BUSINESS & SERVICES IN & AROUND LOWESTOFT

INFOPOINT © INFOPOINT ©

Suffolk Police wish to thank all of those who advertise in this publication. It must be clearly understood, however, that you are purchasing space from the Publishers and not from Suffolk Police.

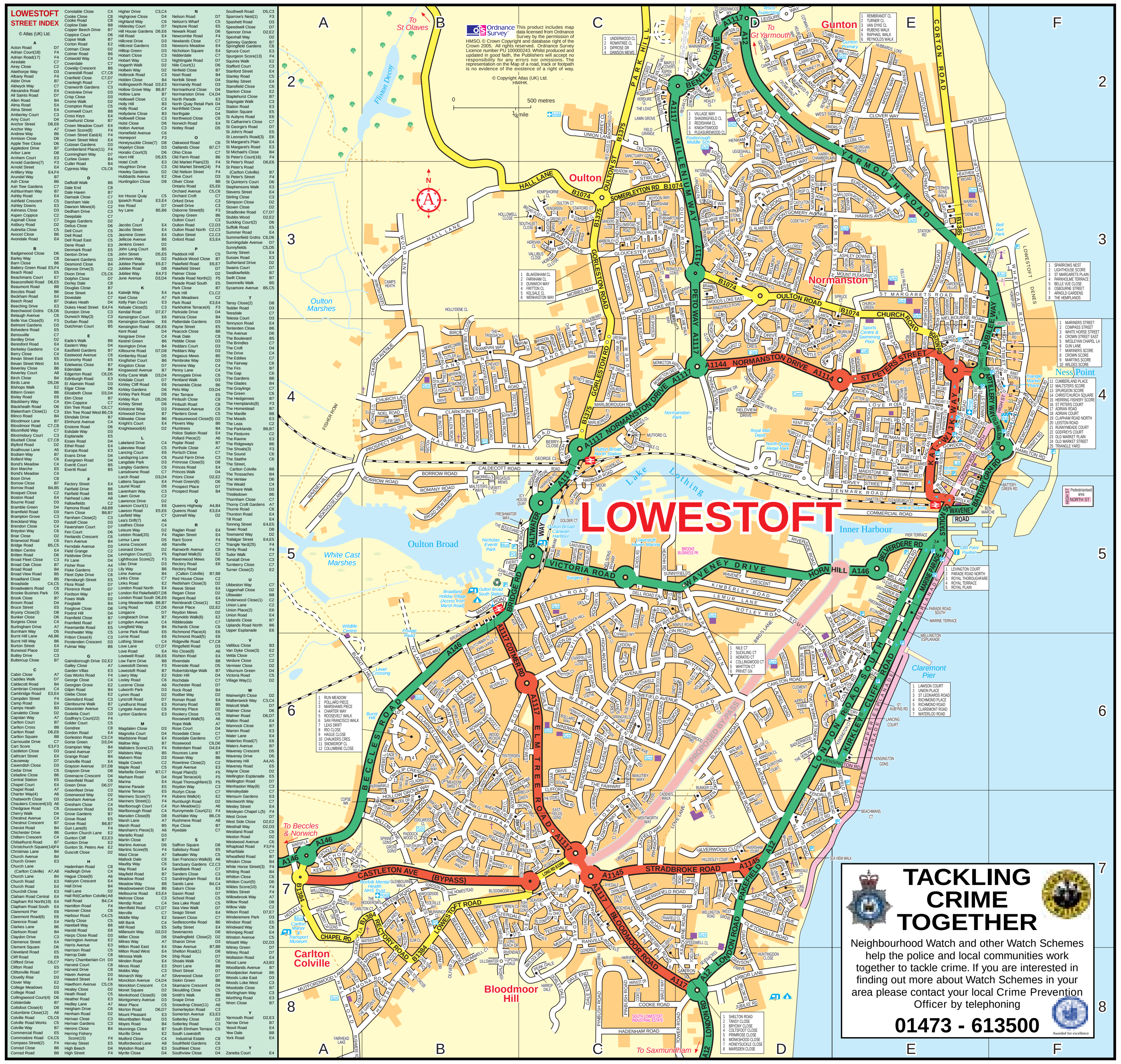
GUIDE to music GUIDE to events

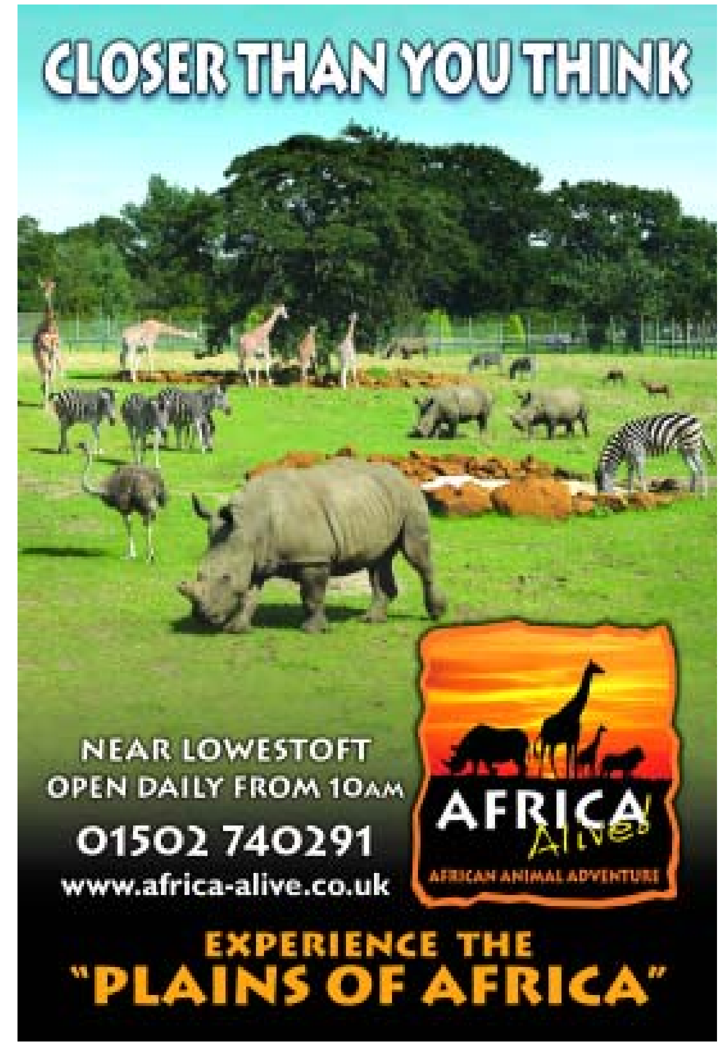
See your local What's On Guide every Friday

Music TV Guide Events Theatre

and much, much more...

FREE inside Lowestoft The Journal





Waveney Women's Aid

Domestic Violence 24 hour helpline

DON'T SUFFER IN SILENCE
TALK TO US

Freephone

0800 587 7890

or for confidential advice and support contact your local Police Victim Care Centre

on

01986 835170

or visit

www.breakthepattern.org.uk

If you need to **TALK** to someone **IN CONFIDENCE**, *call*

SAMARITANS

on **01502 500800**

or visit **14 Beach Road, Lowestoft**

WAVENEY crime & disorder reduction PARTNERSHIP

Want to know more?
go to

www.waveney.gov.uk/your community/cdrp

If it's recruitment... **speak to Adecco**

Parkhill Hotel

Once a farmhouse, parts of the Hotel and Restaurant date from the 18th century.

The Parkhill Hotel assures everyone of a warm welcome where courtesy and good service have been second nature for generations. All bedrooms are en suite and we also have a number of elegant suites with a lounge area. Our chefs have put their considerable creativity to work on an a la carte menu to tempt you in Parkhill's popular Victorian-style restaurant.

A comprehensive wine list is available to accompany your choice.

The Coach House, The Barn or the Marquee are available for Conferences, Meetings, Dinner Dances and Weddings. Civil Marriage License.

Parkhill Hotel, Oulton, Lowestoft, Suffolk NR32 5DQ

Telephone: 01502 730322 • Fax: 01502 731695

e-mail: mail@parkhillhotel.co.uk www.parkhillhotel.co.uk

seagulltheatre

Seagull Theatre Performing Arts Centre

- **100 Seat Theatre**
- **Recording Studio**
- **Dance Studio**

Morton Road Lowestoft NR33 0JH

Box office 01502 562863

www.seagulltheatre.org.uk

LF BOWL

RANT SCORE, WHAPLOAD ROAD, LOWESTOFT – OPPOSITE THE WIND TURBINE

"THE ONLY TENPIN BOWLING CENTRE IN LOWESTOFT"

- **FULLY ACCESSIBLE TO DISABLED**
- **14 BOWLING LANES WITH BUMPERS**
- **CHILDREN'S SOFT PLAY AREA**
- **LICENCED BAR/RESTAURANT**
- **DINING AREA**
- **INDOOR CRAZY GOLF**
- **FREE CAR PARK**
- **AIR CONDITIONED**
- **OPEN 10am - 11pm 7 DAYS A WEEK**

Telephone: 01502 519200
01502 515157

TAXI

FIVE ONE TAXIS

515151

PROMPT, RELIABLE, SERVICE

BRITTEN Shopping CENTRE

ALL THE BEST SHOPS IN THE MIDDLE OF TOWN

ALL SPORTS : GAME : ROSEBYS : POUNDLAND : ICELAND
THE COFFEE POT : SUE RYDER : SUPERDRUG : MOTHERCARE
BHS : GOLDMARK : THOMAS COOK : HOLLAND&BARRET
THORNTONS : EVANS : WH SMITHS : YOURS: QD STORES
PLUS A TRADITIONAL COVERED MARKET ON MOST DAYS
BUS STATION : LIBRARY : MULTI STOREY CAR PARK
ALL ON THE DOOR STEP

ALL THIS ON THE SAME LEVEL PERFECT SHOPPING

LONDON ROAD NORTH, LOWESTOFT, SUFFOLK TEL: 01502 560302
WWW.BRITTENCENTRE.COM

OULTON BROAD DAY BOATS

5, THE YACHT STATION

01502 589556

OULTON BROAD FISHING TACKLE

6 / 7 THE YACHT STATION
OULTON BROAD, LOWESTOFT
SUFFOLK NR33 9JS

01502 539593

norcas

Mission Statement:
NORCAS exists to reduce the physical social and psychological damage to individuals and their families, and thereby to society at large, from the misuse of alcohol or drugs.

Address and Telephone Number:
NORCAS,
12 Regent Road
Lowestoft
Suffolk NR32 1PA
Telephone No: 01502 513444
Fax No: 01502 562777

Agency Opening Times:
Monday, Tuesday and Thursday 9.00am - 5.00pm
Wednesday 9.00am - 7.00pm
Friday 9.00am - 4.30pm
Closed each day between 1.00pm and 2.00pm

Services offered include:
- **Clinical prescribing detox**
- **Needle Exchange**
- **Blood borne virus testing and vaccinations**
- **Counselling and support**
- **Day care including group work**
- **Community outreach support**
- **Family and Carers support**
- **Advice and Information**
- **Women's Services**
- **Language Line**

Helpline support telephone no:
0808 800 1122

Waveney District Council
Serving the Community

Good Things Come In Threes

This area is part of Waveney District Councils Three Bin Scheme.
Bins are collected on a 2-week rotational basis: Blue (for dry recyclables) and Green (for biodegradable garden waste) one week. Black the following week.
If you wish to find out more just phone the recycling helpline on 01502 523561 during normal office hours or log on to our website www.waveney.gov.uk or email recycling@waveney.gov.uk

HANOVER

The Royal Avenue Care Home

For people with Learning Difficulties

81-83 Annex 77,
Royal Avenue, Lowestoft
Suffolk NR32 4HJ
Tel: 01502 572057

Waveney District Council
Serving the Community

Providing a **CCTV** service to Lowestoft town centre and some of our housing estates.

Working in partnership with

11 Grove Road
Lowestoft
Suffolk
NR32 1EB

Tel: 01502 512416
Tel: 0845 6441370
Fax: 01502 512506
Email LEN@F1RETURN.CO.UK

The Human Face of Computers

On The Corner Opposite the Back Doors of Chadds Department Store

Acer Partner, Custom Build Pc's, Repairs/Upgrades, Printers, Ink Cartridges, Paper & Much Much More.

ALSO VISIT OUR NEW LEARNDIRECT CENTRE – ABOVE THE SHOP – ENROLLING ALL YEAR ROUND

If We Don't Stock It We Will Try To Get It

Produced & Published by Atlas Infopoint, Media House, Wormingford Road, Fordham, Colchester, Essex CO6 3NS. Tel: 01206 242415. Printed in England. L7024/0106