

About Us

We are a charity who have been supporting families in Suffolk for 40 years.

Families Together Suffolk provide a free and confidential service to any family living in the Suffolk with at least one child aged 11 or under.

We can help parents who may:

- Need support with their mental health
- Feel lonely or isolated in their community
- Find it hard to cope
- Struggle with the emotional and physical demands of having a baby, young children or multiple young children.



Contact Us



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Follow us on social media or sign up to our newsletter to keep up to date with our volunteering opportunities



Families Together Suffolk



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Families Together
SUFFOLK

Volunteering Opportunities





Family Support

As a family support volunteer sharing ideas and knowledge from your own child caring experiences really helps parents feel more confident in themselves.

Your role will be at the heart of the family support offered can vary, such as:

- Emotional support to help parents find ways to manage, listening and guiding
- Support with children including playing, listening, having fun, establishing routines and encouraging development
- Practical support accessing the outdoors, helping with budgeting, meal planning, strategies for managing the household i.e. organizing, or taking to appointments

You can help make a difference.

Group Support

If you are interested in supporting parents and children to learn and grow together in a fun and relaxed environment, maybe you'd like to become a part of our group support volunteers.

As a group volunteer your role will be varied, you could find yourself :

- Making parents and children feel welcome to the group
- Providing a chance for parents to chat or discuss worries and supporting with these
- Encouraging parents and children to join in with activities
- Supporting group leader with art & craft, cooking, sensory play, singing, reading and more!
- Preparing snacks and drinks for children and parents

Sessions follow a schedule with activities changing weekly.



Retail Support

Our shop and eBay volunteers help us to increase vital funds needed to continue our work supporting families in Suffolk.

As a shop volunteer you will help us with the day to day running of the shop, this may be by:

- Assisting and serving customers
- IT/data inputting
- Assessing, processing and sorting donations ready for sale
- Getting creative with window and item displays
- Being a designated driver to pick up and transport stock between shops
- Help us to pick out more unique or vintage items and evaluate for us
- Photographing and adding items to sell on our eBay shop or adding value to sales by pricing up gift aid items

There is something for everyone no matter your interests, all we ask is that you can commit to a shift, of half or a full day, each week.

“ It feels good to be able to use the skills I have acquired over my working life to help others. It has given me a renewed purpose in life.”