



# *Summer 2026 Activity Guide*

**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 Activity Guide 2026! 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 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.



### 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](mailto:info@activities-unlimited.co.uk) or tag us on Facebook! You can also follow us on [Facebook](#) to stay up to date with activities.

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](mailto:aprovision@suffolk.gov.uk)

*The Activities Unlimited Team*



## Befriending Scheme - Family Farm Days

**Location:** Red Rose Farm, Lindsey (near Sudbury)

**Dates:** July 20<sup>th</sup> & 27<sup>th</sup>, August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

**Age:** 0 - 24 years

**Support Level:** 1

**When:** 10am - 2pm, Monday

**Contact:** [info@thebefriendingscheme.org.uk](mailto:info@thebefriendingscheme.org.uk) | 01787 371333

[More information...](#)



The Bridge



School

## The Bridge School - Holiday Club

**Location:** Ipswich

**Dates:** July 21<sup>st</sup> - 23<sup>rd</sup>, 28<sup>th</sup> - 30<sup>th</sup>, August 25<sup>th</sup> - 27<sup>th</sup>

**Age:** 4 - 7 years

**Support Level:** 4

**When:** 9am - 3pm, Tuesday - Thursday

**Contact:** Via school invitation

[More information...](#)



## Brightstars - Saturday Club

**Location:** Bury St Edmunds

**Dates:** July 25<sup>th</sup>, August 8<sup>th</sup>, 22<sup>nd</sup>

**Age:** 5 - 11 years (am) 12 - 19 years (pm)

**Support Level:** 2 - 3

**When:** 9:30am - 12:30pm & 1pm - 4pm, Saturdays

**Contact:** [info@brightstars.co](mailto:info@brightstars.co) | 07771 634575

[More information...](#)





## Cabin Crew - Holiday Club

**Location:** Ipswich

**Dates:** July 20<sup>th</sup> - 24<sup>th</sup>, 27<sup>th</sup> - 31<sup>st</sup>,  
August 3<sup>rd</sup> - 7<sup>th</sup>, 10<sup>th</sup> - 14<sup>th</sup>, 17<sup>th</sup> - 21<sup>st</sup>, 24<sup>th</sup> - 28<sup>th</sup>

**Age:** 5 - 11 years

**Support Level:** 2 - 3

**When:** 7:30am - 6pm, Monday - Friday

**Contact:** [Amy.barker@thecabincrew.org.uk](mailto:Amy.barker@thecabincrew.org.uk) | 01473 715151

[More information...](#)



## Chapters - High Needs Saturday Day Care

**Location:** Ipswich

**Dates:** July 18<sup>th</sup> & August 15<sup>th</sup>

**Age:** 6 - 15 years

**Support Level:** 3 - 4

**When:** 10am - 3pm, Saturday

**Contact:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[More information...](#)



## Chapters - High Needs Holiday Day Care

**Location:** Ipswich

**Dates:** July 24<sup>th</sup>, 31<sup>st</sup>, August 7<sup>th</sup>, 21<sup>st</sup>

**Age:** 6 - 15 years

**Support Level:** 3 - 4

**When:** 10am - 3pm, Friday

**Contact:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[More information...](#)





## Chapters Saturday Club

**Location:** Bury St Edmunds

**Dates:** July 25<sup>th</sup>, August 8<sup>th</sup>, 22<sup>nd</sup>

**Age:** 9 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 3pm, Saturday

**Contact:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[More information...](#)



## Chapters Holiday Club

**Location:** Bury St Edmunds

**Dates:** July 23<sup>rd</sup>, 27<sup>th</sup>, 28<sup>th</sup> 30<sup>th</sup>

August 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 28<sup>th</sup>

**Age:** 8 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 3pm, Mondays, Tuesdays, Thursdays

**Contact/book:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[Book via Eequ](#)

[More information...](#)



## Chapters Creative Youth Club

**Location:** Bury St Edmunds

**Dates:** July 31<sup>st</sup>, August 3<sup>rd</sup>, 28<sup>th</sup>

**Age:** 12 - 25 years

**Support Level:** 2 - 3

**When:** 6pm - 9pm, Monday and Friday

**Contact:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[More information...](#)





## Chapters Music & Games

**Location:** Bury St Edmunds, Ipswich, Sudbury

**Dates:** July 22<sup>nd</sup>, August 5<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 28<sup>th</sup>

**Age:** 12 - 25 years

**Support Level:** 2 - 3

**When:** 6pm - 9pm, Wednesday

**Contact:** [info@chapters-activities.co.uk](mailto:info@chapters-activities.co.uk) | 07712 132809

[More information...](#)



## Conscious Kids - SENSory Play

**Location:** Lowestoft

**Dates:** July 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 31<sup>st</sup>

August 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>

**Age:** 3 - 17 years

**Support Level:** 2 - 4

**When:** 11am - 12.30pm, Wednesday, Thursday, Friday

**Contact:** [info@conscious-kids.co.uk](mailto:info@conscious-kids.co.uk) | 01502 273272

[More information...](#)



## Dance East Holiday Club

**Location:** Ipswich

**Dates:** August 3<sup>rd</sup> - 6<sup>th</sup>

**Age:** 4 - 11 years

**Support Level:** 2 - 4

**When:** 8:30am - 3:30pm, Monday to Thursday

**Contact/book:** [hayley.lemon@danceeast.co.uk](mailto:hayley.lemon@danceeast.co.uk) | 01473 295245

Book via Equu

[More information...](#)





### Deben Community Farm - Saturday Farmer

**Location:** Melton

**Dates:** August 8<sup>th</sup>

**Age:** 8 - 25 years

**Support Level:** 2 - 3

**When:** 9am - 11am, Saturday

**Contact:** [Heidi.Dalby@baswindependent.co.uk](mailto:Heidi.Dalby@baswindependent.co.uk) | 07515 715753

[More information...](#)



### Deben Community Farm - Holiday Club

**Location:** Melton

**Dates:** July 18<sup>th</sup>, August 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>

**Age:** 8 - 18 years (or 5+ years with parent/carer support)

**Support Level:** 2 - 3

**When:** 9:30am - 1:30pm, Saturdays

**Contact/book:** [Heidi.Dalby@baswindependent.co.uk](mailto:Heidi.Dalby@baswindependent.co.uk)

07515 715753 | [Book via Eegu](#)

[More information...](#)



### East Coast Adventures - Activity Days

**Location:** Sutton Hoo, Easton

**Dates:** July 20<sup>th</sup> - 22<sup>nd</sup>, 24<sup>th</sup>, 27<sup>th</sup> - 29<sup>th</sup>, 31<sup>st</sup>

August 3<sup>rd</sup> - 5<sup>th</sup>, 7<sup>th</sup>, 10<sup>th</sup> - 12<sup>th</sup>, 14<sup>th</sup>, 17<sup>th</sup> - 19<sup>th</sup>, 21<sup>st</sup>,  
24<sup>th</sup> - 26<sup>th</sup> & 28<sup>th</sup>

**Age:** 7 - 12 years

**Support Level:** 2 - 3

**When:** 9am - 3pm, Monday, Tuesday, Wednesday, Friday

**Contact:** [hello@ecadventures.co.uk](mailto:hello@ecadventures.co.uk) | 07388 091459

[More information...](#)





## East Coast Adventures - Family Days

**Location:** Sutton Hoo, Easton

**Dates:** 13<sup>th</sup>, 20<sup>th</sup> August

**Age:** 5+ years & families

**Support Level:** 1

**When:** 9am - 3pm, Thursday

**Contact:** [hello@ecadventures.co.uk](mailto:hello@ecadventures.co.uk) | 07388 091459

**Book via Eegu**

**[More information...](#)**



## East Anglian Sailing Trust - Saturday Sailing

**Location:** Levington Marina

**Dates:** July 24<sup>th</sup>, 31<sup>st</sup>, August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Age:** 10 - 25 years (8+ years with parent/carers)

**Support Level:** 1 - 3

**When:** 9:30am - 12pm & 1pm - 3:30pm, Saturday

**Contact:** [sailorsupport@e-a-s-t.org.uk](mailto:sailorsupport@e-a-s-t.org.uk) | 07881 813599

**[More information...](#)**



## East Anglian Sailing Trust - Summer Sailing

**Location:** Levington Marina

**Dates:** August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

**Age:** 10 - 19 years (parent/carers support welcome)

**Support Level:** 1 - 3

**When:** 9:30am - 12:30pm & 12:30pm - 3.30pm, Thursdays

**Contact:** [sailorsupport@e-a-s-t.org.uk](mailto:sailorsupport@e-a-s-t.org.uk) | 07881 813599

**[More information...](#)**





## Eastern Angles Theatre Company - Homework and Holiday Club

**Location:** Ipswich

**Dates:** August 17<sup>th</sup> - 21<sup>st</sup>

**Age:** 7 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 3pm, Monday - Friday

**Contact:** [kirsty@easternangles.co.uk](mailto:kirsty@easternangles.co.uk) | 01473 211498

[More information...](#)



## Exning Holiday Club

**Location:** Exning, near Newmarket

**Dates:** July 28<sup>th</sup> & 29<sup>th</sup>, August 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>

**Age:** 4 - 7 years

**Support Level:** 3 - 4

**When:** 9am - 3:30pm, Tuesday & Wednesday

**Contact:** [Rachel.donald@easterneducationgroup.ac.uk](mailto:Rachel.donald@easterneducationgroup.ac.uk)

01638 600123

[More information...](#)



## Explore Outdoors Adventure Days

**Location:** Various Suffolk locations

**Dates:** Various depending on location

**Age:** 8 - 12 years

**Support Level:** 2 - 3

**When:** 8:30am - 3:30pm, Monday - Friday

**Contact:** [exploreoutdoor@acleisure.com](mailto:exploreoutdoor@acleisure.com) | 07977 294161

or book on their [Portal](#)

[More information...](#)





## Eye Opportunity Group

**Location:** Eye

**Dates:** July 27<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>

August 3<sup>rd</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>

**Age:** 0 - 5 years (5 - 11 years in school holidays)

**Support Level:** 1 - 4

**When:** 9am - 11:45am, 12:30pm - 2:45pm, Monday, Wednesday, Thursday

**Contact:** [familyliaison@btconnect.com](mailto:familyliaison@btconnect.com) | 01379 870975

[More information...](#)



## Families Together SEND Holiday Group

**Location:** Ipswich

**Dates:** July 22<sup>nd</sup>, August 5<sup>th</sup>, 26<sup>th</sup>

**Age:** 0 - 12 years

**Support Level:** 1

**When:** 10am - 12pm, Wednesdays

**Contact:** [sarah@famielstogethersuffolk.org.uk](mailto:sarah@famielstogethersuffolk.org.uk) | 01379 678552

[More information...](#)



## Football Development East - SEND Football Holiday Club

**Location:** Acton near Sudbury

**Dates:** July 20<sup>th</sup> - 24<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup>

August 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 27<sup>th</sup>, 28<sup>th</sup>

**Age:** 5 - 11 years

**Support Level:** 2 - 3 (4 with parent/carer support)

**When:** 9am - 3pm, Monday - Friday week 1,

Thursday & Friday for the remaining weeks

**Contact/book:** [Info@fdeonline.co.uk](mailto:Info@fdeonline.co.uk) | 020 8050 5465 | [Book via Eequ](#)

[More information...](#)





## Hill Farm Riding School - Pony Days

**Location:** Elmswell

**Dates:** July 21<sup>st</sup>

August 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup>

**Age:** 5 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 2pm, Tuesdays & Thursdays

**Contact:** [hillfarmridingschool@yahoo.com](mailto:hillfarmridingschool@yahoo.com) | 07845 320424

[More information...](#)



## Hillside Special School - Holiday Club

**Location:** Sudbury

**Dates:** July 27<sup>th</sup> - 30<sup>th</sup>, August 3<sup>rd</sup> - 5<sup>th</sup>

**Age:** 4 - 19 years

**Support Level:** 3 - 4

**When:** 9:15am - 2.45pm, Monday - Thursday

**Contact:** Via school invitation

[More information...](#)



## Indigo Opportunities

**Location:** Various

**Dates:** July 29<sup>th</sup>, 30<sup>th</sup>, August 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 27<sup>th</sup>

**Age:** 14 - 25 years

**Support Level:** 2 - 4

**When:** Various depending on activity

**Contact:** [info@indigo-opportunities.org.uk](mailto:info@indigo-opportunities.org.uk) | 07766 177255

[More information...](#)



### INVOLVE **Involve Active - Get Together Outdoors**

**Location:** Lowestoft

**Dates:** July 21<sup>st</sup>, 28<sup>th</sup>, August 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Age:** 8 - 25 years

**Support Level:** 2 - 4

**When:** 3 - 6pm, Tuesday

**Contact:** [info@involveactive.co.uk](mailto:info@involveactive.co.uk) | 01502 501542

[More information...](#)



### INVOLVE **Involve Active - Family Get Together (Hawaiian BBQ)**

**Location:** Lowestoft

**Dates:** 30<sup>th</sup> July

**Age:** 0 - 25 years & families

**Support Level:** 1

**When:** 12 - 3pm & 6 - 8pm, Thursday

**Contact:** [info@involveactive.co.uk](mailto:info@involveactive.co.uk) | 01502 501542

[More information...](#)



### **Ipswich Community Media - Summer Music Project**

**Location:** Ipswich

**Dates:** TO BE CONFIRMED

**Age:** 11 - 18 years

**Support Level:** 2 - 3

**When:** 10:15am - 2:30pm, Tuesday, Wednesday, Thursday, Friday

**Contact/book:** [helen@ipswichcm.org.uk](mailto:helen@ipswichcm.org.uk) | 01473 852552 /

07399 352893 | [Book via Eequ](#)

[More information...](#)





## Ipswich Deaf Children's Society

**Location:** Ipswich

**Dates:** Various - check with provider

**Age:** 0 - 19 years

**Support Level:** 2 - 3

**When:** Various

**Contact:** [Richardstanleyplatt@outlook.com](mailto:Richardstanleyplatt@outlook.com)

07979 798595 (please note, this number is text only)

[More information...](#)



## Ipswich Opportunity Group

**Location:** Ipswich

**Dates:** July 20<sup>th</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 31<sup>st</sup> August 3<sup>rd</sup>, 7<sup>th</sup>, 24<sup>th</sup>, 28<sup>th</sup>

**Age:** 0 - 5 years

**Support Level:** 1

**When:** 10 - 11:30am & 1 - 2:30pm, Mondays and Fridays

**Contact:** [ips\\_opportunitygp@btinternet.com](mailto:ips_opportunitygp@btinternet.com) | 07746 580132

[More information...](#)



## Joe Healthcare - Saturday Club

**Location:** Ipswich

**Dates:** July 18<sup>th</sup>, August 21<sup>st</sup>

**Ages:** 8 - 13 years

**Support Level:** 2 - 3

**When:** 10am - 2pm, Saturdays

**Contact:** [Emmah@joehealthcare.co.uk](mailto:Emmah@joehealthcare.co.uk) | 07368 226151

[More information...](#)





## Joe Healthcare - Summer Club

**Location:** Ipswich

**Dates:** August 4<sup>th</sup>, 7<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup>, 21<sup>st</sup>

**Ages:** 8 - 13 years

**Support Level:** 2 - 3

**When:** 10am - 2pm, Tuesdays and Fridays

**Contact:** [Emmah@joehealthcare.co.uk](mailto:Emmah@joehealthcare.co.uk) | 07368 226151, [Book via Eequ](#)

[More information...](#)



## Leading Lives - Summer Club

**Location:** Lowestoft

**Dates:** August 10<sup>th</sup> - 12<sup>th</sup>, 17<sup>th</sup> - 19<sup>th</sup>, 24<sup>th</sup> - 26<sup>th</sup>

**Age:** 13 - 19 years

**Support Level:** 2 - 4

**When:** 10am - 3pm, Monday - Wednesday

**Contact:** [info@leadinglives.org.uk](mailto:info@leadinglives.org.uk) | 01473 406777

[More information...](#)



## Leading Lives - Little Lives

**Location:** Ipswich

**Dates:** August 8<sup>th</sup>

**Age:** 5 - 13 years

**Support Level:** 3 - 4

**When:** 10:30am - 12:30pm, Saturday

**Contact:** [info@leadinglives.org.uk](mailto:info@leadinglives.org.uk) | 01473 406777

[More information...](#)





## Leading Lives - Saturday Club

**Location:** Lowestoft

**Dates:** July 18<sup>th</sup>

**Age:** 13 - 19 years

**Support Level:** 2 - 4

**When:** 10am - 3pm, Saturday

**Contact:** [info@leadinglives.org.uk](mailto:info@leadinglives.org.uk) | 01473 406777

[More information...](#)



## Leading Lives - Night Hubs

**Location:** Lowestoft, Sudbury and Ipswich

**Dates:** July 23<sup>rd</sup>, 24<sup>th</sup>, 31<sup>st</sup>, August 20<sup>th</sup>

**Age:** 13 - 25 years

**Support Level:** 2 - 4

**When:** 6 - 8pm, Thursday & Friday

**Contact:** [info@leadinglives.org.uk](mailto:info@leadinglives.org.uk) | 01473 406777

[More information...](#)



## **LEAPS - Holiday Club**

**Location:** Ipswich

**Dates:** July 21<sup>st</sup> - 24<sup>th</sup>, 27<sup>th</sup> - 31<sup>st</sup>, August 3<sup>rd</sup> - 6<sup>th</sup>, 11<sup>th</sup> - 14<sup>th</sup>

**Age:** 4 - 25 years

**Support Level:** 2 - 4

**When:** 6 hour day or 4.5 hour day with 1:1 support

**Contact:** [info@leapssuffolk.org.uk](mailto:info@leapssuffolk.org.uk) | 07761 397535

[More information...](#)



**LEAPS** **LEAPS - Out Not In**

**Location:** Ipswich

**Dates:** August 19<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>

**Age:** 9 - 25 years

**Support Level:** 2 - 3

**When:** Various

**Contact:** [info@leapssuffolk.org.uk](mailto:info@leapssuffolk.org.uk) | 07761 397535

[More information...](#)



**LEAPS** **LEAPS - Saturday Club**

**Location:** Ipswich

**Dates:** July 18<sup>th</sup>, August 1<sup>st</sup>, 15<sup>th</sup>

**Age:** 4 - 25 years

**Support Level:** 2 - 4

**When:** 9.00am - 11.45am (4 - 11-year-olds), 1.00pm - 3.45pm (11+ year-olds), Saturdays

**Contact:** [info@leapssuffolk.org.uk](mailto:info@leapssuffolk.org.uk) | 07761 397535

[More information...](#)



**Limitless Futures - Wild Hearts Holiday Club**

**Location:** Cavenham

**Dates:** July 29<sup>th</sup> & 30<sup>th</sup>, August 5<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>

**Age:** 6 - 12 years

**Support Level:** 1 - 3

**When:** 10am - 2pm, Wednesday (Family Focus) Thursday (Tween Space)

**Contact/Book:** [info@limitlessfutures.org.uk](mailto:info@limitlessfutures.org.uk) | 07368 500749

[Book via Eequ](#)

[More information...](#)





## Making Fitness Accessible

**Location:** Sudbury

**Dates:** July 22<sup>nd</sup>, 29<sup>th</sup>, August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Age:** 16 - 25 years

**Support Level:** 1 - 3

**When:** 4 - 5pm or 5 - 6pm, Wednesdays

**Contact:** [info@makingfitnessaccessible.com](mailto:info@makingfitnessaccessible.com) | 01206 692524

[More information...](#)



## Mistley Kids Club

**Location:** Mistley, Essex

**Dates:** July 21<sup>st</sup> - 31<sup>st</sup>, August 3<sup>rd</sup> - 28<sup>th</sup>

**Age:** 4 - 19 years

**Support Level:** 2 - 4

**Times:** 8am - 6pm, Monday - Friday

**Contact:** [Julie.robinson@mistleykidsclub.co.uk](mailto:Julie.robinson@mistleykidsclub.co.uk) | 07809 176252

[More information...](#)



## Press Start Gaming Lounge

**Location:** Ipswich

**Dates;** July 27<sup>th</sup> - 30<sup>th</sup>, August 3<sup>rd</sup> - 6<sup>th</sup>, 10<sup>th</sup> - 13<sup>th</sup>, 17<sup>th</sup> - 20<sup>th</sup>

**Age:** 6 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 2pm, Monday - Thursday

**Contact/Book:** [contact@psglounge.com](mailto:contact@psglounge.com) | 07825 459123

[Book via Eequ](#)

[More information...](#)





## Prestige Sports SEND Multi-Activity Camp

**Location:** Haverhill

**Dates:** July 24<sup>th</sup>, 30<sup>th</sup>, August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Age:** 4 - 12 years

**Support Level:** 2 - 3

**When:** 9:30am - 12:30pm, Fridays

**Contact:** [nickwilderspin@prestigesportsdevelopment.co.uk](mailto:nickwilderspin@prestigesportsdevelopment.co.uk)  
07539 294165

[More information...](#)



## Queech Woodland Activities

**Location:** Barham, nr Ipswich

**Dates:** July 31<sup>st</sup>, August 14<sup>th</sup>

**Age:** 6 - 25 years

**Support Level:** 1

**When:** 10am - 2:30pm, Friday

**Contact:** [neil@queechwood.co.uk](mailto:neil@queechwood.co.uk) | 07941 009256

[More information...](#)



## Re-Utilise Holiday Crafting Workshops

**Location:** Lowestoft

**Dates:** August 3<sup>rd</sup> to 26<sup>th</sup>

**Age:** 8 - 16 years

**Support Level:** 2 - 3

**When:** 10am - 2pm, Monday - Thursday

**Contact/Book:** 07599 541828 | [Book via Eegu](#)

[More information...](#)





## Riverwalk Holiday Club

**Location:** Bury St Edmunds

**Dates:** August 10<sup>th</sup> - 14<sup>th</sup> and 17<sup>th</sup> - 21<sup>st</sup>

**Age:** 4 - 19 years

**Support Level:** 4

**When:** 9am - 3pm, Monday - Friday

**Contact:** Via school invitation

[More information...](#)



## Stowmarket ASD Club - Saturday Club

**Location:** Stowmarket

**Dates:** July 18<sup>th</sup>, August 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>

**Age:** 5 - 11 years

**Support Level:** 2 - 3

**When:** 10am - 1pm, Saturdays

**Contact:** [leah@stowmarketsaturdayclub.co.uk](mailto:leah@stowmarketsaturdayclub.co.uk) | 07920 714611

[More information...](#)



## Stowmarket ASD Club - Youth Club

**Location:** Stowmarket

**Dates:** July 18<sup>th</sup>, August 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>

**Age:** 11 - 18 years

**Support Level:** 2 - 3

**When:** 1:30 - 4:30pm, Saturdays

**Contact:** [leah@stowmarketsaturdayclub.co.uk](mailto:leah@stowmarketsaturdayclub.co.uk) | 07920 714611

[More information...](#)





## Suffolk Sight

**Location:** Stowmarket

**Dates:** August 1<sup>st</sup>

**Age:** 5 - 25 years

**Support Level:** 1

**When:** 10:30 - 12:30pm, Saturday

**Contact:** [a.eaves@suffolksight.org.uk](mailto:a.eaves@suffolksight.org.uk) | 01473 611011 / 07517 328264

[More information...](#)



## Team2Gether - Taste Quest

**Location:** Lowestoft

**Dates:** July 22<sup>nd</sup>, 29<sup>th</sup>, August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Age:** 8 - 18 years

**Support Level:** 2 - 4

**When:** 10am - 3pm, Wednesdays

**Contact:** [Team2gethersuffolk@outlook.com](mailto:Team2gethersuffolk@outlook.com) | 07761 131704

[Book via Eequ](#)

[More information...](#)



## Topcats - Holiday Club

**Location:** Lowestoft

**Dates:** July 27<sup>th</sup> - 31<sup>st</sup>

August 3<sup>rd</sup> - 7<sup>th</sup>, 10<sup>th</sup> - 14<sup>th</sup>, 17<sup>th</sup> - 21<sup>st</sup>, 24<sup>th</sup> - 28<sup>th</sup>

**Age:** 5 - 18 years

**Support Level:** 2 - 4

**When:** 10am - 3pm, Monday - Friday

**Contact:** [annemarie@topcats.org.uk](mailto:annemarie@topcats.org.uk) | 07919 207771 / 01502 531897

[More information...](#)





## Topcats - Tiny Topcats

**Location:** Lowestoft

**Dates:** July 22<sup>nd</sup>

**Age:** 0 - 5 years

**Support Level:** 1

**When:** 1:15pm - 2:15pm, Wednesday

**Contact:** [annemarie@topcats.org.uk](mailto:annemarie@topcats.org.uk) | 07919 207771 / 01502 531897

[More information...](#)



## Topcats - Gap

**Location:** Lowestoft

**Dates:** July 18<sup>th</sup>

**Age:** 12 - 18 years

**Support Level:** 2 - 3

**When:** 10am - 3pm, Saturday

**Contact:** [annemarie@topcats.org.uk](mailto:annemarie@topcats.org.uk) | 07919 207771 / 01502 531897

[More information...](#)



## **Waveney Deaf Children's Society**

**Location:** Lowestoft

**Dates:** Various - check with provider

**Age:** 0 - 25 years

**Support Level:** 1

**When:** Varies depending on activity

**Contact:** [waveneydcs@gmail.com](mailto:waveneydcs@gmail.com) | 07812 344818

[More information...](#)





## Wolverstone Project

**Location:** Alton Water, Ipswich

**Dates:** July 23<sup>rd</sup>, 30<sup>th</sup>, August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

**Age:** 8 - 18 years

**Support Level:** 2 - 3

**When:** 4:30pm - 6:30pm, Thursdays

**Contact:** [info@woolverstoneproject.org.uk](mailto:info@woolverstoneproject.org.uk) | 01473 715495

[More information...](#)



## YMCA - Growing Friends

**Location:** Lowestoft

**Dates:** July 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 30<sup>th</sup>

August 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup>

**Age:** 8 - 13 years

**Support Level:** 2 - 3

**When:** 10am - 3pm, Tuesdays & Thursdays

**Contact/Book:** [Josie.Trowsdale@ymcatrinity.org.uk](mailto:Josie.Trowsdale@ymcatrinity.org.uk)

07912 209841 | [Book via Eeq](#)

[More information...](#)



## The Zone SEND Family Support

**Location:** Haverhill

**Dates:** July 27<sup>th</sup>

**Age:** 0 - 25 years

**Support Level:** 1

**When:** 3:30 - 5:30pm, Monday

**Contact:** [Sue.pitches@haverhill-tc.gov.uk](mailto:Sue.pitches@haverhill-tc.gov.uk) | 01440 710071

[More information...](#)



If you can't find what you're looking for please feel free to contact us at [AUFamilyAdvice@suffolk.gov.uk](mailto:AUFamilyAdvice@suffolk.gov.uk) or on 01473 260026 if you need any help.

Here are some other useful links which detail support and services that may be useful to families over the summer holidays.

- **Infolink:** Online web directory of services across the county - [infolink.suffolk.gov.uk](http://infolink.suffolk.gov.uk)
- **EEQU:** The website for HAF bookings for those eligible for income related free school meals. Some activities also offer paid for places for children and young people who are not eligible for HAF - [eequ.org](http://eequ.org)
- **Community Fun Days:** Family days in Sudbury, Thurston, Hadleigh, and Stowmarket providing a wide range of free activities for children and young people of all ages - [abbeycroft.org.uk/community-fun-days/](http://abbeycroft.org.uk/community-fun-days/)
- **What's on West Suffolk:** [whatsonwestsuffolk.co.uk/](http://whatsonwestsuffolk.co.uk/)
- **The Source:** Information, Advice and sources of support for young people in Suffolk - [thesource.me.uk/](http://thesource.me.uk/)
- **Cost of living support including HAF information:** [eastsuffolk.gov.uk/benefits-grants-and-support/benefits-grants-and-support/what-cost-living-help-available-me-1](http://eastsuffolk.gov.uk/benefits-grants-and-support/benefits-grants-and-support/what-cost-living-help-available-me-1)
- **AU Holiday Lodge:** Newly renovated lodge at Fritton Lake for families of children and young people with SEND in Suffolk - <https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/au-holiday-lodge>

**HAPPY SUMMER FROM ALL OF US AT AU**

