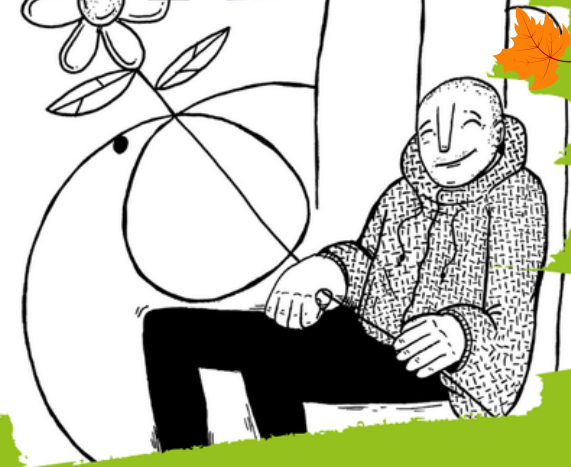


Artwork by Sarah Donnelly, quote by author Vivian Greene

Emmaus Suffolk



zine



emmaussuffolk.org.uk Charity No: 1128051
emmaussuffolk.com Company No: 6686196

Autumn Edition: September '23



Can you afford to donate to support our work?
PayPal Giving Fund passes on 100% of donations.



JustGiving®

Would you like to fundraise for us?
Emmaus Suffolk is now registered on JustGiving. Its super easy to sign up and raise vital funds for charity.



emmaussuffolk.org.uk
hello@emmaussuffolk.org.uk
01473 225627



Your team worked very hard, carefully and efficiently with cheerfulness too. I know that my mother would have been very pleased to know that her possessions may now have another life, or be sold to help those who need it most

Andrew, May 2023

House Clearance Service

www.emmaus.org.uk/suffolk/support-us/house-clearance/



All proceeds go towards vulnerable, socially isolated people & those at risk of homelessness across the county. Contact Gill for a quote: 07879 773944

Welcome

to the Autumn edition of the Emmaus Suffolk zine. September is an exciting month for us all (not just because of the unexpected heat wave). This month we say goodbye to Sailmakers, and hello to Carr Street, our new home.



With more room to welcome more people, it'll be everything you love under one roof. We open Monday Sept 18th & can't wait to see you there!

Crossword answers:

Across: 4= Purple, 5= Chickens, 8= Elephant, 11= Venus, 13= Suffolk Punch, 14= Barbie, 16= Rose, 17= Omid Djali
Down: 1= Snake, 2= Sudan, 3= June, 6= Istanbul, 7= September, 9= York, 10= Puffing, 12= Londonium, 14= Broccoli, 15= Dolphin



Kids & Carers watching the Tour of Britain at The Royal Oak, Sept 2023

Free Community Singing Group at The Royal Oak, Friday mornings

Join Suffolk Soul Singers for our weekly Friday singing group at 11am in the warm space at The Royal Oak. 11am - 12.30pm: all welcome. Free!



Congratulations!

Our amazing Community Manager, Emma, has just completed her first Half Marathon to raise money for Emmaus Suffolk.

Emma started running just 10 months ago and the marathon's 13.1 miles is the furthest she's ever run!

www.justgiving.com/page/emma-francis-1693918600355



Thank you

**Cole, Seren and Jasper,
who walked 1,308,885 steps
for Emmaus Suffolk
in their summer holidays.
Amazing!!!**



Cole, Seren and Jasper Andrews decided that they'd like to help homeless people in Suffolk, and came up with the idea of walking 1,000,000 steps between them over the 2023 summer holidays.

They all had tracker watches and started counting steps on Sat 22nd July, completing their target on Sun 3rd September. Their fundraising target was £150, and they raised a whopping £950.00, which is 633% over their target. Congratulations and HUGE thanks to Cole, Seren and Jasper xxx

Emmaus Suffolk Hubs



Free weekly drop-in hubs for all. Get crafty with art activities, enjoy a board game, grab a cuppa and have a chat!



Monday

@44 Carr Street
IP4 1HT

12:30 - 4pm

Tuesday

@44 Carr Street
IP4 1HT

9:30am - 11.30am

Wednesday

@Felixstowe Library
IP11 7BY

2pm - 4pm

Wednesday

@44 Carr Street
IP4 1HT

10am - 12:30pm

Wednesday

@44 Carr Street
IP4 1HT

2pm - 4pm

Wednesday

@The Royal Oak
IP3 8EB
Kids and Carers Club

10am - 12:00pm

Thursday

@The Royal Oak
IP3 8EB

Kids and Carers Club

10am - 12:00pm

Friday

@44 Carr Street
IP4 1HT

10am - 12:30pm

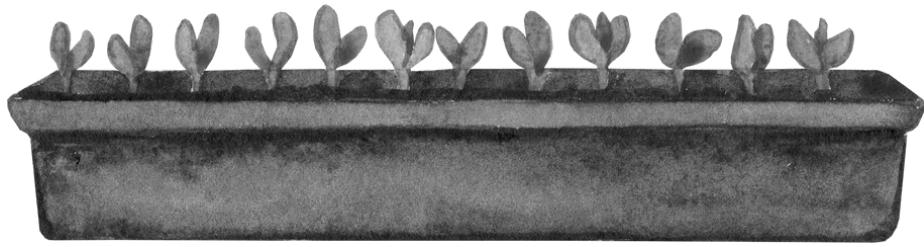
Saturday

@The Royal Oak
IP3 8EB

Breakfast Bap Hub

10am - 12:00pm

No booking required, just rock up, grab a cuppa, and get stuck in. Hubs are ALWAYS free!



Dales Allotment Update



You will be forgiven for not knowing that behind the Emmaus Suffolk shop on Dales Road there is a secret allotment. Created by one of our volunteers during lockdown, a small group has been growing food

and flowers on-site for the past 3 years. Through a series of 'trowel and error' they have been planting seeds, tending to their shoots, and just enjoying getting their hands dirty.

This season they've grown green beans, tomatoes, spinach, cabbages, pickles, along with some gourd-geous squashes and marrows. Just spotted this mahoosive beast outback. Amazing!



No one is an expert, and everyone is learning together, which makes it even more fantastic!



COMEDY CORNER



Breaking News: The police have discovered the body of a man inside a crate of chickpeas.
They are treating it as hummusicide

What's the difference between a hippo and a zippo?
One is really heavy and the other is a little lighter.



Last night, I dreamed I was swimming in an ocean of orange soda.
But it was just a Fanta sea.



My dad farted in an elevator.
It was wrong on so many levels



When the past, present, and future go argue. It's intense tense in tents



"HA HA HA"

"HA HA HA"

Life according to Moley

Dictated to my humum (because my paws are too big to hit the right keys)



Sometimes big changes happen that you can't control, and it can be a little scary. I find the best thing to do when this happens is to try and live in the moment and not think too far ahead or behind. Us dogs are masters of this so if you can find a four-legged friend to spend some time with it will help – or a toddler. Toddlers not only live in the moment, but they are also very likely to drop food. If you are desperate, maybe try a cat but they're usually too busy plotting world domination to be much help.

Naps are also vital to getting through life. I like to sleep for at least 8 hours and then have 5 or 6 naps of at least an hour a day. Getting outside is good too but don't rush, take time to sniff everything. My humum loves it when I do that – she says she has never taken so long to get nowhere before – I'm so proud to have helped her achieve that goal. Also, outside is only ok if it's not too hot, too cold or too wet. I need a nap now, so until next time.



Lots of love & sniffs, Moley x

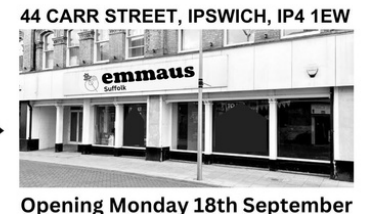
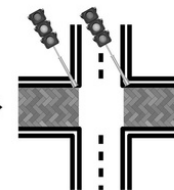
BREAKING NEWS

After 6 wonderful years at Sailmakers, we are moving our wellbeing hubs, workshop, and charity shop to our new home on Carr Street (opposite B&M in the town centre). We are super excited to show you our new gaff – opening on Monday 18th September at 11am – and the whole team has been working hard to make it ready for you.

As the Greek philosopher Heraclitus once said, 'the only thing constant in life is change' and we are embracing the many benefits that Carr Street has to offer us all. Firstly, its HUGE! There is loads of room to welcome more people to our community and offer more support to those in need.

Secondly, we will be bringing everything we all love about emmaus Suffolk under-one-roof, combining our ever-popular wellbeing hubs with our fabulous retail offer. Pop along for a cuppa, try your hand at some crafts, and fill out an application form to start volunteering. All at the same time, and in the same place. What a treat! Carr Street will be open 6 days a week too.

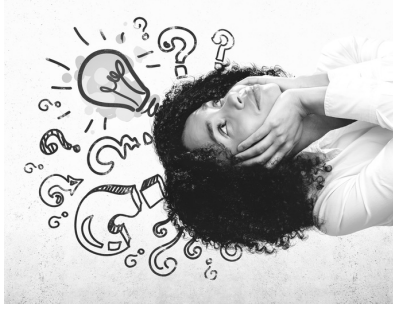
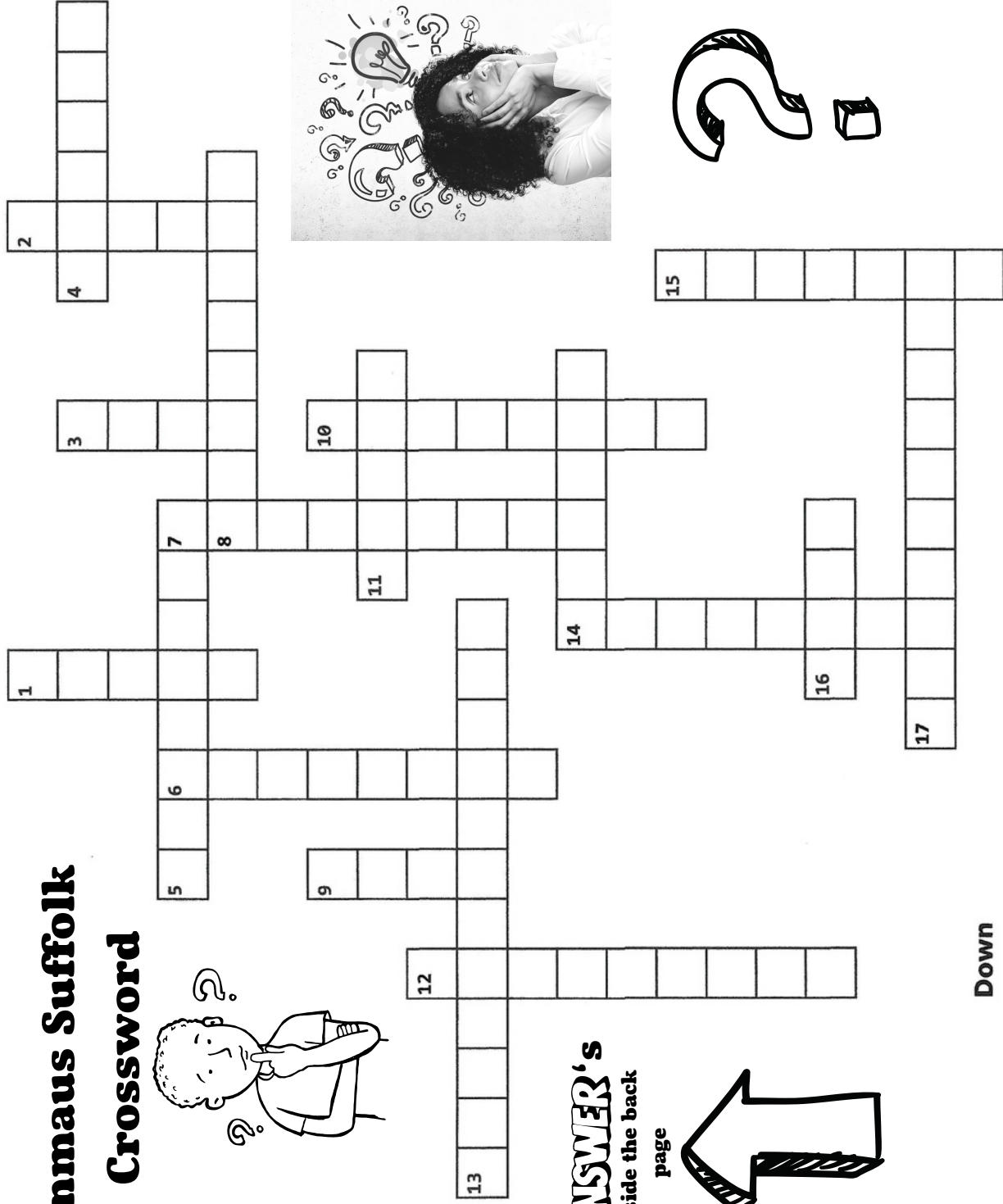
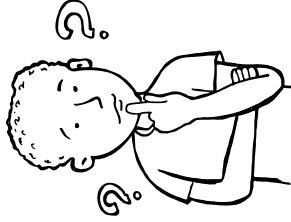
We hope very much to see you there soon. xxx



MORE SPACE TO WELCOME MORE PEOPLE

Emmaus Suffolk

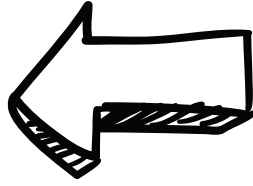
Crossword



ANSWER'S

inside the back

page



Down

1. Which animal can sense an earthquake coming from 75 miles away, 5 days before it happens?
2. Which country has the most pyramids?
3. Which month is named after the Roman goddess 'Juno'?
6. What is the only city in the world that straddles two continents?
7. What month does Emmaus Suffolk open its new Hub and Shop on Carr Street?
9. Which of England's cities is reportedly the most haunted city in the world?
10. What is the name for a baby Puffin?
12. What name did the Romans call London when they founded it in 43AD?
14. Which vegetable contains more protein than most meats, including steak?
15. Along with Swans, which animal does the King own all of in British waters?

Across

4. Before the 17th century, what colour were most carrots?
5. Which animal are there more of in the UK than people?
8. What is the only mammal that cannot jump?
11. What planet, in our solar system, is the only one that spins clockwise?
13. What type of horse originated from Ipswich?
14. What is the name of the best selling film of 2023?
16. Apples, peaches and raspberries are a member of which flower's family?
17. Which famous Iranian comedian & actor moved to Ipswich in 2020?