



**emmaus**  
Suffolk

Ipswich & Felixstowe  
Hubs

## Fancy getting out of the house?

Join the Emmaus Suffolk team at one of our free-to-attend hubs in Ipswich & Felixstowe.

These hubs run every week & offer a friendly safe space to relax, enjoy yourself & meet new people.

Refreshments are provided, and there's free parking at The Dales, Ipswich.

There is no set format to the hubs. You can simply enjoy a cuppa & a chat, or can play games, build puzzles, read a book, or try a craft activity.

Mon: 1pm – 3pm: The Dales, Ipswich  
1pm – 3pm: Great Eastern Square,  
Felixstowe

Tues: 11am – 1pm: Sewing Club at The  
Dales, Ipswich

Weds: 10am – 12pm: Old Felixstowe  
Community Centre  
10am – 1pm: Gardening Club at  
The Dales, Ipswich



**Interested?**

Please call Emma on

07393 583914

Or email

[community@emmaussuffolk.org](mailto:community@emmaussuffolk.org)