

SWEP Out of Area Support Ipswich

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Council: Ipswich Borough Council
Grafton House
15-17 Russell Road
Ipswich
IP1 2DE
Tel: 01473 432000 (**01473 433033** for **Food Bank Vouchers**)
Open: Monday - Friday 8.30am – 5pm

Support

Ipswich Outreach

Tel: 007301 202235 (Ian Walters)

Email: ian@ipswichoutreach.co.uk

Open: Every night 7.30pm -8.30pm

Ipswich Soup Kitchen meet at Elm Street outside the Magistrates Court (IP1 2AP)

- Health advice & health care
- Food, drink & toiletries (adults only be prompt for food)



IHAG

The Chapman Centre

1 Black Horse Lane

Ipswich

IP1 2EF

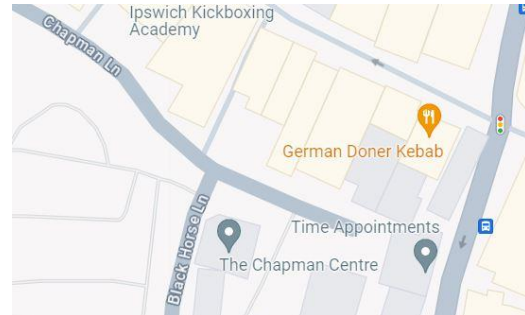
Tel: 01473 23226

Email: ihag@ihag.co.uk

Open: Monday – Thursday 9am – 5pm, Friday 9am – 4.30pm, Saturday & Sunday 10am – 2pm

Contact to arrange an appointment

- Drop-in & face to face appointments for advice and support
- Telephone and online appointments available
- Showers, laundry service, hot & cold drinks, clothing, personal items & food parcels
- Access to health and mental health staff
- Signposting to recovery services



Thanks to:



Citizens Advice Ipswich

17 Tower Street
Ipswich
IP1 3BE

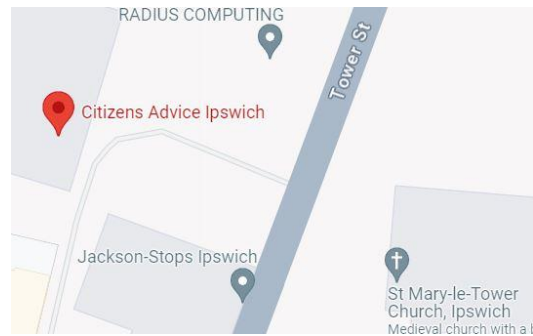
Tel: 0808 2787867

Open for telephone advice: Tuesday – Friday
9am – 5pm

Open for in person appointments: Tuesday –
Friday 9.30am – 3pm

***High demand – appointments not guaranteed**

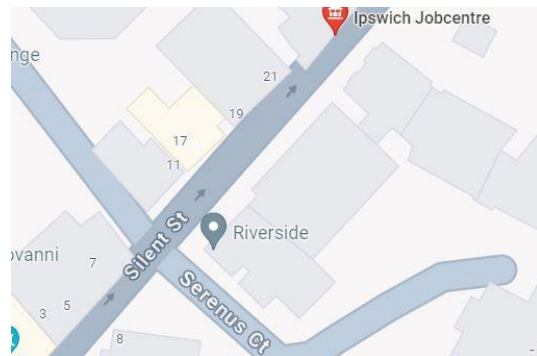
Citizens Advice can refer you to FIND - **Food Bank**



Ipswich Job Centre Plus

St Felix House
Silent Street
Ipswich
IP1 1TF
Tel: 0845 6043719

Here you can find your local job centre offices in and around Harlow. Your local job centre can administer claims Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.



Libraries

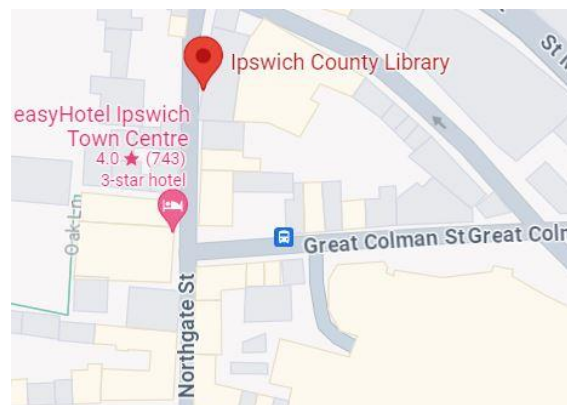
Libraries are **Warm Spaces** during opening times and free internet access without having to join the library.

Ipswich County Library

Northgate Street
Ipswich
IP1 3DE

Tel: 01473 927260

Open: Monday, Wednesday, & Thursday 9am – 6pm, Tuesday & Friday 9am – 7pm, Saturday 9am – 5pm, Sunday 10am – 4pm



Thanks to:



Broomhill Library

Sherrington Road
Ipswich
IP1 4HT

Tel: 01473 749929

Open: Monday 9.30am – 1pm Tuesday - Friday
9am – 5pm, Saturday 10am – 5pm, Sunday
10am – 3pm

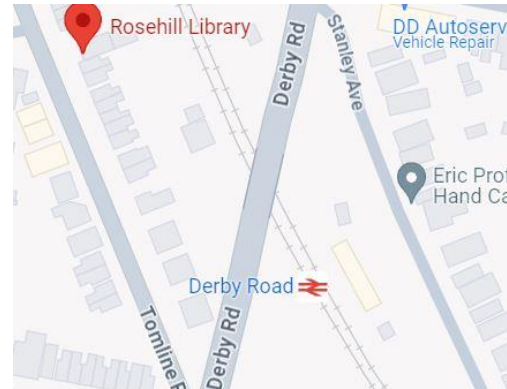


Rosehill Library

Tomline Road
Ipswich
IP3 8DB

Tel: 01473 719279

Open: Tuesday, Wednesday & Thursday 9am –
5pm, Saturday 9.30am – 5pm Sunday 11am –
4pm



Food Bank Ipswich

FIND

Families in Need

Tel: 01473 833351

If you need a food parcel, you must be referred by
a supporting agency.

FIND also helps rough sleepers with footwear,
clothing, warm coats, sleeping bags, paying for
prescriptions, help with travel and food parcels

Referring agencies:

- Citizens Advice Ipswich
- Hostels & Supported housing
- Health Outreach
- IHAG
- DWP/Council

St John's Baptist Church

Mission Ipswich East

74 Cauldwell Hall Road
Ipswich
IP4 4QE

Tel: 01473 270978

Top up and shop - £2 to top up your weekly food
shop & essential items. Includes coffee & a chat.

Open: Wednesday 2pm – 3pm



Thanks to:



working together to support you

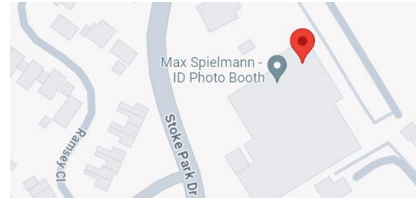


St Peter's Church

Stoke Park Drive
Ipswich
IP2 9TH

Top up and shop - £2 to top up your weekly food shop & essential items

Open: Wednesday 1.30pm – 2.30pm



St Mary & St Botolph's Church

Whitton
Ipswich
IP1 6LT

Top up and shop - £2 to top up your weekly food shop & essential items

Open: Wednesday 11.30am – 12.30am

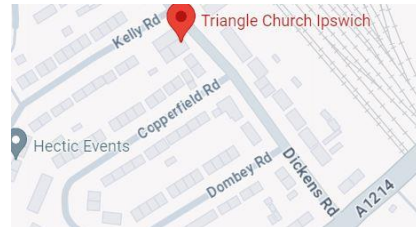


Triangle Church

Dickens Road
Ipswich
IP2 0JW

Top up and shop - £2 to top up your weekly food shop & essential items

Open: Wednesday 9.30am – 10.30am



St Mary Le Tower

Tower Street
Ipswich
IP1 3BE

Top up and shop - £2 to top up your weekly food shop & essential items

Open: Wednesday 9am – 10am



All Hallows Church

Lanseer Road
Ipswich
IP3 0JH
Tel: 07561 596168

Top up and shop - £2 to top up your weekly food shop & essential items

Open: Tuesday 9.30am – 10.30am



Thanks to:



Warm Spaces

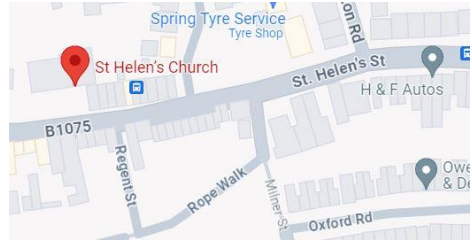
Safe Harbour
St Helen's Church
St Helen's Street
Ipswich IP4 2LS
Tel: 01473 727774

Free light lunch & hot drinks on Tuesday. Top up shop & café on First Thursday of each month.

For a £2 donation top up your weekly shop with food and essential items then free drink and cake at the café. More details:

<https://www.facebook.com/SafeHarbourIpswich/>

Open: Tuesday and Thursday from 1.30pm – 2.30pm.



St Francis Church
The Peace Café
192 Hawthorn Drive
Ipswich
IP2 0QQ
Tel: 01473 603229
Open: Monday 9am – 2.30pm



CoffeeSpace
Mission Ipswich East
Bixley Farm
Tower Hall
5 Broadlands Way
Bixley Farm
IP4 5SU

Free tea or coffee & a safe space
Open: every Friday 2pm – 3.30pm



Thanks to:



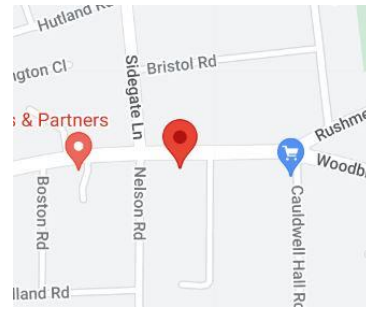
Taste Community Café

Mission Ipswich East

426 Woodbridge Road
Ipswich
IP4 4EL

Tea, coffee & Cakes available.

Open: Monday, Wednesday, Thursday & Friday
9am – 12pm, Tuesday 9am – 1pm, Saturday 10am
– 12pm



St Augustines Church

Bucklesham Road
Ipswich
IP3 8TH
Tel: 01473 723960

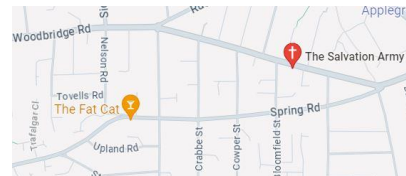
Lunch Club – Hot lunch served for £4 per person
Open: Thursday 11.30am – 12.30pm



Salvation Army

158 Woodbridge Road
Ipswich
IP4 4PH
Tel: 01473 270009
Email: ipswich@salvationarmy.org.uk

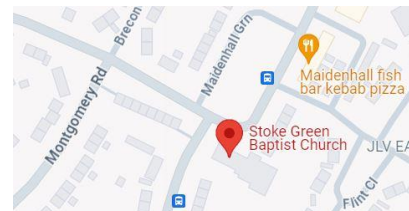
Lunch Club – **Open:** Thursday from 12pm
Big Breakfast – **Open:** Saturday from 9am



Stoke Green Baptist Church

Halifax Road
Ipswich
IP2 8RE

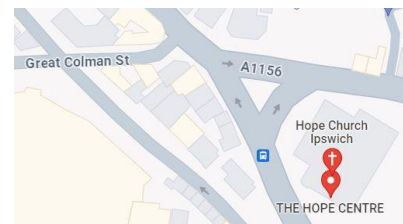
Drop In Community Café – Free Hot and cold
drinks and Light refreshments available.
Open: Thursday 2.30pm – 4.30pm



The Hope Centre

10 St Margaret's Street,
Ipswich
IP4 2AT
Tel: 0800 2461746

Hope Community Lounge Café – Great value
food available.
Open: Thursday 12pm – 2pm



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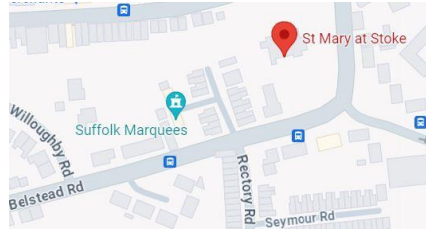
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St Mary Stoke

Stoke Street
Ipswich
IP2 8BX

Welcome Café – Serving tea & Coffee & light refreshments

Open: Wednesday 10am – 12pm



River Coffee

River Church
Key Street
Ipswich
IP4 1BZ

River Coffee – Drop-in for tea, coffee, snacks and a chat, all welcome.

Open: Monday – Friday 10am – 3pm

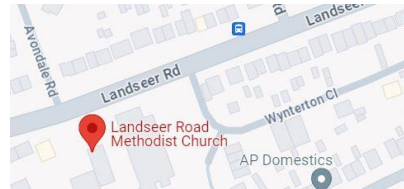


Landseer Road Methodist Church

Landseer Road
Ipswich
IP3 9LX

Tea and Toast

Open: Friday 8.45am – 10.30am



Link to Open Ipswich Street Map:

<https://www.openstreetmap.org/search?query=Ipswich#map=14/52.0576/1.1559>



Thanks to:



working together to support you

