



Christmas Activity Guide 2024

**Short breaks and activities for children
and young people in Suffolk with
additional needs and disabilities**

www.activities-unlimited.co.uk



Welcome to our Christmas Holiday Guide 2024! Bringing you lots of exciting activities for children and young people with additional needs and disabilities to take part in this holiday.

More information about each activity can be found on the link for each listing in the guide. There's information outlining the activities, and a support level guide alongside contact details to get in touch with providers directly.

We also publish school holiday activity guides - follow us on [Facebook](#) or [Twitter](#). You can also view [our What's On page](#) to see what activities are available.

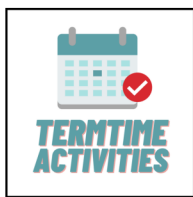
Key to support levels:

Each activity has a number to let you know the level of supervision and support available:

- 1: Activities for your family to enjoy together
- 2: Inclusive mainstream activity - group supervision only
- 3: For children with SEND - supervision provided but no qualified carers on-site
- 4: For children with SEND, qualified carers on-site (additional fees may apply)

Key to icons:

The icons on each listing tell you whether activities take place in term time or during school holidays, whether the activity is aimed at young carers and whether free places are available to families who are eligible for free school meals.



If you're struggling to find a short break suitable for your child or you've got any other queries about short breaks or what's on in your area, [email our Family Advice team](#).

Lastly, we're always on the look out for new providers and activities, so if you know of or if you are an organisation who provides inclusive activities, we'd love to get to know you! Drop us a line at auprovision@suffolk.gov.uk

The Activities Unlimited Team



Brightstars Saturday Club

Location: Bury St Edmunds

Dates: 28 December

Support Level: 2–4

Age Groups: 5-19

Fortnightly Saturday clubs for children and young people aged 5-11 (mornings) and 12-19 (afternoons). Activities include soft play, art and crafts, cooking and games, and are designed to engage and stimulate children according to their ability. Snacks and drinks provided. £25 plus £20 registration fee

Contact: brightstarsbse@btinternet.com

[Website](#)



Chapters Christmas Activity Days

Location: Bury St Edmunds

Dates: 23rd 27th ,30th December 3rd January

Support Level: 2–4

Age Groups: 9-16

Chapters activities days run from 10am to 3pm and offer a mix of music, sports, arts and crafts for young people with SEND and their siblings aged 10 to 15. Please contact the provider prior to booking to discuss your young child's support needs.

Contact: info@chapters-activities.co.uk

[Website](#)





DanceEast Dance Club and Youth Spring Board

Location: Ipswich

Dates: 3rd, 4th January

Support Level: 2–4

Age Groups: 4-25

Join Dance East throughout the year for a range of classes made accessible for all movers. From the 4-7s Dance Clubs to the Youth Springboard classes, there's something on offer for everyone. £70 per term (10 sessions).

Contact: Esther.Alcock@danceeast.co.uk

[Website](#)



East Coast Adventures - Activity Days, Junior

Location: Sutton Hoo, Easton

Dates: 23rd December

Support Level: 2–3

Age Groups: 7-12 or 13-16

ECA Days offer outdoor activities for children and young people with SEND and Young Carers. Activities include archery, axe throwing, geotagging, mountain biking, kayaking, stand up paddle boarding and bushcraft. Sessions are from 9am - 3pm and cost £45.

Contact: hello@ecadventures.co.uk

[Website](#)





Explore Outdoor Adventure Days

Location: Various

Dates: TBC

Support Level: 2–3

Age Groups: 8-12

Adventure Days aim to build confidence in young people through a range of activities and challenges. It gets young people physically active, building relationships with peers and reducing screen time. Explore Outdoor also provide lunch during these sessions and young people are encouraged to make their own lunches, as it's an opportunity to discuss healthy eating and healthy food choices.

Contact: exploreoutdoor@acleisure.com or 07983 918318

[Website](#)



Eye Opportunity Group

Location: Eye

Dates: TBC

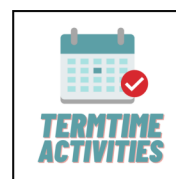
Support Level: 1-4

Age Groups: 0-5, 5-11

Eye Opportunity Group sessions are held in their cottage, which is well equipped with toys, a soft play/multi-sensory room and outdoor play area. The children can enjoy tailor-made activities, including arts and crafts, music and singing, group games and outdoor play in a safe, non-threatening setting. They also offer holiday sessions at Easter and in the Summer that older siblings may join in with. Alongside activities for children, they provide a support group for carers who gain friendship from each other: a family support worker is on hand to offer advice on benefits, education, family problems etc, as well as emotional support.

Contact: familyliaison@btconnect.com or 01379 870975

[Website](#)





Hill Farm Riding School

Location: Elmswell

Dates: 27th December, 3rd January

Support Level: 2–3

Age Groups: 5-18

Offering children a chance to interact and ride ponies and horses, this is an outdoor activity that is accessible to all young people, with or without SEND. They participate in all aspects of care for the ponies, including grooming, mucking out, cleaning tack and riding.

Contact: admin.hillfarm@icloud.com

[Website](#)



Indigo Opportunities

Location: Various

Dates: TBC

Support Level: 2-4

Age Groups: 13 - 18

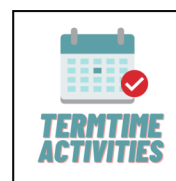
Supported adventure days and access to activities with a group setting offering a variety of activities. Includes:

Venue based activity days. Where groups come together to socially interact, learn new skills, share ideas and have fun.
Community based activity days. Where groups can interact with the community to help, volunteer or just join in with activities such as tree planting, project building, conservation and lots more.

Adventure based activity days. Where groups travel together via coach or mini bus to experience activities such as alpaca walking, sailing, or Thorpe Woodlands Adventure Centre.

Contact: info@indigo-opportunities.org.uk or 07766 166255.

[Website](#)





Inspire Activity Days

Location: Ipswich, Lowestoft

Dates: 23rd, 24th December, 3rd, 4th January

Support Level: 2–3

Age Groups: 5-12

Inspire Activity Days provide a variety of activities including; creation camp, arts and crafts, active multisports, teamwork, football camps.

Contact: holidayclubs@inspirecharityuk.org

[Website](#)



Ipswich Deaf Children's Society

Location: Ipswich

Dates: TBC

Support Level: 3-4

Age Groups: 0 - 18

IDCS provides BSL interpreter supported access to various activities and adrenaline filled sports for deaf children and young people. Activities will help build confidence and opportunities to try new experiences that they will take forward in life. Whole family days offer less adrenaline filled activities, but mutual support to all families.

Contact: richard.bsl4you@gmail.com

[Website](#)





Just Climb

Location: Haverhill

Dates: 2nd January

Support Level: 1–3

Age Groups: 8-16

Just Climb provides an exciting introduction to climbing as well as a healthy workout designed for young carers. Suitable for all abilities, you do not need any prior climbing experience as their dedicated climbing team will be on hand to show you the ropes.

Contact: contactus@acleisure.com

[Website](#)



Just Play

Location: Newmarket, Sudbury, Haverhill

Dates: 2nd January

Support Level: 1-3

Age Groups: 0 - 16

Just Play sessions encourage children and young people to run, jump, climb and play as well as themed arts & crafts activity for quiet and creative play time. Additional soft play enhances learning, builds confidence, and encourages social skills.

Contact: Contactus@acleisure.com

[Website](#)





L.E.A.P.S – Saturday Clubs

Location: Ipswich

Dates: 4th January

Support Level: 2–3

Age Groups: 5–25

The holiday club includes a variety of activities including construction, cooking, dance, role play, small world, table top games, larger scale games, parachute, animals, hex bugs, Minecraft, team games. Two very large outdoor areas with equipment and gym.

5-11 years – 9.00am – 11.45pm & 11+ years – 1.00pm – 3.45pm

Contact: info@leapssuffolk.org.uk

[Website](#)



L.E.A.P.S - Out Not In

Location: Ipswich

Dates: TBC

Support Level: 2–3

Age Groups: 5-25

Activities including, bowling, meals, zoo, theatre, cinema, park meets. They help reduce isolation, encourage independence and encourage people to get active, make new friends and find new interests. These events also help provide a much-needed lifeline for families who find it challenging to go out with their child.

Contact: info@leapssuffolk.org.uk

[Website](#)





Little Voices

Location: Kesgrave Community Centre

Dates: 2nd, 3rd January

Support Level: 2–3

Age Groups: 5–13

Performing art workshops. Each day will have a new theme and will look at singing, acting and dancing across the day, working on our communication skills and building confidence. We want to create a safe space for young people to express themselves creatively with like-minded individuals. Each day will also include arts and crafts around our theme.

Contact: suffolk@littlevoices.org.uk

[Website](#)



Mistley Kids Club - Saturday Club

Location: Mistley

Dates: 21st December

Support Level: 2–4

Age Groups: 4–19

Open all year round, Mistley Kids Saturday Club offers the full range of Mistley Kids Club activities for a fun holiday for children and young people with SEND.

Contact: julie.robinson@mistleykidsclub.co.uk

[Website](#)





Mistley Holiday Club

Location: Mistley

Dates: 4th January

Support Level: 2–4

Age Groups: 4–19

Based in a village hall in Mistley, near Manningtree, Mistley Kids Club offer outside play, multi sports, play park and woodland fun.

Contact: julie.robinson@mistleykidsclub.co.uk

Website



Press Start Gaming Lounge

Press Start Stars

Location: Ipswich

Dates: December 31

Support Level: 2–3

Age Groups: 5–18

Press Start Stars offers a dedicated private group for children with additional needs who enjoy gaming. The lounge offers Xboxes, Nintendo Switches, PC games and virtual reality.

Contact: contact@psglounge.com or 01473 410970

Website





Reboot Education Tech Tribe Computer Club

Location: Ipswich

Dates: 4th January

Support Level: 2–3

Age Groups: 7-16

[Website](#)



Reboot Computer Club provides children an opportunity to spend time learning how to code, create computer games, design worlds in Minecraft, programme robots, design objects and print them on a 3D printer and create artwork using a circuit machine. Children who are neurodiverse and that have SEND are welcome to come along. The club is run by two qualified teachers. Drinks and snacks will be provided.

Contact: office@reboot-education.co.uk



Stowmarket ASD Saturday Club

Location: Stowmarket

Dates: 21st December, 4th January

Support Level: 2–3

Age Groups: 5-11

[Website](#)



Each session is set up to encourage social interactions, building friendship skills while playing in a free flow environment that practises positive communication and life skills including shopping, cooking and team activities. The club has a sensory room and garden to set up activities that the members help to plan, including craft, cooking, consoles, gaming, sports, music, garden, mindfulness and more.

Contact: leah@stowmarketsaturdayclub.co.uk





Stowmarket ASD Youth Club

Location: Stowmarket

Dates: 21st December, 4th January

Support Level: 2–3

Age Groups: 11-18

Attendees can choose what activities they take part in, with a wide range of activities available including art, craft, games, sports, sensory play, gaming consoles, role play, music, gardening, construction and more. Sessions are intended to bring young people together to reduce isolation and create opportunities to communicate with others and build on friendships.

Contact: leah@stowmarketsaturdayclub.co.uk

[Website](#)



Suffolk Sight

Location: Stowmarket

Dates: 4th January

Support Level: 1

Age Groups: 5-15

Suffolk Sight Juniors is a social group for visually impaired children and their families. Bringing people together to share information, access advice and have fun as a family. The sessions usually have a theme such as music, art or animals and run from 10.30am to 12.30pm.

Contact: a.eaves@suffolksight.org.uk

[Website](#)



Haverhill Zone

Play
Chill
Learn
Live

The Zone

Location: Haverhill

Dates: TBC

Support Level: 1-4

Age Groups: 0-25

The Zone in Haverhill is a soft play centre with laser tag and a small sensory room. This group meets bi-weekly from 3.30 to 5.30 and also hold an older age group youth club bi-monthly from 6pm to 8pm. Sessions cost £ per family member.

Contact: Sue.pitches@haverhill-tc.gov.uk

[Website](#)



Waveney DEAF Children's SOCIETY

Waveney Deaf Children's Society

Christmas Party and Pantomime Trip

Location: Lowestoft

Dates: TBC

Support Level: 1

Age Groups: 0-25

WDCS provides BSL interpreter supported access to various activities for deaf children and young people aged up to 18 years old. Activities will help build confidence and give opportunities to try new experiences. Siblings and whole families are welcome to any of the activities. Cost from £10.

Contact: annjillings0@gmail.com

[Website](#)



Suffolk Holiday Activity & Food Programme

Funded by the Department of Education, the Holiday Activity & Food (HAF) Programme enables children and young people who are eligible for free school meals to access fun and enriching activities.



The holiday activities can involve helping young people experience new activities from sports, music, dance, to art, digital creativity, culture, cooking, and gardening. As well as improving socialisation, HAF-funded activity programmes help children and young people have fun with friends during the Easter, Summer, and Christmas holiday periods.

To be eligible for a HAF place, a child must be registered as eligible for benefit-related free school meals.

Eequ is a booking portal that can automatically check a child's eligibility for a HAF activity. Those who don't qualify can still book a paid for place.

Some of our Activities Unlimited providers who serve children with higher levels of need are not hosted on Eequ. Please use the details listed for the providers within this guide to contact them directly.

Also note that not all HAF providers within Suffolk receive funding from Activities Unlimited.

**Visit Eequ to find out about
more HAF activities**

