



BSEVC has for over 30 years been working across Suffolk and in the past few years have been successful in expanding to offer activities for Family Carers and people living with mental health difficulties. We also deliver Connecting Communities transport in Mid Suffolk and Ipswich on behalf of Suffolk County Council.

With family carers leading and being involved in what we do, we offer activities which have positive outcomes, opportunities to gain new skills and life-long learning opportunities.

We offer sessions in the following locations:

Ipswich

Bury St Edmunds

Lowestoft

soon!

Stowmarket

Sudbury

Saxmundham

Mildenhall and Brandon

Felixstowe

and will be coming to Haverhill very

You can attend an activity in a different area to where you live if you choose, if where you live is not covered by us yet please let us know.

Activities include:

- **Art** – understanding different techniques used by professional artists
- **Creative Writing** – enjoying learning how to unlock and record memories in a creative way
- **Crafts** – finger crochet, book folding and more
- **Sewing machine classes** – learning how to make items using different techniques
- **Guest Speakers** including – Healthwatch, Mental Capacity Act, Safeguarding, One Life Suffolk – Healthy eating, Hand reflexology, Indian Head Massage, Pilates and many more

**We also have our own FACEBOOK page search for “BSEVC”
please look at future events and join us today!**

For further information contact: Fiona.palmer@bsevc.co.uk or telephone 07903 848987