



£2 per bag | No Referrals | No Qualifying Criteria | All Welcome

All Hallows Church Landseer Rd IP3 0JH Tuesdays 9.30am -10.30am	St Mary Le Tower Tower Street IP1 3BE Wednesdays 9am –10am
Triangle Church Dickens Rd IP2 0JW Wednesdays 9.30am -10.30am	St Mary and St Botolph's Church Whitton IP1 6LT Wednesdays 11.30am -12.30pm
St Peter's Church Stoke Park Drive IP2 9TH Wednesdays 1.30pm - 2.30pm	St John's Church (MIE) Cauldwell Hall Rd IP4 4QB Wednesdays 2pm - 3pm
St Matthew's Church Portman Rd IP1 2BP Thursdays 9am -10am	Safe Harbour Church St Helen's Church St Helen's Church IP4 2LS Thursdays 2.30pm - 3.30pm
St Thomas The Apostle Church Ipswich IP1 5BS Fridays 12pm - 1pm	St Mary's Stoke Church Stoke Street IP2 8BX Sundays 12pm - 1pm

Additional information on how to access food can be found on the following link.

[Suffolk InfoLink | Accessing food in Suffolk](#)

Mental Health

Tips for coping during the Easter Holidays

If you find the holidays difficult, this page has some tips to help you cope.

Different things can help us at different times, depending on our situation and how we feel. Try some of these ideas and see what works best for you.

- [Coping with money worries](#)
- [Looking after yourself](#)
- [Planning ahead](#)
- [Managing relationships](#)
- [Talking to other people](#)
- [Getting support](#)

To get help for a mental health crisis:

Get advice from 111 or ask for an urgent GP appointment if:

- you need urgent help for your mental health

[Get help from 111 online](#) or call [111](#) and select the mental health option.
Or attend A&E

If someone's life is at risk, call 999 immediately.

Other places to get support and advice:

Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

- Call [116 123](#) to talk to [Samaritans](#), or email jo@samaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](#), or text "YM" if you are under 19

If you are under 19, you can also call [0800 1111](tel:08001111) to talk to [Childline](#). The number will not appear on your phone bill.

[Info and advice | Childline](#)

These services will only share your information if they are very worried about you or think you are in immediate danger.

Safeguarding

If you have any concerns about a child, you can contact Customer First at any time on:

0800 800 4005 or via the weblink below:

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=NYFzl7NuJU>

IF YOU CONSIDER A CHILD IS IN IMMEDIATE DANGER YOU SHOULD DIAL 999 AND ASK FOR THE POLICE

You can find further information and guidance here: [Suffolk Safeguarding Partnership: Suffolksp.org.uk](#)

Domestic Abuse advice and Support

If you are in immediate danger, call 999

Whether you are currently experiencing domestic abuse, have recently left an abusive relationship, or think you may be in an abusive relationship, it is important to know you are not alone. There are services that can help you better understand what is happening to you; they will be able to offer advice on staying safe, provide practical support, and help you to work through any decisions you want to make.

Try talking to someone you trust or contact an organization for support:

[Domestic Abuse Outreach Service](#): 0800 977 5690

[Ipswich Lighthouse Women's Aid](#): 01473 745 111

[Bury St Edmunds Women's Aid](#): 01284 753 085

Further details on support services can be found at the links below:

[Suffolk Domestic Abuse Support Services](#)

[Suffolk Sexual Violence Support Services](#)

[**https://www.nationaldahelpline.org.uk/**](https://www.nationaldahelpline.org.uk/) Support for women and children of domestic abuse. The free, 24-hour, National Abuse Helpline.

[**https://www.mankind.org.uk/**](https://www.mankind.org.uk/) Support of male victims of domestic abuse.

[**https://www.womensaid.org.uk/**](https://www.womensaid.org.uk/) Support for women and children of domestic abuse.

[**http://lighthousewa.org.uk/**](http://lighthousewa.org.uk/) Support for women and children of domestic abuse. Provides services for women, young people, and children from all over Suffolk.

Online Safety

Are you worried about the way someone has been communicating with you or your child online? Make a report to a CEOP Advisor:

CEOP - Child Exploitation and Online Protect Command

We are keen to support parents in developing their online safety knowledge and awareness of new apps and trends. Please take some time to visit the links below.

[**https://nationalonlinesafety.com/**](https://nationalonlinesafety.com/)

ThinkuKnow

If you are not sure whether to let your child watch a movie or play a game, visit this link.

Common Sense Media

<https://www.ceop.police.uk/safety-centre>

[Keeping children safe online | NSPCC](#)



Stay safe at the beach

- Keep babies less than 6 months old out of the sun and keep older babies in the shade as much as possible
- Stay in the shade when possible and try to keep out of the sun between 11am and 3pm, when it's at it's strongest
- Make sure your sunscreen protects against UVA & UVB rays. Apply regularly and use a sunscreen with a minimum of SPF30.
- Make sure your sunscreen is in date, the majority of brands should be replaced every 12 months.
- Put children in a T-shirt or UV protective suit where possible and remember to keep their shoulders covered.
- Swim only in designated, supervised areas and swim between the red and yellow flags. Be mindful of undercurrents and hazards.
- Never leave a child unattended near water and be mindful of winds and currents when using inflatables.

Stay safe at the playground

- Check playgrounds for hazards, such as rusted or broken equipment and dangerous surfaces.
- Remove necklaces, scarves or clothing with drawstrings that can get caught on equipment.
- Actively supervise children on playgrounds and don't let them use equipment that isn't for their age range.
- Always wear a helmet when bike riding, but take it off while on playground equipment.
- Check playground equipment in the summertime. It can become dangerously hot, especially metal slides, handrails, and steps.
- Teach your child to use the equipment correctly. Slide feet first, don't climb outside rails and no standing on swings.

- Leave bikes, backpacks, and bags away from the equipment and the play area so they don't become a trip hazard.

Stay safe at home and away

- If you are on a holiday let, make sure you're aware of where the cleaning products are stored and keep them out of reach of children.
- If it's a hot day and your windows are open in the house, make sure they're not accessible to younger children.
- Keep your home cool by closing the curtains in rooms that face the sun and ensuring there is plenty of ventilation.
- Be aware of BBQ's and keep children and any garden games away from the cooking area.
- Keep children away when you mow the lawn as they are often attracted to mowers and should be made aware of the dangers.
- Never leave the lawnmower unattended and don't let a child under the age of 16 ride a sit-on lawn mower.
- If you're out and about on a bike ride or electric scooter, make sure your child always wears a helmet.

Bug bites and insect advice

- Although most tick bites are harmless and only a small number of ticks are infected with the bacteria that cause Lyme disease, it's still important to remove the ticks as quickly as possible. For more information on how to remove a tick. please click [here](#).
- A bee will usually leave behind a stinger attached to a venom sac. Remove it quickly using a scraping motion. A hard-edged card like a debit card is perfect for removing the sting.
- Wasps don't leave their stings, which means they can sting again. Clean the area with soap and water and apply an ice pack wrapped in cloth or a wet cloth for a few minutes. Use an age-appropriate antihistamine to help with pain and itching; you can also apply calamine lotion.
- Call 999 if a child shows signs of anaphylaxis after a bite. Symptoms include swelling of the mouth, tongue, and airway, which needs to be treated immediately.

Dehydration & heat stroke advice

- Dehydration means your body loses more fluid than you take in. Drink plenty of fluids to stay safe.

- Give your child frequent water breaks and spray down children with a spray bottle. Take cool baths and showers in extreme heat conditions.
- Know the signs of dehydration: sunken eyes, drowsiness, sunken fontanelle (soft spot on baby's head), headache or no urine passed for 12 hours.
- If a child is still feeling unwell (confused, shortness of breath, high temperature above 40C, not sweating or loss of consciousness) after 30 mins of resting in a cool place and drinking plenty of water, then call 999. Heatstroke can be very serious if not treated quickly. Put the child in the recovery position if they lose consciousness while you're waiting for help.

Holiday check list

- Invest in a first aid kit including pain relief and antihistamines. Visit [St Johns Ambulance website](#) for further details.
- Make yourself aware of where your nearest pharmacy, urgent treatment Centre or minor injuries unit is in advance of going away.
- Make sure you have plenty of regularly prescribed medication before going away.
- Make yourself aware of your local surroundings and get to know the property that you are staying in. Assess hazards and dangers.
- If you are abroad, make yourself aware of the emergency services telephone numbers.
- If you are going on a long journey, make sure to have plenty of water in your car.

What health service should you use?

- For common ailments and illnesses such as sore throat or grazed knee - SELF CARE
- For advice on conditions such as headaches, aches & pains or upset stomach - PHARMACY
- If your child has symptoms that don't go away such as earache or ongoing concerns - GP SURGERY
- For urgent medical help that isn't an emergency, NHS 111 can direct you to the right service - NHS 111
- Use only in an emergency such as loss of consciousness, breathing difficulties or heavy bleeding - EMERGENCY DEPT