

# 2024-2025 ACTIVITY GUIDE

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

[www.activities-unlimited.co.uk](http://www.activities-unlimited.co.uk)



[info@activities-unlimited.co.uk](mailto: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](#) or [X](#) (formerly known as Twitter). You can also 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: 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 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](mailto:aprovision@suffolk.gov.uk)

*The Activities Unlimited Team*

## Abbeycroft Leisure

Abbeycroft Leisure run a variety of different activity groups, including both indoor and outdoor activities focused around fitness, health and wellbeing.

**Contact:** [contactus@acleisure.com](mailto:contactus@acleisure.com)

### Explore Outdoor

**Location:** Various

**Support Level:** 2–3

**Age Group:** 8–12

Adventure Days aim to build confidence in young people through a range of activities and challenges. It gets young people physically active, building relationships with peers and reducing screen time. Explore Outdoor also provide lunch during these sessions and young people are encouraged to make their own lunches, as it's an opportunity to discuss healthy eating and healthy food choices.

**Contact:** [exploreoutdoor@acleisure.com](mailto:exploreoutdoor@acleisure.com) or 07983 918318

### Just Climb

**Location:** Haverhill

**Support Level:** 1–3

**Age Groups:** 8–16

Just Climb provides an exciting introduction to climbing as well as a healthy workout designed for young carers. Suitable for all abilities, you do not need any prior climbing experience as their dedicated climbing team will be on hand to show you the ropes.

**Contact:** [contactus@acleisure.com](mailto:contactus@acleisure.com)

See More





## Abbeycroft Leisure

[See More](#)

### Just Play

**Location:** Ipswich

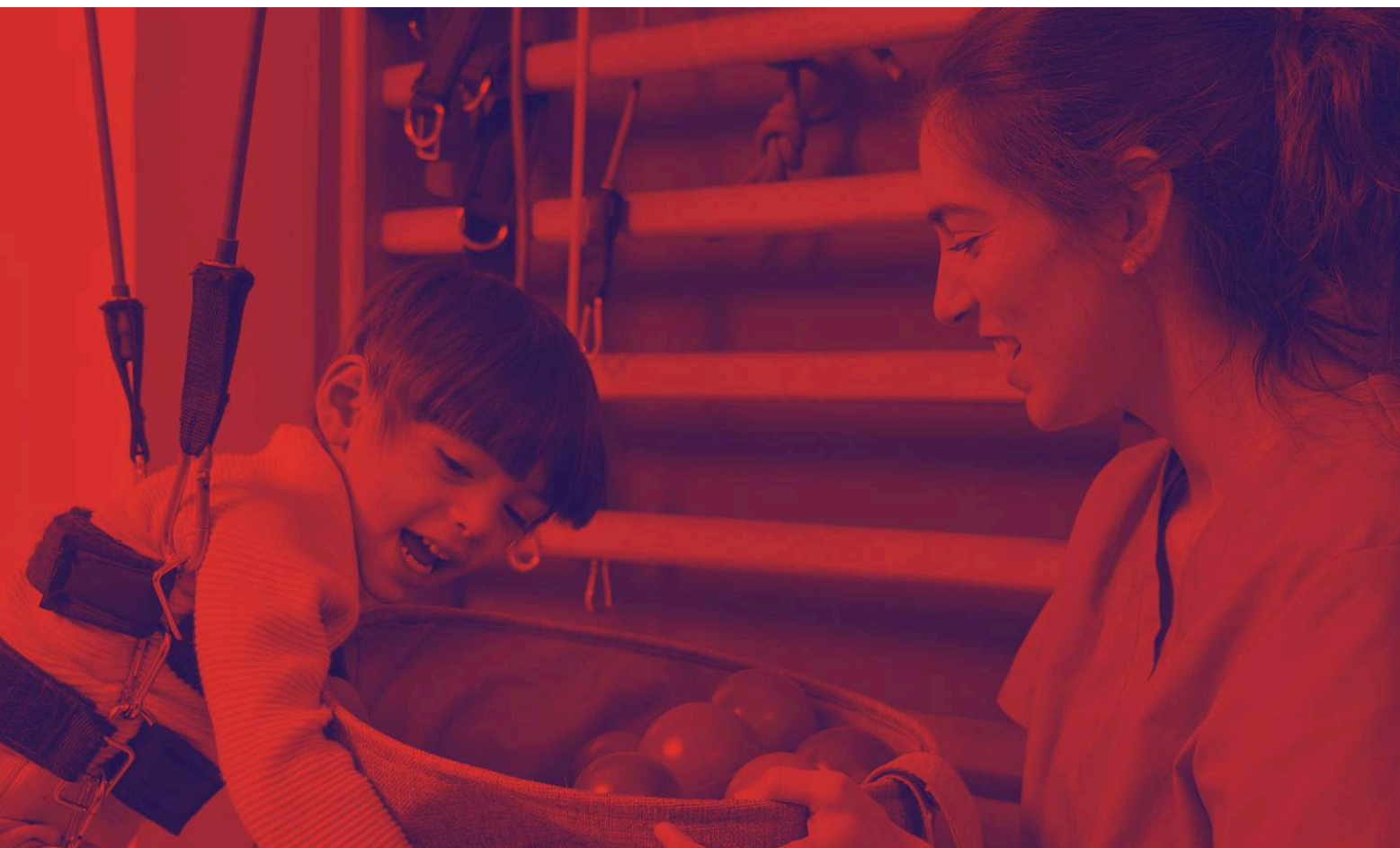
**Support Level:** 1–4

**Age Group:** 0–16



Just Play sessions encourage children and young people to run, jump, climb and play as well as themed arts & crafts activity for quiet and creative play time. Additional soft play enhances learning, builds confidence, and encourages social skills.

**Contact:** [contactus@acleisure.com](mailto:contactus@acleisure.com)







## The Befriending Scheme – Family Farm

**Location:** Lindsey (near Sudbury)

**Support Level:** 1

**Age Groups:** 0–25

SEND Family sessions on the Farm! Get out in the fresh air, take care of animals, feed them, pet them, learn all about them. Join the Befriending Scheme 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 summer school holiday sessions.

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

See More



## The Bridge School

**Location:** Ipswich

**Support Level:** 3–4

**Age Groups:** 4–7

The Bridge School provide a holiday club for children and young people aged 4 to 7 who are on educational roll at The Bridge School. Activities range from sport, art and craft to fun and games.

Contact: [admin@thebridgeschool.org.uk](mailto:admin@thebridgeschool.org.uk)

See More





## Bridge the Gap

**Location:** Bury St Edmunds

**Support Level:** 1–3

**Age Groups:** 5–16

Bridge the Gap is for children and their families who struggle to attend school and their families. 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](mailto:emma@bridgecommunitychurch.co.uk) or [07501 408608](tel:07501408608)

See More



## Brightstars – Saturday Club

**Location:** Bury St Edmunds

**Support Level:** 2–4

**Age Groups:** 5–19

Brightstars offers a club for children and young people who have a variety of additional needs and disabilities as well as for the more able. Activities are tailored around the abilities of the children in a fun, 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](mailto:brightstarsbse@btinternet.com) or [07875 886990](tel:07875886990)

See More





## Cabin Crew

**Location:** Ipswich

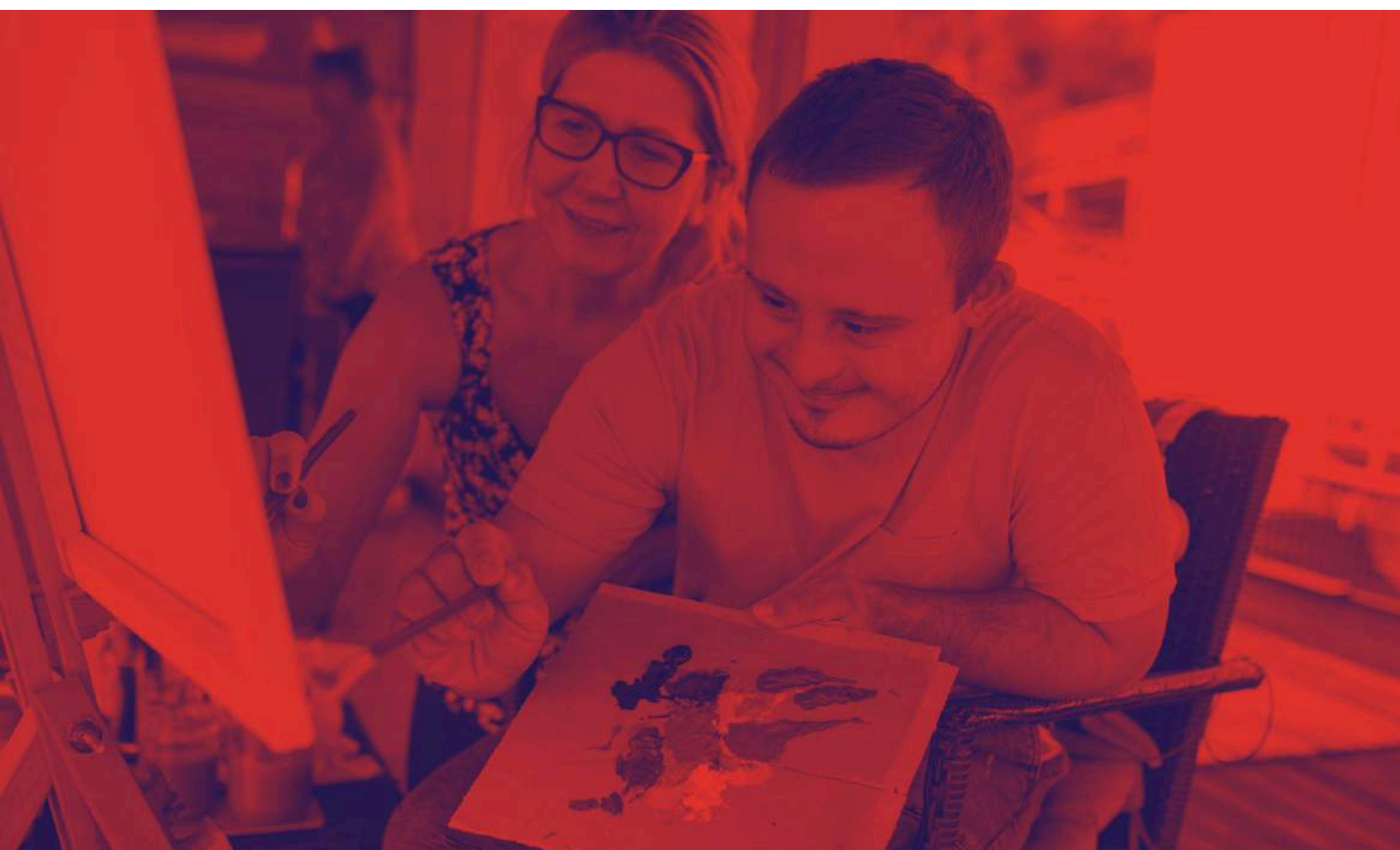
**Support Level:** 2–3

**Age Groups:** 5–11

Based at Sidegate Lane School in Ipswich, Cabin Crew's Holiday club offers 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](mailto:amy.barker@thecabincrew.org.uk) or 01473 715151

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## Chapters

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](mailto:info@chapters-activities.co.uk) or 07712 132809

[See More](#)

## Creative Construction Club

**Location:** Bury St Edmunds

**Support Level:** 2–3

**Age Group:** 12–25



Creative Construction challenges for young people with additional needs, allowing them to show off their skills and enthusiasm for building models in a safe, supportive environment. Working together in teams as planners, engineers and builders, with social skills being key to achieving successful projects. They also run an annual trip to Legoland for club members.

## Day Trips and Short Breaks

**Location:** Various

**Support Level:** 2–3

**Age Group:** 12–25



Day trips and short breaks for young people with additional needs to enjoy great experiences in new places. Public transport and travel training is encouraged whenever possible so that the young people develop these skills in a safe environment. Day trips will include Cambridge, London, Norwich, Pleasurewood Hills, Mersea Island. Short breaks will take place in Great Yarmouth and Felixstowe and will be self-catering so that domestic skills can be developed.



## Chapters

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

[See More](#)

### 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.



### Saturday Club

**Location:** Bury St Edmunds

**Support Level:** 2–3

**Age Group:** 8–15

Activities for young people with additional needs, enabling the development of social/communication skills and improvement of self-esteem through working as a team. These activities are also designed to help improve 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. Discos, bowling and special events take place throughout the year, especially at Christmas, Halloween and Easter.





## DanceEast

**Location:** Ipswich

**Support Level:** 2–4

**Age Group:** 4–25

Classes at DanceEast run throughout the year – they believe dance is for everyone. They have a range of classes that they aim to make accessible for all movers. If you are interested in dance 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.

**Contact:** [esther.alcock@danceeast.co.uk](mailto:esther.alcock@danceeast.co.uk) or [01473 235581](tel:01473235581)

See More





## East Coast Adventures

**Location:** Sutton Hoo, Easton

**Support Level:** 2–3

**Age Group:** 7–12 or 13–16

East Coast Adventure Days offer outdoor holiday activities, such as archery, axe throwing, geotagging, mountain biking, kayaking, paddleboarding and bushcraft.

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

See More



## East Anglian Sailing Trust

**Location:** Levington Marina

**Support Level:** 2–4

**Age Group:** 10–25

Opportunities for young people with SEND to experience sailing activities from the 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 while concentrating on younger adult and children leisure sailing. Available April to September.

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

See More



## Eastern Angles Theatre Company

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 7–18

Eastern Angles 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](mailto:callum@easternangles.co.uk) or 01473 218202

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## Exning Holiday Club

**Location:** Exning

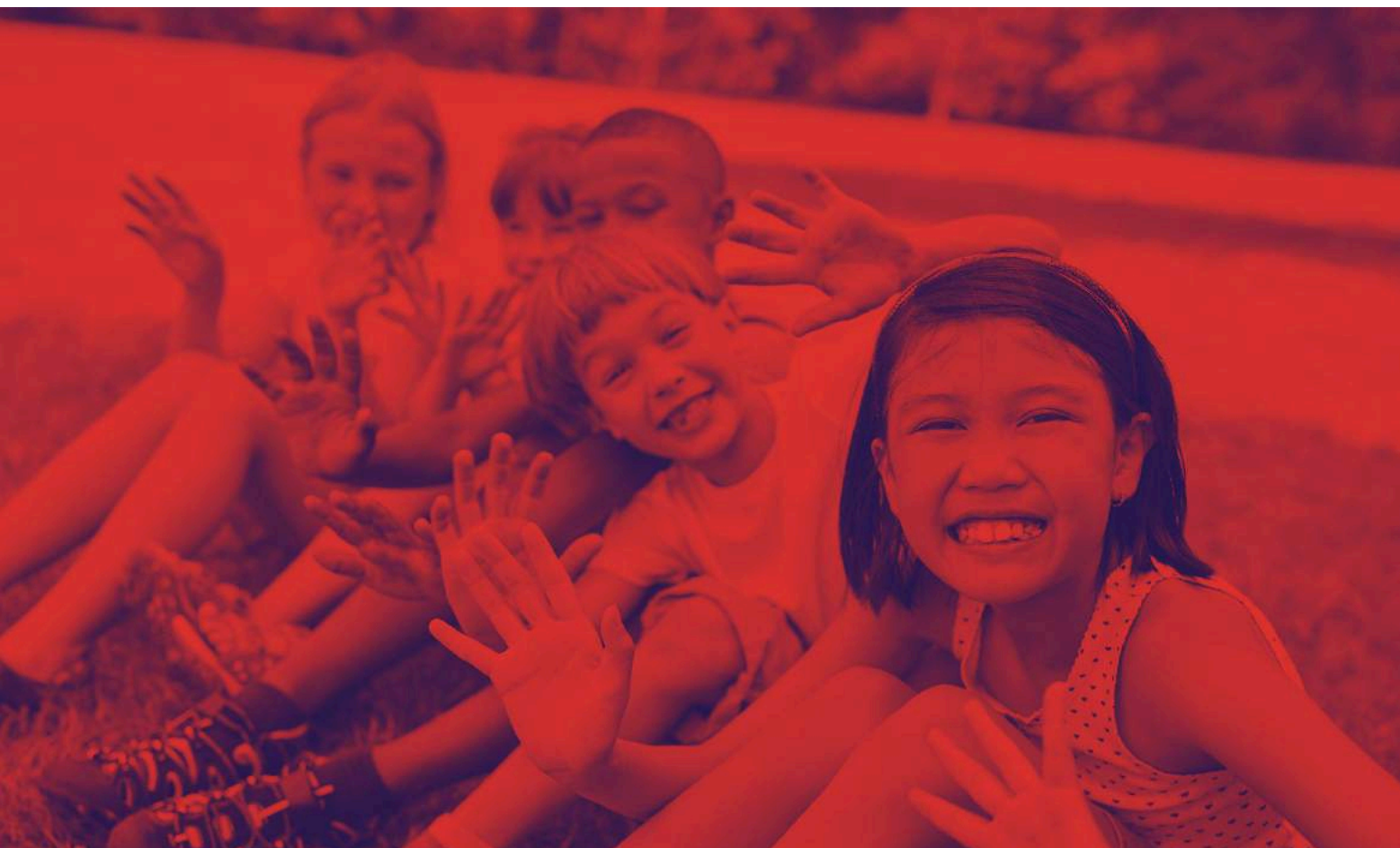
**Support Level:** 2–4

**Age Group:** 4–11

Based at the SEND Unit at Exning Primary School, Exning wraparound 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:** [exningwraparoundcare@email.com](mailto:exningwraparoundcare@email.com) or 01638 600123

See More





## Eye Arts Club

### Eye Arts Club

**Location:** Eye

**Support Level:** 2–3

**Age Group:** 7–17

Children and young people can participate in art and craft, dance, drama or animation activities on the theme. Activities that promote wellbeing, confidence and co-operation. Siblings and children with additional needs can participate and enjoy sessions together. Running Saturday mornings.

**Contact:** [lizwaugh@btinternet.com](mailto:lizwaugh@btinternet.com) or [01379 668464](tel:01379668464)

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### Eye Opportunity Group

**Location:** Eye

**Support Level:** 1–4

**Age Group:** 0–5 or 5–11

Eye Opportunity Group sessions are held in their 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. They also offer holiday sessions at Easter and in the Summer that older siblings may join in with. Alongside activities for children, they provide a support group for carers who gain friendship from each other: a family support worker is on hand to offer advice on benefits, education, family problems etc, as well as emotional support.

**Contact:** [familyliaison@btconnect.com](mailto:familyliaison@btconnect.com) or [01379 870975](tel:01379870975)

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## Hill Farm Riding School

**Location:** Elmswell

**Support Level:** 2–3

**Age Group:** 5–18

Offering children a chance to interact and ride ponies and horses, this is an outdoor activity that is accessible to all young people, with or without SEND. 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.

**Contact:** [admin.hillfarm@icloud.com](mailto:admin.hillfarm@icloud.com) or 07845 320424

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## Hillside Special School

**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. Families will be written to termly, inviting them to apply for a place for their child.

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## Indigo Opportunities

**Location:** Various

**Support Level:** 2–4

**Age Group:** 13–18

Supported adventure days and access to activities with a group setting offering a variety of activities. Includes:

**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 mini bus to experience activities such as alpaca walking, sailing, or Thorpe Woodlands Adventure Centre.

**Contact:** [info@indigo-opportunities.org.uk](mailto:info@indigo-opportunities.org.uk) or 07766 166255

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## Inspire Suffolk – Porch Project

**Location:** Hadleigh

**Support Level:** 2–3

**Age Group:** 11–19

The Inspire Porch Project establishes a secure haven for young people with SEND. Over 10 weeks, these young people will cultivate fundamental life skills necessary for their future, such as self-sufficiency in snack preparation, personal care, constructive emotional expression, comprehension of rights and equality, and empathy towards others.

**Contact:** [porchproject@inspiresuffolk.org.uk](mailto:porchproject@inspiresuffolk.org.uk) or 0330 055 0033

See More



## INVOLVE

### Involve Active

**Location:** Lowestoft

**Support Level:** 2–4

**Age Group:** 8–25

Get Together is a monthly social get together, enabling young people to develop social opportunities and have fun. They feature activities such as board games, music, games, tuck shop and space to spend time with friends. Twice a year, at Valentines and Christmas, there are a family themed discos, as well as and a family BBQ in the summer. There are also two family events: a Mad Hatter's tea party at Easter and a Halloween spooktacular.

**Contact:** [tracey@involveactive.co.uk](mailto:tracey@involveactive.co.uk) or 01502 501542

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### Ipswich Community Media

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 11–15 and 16–26

ICM 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. They 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 Saturday (11 to 15s) and Thursday music group (16 to 25s) sessions.

**Contact:** [alicia@ipswichcm.org.uk](mailto:alicia@ipswichcm.org.uk) or 07572 122956

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## Ipswich Deaf Children's Society

**Location:** Ipswich

**Support Level:** 3–4

**Age Groups:** 0–18

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.

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

See More



## Ipswich Opportunity Group

**Location:** Ipswich

**Support Level:** 1–4

**Age Group:** 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](mailto:ips.opportunitygp@btinternet.com) or [07746 580132](tel:07746580132)

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## Leading Lives

Leading Lives offer social care support for people with learning disabilities, autism and complex needs across Suffolk, hosting a variety of different activities groups.

[See More](#)

### Night Hubs

**Location:** Ipswich, Haverhill, Lowestoft, Stowmarket, Sudbury

**Support Level:** 2–4

**Age Group:** 13–25



The Night Hubs are chilled-out youth groups for young people with learning disabilities and autism. They run at Leading Lives hubs across Suffolk on Thursday and Friday evenings throughout the year, and activities include arts and crafts, games, singing and more.

**Contact:** [nighthubs.info@leadinglives.org.uk](mailto:nighthubs.info@leadinglives.org.uk)

### Saturday Clubs

**Location:** Lowestoft

**Support Level:** 2–4

**Age Group:** 13–19



Weekend social clubs for young people with additional needs and learning difficulties. Sessions include activities such as arts and crafts, games, sports, tech, singing, dancing, trips and more.

LeadingLives  
Your life / Our support

## Leading Lives

### Sleepover Short Breaks

**Location:** Bury St Edmunds, Lowestoft

**Support Level:** 2–4

**Age Group:** 16–24

Exclusively for young people with learning disabilities and autism 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](mailto:yp.referrals@leadinglives.org.uk) or 01473 351639

See More



LeadingLives  
Your life / Our support

### Teen Holiday Clubs

**Location:** Bury St Edmunds, Haverhill, Rushmere,  
Saxmundham, Stowmarket, Sudbury

**Support Level:** 2–4

**Age Group:** 13–19

Teen clubs are for young people on the autistic spectrum and teens with learning difficulties.

### Summer Clubs

**Location:** Lowestoft, Stowmarket

**Support Level:** 2–4

**Age Group:** 13–19

Summer clubs for teens with SEND, featuring various themed activities built around developing relationships, learning new skills, and improving independence and confidence.



## LEAPS

LEAPS Suffolk provides community based support for people with a variety of additional needs.

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

[See More](#)

### Holiday Clubs

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 5–25

LEAPS holiday clubs feature a number of different activities, including tabletop games, small world, sensory, role play, dancing, cooking, karaoke, arts, craft, obstacle courses, large scale team games. They also hire lots of third-party entertainment, from police, Zumba, mini donkeys, fire and animal world petting. A chance to make new friends and find new interests.



### Out, Not In!

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 5–25

Activities including, bowling, meals, zoo, theatre, cinema, park meets. They help reduce isolation, encourage independence and encourage people to get active, make new friends and find new interests. These events also help provide a much-needed lifeline for families who find it challenging to go out with their child.



**LEAPS**

**LEAPS**





## LEAPS

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

[See More](#)

### Saturday Clubs

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 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! Saturday Clubs are a tech free zone.



## Making Fitness Accessible

**Location:** Ipswich

**Support Level:** 1–3

**Age Group:** 3–25

[See More](#)



The Fun Fit Club is a physical activity experience which combines sensory integration with exercise in a safe, engaging space allowing young people to be themselves as they achieve physical activity. The sessions are led by an inclusive exercise specialist and can be attended with siblings, family and carers. The activity is located within the accessible Therapy Gyms facility at Holton Park.

**Contact:** [matt@makingfitnessaccessible.com](mailto:matt@makingfitnessaccessible.com) or [0333 366 0236](tel:03333660236)



## Mistley Kids Club

Based in a village hall in Mistley, near Manningtree, Mistley Kids Club offer outside play, multi sports, play park and woodland fun.

**Contact:** [julie.robinson@mistleykidsclub.co.uk](mailto:julie.robinson@mistleykidsclub.co.uk) or [07809 176252](tel:07809176252)

[See More](#)

## Afterschool Club

**Location:** Mistley

**Support Level:** 2–4

**Age Group:** 4–19

Mistley Kids Afterschool Club offer activities such as cooking, dance, games, arts and crafts, sewing, pretend play, construction toys, gaming, reading, soft play and most of all, having fun and making new friends.



## Holiday Club

**Location:** Mistley

**Support Level:** 2–4

**Age Group:** 4–19

Open every day during school holidays, Mistley Kids Holiday Club offers the full range of Mistley Kids Club activities for a fun holiday for children and young people with SEND and their siblings.



## Saturday Club

**Location:** Mistley

**Support Level:** 2–4

**Age Group:** 4–19

Open all year round, Mistley Kids Saturday Club offers the full range of Mistley Kids Club activities for a fun holiday for children and young people with SEND.





## Offshoot Foundation

**Location:** Bury St Edmunds

**Support Level:** 2–4

**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](mailto:theoffshootfoundation@gmail.com) or 07740 308048

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## Outloud Music – The iRock Social

**Location:** Ipswich

**Support Level:** 2–3

**Age Group:** 10–25

The iRock Social is a relaxed Saturday social hangout for young people with additional needs aged 10-25. These feature a mixture of percussion, music making, retro and modern gaming, music tech, video and podcasting. They provide a safe and engaging space for young people to meet, socialise, express themselves, game and be creative.

**Contact:** [enquiries@outloudmusic.org](mailto:enquiries@outloudmusic.org) or 01473 852555

See More





## Press Start Gaming Lounge – Stars

**Location:** Ipswich

**Support Level:** 1–3

**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.

**Contact:** [contact@psglounge.com](mailto:contact@psglounge.com) or [01473 410970](tel:01473410970)

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## Pro Corda Residential

**Location:** Leiston

**Support Level:** 2–4

**Age Group:** 12–25

Pro Corda provides music teaching and experience for young people with additional needs. Music Theatre Saturday workshops and weekend residencies take participants on a magical trip through musical theatre - from West End shows to Disney. Participants explore artwork in technical theatre, song writing, stage performance and vocal/instrumental skills with their specialists. Pro Corda focus on human development and social coming together, alongside the exhilarating performing arts experience and skills.

**Contact:** [jodie@procorda.com](mailto:jodie@procorda.com) or [01728 835354](tel:01728835354)

See More







## Queech Woodland Activities

**Location:** Barham, near Claydon

**Support Level:** 1

**Age Group:** 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, shelter building or knife skills. During Easter and Christmas sessions, make a rustic log rabbit or reindeer to take home and summer sessions will explore the whole woodland area.

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

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## 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.

**Contact:** [office@reboot-education.co.uk](mailto:office@reboot-education.co.uk) or 01473 948282

See More





## Schools Out

**Location:** Bury St Edmunds, Felixstowe, Ipswich, Woodbridge

**Support Level:** 2–3

**Age Group:** 4–16

Schools Out camps are run during the school holidays:

**Early Explorers** (for ages 4 to 6) is a course designed by primary teachers to aid development and social skills, while having fun.

**Creative Crew** (for ages 7 to 12) allows children to bake, craft, dance and perform.

**Adrenaline Adventure** (for ages 7 to 12) is jam packed with a range of sports and activities.

**Next Generation** (for ages 13 to 16) teaches children leadership skills.

**Contact:** [info@schoolsoutactivities.co.uk](mailto:info@schoolsoutactivities.co.uk) or 07535 058005

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## Suffolk Sight

**Location:** Ipswich

**Support Level:** 1

**Age Group:** 5–15

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 group is held at Redwoods, Red Gables, Ipswich Street, Stowmarket on the first Saturday of each month, 10:30am to 12:30pm. The sessions usually have a theme, such as Music, Art or Animals.

**Contact:** [a.eaves@suffolksight.org.uk](mailto:a.eaves@suffolksight.org.uk) or 01284 748800

See More



## Stowmarket ASD Club

Providing social activities for children and teenagers with Autism Spectrum Disorders aged between 5 and 18 years, Stowmarket ASD Club provide opportunities to socialise with others in a non-competitive environment where ASD is understood and taken into account.

[See More](#)

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

### Saturday Club

**Location:** Stowmarket

**Support Level:** 2–3

**Age Group:** 5–11

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. The club has a 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.

### Youth Club

**Location:** Stowmarket

**Support Level:** 2–3

**Age Group:** 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.







## Thorpe Woodlands

**Location:** Shadwell

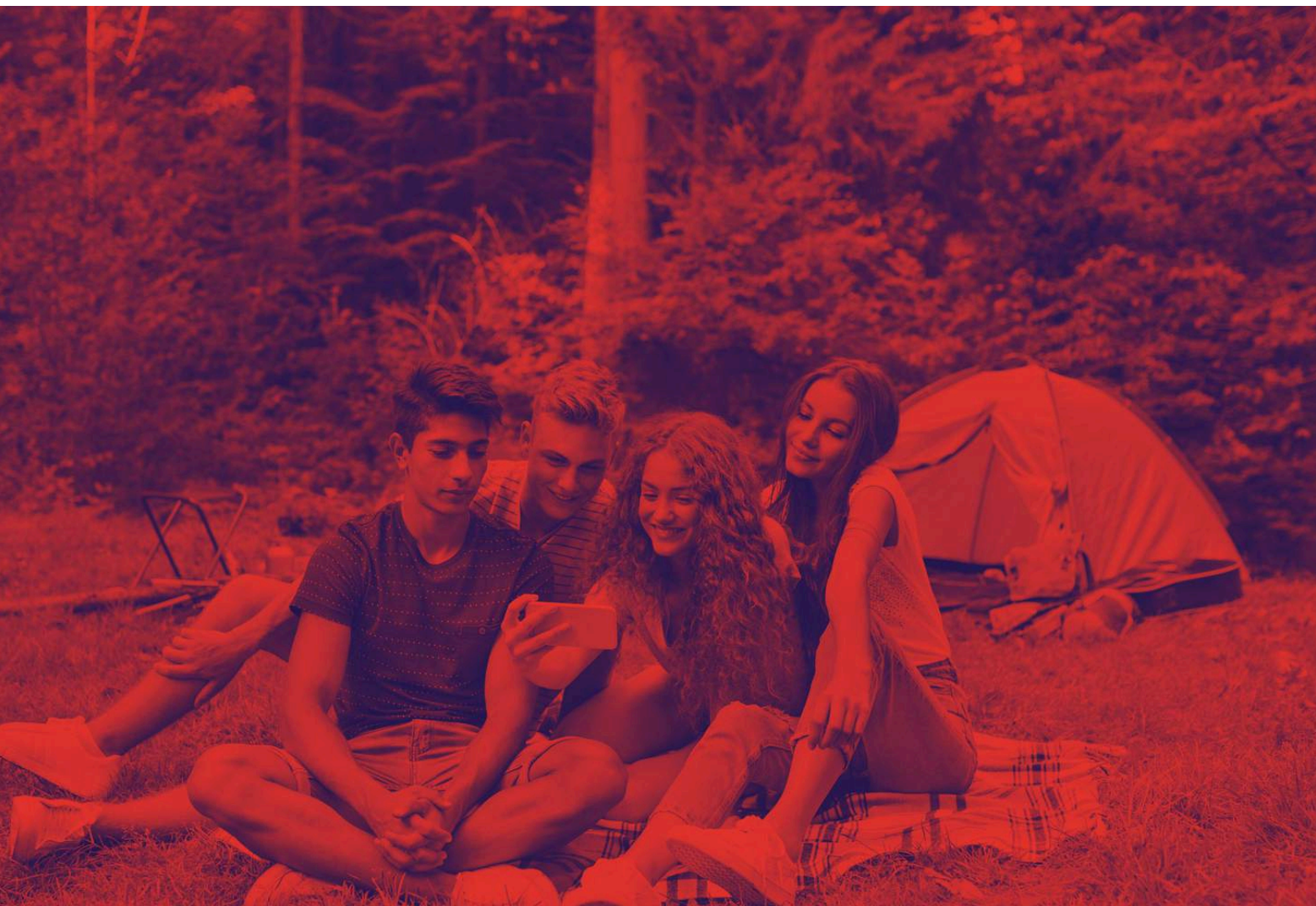
**Support Level:** 1

**Age Group:** 0–18

Families get to spend two nights staying in 'Escape pods;' there, they are be supported throughout their stay by experienced staff members and have an opportunity to take part in activities such as cycling, canoeing, climbing, archery, high ropes etc. Families can choose to take part in activities or to use Thorpe Woodlands as a base for exploring the local area.

**Contact:** [admin@thorpewoodlands.co.uk](mailto:admin@thorpewoodlands.co.uk) or [01842 763564](tel:01842763564)

See More





## Topcats

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

**Contact:** [annemarie@topcats.org.uk](mailto:annemarie@topcats.org.uk) or [07919 207771](tel:07919207771)

See More

### Afternoon Clubs

**Location:** Lowestoft

**Support Level:** 2–4

**Age Group:** 8–18

Topcats Afternoon Club offers activities for children and young people after school. This is for the young person to spend time with their peers, and it gives carers a break to do something for themselves. Young people access themed sessions including movie nights, games, karaoke etc. A healthy snack is always offered alongside two meals.



### 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.



## Topcats

[See More](#)

### Tiny Cats

**Location:** Lowestoft

**Support Level:** 2–4

**Age Group:** 0–5



Tiny Topcats provides a session for children aged 0 to 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.



### 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 they grow their own produce. They also have activities such as bingo, karaoke and discos.





## Topcats

### Youth Disco

**Location:** Lowestoft

**Support Level:** 2–4

**Age Group:** 10–18

[See More](#)



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 independently and be part of clubs and groups without the need for support.





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

See More



## Youth Theatre Squared & Youth Theatre Squared Plus

**Location:** Ipswich

**Support Level:** 1

**Age Group:** 0–25

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.

**Contact:** [rlaws@wolseytheatre.co.uk](mailto:rlaws@wolseytheatre.co.uk) or [01473 295930](tel:01473295930)

See More







## Woolverstone Project

**Location:** Alton Water

**Support Level:** 2–3

**Age Group:** 8–17

The Project provides a weekly after school activity from April to September for children with 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](mailto:info@woolverstoneproject.org.uk)

See More



## The Zone

**Location:** Haverhill

**Support Level:** 1–4

**Age Group:** 0–25

The Zone in Haverhill is a bi-weekly soft play centre with laser tag and a small sensory room. The families meet at The Zone and the children can have fun at the centre using the different areas available. This allows the parent and carers time to network. They also hold an older age group youth club bi-monthly, to enable the older young people with SEND to use The Zone facilities to keep their friendship groups going.

**Contact:** [sue.pitches@haverhill-tc.gov.uk](mailto:sue.pitches@haverhill-tc.gov.uk) or [01440 710071](tel:01440710071)

See More



## 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**