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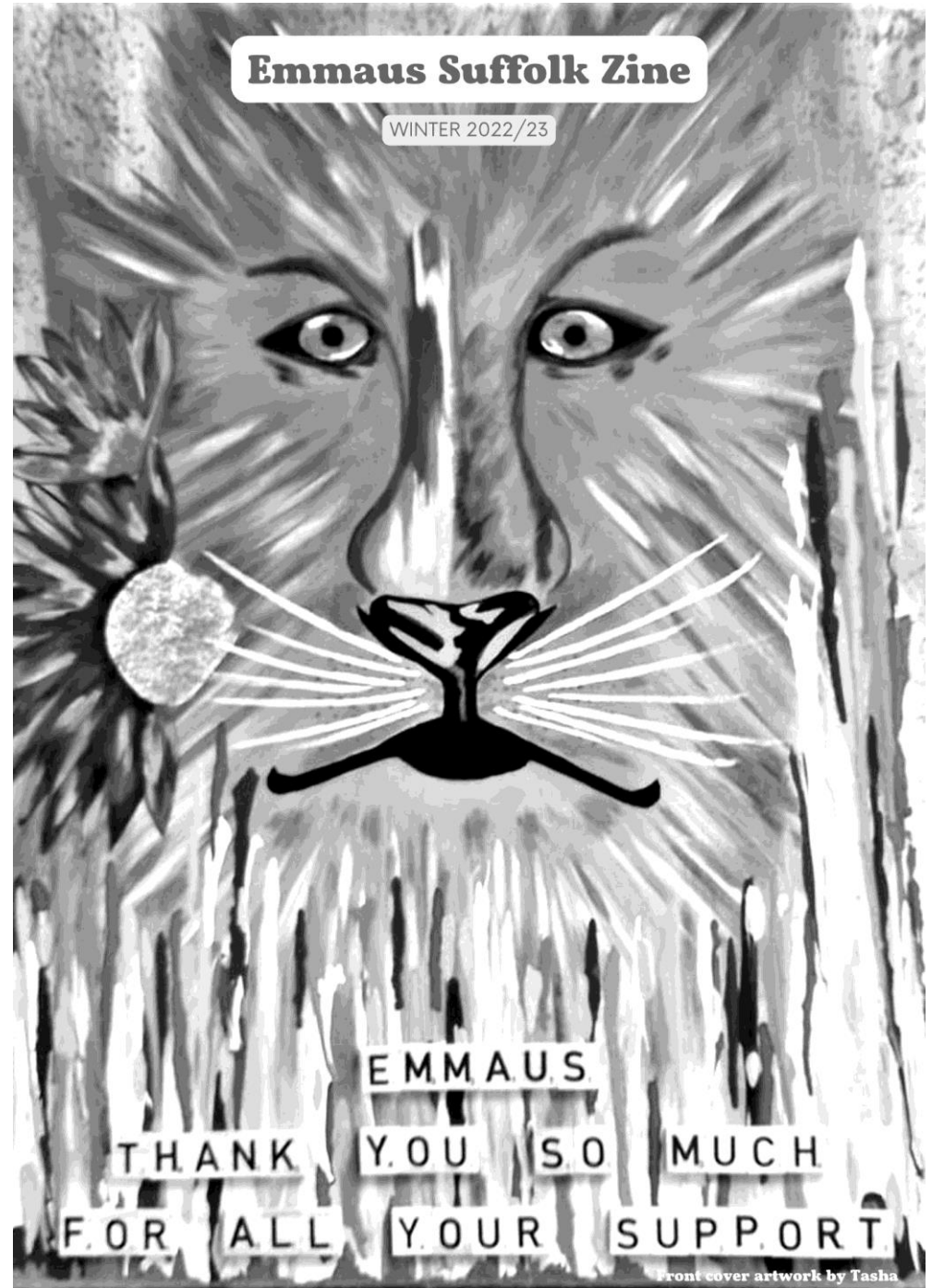


Do you volunteer with Emmaus Suffolk?

Got something to say, or share?

We'd love to print it here!

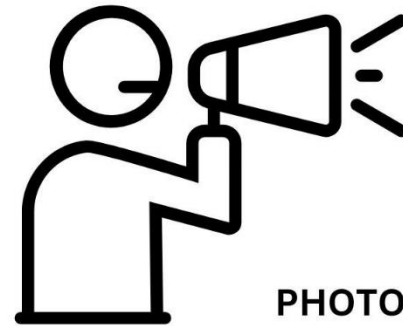
Send us your art, stories, news, poems & more
for the next edition of this zine
fundraising@emmaussuffolk.org.uk



Hello

Welcome to the first Emmaus Suffolk volunteer's zine. A free, mini-magazine jam-packed with stories, events, art, news & more. Want to get involved? Chat with any of the staff, or just email Amy with your words & art: fundraising@emmaussuffolk.org.uk We hope you enjoy it as much as we do!

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PUBLIC SERVICE ANNOUNCEMENT

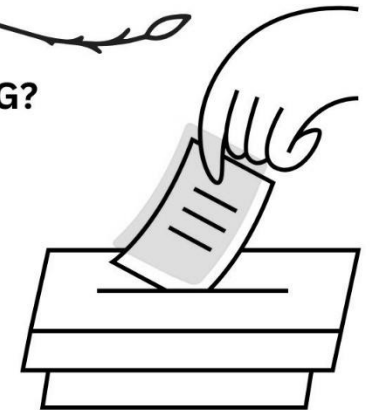
PHOTO ID NOW NEEDED TO VOTE!!!

Due to new government rules, everyone will now need photo ID to vote in any UK elections. The next local election takes place in May 2023. Haven't got any ID? Don't worry! You can still vote. You can apply for a '**Voter Authority Certificate**' online. It is super easy, quick and free. You'll just need your national insurance number, and a recent photo. Apply online here: www.gov.uk/apply-for-photo-id-voter-authority-certificate



WHAT IS THE POINT OF VOTING?

Politics affects us all, whether you believe this or not, its true. The people who get voted into government choose how our taxes are spent, what our laws will be, and make decisions that impact upon all of our daily lives.



MY VOTE WON'T MAKE A DIFFERENCE

True story! The husband of a member of the staff at Emmaus Suffolk is a local Green councillor, who won the election BY ONE VOTE! Seriously. That one vote made all the difference.



HIPSWICH

Continued...(Even more) Fab stuff going on in Ipswich

Have you heard about CHIp?

Community Hub for Ipswich was formed by a group of artists & activists in Ipswich. Based at 47 Nicholas Street, they run loads of ace events including a weekly (free) writers group on Wednesdays at 2.30pm. Find out more about them online: www.chipcic.co.uk



CHIP

Did you know that we now have our own soundcloud account?

We held a load of really interesting talks last year - tackling everything from getting a job you love to addiction - and they are now available to listen to online for free.



Over the course of 2023 we'll be adding loads more cool interviews to our channel, so check it out and get involved. We'd love to chat with you about life, the universe, and everything.

www.soundcloud.com/emmaussuffolk

Tea Room at the Dales



**Wed, Thurs, Fri & Sat
10am till 3pm**

Tea / Coffee = £1.50 // Cuppa & cake = £2.50
Croissants = 50p // Biscuits/brownies 2x for 50p



Warm Spaces are places where people can gather for free in a warm, safe, welcoming place and maybe enjoy a hot drink and some company

What are warm spaces?



DON'T FORGET!

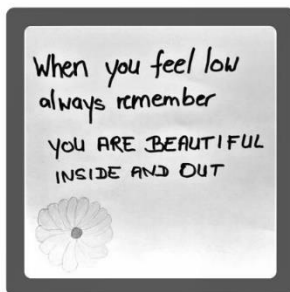


Dedicated 'warm space' in Emmaus Suffolk at The Royal Oak Tuesday till Sat, 10am - 4pm

www.ipswich.gov.uk/content/warm-bank-venues
www.ruralcoffeecaravan.org.uk/winter-warmth



Art from the Hubs



Emmaus Suffolk Hubs

MON : 12.30pm - 4pm @ Sailmakers

TUES : 9.30am - 12pm @ Sailmakers

WED : 10am - 12pm @ The Station cafe, Felixstowe

WED : 10am - 12.30pm @ Sailmakers

WED : 2pm - 4pm @ Sailmakers

THU : 9.30am - 11.30am, Kids & Carers @ The Royal Oak
(inc a free lunch for the adult)



Free, friendly & fun, just turn-up, no booking needed

HIP SWICH

Fab stuff going on across Ipswich that you may not have heard of, and its all completely free too!



Did you know that there is an informal, free roller-skating club outside Cult Cafe on the waterfront? The surface directly outside the cafe is perfect for skating. Find their facebook group '**Waterfront Skaters - Cult cafe bar Ipswich**' or just rock up. Saturdays are usually guaranteed some friendly folks on wheels.

Have you heard of The Hive? Ipswich's coolest community space on Norwich Road, focused on building strong relationships within the community, celebrating culture and the people in it. Loads of free events & groups, special mention to their new weekly Friday sewing group 10.30-11.30am. Find out more online: www.usethehive.org.uk



Inside Out Community is a thriving community of artists, volunteers and members who use art and creativity as a way of maintaining their mental health and emotional wellbeing. They run loads of free, fun workshops, events, and artistic programmes. Find out more online: www.insideoutcommunity.com

THE GOOD NEWS

EDITOR:EMMAUS SUFFOLK
LOCATION: IPSWICH, UK

DATE: MARCH, 2023

1ST EVER 'DANCING LEMUR' BORN IN EUROPE

GREAT NEWS FOR A CRITICALLY ENDANGERED SPECIES



COQUEREL'S SIFAKA, BORN IN CHESTER ZOO (FEB 23)

RIVER MERSEY RECOVERS

SHARKS & EELS FOUND IN LIVERPOOL
RIVER ONCE CONSIDERED
BIOLOGICALLY DEAD
WWW.POSITIVE.NEWS



CAT SAVED FROM EARTHQUAKE GETS ADOPTED BY RESCUER

TURKISH FIREFIGHTER, ALI CAKAS (33), SAVED THE CAT AFTER IT WAS TRAPPED IN THE RUBBLE OF COLLAPSED BUILDING FOR OVER 5 DAYS. THE CAT, NOW NAMED ENKAS (WHICH MEANS DEBRIS IN TURKISH) WON'T LEAVE ALI'S SIDE, SO IT SEEMS THEY WERE DESTINED TO BE TOGETHER! ALI HAS SINCE TAKEN ENKAS BACK TO HIS HOME, WHERE THE CAT IS ENJOYING NORMALITY.

PUN CORNER

Why doesn't Elton John eat iceberg lettuce?
Cos he's a rocket man.

How do you talk to a giant?
You use big words.

How do you find Will Smith in the Mud?
Follow the fresh prints.

SINGING FOR THE SOUL

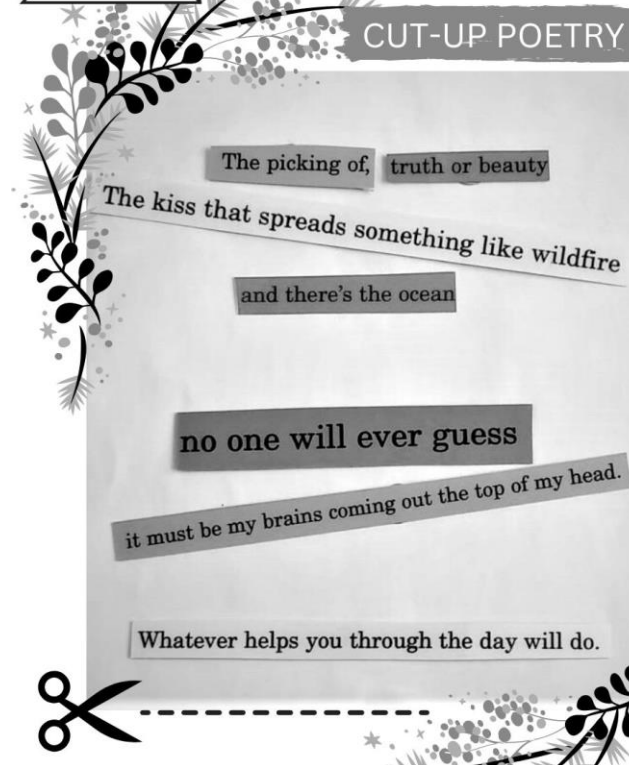
With Andi Hopgood from Suffolk Soul Singers



**FREE SINGING GROUP AT THE ROYAL OAK
FRIDAYS, 10AM-11.30AM, ALL WELCOME!**

CUT-UP POETRY

The picking of, truth or beauty
The kiss that spreads something like wildfire
and there's the ocean
no one will ever guess
it must be my brains coming out the top of my head.
Whatever helps you through the day will do.



Last summer we ran some workshops at The Royal Oak, as part of the 'Work It Out with Emmaus Suffolk' programme. A series of talks, workshops and events to inspire and empower our community.

One of these events was a 'cut-up poetry' workshop, run by Amy Wragg. We used newspapers and other materials, cut them up, and remade them into new poems.

IPSWICH TOP UP SHOPS

£2 per bag | No Referrals | No Qualifying Criteria | All Welcome.

Who are they?



A group of Anglican Churches in Ipswich, Suffolk, working together under the banner of Ipswich Top Up Shops



Instagram : @ipswichtopupshops
Facebook.com/IpswichTopUpShops
Website: Ipswich Top Up Shops

TUESDAY

9.30-10.30 : All Hallows Church, Landseer Road, IP3 OJH

WEDNESDAY

9.00-10.00 : St Mary Le Tower Church, Tower Street, IP1 3BE

9.30-10.30 : Triangle Church, Dickens Road, IP2 OJW

11.30-12.30 : St Mary & St Botolph Church, Whitton, IP1 6LT

13.30-14.30 : St Peter's Church, Stoke Park, IP2 9TH

14.00-15.00 : St Johns Church, Cauldwell Hall Road, IP4 4QB

THURSDAY

9.00-10.00 : St Matthews Church, Portman Road, IP1 2BP

13.30-14.30 : Safe Harbour Church, IP4 2LS

SATURDAY

10.00-11.00 : St Francis with St Clare Church, Hawthorn Drive, IP2 0QQ

Healthy Start

www.healthystart.nhs.uk

Provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items.

Call 0345 6076823.

FashionEsthers

trend report

Spring 2023



Write an Article for the Zine they said...

it will be fun they said..

Well here goes...

LOL

So as well as being mild mannered (**yeh right**) area retail manager Gill, **my alter ego is FashionEsther**, a trend forecaster and stylist.

Back in the day I used to have a blog on Wordpress but life got in the way and I found little time to keep it updated. So now **you lucky people** will now get the benefit of my vast 🧠🧠 knowledge.



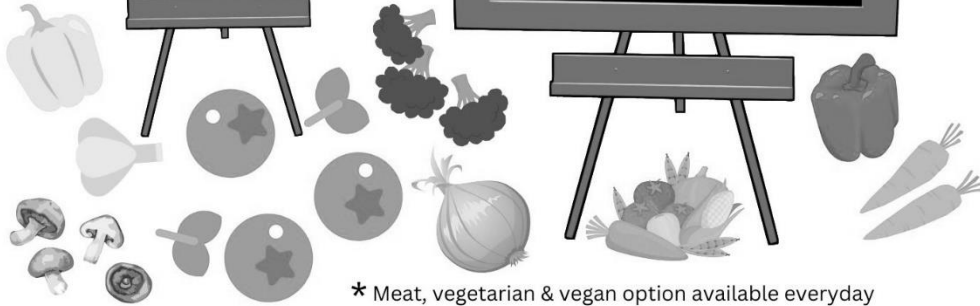
Spring is just around the corner so time to dust off those **Breton tops, classic fawn trench coats and cropped straight leg jeans**



It's a **classic look** that will be a fav year after year so buy quality (**preloved obvs**) and wear forever

One Pot Wonder
£2.50
at The Royal Oak
WED & THURS & FRI

Join Emmaus Suffolk at
The Royal Oak
(175 Felixstowe Rd)
between 12pm-3pm for a
yummy homecooked meal,
or bring your own
tupperware for a takeaway
lunch or dinner!



* Meat, vegetarian & vegan option available everyday

LOVE
FOOD
hate waste

www.lovefoodhatewaste.com

Simple ways to save food, save money, and save the planet.

Food Savvy

www.foodsavvy.org.uk

Plan like a pro, store it right, & love your leftovers. Tops tips, recipes, & ideas.

www.olioex.com

olio

Free mobile app for sharing by giving away, getting, borrowing or lending things in your community for free, to reduce household & food waste.

www.toogoodtogo.co.uk



Too Good To Go

Free mobile app for buying low cost 'Magic Bags' of food from local shops & restaurants, stacked with all kinds of food that is near expiry date..



www.kitche.co

kitche

Free mobile app designed to save you money and reduce your food waste at home. Find thousands of recipes using food you already have in your cupboards.



Written by Mandy Muhs

A PERFECT DAY



My recipe for a perfect day involves a comfy sofa, a heavy blanket, tea, biscuits, a dog, and a book. Reading is my saviour, my go to route for an escape from reality.

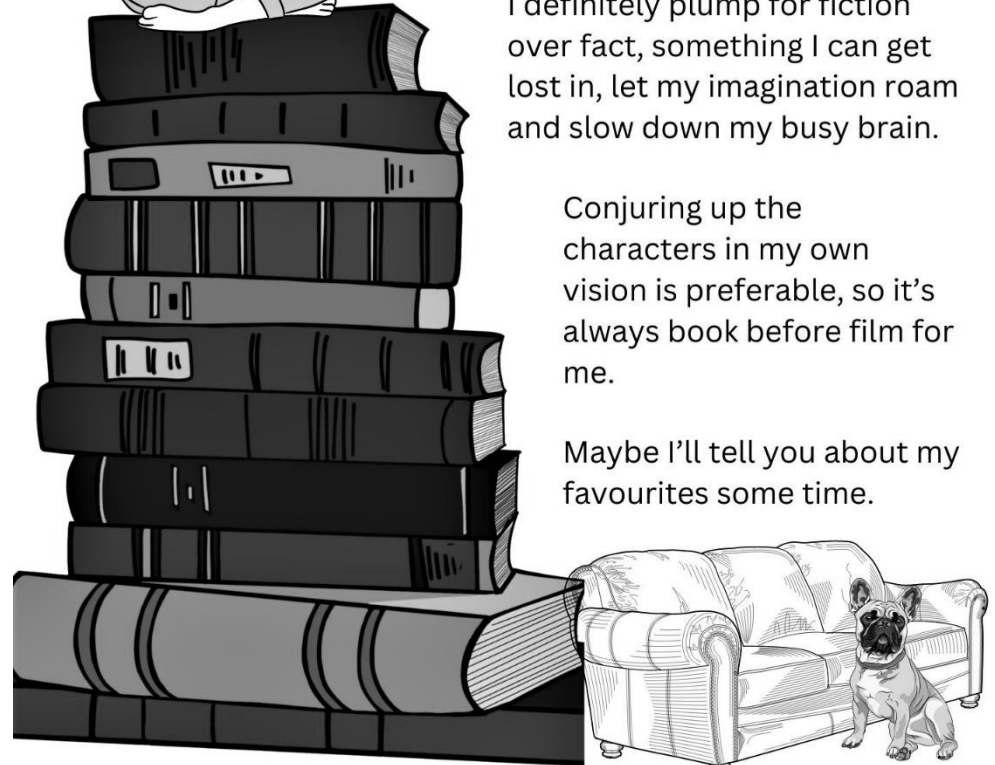


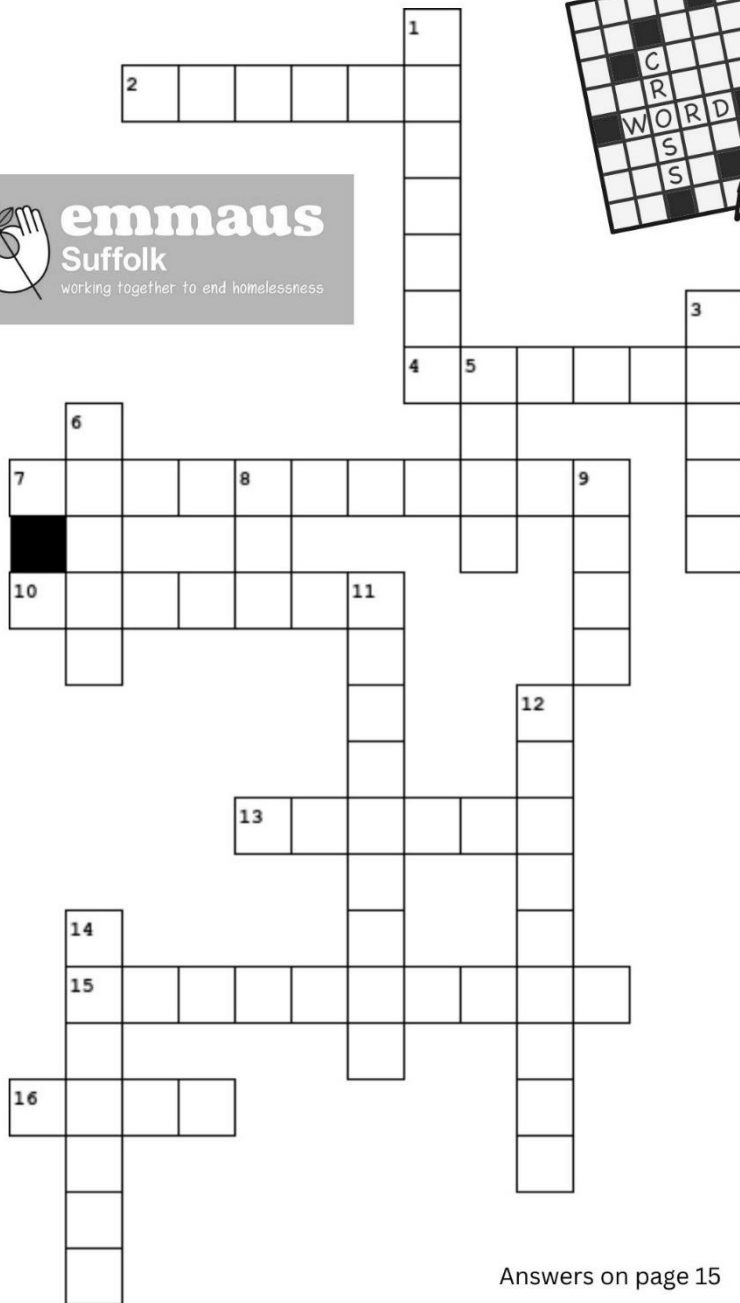
I started young and my relationship with books has been the most successful and longest lasting of my life. I'm not a fussy reader, I'll give anything a try. I skip from classics to gothic to beach reads without a pause.

I definitely plump for fiction over fact, something I can get lost in, let my imagination roam and slow down my busy brain.

Conjuring up the characters in my own vision is preferable, so it's always book before film for me.

Maybe I'll tell you about my favourites some time.





Across

- 2. The fastest human bodily function, that travels at 100 miles per hour.
- 4. This classic horror was the first film to ever show a toilet flushing on-screen.
- 7. The smallest country in the world!
- 10. Commonly used symbol on social media platforms that has the 'proper' name of octothorpe.
- 13. Which country is made up of 267,570 islands, more than any other country in the world?
- 15. Name the founder of the emmaus movement.
- 16. Which shop catalogue is the most widely printed book in the world? Even surpassing the bible!

Down

- 1. Which commonly used table sauce, a favourite with small children, was first sold as a medicine for indigestion?
- 3. The original name of the Spice Girls.
- 5. The human body's largest organ.
- 6. Which country has over 200 flavours of Kit Kats?
- 8. The second most popular pet in the world, with the unusual ability to have one pregnancy by multiple fathers.
- 9. The first name of the artist who just turned 90, and was married to John Lennon?
- 11. Which animal is it illegal to own just one of in Switzerland?
- 12. What is the best selling computer game of all time?
- 14. The surname of the 'King of Pop'?