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toddle^{about} Suffolk

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WELCOME



TO YOUR SUMMER ISSUE!

Summer has arrived and with it comes longer days, school holidays and plenty of opportunities to get out and make memories together.

As I sit writing this, one word keeps coming to mind: **Connection.**

Over the past few months, I've had so many wonderful conversations with parents, businesses and organisations. It's reminded me that some of the best discoveries don't come from a Google search, but from a recommendation, a conversation or a hidden gem shared by someone.

That feeling of connection has shaped this issue.

Inside you'll find summer events, family days out, practical advice and inspiration, alongside some wonderful local businesses and organisations working hard to support families across Suffolk.

This spring also saw Suffolk's very first **Toddle About LIVE!** and I have been blown away by the support, kindness and enthusiasm shown by so many families and businesses. What started as an idea and dream became a day full of conversations, connections and community, and I couldn't be more grateful. I'm delighted to share that, thanks to that support, Toddle About LIVE! will return in **November 2026.**

I hope this summer brings plenty of opportunities to slow down, make memories and enjoy time with the people who matter most.

Wishing you a wonderful summer.

Loving life with little ones,

Jade

OWNER/EDITOR

PS. Did you know you can receive Toddle About free to your door every quarter? Subscribers also gain access to our VIP Club, with exclusive offers, competitions and rewards. Check out page 22 to find out more.

Subscribe HERE: toddle.fun/subscribe

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Thank you to Suffolk-based photographer **F. Edwards Photography** for our vibrant Summer cover. Explore more with Francesca on Instagram @f.edwardsphotograph



Call us on **07708408460** or email: jade@toddleabout.co.uk

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MEET THE TEAM



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Tim & Ruth
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Toddle About Suffolk, Nm Business Suites, Needham Market, Suffolk, IP6 8AS.

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From Postnatal Struggles to Community Success



Start Strong Fitness CIC was created after founder Emma experienced postnatal anxiety, body image challenges and mental health struggles as a new mum. Wanting to provide the support she once needed, the CIC aims to ensure no parent feels alone

during early parenthood. The community interest company has space for more parents to join its free classes and is preparing to expand across Essex and Suffolk, bringing accessible fitness, wellbeing and community support to even more families. Emma hopes to help parents build confidence, friendships and healthier lifestyles. **P.39**

www.startstrongfitnesscic.com
[@startstrongfitness](https://www.instagram.com/startstrongfitness)



Little Farmers Club

South Angle Farm Park is continuing its Little Farmers Club sessions for children aged one to four. Held during term time, the programme introduces young children to farm animals through themed activities, crafts and interactive learning experiences. Each session focuses on a different animal, helping little ones discover more about life on the farm while developing confidence and social skills. The club forms part of the farm park's wider educational programme, which aims to give children hands-on experiences and a greater understanding of animals and the countryside. **P.21**

www.southanglefarmpark.co.uk
[@southanglefarm](https://www.instagram.com/southanglefarm)



Four Years of Fun at World of Play

As World of Play celebrated its fourth birthday in May, the team would like to thank its fantastic customers for their continued support, encouragement and valuable feedback. The business has grown significantly over the past four years and is delighted to now offer extended opening hours from Monday to Saturday, helping even more families enjoy its facilities. Reaching this milestone is a proud achievement, particularly during a challenging period for many small businesses. **P.33**

www.worldofplay.co.uk

[@worldofplay](https://www.instagram.com/worldofplay)

Ongoing Support for Family Mealtimes

Parents and carers can access free online workshops through Suffolk's Healthy Living Service. Delivered as part of the HENRY programme, the sessions offer support with mealtime challenges and healthy eating habits for 0-7 years.



The virtual workshops take place monthly on the first Thursday from 7pm to 8.30pm, the second Wednesday from 12pm to 1.30pm and the third Tuesday from 7pm to 8.30pm.

For more information, call 01473 263700 or email healthylivingservice@suffolk.gov.uk. **P.29**

Hot Night Sleep Tips for Families

With warmer nights, parents are being reminded that simple steps can help babies and young children sleep more comfortably.

Advice from infant sleep specialist Nina Hitch, of Drowsy Sheep, includes lightweight, breathable sleepwear, keeping blinds closed during the day to help rooms stay cool, and offering extra feeds or fluids if needed. Check baby's temperature by feeling the back of the neck or chest rather than hands or feet.

Maintain a consistent bedtime routine and remember some sleep disruption during hot weather is normal. Free sleep guide available on **P.28**

www.drowsysheep.com

[@drowsysheepsleepconsultant](https://www.instagram.com/drowsysheepsleepconsultant)





Baby-Friendly Pilates Launches

A new postnatal Reformer Pilates class has launched in Stowmarket, giving mums the opportunity to rebuild strength, confidence and connection in a welcoming, baby-friendly environment.

Babies on Board, from StudioFlex, supports postnatal recovery while allowing mums to attend with their babies by their side. As well as helping mums feel stronger, the classes offer a supportive community and chance to connect with other parents.

Classes are available in Ipswich, Stowmarket and Woodbridge. More information is available at www.studioflex.co.uk or email the team on info@studioflex.co.uk.

[@studioflexboutiquefitness](https://www.instagram.com/studioflexboutiquefitness)

Find more on P.7

A New Chapter for Moo Music

After 11 wonderful years of entertaining local families, Moo Music Stowmarket is seeking a new owner as Suzi prepares to lead her final classes on 17 July. During her time, she has helped countless babies, toddlers and pre-schoolers learn and enjoy music and movement.

Meanwhile, Moo Music Bury St Edmunds has welcomed new owner Sophie, who is excited to continue bringing music, learning and fun to families across the area. **P35**

[@moo_music_bse](https://www.instagram.com/moo_music_bse)

[@moo_music_sdnm](https://www.instagram.com/moo_music_sdnm)

www.moo-music.co.uk/areas/bse/



Bite SIZED NEWS

Baby Signing Launches in Stowmarket



Toddle Talk Baby Signing Classes are coming to Stowmarket Community Centre from 25 June, running every Thursday from 10am to 11am during term time. Suitable for babies and toddlers aged five months to three years, the classes

provide a fun and engaging way to encourage early communication through signs, songs, music and play. Sessions cost £6.50 and offer a great opportunity for little ones to learn and socialise. New families are warmly welcomed, so why not come along and try a session? **P.41**

www.toddletalk.co.uk

[@toddle_talk](https://www.instagram.com/toddle_talk)

Summer Savings for Families Announced

Families could save money on summer outings after the Government announced a temporary VAT cut on selected activities and meals.

From 25 June to 1 September, reduced VAT will apply to some family attractions, children's cinema and theatre tickets, and children's meals at participating venues. The scheme is designed to help families make the most of the summer holidays while keeping costs lower.

Eligible activities include trips to cinemas, zoos, amusement parks, soft play centres and adventure parks. Discounts and price reductions may vary between businesses.

For more information visit www.gov.uk.



A Milestone for Baby Sensory®

This year marks 20 years of the Baby Sensory® company and 20 years as a leading baby learning and development activity. Baby Sensory® did not begin overnight; it took more than 40 years to design and develop. Dr Lin Day created Baby Sensory® to provide parents with the support and knowledge necessary to lead their baby's learning and development forwards during the most important years of their lives.

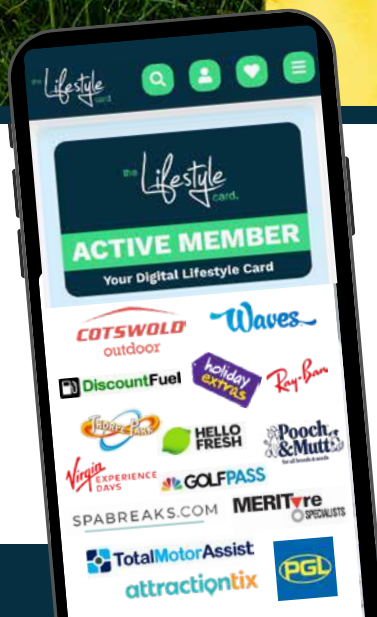
The Baby Sensory® team is hugely proud of its families, franchisees and babies, and looks forward to the next 20 years of Baby Sensory® **P.37**

www.babysensory.com [@ipswichbabysensory](https://www.instagram.com/ipswichbabysensory) [@babysensory_burystedmunds](https://www.instagram.com/babysensory_burystedmunds) [@babysensory_eastsuffolk](https://www.instagram.com/babysensory_eastsuffolk)



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toddling about Suffolk

SPOTLIGHT ON... SUFFOLK ADVENTURE GOLF

This summer we've teamed up with SuffolkMumLittleAdventures to share one of her favourite adventures & activities for you to enjoy!

Just outside Sudbury, **Suffolk Adventure Golf** is a lovely family day out and a real hidden gem for parents looking for something different to do with little ones.

We loved making our way around the course, especially the fun obstacles, colourful features and the anticipation of discovering each new challenge. It was the perfect mix of excitement and friendly competition, with plenty of giggles along the way.

It was declared **"the best golf ever!"**, which perfectly summed up the visit.

The whole experience felt relaxed and family-friendly, with plenty of space for children to enjoy themselves. It's ideal for a range of ages, allowing siblings to join in together.

Top tip for parents: visit earlier in the day if you can, as it's often a little quieter for younger children. And don't forget your camera, there are plenty of lovely photo spots to capture your memories.



INFO: **Opening Times:** Open Everyday, 9am - 7pm.
Place: Old Joes Golf & Leisure, Joe's Road, Sudbury, CO10 0QB www.suffolkadventuregolf.co.uk

Lauren is the person behind Suffolk Mum Little Adventures, an Instagram account focused on real mum life & family days out in Suffolk. Discover her world at [suffolkmumlittleadventures](https://www.instagram.com/suffolkmumlittleadventures)



Babies ON BOARD

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Summer Fun

SUMMER FAMILY EVENTS AND ACTIVITIES FOR LITTLE ONES

JUL & AUG

EVENTS WITH WORLD OF PLAY

Ixworth. See website for times

Two magical themed specials are coming this summer! Step into a fairytale with princess sensory fun, wand making and dress-up on 24 July, then enjoy messy and sensory play with 'Blue Doggie' biscuit decorating, on 22 August. Morning and afternoon sessions available, with adults and babies under six months free.

17 High St, Bury St Edmunds IP31 2HH

  worldofplay

www.worldofplay.co.uk

Free parking available at the Library/village hall

JUL 23

TEDDY BEARS' PICNIC

Needham Market. 11am - 3pm

Free Event

Get ready for a bear-y magical day at the Teddy Bears' Picnic! With crafts, games, stalls, donkey rides, delicious treats and plenty of surprises, this enchanting family event promises wholesome countryside fun and memories to treasure.

Garnhams Field, Stowmarket Rd, Needham Market, IP6 8RJ

  garnhams_coffee_

 windflowerforestschool

JUL 27

EMILY GRACE DANCE SUMMER CLUB

Woolpit. 9:30am-4:30pm

Get ready for the ultimate summer adventure! Summer Club is bursting with dancing, games, crafts, outdoor play, and tasty ice lollies. With full and half-day options, little ones can make unforgettable memories in a safe, fun-filled environment while grownups can relax knowing they've found hassle-free childcare. Booking essential.

Woolpit Institute, Bury St Edmunds, IP30 9QH

  emilygracedancestudios

emilygracedancestudios@gmail.com

Full day £32 per child

JUL 25

FAMILY FUN DAY

Ipswich. 10am - 4pm



Ready for an epic family adventure? Head to The Freston Boot's high-energy Family Fun Day! Bounce sky-high on the bouncy castle, test your aim on the giant dartboard, enjoy a walk-through zoo and meet Spiderman himself. For even more excitement, dive into superhero training, slime-making and acting workshops. It's set to be a truly legendary day!

The Freston Boot, Ipswich IP9 1AB

  thefrestonboot

Tickets available via toddle.fun/frestonfamily

Children pricing starts from £15, Adults £2, Under 2s Free

JUL - AUG

SOUTH ANGLE FARM PARK

Soham. 10am - 5pm

A different animal takes centre stage each week this summer! Enjoy exclusive daily meet-and-greets with our Animal of the Week, plus special talks, hands-on activities and plenty of opportunities to get closer than ever to your favourite farm animals. With interactive experiences and surprises throughout the day, every visit promises fresh fun for all.

Angle Common, Soham, Ely, CB7 5HX

  southanglefarm

www.southanglefarmpark.co.uk

Unlimited visits until 01/09 for just £19



JUL - SEP

SUMMER OF PLAY

Bury St Edmunds, Woodbridge and Dunwich

Join the National Trust for a Summer of Play across Suffolk and discover family days out packed with fun. From grand estates and beautiful gardens to coastal adventures and dedicated play zones, families can enjoy outdoor games, trails and activities designed to get everyone exploring and making memories together. Find your next adventure at www.nationaltrust.org.uk/suffolk or scan the QR code on page 18.

  suttonhoo_nt

  ickworthnt

Car parking charges apply.

MAKE THE MOST OF THE
SUMMER HOLIDAYS WITH
THESE GREAT DAYS OUT

AUG
30

BIG DAY SMALL COUNTRY

Dedham Vale. 11am - 11pm

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A festival for families, friends and furry companions.

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Nayland Village Hall, Colchester, CO6 4JH.

[bigdaysmallcountry](#)

bigdaysmallcountry@gmail.com

Tickets: toddle.fun/bigdaysmallcountry

Adult £35, VIP £55, Children under 16 £10, Under 5s Free

Exclusive offer: Email the event for free children's tickets



AUG
14

WICKED SINGALONG

Kesgrave. 10:30am - 12pm

Defy gravity at this Wicked-themed family morning! Little ones can enjoy singalong songs, games, colouring and plenty of themed fun, with refreshments included. Whether you're Team Glinda or Team Elphaba, it's sure to be a spellbinding morning for the whole family.

Kesgrave War Memorial Community, IP5 1JF

[kesgravecommunitycentre](#)

www.kwmcc.co.uk/ourevents

Child £10 (party + colouring + cake snack)/ Accompanying Adult £4 (includes a tea or coffee)

AUG

8, 15 & 22

FROZEN SUMMER BALLET FUN

Bury St Edmunds. 9am, 9:45am & 10:30am

Children can step into a magical Frozen-themed Summer Ballet experience this summer with tiny toes ballet, with three enchanting sessions taking place on Saturdays 8th, 15th and 22nd August. Perfect for ages 18 months to 7 years, these classes combine ballet, music, storytelling and imaginative fun, helping aspiring dancers build confidence while exploring the magical world of Frozen.

RH CAST, Northgate St. Bury St Edmunds, IP33 1HP

[tinytoesballetsuffolk](#)

www.tinytoesballet.co.uk/suffolk#classes

SEP
5

ELMFEST

Elmswell 12pm - 5pm

From dance and fitness displays to music, stalls and spectacular vehicles, ElmsFest promises a packed day of family fun.

Celebrate local talent, enjoy live entertainment and soak up the community spirit at this vibrant event with something exciting around every corner.

The Blackbourne, Elmswell, IP30 9UH

[elmsfest](#)

elmsfest@gmail.com

£1 Charitable donation for parking



SEP
20

BABY, TODDLER & WELLBEING EVENT

Woodbridge. 11am - 2pm

Expecting a little one or navigating life with a baby or toddler? The Suffolk Mum and Baby Hub are bringing together trusted local experts, beautiful products and supportive services in one friendly space. With refreshments and a relaxed atmosphere, it's the perfect place for growing families to connect, discover and feel supported.

Grundisburgh Village Hall, Woodbridge, IP13 6US

[suffolk_mumandbaby_hub](#)

www.thesuffolkmumandbabyhub.co.uk

Free event - booking required



SUMMERTIME SPOTTER

CAN YOU FIND ALL THESE THINGS
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MANY TIMES HE APPEARS?



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Bird



Cloud



Flower



Feather



Nest



Rock



Spiderweb



Water

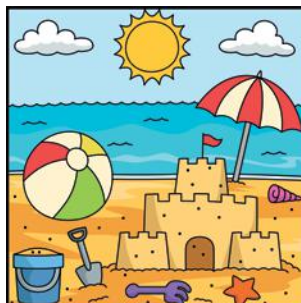


Bumblebee



SANDY SEARCH

CAN YOU SPOT THE 10
DIFFERENCES?



ANSWERS ON P.43



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www.colourchronicles.com

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www.moretoddlermeals.co.uk

@more.toddlermeals



WE'RE GOING ON A TEDDY HUNT, £7.99

This soothing lift-the-flap adventure book is the ideal gift for babies and toddlers, full of bedtime calm and sleepy magic. Perfect for Julia Donaldson fans, this is the latest book in the Bunnies of Hoppity Hill series, which has sold over 3 million copies.

www.bloomsbury.com

@bloomsburychildrens



DRESSING SKILLS BEAN BAGS, £29.95

Help little hands master real-world dressing skills with these Dressing Skills Bean Bags from Learning Resources. The bean bags feature illustrations of 8 commonly used items of clothing or shoes on one side, with their matching fastenings on the other. As they use the zip, toggle, buttons, shoelace and more, children become more confident at getting undressed and dressed on their own. All stored in a drawstring bag.

Buy from www.learningresources.co.uk



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PUT DOWN THE APP YOUR BABY NEEDS YOU

On why no algorithm can replace the one thing your baby actually needs most
by Norland Nanny and sleep consultant Melanie

Picture this. It's the middle of the night. Your baby has woken up, again, and you're sitting in the dark, scrolling through your sleep tracking app, desperately looking for a reason. A pattern. An answer.

I see this all the time. And I understand it completely. When you're running on empty, data feels like control. But here's what I want every tired parent reading this to hear: **the app is not your friend at 3am.** It's a spreadsheet. And a spreadsheet cannot love your baby.

I'm Melanie, a Norland Nanny and sleep consultant. I've supported hundreds of families through sleep challenges, and I can tell you with certainty: every single thing I do is for your child and your family. Not for a metric. Not to keep you tapping on a screen.

AI sleep apps can be useful for logging patterns and lightening your mental load, and I'd never dismiss that when you're exhausted. But they cannot tell you that your baby's wake-ups are linked to a developmental leap she's going through. They can't hear the wobble in your

voice when you say "I think I'm doing this wrong." And they absolutely cannot look you in the eye and say: **you're not doing anything wrong. You're doing brilliantly.**

That's what I'm here for.

When I work with a family, I start by asking what you actually want. Not what the guidelines say. Not what worked for someone else's baby. **What works for your life, your baby, your household.** And then we build something around that together.

Your instincts as a parent are good. Sleep deprivation just makes them very hard to hear. My job is to help you trust them again.

No app can do that. But a real human, who is completely in your corner? Absolutely.

Melanie is a Norland Nanny and sleep consultant. Scan the QR code to access the dedicated sleep library, packed with expert advice, videos, and practical tips.

Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.



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Competition closes at midnight on Sun 30th August 2026. T&Cs apply, see website for details.



A GROWTH MINDSET IN ACTION

10 Ways To Help Your Young Child Foster & Apply a Growth Mindset

by Louise Treherne



You might have heard many times of the term 'Growth Mindset', coined by the psychologist Dr. Carol Dweck. We know it can have a huge impact on how we see ourselves, the world around us and our capability to be successful. But how on earth do we instil this mindset in our toddlers? And what does a growth mindset in action actually look like?

Let's start by looking at the opposite. A child with a fixed mindset, is a child who believes that their capability is fixed; either they can or can't and they will often shy away from taking risks where the outcome might prove the point that they can't. Tasks are approached with the goal of looking smart, mistakes and hard work simply pull their abilities into question.

WHAT'S THE LONG-TERM IMPACT OF ADOPTING A GROWTH MINDSET?

Fostering a growth mindset in your child takes work but the gains are endless. You're literally setting your child up for success by helping them understand their potential to grow and develop. Our view of ourselves determines everything; how we think, feel and behave. If your child sees themselves as someone capable of growth, they are much more likely to try new things, take risks, accept mistakes and learn from setbacks rather than take them personally.

So how do we do it?

10 SIMPLE WAYS TO FOSTER A GROWTH MINDSET...

1 Praise the process not the outcome: If your child only ever hears you praise the success of the outcome, they learn that is the only thing that matters. Instead, look to praise the specific skills they showed or mindset they applied. It might sound like: *"Wow, you completed the puzzle! What really made me smile was how you kept trying different pieces when they didn't work! It was frustrating, but you kept trying!"*

2 Build the narrative that 'challenge' is good: Very early on, children often learn that being challenged and doing something 'hard' is a negative thing. We can easily change this narrative. Think about how they hear you talk about challenge and find opportunities to say, "This is tricky - this is exciting!" or "I haven't tried this before, learning new things is fun!". We know young children watch and learn from how we respond, so let them see you relish the opportunity to stretch yourself rather than be fearful.

3 Remind them of their progress: Children quickly forget the progress they've made and how far they've come. By reminding them that when they started, they couldn't yet do the activity but now they have mastered it, it helps them to understand that 'can't' doesn't mean forever. This might sound like:

"Remember when you first tried putting your coat on yourself? It was tricky and you couldn't do it... now look. You've been practising and now you can!"

4 Model your own growth mindset in action: The easiest way to show your child a growth mindset in action is to narrate your own inner thoughts. This is beneficial not just for them but also makes us more mindful of the way we speak to ourselves! Let them hear self-compassion and reflection rather than negative self talk. This might sound like: *"I'm getting this wrong, that's ok it's something new to me". Or "I need to give myself a chance to learn how to do this".*

5 Learn to laugh at yourself: Learning to laugh at yourself and not taking things too seriously can have a positive impact on your mindset and is a very underrated skill. Teaching our children to put things into perspective and modelling how we can laugh at ourselves when we mess up or make mistakes, means they are much more likely to have a grounded sense of self. This might seem a small thing now, but if they've developed this skill early on, they may be more ready to shrug off a setback or laugh off a misdemeanour as they grow up.

6 Explore the unfamiliar & uncomfortable: Young children love familiarity and predictability. It brings them comfort and confidence. It's also important to find opportunities to try new things and a great way to do this is as a family. Pick an activity that might be new for you all and let your little one see you struggle. It could be climbing, tennis, trampolining... anything goes, but the important thing is they see you getting comfortable with being outside of your comfort zone and being challenged.

7 Model making mistakes: Being accepting of making mistakes rather than crumbling at them is another mark of a growth mindset. You can help your child become more accepting of their own mistakes by modelling this to them. Find opportunities such as when you're cooking and the recipe goes wrong, or while you're drawing or making a birthday card you could misspell a word and show them your reaction. Rather than throw the

cake away or scrunch up the card, say out loud "Oops I got that bit wrong, that's ok I'm learning as I go!". If we want young children to have a positive response to making mistakes, we have to let them see those around them make them and react positively too.

8 Look for the back story: Children are often in awe of those around them who appear to be able to do things they can't. Whether it's their peers or famous people, they often focus on the success and fail to see the back story. What an opportunity while they're young, to help them get curious about what's behind the success! This could be simply saying out loud, "I wonder how they got so good at that?" or "I bet that took lots of hard work".

9 Show me the hard part: Ever heard your little one say, *"It's too tricky! I can't do it!"*? A simple way of helping a young child develop resilience and a growth mindset is helping them get really specific about which part of a task is challenging. When your little one says they want to give up, try saying "Show me the hard part". This encourages them to identify the particular part they're struggling with and helps them see often, it's just one small part of a task rather than the entire thing. Whether it's a Lego brick that won't attach or a sleeve that's inside out, 'show me the hard part' helps them see that the problem is often surmountable.

10 I can't YET: You've probably heard of the power of the word YET. I can't tie my shoe laces... yet. I can't ride my bike without stabilisers... YET. Why not make a 'YET' wall in your kitchen and get the whole family to write on a post-it note something they can't do YET. I'll never forget the impact it had on my boys when I learnt to drive in my late 30s. If you can choose an activity to write on your post-it note that other people your age typically might be able to do (but you can't yet), it's a really powerful thing to model. And of course as you practise and learn, you might all be able to move your post-it notes to the 'CAN' wall and then choose a new 'YET' activity!



Louise Treherne is Head of Families at The Happy Confident Company, where she leads The Happy Confident Club, providing families with the tools and strategies to turn difficult moments into calm, meaningful conversations. Louise is an ex-teacher, deputy head and now a qualified coach. It's free to join the Happy Confident Club at <https://club.happyconfident.com/>

Toddle About readers can save 20% on journals and activities from The Happy Confident Company using code TOD20 at checkout.



ACTIVITIES & EVENTS

Local mum blogger Anna from The Suffolk SEN Mum shares some of her favourite SEND-friendly places, from calming spaces to sensory play and inclusive days out with little ones.

**MON, WED
& Thur**

EYE OPPORTUNITY GROUP

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A friendly play and support group for families of children with SEND aged under five. A welcoming environment to play, learn and connect with others. A structured space with indoor and outdoor space to explore.

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Referral or self referral required

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www.eyepportunitygroup.org

**MON -
FRI**

LIMITLESS FUTURES

Porters Lodge, Cavenham

Nature-based alternative provision and family nurture space during term time. This summer, find small-group woodland sessions for ages 8+, ideal for those needing a calmer alternative to busy holiday clubs.

Porters Lodge, Cavenham, BSE, IP28 6DB

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DAILY**

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Beetons Way, Bury Saint Edmunds IP33 3TT

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Tel: 01284 757473 www.abbeycroft.org.uk

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**TUES
-SUN**

CLIP'N CLIMB IPSW

Ransomes Europark, Ipswich

Inclusive climbing sessions with supportive staff, 40% off carer climbs midweek during term time and home education discounts. A café viewing area allows parents to stay close while giving children greater independence.

2 Berwick Road, Ipswich, IP3 9ST

Booking advised

Tel: 01473 794530 [f](#) [t](#) [i](#) clip_n_climb_ipswich

www.ipswich.clipnclimb.co.uk

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NEEDHAM LAKE

Needham Market

A 24-acre nature reserve with a fully accessible café and play area. Paved circular paths are suitable for wheelchairs and pushchairs, with accessible parking and toilets. Sensory play equipment and a hammock are visible from the café, with profits supporting local youth charity The Mix.

Coddenham Road, Needham Market, IP6 8NU

[f](#) needhamlake [f](#) DuckandTeapot

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.

Anna is a mum blogger and the founder of The Suffolk SEN MUM. Through her blog, she shares her SEND-friendly adventures with her children. Discover her world [t](#) the.suffolksenmum



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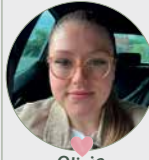


Laura

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THE PATH TO PASSION

YOUR PASSIONS MAKE YOU A BETTER MUM.
HERE'S HOW TO FIND THEM AGAIN.



I know the feeling well. The sense that wanting something for yourself – time, space, an interest that has nothing to do with anyone else's needs – somehow makes you a lesser parent. I felt it too, and it's the reason I started Passion Collective in 2014 when I was navigating new motherhood, a demanding career and wondering how on earth other people managed to keep doing the things they loved. Were they just better at this thing called life? They weren't. They'd simply stopped waiting for permission.

THE TRUTH ABOUT "MUM GUILT"

The "Mum Guilt" that rears its ugly head whenever we think about – let alone spend time with – our own passions is a sign that we care. That love is rarely something we want to leave behind. However, the guilt is telling us that we've bought into a story that isn't necessarily true; that a good mother always puts herself last, and wanting more is something to be ashamed of.

The research tells a different story. When we engage consistently with what we love (what academics call "harmonious passions"), we're less stressed, more present, and more patient.

BECOME A PROUD DABBLER

The main barrier we all have is time. We are running through our days, and the thought of dedicating a few hours to anything beyond the day-to-day can feel totally out of reach.

This is where "dabbling" comes in – and bear with me, because it gets an unfair reputation!

We tend to think of dabbling as half-hearted, uncommitted, what you faff around with before

you find your "real" passion. But in my book, *Born to Buzz*, I make the case for being a Proud Dabbler: someone who explores with curiosity and without the pressure to excel or turn a hobby into a million-pound side hustle.

Dabbling is how most people actually find what lights them up. It means we don't have to wait for that thunderbolt moment of clarity; we can try a series of small, low-stakes experiments that gradually point us toward our passions.

AN EASY WAY TO START

First, promise yourself you'll allow one hour this weekend to dabble. If you need to, get your spouse to cover, or even book a babysitter for an hour!

Then, start with one thing that makes you even slightly curious. Try it without expectation. If it sparks something, stay with it. If it doesn't, note what you'll do next.

Now, here's the most important step. If you're comfortable, share your dabbling with a friend. Let's say you've got back into knitting, and for that hour, you knitted half a scarf. It may be unfinished, and perhaps imperfect. Do not let that stop you – share your "dabbling" with someone close to you who'll support you. Tell them what you've done – something like "Ta-da! Look what I've done!" – and see how that feels. Remember that their reaction doesn't matter (although they'll probably be amazed at your progress). Instead, you're proudly embracing your "dabbling".

Above all, even on those long days, remember that you haven't lost yourself in parenthood. You've just been last on your own list for a while. Dabbling is how you find your way back.



*Laura Best is a keynote speaker, coach and bestselling author of **Born to Buzz: How to Spark Your Passions (Without Quitting It All)**. She founded Passion Collective in 2014 to help people rediscover what it means to truly love their lives again. She's also both a mum and stepmum, and can be found at www.passioncollective.co*





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BEADED DIY WIND CHIME

Brighten up your garden with this easy beaded wind chime craft that's perfect for little hands and big imaginations.

WHAT YOU WILL NEED:

- Lollipop Sticks
- String
- Craft Beads and jingle bells
- Gems/stickers to decorate (optional)
- Glue & Scissors



INSTRUCTIONS:

1. Gather your supplies: craft beads, string, lollipop sticks (or sticks), jingle bells, glue, scissors (grown-up use only), and stickers/gems.
2. Tie two sticks together in a cross shape using the colourful string - this is your base.
3. Cut four pieces of string, then thread beads and jingle bells onto each string - as long as you like.
4. Tie these beaded strings onto the sticks, hanging them at different lengths for a fun, varied look.
5. Decorate your wind chime with stickers - flowers, sparkles - whatever you like, let your imagination run wild!
6. Hang your finished wind chime in the garden and enjoy the sounds when they catch the breeze!

Craft supplied by our very own Bethan Hill, Franchise Owner of Toddle About West Northants and South Warwickshire.



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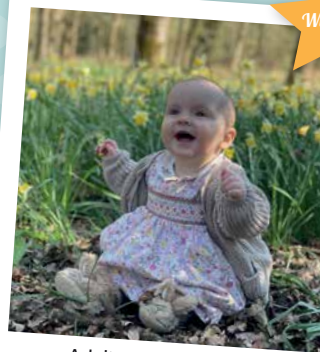
TODDLE MODELS

Baby and Toddler Photo Competition Winner

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Congratulations to little Adaline who has won a **Compact Folding 'Be Fun' Balance Bike**, worth £99!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Adaline, 7 months old



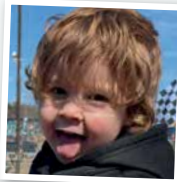
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Kai, 2 yrs 11 mnths



Willow, 1 year 3 mnths



George, 2 yrs



Aryan, 4 yrs



Oliver, 1 year 2 mnths



Douglas, 1 yrs



Ethan, 22 mnths



Lilly, 3 yrs



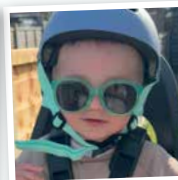
Constance, 18 mnths



Avery, 4 yrs



Olivia, 5 yrs



Maxwell, 1 year, 5 mnths



Quinn, 1 year 9 mnths



Emilia, 1 yrs 4 mnths



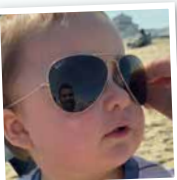
Oliver, 4 yrs



Pearl, 2 mnths



Freya, 3 yrs



Ethan, 18 mnths



Maya, 23 mnths



Rafaella, 4 mnths



Avi, 2 yrs 7 mths



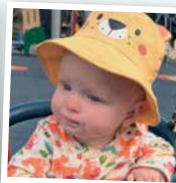
George, James, 3 yrs, 21 mths



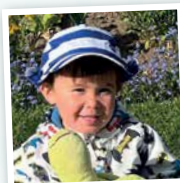
Theo-Elias, 3 yrs



George, 2 yrs



Eli, 8 mths



William, 2 yrs



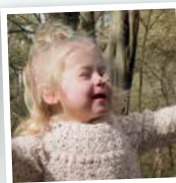
Theodore, 1 yrs 2 mths



Amari, 4 yrs



Guy, 4 yrs



Verity, 2 yrs 8 mths



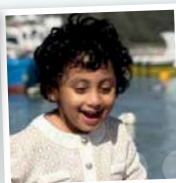
Grayson, 15 mths



George, 2 yrs



Albie, 5 mths



Vedvika, 3 yrs 6mths



Arthur, 3 yrs, 11 mths

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Suffolk Mum and Baby Hub is a collective of trusted, local professionals, brought together to support, guide and empower you through every stage of pregnancy, postnatal life and motherhood. Run by experienced women who truly understand the journey, the hub combines expert knowledge with a warm, personal approach, creating a space where you feel supported, informed and genuinely cared for as you step into this new chapter of life.

To keep up to date with our Baby, Toddler & Wellbeing Event in September, please visit our website & follow us on social media.

www.suffolkmumandbabyhub.co.uk | suffolk_mumandbaby_hub

SUMMER RECIPE:

CHICKEN AND CHEESE MUFFINS

These savoury muffins are a brilliant way of using up left-over chicken from your Sunday roast. They are so easy to make and are perfect for snacks, lunchboxes or picnics for growing little ones.

Ingredients:	100g cooked chicken
2 medium eggs	1 carrot, finely grated
150ml milk	½ tsp oregano
75g melted butter	250g self-raising flour
170g grated cheddar cheese	Makes: 12 Muffins

Method:

1. Preheat the oven to 180°C Fan and line a 12-hole muffin tin with silicone muffin cases.
2. Add the eggs, milk and butter to a large bowl and whisk.
3. Add the grated cheese, cooked chicken and grated carrot and mix with a spoon.
4. Finally, add the oregano and flour and mix just enough so that the ingredients are well combined.

Written by
Ciara
Attwell

5. Divide the mixture between the 12 muffin cases and bake in the oven for 25 minutes.
6. Allow the muffins to cool for a few minutes in the cases before removing.

These muffins will keep in the fridge for up to 2 days and they can also be frozen, just defrost at room temperature for a couple of hours.

Recipe courtesy of **Ciara Attwell**, founder of **My Fussy Eater**. You can find over 500 family-friendly recipes like this in the My Fussy Eater app - packed with meal plans, shopping lists and inspiration to make feeding your family easier than ever. Find out more at www.myfussyeater.com.



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County Council

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Colchester

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YEARS**

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The Reality of WORK-LIFE BALANCE

by Tessa Day



Lessons from founder and new mummy Tessa Day, who runs not one, but two businesses

Running a business is often described as a balancing act. Add motherhood into the mix and suddenly that balancing act can feel more like spinning lots of plates at once, hoping none of them fall. As the founder of two businesses and a first-time mum, I've learned that the idea of "work-life balance" is often far from reality - and that's okay.

Becoming a mum was something I had always dreamed about. Working within the children's activities industry meant I spent years supporting families and children's classes across the UK. Through Club Hub UK, I help families discover children's activities, classes and events, while also helping activity providers grow and gain visibility. I loved helping parents discover opportunities for their children, but I also longed to experience that world myself one day - taking my own child along to the very classes I spent so much time promoting and supporting. At times it felt emotional personally too, especially as I struggled with PCOS and our journey to parenthood took longer than we had hoped.

When I finally became a mum, I realised I still deeply loved my work and wanted to continue growing my businesses too. That brought a whole new wave of guilt I wasn't expecting.

I remember going back to work when my baby was just six weeks old to run my long-standing musical theatre kids club, Tessa's Jazz Hands. It wasn't a full-time return to work - it was two hours

on a Thursday! - and when I resumed my Club Hub work, most of it happened during nap times, in the evenings, or in small pockets of time throughout the day.

I quickly realised that working didn't make me any less grateful to be a mum. Continuing to build something I was passionate about helped me still feel like myself during a period where so much of my identity was changing.

One of the biggest lessons I've learned is that balance constantly changes. Some weeks work takes priority, especially in the run up to the Club Hub event. Other weeks family comes first because sleep deprivation or teething have taken over the house. Instead of striving for perfection, I've learned to focus on flexibility.

What keeps me grounded is remembering why I started my businesses in the first place: to create freedom, flexibility, and a better future for my family. Becoming a mum hasn't taken away my ambition - if anything, it's given me even more motivation. I want to create memories, go on more holidays together, build financial security and, hopefully one day, be mortgage free.

I've realised it's okay to love being a mum while still wanting to grow, achieve, and build a successful business alongside it. If you have the passion and motivation for something, becoming a mum doesn't mean your ambitions have to stop - it can simply give them even more purpose.



Tessa Day is the founder of Club Hub UK, helping families discover children's activities, classes, and events across the UK while supporting activity providers and small businesses to grow.
www.clubhubuk.co.uk & www.tessasjazzhands.co.uk

Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in Suffolk.



P.31-36
BSE, BABERGH &
WEST SUFFOLK

P.36-42
IPSWICH, HADLEIGH,
MID & EAST SUFFOLK

BURY ST EDMUNDS, BABERGH & WEST SUFFOLK

MONDAY

PARENTS & TOTS

Brandon Family Hub

Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.

Self Led Stay & Play: 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 20 Jul, 3 - 17 Aug & 7 Sep - 19 Oct. **Cost:** Free (drop in).

Bury St Edmunds Library

Bury St Edmunds Library, St Andrews Street North, IP33 1TZ.

01284 338830. suffolkcommunitylibraries.co.uk.

• **Stay & Play:** 13:00 - 14:00. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 19 Oct. **Cost:** Free (booking essential).

Elmswell Baby and Toddler Group (0-5s)

Blackbourne Community Centre, 71 Blackbourne Road, IP30 9GY.

Times: 9:45 - 11:15. **Dates:** 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £2 (drop in)

Foley House Family Hub

Foley House Family Hub, 52 Wellington Street, Newmarket, CB8 0HY.

• **Under Ones:** 10:00 - 11:00. **Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

Dates: 6 Jul-13 Jul, 27 Jul, 10 Aug, 24 Aug & 7 Sep - 19 Oct.

Little Deers Baby and Toddler Group - Hartest

Hartest and Boxsted Institute, The Green, Bury St Edmunds, IP29 4DH. 01284830860.

Times: 9:30 - 11:30. **Ages:** 1 mths - 5 yrs.

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £3 (drop in).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafeigroup.com.

• **Play Session:** 9:30 - 11:00, 11:45 - 13:15 & 13:30 - 15:00.

Ages: 0 - 7 yrs. **Dates:** 13 Jul - 19 Oct. **Cost:** £7.95 (drop in).

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

• **Little Movers Stay & Play:** 13:15 - 14:45. **Ages:** 0 - 8 yrs.

Dates: 6 Jul-20 Jul, 3 Aug, 17 Aug & 7 Sep - 19 Oct. **Cost:** Free (drop in).

Toddlers at Bridge Kids

Bridge Community Church, 68 Queens Road, BSE, IP33 3EW.

www.bridgecommunitychurch.co.uk. **Ages:** 0 - 4 yrs.

Times: 13:00 - 14:30. **Dates:** 6 Jul - 13 Jul & 7 Sep-19 Oct. **Cost:** £2

World of play

17 High Street Ixworth, Louise, Bury St Edmunds, IP31 2HH. 07940379497. www.worldofplay.co.uk.

• **Play Session:** 9:30 - 11:30. **Ages:** 0 - 8 yrs.

Dates: 6 Jul, 13 Jul, 7 Sep - 19 Oct.

• **Pre-walker session:** 12:30 - 14:15. **Ages:** 0 - 1 yrs.

Dates: 6 Jul, 7 Sep & 5 Oct. **Cost:** See website (booking essential).

MUSIC & SIGNING

Moo Music Bury St Edmunds, Ely & Newmarket

Red Lodge Millennium Centre Ltd, 1 Lavender Close, IP28 8TT.

07921174684. moo-music.co.uk.

• **Zog Special (0-5yrs):** 9:30 - 10:10 & 10:25 - 10:55. **Date:** 27 Jul.

• **We're Going on a Bear Hunt (0-5):** 9:30 & 10:30. **Date:** 24 Aug.

Moo Music Bury St Edmunds, Ely & Newmarket

Red Lodge Millennium Centre Ltd, 1 Lavender Close, IP28 8TT.

07921174684. moo-music.co.uk.

• **Mixed Moo (0-5yrs):** 9:25 - 10:05.

• **Baby/Mini Moo (0-18 months):** 10:20 - 10:50.

Dates: 7 Sep - 21 Sep & 5 Oct - 19 Oct. **Cost:** £6.75 (booking essential).

Moo Music Bury St Edmunds, Ely & Newmarket

Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU.

07921174684. moo-music.co.uk.

• **Baby/Mini Moo (0-18 mths):** 12:40 - 13:10.

• **Mixed Moo (0-5yrs):** 13:25 - 14:05.

Dates: 7 Sep - 19 Oct. **Cost:** £6.75 (booking essential).

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Christ Church, Moreton Hall, Lawson Place, BSE, IP32 7EW.

07949 725465. www.babysensory.com.

• **Baby Sensory 0-6 Months:** 10:00 - 11:00.

• **Baby Sensory 6-13 Months:** 11:30 - 12:30.

• **Baby Sensory 0-13 Months:** 13:00 - 14:00.

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £9 (booking essential).

FOREST & FARMS

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

• **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. **Cost:** £13 (booking essential).





PHYSICAL FUN

Culford School Holiday Club

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Summer Holiday Club:** 8:30 - 17:30. **Ages:** 5 - 12 yrs.

Dates: Mon - Fri 7 Jul - 28 Aug. **Cost:** £41 (booking essential).

TUESDAY

PARENTS & TOTS

Carousel Family Hub

New Bury Community Centre, 1 Charles Place, BSE, IP32 6TD.

- **Drop-in Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

Families Together Suffolk

Anselm Community Centre, Anselm Avenue, BSE, IP32 6JZ.
www.families-together-suffolk.org.uk.

- **Learn & Grow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 14 Jul. 1 Sep - 20 Oct. **Cost:** Free (booking essential).

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Horringer, Bury St Edmunds, IP29 5RU.

- **Baby & Toddler Group:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Dates: 7 Jul - 21 Jul & 1 Sep - 20 Oct. **Cost:** £5 (drop in).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

- **Play Session:** 11:45 - 13:15 & 14:00 - 15:30.

Dates: 7 Jul - 20 Oct. **Ages:** 0 - 7 yrs. **Cost:** £7.95 (booking advised).

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Child Health Clinic:** 9:00 - 10:15. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

World of play

World of Play, 17 High Street Ixworth, Bury St Edmunds, IP31 2HH.
07940379497. www.worldofplay.co.uk.

- **Play Session:** 9:30 - 11:30 & 12:30 - 14:30. **Ages:** 0 - yrs.

Dates: 7 Jul - 20 Oct. **Cost:** See website for details (booking essential).

MUSIC & SIGNING

Bury St Edmunds Library

Bury St Edmunds Library, St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830. suffolkcommunitylibraries.co.uk.

- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 18 mths.
- **Tot Rock:** 10:30 - 11:00. **Ages:** 18mths - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

Moo Music Bury St Edmunds, Ely & Newmarket

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.
07921174684. moo-music.co.uk.

- **Dear Zoo Special:** 9:20 & 10:25. **Ages:** 0 - 5 yrs. **Date:** 18 Aug.

SENSORY & DEVELOPMENT

Brandon Library

Brandon Library, Bury Road, Brandon, IP27 0BQ.
01842 773390. www.suffolkcommunitylibraries.co.uk.

- **Storytime:** 15:30 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 14 Jul & 1 Sep - 20 Oct. **Cost:** Free (drop in).

Hartbeeps Colchester and Tending

Acton Village Hall - Sudbury, High Street, Sudbury, CO10 0AT.
www.hartbeeps.com.

- **Happy House:** 10:15 - 11:00. **Ages:** 1 - 4 yrs.
- **Baby Beeps:** 11:15 - 12:00. **Ages:** 8 mths - 1 yrs 6 mths.
- **Baby Bells:** 12:15 - 13:00. **Ages:** 0 - 8 mths.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** £8 (booking essential).

FOREST & FARMS

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Summer Day Camp:** 9:00 - 15:30. **Ages:** 5 - 11 yrs.

Dates: 11 Aug. **Cost:** £43 (booking essential).

- **Summer Stay & Play:** 10:00 - 12:00. **Ages:** 0 - 11 yrs.

Dates: 18 Aug - 25 Aug. **Cost:** £13 (booking essential).

PHYSICAL FUN

Culford School Holiday Club

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Summer Holiday Club:** 8:30 - 17:30. **Ages:** 5 - 12 yrs.

Dates: Mon - Fri 7 Jul - 28 Aug. **Cost:** £41 (booking essential).

Tumble Tots Ely

Newmarket OLISE Church, 14 Exeter Road, Newmarket, CB8 8LT.
07979 757202. www.tumbletots.com.

- **Walking-2 Years:** 9:30 - 10:15.
- **3 yrs-School Age:** 10:30 - 11:15.
- **2-3 Years:** 11:30 - 12:15.
- **6 mths-Walking:** 12:45 - 13:30.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** £8 (booking essential).

SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Stage One:** 17:30 - 17:55 & 18:00 - 18:25.
- **Stage Two:** 17:30 - 17:55.

Dates: 1 Sep - 20 Oct. **Cost:** £7.55 (booking essential).

PREGNANCY

The Village Midwife - BSE

PlayCafe, 62 Cornhill, Bury Saint Edmunds, IP33 1BE.
www.thevillagemidwife.co.uk.

- **The No Sleep Club:** 9:30 - 11:00.

Dates: 4 Aug, 2 Sep & 1 Oct. **Cost:** Free (booking advised).



SEND ACTIVITIES

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

• **SEN Forest School:** 9:30 - 12:30. **Ages:** 0 - 16 yrs.

Dates: 4 Aug & 8 Sep - 20 Oct. **Cost:** £35 (booking essential).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafe.org.uk.

• **SEND Session:** 9:30 - 11:00. **Ages:** 0 - 7 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** £7.95 (booking essential).



WEDNESDAY

PARENTS & TOTS

Brandon Family Hub

Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.

• **Child Health Clinic:** 9:15 - 10:15. **Ages:** 0 - 5 yrs.

• **Self Led Stay & Play for Under Ones:** 10:00 - 11:30.

Dates: 8 Jul - 22 Jul, 5 Aug, 19 Aug & 9 Sep - 21 Oct. **Cost:** Free (drop in).

Carousel Family Hub

New Bury Community Centre, 1 Charles Place, BSE, IP32 6TD.

• **Drop-in Stay & Play Under 1's:** 10:00 - 11:30.

Dates: 8 Jul - 21 Oct. **Cost:** Free (drop in).

Edmundo Lounge

Edmundo Lounge, 28 Cornhill, Bury St Edmunds, IP33 1DY.

01284700166. thelounges.co.uk.

• **Parent & Baby Group:** 09:00 - 11:00. **Ages:** 0 - 3 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** Free (drop in).

Families Together Suffolk

St Edmunds Station Church, RAF Honington, Honington, IP31 1LU. families.together.suffolk.org.uk.

• **Little Flyers Playgroup:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** Free (booking essential).

Foley House Family Hub

Foley House Family Hub, 52 Wellington Street, Newmarket, CB8 0HY.

• **Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 8 yrs. **Cost:** Free (drop in).

• **Child Health Clinic:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 8 Jul - 15 Jul, 28 Jul, 5 Aug 19 Aug & 9 Sep - 21 Oct.



Phoenix Family Hub

Tudor Rd, Sudbury CO10 1NP.

• **Drop-in Stay & Play:** 10:00 - 11:30. (For Parents under 25)

Dates: 8 Jul, 5 Aug, 2 Sep & 7 Oct. 1st Wednesday of the month

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafe.org.uk.

• **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 8 Jul - 21 Oct. **Cost:** £7.95 (booking essential).

Prado Lounge

15 - 16 Market Hill, Sudbury, CO10 2EA.

01787313634. www.thelounges.co.uk.

• **Baby Club:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** Free (drop in).

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

• **Self Weigh:** 9:00 - 10:00. **Ages:** 0 - 5 yrs.

• **Feeding Support:** 10:15 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 8 Jul - 21 Oct. **Cost:** Free (drop in).

World of play

17 High Street Ixworth, Louise, Bury St Edmunds, IP31 2HH.

07940379497. www.worldofplay.co.uk.

• **Play Session:** 9:30 - 11:30 & 12:30 - 14:30.

Dates: 8 Jul - 21 Oct. **Cost:** See website for details (booking advised)

MUSIC & SINGING

Moo Music Bury St Edmunds, Ely & Newmarket

The Ellesmere Centre, Ley Rd, Stetchworth, Newmarket, CB8 9TS.

07921174684. moo-music.co.uk.

• **Moo in the Dark:** 9:30 - 10:10 & 10:25 - 10:55. **Ages:** 0 - 5 yrs.

Dates: 29 Jul. **Cost:** £6.75 (booking essential).

FOREST & FARMS

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

• **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** £13 (booking essential).

South Angle Farm Park

South Angle Farm Park, Angle Common, Soham, CB7 5HX.

07922456826. www.southanglefarmpark.co.uk.

• **Little Farmers Club:** 10:00 - 11:30 & 12:30 - 14:00. **Ages:** 1 - 4 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** £9.50 (booking essential).

South Lee Prep School & Nursery

South Lee Prep School & Nursery, Newton Rd., BSE, IP33 2BT.

01284 754654. www.southlee.co.uk.

• **Toddle in the Woods:** 9:30 - 10:30. **Ages:** 11/2 yrs - 4 yrs.

Dates: 9 Sep - 21 Oct. **Cost:** £3 (booking essential).

PHYSICAL FUN

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.

01284 728615. www.culford.co.uk.

• **Summer Holiday Club:** 8:30 - 17:30. **Ages:** 5 - 12 yrs.

Dates: 7 Jul - 28 Aug. **Cost:** £41 (booking essential).

Tumble Tots Ely

Freckenham Village Hall, 7 Fordham Road, Freckenham, BSE, IP28 8JB.

07979 757202. www.tumbletots.com.

• **Walking - 2 Years:** 9:45 - 10:30.

• **6 mths - Walking:** 10:45 - 11:30.

• **2-3 Years:** 11:45 - 12:30.

• **3 yrs - School Age:** 12:45 - 13:30.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** £8 (booking essential).

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SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Swim Lessons - Stage One:** 16:00 - 16:25 & 16:30 - 16:55.
- **Swim Lessons - Stage Two:** 16:30 - 16:55 & 17:00 - 17:25.

Dates: 2 Sep - 21 Oct. **Cost:** £7.55 (booking essential).



FOREST & FARMS

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Baby Chestnuts:** 10:00 - 11:30. **Ages:** 0 - 8 mths.

Dates: 9 Jul - 16 Jul, 13 Aug, 27 Aug & 3 Sep-22 Oct.

Cost: £10 (booking essential).

South Angle Farm Park

South Angle Farm Park, Angle Common, Soham, CB7 5HX.

07922456826. www.southanglefarmpark.co.uk.

- **Little Farmers Club:** 10:00 - 11:30 & 12:30 - 14:00. **Ages:** 1-4 yrs.

Dates: 9 Jul - 16 Jul & 10 Sep - 22 Oct. **Cost:** £9.50 (booking essential).

PHYSICAL FUN

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.

01284 728615. www.culford.co.uk.

- **Summer Holiday Club:** 8:30 - 17:30. **Ages:** 5 - 12 yrs.

Dates: 7 Jul - 28 Aug. **Cost:** £41 (booking essential).

Tumble Tots Ely

Risby Village Hall, Aylmer Close, Risby, IP28 6RT.

07979 757202. www.tumbletots.com.

- **Walking-2 Years:** 10:00 - 10:45.
- **6 mths-Walking:** 11:00 - 11:45.
- **2-3 Years:** 12:00 - 12:45.
- **3 yrs-School Age:** 13:00 - 13:45.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** £8 (booking essential).

FRIDAY

PARENTS & TOTS

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Horringer, Bury St Edmunds, IP29 5RU.

- **Baby & Toddler Group:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £5 (drop in).

Phoenix Family Hub

Tudor Rd, Sudbury CO10 1NP.

- **Drop-in Stay & Play Under 1's:** 10:00 - 11:00.

Dates: 9 Jul - 23 Oct. **Cost:** Free (drop in)

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

- **Play Sessions:** 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00.

Dates: 10 Jul - 23 Oct. **Ages:** 0 - 7 yrs. **Cost:** £7.95 (booking advised).

St Edmundsbury Cathedral

St Edmundsbury Cathedral, Angel Hill, Bury St Edmunds, IP33 1LS.

01284 748720. www.steds cathedral.org.

- **Young Families:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** Free (drop in).

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Under Ones:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 10 Jul - 31 Jul, 14 Aug & 4 Sep - 23 Oct. **Cost:** Free (drop in).

World of play

17 High Street Ixworth, Louise, Bury St Edmunds, IP31 2HH.

07940379497. www.worldofplay.co.uk.

- **Play Session:** 9:30 - 11:30 & 12:30 - 14:30. **Ages:** 0 - 8 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** See website for details (booking advised).

MUSIC & SIGNING

Moo Music Bury St Edmunds, Ely & Newmarket

The Ellesmere Centre, Ley Rd, Stetchworth, Newmarket, CB8 9TS.

07921174684. moo-music.co.uk.

- **Moo in the Dark Special (0-5 yrs):** 9:30 & 10:25.

Dates: 14 Aug & 28 Aug.

Moo Music Bury St Edmunds, Ely & Newmarket

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.

07921174684. moo-music.co.uk.

- **Mixed Moo (6 mths-5yrs):** 9:50 - 10:30 & 11:30 - 12:10.

- **Baby/Mini Moo (0-18 mths):** 10:45 - 11:15.

Dates: 11 Sep - 23 Oct. **Cost:** £6.75 (booking essential).

THURSDAY

PARENTS & TOTS

Brandon Family Hub

Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.

- **Little Movers Stay & Play (0-8yrs):** 10:00 - 11:30.
- **Under Ones:** 13:00 - 14:00. **Cost:** Free (drop in).

Dates: 9 Jul 16 Jul, 30 Jul, 13 Aug, 27 Aug & 3 Sep - 22 Oct.

Bury St Edmunds Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ.

01284 338830. www.suffolkcommunitylibraries.co.uk.

- **Duplo Club:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

Dates: 9 Jul - 22 Oct. **Cost:** Free (drop in).

Little Treasures Parent & Toddler Group

Lawshall Evangelical Free Church, Hanningfield Green, IP29 4QD.

01284 828694. www.lawshallfreechurch.org.uk.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

Midweek for Mums

The Newbury Community Centre, 1 Charles Place, BSE, IP32 6TD.

07791 708708. www.bse-pc.org.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

Dates: 9 Jul - 16 Jul & 10 Sep - 22 Oct. **Cost:** Free (drop in).

Phoenix Family Hub

Tudor Rd, Sudbury CO10 1NP.

- **Drop-in Stay & Play:** 13:00 - 14:30.

Dates: 8 Jul - 22 Oct. **Cost:** Free (drop in)

Southgate Parent & Toddler Group

Southgate Community Centre, Caie Walk, Bury St Edmunds, IP33 2PJ.

Times: 13:30 - 15:00. **Ages:** Pregnancy - 4 yrs. **Cost:** £2 (drop in).

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct.

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Drop In & Self Led Play 10:00 - 11:30.** **Ages:** 0 - 8 yrs.

Dates: 7 Jul - 16 Jul, 30 Jul, 13 Aug, 27 Aug & 3 Sep - 22 Oct.

World of play

World of Play, 17 High Street Ixworth, Louise, Bury St Edmunds, IP31 2HH.

07940379497. www.worldofplay.co.uk.

- **Play sessions:** 9:30 - 11:30 & 12:30 - 14:30.

Dates: 9 Jul - 22 Oct. **Cost:** See website for details (booking advised).

MUSIC & SIGNING

Brandon Library

Brandon Library, Bury Road, Brandon, IP27 0BQ. 01842773390.

suffolkcommunitylibraries.co.uk.

- **Tot Rock:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 22 Oct. **Cost:** Free (drop in).

Moo Music Bury St Edmunds, Ely & Newmarket

Mandeville Hall, Burwell, Cambridge, CB25 0AH.

07921174684. moo-music.co.uk.

- **Moo in the Dark Special (0-5 yrs):** 9:30 & 10:25. **Date:** 23 Jul.

- **Whatever Next Special (0-5 yrs):** 9:30 & 10:25. **Date:** 13 Aug.

Moo Music Bury St Edmunds, Ely & Newmarket

Mandeville Hall, Burwell, Cambridge, CB25 0AH.

07921174684. moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 9:30 - 10:10.

- **Baby/Mini Moo (0 - 18 mths):** 10:25 - 10:55.

Dates: 10 Sep - 22 Oct. **Cost:** £6.75 (booking essential).



Moo Music
Musical fun, sensory and interactive classes for little ones.
Classes held in Stowmarket, Bury St Edmunds, Thurston, Red Lodge, Burwell, Fordham & Ely

Find your nearest class: www.moo-music.co.uk/bse

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Ixworth Village Hall, High Street, Ixworth, Bury St Edmunds, IP31 2HH.
07949 725465. www.babysensory.co.uk.

- **Baby Sensory 0-6 Months:** 10:00 - 11:00.
- **Baby Sensory 6-13 Months:** 11:30 - 12:30.
- **Baby Sensory:** 10:00 - 11:00 & 11:30 - 12:30.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £9 (booking essential).

CREATIVE



National Horseracing Museum

Palace Street, Newmarket, Suffolk, CB8 8EP. www.nhrm.co.uk.

- **Little Horseshoes Creative Play (18m - 4yrs):** 10:15 - 11:15.

Dates: 10 Jul, 14 Aug, 11 Sep & 9 Oct (second Friday each month)

Cost: Free with Adult Admission (£15 for 1 year membership)

FOREST & FARMS

Dream Care Farm CIC

Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.
07590211124. www.dreamcarefarmcic.co.uk.

- **Care & Grow Club:** 10:00 - 11:30.

Dates: 9 Jul - 23 Oct. **Cost:** £5 - £7.50 (booking essential).

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 10 Jul - 17 Jul & 11 Sep - 23 Oct.

- **Summer Stay & Play:** 10:00 - 12:00. **Ages:** 0 - 11 yrs.

Dates: 14 Aug, 21 Aug & 28 Aug. **Cost:** £13 (booking essential).

DANCE & DRAMA

Tiny toes ballet suffolk

Moreton Hall Community Centre, Symonds Road, BSE, IP32 7EE.
07415127619. www.tinytoesballet.co.uk.

- **Talent Toes:** 14:00 - 14:40. **Ages:** 2 1/2 yrs - 3 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

PHYSICAL FUN

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Summer Holiday Club:** 8:30 - 17:30. **Ages:** 5 - 12 yrs.

Dates: 7 Jul - 28 Aug. **Cost:** £41 (booking essential).

HEALTH & WELLBEING

Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child First Aid - The Self Centre:** 18:00 - 20:00.

Dates: 18 Sep. **Cost:** £30 (booking essential).




FEEL READY FOR BIRTH

Friendly, midwife-led antenatal classes with Alice
Helping you prepare for birth, baby and beyond.

The Village Midwife

Scan to book

SATURDAY

PARENTS & TOTS

Bury St Edmunds Library

Bury St Edmunds Library, St Andrews Street North, IP33 1TZ.
01284 338830. suffolkcommunitylibraries.co.uk.

- **Lego Club:** 10:00 - 11:45. **Ages:** 4 - 16 yrs.
- **Storytime:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 11 Jul - 23 Oct. **Cost:** Free (booking essential).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

Times: 10:00 - 11:30, 12:00 - 13:30 & 14:00 - 15:30. **Ages:** 0 - 7 yrs.

Dates: 11 Jul - 23 Oct. **Cost:** £7.95 (booking advised).

World of play

World of Play, 17 High Street Ixworth, Louise, Bury St Edmunds, IP31 2HH. 07940379497. www.worldofplay.co.uk.

- **Play Session:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 11 Jul - 23 Oct. **Cost:** See website for details (booking advised).

DANCE & DRAMA

Tiny toes ballet suffolk

RH CAST, Northgate Street, Bury St Edmunds, IP33 1HP.
07415127619. www.tinytoesballet.co.uk.

- **Twinkle Toes:** 9:00 - 9:40. **Ages:** 1 1/2 yrs - 2 1/2 yrs.
- **Talent Toes:** 9:45 - 10:25. **Ages:** 2 1/2 yrs - 4 yrs.
- **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.

Dates: 11 Jul & 5 Sep - 23 Oct. **Cost:** £9 (booking essential).

Tiny toes ballet suffolk

Ellesmere Centre, Ley Road, Stetchworth, Newmarket, CB8 9TS.
07415127619. www.tinytoesballet.co.uk.

- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 1 1/2 yrs - 2 1/2 yrs.
- **Twirlers:** 10:45 - 11:25. **Ages:** 4 - 5 yrs.
- **Spinners:** 11:30 - 12:10. **Ages:** 5 - 7 yrs.

Dates: 11 Jul & 5 Sep - 23 Oct. **Cost:** £9 (booking essential).

FOREST & FARMS

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Meet a Special 'Blue Dog' in the Forest:** 10:00 - 13:00.

Dates: 22 Aug. **Cost:** £15 (booking essential - sibling discount avail)

Dream Care Farm CIC

Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.
07590211124. www.dreamcarefarmcic.co.uk.

- **Saturday Farm Club:** 10:00 - 12:00.

Dates: 11 Jul - 18 Jul & 12 Sep - 23 Oct. **Cost:** £5 (booking essential).

HEALTH & WELLBEING

Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child First Aid - The Self Centre:** 14:00 - 16:00.

Dates: 11 Jul & 28 Nov. **Cost:** £30 (booking essential).



PHYSICAL FUN

Netball Kids

Thurston Primary School, Pond Field Road, Thurston, IP31 3FT.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 1/2 yrs.
- **Mini Movers Netball:** 9:45 - 10:30. **Ages:** 3 1/2 yrs - 5 yrs.
- **Junior Jumpers Netball:** 10:40 - 11:25. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 11 Jul & 5 Sep - 24 Oct. **Cost:** £6-8 (booking essential).

PREGNANCY

The Village Midwife - BSE

Woolpit Village Hall, Mill Lane, Woolpit, IP30 9QX.
www.thevillagemidwife.co.uk.

- **The Village Midwife antenatal course:** 10:00 - 13:00.

Dates: 11 Jul - 25 Jul (incl) & 19 Sep - 3 Oct. (incl.)

Cost: See website for details (booking essential).

SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Stage One:** 8:30 - 8:55, 9:00 - 9:25, 9:30 - 9:55 & 10:30
- **Stage Two:** 8:30 - 8:55, 9:00 - 9:25 & 10:00 - 10:25.

Dates: 5 Sep - 24 Oct. **Cost:** £7.55 (booking essential).



IPSWICH, HADLEIGH, MID & EAST SUFFOLK

MONDAY

PARENTS & TOTS

Aldeburgh Library

Aldeburgh Library, Victoria Road, Aldeburgh, IP15 5EG.
01728587100. www.suffolkcommunitylibraries.co.uk.

- **Wordplay:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 19 Oct. **Cost:** Free (booking essential).

BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX.
01473 210176/07492691190. www.bmesuffolk.org.

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 1 1/2 yrs - 4 yrs

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** Free (drop-in)

Busy Bees Saxmundham

St John's Church, Church Hill, Saxmundham, IP17 1ES.

- **Busy Bees Toddler Group:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £1

Capel Community Church

Capel Community Church, Days Road, Capel St Mary, Ipswich, IP9 2JW.
07752921135. capelcommunitychurch.org.uk.

- **Stay & Play Cafe:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £0.50 (drop in).

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.
www.suffolk.gov.uk.

- **Self Weigh:** 13:00 - 15:00. **Ages:** 0 - 5 yrs. **Dates:** 6 Jul - 20 Jul.
- **Newborn & Feeding Class:** 10:00 - 12:00. **Ages:** 0 - 1 yrs.

Dates: 27 Jul, 24 Aug & 19 Oct. **Cost:** Free (booking essential).

SmAll Hallows Toddler Group

All Hallows Church Hall, Landseer Road, Ipswich, IP3 0EN.
07561596168. allhallowsipswich.co.uk. **Ages:** 0 - 4 yrs.

Times: 13:15 - 14:45. **Dates:** 6 Jul - 19 Oct. **Cost:** Free (drop in).

SUNDAY

PARENTS & TOTS

Bury St Edmunds Library

Bury St Edmunds Library, St Andrews Street North, Bury St Edmunds,
IP33 1TZ. 01284 338830. suffolkcommunitylibraries.co.uk.

- **Sunday board games:** 10:00 - 15:00. **Ages:** 2 - 5 yrs.

Dates: 12 Jul - 25 Oct **Cost:** Free (drop in).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

- **Play Session:** 11:00 - 12:30 & 13:00 - 14:30. **Ages:** 0 - 7 yrs.

Dates: 12 Jul - 25 Oct **Cost:** £7.95 (booking essential).

PHYSICAL FUN

Netball Kids

Great Cornard Leisure Centre, Head Lane, Great Cornard, CO10 0JU.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 12 Jul & 6 Sep - 25 Oct. **Cost:** £6-8 (booking essential).

SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Stage One:** 9:30 - 9:55 & 10:00 - 10:25.
- **Stage Two:** 9:00 - 9:25.

Dates: 6 Sep - 18 Oct. **Cost:** £7.55 (booking essential).

The Mix Stowmarket

127 Ipswich Street, Stowmarket, IP14 1BB. themixstowmarket.co.uk.

- **Mini Mixers:** 9:30 - 11:30. **Ages:** 0 - 4 yrs.

Dates: See website/ socials for dates **Cost:** Free (drop in).

MUSIC & SIGNING

Jo Jingles Ipswich

River of Life Church, Carr Road, Felixstowe, IP11 2FS.
07732 544548. www.jojingles.com.

- **3mths-walking:** 9:45 - 10:15.
- **Mixed Ages:** 11:00 - 11:45.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. (booking essential).

Jo Jingles Ipswich

Millenium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07732 544548. www.jojingles.com.

- **Mixed Ages (1-4yrs):** 13:30 - 14:15.
- **Under 2s:** 14:35 - 15:20.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. (booking essential).

Toddle Talk With Ann

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.
07748 914370. www.toddletalkinfo.

- **Toddle Talk Baby Signing:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.
07748 914370. www.babysenses.info.

- **Baby Senses Baby Massage:** 11:30 - 13:00. **Ages:** 0 - 1 yrs.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. **Cost:** £10 (booking essential).

Baby Sensory East Suffolk

Beccles Public Hall, Smallgate, Beccles, NR34 9AD. 07521 318146.
www.babysensory.com.

- **Baby Sensory (0-13m):** 9:25-10:25, 10:45-11:45 & 12:05-13:05.

Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. **Cost:** £9 (booking essential).

Search activities online at

www.toddleabout.co.uk



Jasmine Blossom Birth and Baby

Melton Pavillion, Melton Recreation Ground, Woodbridge, IP12 1PF.
07815698459. www.jasmineblossombirthing.com.

• **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.
Dates: 6 Jul - 13 Jul & 7 Sep - 19 Oct. **Cost:** £16 (booking essential).

The Nurture Nest

Rendlesham Community Centre, Woodbridge, IP12 2GG.

• **Stay & Play Sessions:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Jul, 20 Jul, 14 Sep & 19 Oct.

• **Sensory Sessions:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 13 Jul, 7 Sep & 12 Oct. **Cost:** £6.50 (booking essential).

CREATIVE**Ipswich Community Playbus**

Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD.

01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 24 Aug & 7 Sep - 19 Oct. **Cost:** Free (booking essential).

Ipswich Community Playbus

Strata Warehouse, Raeburn Road South, Ipswich, IP3 0ET.

01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session:** 13:00 - 14:45. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 24 Aug & 7 Sep - 19 Oct. **Cost:** Free (booking essential).

HEALTH & WELLBEING**StudioFlex Ipswich & Woodbridge**

StudioFlex, Unit 13A, Riduna Park, Melton, Woodbridge, IP12 1QT.

01473 708919. www.studioflex.co.uk.

• **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 6 Jul - 19 Oct. **Cost:** From £12 (booking essential).

StudioFlex Stowmarket

StudioFlex, Wharfside House, Prentice Road, Stowmarket, IP14 1RD.

01473 708919. www.studioflex.co.uk.

• **Baby On Board, Reformer Pilates:** 11:00 - 11:50.

Dates: 6 Jul - 19 Oct. **Cost:** From £12 (booking essential).

SEND ACTIVITIES**Ipswich Opportunity Group**

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.

07746580132. www.ipswichopportunitygroup.org.uk.

Times: 10:00 - 11:30 & 13:00 - 14:30. **Ages:** 0 - 5 yrs.

Dates: 6 Jul - 20 Jul & 7 Sep - 19 Oct. **Cost:** £5 (booking essential).

TUESDAY**PARENTS & TOTS****Bethesda Baptist Church Parent & Toddler Group**

Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB.

07761 766603. www.bethesdaipswich.com. **Cost:** £1 (drop in).

Times: 10:00-11:30. **Ages:** 0-5 yrs. **Dates:** 7 Jul-21 Jul & 8 Sep - 20 Oct.

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.

www.families-together-suffolk.org.uk.

• **Chill, Chat & Play - Stowmarket:** 10:00 - 11:30. **Ages:** 0 - 9 mths.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** Free (booking essential).

Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.

01473 927270. suffolkcommunitylibraries.co.uk.

• **Little Story Makers:** 10:30 - 11:30. **Ages:** 2 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (booking essential).

Kesgrave Baptist Church Toddler Group

Kesgrave Baptist Church, Cambridge Road, Kesgrave, IP5 1EW.

07818 589268. kesgravebaptistchurch.org.uk.

• **Tuesday Toddlers:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 21 Jul & 8 Sep - 20 Oct. **Cost:** £1 (drop in).

Mamma Social Co - Felixstowe

SeaYou Cafe & Restaurant, Orford Rd, Felixstowe, IP11 2DY.

www.mammasocialco.com.

• **Walk & Talk - Felixstowe:** 10:00 - 11:30.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

**Mendlesham Baby & Toddler Group**

Community Hall at the Primary School, Old Station Road, IP14 5RT.

07925 198581. **Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

Times: 9:30 - 11:30. **Dates:** 7 Jul - 21 Jul & 8 Sep - 20 Oct.

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF.

01728642930. www.suffolk.gov.uk.

• **Child Health Clinic:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

• **Leiston Under 1's Group:** 10:00 - 11:30.

• **Infant Feeding Support Group (0-1yrs):** 10:00 - 11:30.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

Southwold Library

Old Hospital Hub, Field Stile Road, Southwold, IP18 6LD.

01502 442817. www.suffolkcommunitylibraries.co.uk.

• **Word Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

St Augustine's Church

St Augustine's Church, Bucklesham Road, Ipswich, IP3 8TH.

01473 723960. www.staugustinesipswich.org.uk.

• **Music & Rhyme: singing and story time:** 10:00 - 11:00.

Dates: 7 Jul - 21 Jul & 8 Sep - 20 Oct. **Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

St John the Baptist Church Needham Market

St John the Baptist Church, High Street Needham Market, Ipswich, IP6

8AE. 01449720316. www.needhammarketparishchurch.org.

• **Messy Church:** 15:30 - 17:00. **Ages:** 0 - 99 yrs.

Dates: 7 Jul, 4 Aug, 1 Sep. & 6 Oct. **Cost:** £2 donation (drop-in).

St Michael's Baby and Toddler Group

St Michael and All Angels Church, The Drift, Martlesham Heath,

Ipswich, IP5 3PL. 07359 339452.

• **Baby and Toddler Group:** 9:30 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** £1 (booking essential).

The FLYING HORSE Cafe & Bar

The Flying Horse Cafe, 4 Waterford Road, Ipswich, IP1 5NW.

07740853604. www.flyinghorsecafebar.com.

• **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** Free (drop in).

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Ipswich - Chloe: 07916258125 |
Bury St Edmunds - Alex: 0752932632

We've done the research so you can enjoy the fun!



Tiny Tots Sensory Retreat

23 Micklegate Road, Felixstowe, IP11 2GN

• **Sensory Sessions:** 10:00 - 15:30 **Ages:** 0-3 yrs.

Dates: 7 Jul - 20 Oct. **Cost:** See website for details (booking essential).

Tiddlywinks

Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.

01473 259571. www.burlingtonchurch.org.uk. **Ages:** 0 - 4 yrs.

Times: 9:30 - 11:30. **Dates:** 7 Jul - 21 Jul & 8 Sep - 20 Oct. **Cost:** £1

Tots+ at Christ Church Ipswich

Christ Church, Tacket Street, Ipswich, IP4 1AU.

07505 129389. christchurch-ipswich.org.uk. **Ages:** 0 - 5 yrs.

Times: 9:30 - 11:30. **Dates:** 7 Jul - 20 Oct. **Cost:** £1.50 (drop-in)

MUSIC & SIGNING

Jo Jingles Ipswich

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG.

07732 544548. www.jojingles.com.

• **Under 2s:** 9:25 - 10:10.

• **2yrs+:** 10:30 - 11:15.

• **3mths - walking:** 11:35 - 12:05.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. (booking essential).

Saxmundham Library

Saxmundham Library, County Offices, Street Farm Road, IP17 1AL.

01728587887. suffolkcommunitylibraries.co.uk.

• **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 14 Jul. & 1 Sep - 20 Oct. **Cost:** Free (drop-in).

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Darsham Village Hall, Cheyney Green, The Street, Darsham, IP173FA.

07521 318146. www.babysensory.com.

• **Baby Sensory (0-13 mths):** 9:30 - 10:30 & 11:00 - 12:00.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** £9 (booking essential).

Baby Sensory Ipswich

Inspire, Lindbergh Road, Ipswich, IP3 9QX. www.babysensory.com.

• **Baby Sensory (7 - 13 mths):** 10:00 - 11:00.

• **Baby Sensory (0-6mths):** 11:15 - 12:15

• **Baby Sensory (0-13 mths):** 12:35 - 13:35.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** £9 (booking essential).

Jasmine Blossom Birth and Baby

The CUB Play Cafe, St. Peters Street, Ipswich, IP1 1XF.

07815698459. www.jasmineblossombirthing.com.

• **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** £16 (booking essential).

CREATIVE

Ipswich Community Playbus

Discovery Avenue Car Park, Discovery Avenue, Ipswich, IP2 8SD.

01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 14 Jul & 8 Sep - 20 Oct. **Cost:** Free (booking essential).

Kesgrave War Memorial Community Centre

Twelve Acre Approach, Kesgrave, IP5 1JF. 01473612648. kwccc.co.uk.

• **Free Craft & Games Mornings:** 10:00 - 12:00. **Ages:** 3-10 yrs.

Dates: 21 Jul - 25 Aug. **Cost:** Free (booking advised).

FOREST & FARMS



The Art Station

Old Bank Riverside Garden, 48 High Street, Saxmundham, IP17 1AB

www.theartstation.uk

• **Forest Families:** 10:00 - 12:00. **Ages:** 0-6 yrs

Dates: 7 Jul-21 Jul, 4 Aug, 11 Aug & 8 Sep-29 Sep. **Cost:** Free (drop-in)

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.

01473652155. www.hadleighstarsgymnastics.co.uk.

• **Parent and Toddler Gym (0-5yrs):** 9:15 - 10:15.

• **Pre School Gymnastics (3-5 yrs):** 10:45 - 11:45.

Dates: 7 Jul - 15 Jul & 8 Sep - 20 Oct (booking essential).



Award Winning Baby & Child First Aid Classes

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naomi@minifirstaid.co.uk www.suffolk.minifirstaid.co.uk

HEALTH & WELLBEING

Moontree Yoga & Wellbeing

Clip 'n Climb Ipswich, Berwick Road, Ipswich, IP3 9ST.

07305 267820. www.moontreeyoga.co.uk.

• **Yoga for Mum & Baby:** 10:00 - 11:00 & 11:15 - 12:15.

Dates: 1 Sep - 20 Oct. **Cost:** £11.50 (booking essential).

StartStrong Fitness CIC

Evolution Stowmarket, The Old Maltings, Union Street East, IP14 1HP.

07990 665947. www.startstrongfitnesscic.com.

• **Parent and Baby Exercise:** 10:30 - 11:15. **Ages:** 0 - 18 mths.

Dates: 7 Jul - 20 Oct. **Cost:** Free (booking essential).

StudioFlex Ipswich & Woodbridge

StudioFlex, Three Rivers Business Park, Felixstowe Rd, Ipswich, IP10 0BF.

01473 708919. studioflex.co.uk.

• **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 7 Jul - 20 Oct. **Cost:** From £12 (booking essential)

WEDNESDAY

PARENTS & TOTS

1.2.3 Toddler Group Walton

St Marys Church Hall, High Street, Walton, Felixstowe, IP11 9DS. 01394

283347. www.waltonandtrimley.org.uk.

• **1.2.3. Toddler Group:** 13:00 - 15:00. **Ages:** 0 - 4 yrs.

Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £1 (drop-in).

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB. 01379 469969.

suffolkcommunitylibraries.co.uk.

• **Toddler Wordplay (for those walking):** 10:30 - 11:00.

Date: 8 Jul, 2 Sep, 16 Sep, 30 Sep, 14 Oct.

• **Baby Wordplay (0-1yrs):** 10:30 - 11:00.

Dates: 15 Jul, 9 Sep, 23 Sep, 7 Oct, 21 Oct. **Cost:** Free (drop-in).



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The Music, Singing & Movement experience for babies & children aged 3 mths to 5 yrs

Classes in Ipswich, Kesgrave & Felixstowe

Contact Katie on 07732 544548
ipswichjingles@gmail.com
www.jojingles.com/ipswich

Families Together Suffolk

Community Room Hadleigh Reform Church, Market Pl, Hadleigh, Ipswich, IP7 5DL. www.families-together-suffolk.org.uk.

• **Chill, Chat & Play - Hadleigh:** 10:00 - 11:30. **Ages:** 0 - 9 mths.
Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** Free (booking essential).

Humpty Dumpty Toddler Group

Alan Road Methodist Church, Alan Road, Ipswich, IP8 8EZ.

01473 713368. www.eangliamethodist.org.uk. **Ages:** 0 - 5 yrs.
Times: 13:00 - 15:00. **Dates:** 8 Jul & 9 Sep - 21 Oct. **Cost:** £1 (drop in).

Little Hands

Woodbridge Quay Church, Quay Street, Woodbridge, IP12 1BX.
 01394387210. www.thequay.org.uk.

• **Little Hands Toddler Group:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** Free (drop in).

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL. **Ages:** 0 - 5 yrs.
Times: 9:30 - 11:15. **Dates:** 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £1.50.

Open 4 U

Felixstowe Methodist Church at Trinity, Hamilton Road, Felixstowe, IP11 7AN. www.fpmc.methodist.org.uk. **Ages:** 0 - 4 yrs.
Times: 9:15 - 11:15. **Dates:** 8 Jul & 9 Sep - 21 Oct. **Cost:** Free (drop in).

St Augustine's Church

St Augustine's Hub, Bucklesham Road, Ipswich, IP3 8TH.
 01473 723960. www.staugustinesipswich.org.uk.

• **Hippos: play, craft, singing and story time (0-5s):** 9:30 - 11:15.
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £2 (drop in).

The FLYING HORSE Cafe & Bar

The Flying Horse Cafe, 4 Waterford Road, Ipswich, IP1 5NW.
 07740853604. www.flyinghorsecafebar.com.

• **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.
Dates: 8 Jul - 21 Oct. **Cost:** Free (drop in).

Thorndon Parent and Toddler Group

Thorndon Village Hall, High Street, Thorndon, IP23 7LX. 01379 672922.

• **Thorndon Toddler Group:** 10:00 - 12:00. **Ages:** 0 - 4 yrs.
Dates: 8 Jul, 2 Sep, 16 Sep, 30 Sep & 14 Oct. **Cost:** £2 (drop in).

Tiny Tots Sensory Retreat

23 Micklegate Road, Felixstowe, IP11 2GN

• **Sensory Sessions:** 10:00 - 15:30. **Ages:** 0-3 yrs.
Dates: 8 Jul - 21 Oct. **Cost:** See website for details (booking essential).

Whitton Parish Church

Whitton Parish Church Hall, Whitton Church Lane, Ipswich, IP1 6LT.
 07890311525. www.whittonparish.co.uk.

• **Mums and Tots:** 13:15 - 15:00. **Ages:** 0 - 5 yrs.
Dates: 8 Jul & 9 Sep - 21 Oct. **Cost:** £1 (drop in).

MUSIC & SIGNING

Jo Jingles Ipswich

Rushmere Baptist Church, 110 The Street Rushmere, Rushmere St Andrew, Ipswich, IP5 1DE. 07732 544548. www.jojingles.com.

• **Under 2s:** 9:45 - 10:30.
 • **2yrs+:** 10:45 - 11:30.
 • **3mths - walking:** 11:45 - 12:15.

Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. (booking essential).




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Toddle Talk With Ann

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.

07748 914370. www.toddletalk.info.

• **Toddle Talk Tines - Kesgrave:** 10:00 - 11:00. **Ages:** 0 - 7 mths.
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.

07748 914370. www.babysenses.info.

• **Baby Senses Baby Massage:** 11:30 - 13:00. **Ages:** 0 - 1 yrs.
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £10 (booking essential).

Baby Sensory Bury St Edmunds

Cedars Park Community Centre, Pintail Close, Stowmarket, IP14 5FP.
 07949 725465. www.babysensory.com.

• **Baby Sensory 6-13 Months:** 10:00 - 11:00.
 • **Baby Sensory 0-6 Months:** 11:30 - 12:30.
 • **Baby Sensory 0-13 mths:** 13:00 - 14:00.

Dates: 2 Sep - 21 Oct. **Cost:** £9 (booking essential).

Baby Sensory East Suffolk

Alan Crompton Hall, Easton Road, Sutton Heath, Wdbridge, IP12 3TN.
 07521 318146. www.babysensory.com.

• **Baby Sensory (0-13m):** 9:30-10:30, 11:00-12:00 & 12:15-13:15.
Dates: 8 Jul - 15 Jul & 2 Sep - 21 Oct. **Cost:** £9 (booking essential).

Jasmine Blossom Birth and Baby

Kingston Fields Playground, Woodbridge, Woodbridge, IP12 4BA.
 07815698459. www.jasmineblossombirthing.com.

• **Walk & Talk:** 9:30 - 10:30.

Dates: 8 Jul, 2 Sep, 16 Sep, 30 Sep & 14 Oct. **Cost:** Free.

Jasmine Blossom Birth and Baby

vida.haus, The Three Tuns, Pettistree, Woodbridge, IP13 0HW.
 07815698459. www.jasmineblossombirthing.com.

• **Baby Massage 5 week course:** 14:00 - 15:00
Dates: 16 Sep - 21 Oct. **Cost:** £16 (booking essential).

CREATIVE

Ipswich Community Playbus

Congreve Road, Congreve Road, Ipswich, IP1 6AH.
 01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 8 Jul - 15 Jul & 9 Sep - 21 Oct. **Cost:** Free (booking essential).

HEALTH & WELLBEING

Moontree Yoga & Wellbeing

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
 07305 267820. www.moontreeyoga.co.uk.

• **Luna Yoga (Yoga for Women):** 20:00 - 21:00.
Dates: 8 Jul - 21 Oct. **Cost:** £10 (booking essential).

StartStrong Fitness CIC

Ravenswood Family Hub, 103 Hening Ave, Ipswich, IP3 9QJ.
 07990 665947. www.startstrongfitnesscic.com.

• **Parent & Baby Exercise:** 10:30 - 11:15. **Ages:** 0 - 18 mths.
Dates: 8 Jul - 21 Oct. **Cost:** Free (booking essential).

PREGNANCY

Gentle Midwifery Norfolk

Broome Village Hall, Sun Road, Broome, Bungay, NR35 2RW.
0777757011. www.gentlemidwiferynorfolk.co.uk.

- **Norfolk Little Circles:** 13:00 - 14:30. *Bump & Baby group*

Dates: Every Wednesday (except 3rd Wed). **Cost:** £3 (drop in).

Moontree Yoga & Wellbeing

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.

- **Pregnancy Yoga & Birth Preparation:** 18:30 - 19:45.

Cost: £12.50 (drop in).



Jo Jingles Ipswich

Clip n Climb Ipswich, 2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST. 07732 544548. www.jojingles.com.

- **Mixed Ages (1 yrs to 5 yrs):** 13:15 - 14:00.
- **3mths-walking PM:** 14:15 - 14:45.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. (booking essential).

Toddle Talk With Ann

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07748 914370. www.toddletalk.info.

- **Toddle Talk Thursdays:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

Dates: 9 Jul - 23 Jul & 3 Sep - 22 Oct. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby sensory Ipswich

Jump In, Anglia Retail Park, Ipswich, IP1 5QP. www.babysensory.com.

- **Baby Sensory (0-6mths):** 10:25 - 11:05.
- **Baby Sensory (7 - 13 mths):** 11:20 - 12:05.
- **Baby Sensory (0 - 13 mths):** 12:45 - 13:45

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** £9.25 (booking essential).

Hartbeeps Colchester and Tending

Copdock & Washbrook Village Hall, Old London Road, Ipswich, IP8 3JN.
www.hartbeeps.com.

- **Happy House:** 10:15 - 11:00. **Ages:** 1 - 4 yrs.
- **Baby Beeps:** 11:15 - 12:00. **Ages:** 8 mths - 18 mths.
- **Baby Bells:** 12:15 - 13:00. **Ages:** 0 - 8 mths.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** £8 (booking essential).

CREATIVE

Ipswich Community Playbus

Downside Close, Downside Close, Ipswich, IP2 9YG. 01473221521.
www.ipswichplaybus.org.uk.

- **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** Free (booking essential).

FOREST & FARMS

Sutton Hoo National Trust

Sutton Hoo National Trust, Tranmer House, Woodbridge, IP12 3DJ.
01394 389700. www.nationaltrust.org.uk.

- **Little Hoo-ligans (2-4 yrs):** 10:30-12:00.

Dates: 9 Jul, 13 Aug, 10 Sep & 8 Oct. **Cost:** Free (drop-in).

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP18 3NJ.
01473652155. www.hadleighstargymnastics.co.uk.

- **Parent and Toddler Gym (0-5yrs):** 9:15 - 10:15.
- **Pre School Gymnastics (3-5 yrs):** 10:45 - 11:45.

Dates: 9 Jul - 17 Jul & 10 Sep - 22 Oct (booking essential).

PREGNANCY

Jasmine Blossom Birth and Baby

Cub Ipswich, 11c St Peters Street, Ipswich, IP1 1XF.
07815698459. www.jasmineblossombirthing.com.

- **Conscious Preparation for Birth and Beyond:** 18:00 - 20:30.

Dates: 2 Jul - 23 Jul, 10 Sep - 1 Oct & 10 Oct - 22 Oct.

THURSDAY

PARENTS & TOTS

Bucklesham Bumps Babies & Toddlers

Bucklesham Village Hall, 12 Levington Lane, Ipswich, IP10 0DZ

- **Bucklesham stay and play:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** £3.50

Early Birds (0-5yrs)

High Street Chapel, High Street, Hopton, IP22 2QX. 07761767121.

Times: 9:30 - 11:15. **Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** Free

Gather & Grow

Saxmundham Market Hall, High Street, Saxmundham, IP17 1AF.

- **Stay and Play:** 9:15 - 10:45. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** Free

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Self Weigh:** 13:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 22 Oct. **Cost:** Free (drop in).

Somersham Playgroup

Somersham Village Hall, 6 Somersham Road, Somersham, IP8 4PJ.

- **Baby & Toddler Group:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** Free (booking essential).

The FLYING HORSE Cafe & Bar

The Flying Horse Cafe, 4 Waterford Road, Ipswich, IP1 5NW.
07740853604. www.flyinghorsecafebar.com.

- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 9 Jul - 22 Oct. **Cost:** Free (drop in).

Tiny Tots Sensory Retreat

23 Micklegate Road, Felixstowe, IP11 2GN

- **Sensory Sessions:** 10:00 - 15:30. **Ages:** 0-3 yrs.

Dates: 9 Jul - 22 Oct. **Cost:** See website for details (booking essential).

Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmswell Road, Stowmarket, IP14 3LN.
www.wetherdenbaptist.org.uk. **Ages:** 0 - 5 yrs.

Times: 9:30 - 11:00. **Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** £1.

MUSIC & SIGNING

Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.

- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.
- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 18 mths.

Dates: 9 Jul - 22 Oct. **Cost:** Free (drop in).

Small Sounds at Ipswich Minster (0-5yrs)

Church House, Oak Lane, Ipswich, IP1 3BN. www.ipswichminster.org.

Times: 9:30 - 10:15. **Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct. **Cost:** Free.

Jo Jingles Ipswich

All Saints Church Hall, Main Road, Kesgrave, Ipswich, IP5 1BN. 07732 544548. www.jojingles.com.

- **Mixed Ages (Kesgrave):** 9:55 - 10:40.
- **3mths-walking - All Saints Church Hall:** 11:00 - 11:30.

Dates: 9 Jul - 16 Jul & 3 Sep - 22 Oct. (booking essential).

HEALTH & WELLBEING

Mini First Aid Suffolk

Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child First Aid:** 18:30 - 20:30.

Dates: 24 Sep & 12 Nov **Cost:** £30 (booking essential).

Moontree Yoga & Wellbeing

The Spring, Holywells Park, Ipswich, IP3 0PG.
07305 267820. www.moontreeyoga.co.uk.

- **Yoga for Mum & Baby:** 10:00 - 11:00 & 11:15 - 12:15.

Dates: 9 Jul - 1 Oct. **Cost:** £11.50 (booking essential).

Sutton Hoo National Trust

Sutton Hoo National Trust, Tranmer House, Woodbridge, IP12 3DJ.
01394 389700. www.nationaltrust.org.uk.

- **Little Strollers (Under 2s):** 10:30-12:00.

Dates: 23 Jul, 27 Aug, 24 Sep & 22 Oct. **Cost:** Free (drop-in).

StartStrong Fitness CIC

Murayside Community Centre, Nacton Road, Ipswich, IP3 9JL.
07990 665947. www.startstrongfitnesscic.com.

- **Parent and Baby Exercise:** 10:15 - 11:00 & 11:15 - 12:00. (

Dates: 9 Jul - 22 Oct. **Cost:** Free (booking essential).

StudioFlex Ipswich & Woodbridge

Three Rivers Business Park, 7 Felixstowe Rd, Ipswich, IP10 0BF.
01473 708919. www.studioflex.co.uk.

- **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 9 Jul - 22 Oct. Aug. **Cost:** From £12 (booking essential).

FRIDAY

PARENTS & TOTS

Britten Pears Arts

The Red House, Golf Lane, Aldeburgh, IP15 5PZ.
01728687110. www.brittenpearsarts.org.

- **Mini Music Makers:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** Free (booking essential).

Earl Soham Primary School Toddler Group

Earl Soham Primary School, The Street, Woodbridge, IP13 7SA.
01728 685359. www.earlsoham.suffolk.sch.uk.

- **Toddler Group (0-5s):** 9:30 - 10:30.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £2 (drop in).

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.families-together-suffolk.org.uk.

- **Learn & Grow Show:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** Free (booking essential).

Framlingham Library

Bridge Street, The Old Court House, Framlingham, IP13 9AJ.
01728587104. www.suffolkcommunitylibraries.co.uk.

- **Word Play:** 9:00 - 9:30. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** Free (drop-in).

Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.
01473 927270. www.suffolkcommunitylibraries.co.uk.

- **Word Play:** 11:00 - 11:45. **Ages:** 0 - 5 yrs.

- **Crafts for Children:** 14:00 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep 23 Oct. **Cost:** Free (booking essential).

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.

- **Friday Funtime:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** Free (drop in).

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Explore & Discover:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

- **Stay and Play:** 14:15 - 15:45.

- **Sensory Room Sessions:** 15:30 - 17:00. (booking essential)

Dates: 10 Jul - 24 Jul & 4 Sep - 23 Oct. See website for details



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WWW.TODDLETALK.CO.UK INFO@TODDLETALK.CO.UK

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL. **Ages:** 0 - 5 yrs
Times: 9:30 - 11:15. **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct. **Cost:** £1.50

Mothers & Others

Stowmarket Baptist Church, Bury Street, Stowmarket, IP14 1HF.
07858 947528. stowmarketbaptistchurch.org. **Ages:** 0 - 5 yrs.
Times: 10:00 - 11:30. **Dates:** 10 Jul - 23 Oct. **Cost:** Free (drop in).

Rushmere Ducklings

Rushmere Baptist Church, The Street, Rushmere St Andrew, IP5 1DF.
01473 721455. www.rushmerebaptist.org.uk.
Times: 9:15 - 11:00. **Ages:** 0 - 5 yrs.
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** Free (drop-in).

The Ark Baby and Toddler Group

Hadleigh Baptist Church, George Street, Hadleigh, IP7 5BE.
01473 829602. www.facebook.com.
Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs.
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £1.50 (booking essential).

The FLYING HORSE Cafe & Bar

The Flying Horse Cafe, 4 Waterford Road, Ipswich, IP1 5NW.
07740853604. www.flyinghorsecafebar.com.

- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 23 Oct. **Cost:** Free (drop in).

Tiny Tots Sensory Retreat

23 Micklegate Road, Felixstowe, IP11 2GN
• **Sensory Sessions:** 10:00 - 15:30 **Ages:** 0-3 yrs.
Dates: 10 Jul-23 Oct. **Cost:** See website for details (booking essential).

Whatfield Playgroup

Whatfield Village Hall, Rectory Lane, Whatfield, Ipswich, IP7 6QU.
• **Whatfield Playgroup:** 9:30 - 11:00. **Ages:** 6 mths - 5 yrs.
Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct.

MUSIC & SIGNING

Toddle Talk With Ann

The Church Rooms, Ship Lane, Bramford, IP8 4AL.
07748 914370. www.toddletalk.info.

- **Toddle Talk Baby Signin:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

- **Toddler Time - Bramford:** 11:00 - 12:00. **Ages:** 2 - 4 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN. www.babysensory.com.

- **Baby Sensory 7 mths - 13 mths:** 10:00 - 11:00

- **Baby Sensory 0-6 mths:** 11:15 - 12:15

- **Baby Sensory 0-13 mths:** 12:45 - 13:45

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £9.25 (booking essential).

Jasmine Blossom Birth and Baby

Be Well Barn Ltd, Wash Farm Rookery Lane, Eye, IP23 7QP
07815698459. www.jasmineblossombirthing.com.

- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 18 Sep - 23 Oct. **Cost:** £16 (booking essential).

CREATIVE

Ipswich Community Playbus

Ulster Avenue, Ipswich, IP1 5JS.
01473221521. www.ipswichplaybus.org.uk.

- **Playbus Session: 9:45 - 12:45. Ages:** 0 - 5 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** Free (booking essential).

DANCE & DRAMA

The Actor's Training Academy

Melton Pavilion, Melton Recreation Ground, Melton Road, IP12 1PF.
07568502660. www.tatauk.co.uk.

- **TATA Tots: 10:00 - 10:45. Ages:** 2 - 5 yrs.

Dates: 4 Sep - 23 Oct. **Cost:** £7.50 (booking essential).

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473652155. www.hadleighstarsgymnastics.co.uk.

- **Parent and Toddler Gym (0-5yrs): 10:30 - 11:30.**

Dates: 9 Jul - 17 Jul & 4 Sep - 23 Oct (booking essential).

SEND ACTIVITIES

Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746580132. www.ipswichopportunitygroup.org.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 17 Jul & 4 Sep - 23 Oct. **Cost:** £5 (booking essential).

SATURDAY

PARENTS & TOTS

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB.
01379 469969. suffolkcommunitylibraries.co.uk.

- **Saturday Book Club: 9:30 - 12:30.**

Dates: 11 Jul - 24 Oct. **Cost:** Free (drop in).

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
families-together-suffolk.org.uk.

- **Dads & Kids Group: 10:00 - 11:30. Ages:** 1 - 10 yrs.

Dates: 11 Jul, 8 Aug, 12 Sep & 10 Oct. **Cost:** Free (booking essential).

DANCE & DRAMA

Tiny toes ballet suffolk

Pinewood Community Hall, Laburnum Close, Ipswich, IP8 3SL.
07415127619. www.tinytoesballet.co.uk.

- **Twinkle toes (18m-2.5yrs): 9:15 - 9:55.**
- **Talent toes (2.5-4yrs): 10:00 - 10:40.**
- **Twirlers and Spinners (4-7yrs): 10:45 - 11:25.**

Dates: 11 Jul - 18 Jul & 5 Sep - 24 Oct. **Cost:** £8 (booking essential).

PHYSICAL FUN

Netball Kids

Brackenbury Sports Centre, High Road East, Felixstowe, IP11 9JF.
07487 608528. www.netballkids.co.uk.

- **Mini Movers Netball: 10:00 - 10:45. Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball: 10:55 - 11:40. Ages:** 5 - 7 yrs.
- **Future Stars Netball: 11:50 - 12:35. Ages:** 8 - 11 yrs.

Dates: 11 Jul - 18 Jul & 5 Sep - 24 Oct. **Cost:** £7.50 (booking essential).

CREATIVE

Dunwich Heath and Beach

Coastguard Cottages, Minsmere Road, Dunwich, Suffolk, IP17 3DJ
www.nationaltrust.org.uk.

- **Meet the Moths: 10:15-11:00.**

Dates: 11 Jul. **Cost:** Free (drop-in)

HEALTH & WELLBEING

Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ. 07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child First Aid - John Lewis: 9:30 - 11:30.**

Dates: 8 Aug & 5 Sep. **Cost:** £30 (booking essential).

SUNDAY

PARENTS & TOTS

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB.
01379 469969. www.suffolkcommunitylibraries.co.uk.

- **Sunday Crafts: 10:30 - 12:30. Ages:** 3 - 10 yrs.

Dates: 12 Jul - 25 Oct. **Cost:** Free (drop in).

Gainsborough Community Library

Gainsborough Community Library, Clappgate Lane, Ipswich, IP3 0RL.
01473 927270. www.suffolkcommunitylibraries.co.uk.

- **Crafts for Children: 13:00 - 15:00. Ages:** 0 - 5 yrs.

Dates: 12 Jul - 27 Sep. **Cost:** Free (drop in).

Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.

- **Sunday Craft: 10:00 - 12:00. Ages:** 0 - 5 yrs.

Dates: 12 Jul - 25 Oct. **Cost:** Free (booking essential).

Southwold Library

Old Hospital Hub, Field Stile Road, Southwold, IP18 6LD. 01502 442817. www.suffolkcommunitylibraries.co.uk.

- **Word Play: 10:30 - 11:00. Ages:** 0 - 5 yrs.

Dates: 12 Jul - 25 Oct. **Cost:** Free (drop in).

PHYSICAL FUN

Netball Kids

1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball: 9:00 - 9:30. Ages:** 2yrs - 3 1/2 yrs
- **Mini Movers Netball: 9:40 - 10:25. Ages:** 3 1/2 yrs - 5 yrs
- **Junior Jumpers Netball: 10:35 - 11:20. Ages:** 5 yrs - 7yrs
- **Future Stars Netball: 11:30 - 12:15. Ages:** 8-11 yrs

Dates: 12 Jul & 6 Sep - 25 Oct. **Cost:** £6-8 (booking essential)

Netball Kids

Murrayside Community Centre, Nacton Road, Ipswich, IP3 9JL.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball: 9:25 - 9:55. Ages:** 2yrs - 3 1/2 yrs
- **Mini Movers Netball: 10:05 - 10:50. Ages:** 3 1/2 yrs - 5 yrs
- **Junior Jumpers Netball: 11:00 - 11:45. Ages:** 5 yrs - 7yrs
- **Future Stars Netball: 11:55 - 12:40. Ages:** 8-11 yrs

Dates: 12 Jul & 6 Sep - 25 Oct. **Cost:** £6-£8 (booking essential).

HEALTH & WELLBEING

Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ. 07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child First Aid: 10:30 - 12:30.**

Dates: 12 Jul & 4 Oct. **Cost:** £30 (booking essential).

SEND ACTIVITIES

Sutton Hoo National Trust

Sutton Hoo National Trust, Tranmer House, Woodbridge, IP12 3DJ.
01394 389700. www.nationaltrust.org.uk.

- **Quiet Hour: 10:00-11:00.**

Dates: 5 Jul, 2 Aug, 6 Sep & 4 Oct. **Cost:** Free (drop-in)



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