



Loading...



ACTIVITY PROVIDER GUIDE

2023/2024

Welcome!

Welcome to our 2023/24 Provider Activity Guide!

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.



Where you see this symbol, the activity provider has signed up to the Holiday Activities and Food Programme - this means that free places and meals may be available during the Christmas, Easter and summer school holidays each year for families eligible for free school meals.

We also publish school holiday activity guides - follow us on [Facebook](#) or [Twitter](#) or [sign up to our newsletter](#) to receive these throughout the year. You can also [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 auprovision@suffolk.gov.uk

The Activities Unlimited Team

Key to support levels:

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

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

Key to icons:

The icons on each listing tell you whether activities take place in termtime 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.





Achieving Aspirations

[Website](#)

Location: Felixstowe
Support Level: 2-4

Holiday Clubs: Summer holiday activities for young people with SEND aged 8-16, offering a mix of indoor and outdoor activities including sensory play, arts and crafts and sport.

Contact: m.gill@achievingaspirations.uk

Brickscape: A monthly club aimed at Lego enthusiasts aged 8+ looking to spend some time doing what they love, meeting new people and making friends in a fully supported environment.

Contact: s.boulton@achievingaspirations.uk



Acorns and Woodlands

[Website](#)

Location: Rougham, nr Bury St Edmunds
Support Level: 1-3

This holiday club offers inclusive activities for children aged 2-12, including those with additional needs. Children can take part in adult led activities including cooking, arts and crafts, walks to local parks and shops and activity days such as skateboarding tuition and visits from petting zoos. They can also make full use of the outside space with mud kitchen, sandpit, climbing frames, children's house and ride on bikes, for free play and socialising.

Contact: manager@acornsandwoodlands.com



Befriending Scheme (The)

[Website](#)

Location: Lindsey, near Sudbury & Hadleigh
Support Level: 1-3

SEND Family Farm Days: Open to young people aged 4-18 with additional needs and their families. Learn about and take care of the animals, join the team on the allotment planting seeds and harvesting crops, join in with nature based crafts and games and meet Rodney the Goat or Billie the Bearded Dragon!

Contact: emma.lowery@thebefriendingscheme.org.uk

Fortknights Befriending Groups: Small social groups in Sudbury and Bury St Edmunds for young people with additional needs aged 16-25 looking to make new friends. Groups meet in the evening at a local venue and plan their own activities (meals, gigs, go-karting etc) - costs vary.

Contact: will.ginno@thebefriendingscheme.org.uk / 07818 343739





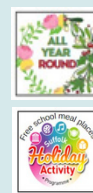
Brightstars

[Website](#)

Location: Bury St Edmunds
Support Level: 2-3

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

Contact: brightstarsbse@btinternet.com



Bridge School (The)

[Website](#)

Location: Ipswich
Support Level: 3-4

Holiday club exclusively for children aged 4-7 who attend The Bridge Special School in Ipswich. Activities include sports, arts & crafts and games.

Contact: admin@thebridgeschool.org.uk



Cabin Crew

[Website](#)

Location: Ipswich
Support Level: 1-3

Based at Sidegate Lane School in Ipswich and open to children aged 4-11, Cabin Crew offer fun holiday activities including golf, yoga, drama, dance, puppets and sports in a safe, secure environment. Snacks provided or evening meal for full day attendees.

Contact: 01473 715151 / ccallocations@aol.com



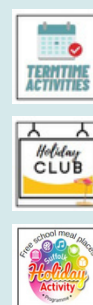
Dance East

[Website](#)

Location: Ipswich
Support Level: 2-4

Classes at DanceEast run throughout the year, from Dance Clubs to Youth Springboard classes. The team believe that dance is for everyone, and aim to make classes accessible for all movers, from 4-16 years old - if you would like to join them but need additional support in the studio, just drop the team a line. Holiday sessions also available.

Contact: esther.alcock@danceeast.co.uk





Eastern Angles

Location: Ipswich
Support Level: 1-2

This free homework club is open during term time for young people aged 7-18. The club assists children with their homework and development through the free use of computers, printing, internet, and resources in a safe, welcoming environment.

Contact: jack@easternangles.co.uk

Website



Eye Arts Club

Location: Eye, Stradbroke, Framlingham, Debenham
Support Level: 2-3

Projects covering a mix of art, crafts, dance, drama, and animation activities. Sessions run during term time and are open to young people aged 7-17.

Contact: 07963 512549 / lizwaugh@btinternet.com

Website



Eye Opportunity Group

Location: Eye
Support Level: 1-4

Running throughout the year, these morning and afternoon stay-and-play sessions are open to under 5s and their parents/carers. A Family Advisor is available for support and information, and whole family sessions are available during the school holidays.

Contact: eyeopportunitygroup@btconnect.com

Website



East Anglian Sailing Trust

Location: Levington
Date: May - September
Support Level: 1-4

EAST offer opportunities for disabled young people aged 4-25 and their carer/family member to experience sailing activities from the Suffolk Yacht Harbour base on the River Orwell. Weekend sessions run May-September and are two hours - morning sessions develop basic sailing skills in conjunction with RYA Sailability & OnBoard programmes, whilst the afternoon sessions are family leisure sailing. During the summer holidays EAST also run a programme for young sailors 5-16 yrs old as part of the Holiday Activities and Food programme.

Contact: keelboatsec@e-a-s-t.org.uk

Website





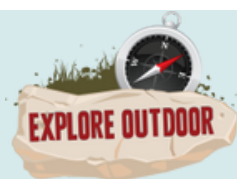
Exning Holiday Club

[Website](#)

Location: Exning, nr. Newmarket
Support Level: 2-4

Based at the SEND Unit at Exning Primary School, Exning Wrap Around Care provide SEND holiday clubs for 4-11 year olds during the school holidays. There are 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: exningwraparoundcare@email.com



Explore Outdoor

[Website](#)

Locations: Brandon, Bury St Edmunds, Haverhill, Lowestoft, Newmarket, Stowmarket, Sudbury
Support Level: 1-3

Family Park Cooking Days (all locations):

Spend a day outside with experienced instructors, take part in some fun outdoor activities, cook a hearty meal, then take away a food box with ingredients and recipe cards to make 5 meals to cook in the comfort of your home! These days are exclusively for families eligible for free school meals.

Explore Adventure Days (all locations):

Run during the holidays for children aged 8-12, these days are a chance to get outside, join in woodland activities and learn outdoor skills like den building. Spaces available both for paying customers and free spaces as part of the Holiday Activities and Food programme.

SEND Multi Activity Days (Stowmarket, Bury and Haverhill):

If you like outdoor adventures, why not give these multi activity days a try? Activities include wall climbing, axe throwing, making a bread oven and cooking fresh bread, with extra staff on hand for support. Participants need to be aged 8-12 and able to understand and perform the activities safely (with carer support if appropriate). Days run in June, August and October.

Contact: exploreoutdoor@acleisure.com / haf@acleisure.com



Hill Farm Riding School

[Website](#)

Location: Elmswell
Support Level: 1-2

Pony days for young people with additional needs aged 5-18. During the 4-hour sessions, participants will have a riding lesson, learn about stable management and take part in a wide range of interactive games and lessons learning about horses and their care.

Contact: admin.hillfarm@icloud.com / 07845 320424





Hillside Special School

[Website](#)

Location: Sudbury
Support Level: 2-4

Hillside are running an after school club, exclusively for children who attend Hillside Special School.

Contact: admin@hillside.suffolk.sch.uk



Indigo Opportunities

[Website](#)

Location: Various
Support Level: 2-3

Activities for 13-18 year olds, including:

Venue-based activity days: Groups come together to socially interact, learn new skills, share ideas and have fun;

Community-based activity days: Groups interact with the community to help, volunteer or join in with activities such as tree planting, project building, conservation and more, and;

Adventure-based activity days: Groups travel together via coach or minibus to activities such as alpaca walking, sailing or Thorpe Woodlands Adventure Centre.

Contact: info@indigo-opportunities.org.uk



Involve Active

[Website](#)

Location: Lowestoft
Support Level: 2-4

Get Together is a fun monthly social group for young people aged 8+ that enables them to develop social skills and have fun, with lots of fun activities such as tuck shop, board games, music, games and space to chill with friends.

During the year there are also special events such as family themed discos, summer BBQ and Valentines, Easter, Halloween and Christmas events.

Contact: bev@involveactive.co.uk





Ipswich Community Media

[Website](#)

Location: Ipswich
Support Level: 2-3

Partners at IO Radio, Eastern Angles and South Sreet Studios offer an exciting range of music, media and radio podcasting experiences for young people with SEND aged 11- 25. Expert tutors can teach attendees a range of skills including music production, playlisting, editing and interviewing, either one to one or in groups. Sessions offer fun activities in a vibrant, modern environment, with opportunities to progress.



Contact: alicia@ipswichcm.org.uk



Ipswich Deaf Children's Society

[Website](#)

Location: Ipswich

IDCS provides BSL interpreter supported access to activities and adrenaline filled sports for Deaf children and young people aged up to 18 years old. Activities help build confidence and offer opportunities to try new experiences. Whole family days offer less adrenaline filled activities, but mutual support to all families.



Contact: richard.bsl4you@gmail.com



Ipswich Opportunity Group

[Website](#)

Location: Ipswich
Support Level: 1-4

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



Just Play (Abbeycroft Leisure)

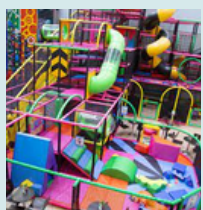
[Website](#)

Location: Sudbury / Haverhill / Newmarket
Support Level: 1-3

These Just Play soft play evening sessions are for children with additional needs and their siblings aged 0-16 years. Contact your local centre for dates and availability. Parents/carers stay during the session and have the chance to chat and get to know others. Cafe available.



Contact: contactus@acleisure.com / 01787 375656





Leading Lives Support Level: 2-4

[Website](#)

Saturday Clubs (Lowestoft & Stowmarket)

Following the successful launch of the Lowestoft club last year, the Leading Lives team are launching another Saturday club this year, this time in Stowmarket. Both clubs provide fun, exciting activities for 13-17 year olds with additional needs. Sessions include arts and crafts, games, sports, tech, singing, dancing, trips and more. Costs vary depending on level of need.

Contact: yp.referrals@leadinglives.org.uk



Night Hubs (Ipswich, Haverhill, Lowestoft, Sudbury & Stowmarket)

The Night Hubs are chilled out youth groups for young people aged 13-25 with learning disabilities and autism. They run at Leading Lives Hubs across Suffolk throughout the year. Activities include arts, crafts, games, singing and more; costs vary depending on level of need.

Contact: nighthubs.info@leadinglives.org.uk



Summer Clubs (Lowestoft & Stowmarket)

With setting and community based activities and day trips, Leading Lives Summer Clubs offer a welcoming, friendly, comfortable and safe space for young people aged 13-17 to make friends, engage in activities and have fun during summer holidays whilst family carers have a break. Costs vary depending on level of need.

Contact: yp.referrals@leadinglives.org.uk



Sleepover Short Breaks (Lowestoft/Stowmarket/Ipswich/Bury)

Sleepover Short Breaks are exclusively for young people with learning disabilities and autism (16-24) to enjoy an overnight break with their peers filled with activities that they will enjoy, whilst offering family carers a valuable break from their caring responsibilities with the reassurance that the young person is in safe hands and having a great time.

Activities are specifically designed for young people and include things like archery, climbing, treasure hunts, beach visits, discos, karaoke, movie nights and more. Sleepover costs vary depending on level of need.

Contact: yp.referrals@leadinglives.org.uk





L.E.A.P.S.

[Website](#)

Leaps: Saturday Club

Location: Ipswich

Support Level: 1-3

Morning sessions for 5-11 year olds and afternoon sessions for those aged 12-20. All sessions provide fun and engaging activities including Lego, cooking, crafts, sensory play and more. After assessment, staff can provide 1:1 support and administer medication. Costs vary depending on support needed.



Leaps: Out Not In

Location: Ipswich

Support Level: 1-3

This club supports access to activities out in the community and enables young people to access bowling, cinema, theatre, park meets, eating out and socialising with the support of carers who know them well. Costs vary depending on activity and support level required.



Leaps: Holiday Club

Location: Ipswich

Support Level: 1-3

LEAPS Holiday Clubs are for young people aged 5-20 and take place at Stone Lodge Academy. Activities include outdoor play, craft, cooking, air hockey and more. Leaps run a tiered support system and can provide 1:1 support and administer medication (subject to assessment). Costs vary according to support needed, HAF places available for children eligible for free school meals.



Contact: info@leapssuffolk.org.uk



New Wolsey Theatre

[Website](#)

Location: Ipswich

Support Level: 2-3

Youth Theatre Squared: A theatre group for young people aged 16-21 with additional needs and disabilities.



Youth Theatre Plus: For autistic young people aged 11-16 who would benefit from a more supported, smaller group.

Both sessions are led by professional theatre practitioners with experience in making inclusive theatre and will suit young people who like to play games, tell stories and have fun!

Contact: rlaws@wolseytheatre.co.uk



Nisa Waveney Angling

Location: Stonham Barns

Support Level: 1-2

This fully inclusive angling club works with a range of young people aged 5-25 (parents must stay with young attendees) to improve their angling skills and give beginners a chance to learn the basics. All equipment is available to borrow, with experienced coaches on hand.

Contact: terryr1@hotmail.co.uk / 07985 463142



Offshoot Foundation

Location: Stowmarket

Support Level: 2-3 and young carers

Offshoot run filmmaking workshops for young people with disabilities/additional needs and young carers. Sessions are led by people working in film/television and education, and include skills such as communication and teamwork as well as learning how to make films either behind or in front of the camera. Each term the group have an Oscars evening where they screen the films they've made to families and friends.

Contact: theoffshootfoundation@gmail.com

[Website](#)



Orwell Mencap

Location: Ipswich

Support Level: 2-4

Saturday Socials: These clubs run throughout the year for Stars (11-25s) and Buddies (8-14s). Club users can access a range of facilities including ICT, sensory rooms, art room, skills kitchen, gardening, sports, and outings.

Holiday Clubs: Based at a special school in Ipswich, clubs run during school holidays. The two different groups: Stars (11-25s) and Buddies (8-14s) provide young people with opportunities to learn new skills and meet friends within a supportive, caring environment with experienced staff.

Contact: stars@orwellmencap.co.uk





Out Loud Music

[Website](#)

Location: Ipswich

Support Level: 2-3

Wikid Music and iRock have joined up to create 'The iRock Social' - a day of activities for young people with additional needs aged 8-18. Morning sessions start with music and percussion workshops from Wikid, with gaming, podcasting and video sessions in the afternoons from iRock. The day aims to create a fun, safe and social environment where young people with disabilities can not only learn new skills but socialise within a group, work on projects together and create networks and friendships which can carry on outside of sessions.

Contact: enquiries@outloudmusic.org



Press Start Gaming Lounge

[Website](#)

Location: Ipswich

Support Level: 1-3

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

Contact: contact@psglounge.com / 01473 410970



Pro Corda

[Website](#)

Location: Leiston

Support Level: 2-3 and young carers



Create Together Stage School: These monthly musical theatre workshops inspire participants to discover vocal, instrumental, drama and visual arts, and are open to young people aged 10-18 with SEND who live in Suffolk.

Contact: createtogether@procorda.com



Young Carers Club: This after school club for young carers and siblings includes access to a professional recording studio where attendees are supported to create their own podcasts, including radio drama, piano improvisation, multi track instrumental recordings and interviews. It gives young carers the chance to meet other young people who have a caring role and develop in their confidence and expression.

Contact: laura@procorda.com





Stowmarket ASD Club

Location: Stowmarket

Support Level: 2-3

These sessions are for young people with ASD aged 11-18. Attendees can choose what activities they take part in, with a wide range of activities available including art, craft, games, sports, sensory play, gaming consoles, role play, music, gardening, construction and more. Sessions are intended to bring young people together to reduce isolation and create opportunities to communicate with others and build on friendships.

Contact: leah@stowmarketsaturdayclub.co.uk

[Website](#)



Suffolk Sight Juniors

Location: Stowmarket

Support Level: 1

Suffolk Sight Juniors is a social and educational group for visually impaired children and their families. The group brings families together to share information, access advice and have fun. The sessions usually have a theme such as music, art or animals.

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

[Website](#)



Thorpe Woodlands

Location: Thetford

Support Level: 1-4

Thorpe Woodlands offer families of young people with SEND aged 6-18 a 3-day holiday package. These include self-catering accommodation and a range of instructor led activities. Mountain bikes are available to use on the evening of arrival. The adventure days are instructor-led and packed with exciting adventures including climbing, zip wires, caving, tree trekking, archery, canoeing, and evening campfires.

Contact: tara@thorpewoodlands.co.uk

[Website](#)





Topcats

Location: Pakefield, Lowestoft
Support Level: 1-3

Topcats run holiday clubs, Saturday groups and an afterschool club for children and young people aged 5-25 from their specialist provision centre, with activities including games, music room, soft play and more. Costs vary depending on support level required.

Topcats also run Tinycats - a stay-and-play group for children with SEND under 5 and their parents or carers.

Contact: annemarie@topcats.org.uk

Website



Waveney Deaf Children's Society

Location: Waveney

WDCS provides BSL interpreter supported access to various activities for Deaf children and young people aged up to 18 years old. Activities will help build confidence and give opportunities to try new experiences. Siblings and whole families are welcome to any of the activities - cost varies depending on activities.

Contact: annjillings0@gmail.com

Website



Woolverstone Project

Location: Alton Water
Support Level: 1-3

The Woolverstone Project is a Royal Yachting Association Sailability Centre based at Alton Water near Ipswich. Every Thursday between 5pm to 7pm from May to September the Project allows young people aged 8-25 to experience sailing on open water with those who wish to learn the skills of sailing as part of the crew. All sailing clothing and safety gear is provided, and family members can also join in.

Contact: info@woolverstoneproject.org.uk

Website

