

2026-2027

ACTIVITY GUIDE

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



<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited>
info@activities-unlimited.co.uk

Here at Activities Unlimited, we give grants to activity providers around Suffolk each year to support them in providing fun and inclusive short break activities for children and young people with additional needs and disabilities.

More information about each provider can be found on the link for each listing in the guide. There's some information outlining the activities and a guide to the support levels at each, alongside details to enable you to get in touch with providers directly.

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



The Holiday Activity Fund (HAF) is a service that provides free access to activities for children and young people who receive free school meals. The HAF is only available with certain providers. Learn more about the HAF on [page 32](#).

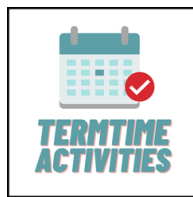
Key to support levels:

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

- 1: Family activities - for families to enjoy together, parent/carer responsible for supervision
- 2: Inclusive activity - suitable for children who manage with group supervision only
- 3: SEND small support group - for children who benefit from additional support, limited one to one places may be available (additional fees may apply)
- 4: SEND enhanced support - for children with high support needs, higher ratios of carers and support staff (additional fees will 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 aprovision@suffolk.gov.uk

The Activities Unlimited Team



Befriending Scheme – Family Farm Days

Location: Red Rose Farm, Lindsey (Near Sudbury)

Support Level: 1

Age Groups: 0–24

SEND family sessions on the farm! Come and join us on the farm for a breath of fresh air. Help us take care of our animals. Feed the Alpacas, groom the mini donkeys or cuddle a goat! Join us on the allotment for some gardening fun. Take part in some nature themed crafts and group games before relaxing with new friends over lunch. Sessions from 10am-2pm.

Contact: info@thebefriendingscheme.org.uk or [01787 371333](tel:01787371333)

See More



The Bridge School

Location: Ipswich

Support Level: 4

Age Groups: 4-7

The Bridge school run a holiday activities programme with staff known to the children on roll at The Bridge School. The activities are varied and tailored to suit the individual children's needs. There are a mix of activities on offer, both indoors and out, and extensive play equipment in all areas to engage the children and keep them stimulated throughout the day. Parents can relax and enjoy a short break knowing that their child is in a familiar environment, with staff who know them well and care for all their needs. This project takes place during the main school holidays. Sessions from 9am-3pm.

Contact: Via school invitation

See More





Bridge the Gap

Location: Bury St Edmunds

Support Level: 1

Age Groups: 5–16

Bridge the Gap is for children and their families who struggle to attend school. Your child can enjoy activities including sensory circuits, creative space, brick and tile construction station, games and sensory room. It also gives families the chance to connect with professionals to gain the support they need to equip them to gain an education that meets the needs of their child. Sessions from 10:30-12:30.

Contact: emma@bridgecommunitychurch.co.uk or [07501 408608](tel:07501408608)

See More



Brightstars – Saturday Club

Location: Bury St Edmunds

Support Level: 2–3

Age Groups: 5–19

Activities are tailored around the abilities of the children in a fun and ultimately, safe and secure environment. Each session is organised around activities designed to engage and stimulate the children according to ability. A snack and a drink are provided. Activities include outdoor play, weather permitting. Sessions from 9.30am-12.30 and 1pm-4pm.

Contact: brightstarsbse@btinternet.com or 07771 634575

See More





Bumblebee Children's Charity

Location: Sproughton

Support Level: 1

Age Groups: 0-6

Miracles In Movement is specific to children who have a delay in acquiring their physical skills. They offer a supportive environment for children and parents to attend fun filled sensory sessions. Located in Sproughton, sessions are grouped on the child's ability and are available on Tuesdays, Wednesdays and Thursdays. This involves individual planning for the child whilst using specialised equipment to help develop their physical development. Sessions from 9:30-2:30.

Contact: bernadett@bumblebeechildren.org.uk or 01473 652822

[See More](#)



Cabin Crew Holiday Club

Location: Ipswich

Support Level: 2–3

Age Groups: 5–11

Our fantastic playscheme is open to children from all primary schools during school holidays, weekdays from 7.30am-6pm. Offering lots of fun activities including free play, arts & crafts, den building, bikes & scooters, team games, construction, cooking, as well as assorted visiting workshops.

Contact: amy.barker@thecabincrew.org.uk or 01473 715151

[See More](#)



Chapters

[See More](#)

Chapters offer a variety of activities for children and young people, including social clubs, music, day trips, and more.

Contact: info@chapters-activities.co.uk or [07712 132809](tel:07712132809)

Music and Games

Location: Bury St Edmunds, Ipswich, Sudbury

Support Level: 2–3

Age Group: 12–25

Music and games evenings for young people with additional needs. Meeting new friends at disco nights for fun and games leads to developing social skills and confidence through dancing and singing. Motor skills are improved through playing games, learning about money handling at the tuck shop and boosting confidence and self-esteem through learning DJ skills. Monthly 6-9pm.

Saturday Club

Location: Bury St Edmunds

Support Level: 2–3

Age Group: 9–16

Activities for young people aged 9-16 with additional needs held twice a month. Fun, engaging activities that enable young people to develop their social/communication skills and improve their self-esteem through working as a team whilst enhancing their motor skills, fitness, health and well-being. Sports/exercise (football, tennis, croquet, boccia, boot camp yoga etc), Music (karaoke, singing, playing instruments, dancing), games, cookery, bowling, craft activities and lots more are included. Bi-weekly 10am to 3pm. Discos, bowling and other events take place throughout the year.



Creative Youth Club

Location: Bury St Edmunds

Support Level: 2–3

Age Group: 12–25

Creative Youth Club for young people aged 12-25 with additional needs. Fun activities for brick and tile construction enthusiasts to show off their skills and enthusiasm for building models, Retro computer game playing to develop team working (single player games not allowed!), hair and beauty activities, crafts and lots of other games and challenges in a safe, supportive environment. Developing social skills is a key element of youth club. Mondays/Fridays biweekly 6-9pm

[See More](#)



 chapters...
life activities

Activity Group - High Needs Care

Location: Ipswich

Age: 6-15

Support Level: 3-4

Activities for young people aged 6-15 with additional needs held once a month. Fun, engaging activities that enable young people to develop their social/communication skills and improving their self-esteem whilst enhancing their motor skills, fitness, health and well-being. Sports/exercise (football, tennis, croquet, boccia, boot camp, yoga etc), Music (karaoke, singing, playing instruments, dancing), games, cookery, bowling, crafts and lots more are included. 10am to 3pm. 1:1 and 2:1 care will be provided by RulaCare, 1:4 support will be provided by Chapters activities.

[See More](#)



Conscious Kids - SENsory Gym

Location: Lowestoft
Support Level: 2–4
Age Group: 3-17

We are a clinically proven Therapy-led SENsory Gym. A place for children with SEND to engage in sensory play to activate their 5 senses, while using the latest research-based methodologies and therapeutic technology to help with emotional regulation, wellbeing, cognition, and overstimulation. At our SENsory Gym, we go beyond play — our clinically proven technology promotes long-term, progressive, and positive outcomes for every child. During school holidays 11am – 12pm.

Contact: info@conscious-kids.co.uk Tel: 01502 273272

[See More](#)



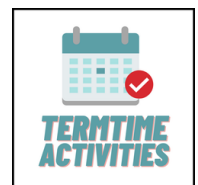
DanceEast

Location: Ipswich
Support Level: 2–4
Age Group: 4–25

At DanceEast you'll find a welcoming and inclusive space to try dance for the first time or develop your skills. From Dance for Kids to Ballet and Hip Hop, we have a range of classes throughout the week and extra special dance days during half term. If you're interested in dancing with us and think you/your child might need some additional support in the studio, get in touch with us for a chat.

Contact: hayley.lemon@danceeast.co.uk or 01473 295245

[See More](#)





Deben Community Farm Saturday Farmer

Location: Melton

Support Level: 2–3

Age Group: 8-18

Fun sessions to include activities such as feeding the animals, collecting eggs, grooming guinea pigs, cleaning out the ponies' stables. Young people can build on their interests, creativity and natural talents, and learn life skills such as how to problem solve, plan ahead and express themselves. Our learning-by-doing approach and focus on the process, not the outcome, means we can build self-esteem by celebrating every success relevant to the individual. Monthly – 2nd Saturday 9am to 11am.

Contact: Heidi.Dalby@baswindependent.co.uk or 07515 715753

[See More](#)



East Coast Adventures Activity Days

Location: Sutton Hoo, Easton

Support Level: 2-3

Age Group: 7–12

Our engaging East Coast Adventure Days embody our outdoorsy adventurous ethos and have proved a popular holiday offering locally, allowing children to participate in; archery, axe throwing, geotagging, mountain biking, kayaking, stand up paddleboarding and bushcraft. Monday-Wednesday 9am to 3pm.

Family Activity Days

Support Level: 1

Age Group: 0-12

Join our Family Activity Days for parents/guardians and families of children with SEND. Each day will be packed full of new and exciting activities for you and your family to enjoy in a relaxed, accessible environment, from 9am – 3pm including a campfire lunch.

Contact: hello@ecadventures.co.uk Tel: 07388091459

[See More](#)



[See More](#)



East Anglian Sailing Trust

Location: Levington Marina

Support Level: 1-3

Age Group: 10–25

Opportunities for disadvantaged and disabled young people sometimes together with a carer or family members to experience regular sailing activities from our Suffolk Yacht Harbour base on the river Orwell. Our sessions for this group are held on alternate Saturdays May to September and consist of two separate two hour sessions, the morning session concentrates on activity, encouraging youngsters to participate in basic sailing skills in conjunction with RYA Sailabilty & Youth programmes. The afternoon concentrates on giving young people and their families a leisure sail. Approx 9:30am to 12pm, 1pm to 3.30pm. Family sailing sessions during the school summer holidays will be free for families with children on free school meals. EAST also offer paid for sessions which are subsidised paid for sessions.

Contact: sailorsupport@e-a-s-t.org.uk or [07881 813599](tel:07881813599)

See More



Eastern Angles Theatre Company

Location: Ipswich

Support Level: 2-3

Age Group: 7–16

These Youth Theatre clubs are facilitated by professional theatre practitioners to ensure a safe, creative space where young people can express themselves and are designed to build confidence, communication, teamwork, and creativity through accessible, enjoyable drama-based activities. Wednesday 17:00 – 19:00 Combined two groups on one evening. Intensive periods in half term and holidays Monday – Friday 10:00 – 15:00

Contact: kirsty@easternangles.co.uk or [01473 211498](tel:01473211498)

See More





Exning Holiday Club

Location: Exning. nr Newmarket
Support Level: 3–4
Age Group: 4–11

Based at the SEND Unit at Exning Primary School, Exning Wrap Around Care provide SEND holiday clubs during the school holidays, organising a wide range of free choice and adult supported activities or games. These may include: Outside play and activities, construction and investigation toys, messy play, art and craft, games and puzzles, sensory room and trampoline as well as trips to the park. All day sessions are run during the holidays. These include morning and afternoon snack, as well as the option of breakfast, but children should bring a packed lunch. Tuesday/Wednesday.

Contact: Rachel.donald@easterneducationgroup.ac.uk or 01638 600123

[See More](#)



Explore Outdoor Adventure Days

Location: Exning. nr Newmarket
Support Level: 2-3
Age Group: 8–12

Our Adventure Days are a great experience for young people, building confidence through a range of activities and challenges. It gets young people physically active, building relationships with peers and reducing screen time. We also provide breakfast, lunch and snacks on these sessions and young people are encouraged to make their own lunches and it is an opportunity to discuss healthy eating and healthy food choices. Activities include orienteering, fire lighting, swimming, archery, climbing, team games and lots more.. Mon-Fri 8.30am to 4.30pm

Enquiries: exploreoutdoor@acleisure.com Tel: 07977 294161 or book on their [Portal](#)

[See More](#)



Eye Arts Club

Eye Arts Club

Location: Eye
Support Level: 2–3
Age Group: 7–17

Children and young people, with and without additional needs, participate in art and craft, dance, drama or animation activities on a termly theme. Fun activities that promote wellbeing, confidence and co-operation. Siblings and children with additional needs can participate and enjoy sessions together. Running Saturday mornings 10am to 12pm.

Enquiries: lizwaugh@btinternet.com Tel: 01379 668464 / 07963 512549

[See More](#)





Eye Opportunity Group

Location: Eye

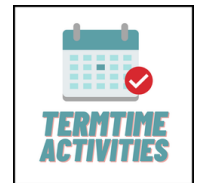
Support Level: 1–4

Age Group: 0–5 (5–11 in school holidays)

The weekly sessions are held in our 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. We also offer holiday sessions at Easter and in the Summer that older siblings may join in with. Alongside activities for children, we provide a support group for carers who gain friendship from each other: our family support worker is on hand to offer advice on benefits, education, family problems etc as well as emotional support. 9am to 12 and 12.30 to 3.30pm.

Contact: familyliaison@btconnect.com or 01379 870975

[See More](#)



Families Together Suffolk

Location: Ipswich

Support Level: 1

Age: 0-12

Join our free Ipswich SEND Holiday Group offering the chance to meet-up, have fun and make friends! Co-produced with local SEND families, our free holiday group offers inclusive, accessible and engaging activities for the whole family, including soft-play and nature-inspired sessions with Suffolk Wildlife Trust. 10am to 12pm.

Contact: sarah@famieliestogethersuffolk.org.uk or 01379 678552

[See More](#)





Football Development East

Location: Selected schools within Suffolk

Support Level: 1–4

Age Group: 5–11

Offer 1-hour sessions (Mon-Fri) for 5–11 year-olds within Suffolk schools (typically 15:30-16:30). Our sessions use football to develop agility, balance, and coordination (ABCs) while building peer confidence and gentle resilience. We guarantee an exceptional 1:5 ratio with three coaches, offering a consistent subsidised Short Break for children who cannot engage in mainstream PE.

Contact: info@fdeonline.co.uk 020 8050 5465

[See More](#)



Hill Farm Riding School Pony Days

Location: Elmswell

Support Level: 2–3

Age Group: 5–16

Offering children a chance to interact and ride ponies and horses, this is an outdoor activity that is accessible to both disabled and non-disabled young people. They participate in all aspects of care for the ponies, including grooming, mucking out, cleaning tack and riding.

Please note: In the interests of horse welfare and safety, all riders must be under 14 stone, including the weight of all riding equipment. If not able to ride, young person can still engage with the ponies and be involved in pony care, mucking out and other pony related activities. Sessions from 10am-2pm.

Contact: hillfarmridingschool@yahoo.com or 07845 320424

[See More](#)



Hillside Special School Holiday Clubs

Location: Sudbury

Support Level: 3-4

Age Group: 4–19

Hillside special school holiday club caters for pupils of the school and runs supported access to activities during the school holidays. The children will have access to arts, craft, outdoor and indoor play equipment. Summer holiday only. The opportunity to access respite is much sought after by parent carers. Families will be written to termly, inviting them to apply for a place for their child.

Contact: Via school invitation

See More



Hillside Special School After School Club

Location: Sudbury

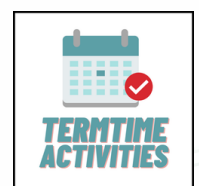
Support Level: 3-4

Age Group: 7–18

An after school 'Youth Club' for pupils who currently attend Hillside Special School, all of whom are children or young people with Severe and/or Profound Special Educational Needs. Pupils take part in a wide range of activities. To be held on Mondays and Wednesdays between the hours of 15:15 and 17:00 during term time only, for 36 weeks in total. Families will be written to termly, inviting them to apply for a place for their child.

Contact: Via school invitation

See More





Indigo Opportunities

Location: Various
Support Level: 2–4
Age Group: 14–25

Activity days, where groups come together to socially interact, learn new skills, share ideas and have fun (Venue based). 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, Thorpe Woodlands Adventure Centre. Various times according to activity.

Contact: info@indigo-opportunities.org.uk or [07766 177255](tel:07766177255)

[See More](#)



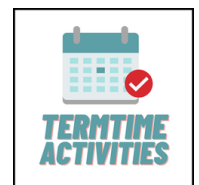
Inspire – Empower Spaces (ND Teens)

Location: Hadleigh
Support Level: 2-3
Age Group: 11–19

The Empower Spaces: Life Skills for Neurodiverse Teens is a friendly weekly life-skills group for neurodiverse young people aged 11–19. Held Mondays from 6:30-8:00 pm at The Porch Project Youth Hub in Hadleigh, sessions include snack preparation, creative activities, and social time in a calm, supportive environment. Young people build independence, confidence, and friendships while learning practical skills in a space designed to suit their needs. Term-time, 10 weeks per term. Mondays from 6:30-8:00 pm.

Contact: carot@inspirecharityuk.org or [03300 550033](tel:03300550033)

[See More](#)



Involve Active - Get Together Outdoors

Location: Lowestoft

Support Level: 2-4

Age Group: 8–25

A fun weekly social get-together outdoors in nature enabling young people to develop social opportunities with lots of fun activities such as board games, exploring nature activities, music, games and space to chill with friends.

A place where young people can just be themselves having fun and being with their friends that would help their health and wellbeing. They can choose fun activities to enjoy together. Tuesdays 3pm to 6pm.

Contact: info@involveactive.co.uk or 01502 501542

See More



INVOLVE

Family Fun Days

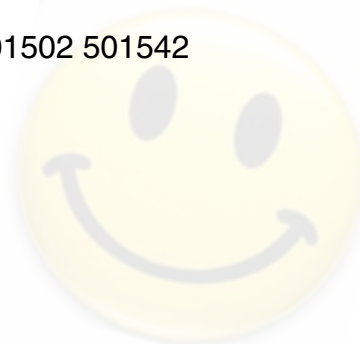
Location: Lowestoft

Support Level: 1

Age Group: 0-25 + families

Our family fun days bring families together in a supported environment which offers activities to suit individual needs and abilities and to promote community engagement. April Family Easter fun day with easter craft activities, an easter egg hunt in the woods, lambs to feed and a petting area with other animals. Tea and cakes and lots of fun. May Mad Hatters Tea party, a full afternoon tea in Alice in wonderland theme. Crafts, games and story telling and much much more. July Hawaiian BBQ - Grass skirts, burgers, craft and games. Oct Halloween fun day at Goldcrest spooky wood walk, best costume, Halloween games and activities, story telling hot soup and disco in the barn. Dec Family Christmas Disco . Feb Valentines disco - dress to impress! Thursdays 12-3 or 6-8pm

Booking via EEQU: Eequ.org/involveactiveltd



See More





Ipswich Community Media

Location: Ipswich
Support Level: 2–3
Age Group: 16–25

We deliver weekly music, media, creative and social sessions for local young people with additional needs requiring tuition and mentoring that supports their development and life goals. We can also provide one to one music and media tuition as well as pastoral support to young people who may find a group activity too challenging. There will be a range of options available – all within the exciting environment of music, media, creative arts and radio podcasting. Young people with additional needs will be supported to integrate with our ongoing Saturday (11–15-year-olds) and Thursday music group (16-25) sessions.

Contact: helen@ipswichcm.org.uk or 01473 852552 / 07399 352893

See More



Ipswich Deaf Children's Society

Location: Ipswich
Support Level: 2-4
Age Groups: 0–19

IDCS provides British Sign Language (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. Monthly - school holidays.

Contact: richard.bsl4you@gmail.com or [07979 798595](tel:07979798595) (text only)

See More





Ipswich Opportunity Group

Location: Ipswich

Support Level: 1

Age Group: 0–5

The sessions provide appropriate play activities including creative, constructive and physical play. The atmosphere is friendly and informal. Snack and music times are an important part of the sessions providing social time and opportunities for choices and independence. There are three separate groups, Monday morning 10-11.30 for the very young and more vulnerable children, Monday afternoon 1-2.30 and Friday morning 10-11.30 for the older children.

Contact: ips.opportunitygp@btinternet.com or [07746 580132](tel:07746580132)

See More



JOE Healthcare

Location: Ipswich

Support Level: 2-3

Age: 8-13

Providing Saturday and holiday clubs for SEND children of all abilities including siblings. A varied programme of activities including but not limited to arts & crafts, drama, music, computing and team games. There is flexible support available for those young people who need a little extra help. The club is well structured and supports young people to build confidence, make new friends, and try out activities in a group setting. Sessions run from 10am-2pm.

Contact: Emmah@joehealthcare.co.uk Tel: 07368 226151

See More



Leading Lives

Night Hubs

Location: Ipswich, Lowestoft & Sudbury

Support Level: 2–4

Age Group: 13–25

Night Hubs offer a welcoming, friendly, comfortable and safe space for young people to make friends, engage in activities and have fun. Young people are involved in deciding a weekly programme of activities. This timetable is flexible and young people are encouraged to input and share their ideas and thoughts to develop the programme for each Night Hub.

Thursday or Friday evenings 6-8pm during term time for 2 hours.

Contact: nighthubs.info@leadinglives.org.uk or 01473 406777

Saturday Clubs

Location: Lowestoft

Support Level: 2–4

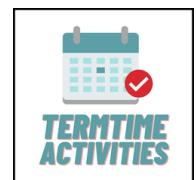
Age Group: 13–19

Young people will be provided details of upcoming activities in an accessible format. The programme will be flexible and young people are encouraged to input and share their ideas and thoughts. The activities are designed to maximise interaction, skills (communication, teamwork, sharing etc), mix with peers, be creative and fun. There are trips out as well as setting based activities. Monthly term time 10am to 3pm.

See More



Leading Lives
Your life / Our support



Leading Lives

Summer Club

Location: Lowestoft

Support Level: 2–4

Age Group: 13–19

Fun and exciting groups for young people with learning disabilities and/or autism. The club develops, with its young people, a 'core activities' program, allowing members to: relax, have fun and learn new skills, socialise & develop relationships, improve independence, confidence and self-esteem and give their family /carers a break. August school holiday, 10am-3pm.

Contact: info@leadinglives.org.uk Tel: 01473 406777

Little Lives

Location: Ipswich

Support Level: 3–4

Age Group: 5–13

Join Leading Lives for a monthly Saturday session designed for children with complex needs. Enjoy fun, sensory activities in a safe, inclusive space with trained staff and specialist equipment. Children can make friends and thrive, while carers get a well-earned break and access to professional and parental advice. A joyful, supportive environment for all to connect, relax, and grow together. Second Saturday of the Month 10.30 to 12.30.

Contact: info@leadinglives.org.uk Tel: 01473 406777

[See More](#)



[See More](#)



LEAPS

LEAPS Suffolk provides community based support for people with a variety of additional needs. Limited 1:1 support may be available.

Contact: info@leapssuffolk.org.uk or [07761 397535](tel:07761397535)

Holiday Clubs

Location: Ipswich

Support Level: 2–4

Age Group: 4–25

Huge variety of activities, you name it we will probably have it, or try to get it! Indoor activities – table top games, small world, sensory, role play, dancing, cooking, karaoke, arts, craft, obstacle courses and team games. A chance to make new friends and find new interests – no phones or computer games! Six hour days in school holidays.

Out, Not In!

Location: Ipswich

Support Level: 2–3

Age Group: 9–25

Providing exciting opportunities for young people with additional needs to enjoy fun and friendship in the community. From bowling, theatre, pitch and putt and cinema trips to meals out and social days, our activities build confidence, independence, and lasting connections. Each event is designed to be supportive, and engaging, ensuring every young person feels valued and involved. We take their ideas on board as it is about them having the best time. 15 dates throughout the year.

See More



LEAPS

Contact: info@leapssuffolk.org.uk or [07761 397535](tel:07761397535)

[See More](#)

Saturday Clubs

Location: Ipswich

Support Level: 2–4*

Age Group: 4–25



Saturday Clubs are about our young people: their choices, enjoyment, independence. We provide spacious indoor and outdoor environments, designed to encourage freedom, creativity, and social interaction in a safe and supportive setting. Offering a wide variety of activities tailored to the interests and needs of our Young People, ensuring the best experience possible. E.g. arts/crafts, construction, sensory play, games, dance, drama – there's something for everyone. We are a tech free zone. 11 years and under – 9.00am–11.45am. 11 years+ – 1.00pm–3.45pm. Fortnightly group.

Limitless Futures Wild Hearts Holiday Club

Location: Cavenham

Support Level: 1-3

Age Group: 6-12

[See More](#)



Wild heart sessions run during school holidays with weekly themes focused on wellbeing and creativity, all in our beautiful nature setting!

- Tweens on Mondays
- Family Fun on Wednesdays.

Each session encourages exploration, mindfulness, and creative activities like woodland crafts, gardening, cooking, outdoor games, and storytelling. Let your child reconnect with nature while building confidence and social skills or come as a parent and child-couple or family for quality time and shared experiences.



Contact: info@limitlessfutures.org.uk or [07368 500749](tel:07368500749)



Making Fitness Accessible

Location: Sudbury

Support Level: 1–3

Age Group: 16–25

Therapy Gym Engage is a physical activity experience introducing children and young adults to gym based exercise in a safe and accessible space. This allows young people to be themselves as they achieve physical activity and make new friends. The sessions are led by an inclusive exercise specialist and can be attended with siblings, family and carers for no extra charge. Weekly Session 1: 4.00pm Session 2: 5.00pm

Contact: info@makingfitnessaccessible.com | 01206 692524

[See More](#)



Mistley Kids Club

Location: Mistley, Essex (near Manningtree)

Age: 4-19

Support Level: 2-4

Fully inclusive holiday, after school and now monthly Saturday SEND sessions. We have indoor and outdoor space, running lots of activities and have lots of toys and equipment. Our staff are full of energy and ideas to help the children get the best from their session. We have arts and crafts, lego gaming, soft play, woods and park, cooking, sewing, drama, outside sports. Everyone is welcome. Holiday Club 8am to 6pm. Monthly Saturday Club 9am to 4pm.

Enquiries: Julie.robinson@mistleykidsclub.co.uk Tel: 07809 176252

[See More](#)





New Wolsey Theatre - Youth Theatre Squared and Youth Theatre Squared Plus

Location: Ipswich
Support Level: 2-4
Age Group: 11-25

Weekly youth theatre sessions that offer a relaxed space for learning disabled and neuro divergent young people to take part in bespoke, creative activities in a safe, inclusive and supported environment. Sessions are engaging and fun, build self-confidence and resilience, develop creative and communication skills, and raise aspirations. Term time. Youth Theatre Plus (11-16yrs) 5.30pm – 6.45pm & Youth Theatre Squared (16+) 7.15pm – 8.30pm

Contact: KEdonmi@wolseytheatre.co.uk Tel: 01473 295930

See More



Offshoot Foundation

Location: Bury St Edmunds
Support Level: 2–3
Age Group: 9–18

The Offshoot Foundation run filmmaking workshops for young people with disabilities/additional needs and young carers, led by people working in film/television and education. If you want to learn how to make films, either being behind the camera or in front, then this workshop is for you. You will learn many soft skills whilst taking part such as teamwork and communication and each term they have an Oscars evening where they screen the created films to parents.

Contact: theoffshootfoundation@gmail.com or 07740 308048

See More





Press Start Gaming Lounge – Stars

Location: Ipswich
Support Level: 1-2
Age Group: 5–18

Press Start Stars is offering Sunday video gaming in a safe place, where children and young people can gain a better understanding around interactions with other young people, developing their social skills and dealing with conflict and help develop a rapport with others who have similar interests. Multiple consoles are available for play, including Xbox Ones, Xbox Series Ss, PlayStation 4s, PlayStation 5s and virtual reality. Sunday 10am - 12pm, monthly. Look out for the drop in holiday sessions, bookable through the free school meals programme HAF.

Contact: contact@psglounge.com or 07825 459123

See More



Prestige Sports Mega Activity Camp

Location: Haverhill
Support Level: 2–3
Age Group: 4-12

The mega activity camp during which children will be able to take part in a wide range of activities such as different sports, arts and crafts, games and play on our inflatables. Some of the activities may be soft archery, kin ball, inflatable fun, boccia, bracelet making, fort building, rock painting, tag games. Fridays 9.30am to 12.30pm.

Contact: nickwilderspin@prestigesportsdevelopment.co.uk or 07539 294165

See More





Queech Woodland Activities

Location: Barham (near Ipswich)

Support Level: 1

Age Group: 6–25

A family woodland experience with bushcraft, camp fire cooking, crafts and archery based in Queech Wood in Barham near Ipswich a beautiful 5 acre ancient woodland. Days are very relaxed and designed for families to enjoy together and run from 10am to 2.30pm

Contact: neil@queechwood.co.uk or 07941 009256

Reboot Education: Tech Tribe

Location: Ipswich

Support Level: 2–3

Age Group: 7–16

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. Saturdays 10am - 11:30am, weekly.

Contact: office@reboot-education.co.uk or 01473 948282

See More



See More





Riverwalk School

Location: Bury St Edmunds

Support Level: 4

Age Group: 4-19

There will be different activities each day to include a visiting Zoo experience with an SEN specialist company, Theatre Royal activities, and a Dino Disco jump & slide, sports, arts & crafts/outdoor water activities, and much more. We are not planning to leave the school site.

Contact: Via school invitation

[See More](#)



Schools Out Activities

Location: Bury St Edmunds, Felixstowe, Ipswich, Woodbridge

Support Level: 2-3

Age Group: 4–16

Our camps are run during the school holidays: Early Explorers (4-6) is a course designed by primary teachers to aid development and social skills, while having fun! Creative Crew (7-12) allows children to bake, craft, dance and perform. Adrenaline Adventure (7-12) is jam packed with a range of sports and activities. Next Generation (13-16) teaches children leadership skills, while participating in the activities of the other courses. 8am to 6pm.

Contact: info@schoolsoutactivities.co.uk or 07397 659477

[See More](#)





Sounds East - iRock Social

Location: Ipswich

Age: 10-25

Support Level: 2-3

The iRock Social is a relaxed social hangout for young people with additional needs. During our sessions we use a mixture of Music making, DJing, retro and modern gaming, music tech, video and podcasting to have fun. We provide a safe and engaging space for our young people to meet, socialise, express themselves, game and be creative. Saturdays term time, 10am to 2.30 pm.

Contact: via [website](#)

[See More](#)



Stowmarket ASD Club

Monthly Youth Clubs and Saturday Clubs on a Saturday. 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. They have a beautiful sensory room and garden to set up activities that the members help to plan. Including craft, cooking, gaming, sports, music, mindfulness and more.

Contact: leah@stowmarketsaturdayclub.co.uk / 07920 714611

[See More](#)



Saturday Club

Location: Stowmarket

Age: 5-11

Support level: 2-3

Saturday club mornings run all year. Monthly 10am - 1pm.

Youth Club

Location: Stowmarket

Age: 11-18

Support Level: 2-3

Youth club afternoons run all year. Monthly 1.30 - 3.30pm.



Suffolk Sight

Location: Stowmarket

Support Level: 1

Age: 5-25

Suffolk Sight Juniors is a social group for visually impaired children and their families. We aim to bring 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. First Saturday of each month, 10.30-12.30pm.

Enquiries: a.eaves@suffolksight.org.uk 01473 611011

[See More](#)



Team2Gether - Taste Quest

Location: Lowestoft

Support Level: 1-4

Age Group: 8-25

“What is Taste Quest?” A school holiday project that encourages participants to learn about different cultures, try new cuisines explore countries landmarks and traditions, learn how to cook new things whilst in the comfort of a safe space with our brilliant team leading the way. This engaging and enjoyable initiative promotes a healthy, varied lifestyle, equipping participants with the tools to share their enriching experience with others at home, all while having fun.

Enquiries: Team2gethersuffolk@outlook.com Tel: 07761131704

[See More](#)



Topcats

Topcats offer a number of clubs and activities for children and young people of all ages.

Contact: annemarie@topcats.org.uk or 07919 207771 / 01502 531897

Afternoon Clubs

Location: Lowestoft

Support Level: 2–4

Age Group: 8–18

Afternoon Club offers activities for children and young people after school. This is for the young person to spend time with their peers and for carers, it gives them time they need to work, spend time with siblings or do something for themselves. Young people access themed sessions including movie nights, games, karaoke etc. A healthy snack is always offered alongside two meals, Tuesday is Lego and Lasagne, and Friday is Chippy Tea. 3- 5.30 pm.

Cats

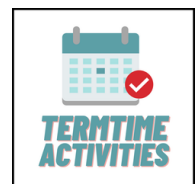
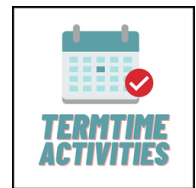
Location: Lowestoft

Support Level: 2–4

Age Group: 5–12

Cats offers children a chance to explore Topcats and the facilities there, including sensory room, music room, soft play area and indoor swing. Outdoors includes a sunken trampoline and outdoor classroom. Children are always offered a variety of different sensory activities, messy play, arts and crafts. It is a chance to be independent, make friendships and have a break from their usual routines. 9am to 12pm.

See More



Topcats

[See More](#)

Contact: annemarie@topcats.org.uk or 07919 207771 / 01502 531897

Tiny Cats

Location: Lowestoft

Support Level: 1

Age Group: 0–5



Tiny Topcats provides a session for children aged 0-5 years and their carers/siblings to come along to Topcats and access the bespoke facilities, including soft play area, interactive floor projector, a sensory room, indoor swing and outside area. It is a chance to make friends and socialise in a safe place suited to their needs. It is an opportunity for parents/carers to meet others and become familiar with Topcats staff and what is offered. 1.15 – 2.15pm

Holiday Clubs

Location: Lowestoft

Support Level: 2–4

Age Group: 5–18



Holiday club is open 10 weeks of the year offering children/young people a variety of onsite activities. Topcats has an accessible kitchen/dining area where cooking and craft can take place, a sensory room with interactive floor projector, soft play area, indoor swing, music room, and spacious outside area with outdoor classroom, sunken trampoline, sensory arbour and polytunnel where we grow all our own produce. We have activities such as bingo, karaoke and discos too. 10am to 3pm.



Topcats

Contact: annemarie@topcats.org.uk or 07919 207771 / 01502 531897

Youth Disco

Location: Lowestoft

Support Level: 2–4

Age Group: 8+

Topcats provides fortnightly discos to children and young people to come along to a fun Friday night out where they can dance, sing and play games such as bingo and other party games. Most young people can attend these sorts of things independently and be part of clubs and groups without the need for support. 5.30 – 7.30pm

Gap Cats

Location: Lowestoft

Support Level: 2–3

Age Group: 12–18

GAP is a weekend group for young people who have lower support level needs (1:3/1:5). This runs as a 'youth group' with limited staff intervention to give these young people the opportunity to connect with peers of their age and to socialise in a relaxed and supported environment whilst taking part in a wide variety of activities - that they help plan and make suggestions for too - including baking, creative projects, group games, outdoor games, karaoke sessions, themed days and lots more! There is also soft play, indoor swing, sensory room, music room and the outdoor equipment in our hard-court area! 10am to 3pm

See More





Waveney Deaf Children's Society

Location: Lowestoft

Support Level: 1

Age Group: 0–25

Waveney Deaf Children's Society provide a variety of fun events and activities for deaf children and their families which are 'deaf friendly' and have communication support in place. This enables deaf children to connect with deaf friends and try out new experiences whilst creating opportunities for parents to give informal support to one another by sharing knowledge and experiences.

Contact: waveneydcs@gmail.com or [07812 344818](tel:07812344818)

See More



Woolverstone Project

Location: Alton Water

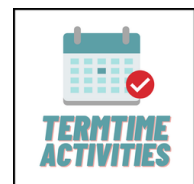
Support Level: 2–3

Age Group: 8–18

The Project provides a weekly after school activity from April to September for children with disabilities (SEND) at Alton Water. They will be taught basic sailing techniques and boat handling by qualified instructors, in a safe environment. 4.30-6.30pm. In addition, take a look at the Woolverstone Project Website. Wheelie boat sessions are bookable for wheelchair users to enjoy getting out on the water with family and friends. Please enquire and book direct.

Contact: info@woolverstoneproject.org.uk or [01473 715495](tel:01473715495)

See More





YMCA

Location: Lowestoft
Support Level: 2–3
Age Group: 8-13

Growing Friends holiday programme provides an immersive hands-on experience, engaging young people in nature and the outdoors. Sessions will include planting, nurturing and harvesting produce and wildflowers, encouraging wildlife through making bird and butterfly feeders and take part in craft activities whilst learning about climate change and the environment. 10am to 3pm.

Contact: Josie.Trowsdale@ymcatrinity.org.uk or 07912 209841

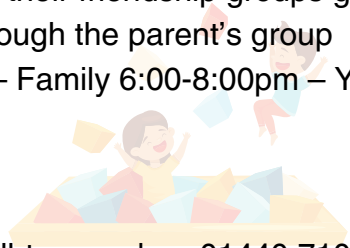


The Zone

Location: Haverhill
Support Level: 1
Age Group: 0–25

The Zone in Haverhill is a bi-weekly soft play centre with laser tag and a small sensory room. An ideal place for SEND families to meet where children can have fun at the centre using the different areas available, with The Zone staff watching over them. This allows the parent and carers time to network. We also hold an older age group youth club bi-monthly, to enable the older young people with SEND to use The Zone facilities without judgement and to keep their friendship groups going. The activities are promoted through the parent’s group Facebook page. 3:30-5:30pm – Family 6:00-8:00pm – Youth. Bi-weekly.

Contact: sue.pitches@haverhill-tc.gov.uk or 01440 710071



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**