



Summer 2025

Activity Guide

ACTIVITIES ★ ★ UNLIMITED



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

Summer is on the way...

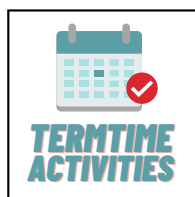
Welcome to our Summer Holiday Guide 2025! Bringing you lots of exciting activities for children and young people with additional needs and disabilities to take part in this holiday.

We're excited to be working even more closely with the Suffolk Holiday Activity and Food (HAF) programme, which provides free activity days including meals to children who are eligible for free school meals. Look out for the logo throughout the guide! [Visit our website to find out more!](#)



Key to icons:

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



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)

We love to see what you get up to, so do send us your photos and reviews via info@activities-unlimited.co.uk or tag us on Facebook! You can also follow us on [Facebook](#) or [Twitter](#), sign up to our newsletter to receive updates throughout the year or [view our online calendar of activities here](#).

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

www.activities-unlimited.co.uk



Asset Education

[Website](#)

Location: Castle Hill, Flourish Ringshall

Dates: 29, 31 July, 5, 7 August

Support Level: 2 - 3

Age: 5 - 11

Castle Hill are offering Discovery play club activities including Circus skills, Football Dance, Storytelling and mini monsters will be in the building. The programme of activities are designed to cater for SEND children's diverse needs and there will be ample experienced staff on hand to support.

The Flourish Centre are offering one day of sensory activities, with sand and water play, arts craft sports and games. The flourish centre will have their own experienced staff on hand, so familiar faces are there for the children with complex needs. The flourish centre are only taking bookings for children who attend the Flourish centre for education.

Contact: [Book through EEQU](#)



Befriending Scheme Family Farm Days

[Website](#)

Location: Lindsey, near Sudbury

Dates: 28 July, 4, 11, 18, 25 August

Support Level: 1

Age: 0 - 25

SEND Family sessions on the Farm! Get out in the fresh air, take care of our animals, feed them, pet them, learn all about them. Join us on the allotment, planting seeds, tending beds and harvesting crops. Join in with nature-based crafts, group games and conservation. If you fancy meeting Rodney the Goat or Billie the Bearded Dragon, come along to any of our summer school holiday sessions.

Contact: info@thebefriendingscheme.org.uk / 01787 371333





Bridge School (The)

Location: Ipswich

Dates: 29 - 31 July, 5 - 7, 26 - 28 August

Support Level: 4

Age: 4 - 7

The Bridge school run a holiday activities programme with staff known to the children on roll at The Bridge School and to support families of children how attend this education setting. 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 then 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.

Contact: via school invitation

[Website](#)



Bridge the Gap

Location: Bury St Edmunds

Dates: 1, 15 July

Support Level: 1

Age: 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 overcome the barriers to accessing school regularly.

Contact: emma@bridgecommunitychurch.co.uk or 07501 408608

[Website](#)



Brightstars Saturday Clubs

Location: Bury St Edmunds

Date: 12, 26 July, 9, 23 August

Support Level: 2 - 4

Age: 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.

Contact: brightstarsbse@btinternet.com / 07875 886990

[Website](#)





Cabin Crew Holiday Club

[Website](#)

Location: Ipswich

Dates: 21- 25, 28 - 31 July and 1, 4 - 8, 11 - 15, 18 - 22, 26 - 29 August

Support Level: 2-3

Age: 5 - 11

The playscheme offers lots of fun activities, including free play, arts & crafts, den building, bikes and scooters, team games, construction, cooking, as well as assorted visiting workshops.



Contact: Amy.barker@thecabincrew.org.uk / 01473 715151



Chapters Saturday Club

[Website](#)

Location: Bury St Edmunds

Dates: 26 July, 9, 23 August

Support Level: 2-3

Age: 9 - 16

Activities for young people with additional needs. Fun, engaging activities enabling the development of social/communication skills and improvement of self-esteem through working as a team whilst improving motor skills, fitness, health and wellbeing. Sports/exercise (football, tennis, boccia, rounders, bowls, yoga), music (karaoke singing, samba drumming, dancing), games, crafts and lots more are included.



Contact: [book through EEQU](#)



Chapters Holiday Club

[Website](#)

Location: Bury St Edmunds

Dates: 24, 25, 29, 30 July, 5, 7, 12, 14, 15, 18, 19, 21, 26, 28, 29 August

Support Level: 2-3

Age: 9 - 16

Chapters are running holiday clubs from 10am to 3pm, the activities will be exciting and varied including music sports, board games and much more. Do you want to take part in a DJ set, learn to jive or sing your heart out on your favourite karaoke song. Or hit things for 6 with Cricket, Rounders Tennis or Boccia. Free places available for young people on free school meals, paid for places also available.



Contact: [book through EEQU](#)



Chapters Youth Club

[Website](#)

Location: Bury St Edmunds
Dates: 23 July, 13, 27 August
Support Level: 2-3
Age: 12 - 25

A youth club for young people with additional needs. Come along and have fun with friends. Fun challenges for brick and tile construction alongside a range of other activities including music, dance, outdoor play.

Contact: info@chapters-activities.co.uk / 07712 132809



Chapters Music & Games

[Website](#)

Location: Bury St Edmunds
Dates: 6, 12, 15, 20 August
Support Level: 2-3
Age: 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.

Contact: info@chapters-activities.co.uk / 07712 132809



Dance East

[Website](#)

Location: Ipswich
Dates: Various
Support Level: 2-4
Age: 4 - 25

Join DanceEast throughout the year – a range of classes accessible for all movers. If you are interested in dancing and need some additional support in the studio, get in touch and they can work with you to put things in place for you to join the fun.

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





Dance East HAF

Location: Ipswich
Dates: Various
Support Level: 2-3
Age: 5 - 16

Dance East are offering Free school meal places and paid for places at the dance centre in Ipswich during the school holidays. Take part in dance drama activities through this well-known centre. They have extra support on hand and a quiet room for anyone who needs a bit of space or time out.

Contact: [book through EEQU](#)

[Website](#)



Deben Community Farm

Location: Melton
Dates: 30 July, 6, 28, 29 August
Support Level: 2-3
Age: 5 - 25

Spend a day on the farm, interacting with the animals. Pigs, goats, sheep, chickens, rabbits and much more. Activities will be based around the care of the animals and care of the land. For children under 8 the offer is for 2 hours, if they would like to stay longer then a parent or guardian must stay with them.

Contact: [book through EEQU](#)

[Website](#)



East Coast Adventures Activity Days

Location: Easton Farm Park
Dates: 22, 23, 28, 29, 30 July, 4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27 August
Support Level: 1-4
Age: 7 - 12

ECA school holiday clubs offer an outdoors, adventurous ethos to engage children through participation in archery, axe throwing, geotagging, mountain biking, kayaking, stand-up paddleboarding and bushcraft.

Contact: hello@ecadventures.co.uk / 07388 091459

[Website](#)





East Anglian Sailing Trust

[Website](#)

Location: Levington Marina

Dates: 12, 16 July, 9, 23 August

Support Level: 1-3

Age: 10 - 25

Opportunities for young people together with a carer or family member where appropriate to experience regular sailing activities from our Suffolk Yacht Harbour base on the river Orwell. Sessions encourage youngsters to participate in basic sailing skills in conjunction with RYA Sailability and OnBoard programmes as well as concentrating on younger adult and children leisure sailing.

Contact: sailorsupport@e-a-s-t.org.uk / 07881 813599



Eastern Angles

[Website](#)

Location: Ipswich

Dates: 23, 25 July, 18, 19, 20, 21, 22 August

Support Level: 2

Age: 7 - 16

Homework and holiday clubs are facilitated by educational practitioners to assist children with their homework using computers and educational resources, as well as facilitating performance activities using workshop exercises in a safe and welcoming environment.

Contact: Callum@easternangles.co.uk / 01473 218202



EM Tuition - Active Minds

[Website](#)

Location: Ipswich

Dates: 18-22, 25-29 August

Support Level: 3-4

Age: 5 - 10

Art, craft and play programme offering fun, engaging sessions daily during school holidays at Castle Hill Community Centre, Ipswich. Designed for children with SEND, children will enjoy a mix of arts and crafts and with indoor and outdoor sensory activities. Morning sessions start 09:30, afternoon sessions at 12:30. Experienced SEN staff ensure a nurturing, supportive environment.

Contact: helen@emtuition.org.uk / 01992 637336





Exning Holiday Club

[Website](#)

Location: Nr Newmarket

Dates: 28 July, 1, 4, 8, 11, 15, 18, 22 August

Support Level: 3-4

Age: 4 - 11

Based at the SEND Unit at Exning Primary School, Exning Wrap Around Care provide SEND holiday clubs during the school holidays. There is a wide range of free choice and adult supported activities and games on offer, including activities, construction and investigation toys, messy play, crafts, games, puzzles, a sensory room and a ball pit.

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



Explore Outdoor Adventure Days

[Website](#)

Location: Various

Dates: 7 - 10 April

Support Level: 2-3

Age: 8 - 12

Explore Outdoor are also running Adventure days. These sessions will have extra experienced instructors to help everyone take part in some fun outdoor activities, including Archery, den building and cooking.

Contact: [book through EEQU](#)



Eye Opportunity Group

[Website](#)

Location: Eye

Dates: 30, 31, July, 4, 6, 13, 14, 18, 20 August

Support Level: 1-4

Age: 5-11

The sessions are held in a 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 and welcoming setting.

Contact: familyliaison@btconnect.com / 01379 870975





Football Development EAST

[Website](#)

Location: Acton

Dates: 27 July, 1, 8, 15, 22, 29 August

Support Level: 2-3

Age: 5 - 11

SEND football sessions. The sessions will have a number of mini activities throughout the day, with plenty breaks. The coaches are experienced, qualified and passionate about delivering SEND football sessions to enable child to have fun and enjoy the learning of core skills. Free places available for young people on free school meals, paid for places also available.

Contact: [book through EEQU](#)



Hill Farm Pony Days

[Website](#)

Location: Elmswell

Dates: 22, 24, 29, 31 July, 5, 7, 12, 14, 18 August

Support Level: 2-3

Age: 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 able-bodied young people. They participate in all aspects of care for the ponies, including grooming, mucking out, cleaning tack and riding.

Contact: hillfarmridingschool@yahoo.com / 07845 320424



Hillside Special School

[Website](#)

Location: Sudbury

Dates: 28-30 July, 4-6 August

Support Level: 3-4

Age: 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 sort after by parent carers. Families will be written to termly, inviting them to apply for a place for their child.

Contact: Via school invitation





Indigo Opportunities

[Website](#)

Location: Various

Dates: 29 July, 7, 12, 21, 26 August

Support Level: 2-4

Age: 13 - 18

Indigo Opportunities run varied activities including:

- 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 minibus alpaca walking, sailing, Thorpe Woodlands Adventure Centre.



Contact: info@indigo-opportunities.org.uk / 07766 177255

INVOLVE



Involve Active - Get Together

[Website](#)

Location: Lowestoft

Date: 24, 31 July, 7, 14, 21, 26 August

Support Level: 1-4

Age: 8 - 25

Get Together is a fun monthly social get together, enabling young people to develop social opportunities and have fun. There will be lots of fun activities such as board games, music, games and space to chill with friends. A tuck shop will be open too. Twice a year there will be a family themed disco, (Valentines, Christmas) and a family BBQ in the summer. There will also be two fantastic family fun events: a Mad Hatter's tea party at Easter and a Halloween spooktacular.



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



Ipswich Community Media

Location: Ipswich
Dates: 27 July
Support Level: 2-3
Age: 16 - 25

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.

Contact: helen@ipswichcm.org.uk / 01473 852552

[Website](#)



Ipswich Deaf Children's Society

Location: Ipswich
Dates: Various
Support Level: Deaf children and their families
Age: 0 - 18

IIDCS 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 / 07979 798595 text only

[Website](#)



Ipswich Opportunity Group

Location: Ipswich
Dates: 25 July, 4, 6, 11, 15, 18, 22 August
Support Level: 1
Age: 0 - 5

These informal, friendly sessions run during term times for 0-5s and their parents/carers. Activities include creative, constructive and physical play. Snack and music times are an important part of the sessions, providing social time, opportunities and independence, while parents/carers can chat to support staff and other parents.

Contact: ips.opportunitygp@btinternet.com / 07746 580132

[Website](#)





Joe Healthcare

Location: Ipswich

Dates: 29 July, 1, 5, 12, 19, 22, 26, 29 August

Support Level: 2-3

Age: 8 - 14

Joe Healthcare are running fun holiday session at St Mary School Woodbridge road Ipswich.

The sessions have a varied programme of activities, from Bead making, crafts, creative dance, music, balloon volleyball, food activities. Activities will take place both inside and outside.

Contact: info@joehealthcare.co.uk / 07368226151



Leading Lives Summer Club

Locations: Lowestoft

Dates: 4-6, 11-13, 18-20 August

Support Level: 2-4

Age: 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

Contact: info@leadinglives.org.uk / 01473 351639

[Website](#)





L.E.A.P.S.

Saturday Club

Location: Ipswich

Date: 2, 16 August

Support Level: 2-3

Age: 5 - 25

An abundance of activities - construction, cooking, dance, role play, small world, tabletop games, larger scale games, parachute, animals, hex bugs, Minecraft, team games. Two very large outdoor areas with equipment and gym for those energetic ones! Offering independence, chance to make friends, be themselves! We are a tech free zone.



Holiday Club

Location: Ipswich

Date: 24, 25, 28-31 July, 5-8, 11-14, 18, 19 August

Support Level: 2-3

Age: 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, large scale team games and lots of 3rd party entertainment, from police, Zumba, mini donkeys, fire, animal world petting. A chance to make new friends and find new interests – no phones or computer games!

Out Not In

Location: Ipswich

Date: 12 July, 1 August

Support Level: 2-3

Age: 9 - 25

Engaging activities, bowling, meals, zoo, theatre, cinema, park meets. These reduce social isolation, encourage independence and encourage people to get active, see friends, make new friends and find new interests. These events are very popular and provide a much-needed lifeline for families who find it challenging to go out with their child due to behaviour, other family members etc.

Contact: info@leapssuffolk.org.uk / 07761 397535

[Website](#)





Limitless Futures Wild Hearts Holiday club

[Website](#)

Location: Cavenham

Dates: 11, 18 (Twins), 5, 12, 19, 26 (Quality Time) 6, 13, 20, 27 (Family Focus), 7, 14, 21, 28 (Teen Space)

Support Level: 1-3

Age: 7 - 16

Join Wild Hearts sessions for fun-filled weekly themes focused on wellbeing and creativity, all in our beautiful nature setting! Each session encourages exploration, mindfulness, and creative activities like woodland crafts, gardening, cooking, outdoor games. 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 / 07368 500749



Mistley Kids Club

[Website](#)

Location: Mistley

Dates: 23-31 July, 1-29 August

Support Level: 2-4

Age: 4 - 19

A traditional youth club type style with use of both indoor and outdoor space with lots of fun games and equipment to engage and hold the attention of the young people. Activities include outside play, multi sports, cooking, dance, arts and crafts & more.

Contact: Julie.robinson@mistleykidsclub.co.uk / 07809 176252



Press Start Gaming Lounge

[Website](#)

Location: Ipswich

Dates: Various

Support Level: 1-3

Age: 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 such as: Play Station 5 & 4s, X-box S & X-box ones and Virtual Reality etc.

Contact: contact@psglounge.com





Press Start Gaming Lounge Holiday HAF

[Website](#)

Location: Ipswich
Dates: 28-31 July, 4-7, 11-14, 18-21 August
Support Level: 1-3
Age: 5 - 16

Press Start are offering HAF and paid for places at their gaming lounge 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.

Contact: [Book through EEQU](#)



Prestige Sports Activity Camp

[Website](#)

Location: Haverhill
Dates: 25 July, 1, 8, 15, 22, 29 August
Support Level: 2-3
Age: 5 - 12

The mega activity camp will run on a Friday each week of the school holidays, at a primary school location in Haverhill. During the camps, 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.

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



Queech Woodlands Activities

[Website](#)

Location: Barham, nr Ipswich
Dates: 29 July, 22 August
Support Level: 1
Age: 6 - 25

Immerse yourself in a family woodland experience for a morning of archery air rifle and catapults followed by a campfire lunch. After lunch you will get to learn some bushcraft skills like fire lighting, and shelter building or knife skills.

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





Riverwalk School Holiday Club

Location: Bury St Edmunds

Dates: 11, 12, 13, 14, 15, 18, 19, 21, 22 August

Support Level: 4

Age: 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. The club is for children who attend Riverwalk School.

Contact: via school invitation

[Website](#)



Schools Out Activities

Location: Bury, Felixstowe, Ipswich, Woodbridge

Dates: 23 - 31 July, 1 - 29 August

Support Level: 2

Age: 4 - 16

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.

Contact: info@schoolsoutactivities.co.uk / 07718 246640

[Website](#)



Stowmarket ASD Saturday Club

Location: Stowmarket

Dates: 2, 16, 30 August

Support Level: 2-3

Age: 5 - 11

Saturday club mornings run all year. 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. We have a beautiful 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 / 07920 714611

[Website](#)





Stowmarket ASD Youth Club

Location: Stowmarket
Dates: 2, 16, 30 August
Support Level: 2-3
Age: 11 - 18

Youth club afternoons run all year. 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. We have a beautiful 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 / 07920 714611

[Website](#)



Suffolk Sight Juniors

Location: Ipswich
Date: 2 August
Support Level: 1
Age: 5 - 25

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 group is held at Redwoods, Red Gables, Ipswich Street, Stowmarket IP14 1BE on the first Saturday of each month, 10.30-12.30pm. The sessions usually have a theme such as Music, Art or Animals.

Contact: a.eaves@suffolksight.org.uk / 01284 748800

[Website](#)



Sunflower SEND Hub

Location: Haverhill
Date: 30 July, 4, 6, 13, 19, 26 August
Support Level: 1
Age: 5 - 16

Sunflower SEND Hub is a nurturing and inclusive organisation dedicated to supporting children and young people with SEND. Providing a safe, sensory-friendly environment where every individual is valued and encouraged to grow at their own pace. Offering tailored learning, therapeutic activities, holiday clubs, and family support services, all designed to meet the unique needs of SEND children.

Contact: [Book through EEQU](#)

[Website](#)



Haverhill Zone

Play
Chill
Learn
Live

The Zone SEND Family Support

Location: Haverhill

Date: 30 July

Support Level: 1

Age: 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.

[Website](#)



Contact: Sue.pitches@haverhill-tc.gov.uk / 01440 710071

Thorpe Woodlands Holiday Pods

Location: Shadwell, Thetford

Dates: 27-29 August

Support Level: 1

Age: 8 - 25

At Thorpe Woodlands offers 'Pods' for families of 5, to stay in for two nights. Families are supported throughout their stay by experienced staff members and have opportunities to take part in pre book activities such as cycling, canoeing, climbing, archery, high ropes etc, at an additional cost. Everybody can also spend time chatting around the campfire and cooking meals together.

[Website](#)



Contact: admin@thorpewoodlands.co.uk / 01842 763564

Topcats Holiday Club

Location: Lowestoft

Date: 23-31 July, 1-29 August

Support Level: 2-4

Age: 5 - 18

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. Activities such as bingo, karaoke and discos too.

[Website](#)



Contact: annemarie@topcats.org.uk / 01502 531897





Topcats Youth Disco

Location: Lowestoft

Date: 22 August

Support Level: 2-4

Age: 10+

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.

Contact: annemarie@topcats.org.uk / 01502 531897

[Website](#)



Waveney Deaf Children's Society

Location: Lowestoft

Dates: Various

Support Level: Deaf children and their families

Age: 0 - 25

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. We support deaf children but the whole family benefits from our activities.

Contact: waveneydcs@gmail.com / 07812 344818

[Website](#)



Woolverstone Project

Location: Alton Water

Dates: 24, 31 July, 7, 14, 21, 28 August

Support Level: 2-3

Age: 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.

Contact: info@woolverstoneproject.org.uk

[Website](#)





YMCA

Location: Lowestoft

Dates: 23, 30 July, 6, 13, 20, 27 August

Support Level: 2-3

Age: 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.

Contact: Josie.Trowsdale@ymcatrinity.org.uk / 07912 209841 or [book through EEQU](#)

[Website](#)

