

Charity Number: 1128051  
Company Number: 6686196

Thank you for supporting



**emmaus**  
Suffolk

working together to end homelessness

**ALL MONEY RAISED IN SUFFOLK  
STAYS IN SUFFOLK**



**DONATE**

**ONLINE**

Help us to support local people in need. Two community houses, free social hubs, craft activities, volunteering, food & support for vulnerable, socially-isolated, long-term unemployed, & people at risk of homelessness in Suffolk.



100% goes to the charity

**PayPal**  
Giving Fund

**[www.emmaussuffolk.com](http://www.emmaussuffolk.com)**





SPRING 2023

# emmaus Suffolk

# ZINE

[www.emmaussuffolk.org.uk](http://www.emmaussuffolk.org.uk)



What's on Emmaus - What's free in Suffolk - Things to do - Food and drink - Trivia Quiz

visit  
**emmaus**  
Ipswich - Felixstowe

# WELCOME TO EMMAUS SUFFOLK

From 'Warm-Spaces' to our 'One-Pot Wonders', Emmaus' locations across Suffolk reach many people. Why not visit us today to see what were doing in your local community?

## DON'T MISS EVENTS

Whatever the season, discover unmissable events, drop-ins and hubs and clubs at Emmaus locations across Suffolk. Head to [www.emmaussuffolk.org.uk](http://www.emmaussuffolk.org.uk) for more information.

[www.emmaussuffolk.com](http://www.emmaussuffolk.com)  
@emmaussuffolk  
insta: emmaussuffolk

To contribute or discuss the content, please email us on [fundraising@emmaussuffolk.org.uk](mailto:fundraising@emmaussuffolk.org.uk)



illustrations by Amy Wragg

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# Whatever you're facing We're here to listen

If you're going through a tough time, you don't have to face it alone.

Contact Samaritans free –  
day or night, 365 days a year

Call free on

# 116 123

Email

[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

[samaritans.org](https://www.samaritans.org)

A registered charity



*Dear Companions , Volunteers , Colleagues and Friends ,*

*W*

ith the hawthorn and pear trees in full bloom and winter almost a distant memory, we would like to take this opportunity to welcome you to our Spring Edition of Emmaus Suffolk 'Zine. Even as most printed journals yield to digital media, we have decided to redesign our journal with the hope that some new sections may reach out and help those that read its pages in some small way.

With the current cost-of-living crisis showing no signs of easing, we have included a 'What's On - Ipswich' section that you may find interesting. Ipswich is a town steeped with so much history and has such a vibrant community. It surprises us sometimes seeing what is free and available on our doorsteps. If you have any other suggestions for our next issue, please feel free to email our team on [fundraising@emmaussuffolk.org.uk](mailto:fundraising@emmaussuffolk.org.uk) for it's potential inclusion.

This quarter we also include some editorial on Citizens Advice Bureau. We can all face problems that seem complicated or daunting. Citizens Advice Bureau believe no one should have to face these problems without good quality, independent advice. From Family Law and Debt to Consumer Rights, you can find their amazing team at their local Ipswich office at Tower Street or via their helplines and online chat which are free and available around the clock. You can see more about what they do on Page 11.

Finally, and most importantly, we would like to extend our thanks for all the donations that we have received since the start of the year. Without which we would struggle to exist. You have made a difference. Your donations, no matter how small, have helped us to provide a home and meaningful work to people experiencing homelessness and social exclusion. For that, we are thankful.

Warmest regards,

*Emmaus Suffolk*



Fed up of solitary Saturdays? Join Emmaus Suffolk's

# Breakfast Bap Hub



A new hub at The Royal Oak, for men to hang out, meet new people, play board games and enjoy a **free** breakfast bap

Saturdays 10am - 12noon

Royal Oak, Ipswich, IP3 8EB



Challenge each other to 5 a side chess, and make new connections and friends in your community!

All our hubs are free and drop in



**emmaus**  
Suffolk





# WHAT'S ON Emmaus Suffolk hubs

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

★  
monday

@Sailmakers  
1230 - 4pm

★  
wednesday

@The Royal Oak  
1000 - 12noon  
Kids and Carers Club  
(Free lunch for carers)

★  
thursday

@The Royal Oak  
1000 - 12noon  
Kids and Carers Club  
(Free lunch for carers)

★  
wednesday

@Sailmakers  
1000 - 1230

★  
Wednesday

@felixstowe Library  
2pm - 4pm

★  
tuesday

@Sailmakers  
0930 - 1130

★  
wednesday

@Sailmakers  
2pm- 4pm

★  
friday

Drop-In  
@Sailmakers  
0930 - 1130

★  
friday

Singing Hub  
@RoyalOak  
1000 - 1130

COMING

SOON

saturday

1st July @RoyalOak  
Breakfast Bap Hub  
Male Only Event  
1000-12noon

## The Dales

Tuesday - Saturday 10am - 4pm

Tel: [01473 225627](tel:01473225627)

216 Dales Road, Ipswich, IP1 4JY

## The Royal Oak

Wednesday - Saturday 10am - 4pm

Tel: [01473 721570](tel:01473721570)

175 Felixstowe Road, Ipswich, IP3 8EB

## Sailmakers

Monday - Saturday 10am - 4pm

Sailmakers Shopping Centre, Tavern Street, Ipswich

## Dog Head Street

Thursday - Saturday 10am - 4pm

Tel: [01473 225627](tel:01473225627)

Dog Head Street, Ipswich IP4 1AD

## Felixstowe

Thursday - Saturday 10am - 4pm

Tel: [01394 277331](tel:01394277331)

10-12 Great Eastern Square, Felixstowe IP11 7DY

Drop by  
to say  
hello!!



illustrations by Amy Wragg

Charity Number: 1128051  
Company Number: 6686196

Thank you for supporting



**emmaus**  
Suffolk

working together to end homelessness



SUPPORT US BY USING OUR  
SOCIAL ENTERPRISES

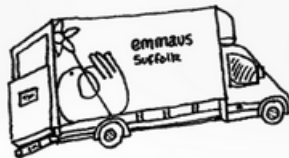
The Royal Oak  
Community Cafe + Shop  
175 Felixstowe Rd  
IP3 8EB



Charity Shops:  
The Dales, IPI 4JY  
Sailmakers, IPI 3BB  
Dog's Head St, IP4 1AD  
Felixstowe Station, IPI1 7DY



**emmaus** FULL &/OR PART  
Suffolk CLEARANCES POSSIBLE  
HOUSE CLEARANCES TEL: GILL 07879 773944



[www.emmaussuffolk.com](http://www.emmaussuffolk.com)



# TRIVIA TIME

... and on with the show. Its quiz time and we've made it all about Suffolk and the area...  
To see how you got on, the answers are on Page 15

What **A** is the title of Pierre, the Catholic priest and former member of the French resistance and the founder of the Emmaus Communities?  
(a) Abbé (b) Alfred (c) Aristotle

What **B** is the historic market town in Suffolk?  
(a) Bradford (b) Bury St Edmonds (c) Bristol

What **C** is a Suffolk born landscape painter best known for his 'Hay Wain' (1821)?  
(a) Cavanagh (b) Charles (c) Constable

What **D** is road that Emmaus Suffolk has a location?  
(a) Dales (b) Doncaster (c) Daffort

What **E** is the first name of a Suffolk music superstar Mr. Sheeran?  
(a) Ed (b) Elias (c) Ely

What **F** is a coastal town in Suffolk famous for its container port and another location for an Emmaus Suffolk shop?  
(a) Felixstowe (b) Fomouth (c) Frome

What **G** is a famous 17th Century artist born in Sudbury, Suffolk  
(a) Grant (b) Gainsborough (c) Grimes

What **H** is surname of a famous Suffolk Bob and award winning actor who died in 2014?  
(a) Hermes (b) Hades (c) Hoskins

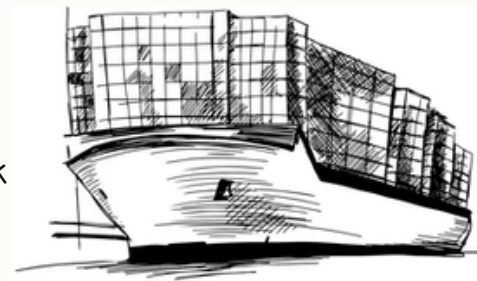
What **I** is a town and borough of Suffolk?  
(a) Ipswich (b) Inverness (c) Ikley

What **J** is the first name of the Suffolk landscape artist Constable?  
(a) Jaques (b) John (c) Jeremy

What **K** is street nearby the Racecourse Recreation Ground  
(a) King Edward Street (b) Kuwait (c) Kenya

What **L** is a historic Suffolk village which has become famous for making an appearance in Harry Potter and the Deathly Hallows parts I and II.  
(a) Lynham (b) Lavenham (c) Longfort

# Q U



# Royal Oak's COOKING CLASS

INSPIRATION

The Royal Oak is open for food, Wednesday to Saturday 10am to 4pm. Royal Oak's chef prepares our 'One-Pot-Wonder' and is available Wednesdays and Thursdays for £2.50 from 12 noon. For more information, visit our website at [www.emmaussuffolk.org.uk](http://www.emmaussuffolk.org.uk) or pop onto our Instagram feed. If you'd like to suggest a recipe in next quarters journal, please email us at [fundraising@emmaussuffolk.org.uk](mailto:fundraising@emmaussuffolk.org.uk). Enjoy!

## Ingredients

300 g macaroni not the quick cook stuff, which really doesn't work in this recipe  
30 g butter  
25 g flour  
500 ml milk  
1 tsp Dijon mustard  
200 g mature cheddar (or to taste), grated  
Salt and pepper to taste

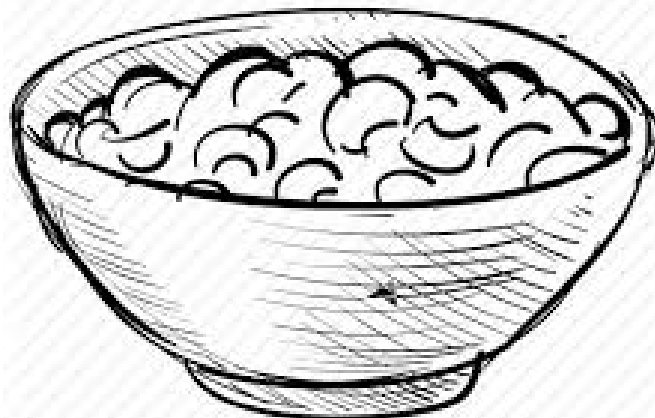
## Instructions

Preheat the oven to 220C / 200C Fan / Gas Mark 7.

Cook the macaroni until it's a bit less done than normal – a couple of minutes less than you would usually do. The brand I use takes 10 minutes normally, so I give it 8 minutes for macaroni cheese.

While the macaroni is cooking, make the cheese sauce. Melt the butter in a medium sized pan on a low heat. When the butter is foaming, add the flour and stir until it's mixed in. Then keep cooking for 2 minutes, stirring frequently. It takes guts to do this. It looks like something is going to go wrong but it doesn't!

Very gradually add the milk, stirring constantly. Make sure each bit of milk is incorporated before adding the next bit. If you do this slowly on a very low heat, you should end up with a perfectly smooth cheese sauce with no lumps and no need to whisk. However, if it does go wrong for some reason, you can always use a whisk to beat out all the lumps!



When all the milk is incorporated, add the mustard, salt and pepper. Then add half the cheese, stir to combine and turn off.

When the pasta is done, drain it, retaining a little bit of the cooking water.

Tip the pasta and a couple of tablespoonfuls of the cooking water into the cheese sauce and stir.

Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.

Bake in the oven for 10 minutes. The top should be brown but the bottom should still be saucy and the macaroni should be perfectly cooked.

If you would like to see any recipes in an up and coming edition of Emmaus' Zine, please email us on [fundraising@emmaussuffolk.org.uk](mailto:fundraising@emmaussuffolk.org.uk) for inclusion.




# WHAT'S ON - IPSWICH


Everyone loves a free day out! Suffolk is full of free and fun festivals and parties this summer. We have chosen our favourite three from quite a few. Please let us know how you get on. Send your photos #emmaussuffolk. If you have any suggestions for up and coming events for the next issue, please email them to us on fundraising@emmaussuffolk.com

## INDIAN SUMMER MELA

**Saturday 1st July 2023**

Immerse yourself in the sights, sounds and smells of the Indian community in this one-date festival of live entertainment, Bollywood music, dance performances, a vibrant market and a mouth-watering Indian food village.

 01/07/2023

 12:00

 Christchurch Park, Soane Street, Ipswich  
IP4 2BX




## IPSWICH MUSIC DAY

**Sunday 2nd July 2023**

Ipswich Music Day returns to Christchurch Park! The event is the largest free one-day music festival in the UK and is a brilliant celebration of music, culture and local talent. As well as six stages of live entertainment and music from local upcoming artists, we have fairground rides for children and adults, street food, and a marketplace.



 02/07/2023

 12:00

 Christchurch Park, Soane Street, Ipswich  
IP4 2BX




## GLOBAL RHYTHM


**Saturday 8th July 2023**

Global Rhythm is a colourful celebration of worldwide music and culture. Come and join us in the park for this free festival with world music, soca, reggae, dancehall, klezmer, plus drum, rhythm and dance workshops, food and stalls.

Missile Sound Peppery Folk Arts La'Olam

 08/07/2023

 13h00 - 19h00


 Christchurch Park, Soane Street,  
Ipswich, IP4 2BX


*Global  
Rhythm*

## IPSWICH MARITIME FESTIVAL

**Saturday 19th & Sunday 20th Aug 2023**

Based on a Viking theme, the event will again include visits by a number of historic vessels, a funfair, Street & Food Markets, and a music stage.

 19-20/08/2023

 10:00-22:00

 Ipswich Waterfront, IP3 OFR



# BACKSTORY

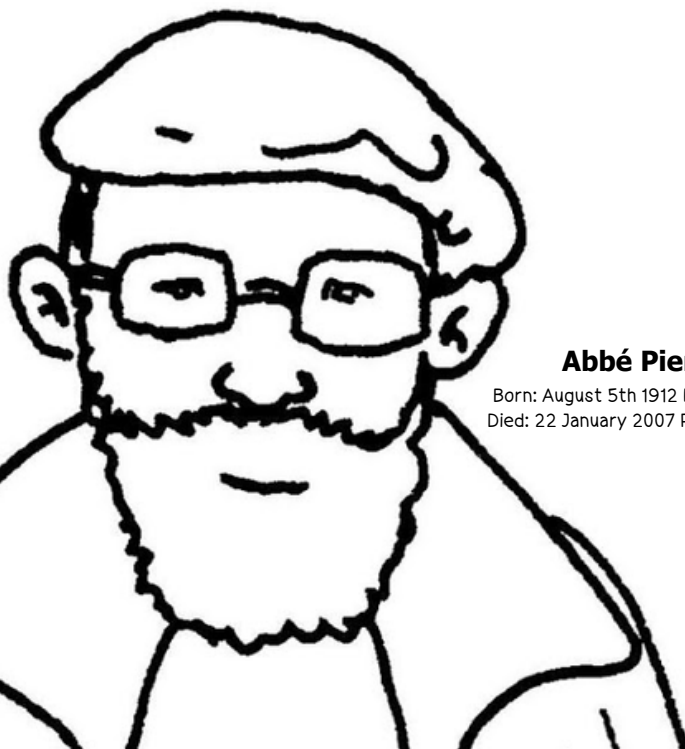
Over the years, many people have asked us about the origin of Emmaus and whom the individual known as Abbé Pierre was? So here it is; The first Emmaus Community was founded in Paris in 1949 by Father Henri-Antoine Groues, better known as Abbé Pierre, a Catholic priest and former member of the French Resistance during the Second World War. He was also a member of parliament and from this position he fought to provide homes for those who lived on the streets of Paris.

One night, a man called Georges was brought to Abbé Pierre after a failed suicide attempt. Georges had been released after 20 years in prison, only to find his family was unable to cope with his return home so became homeless. Abbé Pierre asked Georges to help him to help the homeless mothers who came looking for support from him.

Georges became the first Emmaus Companion, living with Abbé Pierre and helping him to build temporary homes for those in need, first in the priest's own garden, then wherever land could be bought or scrounged.

“**Georges became the first Emmaus Companion**”

The founders of Emmaus charity were inspired by this story and chose the name Emmaus to represent the idea of companionship and support on a journey and from the Gospel of Luke.



**Abbé Pierre**

Born: August 5th 1912 Lyon  
Died: 22 January 2007 Paris

In 1951, Abbé Pierre resigned as an MP to devote himself to fighting homelessness and poverty. Until then he had used his salary to pay Georges and the other 18 men who had joined them to set up the first ever Emmaus Community and to raise money they became "rag pickers", collecting things that people no longer wanted and selling them on. This was the start of the first Emmaus social enterprise.

“**18 men joined Georges to set up the first ever Emmaus Community**”

Emmaus Communities opened across France. Abbé Pierre became an international figure and travelled the world spreading the word about Emmaus.

Abbé Pierre continued to campaign until his death in January 2007 aged 94. His funeral on 26 January 2007 at the Cathedral of Notre Dame de Paris.

## ORIGINS OF EMMAUS IN THE UK

- The first Emmaus was opened in the UK in 1992. There are now 24 communities spread across the UK.
- Each one has at least one shop or social enterprise, with many running successful cafés, shops, gardening projects and removal companies.
- There are now more than 600 Emmaus companions living at communities stretching from Glasgow to Dover.
- No two Emmaus communities are the same - each has its own individual personality, providing a set of services which meet the needs of its local area.

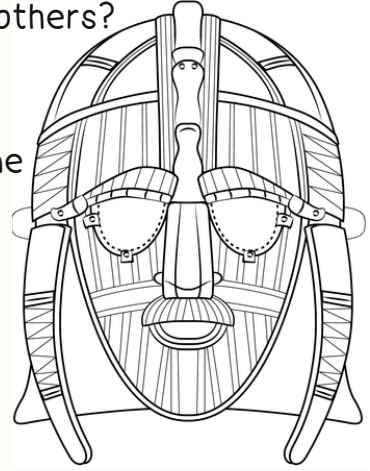


What **M** is a Suffolk village and birthplace of famous musician Brian Eno?  
 (a) Melton (b) Markenham (c) Murgess

What **N** is location of a famous Suffolk racecourse?  
 (a) Newport (b) Newmarket (c) Newry

What **O** is the main river in Suffolk and author, born in 1903 and best known for his novel Animal Farm and 1984, amongst others?  
 (a) Olsen (b) Osmond (c) Orwell

What **P** is famous Suffolk horse breed and bloodline going back to the era of Henry VIII?  
 (a) Punch (b) Pinto (c) Palamino



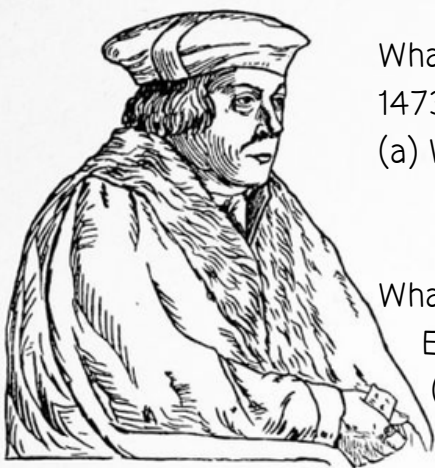
What **Q** is title of Elizabeth of York, Duchess of Suffolk?  
 (a) Quant (b) Queen (c) Quaver

What **R** is a Suffolk village and forest famous for its awe-inspiring Anglo Saxon viking hoard?  
 (a) Radley (b) Raleigh (c) Rendlesham

What **S** is the National Park in Suffolk and above famous viking hoard?  
 (a) Sutton Hoo (b) Silverage (c) St. Leger

What **T** is an Suffolk born, English humanitarian and author, survivor of a 4 year kidnap ordeal and Patron of Emmaus UK?  
 (a) Terry Waite (b) Tammy Wynette (c) Tom Waits

What **U** is a village and civil parish in the East Suffolk district holding the parish church dedicated to St Mary and is one of only a handful with a thatched tower?  
 (a) Uggeshall (b) Ulster (c) Unicorn



What **W** was a famous Suffolk son, born in Ipswich in 1473, Cardinal and advisor to King Henry VIII?  
 (a) Wolsey (b) Wooly (c) Winters

What **Y** is a small village just west of Eye in Suffolk. The name means 'cuckoo-clearing'?  
 (a) Yarrow (b) Yaxley (c) Yardley

What **Z** is well known tourist attraction in Colchester?  
 (a) Zenith (b) Zalia (c) Zoo





# WHAT'S NEW; Emmaus Suffolk

## Orwell Challenge June 25th 2023

The Rotary Club of Ipswich East again this year operating the Orwell Challenge and Emmaus Suffolk put together a team of six to take part and was a wonderful chance to enjoy our beautiful Suffolk countryside, and was an opportunity to help many local charities and causes. To see how we got on visit our website or see our instagram feed.



## Mental Health Awareness Week 2023

Mental health difficulties can be both a cause and a consequence of homelessness. Figures show that 45% of people experiencing homelessness have been diagnosed with a mental health issue. This rises to 8 out of 10 in people who are sleeping rough.

The relationship between homelessness and mental health is a two-way street. Mental health issues can be one of the factors that push people into homelessness.

And experiencing homelessness and insecure housing can cause or worsen mental health problems.

## Homelessness Matters Podcast

Our Homelessness Matters podcast highlights the many reasons someone may become homeless and raises awareness about what being homeless truly means.

With over 1,000 listens so far, our popular Season 1 launched in 2022, and all five episodes are now available on Spotify, Apple Podcasts and more (links below).

In each episode you'll hear from someone with experience of being homeless who has received support from one of our 30

Debt and financial worries, the breakdown of relationships, bereavement, domestic abuse, and having no safe place to stay can make people vulnerable to mental distress.

“ **Nearly all 18 to 24 years in our research (86%) had felt anxious in the previous two weeks.** ”

People who are pushed into rough sleeping can experience social isolation, threats, and violence on the streets.

“ **there are over 30 Emmaus Communities in the UK** ”

The podcast explores a variety of important issues including mental health, addiction, debt, domestic violence and much more.





**Citizens Advice give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.**

Citizens Advice is a UK-based charity that provides free, confidential, and impartial advice to people on a wide range of issues. The organization was founded in 1939 and has since grown to become one of the largest advice providers in the country, with over 300 local branches and more than 23,000 volunteers.

The services provided by Citizens Advice cover a broad range of topics, including debt and money management, housing, employment, consumer rights, and legal issues. The organisation's goal is to help people understand their rights and responsibilities, and to empower them to take control of their lives.

One of the key strengths of Citizens Advice is its network of local branches. These branches are staffed by trained volunteers who provide face-to-face advice and support to people in their communities. This local presence means that Citizens Advice is able to provide tailored advice that takes into account the specific needs and circumstances of each individual.

### *POPULAR ADVICE*

- *Get help with the cost of living*
- *Grants and benefits to help you pay your energy bills*
- *Get help with bills*
- *Check if you can pay less council tax*
- *How to read your smart electricity meter*
- *Check what benefits you can get*

Your paragraph text

In addition to its local branches, Citizens Advice also operates a national helpline and an online advice service. The helpline is staffed by trained advisers who can provide advice and support over the phone, while the online service offers a range of self-help resources and tools.

One of the most important aspects of Citizens Advice is its commitment to impartiality. The organization does not take sides or promote any particular agenda, but instead focuses on providing accurate and unbiased advice to everyone who seeks it. This impartiality is essential in ensuring that people can trust the advice they receive and make informed decisions about their lives.



Citizens Advice is also committed to campaigning for positive change on issues that affect people's lives. The organization uses its expertise and experience to identify areas where policy changes are needed, and works with government and other organizations to bring about these changes. Recent campaigns have focused on issues such as energy prices, payday loans, and the rights of renters.



**Over 300 local branches and more than 23,000 volunteers.**



Citizens Advice Ipswich branch can be found on 19 Tower Street and is a vital resource for people in Suffolk who need advice and support on a wide range of issues. Its network of local branches, national helpline, and online service mean that help is always available, no matter where you are or what your issue is. And with its commitment to impartiality and campaigning for positive change.

**Suffolk Adviceline**  
0808 278 7868

**Drop-in Advice:**  
9:30am - 3pm  
Monday to Friday

**Citizens Advice Ipswich**  
19 Tower Street  
Ipswich, IP1 3BE



# Life of a Charity Shop Item

As an item in a charity shop, my life starts as a donation. I am dropped off in a bag with other items and sorted through by volunteers. Some items are deemed not suitable for sale and are either recycled or disposed of properly. But luckily for me, I am deemed worthy of being sold. Go me!

I am placed on a hanger or folded neatly and put on a rack or shelf for potential buyers to peruse. Sometimes I am sold quickly, other times I sit on the shelf for weeks, months, or even years. But eventually, someone comes along and decides to take me home. Go me, again!

**“ Suddenly, my life has been extended and I am given a new purpose.**

From there, my life takes a turn. I could be worn for a special occasion or just for everyday wear. Maybe I am used as a prop in a photo shoot or a costume for a play. Regardless of how I am used, my life in the hands of the buyer is just the beginning.

After a while, the buyer may grow tired of me or outgrow me. Instead of throwing me away, they may choose to donate me back to a charity shop. And the cycle starts all over again.

But what if the buyer is creative and chooses to upcycle me? Maybe I am turned into a tote bag, a cushion

cover, or even a patchwork quilt. Suddenly, my life has been extended and I am given a new purpose. If I am not suitable for upcycling, I may be recycled. My fabric can be turned into new clothing or even used as insulation. Even though my life as a clothing item has come to an end, I am still being useful in a new form.

The life of a charity shop item is ever-changing and unpredictable. But one thing is for sure, each item that is donated and sold has the potential to make a difference in someone's life. Whether it be the buyer, the volunteers who sort through donations, or the people who benefit from the profits of the shop, every little bit counts. So next time you donate to a charity shop, remember that your items have the potential to lead a long and impactful life.

