

# Local Carers Groups/Support/Activities in Norfolk and Waveney

Here you'll find a list of carers groups/activities in the Waveney area including contact details, times and days.

## Beccles branch RBL (Royal British Legion)

Armed Forces and Families- Brew, Butty and Banter

Held on 2nd Wednesday of the month 11.30am-1.30pm

In Beccles Sea Cadet HQ, Fen Lane, Beccles, NR34 9BH

Enjoy a bacon butty and chat with one of our friendly branch support volunteers.

For more info call 01502 713003

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## Blyth Valley Parkinson's Support Group

Holton and Blyford Village Hall on 2nd Thursday of every month at 10.30-12 noon

For Further information contact:

Gail Attfield on 01986 872283 or Margaret Bloomfield on 01502 478502

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## Bungay Town Council Good neighbourhood scheme

A Good Neighbour scheme operating in and around Bungay. A follow-on from the Bungay Emergency Community Support, we offer help with shopping, collecting prescriptions and befriending. Telephone service is manned Monday, Tuesday, Thursday and Friday, 9am until 12am. Outside of those hours, please leave a message as the service is monitored 7 days a week.

bungaycalls@gmail.com

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## Communities Together

### **Communitia Chinwag, Carlton Colville**

A community group for people age 60+ with activities and a chance to socialise, free to attend, refreshments provided. Well attended - Takes place the 1st Friday of every month 10-12 at Uplands Community Centre, Carlton Colville NR33 8LJ

Group leader - Sharon info@communitiestogether-ea.org tel: 01449 707030

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**Monthly Social and Wellbeing Group**

Free entry- refreshments, chat, information and support for all adults aged 18+

NO BOOKING REQUIRED

Join us on the 2nd Friday of each month 10am-12pm at Maureen's Community Room, Central Co-op, Saxons Way, Halesworth IP19 8LU

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**Compass Kinship, Carer support group, Lowestoft**

Support for adults who are caring for a relative or friend's child/children. Morrisons Café, Peto Way, Lowestoft NR33 2ED Every other Tuesday 10-12. Free to attend with free refillable hot drinks, Children cannot attend

Monica Fox, Senior Volunteer Officer 07985 674782 monica.fox@kinship.org.uk

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**Compassionate Café Lowestoft Library**

Every other Friday 10-12 (from 12th April) Join us for our fortnightly Compassionate Café at Lowestoft Library, as part of our Compassionate Care project with St Elizabeth Hospice. The Compassionate Café provides a safe place to talk about difficult subjects - grief, bereavement, illness, wills, choices, care, family - over a cup of tea. Ask questions in a non-judgemental atmosphere or simply sit in and listen. Talk through any concerns, take a leaflet, be guided to helpful books. We don't have all the answers but we listen.

01502 442810 email help@suffolklibraries.co.uk

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**Disability Advice North East Suffolk (DANES)**

ALL ACTIVITIES FREE-REFRESHMENTS PROVIDED

**Carers Natter Groups Lowestoft**

Carers Group held every 2nd Weds 10-12 and every fourth Weds 6-8pm, refreshments provided. 161 Rotterdam Rd NR32 2EZ

Tel: 01502 581833 Disability Advice North East Suffolk www.disabilityadvicenes.co.uk

**Louise Hamilton Outreach**

Representatives from The Louise Hamilton Centre, Cancer Care Navigators and Armed Forces Advocate service will be on hand to provide information and support to anyone affected by a life limiting or life debilitating illness and their families or friends.

Call 01502 511333 for details

**Easy IT Course**

Improve your abilities to complete everyday tasks using computers.

Please call 01502 511333 for details

### Crafty Creations

Third Monday of the month 10.30-12.30

### Otago

Our falls prevention programme is delivered by a qualified instructor.

Wednesdays 11am-12pm

Call Sophie on 07889 583334

### Suffolk Sight

Have teamed up with DANES to provide advice and support to help you to build confidence and maintain independence.

2nd Tuesday of the month starting 13th August

Call 01502 511333 for more details

### Coffee morning

Come down and have a cup of coffee and a chat.

Mondays 9.30-12.30

### Seated exercise classes

Reduce risk of stroke and heart disease, increase energy levels, quality of life and bone health.

Every Wednesday 1.30-2.30pm

### Catch-up and colour

Wednesdays 2-4pm

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### East Suffolk Community Help Hub Adults and Families

Come and say hello-

Marina Centre, Lowestoft NR32 1HH

Tuesdays and Thursdays 10am-4pm

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### Forget Me Not Club

#### Social and support group, Beccles

For people with memory problems, and their family/friends/carers. Relax and enjoy an informal afternoon of live music and memories followed by tea and cake. Beccles Public Theatre NR34 9AD  
First Tuesday and third Monday in the month 2-4pm. Cost £2.00 includes free tea and cake

Jenny Shepherd Group Leader Tel: 01502 714828 email: [jennybeccles@gmail.com](mailto:jennybeccles@gmail.com)

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[Golden Threads Club- For People on their Own](#)

Partner passed away or in care?

We meet alternate Wednesdays at St Georges Cafe 1.30-3.30pm

Telephone: 01493 722303 for more information

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[Halesworth Dementia Carers Fund](#)

[Singing With Friends - Holton near Halesworth](#)

For people with memory problems and their carers. Every other Wednesday 2 - 3.30pm Holton Village Hall, Halesworth IP19 8PU Free to attend

info@halesworthdementia.co.uk

[Memory Café - Halesworth](#)

For people with memory problems and their carers. Every Tuesday 2-4pm New Community Room, Co-op Halesworth IP19 8LU Free to attend

info@halesworthdementia.co.uk

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[Halesworth Volunteer Centre](#)

Community support for people living in Halesworth area including Community Car service, Community Larder and Isolation Busters services

www.halesworthvolunteers.org Tel: 01986 875600

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[Headway Norfolk & Waveney](#)

Carer support group, Gt Yarmouth

Support for those who are carers for people with brain injury. Kings Centre, Gt Yarmouth NR31 0LE  
Once a month on a Tues 11-12.30

Tel: 01603 788114 email:contact@headway-nw.org.uk

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[Kinda Forest School](#)

Elders Wellbeing in the Woods, Kaliwoods, Beccles Rd Holton IP19 8NQ

Shared cooked lunch over an open fire, nature connection, woodworking, woodland management, crafts, music, storytelling and more AGE AND DEMENTIA FRIENDLY Thursdays 12-3 March to December

info@kindaeducation.org Tel: 07920 055888

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[Lowestoft centre for the over 60s](#)

Social and activity centre for older people, Lowestoft

Welcoming people over 60 and their carers. Tues-Fri 10am-3pm Reasonably priced drinks and home cooked food. Near local transport, car parks nearby

lowestoftover60@accessct.org 01502 561438

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[Lowestoft Town Council](#)

Lowestoft Warm Welcome - Social support reducing isolation, Lowestoft

Lowestoft Warm Welcome gives people the opportunity to enjoy free refreshments and meet other people within their community. There are a range of venues taking part across the week. Kirkley Church Hall, St Peters Road, NR33 0LJ - every WEDNESDAY, 10am-4pm; St Andrews Church, Roman Road, NR32 2DQ - every THURSDAY, 10am-4pm; Seagull Theatre, NR33 0JH - every TUESDAY, WEDNESDAY, THURSDAY and FRIDAY, 9am-3pm; Pathways Care Farm, NR32 4WB - every THURSDAY and FRIDAY, 2pm-4pm; Gunton Estate Community Hall, Hollingsworth Road, NR32 4AY - every MONDAY, 5pm-9pm (Men Only) and every WEDNESDAY, 10am-3pm; Re-utilise, 209 Whapload Road, NR32 1XQ - every FRIDAY, 10am-4pm; 60 Plus Club, 18 Clapham Road South, NR32 1RQ - every MONDAY, TUESDAY, WEDNESDAY, THURSDAY and FRIDAY, 10am-3:30pm; DANES, 161 Rotterdam Road, NR32 2EZ - every TUESDAY and THURSDAY, 10am-2pm (from 4th December)

Telephone: 0330 053 6019 to check group details

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[Morrisons Dementia Café, Lowestoft](#)

Group for people living with dementia and their carers, fourth Tuesday of the month 10 am – 12:30 pm

Morrisons, North Quay, Lowestoft Tel: 01502 587877

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[MS Society - Great Yarmouth & Waveney Branch](#)

Various meet ups and events, GY & Waveney area

greatyarmouthwaveney@mssociety.org.uk Eileen Kent 07434 742100

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[Music in our Bones](#)

Heartsong Lowestoft Group

HeartSong is a well-being singing project for Family Carers and their partners or friends with mental or physical health issues run once monthly on Fridays by Helen and Tracy, in the Waveney area. Bring your family member or friend with you if they too enjoy singing. Cost: Free, but welcome.

Please feel free to bring along a friend or family member.

Time: 10:30am-12.00pm Fourth Friday of the month

St Mark's Church Hall, Bridge Road, Oulton Broad, Lowestoft NR33 9JX

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[Norfolk & Waveney ASD/ADHD Support Service](#)

6 week courses

Cygnets (6 weeks) Waveney: Does your child/young person already have a diagnosis of autism? These courses are very popular with parents/carers and are delivered by a range of people with expertise in autism.

Tel: 01603 972589 email: swaffham@familyaction.org.uk

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[Parkinsons UK](#)

Parkinson's Café, Lowestoft

Every 3rd Weds of the month, The Wherry Hotel, Bridge Rd, Oulton Broad, NR32 3LN

For info contact Sandra 07554 025188

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[SHIMS](#)

MS Support Group Pakefield Church Hall NR33 7DB

SHIMS is a self help group for people with MS, run by people with MS. Few know more about the condition than those who suffer from it, Just because you have been diagnosed with MS it does not mean that life has to stop, either for yourself, partner or family, SHIMS Aims to help, support, inform and encourage positive thinking and attitude. Takes place on the First and third Friday of every month 10-12

Group leader Molly Bell mollybell1414@aol.com

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Sporting Memories

Social group for carers and cared for, Lowestoft

Thursdays at Lowestoft Library 10.30-12.30 Fridays at Water Lane Sports Centre, Lowestoft.

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St Andrews Monday Club

St Andrews Church, Roman Hill, Lowestoft, Suffolk NR32 2DQ

A monthly meeting for people over 55 years to get together for a social afternoon.

Activities include occasional speakers, board games, quizzes and plenty of time to chatter and enjoy a cup of tea Meets on the second Monday of the month 2-4pm

info@romanhill.org.uk 01502 572546

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Stroke Association

Support and activity group, Lowestoft

For stroke survivors, their spouses and carers. A varied programme of activities, every Friday 10-12 St Margarets Church Hall, Hollingsworth Rd, Lowestoft NR32 3BW

Kate Oubridge Tel: 07917 795453

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Suffolk Libraries

Halesworth Library

Sociable Sundays alternate Sundays 10.30-12.30 Board Games Café monthly on a Monday 2-4.30pm Reducing isolation/games for good health

friendsofhalesworthlibrary@gmail.com tel: 01986 874292

Lowestoft Library

Reading with dementia - Lowestoft Library (and wider Suffolk)

Weekly group for people living with dementia and their carers - Mondays 10.30-11.30am starts week beginning 13th May

Email: kayleigh.kent@suffolklibraries.co.uk Tel: 07380 187733

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### [Suffolk Pensioners Association](#)

Lowestoft 60 + Club for the Elderly Clapham Rd South, Lowestoft, Suffolk NR32 1QS

The Lowestoft branch meets in the lounge area of the club, the First Friday of the month (except August) 10.15 am beginning with a welcome cup of tea bought from the kitchen - all visitors aged 60 plus are welcome to attend. 10.15 - 11.30 am

Tea, Discussion on Pensioner Issues and Informal Social with £1 ticket 50/50 draw.

christopherbrooks631@gmail.com (CHAIR) Tel: 01502 563208

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### [The Louise Hamilton Centre \(JPUH\)](#)

[Multiple Sclerosis support group](#), Gorleston near Lowestoft

Takes place at the Louise Hamilton Centre on the the third Wednesday of the month 6 pm – 8 pm

James Paget University Hospital 01493 453100

[Macmillan Cancer Support](#), Gorleston near Lowestoft

Coffee, cake, and natter with the Cancer Care Navigators in the LHC 10 am – 12 noon every 2nd Thursday of the month

Call 01493 452783 or email [cancersupport@jpaget.nhs.uk](mailto:cancersupport@jpaget.nhs.uk)

[Cancer Companions Support Group](#)

Group for those who support someone with cancer: First Thursday of the month 6 pm – 8 pm.  
Contact LHC for more information

Call 01493 452783

[Various groups for Family Carers](#)

Crafty Quackers; 2nd Thursday of the month 6 pm – 8 pm

Carers Group; first Wednesday of the month 6 pm – 8 pm

Friends together (a group for former Carers); Last Thursday of the month 6 pm – 8 pm.

01493 453100

[My Long-Term Health Condition and Me- Social Group](#)

The Wellbeing Service has teamed up with the Louise Hamilton Centre at JPUH to bring you a social groups for those with a long-term health condition of life-limiting illness. This group is set up to support those with mental health challenges alongside their physical health condition to connect with others over a cuppa and a chat.

Meeting on the 2nd Monday of the month 2pm-4pm

Refreshments available, please feel free to bring a friend. THIS IS A 16+ EVENT

contact [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk) for further details



### [Migraine Peer Support Group](#)

All welcome. An opportunity to meet others with Migraine and share your experiences and stories.

3rd Thursday of month 6-8pm

Contact 01493 453100

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### [The Pear Tree Fund](#)

The Pear Tree Centre, Halesworth

The Pear Tree Centre is a warm and welcoming one-stop-shop which offers support, information, counselling and benefits advice to anyone who has been diagnosed with a life-changing illness. Open Monday - Friday 9am - 4pm

Tel: 01986 899655 email: [info@peartreefund.org](mailto:info@peartreefund.org)

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### [The Rural Coffee Caravan](#)

Coffee Caravan

Meet Up Mondays

Warmer Homes

Coffee Caravan - regular events in rural areas of Suffolk, see website or phone for details. Free, everyone welcome. Aims to provide information and reduce isolation in rural communities. Also Meet Up Mondays social meetings various venues across Suffolk, call to check.

[info@ruralcoffeecaravan.org.uk](mailto:info@ruralcoffeecaravan.org.uk) Tel: 01379855338 Annette Dunning  
[annette@ruralcoffeecaravan.org.uk](mailto:annette@ruralcoffeecaravan.org.uk)

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### [The Seagull Theatre](#)

#### [Carers emotional Wellbeing - Lowestoft](#)

Wellbeing group for carers led by a professional counsellor 10.30am first Thursday of the month. Cared for person can be supported if needed. Seagull Theatre, Lowestoft NR33 0JH Free to attend

[community@theseagull.co.uk](mailto:community@theseagull.co.uk) Tel: 01502 589726

#### [Memory Café, Lowestoft](#)

Coffee morning for people with dementia and their carers/families. Seagull Theatre, Lowestoft NR33 0JH Every other Weds 10.30am Free to attend

[community@theseagull.co.uk](mailto:community@theseagull.co.uk) Tel: 01502 589726

#### [Sunday Classic Film Club, Lowestoft](#)

Accessible film club, open to all. Free to attend. One Sunday a month (contact to check dates) Venue as above

[community@theseagull.co.uk](mailto:community@theseagull.co.uk) Tel: 01502 589726

Playing Up- Free Acting Classes for Adult Carers

A free fortnightly acting class for adults with caring responsibilities. All welcome- no experience required.

Wednesdays 1.30pm-3.30pm

To book, email [community@theseagull.co.uk](mailto:community@theseagull.co.uk)

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Seated Music and Movement Classes

Bungay Community Centre

Thursdays 11am-12 noon- refreshments afterwards

Holton Village Hall

Mondays 11am-12 noon- refreshments afterwards

Have fun, make friends, keep fit! Suitable for people with memory issues. Pay what you can afford. Carers welcome! For more info, contact Sophie on 07889 583334 or by email [sophie@backintghegroove.co.uk](mailto:sophie@backintghegroove.co.uk)

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The Unity Centre

The Unity Centre is a social centre for people with a learning difficulty, their parents and Carers. Lowestoft

Numerous arranged groups, activities and support throughout the week

Telephone: 01502 539810

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The Waveney Centre, Beccles

Social and activity centre for older people, Beccles

Welcoming older people/carers for reasonably priced refreshments, company and activities. Open Mon-Sat 9 - 12.30

Telephone: 01502 712473 email:[www.wavcenbec@outlook.com](mailto:www.wavcenbec@outlook.com)

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Victoria Rd Surgery in collaboration with The Ramblers

Wellbeing Walks, Lowestoft area

Wellbeing Walking group for all beginning Thurs 4th Jan @Everitts Park 2pm - call for further dates and other routes available.

Call 01502 572369 ask for Sam or Lisa

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[Voluntary Help Centre](#)

Stella Peskett Millennium Hall, Might's Road, Southwold, IP18 6BE.

Community Car Service, Lunch Club, Supporting the lonely and housebound

tel:01502 724549 email:hello@southwoldvhc.com

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[Woodworks Art Café](#)

3 Commercial Rd Lowestoft

Wellbeing Arts and Crafts - café to improve mental health and wellbeing through the use of arts,crafts, music and free peer support groups for all ages A supportive community hub, offering arts and crafts as social prescribing to improve mental health

Woodworksartcafe@gmail.com Tel: 07432 678838

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