

SUMMER 2024 ACTIVITY GUIDE

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

www.activities-unlimited.co.uk



info@activities-unlimited.co.uk



Welcome to our Summer Holiday Guide 2024! Bringing you lots of exciting activities for children and young people with additional needs and disabilities to take part in this holiday.

More information about each activity can be found on the link for each listing in the guide. There's information outlining the activities, and a support level guide alongside contact details to get in touch with providers directly.

We also publish school holiday activity guides - follow us on [Facebook](#) or [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

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 or book on their [portal](#)

Explore Outdoor

Location: Various

Dates: Varies by location, see [website](#) for more info

Times: 10am to 2pm

Support Level: 2–3

Age Group: 8–12

Price: £45 (free for HAF eligible children)

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 or [07983 918318](tel:07983918318)

Just Climb

Location: Haverhill

Date: August 1

Time: 5pm to 6pm

Support Level: 1–3

Age Groups: 8–16

Price £3.70

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

See More





Abbeycroft Leisure

See More

Just Play

Location: Haverhill, Newmarket, Sudbury)

Dates: August 1 (Sudbury), August 8 (Haverhill), August 15 (Newmarket)

Times: 4pm to 6pm

Support Level: 1–4

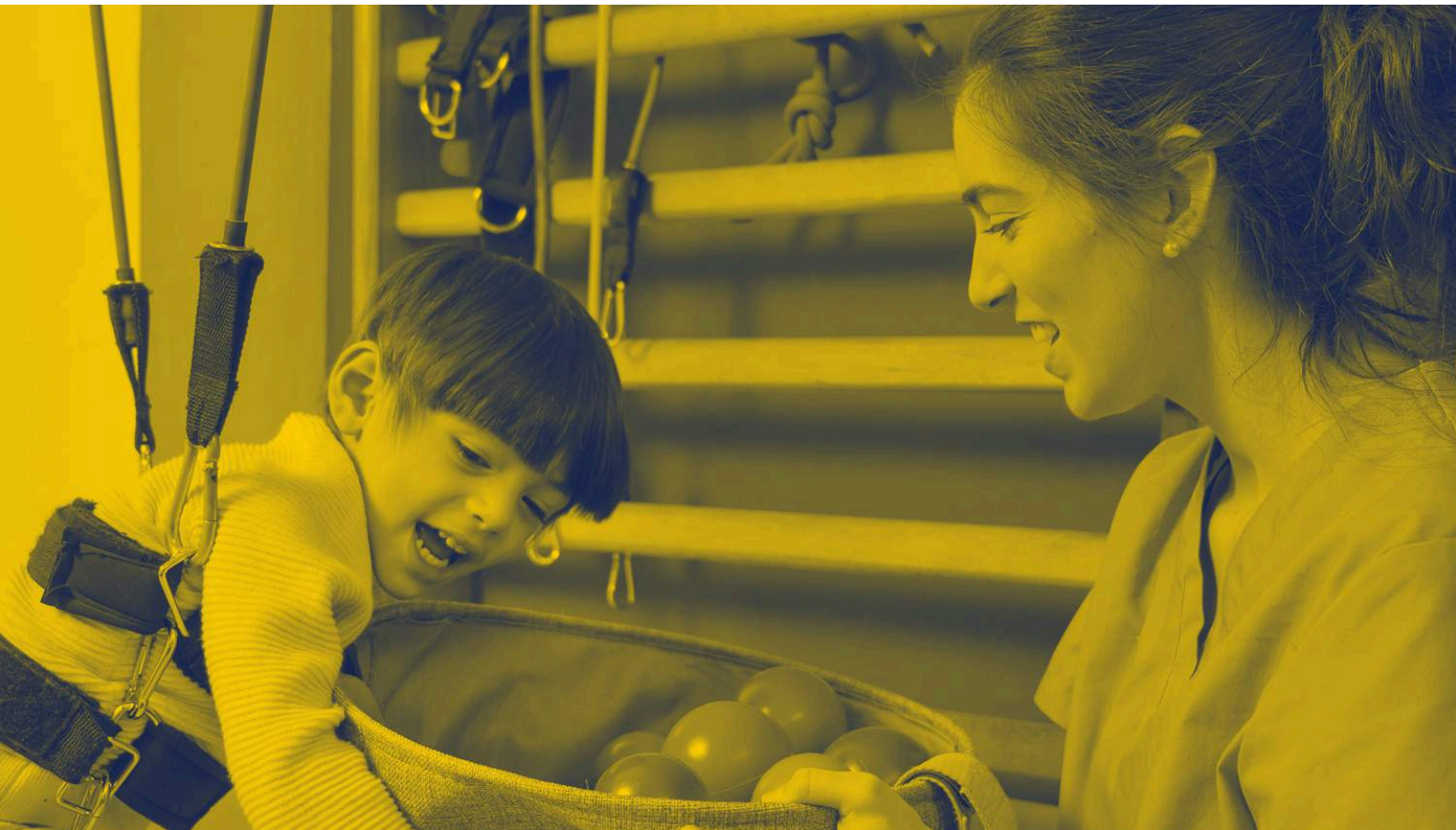
Age Group: 0–16

Price: £3.70



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





The Befriending Scheme – Family Farm

Location: Lindsey (near Sudbury)

Dates: July 29 | August 5, 12, 19 and 22

Times: 10am to 3pm

Support Level: 1

Age Groups: 0–25

Price: £10

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 or 01787 371333

See More



The Bridge School

Location: Ipswich

Dates: July 23, 24, 25, 30, and 31 | August 1, 27, 28 and 29

Times: 9am to 3pm

Support Level: 3–4

Age Groups: 4–7

Price: £35

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. Club runs 9am to 3pm.

Contact: admin@thebridgeschool.org.uk

See More





Brightstars – Saturday Club

Location: Bury St Edmunds

Dates: July 27 | August 10 and 24

Times: 9:30am to 12:30pm (5 to 11s), 1pm to 4pm (12-19s)

Support Level: 2–4

Age Groups: 5–19

Price: £25 plus £20 registration fee

The club runs 2 three-hour sessions offering children a fun and ultimately safe environment for play where activities are tailored around the abilities of the children. Sessions run from 9:30 to 12.30 am for 5-to-11-year-olds and from 1pm to 4pm for 12- to 19-year-olds. The club is designed to provide a fun but above all safe and secure group. Each session is organised around three 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 or [07875 886990](tel:07875886990)

See More



Cabin Crew

Location: Ipswich

Dates: July 22-26 and 29-31 | August 1–2, 5–9, 12–16, 19–23 and 27–30

Times: 7:30am to 6pm

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 or [01473 715151](tel:01473715151)

See More



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 or 07712 132809

See More

Creative Construction Club

Location: Bury St Edmunds

Dates: July 22 and 29 | August 12 and 26

Times: 6pm to 9pm

Support Level: 2–3

Age Group: 12–25

Price: £10



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



Day Trips and Short Breaks

Location: Various

Dates: July 29 to August 2 (Short break) | July 14, August 14 and 21 (Day Trips)

Times (Day Trips): 9am to 6pm

Support Level: 2–3

Age Group: 12–25

Price: £125 (Short breaks, per day) | £70 (Day trips)



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. 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 or 07712 132809

See More

Music and Games

Location: Bury St Edmunds, Ipswich, Sudbury

Dates: August 7 (Ipswich), August 16 (Bury St Edmunds),
August 21 (Sudbury)

Times: 6pm to 9pm

Support Level: 2–3

Age Group: 12–25

Price: £10

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

Dates: July 27 | August 10 and 24

Times: 10am to 3pm

Support Level: 2–3

Age Group: 8–15

Price: £28

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

Dance Club & Youth Springboard

Location: Ipswich

Dates: August 6–9

Times: 8:30am to 3pm

Support Level: 2–4

Age Group: 4–11

Price: £90 (Covers all 4 days)

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 or [01473 235581](tel:01473235581)

See More





East Coast Adventures

Location: Sutton Hoo, Easton

Dates: July 22, 23, 24 and 29 | August 12, 13, 19 and 20

Times: 9am to 3pm

Support Level: 2–3

Age Group: 7–12 or 13–16

Price: £45

East Coast Adventures is a mobile outdoor adventure company operating across East Anglia with a team of fully qualified outdoor instructors. They provide experiences for people of all ages and abilities, from kayaking, mountain biking, map reading, archery and more.

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

See More



East Anglian Sailing Trust

Location: Levington Marina

Dates: July 20 | August 3, 17 and 31

Times: 10am to 12pm and 1:30pm to 3:30pm

Support Level: 2–4

Age Group: 10–25

Price: £12

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 or 07881 813599

See More





Eastern Angles Theatre Company

Location: Ipswich

Dates: July 29–31 | August 1, 5–8, and 12–16

Times: 9:30am to 3:30pm

Support Level: 2–3

Age Group: 7–18

Price: To be confirmed

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

Contact: callum@easternangles.co.uk or [01473 218202](tel:01473218202)

See More



Exning Holiday Club

Location: Exning

Dates: July 29 | August 3, 5, 9, 12, 16, 19, and 23

Times: 8am to 6pm

Support Level: 2–4

Age Group: 4–11

Price: £30

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 or [01638 600123](tel:01638600123)

See More





Eye Opportunity Group

Location: Eye

Dates: Weekly during the holidays on Mondays, Wednesdays and Thursdays

Times: 9am to 12pm and 12pm to 3pm

Support Level: 1–4

Age Group: 0–5 or 5–11

Price: £5

See More



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 or [01379 870975](tel:01379870975)





Hill Farm Riding School

Location: Elmswell

Dates: July 23, 25 and 30 | August 1, 6, 13, 27 and 29

Times: 10am to 4pm

Support Level: 2–3

Age Group: 5–18

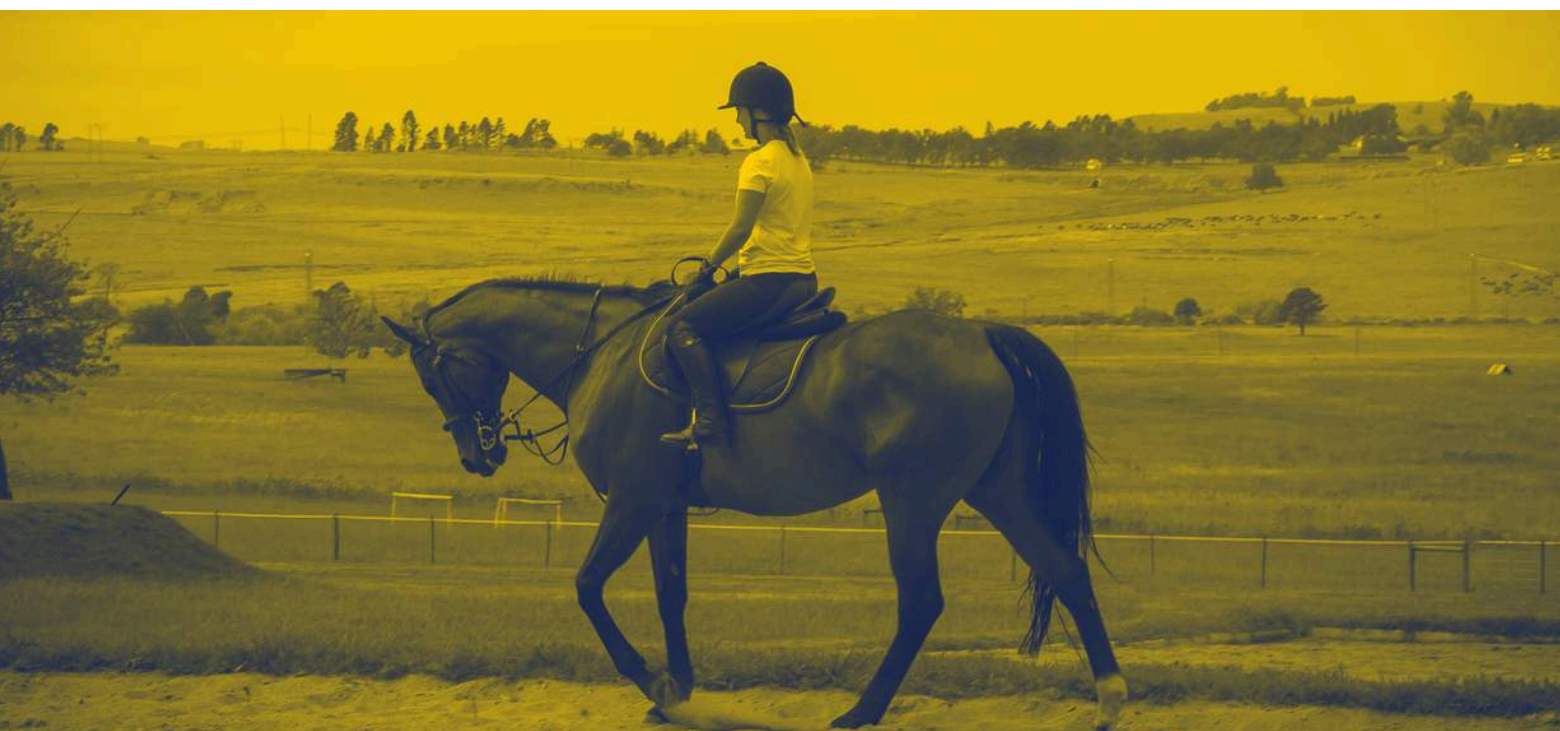
Price: £22.50

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.

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 or [07845 320424](tel:07845320424)

See More





Indigo Opportunities

Location: Various

Dates: August 6, 7, 8, 13, 20, 27

Support Level: 2–4

Age Group: 13–18

Price: £49 to £99, depending on activity

Supported adventure days and access to activities with a group setting offering a variety of activities such as 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 and adventure based activity days, where groups travel together via coach or mini bus to experience activities such as alpaca walking, sailing, Thorpe Woodlands Adventure Centre. Maximum of 6 hours depending on activity.

Contact: info@indigo-opportunities.org.uk or 07766 166255

See More



INVOLVE

Involve Active

Contact: tracey@involveactive.co.uk or 01502 501542

Get Together

Location: Lowestoft

Date: July 25

Time: 6pm to 8pm

Support Level: 2–4

Age Group: 8–25

Price: £5 per person or £15 for a family

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.

Hawaiian Luau Family Barbecue

Location: Lowestoft

Date: August 1

Time: 12pm to 3pm

Support Level: 2–4

Age Group: 8–25

Price: £5 per person or £15 for a family

A Hawaiian-themed summer barbecue for the children and young people and their families.

See More





Ipswich Community Media

Location: Ipswich

Dates: July 20 and 27 (Eastern Angles) | July 25 (South Street Studios)

Support Level: 2–3

Age Group: 11–15 and 16–26

Price: £5

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 or [07572 122956](tel:07572122956)

See More



Ipswich Deaf Children's Society

Location: Ipswich

Dates: To be confirmed, see [website](#) for more info

Support Level: 3–4

Age Groups: 0–18

Price: To be confirmed

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 or [07979 798595](tel:07979798595) (text only)

See More





Ipswich Opportunity Group

Location: Ipswich

Dates: Weekly during the holidays on Mondays and Fridays

Times: 10am to 11am and 1pm to 2:30pm (Mondays),
10am to 11:30am (Fridays)

Support Level: 1–4

Age Group: 0–5

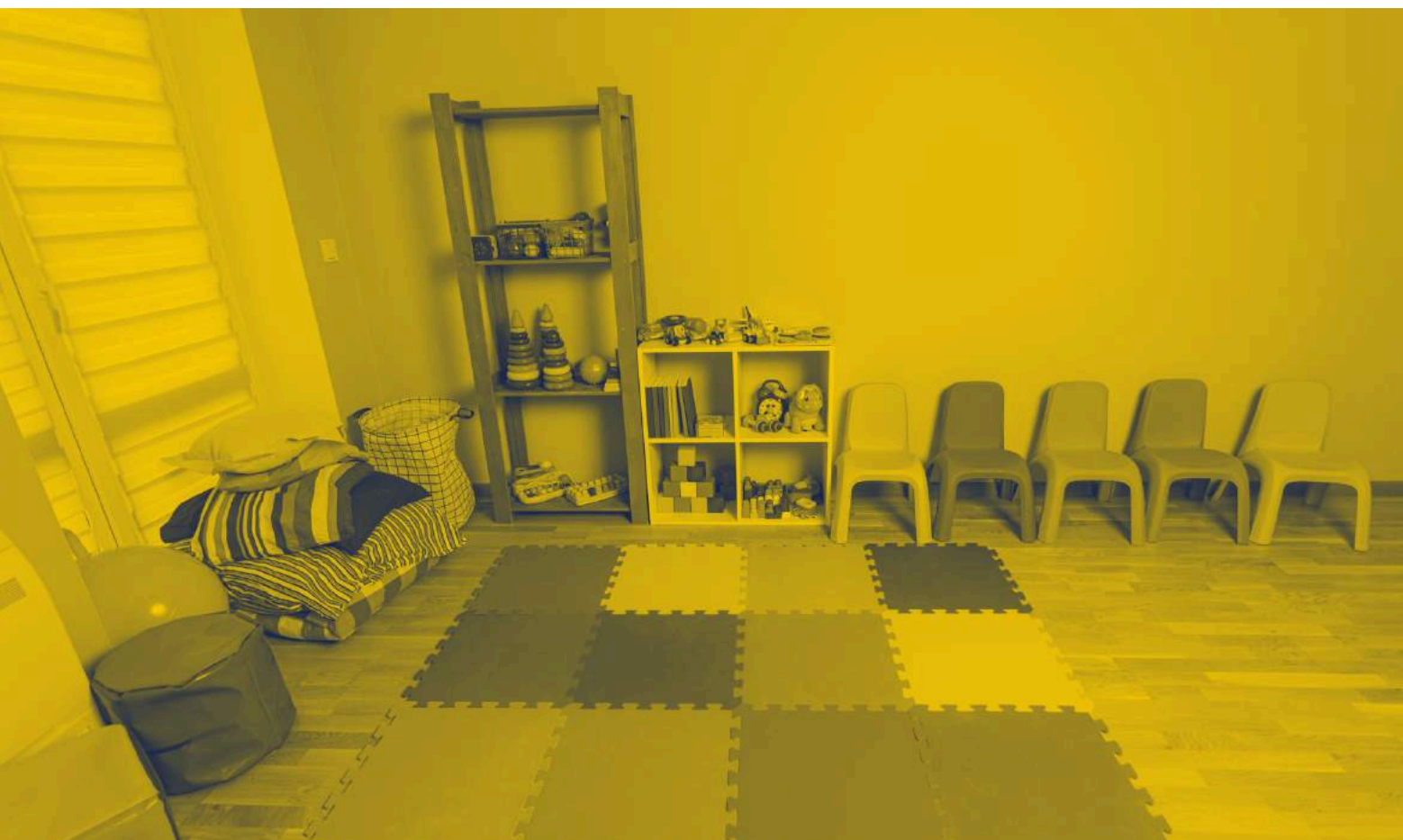
Prices: £4 for a family

[See More](#)



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 or [07746 580132](tel:07746580132)



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: Haverhill, Lowestoft, Rushmere, Stowmarket, Sudbury

Dates: July 25 (Haverhill, Rushmere) | July 26 (Lowestoft, Stowmarket, Sudbury)

Times: 6pm to 8pm

Support Level: 2–4

Age Group: 13–25

Prices: Tier 1: £6 | Tier 2: £12 | Tier 3: £24



The Night Hubs offer a welcoming, friendly, comfortable and safe space for young people to make friends, engage in activities and have fun. Young people are involved in deciding a weekly programme of activities. The monthly activities are printed in an accessible format. Young people are encouraged to input and share their ideas and thoughts to develop the programme for each Night Hub.

Contact: nighthubs.info@leadinglives.org.uk

Saturday Clubs

Location: Lowestoft

Date: July 27

Time: 10am to 3pm

Support Level: 2–4

Age Group: 13–19

Prices: Tier 2: £15 | Tier 3: £60



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

Contact: yp.referrals@leadinglives.org.uk or [01473 351639](tel:01473351639)

Leading Lives

Contact: yp.referrals@leadinglives.org.uk or 01473 351639

See More

Sleepover Short Breaks

Location: Bury St Edmunds, Lowestoft

Dates: August 12–14 (Lowestoft) | August 19–21 (Bury St Edmunds)

Times: 3pm on Day 1 to 10am on Day 3

Support Level: 2–4

Age Group: 16–24

Price: £200



LeadingLives
Your life / Our support

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.



Leading Lives

Contact: yp.referrals@leadinglives.org.uk or 01473 351639

See More

Teen Holiday Clubs

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

Dates: July 26 and August 16 and 23 (Haverhill) | August 7, 14 and 21 (Sudbury) | August 8 (Saxmundham) | August 17 (Bury St Edmunds) | August 31 (Rushmere)

Times: 10am to 3pm

Support Level: 2–4

Age Group: 13–19

Prices: Tier 1: £15 | Tier 2: £30 | Tier 3: £60

Fun and exciting activities for young autistic people and young people with learning disabilities. Each club has a 'core activities' program developed by members: relax, have fun participating in activities, socialise and develop relationships, learn new skills, improve independence, confidence and self-esteem, and give their family/carers a break.

Summer Clubs

Location: Lowestoft, Stowmarket

Dates: August 5–7, 12–14 and 19–21

Times: 10am to 3pm

Support Level: 2–4

Age Group: 13–19

Summer clubs for teens with SEND, offering a welcoming, friendly, comfortable and safe space for young people to make friends, engage in activities and have fun during summer holidays whilst family carers have a break. Young people will be provided details of upcoming activities in an accessible format.



LEAPS

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

[See More](#)

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

Holiday Clubs

Location: Ipswich

Dates: July 23–25 and 29–31 | August 5–8 and 12–13

Times: 9am to 3pm

Support Level: 2–3

Age Group: 5–25

Prices: Tier 1: £35 | Tier 2: £45 | Tier: £65

LEAPS Holiday clubs features a huge variety of activities. Options include: tabletop games, small world, sensory, role play, dancing, cooking, karaoke, arts, craft, obstacle courses, large scale team games and 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 – no phones or computer games.



Out, Not In!

Location: Ipswich

Dates: July 26 | August 2 and 9

Times: Various

Support Level: 2–3

Age Group: 5–25

Prices: Tier 1: £4 | Tier 2: £5 | Tier 3: £11

Activities including, bowling, meals, zoo, theatre, cinema, and 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

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

[See More](#)

Saturday Clubs

Location: Ipswich

Dates: July 20 | August 31

Times: 9am to 11:45am (5 to 11s), 1pm to 3:45pm (11+)

Support Level: 2–3

Age Group: 5–25

Prices: Tier 1: £17.50 | Tier 2: £22.50 | Tier 3: £32

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

Dates: July 18 and 25 | August 1, 8, 15 and 22

Times: 4:15pm to 5:15pm

Support Level: 1–3

Age Group: 3–25

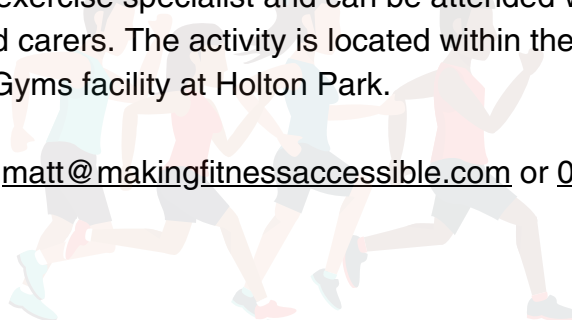
Price: £8

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.

[See More](#)



Contact: 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 or [07809 176252](tel:07809176252)

Holiday Club

Location: Mistley

Dates: July 24–31 | August 1–30

Times: 8am to 6pm

Support Level: 2–4

Age Group: 4–19

Price: £28

Open every day during school holidays, Mistley Kids Club offer outside play, multi sports, play park and woods. Other activities include cooking, dance, arts and crafts, sewing, pretend play, construction toys, gaming, reading, soft play and have outside entertainers three days a week. They offer a hot lunch.

Saturday Club

Location: Mistley

Date: July 20

Time: 10am to 4pm

Support Level: 2–4

Age Group: 4–19

Price: £28

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.

[See More](#)





Offshoot Foundation

Location: Bury St Edmunds

Dates: July 23 and 24

Times: 5pm to 7pm

Support Level: 2–4

Age Group: 9–18

Price: £40 per term

See More



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 or 07740 308048



Outloud Music – The iRock Social

Location: Ipswich

Date: July 20

Time: 10am to 2:30pm

Support Level: 2–3

Age Group: 10–25

Prices: £15 per day or £7.50 per session

See More



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 or 01473 852555



Press Start Gaming Lounge – Stars

Location: Ipswich

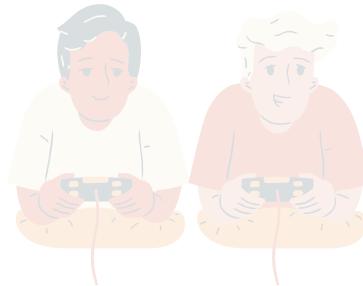
Dates: July 30 | August 27

Times: 10am to 12pm

Support Level: 1–3

Age Group: 5–18

Price: £8



See More



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. They have a Holiday activity programme running through the Summer Holiday.

Contact: contact@psglounge.com or 01473 410970



Queech Woodland Activities

Location: Barham, near Claydon

Dates: August 15 and 29

Times: 10am to 2:30pm

Support Level: 1

Age Group: 6–25

Prices: £15 for one parent and one child, plus £3 for each additional person



See More



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 or 07941 009256

Stowmarket ASD Club

Providing social activities for children and teenagers with Autism Spectrum Disorders, Stowmarket ASD Club provide opportunities to socialise with others in an environment where ASD is understood and taken into account.

[See More](#)

Contact: leah@stowmarketsaturdayclub.co.uk or 07920 714611

Saturday Club

Location: Stowmarket

Dates: July 20 | August 3, 17, 31

Times: 10am to 1pm

Support Level: 2–3

Age Group: 5–11

Price: £35



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

Dates: July 20 | August 3, 17, 31

Times: 1:30pm to 4:30pm

Support Level: 2–3

Age Group: 11–18

Price: £20



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 build friendships.



Suffolk Sight

Location: Ipswich

Date: August 3

Time: 10:30am to 12:30pm

Support Level: 1

Age Group: 5–15

Price: £2

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: a.eaves@suffolksight.org.uk or 01284 748800

See More



Thorpe Woodlands – Family Holiday Pods

Location: Shadwell

Dates: August 19–21, 21–23 and 23–25

Times: 12pm on Day 1 to 3pm on Day 3

Support Level: 1

Age Group: 0–18

Price: £99 per pod

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 or 01842 763564

See More



Topcats

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

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

Holiday Clubs

Location: Lowestoft

Dates: July 22–26 and 29–31 | August 1–2, 5–9, 12–16, 19–23 and 23–25

Times: 10am to 3pm

Support Level: 2–4

Age Group: 5–18

Prices: Tier 1: £40 | Tier 2: £50 | Tier 3: £90 | Tier 4: £180

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 bingo, karaoke, discos, and more.

See More



Topcats

Contact: annemarie@topcats.org.uk or 07919 207771

[See More](#)

Tiny Cats

Location: Lowestoft

Dates: August 7, 14 and 21

Times: 1:15pm to 2:15pm

Support Level: 2–4

Age Group: 0–5

Prices: £2.50 per family



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.

Youth Disco

Location: Lowestoft

Date: August 16

Time: 6pm to 8pm

Support Level: 2–4

Age Group: 10–18

Price: £5



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

Dates & Times: To be confirmed

Support Level: 1

Age Group: 0–25

Prices: Dependent on activity

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 or [07812 344818](tel:07812344818)



Woolverstone Project

Location: Alton Water

Dates: July 25 | August 1, 8, 15, 22 and 29

Times: 4:30pm to 6:30pm

Support Level: 2–3

Age Group: 8–17

Price: £7

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



See More



See More



Haverhill
Play
Chill
Learn
Live
Zone

The Zone

Location: Haverhill

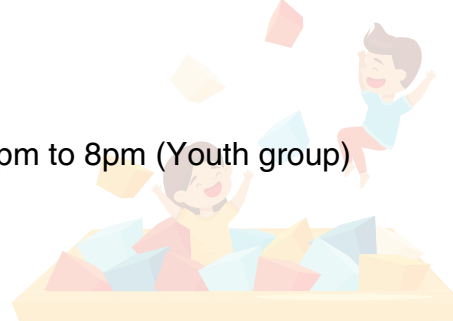
Dates: August 1 and 15

Times: 3:30pm to 5:30pm or 6pm to 8pm (Youth group)

Support Level: 1–4

Age Group: 0–25

Price: £2 per family member



[See More](#)



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 or 01440 710071



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**