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WELCOME



TO YOUR SPRING ISSUE!

Spring has arrived in Suffolk, bringing the promise of brighter days, family adventures and plenty of opportunities to get out and explore. With a fantastic calendar of events, days out and new experiences waiting to be discovered, it was incredibly hard to choose just a few highlights this season, so we simply had to make more room. Take a look at some of our favourite recommendations on [pages 12 and 13](#).

One event in particular simply had to be mentioned. This spring marks Suffolk's very first **Toddle About LIVE!**, a fun filled day out for families on **2 May 2026 at Finborough School in Stowmarket**, right in the heart of Suffolk. I am so pleased to be bringing together wonderful local offerings, from pregnancy support and expert advice to soft play and appearances from four family favourite characters. It is set to be a big first for both me and Toddle About Suffolk.

Inside this issue you will find plenty of ideas and inspiration for the season ahead, including great ways to save, practical parenting tips and suggestions for making the most of the sunshine with your little ones. We also have a bonus feature with guidance on helping children settle now the sun is rising earlier. Turn to [page 28](#) to find out more.

Finally, a big thank you to all of our contributors, local businesses and readers who continue to support Toddle About Suffolk and help make it such a special community for families.

When heading out this spring, whether discovering somewhere new or enjoying an old and cherished favourite, we would love to see your adventures. Tag us [@suffolktoddleabout](#) and share the fun with the Toddle About Suffolk community.

Loving life with little ones,

Jade

OWNER/EDITOR

P.S. Join us at Toddle About LIVE! Book your free entry below to unlock extra benefits and discover all the exciting extras planned for the day.

<https://toddle.club/suffollive>

MEET THE TEAM



Jade

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9,000 copies of Toddle About Suffolk are distributed every quarter around Ipswich & East Suffolk, Bury St Edmunds & West Suffolk and Babergh & Mid Suffolk.

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Thank you to Suffolk-based photographer **Life is Beautiful Photography** for our lovely Spring cover.

Explore more with Georgina at www.lifeisbeautifulphotography.co.uk @ [life_is_beautiful_photography](https://www.instagram.com/life_is_beautiful_photography)



Call us on 07708408460 or email: jade@toddleabout.co.uk

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Supporting New Mums at PlayCafe



PlayCafe is introducing postnatal Pilates classes designed for new mums to gently rebuild strength while staying close to their babies.

Each session offers a calm, welcoming space where babies can relax alongside their parent, with sensory elements and role play for older siblings.

Classes include café access before and after, creating an opportunity to connect with other local parents. With plans to expand its class offering, PlayCafe is building a supportive community for families in Bury St Edmunds. Open to all mums wanting to workout and have their children play safely. **P.31**

www.playcafegroup.com @playcafegroup



Fussy Eating Workshops

Many parents and carers worry whether their little ones are eating well, and mealtimes can sometimes be challenging. Free HENRY workshops offer practical advice and friendly support to help make family mealtimes easier. Virtual sessions run monthly:

1st Thu 19:00–20:30, 2nd Wed 12:00–13:30, 3rd Tue 19:00–20:30.

New face-to-face sessions across Suffolk will run from April to June. Contact the team to find dates and locations near you.

Call **01473 263700** or email healthylivingservice@suffolk.gov.uk. **P.15**



Welcome Alex; Baby Sensory Bury St Edmunds

Alex has been announced as the new owner of Baby Sensory Bury St Edmunds. After attending the classes for nearly two years with her two boys, Alex is excited to now be running sessions and welcoming families. Classes take place across four locations in and around Bury St Edmunds, offering a fun and engaging experience for babies and their carers. **P.34**

For details about the next term or to ask any questions, email burystedmunds@babysensory.co.uk. @babysensory_burystedmunds

Healing Touch for Scar Recovery

Scar therapy offers a gentle, science-informed approach to helping clients feel more at ease in their bodies. Through specialised massage and mindful touch, it can reduce tightness, improve mobility, and support healthier tissue recovery.



Many people also notice emotional relief as their scar becomes less restrictive and more integrated. It's a powerful way to blend therapeutic skill with nurturing care, helping people move with greater comfort and confidence.

elmwellnessandmassage.gettimely.com
@Elm_wellness_massage_lounge **P.29**

The Power of Play

Bury Soft Play parties and mid-week soft play sessions are more than just FUN. Soft play can offer valuable developmental benefits for children under five. Climbing, balancing and crawling through soft play equipment supports gross motor development, coordination and spatial awareness. At the same time, shared play spaces encourage social interaction, turn-taking and confidence when engaging with other children. Soft play also provides a safe, structured environment where children can explore, stay active and develop key early skills through play. **P.6**

www.burysoftplay.com
@burysoftplay





The Story of Childhood, Written Together

In an age when childhood memories are often scattered across phones and social media, some parents are returning to more tangible ways of recording family life. The Book of You is part of a growing trend toward guided childhood journals designed to capture the everyday moments that shape early years. Covering ages one to sixteen, it invites families to record milestones, drawings and handprints, while children begin answering their own questions from age three. Over time, the pages gradually build a portrait of childhood, preserving the small details, thoughts and experiences that often matter most in later years. **P.15**

www.colourchronicles.com @colour.chronicles

Treat Time with Drina Bakes

Drina Bakes, a home-based bakery in Suffolk, is offering a range of handmade sweet treats including cookie pies, rocky road, stuffed cookie bars and chocolate tiffin. The small business regularly attends local markets and events while also delivering orders nationwide. Dairy-free and gluten-free options available.



Drina Bakes will be at Toddle About Live! on 2 May at Finborough School, come say Hi, sample and purchase some treats. Pre-orders for the event are also welcomed. **P.29** @drinabakes

www.etsy.com/uk/shop/drinabakes

Bite SIZED NEWS

Opportunity to Run Moo Music

Business Opportunity



A lovely opportunity is available to take over Moo Music Ipswich and/or Bury St Edmunds, delivering fun, interactive music and movement classes for babies, toddlers and preschoolers. Moo Music is loved by families for its original songs, instruments, props and engaging sessions that support early development while creating special moments for grown-ups and little ones.

This flexible and rewarding business would suit someone who enjoys working with children and families. Contact Suzi on suzi@moo-music.co.uk for more information. **P.41**

www.moomusicsdnm.co.uk @moo_music_sdnm

Supporting Your Pregnancy, Birth and Beyond

Gentle Midwifery Norfolk was founded by Laura, an experienced independent midwife offering continuity of care throughout pregnancy, birth and the postnatal journey. Covering Norfolk, Suffolk, Essex and Cambridgeshire, she provides home appointments at times that suit families. Her calm, gentle approach focuses on informed choice and confidence, with services including home birth care, hospital support, hypnobirthing and personalised maternity care. **P.11**

Find out more @gentle.midwifery.norfolk www.gentlemidwiferynorfolk.co.uk



Life Is Beautiful Photography Opens New Studio

Big news for families! Life Is Beautiful Photography has moved into a brand new studio. Set within the beautifully converted train station in rural Little Bealings, the calm, welcoming space has been thoughtfully designed with families in mind. Parents and little ones can relax with a dedicated baby changing area, toys to keep siblings happy & a viewing room where families can enjoy their images. It's a peaceful setting created to make the whole photography experience comfortable, special and memorable. Families are warmly invited to get in touch with Georgina to find out more. **P.11**

www.lifeisbeautifulphotography.co.uk @life_is_beautiful_photography





Woolpit Welcomes New Course



Alice, known locally as "The Village Midwife", has launched antenatal classes designed to prepare parents for birth and life with a newborn. Led by practising midwives, the sessions cover how NHS

maternity care works, birth choices and ways to cope in the early weeks after baby arrives. The course aims to support parents through labour and the postnatal period, and has already received positive feedback from those who have taken part. **P.32**

@thevillagemidwife_bse

Searching for a school for September?

Our you searching for a school where curiosity is celebrated, confidence excels, individuality shines and where every child is prepared for their future?

You're invited to Framlingham College Prep School Open Morning, Monday May 4. Tour our school, meet the teachers, explore our SEN, Early Years and KS1 curriculum, and discover what your child's story could be! **P.26**

www.framlinghamcollege.co.uk/join/visit-us



From Ballet Barre to Marathon Start Line

Miss Ellie from Tiny Toes Ballet Suffolk is preparing to run the London Marathon on 26 April, taking on the challenge for a cause close to her heart. She is raising funds for VICTA, a charity supporting blind and visually impaired children to build confidence, develop skills and access new opportunities. Her efforts are already inspiring the young dancers she teaches, their families and the wider community as they rally behind her ahead of race day. **P.35**

www.tinytoesballet.co.uk/suffolk

@tinytoesballsetsuffolk



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SUFFOLK, ENGLAND



PREP OPEN MORNING

FRIDAY 8TH MAY 2026 FROM 9AM - 11AM

Join us for our Prep Open Morning on Friday 8th May 2026 from 9am to 11am, and experience first-hand how Ipswich High School's Prep School provides an inspiring and enriching start to education.

BOOK YOUR PLACE VIA THE QR CODE
ipswichhighschool.co.uk/open-days



admissions@ipswichhighschool.co.uk | 01473 201058 | ipswichhighschool.co.uk



toddling about Magazine Region

SPOTLIGHT ON... LEVINGTON CIRCULAR WALK

We've teamed up with Naomi from Mini Suffolk Adventures to share some of her favourite adventures & activities for you to enjoy!

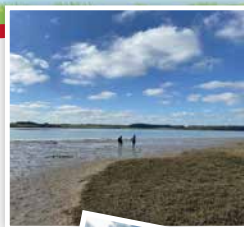
As a family, we love a walk in the Suffolk countryside, especially on a beautiful sunny day. Getting outside together always gives everyone a boost, and the circular walk in Levington has become one of our firm favourites.

We usually park at The Ship Inn in the village, cross the road and follow the path down towards the River Orwell. Along the way there's plenty to keep the children entertained – an excellent boardwalk to stomp over, a bridge (for spotting trolls!), and finally the beach at the river's edge.

If the tide is out, wellies are a must as the children love squelching in the mud and exploring rock pools. When the tide is in, the low hanging trees nearby are perfect for climbing and scrambling.

The circular footpath brings you back along the river with views of Felixstowe's cranes in the distance.

Best of all, the walk ends back at The Ship Inn, where there's a small pirate ship play area and well-earned refreshments.



INFO: **Opening Times:** Open Everyday, 11am - 10pm.
Place: Ship Inn Levington, Church Ln, Ipswich IP10 0LQ www.alltrails.com/england/suffolk/levington/walking

Naomi is the founder of Mini Suffolk Adventures, an Instagram account focused on family days out in Suffolk. Discover her world at [minisuffolkadventures](https://www.instagram.com/minisuffolkadventures).

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Classes are held at various locations across Suffolk, or why not get your friends and family together and host a class at home for the same price?

naomi@minifirstaid.co.uk www.suffolk.minifirstaid.co.uk



More Than Morning Sickness



HYPEREMESIS GRAVIDARUM EXPLAINED: WHEN NAUSEA AND VOMITING IN PREGNANCY GO FAR BEYOND THE NORM.

Sickness in pregnancy is often a welcome sign in those early days when all the evidence you have is the two lines on a stick. The challenge for many of us is that the term morning sickness doesn't really scratch the surface of our experience and symptoms are rarely limited to mornings.

Pregnancy sickness is a spectrum condition which affects everyone differently. It ranges from periods of mild nausea or the odd vomiting episode right through to constant nausea and regular vomiting. In most cases, a few tweaks to diet and lifestyle can make things easier to manage and symptoms usually ease around 12 weeks.

But what about when those tweaks don't work? What about when the nausea is so intense it feels like it's crushing your soul? When vomiting comes regardless of whether you have eaten anything? When it's so violent you struggle to catch your breath? When the mere thought of food kicks off the awful cycle of vomiting again? What if you can't keep down even a sip of water - or your own saliva?

That's Hyperemesis Gravidarum (HG). It's an extreme form of nausea and vomiting in pregnancy that affects up to 4% of pregnancies and requires medical treatment. Although symptoms start in the early weeks, they often last far beyond the first trimester, with almost a quarter of women needing anti-emetic treatment throughout their entire pregnancy.

For those with a family history of HG, there is an increased risk, and once you've had it in one

pregnancy, there's around an 80% chance you'll experience it again. Which is a pretty tough pill to swallow. Literally. The good news is that a variety of treatments can be safely used in pregnancy.

The key differences between HG and typical pregnancy sickness are the severity of symptoms and the impact they have on women's and birthing people's physical and mental health. It's not uncommon for sufferers to say they feel like they are dying, as though their body is failing in front of their eyes, and yet they are reminded that they are lucky to be pregnant.

Therein lies the contradiction: the gap between expectation and reality. The difference between what is expected of pregnancy and the reality of an HG pregnancy is vast and can lead us to question our experience. If everyone feels this unwell, why aren't we talking about it more often? Or are we just weak because we can't cope when everyone else can? It's easy to see how this leads to isolation.

WHEN SHOULD I GET HELP?

Seek help as soon as you are struggling. If nausea and vomiting are impacting your ability to eat, drink or work, seek medical advice. There are medications that can help manage the symptoms.

The free helpline on **0800 055 4361** is available during office hours for empathy, expertise and support, or visit www.pregnancysicknesssupport.org.uk any time. HG is brutal, but you don't have to face it alone.



Pregnancy
Sickness
Support

Lindsay Salmon is Community & Engagement Manager at Pregnancy Sickness Support. Drawing on her lived experience of HG and a background in teaching, SEN and counselling, she is passionate about raising awareness, improving education, and amplifying the voices of the HG community.





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@jasmine_blossom_birhandbaby
 07815 698459
 info@jasmineblossombirthing.com

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 Pony Racing, Falconry, Farriery Competition, Fun Dog Show,
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Admission: Adults **£20**, Children 5-16 **£10**, Senior Citizens **£15**,
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 (See website for discounted early bird e-tickets and ticket retail outlets)



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Cost: £5 per person

Beyton Road, Thurston, BSE, IP31 3RA
www.dreamcarefarm.co.uk

TODDLE ABOUT LIVE!

2 MAY 10AM-3PM
@SUFFOLKTODDLEABOUT BOOK HERE



Expectant parents, parents and grandparents can enjoy a free family day as the magazine comes to life, featuring activities, advice, entertainment and plenty of opportunities to see, do and learn.

Cost: FREE

Finborough School, Stowmarket, IP14 3EF
www.toddle.club/suffolklive

BOOTS & BUBBLY

23 MAY 19:30
@GIPPINGSCHOOLOFDANCE

Boots, bubbly, and a night just for us parents! Gipping School of Dance are hosting a fun country-themed night out! Grab your friends, pop on your boots, and get ready for a great evening of dancing and laughs. Enjoy complimentary fizz on arrival, line dancing, and nibbles. BYOD, dress up encouraged.

Claydon Village Hall, 8 Norwich Road, IP6 0DF
www.gippingschoolofdance.com

SOUTH SUFFOLK SHOW

10 MAY
WWW.SOUTHSUFFOLKSHOW.CO.UK

PRICES VALID
UNTIL
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A fun-filled day in the great outdoors, with something for everyone, from cattle, sheep, pigs, and horses, to farm machinery and gundog displays, plus shetland pony racing, falconry, farriery, fun dog show, trade stands galore, public catering and much more!

Cost: Adults £20, Children (5 - 15 yrs) £10, Under 5s FREE
Family Ticket (2 adults and up to 3 children) £45.

Ampton racecourse, Bury St Edmunds, IP31 1NS

ONCE UPON A DISCO

31 MAY 2-5PM
@ONCEUPONANEVENT

A magical disco experience blends fairy-tale characters, colourful lights and energetic music, transforming an ordinary venue into a lively dance floor where families and children celebrate imagination, storytelling and playful entertainment together.

Hosted by Once Upon An Event

Curve, Princes St, Ipswich IP1 1RJ
Check out Facebook for more details

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SAT & SUN + SCHOOL HOLIDAYS
@GOAPETHEFORD

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Cost: from £26.90 (inc booking fee).

Brandon, United Kingdom, IP27 0AF
www.goape.co.uk/locations/thetford

Details are correct at time of printing but may change.
Please check with the venue for up-to-date prices.

SPRING EVENTS
CONTINUED...



HARTBEEPS: DADS YOU ROCK

6 JUNE 2026 10AM, 11:30AM & 1PM
@HARTBEEPS_COLCHESTER_TENDRING

Join Hartbeeps in celebrating Dads who ROCK! A multi-sensory session celebrating parenthood and the special role Dad plays in shaping little ones. With fun activities, a photo backdrop and a handprint keepsake, this event will be one to treasure. Sessions are suited for little ones aged 8 weeks to 4 years.

Marks Tey Parish Hall, Colchester, CO6 1EJ
www.bookeo.com/hartbeepscolchester

SUFFOLK DAY

21 JUNE 2026
ALL DAY EVENT

Suffolk Day will be celebrated in Bury St Edmunds this year with music, food and local history. Families can enjoy free activities, including scarecrow-making for children inspired by Suffolk celebrities, with more family fun planned across the town.

Cost: FREE

Angel Hill & Abbey Gardens, Bury St Edmunds
burystedmundsandbeyond.co.uk/suffolk-day

FINDING NEMO, THE DEBEN PLAYERS JR

27 JUNE 2026 2:30PM & 6PM

Dive into a vibrant underwater world with "Finding Nemo JR". A heart-warming musical adventure for the whole family. When young Nemo is swept far away, his anxious but determined father, Marlin, sets off on an epic journey to bring him home. Filled with catchy songs and humour the show celebrates bravery, friendship and believing in yourself.

Seckford Theatre, Woodbridge, IP12 4JH www.debenplayers.net/tickets Cost: £10.00pp



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CAN YOU COUNT HOW MANY TIMES HE APPEARS?

HOW MANY?

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	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	

BEASTIE BITES

MATCH THE ANIMAL TO THEIR FAVOURITE FOOD!



ANSWERS ON P.43



ACTIVITIES & EVENTS

Local mum blogger Anna from The Suffolk SEN Mum shares some of her favourite SEND-friendly places, from calming spaces to sensory play and inclusive days out with little ones.

MON - SAT ROOTS ACTIVITIES

from 9.30am Stuston, Diss, IP21 4AD

Roots Activities Play Space & Café in Stuston is one of those places I really love. It's small, friendly, and not nearly as loud or overwhelming as many larger indoor play centres.

The space is wheelchair accessible throughout and has disability toilets, making it welcoming for lots of families. There's also a home ed group every Monday, which adds to the community feel. One of the best parts is the café, which serves homemade food and GOOD coffee.

Because the play space is small, you can sit and enjoy your drink while still being able to see your child at all times, which makes it feel safe and relaxed.

The equipment is different from your usual soft play, "rope land", a colourful net to hide away in, gym benches, climbing walls and aerial slings, great for sensory seekers.

There's also an outdoor area with toddler bikes and swings, and it's very reasonably priced at just £4 for two hours of play.

www.rootsactivities.co.uk

enquiries@rootsactivities.co.uk

@ roots_activities



Anna is a mum blogger and the founder of The Suffolk SEN MUM. Through her blog, she shares her SEND-friendly adventures with her children. Discover her world at Instagram: [the.suffolksemum](https://www.instagram.com/the.suffolksemum)



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Raising A HAPPY EATER

HOW TO HELP YOUR CHILD BUILD A HEALTHY RELATIONSHIP WITH FOOD.

by *Alicia Eaton*



If you are parenting a child under five, you probably spend a surprising amount of time thinking about food. What to buy, what to cook, whether your child will eat it – and if they don't, what that might mean. It can feel exhausting.

But beyond nutrients and portion sizes, something far more important is happening during these early years. Your child is forming a relationship with food – one that will likely stay with them for life. Many of us can remember episodes from our own childhood that still shape the way we eat as adults. Long before children understand ideas like healthy eating, they absorb the atmosphere around meals. They notice your tone of voice, how rushed or relaxed things feel, and whether food becomes a source of tension or enjoyment.

The reassuring part is that raising a happy eater is rarely about getting food exactly right. It is far more about helping children feel comfortable and unpressured, alongside a steady set of routines and habits. That is something most parents can offer, even on busy days.

TODAY'S FOOD WORLD IS DIFFERENT

Parents today are raising children in a very different food environment from the one many of us grew up in. Supermarkets offer endless choice, cafés are everywhere and food delivery apps mean everyone can eat something different at the touch of a button.

Alongside this, there is a constant cultural conversation about sugar, ultra-processed foods, allergies and weight. Even very young children pick up on this emotional backdrop.

They may not understand the language adults use,

but they understand when something feels not quite right. They notice when food becomes a source of worry and can sense when adults feel conflicted about eating.

One of the most helpful things we can do is simplify the emotional atmosphere around food and avoid using labels such as 'good' and 'bad'.

APPETITE IS ALLOWED TO CHANGE

One of the most common concerns I hear from parents is how unpredictable their child's appetite can seem. A toddler who eats enthusiastically one day might barely touch their food the next. They may love a food for weeks and then suddenly refuse it.

This fluctuation is normal. Young children's appetites vary depending on growth, sleep, activity and emotional state. Responding calmly to these phases helps far more than reacting with anxiety.

When children are coaxed or persuaded to eat more than they want, they begin to focus on adult expectations rather than their own internal cues. Over time, it becomes harder for them to recognise hunger and fullness.

Falling out of touch with your body's natural hunger signals is easily done and can lead to a child that pesters you for endless snacks, even when they're not genuinely hungry. This is not out of greediness, but more a response to tiredness, boredom or frustration.

So a happy eater is not a child who clears their plate every time, but one who gradually learns to recognise hunger, satisfaction and even occasional lack of appetite as normal.

AVOID TURNING FOOD INTO A REWARD OR A BATTLEGROUND

Many of us fall into the habit of using phrases that can have unintended consequences:

“Just three more bites.”

“You can have pudding if you finish.”

“Be good and eat your vegetables.”

They come from a place of care - we want our children to be nourished. But over time, these messages can create associations we did not intend. Food becomes something to earn or negotiate over. If dessert is framed as a prize and vegetables as an obstacle, we unintentionally elevate one and downgrade the other.

Keeping language neutral can make a big difference. Some families find it helpful to talk about “everyday foods” and “sometimes foods,” rather than good and bad foods. This keeps the tone practical and removes moral weight from eating.

THE POWER OF ROUTINE

Children feel safer when life is predictable, and eating is no exception. Regular mealtimes and planned snack times create a rhythm that reassures children food is coming again.

This alone should reduce frequent requests for snacks. Children who graze throughout the day often do not experience genuine hunger, which can make them seem fussy at mealtimes. Allowing gentle hunger to build helps them come to the table ready to eat and more open to new foods.

In France, children are taught that feelings of hunger are to be welcomed, for it means that you'll enjoy the next meal even more. So a little bit of patience is no bad thing.

SENSORY PREFERENCES MATTER

Some children may appear fussy, but their senses are still developing and it's not uncommon for them to experience sensory overwhelm. Strong reactions to smells, colours, textures and how food feels in the mouth are not unusual.

One child may prefer crunchy textures, another may dislike foods that are mixed together, while some need to explore food with their fingers before feeling ready to taste it.

Alicia Eaton is a Harley Street-based behaviour change psychotherapist with over 20 years' experience working with parents, children and teenagers. She's the author of [Mind How Your Kids Eat](#), which explores how everyday habits and language shape children's long-term relationship with food.



When we view these reactions as sensory preferences rather than stubbornness, the mood around mealtimes can soften. Instead of asking, “How do I make my child eat this?”, we can ask, “How can I present this in a way that feels manageable?”

Small adjustments – separating foods, changing temperature or offering a familiar dip – can make a surprising difference.

SIMPLE WAYS TO HELP RAISE A HAPPY EATER

Keep the emotional atmosphere calm

Children eat best when they feel safe rather than watched or evaluated. Aim for connection at the table rather than control.

Trust fluctuating appetites

Toddlers rarely eat the same amount each day. Calm responses help them stay connected to hunger and fullness cues.

Avoid turning food into leverage

Using dessert as a reward or vegetables as a hurdle can create associations that last beyond childhood.

Create gentle structure around food

A predictable rhythm reassures children that food is coming and allows appetite to build naturally.

Respect sensory preferences

Texture, temperature and presentation matter more than many adults realise.

Model the desired relationship with food

Children learn more from what they observe than from what they are told.

Focus on the long game

No single meal shapes your child's eating habits. It is the small, repeated experiences over time that build curiosity and trust.

Early childhood is a powerful period for habit formation, but this does not mean parents have to get everything right. What matters most is the emotional pattern children experience repeatedly: calm meals, neutral language, recognition of internal hunger signals and a sense of connection at the table.

A happy eater is not a child who eats perfectly, but one who feels comfortable, curious and safe around food.





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Oakley, 14 months old

Baby and Toddler Photo Competition Winner

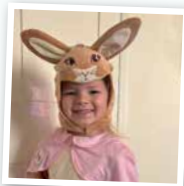
Thank you to everyone who entered our New Year Toddle Models competition!

Congratulations to little Oakley who won a **Little Tikes Bundle of toys**, worth £129!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



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Ada, 5 yrs



Harvey, 3 yrs



Kayden and Freya, 8 and 5 yrs



Arthur, 2 yrs and 11 mths



Autumn, 2 yrs



Gordon, 2 yrs 6 mths



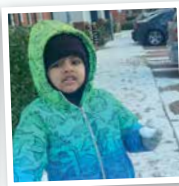
Avery, 3 yrs



Casper, 20 mths



Cecelia, 3 yrs 3 mths



Chaitanya, 3 yrs 6 mths



Crew, 4 yrs



Ruby, 1 yrs



Freya, 3 yrs



Quinn & Avery, 1, 1 & 3 yrs



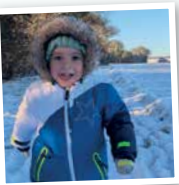
Oscar, 1 yrs



Micah, 2 yrs 6 mths



Bobby, 18 mths



Arthur, 2 yrs 10 mths



George, 2 yrs



Freya, 5 yrs



Olivia and George, 5 yrs and 2 yrs



Reuben, 11 mnths



Sierra, 2 yrs



Rose, 4yrs, 1mnth



Harvey, Leo, Layla & Aaliyah, 12,7,6 & 9mnths



Lilly and Guy, 2 and 4 yrs



Alanah-mae, 4 yrs



Mason, 8 mnths



Hannes, 4 yrs



Avi, 2 yrs 5 mnths



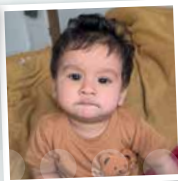
Oliver, 4 yrs



Milo, 3 yrs



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Nathal, 9 mnths



Stefanos, 3 yrs 9 months

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The ultimate finger food for babies and toddlers alike, these soft veggie-packed stars from Annabel Karmel are the perfect lunch, dinner or nutritious snack for growing little ones.

Makes: 10-12 stars

Ingredients:

200g carrots, peeled and grated 2 eggs, beaten
50g Cheddar cheese, grated 4 tbsp self-raising flour
25g Parmesan cheese, grated

Written by
Annabel
Karmel



Method:

1. Preheat the oven to 180°C Fan.
2. Put the carrots in a clean tea towel, squeeze out as much liquid as possible.
3. Place in a bowl. Add the cheeses, eggs, flour and seasoning (for babies 12 months +)
4. Line a baking sheet with non-stick baking paper. Put a star cutter onto the sheet. Fill the cutter with the carrot mixture. Press down firmly. Remove the cutter and repeat.
5. Bake in the oven for about 15 minutes until lightly golden and set.

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Laughter & Play

THE TWO KEY INGREDIENTS FOR LANGUAGE DEVELOPMENT

by Nicky McKeon



Let's be honest... When was the last time you got down on the floor and played with your child? And really played? When did you intently watch how your little one played with a toy and then joined in with their game, before introducing your rules of how to play?

The key to supporting positive language development is to laugh and play together every day - even if it is only for 5 minutes.

We know that children develop at different rates, but we also know that the best learning is offered with patience, curiosity and joint attention. In a world dominated by passive electronic devices, the essential ingredients to developing communication skills with your child is through person to person play, using facial expressions, shared awareness and unbridled happiness.

It doesn't have to be hard or expensive - here are some quick and easy ideas to make you both smile:

FLOURY LANGUAGE

A sieve, some flour and a piece of black card in a tray can capture a child's imagination and enrich their language so easily - think how the flour falling through the sieve could be snow, space dust, fairy dust. Drawing shapes in the fallen flour with your fingers can promote sensory joy and descriptive language ("soft", "cold", "like clouds") and knowing that there has to be a finish and tidy-up helps with transitioning from activities, following instruction and sequencing. Your simple commentary will model language and introduce new and exciting vocabulary.

STORY SOUNDTRACKS

A shared story book will help you child predict familiar and new situations ("Who's going to be hiding on the next page?") and expand memory

skills ("What did the caterpillar eat on Tuesday?")

Taking turns to offer instructions is a great way to demonstrate patience and develop resilience, in addition to modelling to your child how to ask for help ("Can you see the butterfly? I can't find it. Can you help me?") Making animal noises together during the story is a good way to check out if your child can produce all of their vowel sounds correctly ("Eeek! Squawk! Woof! Moo!")

BATH TIME BANTER

Ditch the bath toys for one night and replace with different sized spoons, measuring cups and plastic beakers. This provides a great opportunity to introduce comparative language (big / little, full / empty) and imaginative role play - who wouldn't want a frothy cappuccino at the Splash Cafe?

Through activities such as these, you can build a closer and more trusting relationship with your child and help to ensure that their language is developing in an appropriate way.

If you have any concerns regarding your child's speech and language development, speak to your Health Visitor or contact your nearest Independent Speech and Language therapist via the ASLTIP website (www.asltip.com). We're a friendly bunch and can always offer some top tips, ideas to support your child and some reassuring words for you.

But most importantly, have fun and play together every day!



Nicky McKeon is a qualified Speech and Language Therapist. She is a mum to teenagers with a background in commercial marketing and experience in early years and primary education. She is passionate about supporting children's communication development through fun, accessible approaches for families. www.asltip.com/members/nicky-mckeon



RISE AND SHINE (TOO EARLY):

by Melanie Hastings

HELPING YOUR LITTLE ONE SLEEP PAST THE LIGHT



If your child has suddenly started greeting the day at an eye-watering 5am, you're not alone and you're definitely not imagining it. As the mornings grow lighter, little ones are among the first to notice, and their sleep can take a real hit as a result.

Young children are beautifully in tune with their environment, which means light even the faintest glimmer creeping under a door can signal their brains that it's time to wake up. The good news? There are some simple, gentle changes that can make a big difference.

Block out the light. This is often the single most effective step. Invest in proper blackout blinds or curtains not the flimsy kind, but ones that truly darken the room. Tape around the edges if needed. It might feel dramatic, but it genuinely works.

Protect the sleep environment. Keep the room cool and use white noise if you're not already. These cues help your child's brain stay in "sleep mode" for longer, even as the world outside wakes up.

Hold the line on wake-up time. It can be tempting to go in the moment you hear stirring, but giving your child a little time to resettle whether that's a few minutes of quiet in their room or a reassuring pat and tuck-back-in gently reinforces that it's not yet time to start the day.

Be patient with the transition. It can take a week or two for little ones to adjust to seasonal changes. Consistency and calm are your best tools.

You've got this and brighter mornings really can mean better sleep for everyone.



Melanie Hastings is a certified sleep consultant and Norland Nanny with over 17 years of experience caring for little ones. Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.



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SALT DOUGH HANDPRINT BOWL



Turn little hands into a keepsake! A sweet, simple gift you and your child can make for Dad this Father's Day.

YOU WILL NEED:

- Small ovenproof bowl
- Rolling pin
- Salt Dough: 2 cups plain flour, 1 cup salt, 1 cup water
- Acrylic paint
- Mod Podge glue and sealer
- Sharp knife

How to Make:

1. Mix flour, salt and water to make a stiff dough. If it's too sticky, add a little more flour.
2. Roll the dough to about 1cm thick. Press your child's hand firmly onto it to create a clear handprint.
3. Use a sharp knife to cut around the handprint. Smooth the edges with a damp finger.
4. Drape the dough over a small ovenproof bowl on a baking tray to form the bowl shape. Bake at 100°C for 2-3 hours until completely hard.
5. Once dry, paint your bowl and add a heart or design. Seal with Mod Podge to make it last forever.



Craft kindly supplied by Louise McMullen of Messy Little Monster, author of Fun Painting Projects for Kids. For more fun ideas visit www.messylittlemonster.com






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Bury St Edmunds Library, St Andrews Street North, IP33 1TZ.
01284 338830. www.suffolkcommunitylibraries.co.uk.

- **Stay & Play:** 13:00 - 14:00. **Ages:** 0 - 5 yrs.

Dates: 13 Apr - 20 Jul. **Cost:** Free (drop in).

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Self Led Stay & Play** 11:00 - 12:00

Dates: 13 Apr - 20 Jul. **Cost:** Free (check timetable before attending).

Elmswell Baby and Toddler Group

Blackbourne Community Centre, 71 Blackbourne Road, IP30 9GY.

Times: 9:45 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Under Ones** 10:00-11:00

Dates: 13 Apr - 20 Jul. **Cost:** Free (check timetable before attending).

Lark Family Hub

Mildenhall Hub, Sheldrick Way, Bury St. Edmunds, IP28 7JX.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Little Movers Stay & Play** 13.15-14.45

Dates: 13 Apr - 20 Jul. **Cost:** Free (check timetable before attending).

Little Deers Baby and Toddler Group - Hartest

Hartest and Boxsted Institute, The Green, Hartest, IP29 4DH.

01284830860.

Times: 9:30 - 11:30. **Ages:** 1 mnths - 5 yrs. **Cost:** £3 (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

NEW PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

Times: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00 **Ages:** 0 - 7 yrs.

Dates: 13 Apr - 20 Jul. **Cost:** £7.95 (booking essential).

Soft Play City

Honington & Sapiston Village Hall, Bardwell Road, Sapiston, IP31 1RU.
01284 628724. www.softplaycityuk.co.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £7.50 (booking essential).

Dates: 27 Apr, 18 May, 22 Jun & 13 Jul.

Toddlers at Bridge Kids

Bridge Community Church, 68 Queens Road, IP33 3EW.

www.bridgecommunitychurch.co.uk.

Times: 13:00 - 14:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

NEW World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk

Times: 9:30 - 11:30. **Ages:** 0 - 8 yrs.

Dates: 13 Apr - 20 Jul. **Cost:** from £10 (booking essential).

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Christ Church, Moreton Hall, Lawson Place, IP32 7EW. 07527 932632.

www.babysensory.com.

- **Baby Sensory:** 10:00 - 11:00, 11:30 - 12:30 & 13:00 - 14:00.

Dates: 13 Apr - 18 May & 1 Jun - 20 Jul. **Cost:** £9 (booking essential).

CREATIVE

NEW Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 13 Apr - 11 May & 1 Jun - 20 Jul. **Cost:** £12 (booking essential).

TUESDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.
www.suffolkcommunitylibraries.co.uk.

- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 1 yrs 6 mnths.
- **Tot Rock:** 10:30 - 11:00. **Ages:** 1 yrs 6 mnths - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** Free (drop in).

Families Together Suffolk

Anselm Community Centre, Bury St Edmunds, IP32 6JZ. www.families-together-suffolk.org.uk.

- **Learn & Grow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** Free (booking essential).

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Bury St Edmunds, IP29 5RU.

- **Baby & Toddler Group:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £5 (drop in).

Lark Family Hub

Mildenhall Hub, Sheldrick Way, Bury St. Edmunds, IP28 7JX.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Child Health Clinic** 9.15-10.00

Dates: 14 Apr - 14 Jul. **Cost:** Free (check timetable before attending).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

Times: 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 7 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** £7.95 (booking essential).

World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk

Times: 9:30 - 11:30 & 12:30 - 14:30 & 9:30 - 14:30 (term time).

Dates: 14 Apr - 14 Jul. **Ages:** 0 - 8 yrs. **Cost:** from £10 (booking ess..)

SENSORY & DEVELOPMENT

Brandon Library

Brandon Library, Bury Road, Brandon, IP27 0BQ.

01842773390. www.suffolkcommunitylibraries.co.uk.

- **Storytime:** 15:30 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul **Cost:** Free (drop in).

NEW

Hartbeeps Colchester and Tendring

Acton Village Hall - Sudbury, High Street, Sudbury, CO10 0AT.

www.hartbeeps.com.

- **Happy House:** 10:15 - 11:00. **Ages:** 1 - 4 yrs.
- **Baby Beeps:** 11:15 - 12:00. **Ages:** 8 mths - 1 yrs 6 mths.
- **Baby Bells:** 12:15 - 13:00. **Ages:** 0 - 8 mths.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £8 (booking essential).

PHYSICAL FUN

Netball Kids

Moreton Hall Community Centre, Symonds Road, BSE, IP32 7E.

07487 608528. www.netballkids.co.uk.

- **Mini Movers** 9:30 - 10:15 & 10:30 - 11:15. **Ages:** 2-5 yrs.

Dates: 21 Apr - 19 May & 2 Jun-14 Jul

Tumble Tots Ely

Newmarket OLISE Church, 14 Exeter Road, Newmarket, CB8 8LT.

07979 757202. www.tumbletots.com.

- **Walking-2 Yrs:** 9:30 - 10:15.
- **3 yrs-School Age:** 10:30 - 11:15.
- **2-3 Yrs:** 11:30 - 12:15.
- **6 mths-Walking:** 12:45 - 13:30.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £8 (booking essential).

SEND ACTIVITIES

Cavenham Forest School

Cavenham Forest School, Chestnut Hall, Cavenham, IP28 6DE.

07863102123.

- **SEN Forest School:** 9:30 - 12:30. **Ages:** 0 - 16 yrs.

Dates: 28 Apr - 19 May. **Cost:** £30 (booking essential).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

- **PlayCafe SEND Session:** 9:30 - 11:00. **Ages:** 0 - 7yrs.

Dates: 14 Apr - 14 Jul. **Cost:** £7.95 (booking essential).



WEDNESDAY

PARENTS & TOTS

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Child Health Clinic** 9.15-10.15
- **Self Led Stay & Play for Under Ones** 10.00-11.30

Dates: 15 Apr - 15 Jul. **Cost:** Free (check timetable before attending).

Edmundo Lounge

Edmundo Lounge, 28 Cornhill, Bury St Edmunds, IP33 1DY.

01284700166. www.thelounges.co.uk.

- **Parent & Baby Group:** 10:00 - 11:30. **Ages:** 0 - 3 yrs.

Dates: 15 Apr - 15 Jul. **Cost:** Free (drop in).

Families Together Suffolk

St Edmunds Station Church, RAF Honington, Honington, IP31 1LU.

www.families-together-suffolk.org.uk.

- **Little Flyers Playgroup:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 15 Apr - 15 Jul. **Cost:** Free (booking essential).

Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Stay & Play** 10.00-11.30
- **Child Health Clinic** 11.00-12.00

Dates: 15 Apr - 15 Jul. **Cost:** Free (check timetable before attending)

Lark Family Hub

Mildenhall Hub, Sheldrick Way, Bury St. Edmunds, IP28 7JX.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Self Weigh** 9.00-10.00
- **Infant Feeding** 10.15-11.15

Dates: 15 Apr - 15 Jul. **Cost:** Free (check timetable before attending).



NEW in Bury St Edmunds

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PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.
Times: 9:30 - 11:00 & 11:30 - 13:00. **Ages:** 0 - 7 yrs.
Dates: 15 Apr - 15 Jul. **Cost:** £7.95 (booking essential).

Prado Lounge

Prado Lounge, 15 - 16 Market Hill, Sudbury, CO10 2EA.
 01787313634. www.thelounges.co.uk.
 • **Baby Club:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 15 Jul. **Cost:** Free (drop in).

World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk
Times: 9:30 - 11:30 & 12:30 - 14:30 & 9:30 - 14:30 (term time).
Dates: 15 Apr - 15 Jul. **Ages:** 0 - 8 yrs. **Cost:** from £10 (booking ess..)

CREATIVE

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.
 • **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £11 (booking essential).

NEW

South Lee Prep School & Nursery

South Lee Prep School & Nursery, Nowton Rd, BSE, IP33 2BT.
 01284 754654. www.southlee.co.uk.
 • **Toddle in the Woods:** 9:30 - 10:30. **Ages:** 1 ½ yrs - 4 yrs
Dates: 15 Apr - 20 May & 3 Jun - 1 Jul. **Cost:** £3 (booking essential).

PHYSICAL FUN

Tumble Tots Ely

Freckenham Village Hall, 7 Fordham Road, Freckenham, Bury St Edmunds, IP28 8JB. 07979 757202. www.tumbletots.com.

- **Walking-2 Yrs:** 9:45 - 10:30.
- **6 mnths-Walking:** 10:45 - 11:30.
- **2-3 Yrs:** 11:45 - 12:30.
- **3 yrs-School Age:** 12:45 - 13:30.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £8 (booking essential).

THURSDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ.
 01284 338830. www.suffolkcommunitylibraries.co.uk.
 • **Duplo Play:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

Dates: 16 Apr - 16 Jul. **Cost:** Free (drop in).

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.
www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH
 • **Little Movers Stay & Play 10.00-11.30**
 • **Under Ones 13.00-14.00**

Dates: 16 Apr - 16 Jul. **Cost:** Free (check timetable before attending)



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Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY
www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH
 • **Self Weigh 11.00-12.00**

Dates: 16 Apr - 16 Jul. **Cost:** Free (check timetable before attending)

Little Treasures Parent & Toddler Group

Lawshall Evangelical Free Church, Hanningfield Green, IP29 4QD.
 01284 828694. www.lawshallfreechurch.org.uk.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Midweek for Mums

The New Bury Community Centre, 1 Charles Place, IP32 6TD.
 07791 708708. www.bse-pc.org.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in). **Dates:** 16 Apr - 21 May, 4 Jun - 16 Jul, 16 Apr - 21 May & 4 Jun - 9 Jul.

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.
Times: 11:30 - 13:00. **Ages:** 0 - 5 yrs.
Dates: 16 Apr - 16 Jul. **Cost:** £7.95 (booking essential).

Southgate Parent & Toddler Group

Southgate Community Centre, Caie Walk, Bury St Edmunds, IP33 2PJ.
Times: 13:30 - 15:00. **Ages:** Pregnancy - 4 yrs. 01284 768686.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £2 (drop in).

World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk
Times: 9:30 - 11:30 & 12:30 - 14:30 OR 9:30 - 14:30 (term time).

Dates: 16 Apr - 16 Jul. **Ages:** 0 - 8 yrs. **Cost:** from £10 (booking ess..)

SENSORY & DEVELOPMENT

Brandon Library

Brandon Library, Bury Road, Brandon, IP27 0BQ.
 01842773390. www.suffolkcommunitylibraries.co.uk.

• **Tot Rock:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 16 Jul. **Cost:** Free (drop in).



CREATIVE

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

• **Baby Chestnuts:** 10:00 - 11:30. **Ages:** 0 - 18 mnths.

Dates: 16 Apr-21 May & 4 Jun-16 Jul. **Cost:** £8.50 (booking essential).

DANCE & DRAMA

Tiny toes ballet suffolk

Ellesmere Centre, Ley Road, Stetchworth, Newmarket, CB8 9TS.
 07415127619. www.tinytoesballet.co.uk.

• **Talent Toes:** 13:48 - 14:28. **Ages:** 2 ½ yrs - 4 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £9 (booking essential).

PHYSICAL FUN

Netball Kids

Garboldisham Village Hall, Church Road, Norfolk, IP22 2SE
07487 608528. www.netballkids.co.uk.

- **Mini Movers** 9:30 - 10:15. **Ages:** 2-5 yrs.

Dates: 16 Apr - 20 May & 4 Jun-16 Jul *Check website for dates*

Tumble Tots Ely

Risby Village Hall, Aylmer Close, Risby, IP28 6RT. 07979 757202. www.tumbletots.com.

- **Walking-2 Yrs:** 10:00 - 10:45.
- **6 mths-Walking:** 11:00 - 11:45.
- **2-3 Yrs:** 12:00 - 12:45.
- **3 yrs-School Age:** 13:00 - 13:45.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £8 (*booking essential*).

FRIDAY

PARENTS & TOTS

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Bury St Edmunds, IP29 5RU.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £5 (*drop in*).

Lark Family Hub

Mildenhall Hub, Sheldrick Way, Bury St. Edmunds, IP28 7JX.

www.infolink.suffolk.gov.uk. www.facebook.com/WestSuffolkFH

- **Under Ones** 9.30-10.30

Dates: 17 Apr - 17 Jul. **Cost:** Free (*check timetable before attending*).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafeigroup.com.

Times: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 7 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** £7.95 (*booking essential*).

Soft Play City

New Green Community Centre, New Green Ave, Thurston, IP31 3TG.

01284 628724. www.softplaycityuk.co.uk.

Times: 9:30 - 11:00 & 11:15 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 17 Apr, 15 May, 5 Jun & 10 Jul. **Cost:** £7.50 (*booking essential*).

St Edmundsbury Cathedral

St Edmundsbury Cathedral, Angel Hill, Bury St Edmunds, IP33 1LS.

01284 748720. www.steds cathedral.org.

- **Young Families:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (*drop in*).



World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk

Times: 9:30 - 11:30 & 12:30 - 14:30. **Ages:** 0 - 8 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** from £10 (*booking essential*).

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Ixworth Village Hall, High Street, Bury St Edmunds, IP31 2HH.

07527 932632. www.babysensory.com.

- **Baby Sensory:** 10:00 - 11:00 & 11:30 - 12:30. **Ages:** 0 - 13 months.

Dates: 17 Apr - 29 May & 6 Jun - 17 Jul. **Cost:** £9 (*booking essential*).

CREATIVE

Cavenham Forest School

Chestnut Hall, Cavenham, Bury St Edmunds, IP28 6DE. 07863102123.

- **Little Chestnuts Forest School:** 10:00 - 12:00. **Ages:** 0 - 8 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £11 (*booking*)

DANCE & DRAMA

NEW

Tiny toes ballet suffolk

Moreton Hall Community Centre, Symonds Road, BSE, IP32 7E.

07415127619. www.tinytoesballet.co.uk.

- **Twinkle Toes:** 14:00 - 14:40. **Ages:** 18 months - 3 yrs.
- **Twirlers/Spinners:** 16:10 - 17:00. **Ages:** 4 - 7 yrs.

Dates: 17 Apr - 23 May & 6 Jun - 17 Jul. **Cost:** £9 (*booking essential*).

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OTHER

Dream Care Farm CIC

Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.
07590211124. www.dreamcarefarmcic.co.uk.

- **Care & Grow Club:** 10:00 - 11:30.

Dates: 17 Apr - 17 Jul. **Ages:** 0 - 99 yrs. **Cost:** £5 (*booking essential*).

SATURDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ.

01284 338830. www.uffolkcommunitylibraries.co.uk.

- **Storytime:** 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop-in*)
- **Lego Club:** 10:00 - 11:45. **Ages:** 4 - 16 yrs. **Cost:** Free (*drop in*).

Dates: 18 Apr - 18 Jul.

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafeigroup.com.

Times: 10:00 - 11:30, 12:00 - 13:30 & 14:00 - 15:30. **Ages:** 0 - 7 yrs.

Dates: 18 Apr - 18 Jul. **Cost:** £7.95 (*booking essential*).

World of Play

17 High St, Bury St Edmunds IP31 2HH. www.worldofplay.co.uk

Times: 10:00-12:00. **Ages:** 0 - 8 yrs.

Dates: 18 Apr - 18 Jul. **Cost:** from £12 (*booking essential*).

DANCE & DRAMA

Tiny toes ballet suffolk

RH CAEST, Northgate Street, Bury St Edmunds, IP33 1HP.

07415127619. www.tinytoesballet.co.uk.

- **Twinkle Toes:** 9:00 - 9:40. **Ages:** 18 months - 2 ½ yrs.
- **Talent Toes:** 9:45 - 10:25. **Ages:** 2 ½ yrs - 4 yrs.
- **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.

Dates: 18 Apr - 23 May & 6 Jun - 18 Jul. **Cost:** £9 (*booking essential*).

Tiny toes ballet suffolk

Ellesmere Centre, Ley Road, Stetchworth, Newmarket, CB8 9TS.

07415127619. www.tinytoesballet.co.uk.

- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 18 months - 2 ½ yrs.
- **Twirlers:** 10:45 - 11:25. **Ages:** 4 - 5 yrs.
- **Spinners:** 11:30 - 12:10. **Ages:** 5 - 7 yrs.

Dates: 18 Apr - 23 May & 6 Jun - 18 Jul. **Cost:** £9 (*booking essential*).

HEALTH & WELLBEING

Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR

07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 14:00 - 16:00.

Dates: 9 May & 11 Jul **Cost:** £30 (*booking essential*).

PHYSICAL FUN

Netball Kids

Thurston Primary School, Pond Field Road, Thurston, IP31 3FT. 07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 9:45 - 10:30. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:40 - 11:25. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 18 Apr - 16 May & 6 Jun - 18 Jul. **Cost:** £6-8 (*booking essential*).

PREGNANCY



The Village Midwife

Woolpit Village Hall, Mill Lane, Woolpit, IP30 9QX.
www.thevillagemidwife.co.uk.

- **The Village Midwife Antenatal course:** 10:00 - 13:00.

Dates: 9 May - 30 May & 4 Jul - 18 Jul. **Cost:** See Website

OTHER

Dream Care Farm CIC

07590211124. www.dreamcarefarmcic.co.uk.

- **Saturday Farm Club:** 10:00 - 12:00.

Ages: 0 - 99 yrs. **Dates:** 18 Apr - 18 Jul. **Cost:** £5 (*booking essential*).

IPSWICH, HADLEIGH, MID & EAST SUFFOLK

MONDAY

PARENTS & TOTS

Acorns Family Hub

Stowhealth Centre, Stowmarket, IP14 1NL.

- **Play and Chat Group:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 13 Apr - 20 Apr. **Cost:** Free (*drop in*).

Aldeburgh Library

Victoria Road, Triangle Wood Green, Aldeburgh, IP15 5EG.
01728642930.

- **Baby Bounce Aldeburgh:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 13 Apr - 13 Jul. **Cost:** Free (*drop in*).

BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX. www.bmesuffolk.org.
01473 210176/07492691190. **Cost:** Free (*booking essential*).

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 18 mths - 4 yrs

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul.

Busy Bees Saxmundham

St John's Church, Church Hill, Saxmundham, IP17 1ES.

- **Busy Bees Toddler Group:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £1 (*booking essential*).

Capel Community Church

Capel Community Church, Days Road, Capel St Mary, Ipswich, IP9 2JW.
07752921135. www.capelcommunitychurch.org.uk.

- **Stay & Play Cafe:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £0.50 (*drop in*).

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Newborn & Feeding Class Leiston:** 10:00 - 12:00.

Ages: 0 - 1 yrs. **Dates:** 27 Apr, 18 May & 29 Jun.

SmAll Halls Toddler Group

All Halls Church Hall, Landseer Road, Ipswich, IP3 0EN.
07561596168. allhallschurchipswich.myfreesites.net.

- **Times:** 13:15 - 14:45. **Ages:** 0 - 4 yrs.

Dates: 13 Apr - 13 Jul. **Cost:** Free (*drop in*).

The Mix Stowmarket

127 Ipswich Street, Stowmarket, IP14 1BB. 01449 745130.
capelcommunitychurch.org.uk.

- **Mini Mixers:** 9:30 - 11:30. **Ages:** 0 - 4 yrs.

Dates: 20 Apr, 18 May, 29 Jun & 13 Jul. **Cost:** Free (*drop in*).

SUNDAY

PARENTS & TOTS

Bury St Edmund's Library

Bury St Edmunds Library, St Andrews Street North, Bury St Edmunds,
IP33 1TZ. 01284 338830. suffolkcommunitylibraries.co.uk.

- **Sunday board games:** 10:00 - 15:00.

Dates: 19 Apr - 19 Jul. **Ages:** 2 - 5 yrs. **Cost:** Free (*drop in*).

PlayCafe

62 Cornhill, Bury St Edmunds, IP33 1BE. www.playcafegroup.com.

Times: 10:00 - 11:30 & 12:00 - 13:30. **Ages:** 0 - 7 yrs.

Dates: 19 Apr - 19 Jul. **Cost:** £7.95 (*booking essential*).

PHYSICAL FUN

Netball Kids

Great Cornard Leisure Centre, Head Lane, Great Cornard, CO10 0JU.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 ½ yrs.
- **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3 ½ yrs - 5 yrs.
- **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £6-£8 (*booking ess.*)

MUSIC & SIGNING

Jo Jingles Ipswich

River of Life Church, Carr Road, Felixstowe, IP11 2FS. 07732 544548.
www.jojingles.com.

- **3mths-walking:** 9:45 - 10:15.
- **Mixed Ages:** 11:00 - 11:45. **Ages:** 1 - 5 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul (*booking essential*).

Jo Jingles Ipswich

Millenium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07732 544548. www.jojingles.com.

- **Mixed Ages:** 13:30 - 14:15. **Ages:** 1 - 5 yrs.
- **Under 2s:** 14:35 - 15:20. **Ages:** 6 mths - 2 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul (*booking essential*).

Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07944 033723. www.moomusicsdnm.co.uk.

- **Mini Moo (8-18 mths):** 11:00 - 11:35.
- **Mixed Moo (0-5yrs):** 10:00 - 10:40.

Dates: 20 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £6.75 (*booking essential*).

Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.

07748 914370. www.toddletalk.info.

- **Toddle Talk Baby Signing:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £6.50 (*booking essential*).

SENSORY & DEVELOPMENT

Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.
07748 914370. www.babysenses.info.

- **Baby Senses Baby Massage:** 11:30 - 13:00. **Ages:** 0 - 1 yrs.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £10 (*booking essential*).

Baby Sensory East Suffolk

Beccles Public Hall, Smallgate, Beccles, NR34 9AD.
07521 318146. www.babysensory.com.

- **Baby Sensory(0-13mths):** 9:25-10:25, 10:45-11:45, 12:05-13:05.

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £9 (*booking essential*).

Jasmine Blossom Birth and Baby

Melton Pavillion, 2 Melton Road, Woodbridge, IP12 1PF.
07815698459. www.jasmineblossombirthing.com.

- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 13 Apr - 18 May & 1 Jun - 29 Jun. **Cost:** £10 (*booking essential*).

CREATIVE

Ipswich Community Playbus

Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD.
01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session: 9:45 - 11:30. Ages:** 0 - 5 yrs.
Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** Free (booking essential).

Ipswich Community Playbus

Strata Warehouse, Raeburn Road South, Ipswich, IP3 0ET.
01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session: 13:00 - 14:45. Ages:** 0 - 5 yrs.
Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** Free (booking essential).

SWIMMING

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket, IP14 1LH.
01449 674980. www.everyoneactive.com.

- **Pre School Stage 2 Swimming Lessons: 9:30 - 10:00 & 12:30 - 13:00. Ages:** 3 - 5 yrs.
- **Adult & Child Swimming Lessons (4-18mnths) :** 10:00 - 10:30.
- **Pre School Stage 1 Swimming Lessons: 10:30 - 11:00, 12:00 - 12:30 & 16:30 - 17:00. Ages:** 3 - 5 yrs.
- **Adult & Child Swimming Lessons (19-36mnths) :** 11:00 - 11:30.

Dates: 13 Apr - 13 Jul. **Cost:** £8.25 (booking essential).

SEND ACTIVITIES

Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746580132. www.ipswichopportunitygroup.org.uk.

Times: 10:00 - 11:30 & 13:00 - 14:30. **Ages:** 0 - 5 yrs.
Dates: 13 Apr - 18 May & 1 Jun - 13 Jul. **Cost:** £5 (booking essential).

TUESDAY

PARENTS & TOTS

Bethesda Baptist Church Parent and Toddler Group

Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB.
07761 766603. www.bethesdaipswich.com.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £1 (drop in).

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.families toegethersuffolk.org.uk.

• **Chill, Chat & Play: 10:00 - 11:30. Ages:** 0 - 12 mnths.
Dates: 14 Apr-19 May & 2 Jun - 14 Jul.

Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 ORL.
01473 927270. www.suffolkcommunitylibraries.co.uk.

• **Little Story Makers: 10:30 - 11:30. Ages:** 2 - 5 yrs.
Dates: 14 Apr - 14 Jul. **Cost:** Free.

Halesworth Library

Halesworth Library, Bridge Street, Halesworth, IP19 8AD.
01986 875095. suffolkcommunitylibraries.co.uk.

• **Word Play: 10:00 - 10:30. Ages:** 0 - 5 yrs.
Dates: 21 Apr - 30 Jun. **Cost:** Free (drop in).

Kesgrave Baptist Church Toddler Group

Kesgrave Baptist Church, Cambridge Road, Kesgrave, IP5 1EW.
07818 589268. kesgravebaptistchurch.org.uk.

• **Tuesday Toddlers: 9:30 - 11:00. Ages:** 0 - 5 yrs.
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £1 (drop in).

Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.

• **Stay & Play Kesgrave: 10:00 - 11:00. Ages:** 0 - 5 yrs.
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** Free.

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www.tinytoesballet.co.uk/suffolk
ellie@tinytoesballet.co.uk

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Kesgrave Community Centre
Murrayside Community Centre

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Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Leiston Child Health Clinic:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Leiston Under 1's Group:** 10:00 - 11:30. **Ages:** 0 - 1 yrs.
- **Infant Feeding Support Group:** 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Dates: 14 Apr - 14 Jul.

- **SGO Group Leiston:** 10:00 - 12:00.

Dates: 5 May, 2 Jun & 7 Jul. **Cost:** Free (drop in).

Mendlesham Baby & Toddler Group

Community Hall at the Primary School, Old Station Road, Mendlesham, Stowmarket, IP14 5RT. 07925 198581.

Times: 9:30 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £2 (drop in).

Saxmundham Library

Street Farm Road, County Offices, Saxmundham, IP17 1AL. 01728642930.

- **Baby Bounce Saxmundham:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** Free (drop in).

Soft Play City

Needham Market Community Centre, School Street, IP6 8BB.

01284 628724. www.softplaycityuk.co.uk.

Times: 9:30 - 11:00 & 11:15 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 28 Apr, 19 May, 23 Jun & 14 Jul. **Cost:** £7.50 (booking essential).

Southwold Library

Old Hospital Hub, Field Stile Road, Old Hospital, Field Stile Road, Southwold, IP18 6LD. 01502 442817. suffolkcommunitylibraries.co.uk.

- **Word Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 21 Jul. **Cost:** Free (drop in).

St Augustine's Church

Bucklesham Road, Ipswich, IP3 8TH.

01473 723960. www.staugustinesipswich.org.uk.

- **Music & Rhyme:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £2 (drop in).

St John the Baptist Church Needham Market

The Ark, 11-13 King William St, Needham Market, Ipswich, IP6 8DG. 01449720316. www.needhammarketparishchurch.org.

- **Tuesday Tots:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 28 Apr. **Cost:** £1 (drop-in).

- **Messy Church:** 15:30 - 17:00. **Ages:** 0 - 12 yrs.

Dates: 5 May, 2 Jun & 7 Jul. **Cost:** Free (drop-in).

St Michael's Baby and Toddler Group

St Michael and All Angels Church, The Drift, Martlesham Heath, Ipswich, IP5 3PL. 07359 339452.

- **Baby and Toddler Group:** 9:30 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** £1

The FLYING HORSE Cafe & Bar

4 Waterford Road, Ipswich, IP1 5NW. 07740853604. www.flyinghorsecafebar.com.

- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** Free (drop in)

Tiddlywinks

Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.

01473 259571. www.burlington.church.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £1 (drop in).

Tots+ at Christ Church Ipswich

Christ Church, Tacket Street, Ipswich, IP4 1AU.

07505 129389. christchurch-ipswich.org.uk.

www.Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** £1.50 (drop in).



MUSIC & SIGNING

Jo Jingles Ipswich

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG.

07732 544548. www.jojingles.com.

- **Under 2s:** 9:25 - 10:10.
- **2yrs+:** 10:30 - 11:15.
- **3mths - walking:** 11:35 - 12:05.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. (booking essential)

Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.

07944 033723. www.moomusicsdm.co.uk.

- **Mini Moo (8-18 mths):** 11:00 - 11:35.
- **Maxi Moo (over 18 mths - 5yrs):** 10:00 - 10:40.
- **Baby Moo (0-8 mths):** 12:00 - 12:35.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £6.75 (booking essential).

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Hadleigh Sea Scouts Hall, Layham Road Sports Ground, IP7 5NE.

07527 932632. www.babysensory.com.

- **Baby Sensory:** 10:30 - 11:30. **Ages:** 0 - 13mths.

Dates: 14 Apr - 19 May, & 2 Jun - 14 Jul. **Cost:** £9 (booking essential).

Baby Sensory East Suffolk

Darsham Village Hall, Cheyney Green, The Street, Darsham, IP173FA.

07521 318146. www.babysensory.com.

- **Baby Sensory:** (0-13 mths): 9:30-10:30 & 11:00 - 12:00.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £9 (booking essential).

Baby Sensory Ipswich

Inspire, Lindbergh Road, Ipswich, IP3 9QX. www.babysensory.com.

- **Baby Sensory:** (7 - 13 mths): 10:00 - 11:00.
- **Baby Sensory (0-6mths):** 11:15 - 12:15.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £9.25 (booking essential).

Jasmine Blossom Birth and Baby

The CUB Play Cafe, St. Peters Street, Ipswich, IP1 1XF.

07815698459. www.jasmineblossombirthing.com.

- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 21 Apr - 19 May & 2 Jun - 30 Jun. **Cost:** £10 (booking essential)

CREATIVE

Ipswich Community Playbus

Discovery Avenue Car Park, Discovery Avenue, Ipswich, IP2 8SD.
01473221521. www.ipswichplaybus.org.uk.

- **Playbus Session: 9:45 - 12:45. Ages:** 0 - 5 yrs.

Dates: 14 Apr - 14 Jul. **Cost:** Free (booking essential).

NEW

Kesgrave War Memorial Community Centre

Free Craft & Games Mornings, Every Tuesday during school holidays.
Kesgrave Community & Conference Centre (KWMCC), Twelve Acre Approach IP5 1JF 01473 612648. www.kwmcc.co.uk.

- **Times: 10:00 - 12:00. Ages:** 3 - 10 yrs.

Dates: 26th May & 21st Jul **Cost:** Free (booking essential).

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473652155. www.hadleighstarsgymnastics.co.uk.

- **Parent and Toddler Gym (0-5yrs):** 9:15 - 10:15.
- **Pre School Gymnastics (3-5 yrs):** 10:45 - 11:45.

Dates: 13 Apr - 19 May & 2 Jun - 14 Jul (booking essential).

Little Kickers Ipswich (Suffolk)

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 OTN. 0203 4798200. www.littlekickers.co.uk.

- **Little Kickers:** 9:30 - 10:15 **Ages:** 18 mnths - 2 ½ yrs
- **Junior Kickers:** 9:30-10:15 & 10:30-11:15 **Ages:** 2 ½ yrs-3 ½ yrs.
- **Mighty Kickers:** 10:30 - 11:15. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul. **Cost:** £9 (booking essential).

Moontree Yoga & Wellbeing

Clip 'n Climb Ipswich, Berwick Road, Ipswich, IP3 9ST.
07305 267820. www.moontreeyoga.co.uk.

- **Yoga for Mum & Baby (up to 1 yrs):** 10:00-11:00 & 11:15-12:15.

Dates: 14 Apr-19 May & 2 Jun-14 Jul. **Cost:** £11.50 (booking essential).

SWIMMING

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket, IP14 1LH.
01449 674980. www.everyoneactive.com.

- **Adult & Child Swim Lessons (4-18mnths):** 10:00-10:30.
- **Adult & Child Swimming Lessons (19-36mnths):** 10:30 - 11:00.
- **Pre School Stage 2 Swimming Lessons:** 11:00 - 11:30 & 12:00 - 12:30. **Ages:** 3 - 5 yrs.

- **Pre School Stage 1 Swimming Lessons:** 11:30 - 12:00, 12:30 - 13:00 & 17:00 - 17:30. **Ages:** 3 - 5 yrs.

Dates: 14 Apr - 7 Jul. **Cost:** £8.25 (booking essential).

WEDNESDAY

PARENTS & TOTS

1.2.3 Toddler Group Walton

St Marys Church Hall, High Street, Walton, Felixstowe, IP11 9DS.
01394 283347. www.waltonandtrimley.org.uk.

- **1.2.3. Toddler Group:** 13:00 - 15:00. **Ages:** 0 - 4 yrs.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £1 (drop in).

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB. 01379 469969.
suffolkcommunitylibraries.co.uk.

- **Baby Wordplay (0-1 yrs):** 10:30 - 11:00.
- **Toddler Wordplay (for those walking):** 10:30 - 11:00.

Dates: 15 Apr, 29 Apr, 13 May, 27 May, 10 Jun, 24 Jun & 8 Jul.
Cost: Free (booking essential).

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Families Together Suffolk

Community Room Hadleigh Reform Church, Market Pl, Hadleigh, Ipswich, IP7 5DL. families-together.suffolk.org.uk

• **Chill, Chat & Play - Hadleigh:** 10:00 - 11:30. **Ages:** 0 - 12 months
Dates: 15 Apr - 15 Jul. **Cost:** Free (booking essential).

Humpty Dumpty Toddler Group

Alan Road Methodist Church, Alan Road, Ipswich, IP3 8EZ. 01473 713368. www.angliamethodist.org.uk

Times: 13:00 - 15:00. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930. www.suffolk.gov.uk

• **Leiston Stay and Play:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 6 May. **Cost:** Free (drop in)

Little Hands

Woodbridge Quay Church, Quay Street, IP12 1BX. 019394387210. www.thequay.org.uk

• **Little Hands Toddler Group:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** Free (booking essential).

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL. **Times:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £1.50 (drop in).

Open 4 U

Felixstowe Methodist Church at Trinity, Hamilton Road, Felixstowe, IP11 7AN. www.fpmc.methodistic.org.uk

Times: 9:15 - 11:15. **Ages:** 0 - 4 yrs.
Dates: 15 Apr - 20 May & 3 Jun - 8 Jul. **Cost:** Free (drop in).

Soft Play City

Great Blakenham Village Hall & Recreation Ground, Mill Lane, IP6 0NJ. 01284 628724. www.softplaycityuk.co.uk

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.
Dates: 15 Apr, 13 May, 3 Jun & 1 Jul. **Cost:** £7.50 (booking essential).

St Augustine's Church

St Augustine's Hub, Bucklesham Road, Ipswich, IP3 8TH. 01473 723960. www.staugustinesipswich.org.uk

• **Hippos: play, craft, singing and story time (0-5s):** 9:30 - 11:15.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £2 (drop in).

The FLYING HORSE Cafe & Bar

4 Waterford Road, Ipswich, IP1 5NW. 07740853604. www.flyinghorsecafebar.com

• **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 15 Jul. **Cost:** Free (drop in).

Thorndon Parent and Toddler Group

Thorndon Village Hall, High Street, Thorndon, IP23 7LX. 01379 672922.

• **Thorndon Toddler Group:** 10:00 - 12:00. **Ages:** 0 - 4 yrs.
Dates: 15 Apr, 29 Apr, 13 May, 10 Jun, 24 Jun & 8 Jul. **Cost:** £2 (drop in).

Whitton Parish Church

Whitton Parish Church Hall, Whitton Church Lane, Ipswich, IP1 6LT. 07890311525. www.whittonparish.co.uk

• **Mums and Tots:** 13:15 - 15:00. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 20 May & 3 Jun - 8 Jul. **Cost:** £1 (drop in).

MUSIC & SIGNING

Jo Jingles Ipswich

Rushmere Baptist Church, 110 The Street Rushmere, Ipswich, IP5 1DF. 07732 544548. www.jojingles.com

- **Under 2s:** 9:45 - 10:30.
- **2yrs+:** 10:45 - 11:30.
- **3mths - walking:** 11:45 - 12:15.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. (booking essential).

Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370. www.toddletalk.info

• **Toddle Talk Times:** 10:00 - 11:00. **Ages:** 0 - 7 months.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370. www.babysenses.info

• **Baby Senses Baby Massage:** 11:30 - 13:00. **Ages:** 0 - 1 yrs.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £10 (booking essential).

Baby Sensory Bury St Edmunds

Cedars Park Community Centre, Pintail Close, Stowmarket, IP14 5FP. 07527 932632. www.babysensory.com

• **Baby Sensory (0-13mth):** 10:00-11:00, 11:30-12:30, 13:00-14:00.
Dates: 15 Apr - 20 May, & 3 Jun - 15 Jul. **Cost:** £9 (booking essential).

Baby Sensory East Suffolk

Alan Crompton Hall, Easton Road, Sutton Heath, IP123TN. 07521 318146. www.babysensory.com

• **Baby Sensory (0-13m):** 9:30-10:30, 11:00-12:00 & 12:15- 13:15.
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £9 (booking essential).

CREATIVE

Ipswich Community Playbus

Congreve Road, Congreve Road, Ipswich, IP1 6AH. 01473221521. www.ipswichplaybus.org.uk

• **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.
Dates: 15 Apr - 15 Jul. **Cost:** Free (booking essential).

PHYSICAL FUN

Little Kickers Ipswich (Suffolk)

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 0203 4798200. www.littlekickers.co.uk

• **Mighty Kickers Goals (out):** 16:30 - 17:15. **Ages:** 3 ½ yrs - 5 yrs
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £9 (booking essential).

HEALTH & WELLBEING

Jasmine Blossom Birth and Baby

Kingston Fields Playground, Woodbridge, Woodbridge, IP12 4BA. 07815698459. www.jasmineblossombirthing.com

• **Walk & Talk:** 9:30 - 10:30.
Dates: 15 Apr, 29 Apr, 13 May, 10 Jun, 24 Jun & 8 Jul. **Cost:** Free



Moontree Yoga & Wellbeing

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.

- **Luna Yoga (Yoga for Women)** : 20:00 - 21:00.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £10 (*booking essential*).

SWIMMING**Mid Suffolk Leisure Centre**

Gainsborough Road, Stowmarket, IP14 1LH.

01449 674980. www.everyoneactive.com.

- **Adult & Child Swimming (4-18mths)** : 9:30 - 10:00 & 11:00 - 11:30.
- **Adult & Child Swimming (19-36mths)** : 10:00 - 10:30.
- **Pre School Stage 1 Swim Lessons:** 11:30 - 12:00, 13:00 - 13:30, 16:00 - 16:30 & 16:45 - 17:15.
- **Pre School Stage 2 Swim Lessons:** 10:30-11:00 & 13:30-14:00.

Dates: 15 Apr - 8 Jul. **Cost:** £8.25 (*booking essential*).

PREGNANCY

NEW

Gentle Midwifery Norfolk

Broome Village Hall, Sun Road, Broome, Bungay, NR35 2RW.
07777757011. www.gentlemidwiferynorfolk.co.uk.

- **Norfolk Little Circles (bump & Baby Group):** 13:00 - 14:30.

Dates: 22 Apr - 13 May, 27 May - 10 Jun & 24 Jun. **Cost:** £3 (*drop in*).

Moontree Yoga & Wellbeing

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.

- **Pregnancy Yoga & Birth Preparation:** 18:30 - 19:45.

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul. **Cost:** £12.50 (*drop in*).

THURSDAY**PARENTS & TOTS****Bucklesham Bumps Babies & Toddlers**

Bucklesham Village Hall, 12 Levington Lane, Ipswich, IP10 0DZ.
www.ticketsource.co.uk.

- **Bucklesham stay and play:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Early Birds

High Street Chapel, High Street, Hopton, IP22 2QX. 07761767121.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** Free (*drop in*).

Gather & Grow

Saxmundham Market Hall, High Street, Saxmundham, IP17 1AF.

- **Stay and Play:** 9:15 - 10:45. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** Free

Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. suffolkcommunitylibraries.co.uk.

- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.
- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 1 yrs 6 mths.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** Free (*drop in*).

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF. 01728642930.
www.suffolk.gov.uk.

- **Leiston Self Weigh:** 13:00 - 15:00.

Dates: 16 Apr - 16 Jul.

Leiston Library

Old Post Office Square, Main Street, Leiston, Suffolk, IP16 4ER.

- **Leiston Library Stay & Play:** 9:40 - 10:10. **Ages:** 0 - 5 yrs.
- **Leiston Library WordPlay:** 10:30 - 11:00. **Ages:** 0 - 5 yrs

Dates: 16 Apr - 16 Jul. **Cost:** Free (*drop in*).

Somersham Playgroup

Somersham Village Hall, 6 Somersham Road, Somersham, IP8 4PJ.

- **Somersham Baby & Toddler Group (0-5yrs):** 9:30 - 11:30.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** Free (*drop-in*).

**The FLYING HORSE Cafe & Bar**

4 Waterford Road, Ipswich, IP1 5NW. 07740853604. flyinghorsecafebar.com.

- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 16 Jul. **Cost:** Free (*drop in*).

Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmswell Road, Stowmarket, IP14 3LN.

www.wetherdenbaptist.org.uk. **Ages:** 0 - 5 yrs. **Cost:** £1 (*drop in*).

Times: 9:30 - 11:00. **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul

MUSIC & SIGNING**Jo Jingles Ipswich**

All Saints Church Hall, Main Road, Kesgrave, Ipswich, IP5 1BN.
07732 544548. www.jojingles.com.

- **Mixed Ages (1-5 yrs):** 9:55 - 10:40.
- **3mths-walking:** 11:00 - 11:30.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul (*booking essential*).

Jo Jingles Ipswich

Clip n Climb Ipswich, Ransomes Europark, Ipswich, IP3 9ST.
07732 544548. www.jojingles.com.

- **Mixed Ages (1-5 yrs):** 13:15 - 14:00.
- **3mths-walking PM:** 14:15 - 14:45.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul (*booking essential*).

Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.

07944 033723. www.moomusicndnm.co.uk.

- **Mini Moo (8-18 mths):** 12:00 - 12:35.
- **Baby Moo (0-8 mths):** 11:00 - 11:35.
- **Mixed Moo (0-5yrs):** 10:00 - 10:40.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £6.75 (*booking essential*).

Small Sounds at Ipswich Minster

Church House, Oak Lane, Ipswich, IP1 3BN. www.ipswichminster.org.

Times: 9:30 - 10:15. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** Free (*drop in*).

Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.

07748 914370. www.toddletalk.info.

- **Toddle Talk Baby Signing:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £6.50 (*booking essential*).

SENSORY & DEVELOPMENT**Baby Sensory Ipswich**

Jump In, Anglia Retail Park, Ipswich, IP1 5QP. www.babysensory.com.

- **Baby Class Ipswich:** 10:25 - 11:05. **Ages:** 0 - 6 mths.
- **Baby Class Ipswich:** 11:20 - 12:05. **Ages:** 7 mths - 13 mths.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £9.25 (*booking essential*).

NEW

Hartbeeps Colchester and Tendring

Copdock and Washbrook Village Hall, Old London Road, IP8 3JN.
www.hartbeeps.com.

- **Happy House (1-4 yrs):** 10:15 - 11:00.
- **Baby Beeps (8 mths - 18 mths):** 11:15 - 12:00.
- **Baby Bells (0-8mths):** 12:15 - 13:00.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul. **Cost:** £8 (*booking essential*).

CREATIVE

Ipswich Community Playbus

Downside Close, Downside Close, Ipswich, IP2 9YG.
01473221521. www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 16 Jul. **Cost:** Free (booking essential).

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.

01473652155. www.hadleighstarsgymnastics.co.uk.

- Parent and Toddler Gym (0-5yrs): 9:15 - 10:15.
- Pre School Gymnastics (3-5 yrs): 10:45 - 11:45

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul (booking essential).

Moontree Yoga & Wellbeing

The Spring, Holywells Park, Ipswich, IP3 0PG. 07305 267820. www.moontreeyoga.co.uk.

• **Yoga for Mum & Baby:** 11:00 - 12:00. **Ages:** 2 mths - 1 yrs.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul (booking essential).

SWIMMING

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket, IP14 1LH.

01449 674980. www.everyoneactive.com.

- **Pre School Stage 1 Swim Lessons:** 10:30 - 11:00, 11:30 - 12:00, 12:00 - 12:30 & 16:15 - 16:45.
- **Adult & Child Swim Lessons (19-36mths):** 11:00-11:30.
- **Pre School Stage 2 Swim Lessons (3-5yrs):** 12:30-13:00.

Dates: 16 Apr - 9 Jul. **Cost:** £8.25 (booking essential).

PREGNANCY

Jasmine Blossom Birth and Baby

The CUB Play Cafe, St. Peters Street, Ipswich, IP1 1XF.

07815698459. www.instagram.com/consciousbirthandbeyond/

• **Conscious Birth & Beyond Antenatal** 18:00 - 20:30

Dates: 16 Apr - 7 May & 2 Jul - 23 Jul (4 week course booking essential)

Jasmine Blossom Birth and Baby

Woodbridge

07815698459. www.instagram.com/consciousbirthandbeyond/

• **Conscious Birth & Beyond Antenatal** 18:00 - 20:30

Dates: 4 Jun - 25 Jun, 4 week course booking essential

Moontree Yoga & Wellbeing

The Spring, Holywells Park, Ipswich, IP3 0PG.

07305 267820. www.moontreeyoga.co.uk.

• **Pregnancy Yoga & Birth Prep:** 9:30 - 10:30.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul (booking essential).

FRIDAY

PARENTS & TOTS

Britten Pears Arts

The Red House, Golf Lane, Aldeburgh, IP15 5PZ.

01728687110. www.brittenpearsarts.org.

• **Mini Music Makers:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (booking essential).

Earl Soham Primary School Toddler Group

Earl Soham Primary School, The Street, Woodbridge, IP13 7SA.

01728 685359. www.earlsoham.suffolk.sch.uk.

• **Earl Soham Primary School Toddler Group (0-5s):** 9:30 - 10:30.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £2 (drop in).

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.

familiestogethersuffolk.org.uk.

• **Learn & Grow Stow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (booking essential).

Moo Music
Moosical fun, sensory and
interactive classes for little ones.
Classes held in Hadleigh and
Stowmarket.

Find your nearest class: www.moosicssdnm.co.uk

Framlingham Library

Bridge Street, The Old Court House, Framlingham, IP13 9AJ.

01728642930.

• **Word Play:** 9:00 - 9:25. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (drop in).

Gainsborough Community Library

Clappgate Lane, Ipswich, IP3 0RL.

01473 927270. www.suffolkcommunitylibraries.co.uk.

• **Word Play (0-5 yrs):** 11:00 - 11:45.

Dates: 17 Apr - 17 Jul. **Cost:** Free (booking essential).

Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.

01473 851374. www.suffolkcommunitylibraries.co.uk.

• **Friday Fun Time:** 9:45 - 10:15. **Ages:** 1 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (drop in).

Leiston Family Hub

The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL.

01728642930.

• **Saxmundham Child Health Clinic:** 9:30 - 11:00.

Dates: 17 Apr, 1 May, 15 May, 29 May, 12 Jun, 26 Jun & 10 Jul.

Leiston Family Hub

Leiston Family Hub, Waterloo Ave, Leiston, IP16 4HF.

01728642930.

• **Leiston Explore & Discover:** 10:00 - 11:30. **Ages:** 0 - 5 yrs

Dates: 17 Apr - 29 May. **Cost:** Free (drop in).

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £1.50 (booking essential).

Mothers & Others

Stowmarket Baptist Church, Bury Street, Stowmarket, IP14 1HF.

07858 947528. stowmarketbaptistchurch.org.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (drop in).

Rushmere Ducklings

Rushmere Baptist Church, The Street, Rushmere St Andrew, IP5 1DF.

01473 721455. www.rushmerebaptist.org.uk.

Times: 9:15 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** Free (booking essential).

The Ark Baby and Toddler Group

Hadleigh Baptist Church, George Street, Hadleigh, IP7 5BE.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £1.50.

The FLYING HORSE Cafe & Bar

The Flying Horse & Cavallo Volante Cafe, 4 Waterford Road, Ipswich,

IP1 5NW. 07740853604. www.flyinghorsecafebar.com.

• **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (drop in).

Whatfield Playgroup

Whatfield Village Hall, Rectory Lane, Whatfield, Ipswich, IP7 6QU.

• **Whatfield Playgroup:** 9:30 - 11:00. **Ages:** 6 mths - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £1.50 (drop in).



Yoga for Pregnancy | Postnatal & Baby

Wednesdays 6.30pm
Millennium Hall,
Kesgrave, Ipswich

FREE CLASS!
See other pages
for more info

Tuesdays 10am & 11.15am
Clip 'n Climb, Ransomes
Europark, Ipswich

www.moontreeyoga.co.uk



Toddler play sessions

2-11 YEARS

Netball kids

BOOK A FREE TASTER SESSION

Bury St Edmunds | Thurston | Stowmarket | Ipswich | Sudbury | Newmarket | Felixstowe | Diss

MUSIC & SIGNING

Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07944 033723. www.moomusicsdnm.co.uk

- **Baby Moo (0-8 mnths):** 11:00 - 11:35.
- **Mixed Moo (0-5yrs):** 10:00 - 10:40.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £6.75 (booking essential).

Toddle Talk

The Church Rooms, Ship Lane, Bramford, IP8 4AL.
07748 914370. www.toddletalkinfo.com

- **Toddle Talk Baby Signing:** 10:00 - 11:00. **Ages:** 5 mnths - 3 yrs
- **Toddler Time:** 11:00 - 12:00. **Ages:** 2 - 4 yrs

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £6.50 (booking essential).

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN.
www.babysensory.com

- **Baby Sensory (7-13mnths):** 10:00 - 11:00.
- **Baby Sensory (0-6mnths):** 11:15 - 12:15.
- **Baby Sensory (0-13mnths):** 12:45 - 13:45.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £9.25 (booking essential).

CREATIVE

Ipswich Community Playbus

Ulster Avenue, Ulster Avenue, Ipswich, IP1 5JS.
01473221521. www.ipswichplaybus.org.uk

- **Playbus Session:** 9:45 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 17 Jul. **Cost:** Free (booking essential).

DANCE & DRAMA

The Actor's Training Academy

Melton Pavilion, Melton Recreation Ground, Melton Road, Melton,
IP12 1PF. 07568502660. tatauk.co.uk

- **TATA Tots:** 10:00 - 10:45. **Ages:** 2 - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £7.50 (booking essential).

PHYSICAL FUN

Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473652155. www.hadleighstarsgymnastics.co.uk

- **Parent and Toddler Gym (0-5yrs):** 10:30 - 11:30.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul (booking essential).



Little Kickers Ipswich (Suffolk)

Murrayside Community Centre, Nacton Rd, Ipswich, IP3 9JL. 0203
4798200. www.littlekickers.co.uk

- **Little Kickers:** 9:25 - 10:10. **Ages:** 1½ yrs - 2 ½ yrs.
- **Junior Kickers:** 9:25 - 10:10 & 10:15 - 11:00. **Ages:** 2½ yrs - 3 ½ yrs.
- **Mighty Kickers:** 10:15 - 11:00. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £9 (booking essential).

SWIMMING

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket, IP14 1LH.
01449 674980. www.everyoneactive.com

- **Pre School Stage 2 Swim Lessons (3-5s):** 10:00 - 10:30.
- **Pre School Stage 1 Swim Lessons (3-5s):** 10:30 - 11:00 & 11:00 - 11:30.

Dates: 17 Apr - 10 Jul. **Cost:** £8.25 (booking essential).

SEND ACTIVITIES

Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746580132. www.ipswichopportunitygroup.org.uk

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul. **Cost:** £5 (booking essential).

SATURDAY

PARENTS & TOTS

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB. 01379 469969.
suffolkcommunitylibraries.co.uk

- **Saturday Book Club:** 9:30 - 12:30. **Ages:** 0 - 12 yrs.

Dates: 18 Apr - 18 Jul. **Cost:** Free (drop in).

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.familiesaltogether.suffolk.org.uk

- **Dads & Kids Group:** 10:00 - 11:30. **Ages:** 1 - 11 yrs.

Dates: 11 Apr, 9 May, 13 Jun & 11 Jul. **Cost:** Free (booking essential).

Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 ORL.
01473 927270. suffolkcommunitylibraries.co.uk

- **Crafts for Children:** 14:00 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 18 Apr - 18 Jul. **Cost:** Free (drop in)

DANCE & DRAMA

Tiny toes ballet suffolk

Pinewood Community Hall, Laburnum Close, Ipswich, IP8 3SL.
07415127619. www.tinytoesballet.co.uk

- **Twinkle toes (18m-2.5yrs):** 9:15 - 9:55.
- **Talent toes (2.5-4yrs):** 10:00 - 10:40.
- **Twirlers and Spinners (4-7yrs):** 10:45 - 11:25.

Dates: 18 Apr - 23 May & 6 Jun - 18 Jul. **Cost:** £8 (booking essential).

HEALTH & WELLBEING

Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 9:30 - 11:30.

Dates: 18 Apr & 13 Jun. **Cost:** £30 (booking essential).

Mini First Aid Suffolk

Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 14:00 - 16:00.

Dates: 9 May. **Cost:** £30 (booking essential).

PHYSICAL FUN

Little Kickers Ipswich (Suffolk)

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT.
0203 4798200. www.littlekickers.co.uk.

- **Mighty Kickers Goals (out):** 10:00 - 10:45. **Ages:** 3 ½ yrs - 5 yrs

Dates: 18 Apr - 16 May & 6 Jun - 11 Jul. **Cost:** £9 (booking essential).

Little Kickers Ipswich (Suffolk)

Suffolk New College - Goals, Grimwade Street, Ipswich, IP4 1LT.
0203 4798200. www.littlekickers.co.uk.

- **Little Kicks Goals:** 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs
- **Junior Kickers Goals:** 9:45 - 10:30. **Ages:** 2 ½ yrs - 3 ½ yrs
- **Mighty Kickers Goals:** 10:45 - 11:30. **Ages:** 3 ½ yrs - 5 yrs

Dates: 18 Apr - 16 May & 6 Jun - 11 Jul. **Cost:** £9 (booking essential).

Little Kickers Ipswich (Suffolk)

St Joseph's College, Belstead Road, Ipswich, IP2 9DR.
0203 4798200. www.littlekickers.co.uk.

- **Little Kicks St Joseph's:** 9:00 - 9:45. **Ages:** 1 ½ yrs - 2 ½ yrs
- **Junior Kickers St Joseph's:** 10:00 - 10:45. **Ages:** 2 ½ yrs - 3 ½ yrs
- **Mighty Kickers St Joseph's:** 11:00 - 11:45. **Ages:** 3 ½ yrs - 5 yrs

Dates: 18 Apr - 16 May & 6 Jun - 11 Jul. **Cost:** £9 (booking essential).



Netball Kids

Brackenbury Sports Centre, High Road East, Felixstowe, IP11 9JF.
07487 608528. www.netballkids.co.uk.

- **Mini Movers Netball:** 10:00 - 10:45. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:55 - 11:40. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:50 - 12:35. **Ages:** 8 - 11 yrs.

Dates: 18 Apr - 16 May & 6 Jun - 18 Jul. **Cost:** £7.50 (booking essential).

SWIMMING

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket, IP14 1LH.
01449 674980. www.everyoneactive.com.

- **Pre School Stage 1 Swim Lessons (3-5 yrs):** 8:15 - 8:45, 8:45 - 9:15 & 10:30 - 11:00.

- **Pre School Stage 2 Swim Lessons (3-5yrs):** 12:00-12:30.

Dates: 18 Apr - 11 Jul. **Cost:** £8.25 (booking essential).

SUNDAY

PARENTS & TOTS

Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB. 01379 469969.
suffolkcommunitylibraries.co.uk.

- **Sunday Crafts:** 10:30 - 12:30. **Ages:** 3 - 10 yrs.

Dates: 19 Apr - 19 Jul. **Cost:** Free (drop in).

Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.
01473 927270. www.suffolkcommunitylibraries.co.uk.

- **Crafts for Children:** 13:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 19 Apr - 19 Jul. **Cost:** Free (drop in).

Halesworth Library

Halesworth Library, Bridge Street, Halesworth, IP19 8AD.
01986 875095. www.suffolkcommunitylibraries.co.uk.

- **Family Fun Time:** 10:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 19 Apr - 28 Jun. **Cost:** Free (drop in).

Kesgrave Library

Kesgrave Library, Kinsley House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.

- **Sunday Craft:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 19 Apr - 19 Jul. **Cost:** Free (booking essential).

Southwold Library

Old Hospital Hub, Field Stile Road, Southwold, IP18 6LD.
01502 442817. www.suffolkcommunitylibraries.co.uk.

- **Word Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 19 Apr - 19 Jul. **Cost:** Free (drop in).

HEALTH & WELLBEING

Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 9:30 - 11:30.

Dates: 17 May & 12 Jul. **Cost:** £30 (booking essential).

PHYSICAL FUN

Little Kickers Ipswich (Suffolk)

Kesgrave Community Sports Centre, Twelve Arch Approach, IP5 1JF.
0203 4798200. www.littlekickers.co.uk.

- **Little Kicks Kesgrave:** 9:00 - 9:45. **Ages:** 1 ½ yrs - 2 ½ yrs
- **Junior Kickers Kesgrave:** 10:00 - 10:45. **Ages:** 2 ½ yrs - 3 ½ yrs
- **Mighty Kickers Kesgrave:** 11:00 - 11:45. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £9 (booking essential).

Little Kickers Ipswich (Suffolk)

St Joseph's College, Belstead Road, Ipswich, IP2 9DR.
0203 4798200. www.littlekickers.co.uk.

- **Little Kicks St Joseph's:** 9:00 - 9:45. **Ages:** 1 ½ yrs - 2 ½ yrs
- **Junior Kickers St Joseph's:** 10:00 - 10:45. **Ages:** 2 ½ yrs - 3 ½ yrs
- **Mighty Kickers St Joseph's:** 11:00 - 11:45. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £9 (booking essential).

Little Kickers Ipswich (Suffolk)

Castle Hill Recreation Ground, Fircroft Road, Ipswich, IP1 6NE.
0203 4798200. www.littlekickers.co.uk.

- **Little Kicks Castle Hill:** 9:00 - 9:45. **Ages:** 1 ½ yrs - 2 ½ yrs
- **Junior Kickers Castle Hill:** 9:45 - 10:30. **Ages:** 2 ½ yrs - 3 ½ yrs
- **Mighty Kickers Castle Hill:** 10:30 - 11:15. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £9 (booking essential).

Netball Kids

1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 ½ yrs.
- **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3 ½ yrs - 5 yrs.
- **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £6-£8 (booking essential).

Netball Kids

Murrayside Community Centre, Nacton Road, Ipswich, IP3 9JL. 07487
608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:25 - 9:55. **Ages:** 2 yrs - 3 ½ yrs.
- **Mini Movers Netball:** 10:05 - 10:50. **Ages:** 3 ½ yrs - 5 yrs.
- **Junior Jumpers Netball:** 11:00 - 11:45. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:55 - 12:40. **Ages:** 8 - 11 yrs.

Dates: 19 Apr - 17 May & 7 Jun - 12 Jul. **Cost:** £6-£8 (booking essential).

SEND ACTIVITIES

Christchurch Mansion

Soane Street, Ipswich, IP4 2BE. 01206 282931. cimuseums.org.uk.

- **Relaxed Visits:** 11:00 - 12:00. **Ages:** 1 mths+.

Dates: 26 Apr, 31 May & 28 Jul. **Cost:** Free (drop-in)



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CHEEKY CHARLIE HUNT!



x15

BEASTIE BITES



SPRINGTIME SPOTTER

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