

About Us

We are a charity who have been supporting families in Suffolk for 40 years.

Families Together Suffolk provide a free and confidential service to any family living in Suffolk with at least one child aged 11 or under.

We can help parents who may:

- Need support with their mental health
- Feel lonely or isolated in their community,
- Find it hard to cope
- Struggle with the emotional and physical demands of having a baby, young children or multiple young children.

Families are able to refer themselves to our service or a referral can be made by a professional such as a family support practitioner or health visitor.

A referral form can be found on our website and sent to us or can be taken over the phone using the details on the back of the leaflet.



Contact Us



Email
info@famielstogethersuffolk.org.uk



Phone
01379 678552



Address
20 Broad Street
Eye
IP23 7AF



Follow us on social media or sign up to our newsletter to keep up to date with our service.



Families Together Suffolk



FamiliesTogetherSuffolk



@SuffolkFamilies



www.famielstogethersuffolk.org.uk



Help for families living in Suffolk



Recruit and train Volunteers

They say it takes a community to raise a child and we agree, that's why we are dedicated to the recruitment and training of volunteers to support families at home and to provide groups in the local community.

Being a parent is challenging and can leave parents feeling isolated and alone. Our volunteers visit the family each week for a couple of hours to provide a listening ear, and offer practical advice and support. Volunteers are also able to help families access other organizations, appointments and services as part of their support.



Support Outside the home

Here at Families Together Suffolk we encourage wider social support networks through our **groups** and **project sessions**.

Our **groups** are free to attend and are based in the heart of the local communities. Sessions provide an opportunity for parents/carers with pre-school aged children to meet up with other parents whilst enjoying fun educational activities.

Project sessions provide valuable insight into activities parents can do at home to support babies learning and development. You could learn about the wonders of treasure baskets, explore reading through imaginative play or enjoy all that messy play has to offer.



Charity Retail

We have two charity retail outlets, our charity shop in Eye and our eBay selling hub in Stowmarket. These help to raise vital funds to keep our support services running.

Our charity shop at 1 Broad Street in Eye has a large range of good quality items. We accept donations from 9.30am to 12pm, Monday to Saturday of up to 2 bags/boxes each day.

Any specialist, collectible or higher value items are diverted to our eBay selling hub, where they are listed for sale on our **familiestogethersuffolk** shop page.

