



Activities Unlimited is Suffolk County Council's Short Breaks Service for families of children and young people with SEND.

Activities and Support

We fund a network of providers to deliver leisure activities for children and young people with SEND, including family and sibling groups. Activities usually run in the evenings, weekends and school holidays. Providers may charge a fee, but grant funding helps reduce SEND-related costs. All grant-funded services are listed in the [AU Activity Guide 2026-27](#). Families book directly with providers. Our family advice team can help if you need support finding suitable activities.

Personal Budgets

We offer short break personal budgets to help eligible families pay for activities that give parent carers a break and provide positive experiences for children and young people. [Applications are made online](#) through a self-assessment about your child's needs and family circumstances.

AU Holiday Lodge

The AU Holiday Lodge at Fritton Lake offers accessible accommodation for Suffolk families of children and young people with SEND. The lodge includes specialist equipment and is particularly suitable for those with physical or mobility needs. [Find out more and check availability here](#).

Holiday Activity and Food Programme (HAF)

The HAF programme supports families receiving income-based Free School Meals during Easter, Summer and Christmas holidays. Activities Unlimited works with the HAF team to commission SEND-specific groups and support mainstream providers. HAF-funded services are marked in the [AU Activity Guide 2026-27](#).

Behaviour Support

We provide training and resources to help families understand and manage behaviour. [Behaviour Safe at Home](#) is a two-day face-to-face course delivered by Bellscroft Consultancy, covering theory and practical skills. Suffolk Learning also offers [guides and short videos](#) for parents and carers of children with SEND, these can also be viewed on our [YouTube channel](#).

Young Carers

Young Carers are children and young people who regularly care for a family member or sibling. We commission [Suffolk Family Carers](#) to deliver a county-wide service and we fund groups where siblings can go along to. Young Carers activities are marked in the [AU Activity Guide 2026-27](#).

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activitiesunlimited

info@activities-unlimited.co.uk

01473 260026