

Local events of interest

<u>Regular/ongoing meetings</u>	
Bury St Edmunds Women's Refuge Support Groups	
Freedom Programme Sessions looking at abusers and healthy relationships. 12-week rolling programme, but you may join at any time.	<i>All free of charge and confidential.</i>
SODA (Survivors of Domestic Abuse) An informal group where you can talk over 'the problems of the week' on a Friday morning.	<i>All run by refuge staff.</i>
Coffee Morning Fun, informal meetings with optional craft/creative sessions	<i>Times & addresses not public for security reasons. Call 01284 753085.</i>
Suffolk Mind - Mental Health Support Groups Many available in BSE and elsewhere. See link.	https://www.suffolkmind.org.uk/additional-help/support-groups/
50+ Women's Afternoon Tea & Politics Meetups (BSE) To become semi-regular. Upcoming dates TBC, please contact Donna Higgins.	donnahiggins.lab@gmail.com for details
Multicultural Women's Group BSE Coffee morning, second Friday of the month, 10:00-12:00.	<i>The Centre, St John's Street, Bury St Edmunds IP33 1SN.</i> mwgbse@btinternet.com
Multicultural Women's Group BSE Book club, first Thursday of the month, 14:00	mwgbse@btinternet.com for details
Empower East Hub (BSE and elsewhere) Networking events. A hub "for women to support, motivate and inspire one another". Child and pet friendly.	https://bookwhen.com/empowereast
Women in Business Network (BSE) Monthly, 12.00-14.00; date varies, see https://www.wibn.co.uk/groups-members/bury-st-edmunds/	<i>Ravenwood Hall, Rougham, Bury Saint Edmunds IP30 9JA, UK</i> gillashby@flp.com to book your place
Women Against State Pension Inequality (Sudbury) First Wednesday of the month, 19:30	<i>The Quay, Quay Ln, Sudbury CO10 2AN</i> sudburysuffolkwaspigroup@gmail.com

<p>Suffolk LGBTQ Forum – Gender Xplored (Stowmarket) Support group for trans, non-binary & genderfluid people, first Tuesday of the month, 19:00-21:00</p>	<p>Stowmarket Library Milton Rd E, Stowmarket IP14 1EZ genderexplored@gmail.com</p>
<p>Monthly LGBT Women's Drop-in (Ipswich) Third Sunday of the month 11:00-13:00</p>	<p>Isaac's, Wherry Quay, Ipswich IP4 1AS hayleysherman.editor@gmail.com</p>
<p>LGBT*Q+ Youth Group (Ipswich) Various events for under-25s, see link. They are also hoping to start events in BSE if they can find funding.</p>	<p>https://outreachyouth.org.uk/lgbtq-youth/13plus-youth-groups/</p>

<p><u>October 2018</u></p>		
<p>23/10/18 (morning - overnight)</p>	<p>Achieving Aspirations Holiday Club "Exciting themed breaks for 'friends' with disabilities" – children's activity run in association with Activities Unlimited</p>	<p>Shakers Lane, Bury St Edmunds Shauna Christopher: 07909333164 s.christopher@achievingaspirations.uk</p>
<p>27/10/18 11:00-14:00</p>	<p>A Taste of Culture Multicultural Women's Group BSE</p>	<p>The Centre, St John's Street mwgbse@btinternet.com</p>
<p><u>November 2018</u></p>		
<p>29/11/18 19:30</p>	<p>Multicultural Women's Group BSE Literary evening With author Jackie Carreira (Sleeping Through War) and members of the Group</p>	<p>mwgbse@btinternet.com</p>
<p><u>December 2018</u></p>		
<p>09/12/18 19:00-21:00</p>	<p>West Suffolk Interfaith & Community Forum Social Evening Meeting together with Bico (Bury Islamic Cultural Organisation) for conversation, information, refreshment</p>	<p>United Reform Church, Whiting Street, BSE, IP33 1NR info.wsicf@gmail.com</p>

Useful links/contacts/news

<p>Bury St Edmunds Women's Refuge</p>	<p>01284 753085</p>
	<p>bsewacentre@btconnect.com (please note that for security reasons the refuge cannot give advice by email, but can return a call to a 'safe' number)</p>

	www.burystedmundswomensaid.org.uk
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- Suffolk Libraries are piloting a scheme to give out free sanitary products. Email sarah.lungley@suffolklibraries.co.uk to ask about donating.
- Jo Cox Women in Leadership programme – applications open for 2019. Submit before midnight on 12 November 2018. <https://labour.org.uk/members/jo-cox-women-leadership/>
- The Suffolk Coalition of Disabled People are looking for volunteers to fill multiple roles, including Mystery Shoppers – looking at the provision of taxi services for disabled people. There are roles for disabled and non-disabled volunteers. <https://www.scodp.org.uk/who-we-are/jobs/>