

THE NEWSLETTER

Suffolk Recovery Network

Issue 9 • May 2020

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POINT**
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Unusual visitor drops in

to the Suffolk Recovery Network in Ipswich

Ipswich, quite rightly, is eerily quiet at the moment. There are very few vehicles on the road and fewer people on the streets. This means others, who would not normally venture into the town centre, are feeling more confident and visiting places they would usually stay away from.

This beautiful large female Sparrow Hawk, was spotted and pictured in our courtyard at the Ipswich service. A rare and privileged sight.

Thank you to Granville for capturing this amazing picture.

Welcome to our newsletter!



It's very strange times at the moment. We're doing most of our work over the phone and seeing very few people face to face. We wanted to let you know we are still here, working with our clients and with our partner agencies.

The news frequently reports on the number of deaths and shortages of PPE. COVID-19 is touching everyone in various ways. At this dark time, we wanted to focus on and share how we are keeping ourselves going so we can continue to support our clients and work with you all.

Please look after yourselves, stay safe and keep in touch.

Clare Jakeman
Senior Operations Manager

Bury St Edmunds

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Bury St Edmunds
Suffolk
IP33 1HE
01284 766554

Ipswich

Sanderson House
17-19 Museum Street
Ipswich, Suffolk
IP1 1HE
01473 220240

Lowestoft

Woodbury House
Mill Road
Lowestoft, Suffolk
NR33 0PP
01502 531138

Young Peoples outreach service: 0300 123 0872

www.wellbeing.turning-point.co.uk/suffolk



Support to parents with problematic alcohol use

We are working on the pilot in Ipswich and East Suffolk working with parents who use alcohol problematically.

The criteria is:

- the parent/s live in Ipswich or East Suffolk
- have a child or children under the age of 18 who they see. The parent does not need to be living with the child/children)
- the parent/s drink alcohol problematically, but are not necessarily dependent.

During the craziness of Covid-19 we are offering support over the telephone and we have tons of resources that we have sent out digitally or on paper to the parents and their families.

If you would like to talk to us about support, please contact either Janine on 07484 092754 or Alona on 07866 153141.

WE ARE OPEN!

We have made some changes, but all our services; Bury, Ipswich, Lowestoft and the Young Peoples team are still offering support.

Coffee Rush daily visit lifts Lowestoft's spirits



The Lowestoft team are visited daily by Coffee Rush. They offer a full menu of drinks from top-end espresso. This is just the treat you need whilst working from the service during the pandemic!

The team at Lowestoft also received a surprise when 'Baking a difference' cakes arrived. A huge thank you to person who arranged for these cakes - a welcome and generous gesture.



Meet Olivia Quinn!


Laura Quinn, our Deputy Operations Manager, gave birth to a beautiful baby girl. Born on Thursday 12th March 2020, 7.28am, weighing 8lb 9oz. Both mum and baby are doing exceptionally well, especially given the strange circumstances in which we find ourselves surviving. Congratulations Laura! We look forward to seeing you both when we can.



To help keep everyone safe we're offering interventions by telephone and the internet. Face to face interventions only take place where it is essential, for example clinical appointments and needle exchange.

Referrals Information

If someone you know would like to refer themselves to us for support, they can do this either over the phone or online.

 **0300 123 0872** Monday – Friday 9am to 5pm. New referrals only.

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