



# **ACTIVITIES ★ ★ UNLIMITED**

## **Christmas Activity Guide 2023**

**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)**



Welcome to our Christmas Holiday Guide 2023! 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.

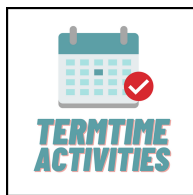
### Key to support levels:

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*



### Acorns and Woodlands

**Location:** Rougham

**Dates:** December 19–23

**Support Level:** 2–3

**Age Groups:** 2–12

Acorns and Woodlands holiday club offers inclusive activities for all children, including those with additional needs. Open 8am to 6pm. Children can take part in adult led activities including cooking, arts and crafts, walks to local parks and shops and planned activity days, such as skateboarding tuition and visits from petting zoos. Children make full use of our wonderful outside space with mud kitchen, sandpit, climbing frames, children's house and ride on bikes, for free play and socialising.

**Contact:** [manager@acornsandwoodlands.com](mailto:manager@acornsandwoodlands.com)

Website



### The Befriending Scheme – Family Farm Day

**Location:** Lindsey (near Sudbury and Hadleigh)

**Dates:** December 9

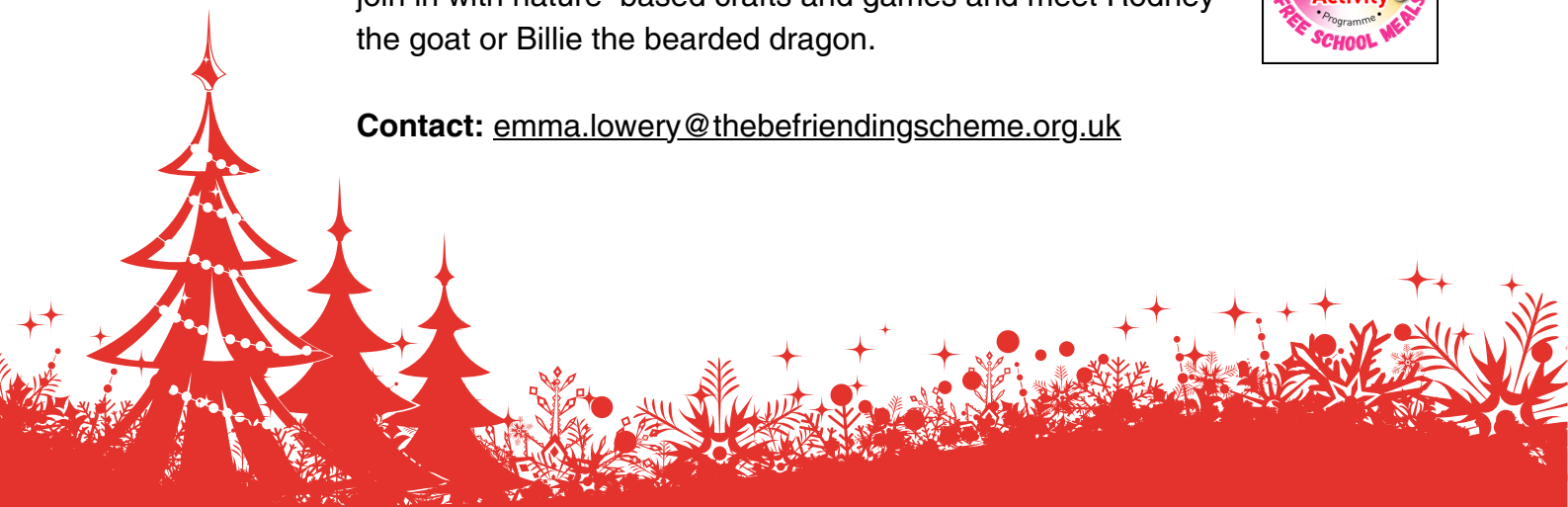
**Support Level:** 1–3

**Age Groups:** 4–18

Open to young people 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](mailto:emma.lowery@thebefriendingscheme.org.uk)

Website





## The Befriending Scheme – Fortknights

**Location:** Bury St Edmunds & Sudbury

**Dates:** December 20 & January 3 (Bury St Edmunds),  
December 28 (Sudbury)

**Support Level:** 1–2

**Age Groups:** 16–25

Fortknights are small social groups for those who are looking to make new friends. They meet every other Thursday (Sudbury) and every other Wednesday (Bury St Edmunds) in the evening at a local venue. The group plan their own activities and may go for meals, music gigs, go-karting, and more.

**Contact:** [will.ginno@thebefriendingscheme.org.uk](mailto:will.ginno@thebefriendingscheme.org.uk) or 07818 343739

Website



## Brickscape

**Location:** Felixstowe

**Dates:** December 16

**Support Level:** 1–2

**Age Groups:** 8–14

Brickscape is a monthly Saturday club hosted at The Ferry Centre in Felixstowe. The Lego club is for children and young adults to come together to build and play with Lego. The club is designed to allow young people to come together and share a passion for all things Lego, to meet peers and make new friendships. By sharing time together with other we hope that confidence will build and communication between peers will grow, enabling the young people to try other activities in community-based settings.

**Contact:** [s.boulton@achievingaspirations.uk](mailto:s.boulton@achievingaspirations.uk)

Website





## Chapters Activity Days

**Location:** Bury St Edmunds

**Dates:** December 21, 28 and 29; January 2

**Support Level:** 2–3

**Age Groups:** 10–15

Chapters activities days run from 10am to 3pm and offer a mix of music, sports, arts and crafts for young people with SEND and their siblings aged 10 to 15. Please contact the provider prior to booking to discuss your young child's support needs.

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

Website



## Hillside Special School – After School Youth Club

**Location:** Sudbury

**Dates:** December 18

**Support Level:** 2–4

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. The club runs on Mondays and Wednesdays from 3:15pm to 5pm during term time only, for 36 weeks in total. Families will be written to termly, inviting them to apply for a place for their child.

**Contact:** [admin@hillside.suffolk.sch.uk](mailto:admin@hillside.suffolk.sch.uk)

Website







## Ipswich Opportunity Group

**Location:** Ipswich

**Dates:** December 18

**Support Level:** 1–4

**Age Groups:** 0–5

These sessions, based at Woodbridge Road in Ipswich, run on Mondays and Fridays and provide play activities including creative, constructive, and physical play. The atmosphere is friendly and informal. Snack and music times are an important part of the sessions providing social time and opportunities for choices and independence. Parents/carers benefit from support staff and other parents.

**Contact:** [ips.opportunitygp@btinternet.com](mailto:ips.opportunitygp@btinternet.com) or 07746 580132

Website



## Just Play

**Location:** Sudbury

**Dates:** December 21

**Support Level:** 1–3

**Age Groups:** 0–16

Just Play sessions include a themed arts & crafts activity for quiet and creative play time. Additional soft play enhances learning, builds confidence, and encourages social skills.

Website



## Leading Lives – Christmas Teen Event

**Location:** Stowmarket

**Dates:** December 27 to 29, 10am to 3pm

**Support Level:** 1–4

**Age Groups:** 13–19

27th: Martial arts with Scorpion Academy, then Sing & Sign.  
28th: Sensory arts and crafts, then a winter walk/scavenger hunt.  
29th: Dancing with Ability School of Dance, then slime-making.

Website





### L.E.A.P.S – Holiday Club

**Location:** Ipswich

**Dates:** December 21 & 22

**Support Level:** 1–3

**Age Groups:** 5–20

LEAPS are running clubs during the holidays. All sessions provide fun and engaging activities including Lego, cooking, crafts, sensory play and more. Leaps run a tiered support system, and, after assessment, staff can provide 1:1 support and administer prescribed medications. Free places for those eligible for free school meals, please enquire at point of booking.

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

Website



### Out Loud Music

**Location:** Ipswich

**Dates:** December 16

**Support Level:** 2–3

**Age Groups:** 8–18

Wikid Music and iRock run 'The iRock Social,' providing a whole day of activities, for young people with additional needs.

The sessions will start at 10am with a music and percussion-based workshop from Wikid while after lunch at 12:30pm, they transition more into gaming, podcasting and video, provided by iRock. The ethos behind the day is 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 friendships which carry on outside of our sessions. Access to just the AM or the PM sessions is available.

**Contact:** [Enquiries@outloudmusic.org](mailto:Enquiries@outloudmusic.org)

Website





### Press Start Gaming Lounge

#### Free School Meals Sessions

**Location:** Ipswich

**Dates:** December 21, 22, 27, 28

**Support Level:** 2–3

**Age Groups:** 5–18

Press Start offers a dedicated private group for children on Free School Meals who enjoy gaming. The lounge offers Xboxes, Nintendo Switches, PC games and virtual reality.

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

Website



### Press Start Stars

**Location:** Ipswich

**Dates:** December 31

**Support Level:** 2–3

**Age Groups:** 5–18

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

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

Website







## Topcats

### Cats Sessions

**Location:** Pakefield, Lowestoft

**Dates:** December 16

**Support Level:** 1–3

**Age Groups:** 5–12

CATS programme offers a fun and specialised sensory programme for some of our youngest members of Topcats. It is run by a Lead Support Worker who plans lots of different and exciting activities. The children that attend the sessions are encouraged to build on their social skills, develop friendships and have lots of fun! Cats sessions are offered every other Saturday morning.

**Contact:** [annemarie@topcats.org.uk](mailto:annemarie@topcats.org.uk)

Website



## Holiday Club

**Location:** Ipswich

**Dates:** December 21 & 22, January 1 & 2

**Support Level:** 1–3

**Age Groups:** 5–18

Topcats holiday clubs will be open on the above dates with activities, for young people ages 5 and above. This specialist provision centre's activities include games, music room, soft play and more.

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

Website



### 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**

