



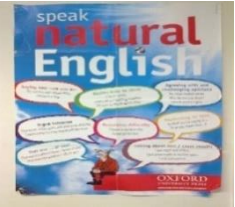








Suffolk - 10 Local Organisations to help you as an Active Citizen

Organisation	Name & Role	Contact Details	How they can help you
	Community Action Suffolk's "Funding 4 Suffolk"	Brightspace, Ipswich, IP20HH (t) 01473 345400 (e) info@communityactionsuffolk.org.uk	You can use the funding tool to get funds for community action. And they have lots of opportunities for voluntary work.
	Gill Jones, Community Development Manager	(t) 01449 703949 (e) info@healthwatchesuffolk.co.uk	They can involve you in improving health and care services for your community. You could tell them about your visits to health and care services and go on visits to help them report on and improve local health services.
Ipswich & Suffolk Council for Racial Equality	Phanuel Mutumburi - Business and Operations Director	46A St. Matthew's Street, Ipswich, Suffolk IP1 3EP. (t) 01473 408111 (e) office@iscre.org.uk Opening Hours: Monday – Thursday 10am – 4pm	They can find you the ideal  volunteering opportunity to suit your skills and interests
Realise Futures 	Jenny Hinton – Learning Administrator	(t) 01473-275951 (e) Jenny.Hinton@realisefutures.org	RFLD has learning centres  across Suffolk, where you can improve your

			English and take part in other courses too.
<p>Suffolk Constabulary</p> 	Specials and Volunteers Team	<p>(t) 01473 613589 (e) specialsandvolunteers@suffolk.pnn.police.uk https://www.suffolk.police.uk/join-us/volunteers/police-support-volunteers</p>	<p>They can offer you all sorts of work as a volunteer with the police service.</p> 
Suffolk County Council	Sara Blake - Head of Localities and Partnerships	(e) Sara.Blake@suffolk.gov.uk	<p>They can help you to find ways to improve the area you live in.</p> 
Suffolk County Council	Councillor Colin Noble - Council Leader	<p>(m) 07545-423-795 (e) colin.noble@suffolk.gov.uk</p> <p>https://www.suffolk.gov.uk/council-and-democracy/consultations-petitions-and-elections/we-are-listening-events/</p>	<p>The council would like you to get involved in their “We are Listening Events” to help them understand your views on local services.</p> 
Suffolk Volunteering Foundation		<p>(t): 08452 235 335</p> <p>http://www.welcomepack.org.uk/Details/Suffolk-Volunteering-Federation.html</p>	<p>Their welcome pack is useful if you are a new citizen in the area</p> 

<p>WASSUP (Women Against Sexual Exploitation and Violence Speak UP)</p> 	<p>Tonia Wilson - Project Manager, Volunteering Matters</p>	<p>(t) 01473 418035 (m) 07808-850-411 (e) Tonia.Wilson@volunteeringmatters.org.uk</p>	<p>WASSUP is a female volunteered youth campaign and social action programme. It raises awareness of, and about young people from Black and Minority Ethnic communities who have been affected by various forms of violence.</p>
<p>West Suffolk College</p>	<p>Deborah Barton - Subject Lead, Adult Maths & English</p>	<p>(t) 01284-716291 (m) 07810-654-966 (e) Deborah.barton@wsc.ac.uk http://www.westsuffolkcollege.ac.uk/courses/course-search.aspx?ke=English+-+Functional+Skills</p>	<p>They have learning centres across Suffolk where you can learn, or improve your English.</p> 