing mental health issues. Every drop-in is free and very informal and offers a safe place to talk. Please bring someone with you is you feel particularly anxious. Pop in for 5 minutes or 50! It's up to you. Look at #Liftloudfordanny FB page.	

Wellbeing Walk-in centre	First and third Tuesday of the month	10.30 12.00	Lowestoft Riverside Business Centre, 1 Riverside Road. NR33 0TQ Our services are free and are available to people aged 16 and over living in Norfolk & Waveney, and for people of all ages in Suffolk.	Wellbeing Norfolk & Waveney and Wellbeing Suffolk provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.
Mens Wellbeing Men's Reach Out & Social Activity Group @ The Hub	First and Third Monday of the month	7 pm 8.30 9.30 pm	205 London Road South, Kirkley (next door to the Salvation Army Charity Shop) Call 01502 560779 www.facebook.com/thehub.mjtraining Please check is still running	Would you like to meet some new people? Have an informal chat over a cuppa? Learn some techniques to help detress? Try something new? Then it's happening @TheHub
Mindfulness Drop-In	Every Monday	11.00 12.30	Top floor, Sam's Coffeeshouse, Beven Street East	Have a go at mindfulness meditation in a FRIENDLY and INFORMAL setting. ALL WELCOME
			Get in touch by calling your local team: Norfolk & Waveney: 0300 123 1503 Suffolk: 0300 123 1781 www.wellbeingnands.co.uk	As above If you are aged 16 and over you can access our support through your GP or any other health or social care professional, or you can self-refer using the form on this website

<p>The Anchor Drug or Alcohol dependence and mental illness</p>	<p>The Wellbeing Team based at the Anchor wellbeing center consists of: the dual diagnosis clinical service and mindful pathways psychological team, which offer group based therapy. working with people suffering from mental health and addiction problems (dual diagnosis), the team works on an appointment bases an offers individual one to one sessions to adults 18 to 65.</p> <p>www.accessct.org/what-we-do/health-and-wellbeing</p> <p>Follow us on Twitter</p>		<p>The Anchor Health and Wellbeing Centre 5 commercial road Lowestoft NR32 2TD</p> <p>For further information Contact 01502 527200</p>	
<p>Safe Harbour @ Sams, Lowestoft</p> <p>Safe place for evening mental health support.</p>	<p>Every Thursday 6pm - 11pm</p> <p>No appointment Required</p> <p>DROP IN</p>	<p>Safe Harbour @ Sams, 132 Bevan Street East, Lowestoft NR32 2QA</p> <p>For further information, call 01502 575200</p>	<p>Please be aware that exclusions to access include: Acute Toxication, Acute psychosis, Alcohol withdrawal, Injury which requires treatment, Overdose/treatment or observation required, personal care.</p>	
<p>Cruse Bereavement Care Free service</p>	<p>We can offer</p> <ul style="list-style-type: none"> ▪ Someone to Talk to in complete confidence ▪ Information and advice on many aspects of bereavement <p>Just leave a short message on our answer phone 01502 722234 and we will get back to you Helpline: 0808 808 1677 or email suffolk@cruse.org.uk</p>			
<p>Sunrise Friendship Bereavement group</p>	<p>4th Wednesday of the month</p>	<p>5.45 7.15</p>	<p>Louise Hammilton Centre James Paget Hospital</p> <p>Janice Turner 07511472648</p>	<p>Over 18's Cost - £1 per meeting</p> <p>Activities, guest speaker and refreshments</p>
<p>Bereavement Upside Down Group</p>	<p>2nd Tuesday of each month</p>	<p>10.30 11.30</p>	<p>Parish room at St Peter's Church in Carlton Colville</p> <p>Contact Angie 01502 511072 07584136402 or Contact Heather 01502 588293</p>	<p>A new group for those who are experiencing bereavement, meeting in an informal atmosphere where you can come if you are looking for help, support,</p>

				encouragement or a listening ear. An opportunity to sit together and share experiences.
Purple Rose We are Here for You Need someone to talk to?	We can offer varied support including Face to Face (a charge of £10 for this service) and Telephone Counselling (free) For more information and a friend who can help; contact us today:		Purple Rose Life Centre Sussex Road Business Centre 2 nd Floor Sussex Road Gorleston Gt Yarmouth Norfolk NR31 6PE contact us today: purpleroselifecentre@gmail.com m <u>Call Us 01493 717310</u>	Sussex Road Business Centre, 2 nd Floor Sussex Road Gorleston Great Yarmouth Norfolk, NR31 6PE
National Rheumatoid Arthritis Society – Local group JPH The Great Yarmouth & Waveney NRAS Group	Second Tuesday each month	5.30 7.00	Meet in the 'Buzz Room' of the Louise Hamilton Centre, James Paget Hospital, Gorleston, Great Yarmouth, NR31 6LA	(January-November). Meetings will sometimes alternate between a guest speaker and social meetings
Parkinsons Support Group	First Monday of the month	2-4	St Benedict's Hall Hollingsworth Road Lowestoft NR32 4AX Contact Richard Eatock 01502 585430 or Mike Regis, Support Group Co-ordinator 01502 560 047	We offer information, friendship and support to local people with Parkinson's , their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.
Over Eaters Anonymus "No fees, no weigh-in. We are a fellowship. We extend a lifeline of hope and action to fellow compulsive overeaters."	Every Friday	10.30 am	St Andrews church Roman Road NR32 2QD Or call Trevor on 07957 911 213 for more www.oagb.org.uk	Part of Buddy system *Trevor, from the Overeaters Anonymous Lowestoft group, said: "A warm welcome awaits all who have a sincere desire to stop eating compulsively. Come and meet us and see if OA might work for you."

Cocaine Anonymus	Wednesdays	7 pm 8.30 pm	Faith, Hope and Courage St Andrews church Roman Road NR32 2QD	<u>Part of Buddy system *</u> Just Pop in
Physiotherapy Self- refer	<p>Did you know you can self-refer to the physio department at the Kirkley Mill, some of the conditions they treat, if not sure please contact them</p> <ul style="list-style-type: none"> • Joint problems (Back, neck shoulder etc.) • Soft tissue injuries, sprains and strains • Aches and pains • Arthritis • Rehabilitation following orthopaedic surgery 			Kirkley Mill Health Centre Clifton Road Lowestoft NR33 0DR T: <u>01502 448666</u>
SHIMS Suffolk Help in Mutiple sclerosis	First and Third Friday of each month Third informally on third Wednesday of every Month	10-12	Pakefield Church Hall Sunnydale Avenue Pakefield NR33 0JZ Louise Hamilton Centre JPH Contact Madge ING at ma06dge@hotmail.com telephone 01502 581712	Welcome to the home page of Waveney SHIMS. We are a Self Help Group run by people with MS for others with MS. Few people know more about MS than those with it.
ME Support for ME	Action for Me		Free online support for people with Myalgic Encephalomyelitis ME https://www.actionforme.org.uk	Good online site, with lots of information
Useful contacts (Safety)				

<p>The Samaritans</p> <p>Free to call even from mobile</p>	<p>Free 24 hours a day</p>		<p>Samaritans 14 Beach Rd, Lowestoft NR32 1EA</p> <p>Phone: 01502 500800</p>	<p>Anonymous and confidential</p> <p>universal number 116 123 free</p> <p>jo@samaritans.org</p> <p>www.samaritans.org</p>
<p>Childline</p>	<p>Free 24 hours a day</p>		<p>Phone 0800 1111 Email link through website 1-2-1 Counsellor chat</p> <p>Website: www.childline.org.uk</p>	<p>Childline is here to help anyone under 19 in the UK with any issue they are going through</p>
<p>MIND</p>	<p>Weekdays 9am - 6pm</p>		<p>Infoline 0300 123 3393</p> <p>Email info@mind.org.uk Website www.mind.org.uk/</p>	<p>We provide advice and support to empower anyone experiencing a mental health problem.</p>
<p>Big White Wall</p> <p>(Safe online community)</p>	<p>Available 24/7</p>		<p>www.bigwhitewall.com</p>	<p>A safe online community of people who are anxious, down or not coping who support each other by sharing what's troubling them, guided by trained professionals</p>
<p>Ladies Groups</p>				
<p>Ladies Social Group</p>	<p>2nd and 4th Monday 2nd and 4th Wednesdays</p>	<p>2.30 2pm</p>	<p>South Lowestoft Methodist Church Corner of Carlton Road NR33 0DY</p> <p>Mary Spalding 01502 528533</p> <p>info@southlowestoftmethodistchurch.org.uk</p>	<p>Cost of £1.50 per meeting</p> <p>Activities, guest speaker and refreshments</p>
<p>Ladies group St andrews</p>	<p>1st and 3rd Tuesday evening</p>	<p>7-9 pm</p>	<p>St Andrews church Roman Road NR32 2QD Gill Gabb 01502 572546 Info@romanhill.org.uk</p>	<p><u>Part of Buddy system</u> *</p>
<p>Pakefield Wives</p>	<p>Fortnightly Wednesdays</p>	<p>8pm</p>	<p>Pakefield Church hall Sunningdale Avenue Pakefield Suffolk NR33 7DB</p>	

Ladies Group	Thursdays	2.30 4pm	St peters & St John's church St Peters Road Kirkley NR33 0ED	
Ladies group Oulton	First Wednesday of each month	7.30pm	Oulton Community Centre Meadow Road Lowestoft NR32 3AZ For further information contact: Mrs Shreeve (secretary) 01502 565319	Lots of speakers, events and crafts going on throughout the year. £2 payable each month for coffee and raffle.
Carlton Wives (Lounge)	Every second Tuesday	8pm	The Lounge Carlton Colville Community Centre Hall Road Carlton Colville Lowestoft NR33 8BT	Contact 01502 581403 for further details of this or other groups
Whitton Life Centre	Tuesday Knit and Knatter	9.30 – 12pm	<p>A group for anyone of any age who likes to knit, Crochet or Cross Stitch. Meet other people who share your enthusiasm or learn a new skill. £1 per week</p> <p>Free social group for older folks in need of a homecooked meal, and social activities such as bingo and beetle drives! Donation only – no charge. Transport available if required.</p> <p>This includes refreshments, toys, activities, crafts and songs for the children.</p> <p>Café open for cooked meals, snacks, childrens corner and optional support services.</p>	
	Wednesday Lunch Box	12 – 2pm		
Thursday Parent & Toddler Group	9.15 – 11pm			
Thursday Community Café	11.30 – 2.30pm			
Support services				
SCC Councillor Surgery		12 – 2pm		
CAB advisor 2 nd Thursday of the month		12 - 2pm		

<p>WDC Housing Officer 11.30 – 12.30pm 2nd & 4th Thursdays of the month</p> <p>East Suffolk Food Bank Collection Point 11.30 – 2pm weekly</p>	
<p>Thursday Thursday Dinners 3.30 – 5 pm</p> <p>Friday Ladies Coffee & Chat 1.15 – 2.45pm</p> <p>Friday After school Chill Out 3.30 – 5.30pm</p> <p>Sundays Sunday Space 5 – 6pm Last Sunday of the month</p>	<p>Café open for evening meal with activities for children. See website for dates.</p> <p>Social group for ladies in the area offering time out, craft, meals, trips etc</p> <p>For primary school age – craft, games, cooking, Wii and activities based round moral and spiritual themes.</p> <p>If you've never been to church or have and didn't enjoy it, this is the church for you. With food, activities and encounter. All ages welcome.</p>

Lowestoft Library

Manager: **Jane Rothern**

Clapham Road South, Lowestoft
NR32 1DR

Tel: [01502 674660](tel:01502674660)

Fax: **01502 528562**

Email: help@suffolklibraries.co.uk

Friends group: [Friends of Lowestoft Library](#)

Older people's events

Top Time: events and activities for older people Tuesday, 1400-1530

Reading groups

Literary Locusts reading group first Wednesday of the month, 1030-1130

Poetry appreciation group: held in the Red Corner – copies of poems will be handed out – refreshments available for a donation

Wednesday, 1400-1530

Reading group: in the Navigator room last Tuesday of the month, 1850-2030

Writing groups

Writer's group: in the Navigator room second Tuesday of the month, 1845-1945

Writers in Lowestoft Library (WILL): in the Red Corner of the library last Monday of the month, 1330-1430

IT help

Absolute Beginners 1:1: Internet and computer training sessions for beginners – book in advance

Sessions arranged on a mutually convenient basis, N/a

Councillor surgeries & professional advice

CV surgery arranged on a mutually convenient basis, library opening hours

Trading Standards drop-in advice last Tuesday of the month, 1300-1500

Fundraising, stalls & book sales

Book sale second Saturday of the month, 0900-1300

Table top sale

Sunday every four weeks, 1000-1600 Tue 14 Mar, 2017 – Fri 30 Jun, 2017

Oulton Broad Library

[92 Bridge Road, Oulton Broad,](#)
[Lowestoft, Suffolk](#)
[NR32 3LR](#)

Email: customerservices@eastssuffolk.gov.uk,

phone: [01502 523442](tel:01502523442)

IT and printing facilities

- Free wifi
- [Book a computer](#)
- Photocopying: A4 available
- Colour printing: A4 available
- Scan to email
- [Printing, photocopying & scanning charges](#)

Children's events

Craft activities: for primary school age children

Opening Hours:

Monday - 10am – 12pm

Tuesday 10am – 1pm / 2pm – 5pm

Wednesday 10am – 1pm / 2pm – 5pm

Thursday 10am – 1pm / 2pm – 6pm

Friday 10am – 1pm / 2pm – 6pm

Saturday 10am – 1pm / 2pm – 5pm

Sunday 11am – 4pm

IT help

**Internet training session for beginners:
book in advance**

Sunday, 1100-1600

Older people's events

<p>Sunday, 1100-1445</p> <p>Family playtime for 0-5 year olds</p> <p>Monday, 1300-1430</p> <p>Term-time only.</p> <p>Lego club</p> <p>every other Sunday, 1115-1215</p> <p>Please contact the library for more details and to book place in advance. £1 per builder or £1.50 per family.</p>	<p>Top Time: events and activities for older people</p> <p>Monday, 1030-1130</p> <p>Reading groups</p> <p>Youth book club: for children aged 12 to 15</p> <p>two Sundays a month, 1400-1500</p> <p>Refreshments provided. Please contact the library for more information.</p>
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Lowestoft Sling Library lowestoftslinglibrary@gmail.com

Lunch Clubs				
Lowestoft Masonic	Last Wednesday Every month	11.30 2pm	<p>The Lowestoft Masonic Hall The Avenue Lowestoft Suffolk NR33 7LJ</p> <p>01502 586308</p> <p>Transport can be arranged if required through a system of private cars</p>	<p>The Club operates to provide a social outlet for older people. Those who are lonely, recovering from illness or needing a change of scenery are especially welcome. Each meal costs £9 and notification is required if not attending. It is a two course meal preceded by a sherry or fruit juice and concluded with coffee or tea. There is a raffle each month.</p>
Trinity Lunch club	Wednesday	12.30p m	<p>Trinity Methodist Church Luncheon Club, Lowestoft High Street Lowestoft Suffolk NR321HU</p> <p>Mrs Pat Wall 01502 583342</p> <p>http://trinitymethodistlowestoft.uk/groups-activities/</p>	<p>Over 60s Lunch Club. Join us for a two course meal, cup of tea and companionship.</p> <p>Please call 01502 583342 to book a place</p>
Whitton Life Lunch Box	Wednesday	12pm 2pm	<p>The whitton life centre 4 The Green Lowestoft Suffolk</p>	<p>Over 60s Lunch Club. Join us for a two course meal, cup of</p>

			NR33 9AZ Liz Read & Esther Day 07877987860 07877987860 whittonlife@gmail.com http://www.londonroad.org.uk	tea and companionship. Please call 01502 583342 to book a place Our phone is manned Monday to Friday 9-3pm
Luncheon Club	Thursday	12.30 1.45	Lowestoft South Salvation Army Carlton Road Contact 01502 574815 www.salvationarmy.org.uk/lowestoft-south	A tasty nutritious 3 course meal prepared on site. Cost £3.50
Southern Lights Free meals for those in need	Saturday	1pm	As above	FREE nutritious 3 course meal provided for those in need
Social Groups				
Lowestoft Friendship club Gunton	Every 2 nd and 4 th Wednesday of the month	2 -4	St Benedicts Church Hollingsworth Road Lowestoft Suffolk NR32 4AX Contact Ray Trudgett 01502 583688 or Rev. Trevor Reiss 01502 511464	For all ages from church folk to the wider community A group for people in the community to get together to enjoy Friendship, games & crafts New members welcome
Classic Cars Lowestoft Classic Vehicle Club	2 nd Wednesday of every month	7.30 10.00	Park Hill Hotel Lowestoft NR32 5DQ Contact rosemariepage@uwclub.net or Park Hill for further details	
Coffee and Catchup Social	First Thursday of the month	12pm 2pm	Sam's Coffee House 132 Bevan Street East Lowestoft NR32 2AQ Steve Warner 07341 867 140 Steven.warner@nsft.nhs.uk	16 to 25 year olds
Breakfast Cafe	Every Monday (not bank holidays)	9 am	St Andrews church Roman Road NR32 2QD	<u>Part of Buddy system</u> *

			Gill Gabb 01502 572546 Info@romanhill.org.uk	Suggested donation 25p
Community Cafe	Every Monday morning	9 - 1	Trinity Methodist Church High Street Lowestoft NR32 1HU Tel: 01502 573043 trinitymethodistlowestoft@gmail.com	Also distribution centre for food bank
Dance and Music Club for the over 40's	Every Friday Evening	19.45 23.15	Carlton Colville Community Centre Hall Road Carlton Colville Lowestoft NR33 8BT	A variety of music from the 50's to the early 80's. Bring your own drinks and food. £5 paid at the door (price includes a raffle ticket and a cuppa)
Gardening Team	Mondays October to March (not bank holidays)	1 pm	St Andrews church Roman Road NR32 2QD Gill Gabb 01502 572546 Info@romanhill.org.uk	Part of Buddy system *
Fun Bingo	4 th Tuesday of the month	7.30 pm	As above	
Meet up Monday Community social group open to anyone	Every Monday	10.30	Norman Warrior Fir Lane Lowestoft NR32 2RB thenormanwarrior.co.uk Tel: 01502 561982	Free tea and toast and a natter.
Monday Club Social over 50's	2 nd Monday of the month	2 pm	St Andrews church Roman Road NR32 2QD Gill Gabb 01502 572546 Info@romanhill.org.uk	Part of Buddy system *
Meetup NO-ONE NEEDS TO BE LONELY 50+	Social group for likeminded people. www.meetup.com/Lowestoft-50-Social-Meetup/ or contact Lorraine on 07973671273 if not computer savvy.			Our meetup's are varied and include indoor and outdoor activities, meet & chat, pub quizzes, dinning out, visits to the theatre or cinema, ten pin bowling, walks, boat trips. We are always open to requests and suggestions from our members too.
Kirkley Meet up	Every 2 nd and 4 th Tuesday		The Kirkley Centre London Road South For further information contact Kereena on	If you are new to the area or just want to pop in for coffee, a get together and a chat you will be made

		10-12pm	01502 558353 or Email: Kirkleycentre@communityactionsuffolk.org.uk	very welcome. Drinks available.
Women-like-Me Social group	<p>Women-Like-Me is a charity that has been formed by women who want to help other women to feel better about themselves</p> <p>We can't make all your health problems disappear but we can support you to help you feel better because you will be around other women.</p> <p>We have an allotment where Women can come along to help or just sit to take time out for themselves.</p> <p>Email: Clare at info@women-like-me.co.uk</p> <p>Website https://www.women-like-me.co.uk/</p> <p>Or look us up on facebook.</p>			<p>This is a great social group for women with lots going on, too many to name. They have Garden Angels that help those unable to do their gardens. Everyone is welcome, please check out what we have going on or email Clare to find out more and have a chat.</p>
Mens Shed	Monday Wednesday Saturdays	9am – 12.30pm	<p>Lowestoft Men's Shed</p> <p>28A Stradbroke Road, Lowestoft NR33 7HN, United Kingdom</p> <p>Contact: Bob Peek lowestoftmensshed@mail.com</p> <p>Call 01502 519785</p>	If you want to join, or can help the Lowestoft Men's Shed, please contact us
Fishing (sea)	Various types of fishing		<p>Lowestoft sea anglers</p> <p>57 Lorne Park Road Lowestoft Suffolk NR33 0RB</p> <p>Contact 01502 581943</p>	
Lowestoft Allotment	Monday Friday	10am 1pm 10am 2.30pm	<p>St Margarets Road Lowestoft NR32 4HN</p> <p>Pippa Hoskin 07341 867 110 Andrea Bland 07876681576</p>	Please note there are no toilets on site. Feel free to bring food and drink. Tea and coffee is provided.
Carlton Colville Community centre		7pm	<p>Carlton Colville Community Centre Hall Road Carlton Colville Lowestoft NR33 8BT</p> <p>Contact</p>	
Badminton	Wed	7.30		
Bowls	Mon Thur (sept-april) Fri	7pm 2.30-4.30		

Dance Classes	Mon – Tue – Wed	3.15	01502 581403 for further information	
Keepfit	Tues	1.30 2.30		
Carlton Colville over 50's Club	Thursdays	2pm 4pm	Uplands Community Centre Ashburham Way Carlton Colville NR33 8LJ Mrs Michelle Muttitt Ward 07828 664497 thedoghouse4@talktalk.net	Activities incl: raffle,bingo, fish and chips and a buffet + members go out for a meal twice a year £1.20 charge
Corton Mustard Seed group	Every 2 nd Wednesday of the month	afternoons	Corton Methodists Church Yarmouth Road Lowestoft NR32 5WH	Afternoon Social Activities, and Guest speakers
Photographic Club	Every Wednesday from September to May	7.30 10pm	Trinity Methodist Church Park Road Lowestoft NR32 4HU Contact 01502 572 935	
Digital Imaging Group	Every 2 nd and 4 th Friday of the month	7.30 10pm	St Benedicts Church Hollingsworth Road Lowestoft Suffolk NR32 4AX Contact Roger Preston 01502 567688	
Kirkley Centre "What's on" guide Animation club	Monday	5pm 7pm	Contact 0777 3933 238	£5 per person
Stress Control Workshop (NHS Wellbeing service)	Monday	5.45 8pm	Contact 0300 123 1503	
Open Door Carer Support Group	2 nd Monday of each month	11am 4pm	Contact 07519 153632	A Free facility for Unpaid Adult Carers and those carers recentlu bereaved
	2 nd Monday of each month	6pm 8.30	As above	Also Free facility

<p>Carer Support Group for Young Adults</p> <p>SMART Recovery</p> <p>Shine Project</p> <p>sling Library</p> <p>You can hire or buy your slings. Look before you make any decisions</p>	<p>Tuesday</p> <p>Tuesdays and Thursdays</p> <p>1st Friday of the month</p>	<p>3pm 5pm</p> <p>4pm 7pm</p> <p>12-2pm</p>	<p>Contact the Kirkley Centre</p> <p>01502 558353 to register your details</p> <p>Contact Mel on 07474 582509</p> <p>Contact Kirkley Centre 01502 558353 Or contact</p> <p>lowestoftslinglibrary@gmail.com</p>	<p>Peer partnership group for those recovering from addictive behavior, family or interested professionals.</p> <p>Youth Project for young people aged 8 – 16, evenings consist of various workshops and activities, such as dance, sport, games, arts and crafts etc.</p> <p>Sling library provides you with an opportunity to meet others who babywear, and to try various different styles of sling at a low cost before you part with your money and buy one.</p>
<p>Lowestoft Archaeological + Local History Society</p>	<p>Twice a month on Thursdays From Sept - June</p>	<p>7.30 9pm</p>	<p>www.lowestoftlocalhistory.co.uk</p>	
<p>Stamp Club</p>	<p>1st Tuesday of the month</p>	<p>7.30 10pm</p>	<p>St Benedicts Church Hollingsworth Road Lowestoft Suffolk NR32 4AX</p> <p>Contact John Blowers 01502 566731</p>	
<p>Lowestoft Philatelic Society (Stamps)</p>	<p>Meet 1st and 3rd Tuesday Feb to Nov</p>	<p>7.30</p>	<p>St Marks Church Hall Bridge Road Oulton broad NR33 9JX Contact M Smith</p> <p>Email hollyview@sky.com</p>	
<p>60+ Monday club</p>	<p>Every week on a Monday</p>	<p>Unsure Please check</p>	<p>Kirkley and Pakefield Social Club Walmer Road Lowestoft</p> <p>Contact. 01502 513549</p>	<p>A social gathering for the 60+ providing weekly activities such as craftwork, games, quizzes and bingo. Annual events include Outings, Parties and Entertainment. Free refreshments of tea/coffee/biscuits.</p>

<p>Over 60+ Club</p> <p>The Lowestoft 60+ Club is a registered charity run by a committee of trustees and manned by four part-time staff and many volunteers.</p>	<p>Monday to Saturday</p>	<p>10.30 3.30</p>	<p>Clapham Road South Lowestoft Suffolk NR32 1QS</p> <p>Contact</p> <p>Email lowestoft60plusclub@btconnect</p> <p>tele – 01502 561438</p>	<p>We assist the general welfare of the over sixties in the Waveney area by providing a welcoming social environment. There are various regular social activities including bingo and Keep Fit. A coffee bar provides snacks and drinks 6 days a week. A hot two-course lunch can be ordered and is served Tuesday - Friday at noon.</p>
<p>Theatre Over 50's Next Stagers</p>	<p>Every Wednesday</p>	<p>10.30 12.00</p>	<p>Marina Theatre Marina Lowestoft NR32 1HH</p> <p>info@marinatheatre.co.uk</p> <p>10am – 5pm</p>	<p>A fun relaxed group for over 50s to explore theatre, meet new people and try new things.</p>
<p>Walking Football</p>	<p>Wednesdays</p>	<p>3pm 4pm</p>	<p>Kirkley and Pakefield FC Walmer Road Lowestoft NR33 7LE</p> <p>Barrie Atkins 01502 513549</p> <p>www.kproyalsfc.co.uk</p>	<p>Walking Football is a slow paced version of the beautiful game primarily aimed at the over 50s Plat the game you love but reduce the chances of injury. It's a great way to keep fit, learn skills, have fun and socialise all at the same time.</p>
<p>Transport</p>				
<p>D.I.A.L</p> <p>Lowestoft:</p> <p>01502 528 948</p>	<p>Service operates Mon - Fri 0830 – 1700 Disabled, mobility-impaired or elderly & rurally-isolated people eligible Membership registration required Minimum 24 hours notice of journey Bus fare rates apply (but not concessionary passes) Home to shops, surgeries, friends etc. All vehicles wheelchair accessible</p>			<p>Bookings:</p> <p>Leiston: 01728 830 516 0815 - 1600 Mon - Fri</p> <p>Lowestoft: 1502 528 948</p> <p>0815 - 1600 Mon – Fri</p>
<p>BACT Connecting People</p> <p>Door to Door Service</p>	<p>Telephone to book a seat up to 7 days in advance.</p> <p>First come first served basis Return Fares are:</p> <p>£3.00 for journeys less than 5 miles</p> <p>£3.60 for journeys between 5 – 9 miles</p> <p>£5.00 for journeys between 9 – 15 miles</p> <p>Routes are scheduled on the previous day & passengers receive a telephone call to confirm their pick-up time.</p> <p>The Door to door service is available to anyone who cannot use conventional bus services or does not have access to a car. This can be for a physical reason or</p>			<p>Booking:</p> <p>01986 896896</p> <p>You can register over the phone only takes a couple of minutes.</p>

	due to a rural location with no regular bus service. You have to be a Registered Member to use the Door to door service, its free to register		
Patient Transport services	Ambulance transportation delivering you to your hospital appointment. To find out if you are eligible please contact E-zec medical		E-zec medical booking office and enquiries 0300 999 6666
Overall wellbeing			
Social Walks	Fortnightly Wednesdays 28 th , August , 11 th , 25 September, 9 th , 23 th October, 6 th , 20 th November	South Pier Lowestoft Steven Warner 0734 1867 140 steven.warner@nsft.nhs.uk	Part of Buddy system * Part of Wellbeing program
Pakefield Strollers	Fortnightly Tuesdays 25 th February, 10 th -24 th March, 7 th -21 st April, 5 th - 19 th May every other Tuesday from here.	Join us for a relaxed and accessible walk along the coast. Meet 11 am outside The Carlton for a walk and then refreshments back at the pub.	Walk, talk and make new friends in a supportive and accessible setting. Wheelchair, pushchairs and dogs on leads Welcome. Don't be shy give us a try
Pilates A system of physical conditioning involving low impact exercises and stretches, sometimes performed on specialist equipment	<ul style="list-style-type: none"> • Oulton Community Centre, Lowestoft, NR32 3AZ. Monday 9.30- 10.30am and 10.30-11am. • Elm Tree Primary School, Lowestoft, NR33 9HN. Wednesday 7-8pm and Thursday 7-8pm. • Venue of Performing Arts, Lowestoft, NR33 9NA. Tuesday 10.45-11.45am. • Oulton Community Centre, Lowestoft, NR32 3AZ. Wednesday 9-10am. • The Kirkley Centre, Lowestoft, NR33 0AZ. Wednesday 7.30-8.30pm. Alex Bond 07951 019456. 		Helen Pybus 07814 651740 Cost between £2-£9 Alex Bond 07951 019456
Pilates	Monday 9.30am Monday 5.00pm Monday 6.20pm Tuesday 5.30pm Thursday 6.00pm Thursday 7.30pm	Bloodmoore Community Centre Carlton Court Christchurch Lowestoft Carlton Primary School Kessingland Community Centre Bloodmoor Community Centre	Classes are mixed levels, open to females and males from 14 – 114!!! Beginners please contact me if interested.

				Any questions contact me Jackie on 07962071131
Strength and Flex 5	<p>Improve flexibility and strength, boost energy levels and improve mobility with this therapeutic class that introduces a series of stretches, positions and routines.</p> <ul style="list-style-type: none"> Waterlane Leisure Centre, Lowestoft, NR32 2NH. Tuesday 8.30-9.15am and Wednesday 10.30-11.15am. 			<p>Ben Lambert 01502 532540</p> <p>Cost £5</p>
Volunteering	<p>Volunteering can be a great way to get more active. There are hundreds of opportunities across Suffolk for you to get involved in. Check out the website below</p> <p>http://volunteersuffolk.org.uk/ or call</p> <p>Community Action Suffolk on 01473 345400</p>			
Yoga	Every Wednesday evening	1 – 8.30	<p>St Margaret’s Church Hall 147 Hollingsworth Road Lowestoft NR32 4BW</p> <p>Contact: Paul 01493 667980</p>	
Physical Activities	<p>All the activities on this site have been checked and are appropriate for clients but are also just suggestions. Classes can also change frequently, so please contact the venue/instructor listed prior to attending. They will also undertake a health questionnaire with you before you start. There are plenty of other classes or activities locally you might want to try. To find an activity or class near you, please contact the friendly Active Wellbeing Team on the details below and we will help: Annie Groves, Ben Jackson, Nick Pringle, Janet Lawrence Annie</p>			<p>Annie Groves Active Wellbeing Activities Officer annie.groves@onelifesuffolk.co.uk</p> <p>07557 633824 www.onelifesuffolk.co.uk</p>
55+ Activities Young Mums 70+	<p>Lowestoft O-GO-GO Various activities on offer, here are a few:</p> <p>Beginners Zumba, indoor archery, beginners badminton, seated yoga, swimming, walking football, nordick walking, recreational cycling. There are lots of activities on offer and these are being added to all the time. Pick up a leaflet from the sports centre or contact O-GO-GO.</p>			<p>Contact</p> <p>Alex Bond 07904538939</p> <p>Alexbond@sentinellt.co.uk</p>

<p>One Life Suffolk</p> <p>People with Long term Health Conditions Over 16</p>	<p>Active Wellbeing</p> <p>Health activities – Walking, fitness classes, swimming etc Weight management - group sessions or Slimming World* Stop Smoking sessions</p>	<p>To check if you fit the criteria, to find out more and to book a class contact:</p> <p>www.onelifesuffolk.co.uk</p> <p>Phone: 01473 718193</p>
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