

LOWESTOFT WARM WELCOME

Warm Welcomes are community spaces that provide somewhere safe, warm and welcoming where members of the community can come to keep warm, socialise, find out about support available and try new things!



Sponsored by



BACT transport can pick you up from your house, take you to a venue, and bring you home again.

All you have to do is find a Warm Welcome venue, then call the bact team and they will talk you through all the details.

We work essentially with volunteers, so we do our best to meet your requirements as best we can, so please be flexible with times and give us as much notice as possible.

To register for FREE call

01986 896896

BACT also offers transport throughout Waveney, for medical appointments - shopping - day centres and for getting to train and bus stops.

www.bactcommunitytransport.org.uk



MONDAYs

Somerlayton
village hall 10-12
Fortnightly

Oulton Community
Centre 10-2

The Over 60s Club
10 -3

Gunton Community
Hall - men only
5-9pm



You don't have to stay
at home alone. You
can visit a Warm
Welcome room near
you and chat with
other residents from
your neighbourhood



FRIDAYs

The Seagull Theatre
9-3

**The Over 60s
Club 10.30 -3.30**

Re Utilise
10.30 -4



TUESDAYs

The Seagull Theatre 9-3
Oulton Community Centre
10-2

DANES Rotterdam Road
10-2 from Dec 4th

Oulton Community Centre
10-2

Over 60s Club 10-3.30

Lound village hall 1-4

Kirkley Church hall
1.30-4



WEDNESDAYs

The Seagull Theatre
9-3
Gunton Community Hall
10-3

The Over 60s Club
10 -3.30

Kirkley Church hall
10-4

THURSDAYs

The Seagull Theatre
9-3
DANES Rotterdam Road
10-2
from Dec 4th

The Over 60s Club
10 -3.30

St Andrews Church
Hall 10-4

Useful contact numbers

Citizens Advice
free phone
0808 278 7866

Disability Advice North East
Suffolk **01502 511333**

St Lukes Pantry
01502 538122

Lowestoft Food Bank
07307 866146

Beresford Road Pantry
01502 500410

Salvation Army Food Bank
01502 539118

Community Help Hub can
provide a range of
practical support
0333 016 2000

Suffolk MIND Mental Health
support **0300 1116000**

Warm Homes Suffolk could
help if you are struggling to
heat your home
0345 603 7686

