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April - June 2025

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And yes, the QR code is right
here - just scan and go!

WELCOME



TO THE SPRING 2025 EDITION!

Spring has arrived - my favourite time of year! As the days get lighter and warmer, there's so much happening for little ones this Spring in Suffolk. Whether you're looking for exciting days out, fun events or new groups and classes, we've got it all covered.

In this issue we've included a lovely **Spring craft activity** to try at home: make your own bird feeder – and a delicious **recipe for Mini Bunny Quiches** from Annabel Karmel. Plus, there's a **fun activity sheet** to keep your little one entertained while you're out and about or enjoying a well-deserved cuppa!

There are some fantastic **competitions** for parents to enter, so don't miss your chance to win! Check out the **special offers and discounts** on page 18 - just quote 'Toddle About' when booking.

Help Us to Help the Environment!

Toddle About has funded the planting of 6,704 trees. Please help us grow a forest by subscribing to the Toddle About magazine.

[See our trees at ecologi.com/toddleabout](https://ecologi.com/toddleabout)

We plant a new tree for every subscriber we send a magazine to.

I hope this Spring brings you and your little ones lots of joy, sunshine, and happy memories. Happy reading!

Loving life with little ones,

Pia OWNER/EDITOR

[Subscribe today via toddle.fun/subscribe](https://toddle.fun/subscribe)

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at www.toddle.fun/subscribe

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MEET THE TEAM



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toddle.fun/ta-suffolk



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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Newest Baby Group Around

Happy Babies is a small unique business developed and delivered by experienced teachers. Classes in Kesgrave, Bucklesham, Henley and Ufford. The engaging sensory classes are for babies 0-15 months. Due to high demand, they now also run toddler classes for 1-2.5yr olds. All plans are devised against the most recent research and early years development guidance. Laura and Sophie are passionate about making their classes fun for adults too!

Get 10% off bookings with code 'TODDLE10'.

Visit www.happy-babies.co.uk or email hello@happy-babies.co.uk **P.31**



Planet-Friendly Kids' Clothes

Discover great quality preloved baby and children's clothes and shoes at Twinkling Tiger at a fraction of the price you pay on the high street. With thousands of items in stock from ages 0-12 and with brands such as Ralph Lauren, Joules, M&S and Next right through to F&F and Nutmeg there is something to suit every age and budget. Stock up your little people's wardrobes with planet friendly fashion. **Get 15% off with code 'TODDLEABOUT'.**

Visit www.twinklingtiger.co.uk for more info.



Mobile Role-Play Adventure for Children Under 6

Little City bring immersive role-play sessions across Suffolk, featuring bespoke backdrops and high-quality toys to spark your child's imagination. Toddlers and pre-schoolers can become anything they dream – from hairdressers and firefighters to builders and café owners. At Little City, every role is an opportunity to explore, learn, and grow in a fun, safe environment. Let your child's creativity run wild with endless possibilities. **Get 10% off bookings with code 'LITTLECITY10'.**

To find a local city visit www.littlecityuk.com

Kickstart Your Child's Confidence

Mamba Martial Arts are now into their 13th year of offering tuition to the local community. They provide lessons in kickboxing, karate and boxing. Their Mini Mamba classes are suitable for 3 - 6 year olds and are a great way to get the little ones involved in sport.

Quote 'Toddle About' and get first session free.

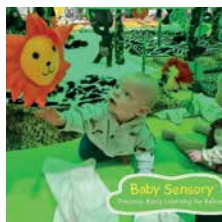
Visit www.mambamartialarts.co.uk or call 01473 805728 or 07528 682172. **P.33**



New Baby Sensory™ Venues Launched

Due to overwhelming demand, Baby Sensory™ in Suffolk are pleased to announce they have expanded into 3 new venues for babies 0-13 months providing multi-award winning baby development classes. New to the timetable in Suffolk are Hadleigh Sea Scouts Hall, Alan Compton Community Hall, Woodbridge and Inspire Suffolk in Ipswich. **Get 10% off with code 'TODDLE10'.**

Visit www.babysensory.com for your nearest class. **P.6**



EASTER FEST



Easter Fest at Jump In Ipswich

Jump In's Toddler Takeover sessions (for ages 1-6) offer a safe and exciting space for little ones to jump, play, and explore - complete with ride-ons, bubble time and a surprise guest! This Easter, they're adding some extra magic with Easter Fest, a special themed edition of their Toddler Takeover sessions running 18th-21st April, 9-10am. Enjoy music, entertainment, arts & crafts, a meet & greet with the Easter Bunny, and a free hot chocolate per child.

Book now at www.gojumpin.com/trampoline-park-soft-play-ipswich/sessions/easter-fest/ P.9

Bite SIZED NEWS

National Children's Activities Week

Brought to you by What's On 4 Kids and Headline Sponsor Kidztivity, National Children's Activities Week is the UK's biggest celebration of children's activities.



Since 2018, it has engaged thousands of parents, carers and children every year, raising vital funds to support children across the UK through the charity Caudwell Children and shining a spotlight on the best children's activity providers. Taking place from 12 - 18 May, families and activity leaders can get involved and show support.

Register at www.childrensactivitiesweek.co.uk #STANDUP4SEND P.23

Celebrating a Year of Moosical Fun



Moo Music, the popular children's music and movement group, is celebrating its one-year relaunch in Ipswich. After a successful return, the classes have brought joy and creativity to local families, offering fun, interactive musical sessions for babies and young children. With a year of laughter, learning and musical adventures under its belt, Moo Music continues to make a positive impact on the Ipswich community. Here's to many more years of musical fun.

Quote 'Toddle About' and get 10% off your next booking.

To find out more visit www.moomusicsdnm.co.uk/ta P.25

Petting Farm Open Morning

Ipswich High School is inviting nursery and Key Stage One children to a delightful Petting Farm Open Morning.



Families can enjoy hands-on experiences with friendly farm animals while exploring the school's beautiful grounds. This engaging event offers a wonderful opportunity for young children to interact with nature and experience the nurturing environment of Ipswich High School. Entry is free!

Visit bit.ly/PettingFarm2025 for more information. P.19

Exciting Opportunity for Parents

Toddle About Suffolk is looking for a passionate parent to take the reins of its magazine and Baby Show. This is a unique chance to run a fun, creative and rewarding business that fits beautifully around family life. Enjoy the flexibility of part-time hours while generating a full-time income.



Download the Franchise Prospectus at www.toddle.fun/franchise or get in touch with Pia at pia@toddleabout.co.uk

WEIRD & WONDERFUL WOOD

SAT 10th & SUN 11th May
HAUGHLEY PARK, STOWMARKET



Axe throwing *Leaf Printing* Clay Workshop

Mini Gardens **MONKEY DO**

Archery **WHAT THE TORTOISE TAUGHT US**

Sillyness **Circus workshops** Willow workshops

GIANT SLOTHS

Acrobats **Aerial silks workshop** Mud Kitchen

Prehistoric Experiences

Dan the Hat

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All kids activities at the event are FREE!

See website for times and tickets:

www.weirdandwonderfulwood.co.uk



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Our multi-award winning research backed classes will introduce you and your baby to a world of sensory delights, where you can relax, spend quality time together and enjoy meeting other parents.

www.babysensory.com

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EASTER ADVENTURE QUEST

5 - 27 APRIL 2025 / 10AM - 5PM

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Book early and save 15%

Cost: £2 per child, standard entry fees apply.

Framlingham Castle, Framlingham, IP13 9BP
www.english-heritage.org.uk

LAMB EXPERIENCE

7 - 17 APRIL 2025 / VARIOUS TIMES

Bottle feed some of our orphan lambs in need of lots of love and TLC. You get to spend 30 mins quality time with our little ones.

Cost: £30 per group.

Pepper Lane, Bury St Edmunds, IP31 3RA
www.dreamcarefarmcic.co.uk

EASTER SPECIALS AT WORLD OF PLAY

18 & 19 APRIL 2025 / VARIOUS TIMES

Themed messy and sensory play. Decorate an Easter egg biscuit and a wooden egg keepsake.

Perfect Easter activity, suitable for 0-8 yrs.

Cost: £15.95 per child (under 6 month free)

17 High Street, Ixworth, IP31 2HH
www.worldofplay.co.uk

EASTER GALA STEAM UP

20 & 21 APRIL 2025

We will have three engines "Steam Up". All Middy attractions, tea room & museum will be open. Easter Bunny hunt for the little ones.

Cost: Normal entry fees apply.

Mid Suffolk Light Railway, Brockford Station,
Wetheringsett, Stowmarket, IP14 5PW
www.mslr.org.uk

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Cost: Adult £23, Child £8. Under 5's and parking free.

Euston Estate, Thetford, IP24 2QH
www.ukgamefair.co.uk

10% OFF
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WEIRD & WONDERFUL WOOD

10 & 11 MAY 2025

A great day out for all the family with lots for everyone to see and do. All the activities are free, so you can just join in.

Cost: Family ticket £45, Adult £17, Child £8.
Under 5's go free.

Haughley Park, Wetherden, IP14 3JY
www.weirdandwonderfulwood.co.uk

ALOHA FAMILY FEST

10 MAY 2025 / 11AM - 3PM

Face Painting, Bouncy Castle, Petting Zoo, Disney Princesses, BBQ, Hook a Duck and more. All proceeds donated to My WiSH Charity.

Cost: small fee for activities

Bury Town Football Club, Ram Meadow,
Cotton Lane, Bury St Edmunds, IP33 1XT

SPRING FAYRE

10 & 11 MAY 2025 / 10AM - 6PM

Join us to celebrate the arrival of Spring with a range of lovely stallholders, delicious food & drink and live performances!

Free event, no ticket required.

Cost: Free. Standard entry fees to wildlife park apply.

Jimmy's Farm & Wildlife Park, IP9 2AP
www.jimmysfarm.com

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



National
Trust

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Outdoor fun

at Ickworth Estate

Spring into the great outdoors

Coming up at Ickworth: Easter adventures for the whole family, a huge outdoor art installation in May, Half Term fun, cinema nights in July and a long Summer of Play to come. Don't miss out!

Easter Adventures: 4 - 22 April

May Half Term: 26 May - 1 June

Summer of Play: 25 July - 2 September

Find key dates and events at nationaltrust.org.uk/ickworth



Spring Craft: Homemade Bird Feeder

YOU WILL NEED:

- Empty juice carton (washed & dried)
- A pen, ruler, scissors & string
- A wooden skewer or stick
- Paint (acrylic is best)
- Birdseed



METHOD:

1. Draw a window shape on one side of the carton, leaving at least a 1" gap at the bottom. For small birds, a 1" hole is good. Bigger for larger birds.
2. Cut along the lines with scissors to remove the window piece. This might be a grown-up job!
3. Paint your carton to brighten up the birdhouse. Let your creativity shine!
4. Once the paint is dry, make a small hole just below your window using a pen or scissors. Then push the wooden skewer or stick right through to create a little perch.
5. Carefully poke 2 holes at the top of your carton; thread some string through the holes and tie to create a loop.
6. Fill the bottom with birdseed, then find a sheltered and safe spot to hang it outside. Now wait for the birds to arrive!



For guidelines on the foods that suit the birds in your garden at different times of year, visit www.rspb.org.uk/birds-and-wildlife/helping-birds-and-wildlife

TODDLER TAKEOVER (AGES 1-6)

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jump in

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SCREEN TIME: HOW MUCH IS TOO MUCH?

by Tim Freed, Founder of Toddle About



15 years ago, when we launched the very first *Toddle About* magazine (back in 2010!), we ran an article entitled *'The Evil TV'*. It reflected concerns I had at the time about how much time children spent watching TV and how it might be affecting our little ones. So I did some research.

The article tried to be as objective as possible - looking at both the pros and cons of television for kids, and providing advice for parents based on recommendations from respected authorities. (You can see the article at www.toddle.fun/TheEvilTV).

Needless to say, things have changed a lot since 2010. In today's world, screens are everywhere—and the debate around screentime for kids is raging louder than ever. So I felt it was time we re-visited the topic.

Again, we've tried to be as objective as possible, to help us understand the impact of screen time on little ones—both positive and negative.

THE ALARMING STATISTICS

Recent studies show that screen time for young children is on the rise. A 2019 study published in the *International Journal of Environmental Research and Public Health* revealed that children aged 0-5 spend an average of 2-3 hours per day in front of screens.

A 2024 report by the UK's Education Committee, "Screen time: impacts on education and wellbeing", found that there has been a 52% increase in children's screen time between 2020 and 2022. Notably, 20% of children aged 3 to 4 own their own mobile phone, with nearly all children possessing one by age 12.

So the overall trend is pretty well established: screens are taking up more and more of our children's lives. But how worried should we be? And how much is **too much** screen time?

THE DANGERS OF TOO MUCH SCREEN TIME

Excessive screen time can have several adverse effects on young children, many of which can impact their development during these critical early years.

1. Delayed Cognitive Development: Research* has linked high levels of screen time to delayed language development and poorer cognitive skills in young children. Babies and toddlers learn best through direct interaction with caregivers and their environment. Excessive screen time can hinder their ability to explore, interact, and develop essential social and communication skills.

2. Sleep Disruption: The blue light emitted by screens can interfere with the body's production of melatonin, the hormone responsible for regulating sleep*. This disruption can lead to difficulty falling asleep and poorer sleep quality. Given that sleep is crucial for a child's growth and brain development, any reduction in sleep quality or quantity can have significant consequences.

3. Increased Risk of Obesity: Several studies* have found a correlation between high screen time and an increased risk of obesity in children. This is often due to a sedentary lifestyle coupled with exposure to advertisements for unhealthy foods, which can influence eating habits from a young age.

4. Behavioural Issues: Excessive screen time has also been linked to attention problems and behavioural issues in children. When young children spend too much time on screens, they may become overstimulated and have difficulty focusing on other activities, such as playing with toys or interacting with others.



THE BRIGHT SIDE: HOW SCREEN TIME CAN BE POSITIVE

While the dangers of too much screen time are real, it's important to consider that not all screen time is harmful. When used appropriately, screens can be a valuable tool for learning and development.

1. Educational Content: High-quality educational programs and apps can help children learn new concepts, such as numbers, letters, and basic problem-solving skills. Interactive programs that encourage children to engage with the content rather than passively watch can be particularly beneficial.

2. Digital Storytelling: Digital books and storytelling apps can introduce children to the joy of reading from a young age. These tools often include interactive elements that can make the experience more engaging and help develop early literacy skills.

3. Video Chats with Family: For families living apart, video chatting can be a wonderful way to help young children develop relationships with distant relatives. This type of screen time is interactive and social, providing valuable opportunities for connection and communication.

SCREEN TIME RECOMMENDATIONS

Health experts, including the **World Health Organisation** and **NHS**, recommend limiting screen time for young children to support healthy development:

Babies (0-1 year) – No screen time at all.

Instead, focus on interactive play, tummy time, and storytelling.

Toddlers (1-2 years) – Minimal screen time.

The World Health Organisation advises none for 1-year-olds and a maximum of 1 hour for 2-year-olds—but less is better.

Preschoolers (3-4 years) – Max 1 hour per day.

Prioritise active play, real-world interactions, and quality sleep over screen use.

FINDING THE RIGHT BALANCE

It seems to me that, like so many things in life, the key to managing screen time for young children is balance. So here are some practical tips for finding that **balance** in your home:

1. Set Clear Limits: Establish and enforce clear guidelines for screen time. For children under two, try to avoid screens altogether, except for video chatting. For older toddlers and preschoolers, aim to keep screen time to no more than one hour per day, focusing on high-quality content.

2. Be Involved: Whenever possible, watch or play alongside your child. This helps you monitor the content they are consuming and provides opportunities for interaction.

3. Create Screen-Free Zones: Designate certain areas of your home, like the dining room or bedrooms, as screen-free zones. This encourages your child to engage in other activities, such as playing with toys, reading books, or spending time outdoors.

4. Prioritise Active Play and Social Interaction: Ensure that screen time doesn't replace other important activities like outdoor play, social interaction, and hands-on learning. These activities are essential for your child's physical, emotional, and cognitive development.

5. Lead by Example: Children learn by watching their parents. If you limit your own screen time and prioritise face-to-face interactions, your child is more likely to follow suit.

CONCLUSION

This article isn't intended as an exhaustive guide but rather a starting point for thought and discussion. Like most parents, I navigate screen time challenges daily, and I certainly don't have all the answers. But as screens continue to play an ever bigger role in our lives, I think it's worth reflecting on how we can use them mindfully—so they support rather than hinder our children's development.

** References can be found on the online article at www.toddle.fun/screen-time*





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- Free Adventure golf for toddlers.
- Discover more at www.hendra-holidays.com



Enter now at toddle.fun/hendra

Competition closes midnight Friday 27th June 2025. *T&C's apply, see toddle.fun/hendra for details.



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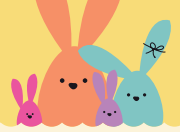
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Mini Bunny Quiche Recipe



These delicious yet simple savoury creations from Annabel Karmel are perfect for spring! Get little ones helping to decorate by adding the bunnies' ears, eyes, nose and chive whiskers.

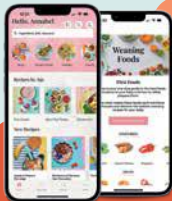
INGREDIENTS:

- 8 mini tortilla wraps
- Olive oil
- 2 onions, chopped
- 1 tsp fresh thyme, chopped
- 2 eggs
- 150 ml double cream
- 150 ml milk
- 120g Gruyere cheese, grated

TO DECORATE:

- Carrots, chives, spring onions

MAKES: 6 QUICHES



METHOD:

1. Preheat the oven to 180°C Fan. Grease 6 x size 1 ramekins with oil. Trim the wraps to 14cm diameter circles and line the ramekins, pushing them into the bases and up the sides.
2. Heat 1 tbsp of oil in a saucepan. Cook the onions for until soft. Spoon into the ramekins. Sprinkle with the thyme, mix the eggs, cream and milk together in a bowl. Season. Divide the Gruyere between the cases. Pour the custard on top. Bake for 20 minutes.
3. Cut out the bunny ears from the remaining 2 wraps. Brush the ears with oil and place on a baking sheet. Bake with the ramekins for 8 minutes until golden.
4. When the custard is set, remove from the oven and inset the ears into the quiche. Decorate with carrot for the bunnies' nose, chives for whiskers and spring onions for the eyes.



Looking for mealtime inspiration for your baby or toddler? Annabel's award-winning recipe app *Annabel Karmel Recipes* is home to over 1,000 simple and delicious ideas for the whole family, PLUS new recipes every week. Start your FREE trial today!



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- 📷 [@orwellparkschool](https://www.instagram.com/orwellparkschool)

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SUBSCRIBE BEFORE 30TH JUNE TO WIN

3 Tips to Manage Parental Stress

by Matt Buttery, CEO of Triple P



Parental stress is on the rise. Triple P conducts a survey each year of family support practitioners to understand the challenges parents are facing. The most recent results from 2024 are stark.

Triple P found practitioners reported an 81% increase in parental mental health concerns over the last year, and an 85% increase in parents identifying concerns around the cost of living. These external pressures can increase parental stress and impact family wellbeing.

Taking care of yourself is one of the best things you can do as a parent to manage stress, placing you in a better position to positively care for others. It is handy to think of the phrase, "You can't pour from an empty cup."

There is no such thing as a perfect parent. But these are my practical tips you can try out to feel calmer and boost your wellbeing.

1. PRACTICE SELF-CARE

There are small practical steps you can take to practice self-care, such as having a morning stretch, a quiet cuppa, or spending time with a friend.

Negative thoughts are normal, especially when parenting feels challenging. If critical thoughts are becoming a habit, it might be helpful to pause, acknowledge those thoughts and reframe them into something more constructive.

Instead of asking "Why can't I do this? Nothing I do is right," try "It's okay to make mistakes. I'll keep trying."

Remember that your children are watching and learning from you all the time. If you're calmer and kinder to yourself, there is a better chance of them being so too.

2. SET REALISTIC ROUTINES

A clear routine can help to boost your confidence by getting everyone on the same page. If you find the morning rush stressful, try planning with your children to make sure things like lunchboxes, bags, and clothes are all ready the night before.

Things may go wrong, but a simple and consistent routine can help you feel more productive and calmer when chaos strikes, even if you still haven't found that missing sock!

3. SPEAK UP & SEEK SUPPORT

Alarmingly, 78% of practitioners from Triple P's study reported that parents were not accessing support due to the fear of being judged. Asking for support does not mean you have failed at parenting, and there is help available.

You'll find solace in shared experience. Consider reaching out to a loved one you feel safe with. If there are more serious concerns, there are referral pathways through a GP or mental health professionals.

Parenting programmes such as Triple P can also be an excellent resource. These can be completed independently, or in groups, and offer a range of evidence-based strategies.

When parents look after themselves, it can have a positive impact on their physical and mental health, in turn helping them to manage the demands of parenting to the benefit of their children and families too. Self-care isn't selfish - it's essential.



Matt Buttery is the CEO of Triple P UK & Ireland and Honorary Associate Professor at the University of Warwick. Triple P delivers evidence-based parenting programmes to support families, enhance child well-being, and strengthen communities across the UK and Ireland. www.triplep.net

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Anything*



zzz
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zzz

HIGHLY RECOMMENDED

REVIEW



Couldn't recommend Vicki enough, wish we'd found her sooner! After years of my 3 year old having long wakings in the night and early rising, she got him sleeping through to almost 7am within 7 days! We were so pleased we sought help for our 1 year old too! If you're on the fence about it, do it! Great value for money for a good nights sleep!

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www.zazastorybox.com

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ANSWERS ON P.35



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Evie and Charlie who won a **£100 Little Starts Gift Card**, redeemable at over 200 activity providers!

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.

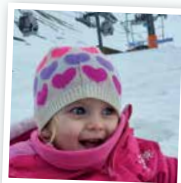


Evie & Charlie, 19 months old

Winner

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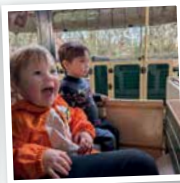
Crew, 3 years old



Gordon, 18 months old



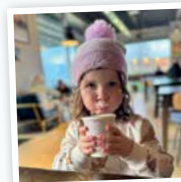
Guy Thomas, 3 years old



Guy and Lilly, 3 and 2 years old



Sierra, 1.5 year old



Sophia, 4 years old



Acer, 27 months old



Arnie, 1 year old



Ivy, 3 years 7 months old



Hazel, 4 years old



Macie, 4 months old



Presley, 2 years 2 months old



Stefanos, 2 years 10 months old



Archie, Ezra & Odin, 8, 4 & 3 years old



Lily, 4 months old



Oliver, 2 years and 11 months old



Omar, 10 months old



Kody, 10 months old



Helena, 4 years old



Arthur, 1 year 10 months old

TODDLE MODELS



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T&Cs apply - all online at www.toddle.fun/toddlemodels. The winners will be chosen at random.



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MONDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Stay & Play:** 13:00 - 14:00.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Apr - 21 Jul.

Elmswell Baby and Toddler Group

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

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Little Deers Baby and Toddler Group

Hartest and Boxsted Institute, The Green, Hartest, Bury St Edmunds, IP29 4DH. 01284830860.

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

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Toddlers at Bridge Kids

Bridge Community Church, 68 Queens Road, Bury St Edmunds, IP33 3EW. www.bridgecommunitychurch.co.uk.

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

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

MUSIC & SIGNING

Moo Music Bury St Edmunds

Red Lodge Millennium Centre Ltd, 1 Lavender Close, Red Lodge, IP28 8TT. 07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 9:15 - 9:55 & 10:55 - 11:35. **Ages:** 0 - 5 yrs.
- **Baby/Mini Moo:** 10:10 - 10:40. **Ages:** 0 - 1½ yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Moo Music Bury St Edmunds

Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU. 07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 13:15 - 13:55. **Ages:** 0 - 5 yrs.
- **Baby/Mini Moo 2.15pm:** 14:15 - 14:45. **Ages:** 0 - 1½ yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

TUESDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 1½ yrs.
- **Tot Rock:** 10:30 - 11:00. **Ages:** 1½ yrs - 5 yrs.

Cost: Free (*drop in*). **Dates:** 1 Apr - 15 Jul.

Horringer Hedgehogs Baby & Toddler Group

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

- **Horringer Hedgehogs:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*drop in*).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

WEDNESDAY

SENSORY & DEVELOPMENT

Trina's Tiny Tots

Kennett Village Hall, 94 Station Road, Newmarket, CB8 7QF. www.trinastinytots.co.uk.

Times: 10:00 - 11:00.

Ages: 2 mths - 1 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 23 Apr - 30 Apr & 21 May - 18 Jun.

Trina's Tiny Tots

Fridays (term time only)
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THURSDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Duplo Club:** 11:00 - 11:45.

Ages: 3 - 5 yrs. **Cost:** Free (drop in). **Dates:** 3 Apr - 17 Jul.

Little Treasures Parent & Toddler Group

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

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

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Midweek for Mums

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

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Southgate Parent & Toddler Group

Southgate Community Centre, Caie Walk, Bury St Edmunds, IP33 2PJ. 01284 768686.

Times: 13:30 - 15:00. **Ages:** Pregnancy - 4 yrs.

Cost: £2 per session (drop in).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Sudbury Library

Market Hill, Sudbury, CO10 2EN. 01787 321595.

- **WordPlay:** 10:30 - 11:00. **Ages:** 0 - 4 yrs.
- **Stay and play:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.
- **Open Space:** 14:15 - 16:15.

Cost: Free (drop in). **Dates:** 3 Apr - 17 Jul.

PHYSICAL FUN

Tumble Tots Ely

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

- **Walking to two years:** 10:00 - 10:45.
- **3-school age:** 11:00 - 11:45.
- **2 - 3 years:** 12:00 - 12:45.
- **6 months to walking:** 13:00 - 13:45.

Cost: £7.75 per session (booking essential).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

HEALTH & WELLNESS

Mini First Aid Suffolk

Joy Connections, Angel Hill, Bury St Edmunds, IP33 9SQ. 07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 18:00 - 20:00.

Cost: £25 per session (booking essential).

Dates: 10 Apr.

SEND ACTIVITIES

SEN Superstars

Elmswell Blackbourne Community Center, 71 Blackbourne Road, Bury St Edmunds, Elmswell, IP30 9UH. 07551020238.

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

Cost: £2 per session (booking essential).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

FRIDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Sing a Story:** 10:15 - 10:45. **Ages:** 3 - 5 yrs.

Cost: Free (*drop in*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Horringer Hedgehogs Baby & Toddler Group

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

- **Horringer Hedgehogs Baby Day:** 9:30 - 11:00.

Ages: Newborn - Non walkers. **Cost:** £5 per session (*drop in*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

St Edmundsbury Cathedral

Angel Hill, Bury St Edmunds, IP33 1LS. 01284 748720.

www.stedscathedral.org.

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

Cost: Free (*drop in*). **Dates:** 4 Apr - 18 Jul.

MUSIC & SIGNING

Moo Music Bury St Edmunds

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.
07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 9:20 - 10:00 & 11:05 - 11:45. **Ages:** 0 - 5 yrs.

- **Baby/Mini Moo:** 10:10 - 10:50. **Ages:** 0 - 1½ yrs.

Cost: £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May, 6 Jun - 20 Jun & 4 Jul - 18 Jul.

Moo Music Bury St Edmunds

Wesley Hall, 11 School Road, Elmswell, Bury Saint Edmunds, IP30 9BW.
07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 13:15 - 13:55. **Ages:** 0 - 5 yrs.

- **Baby/Mini Moo:** 14:15 - 14:45. **Ages:** 0 - 1½ yrs.

Cost: £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May, 6 Jun - 20 Jun & 4 Jul - 18 Jul.

SENSORY & DEVELOPMENT

Trina's Tiny Tots

Freedom Church, Mill Road, Great Barton, IP31 2RU.

www.trinastinytots.co.uk.

Times: 10:00 - 11:00 & 11:30 - 12:30.

Ages: 2 mths - 1 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 2 May, 16 May & 30 May - 20 Jun.

SATURDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Lego Club:** 10:00 - 11:45. **Ages:** 2 - 5 yrs.

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

Sudbury Library

Market Hill, Sudbury, CO10 2EN. 01787 321595.

www.suffolklibraries.co.uk.

- **Saturday stories for little ones:** 10:15 - 10:30.

Ages: 0 - 6 yrs. **Cost:** Free (*drop in*). **Dates:** 5 Apr - 19 Jul.

HEALTH & WELLNESS

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.

Cost: £25 per session (*booking essential*).

Dates: 17 May & 28 Jun.

SUNDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Sunday board games:** 10:00 - 15:00. **Ages:** 2 - 5 yrs.

- **Sunday Crafts:** 10:00 - 15:00. **Ages:** 3 - 5 yrs.

Cost: Free (*drop in*).

Dates: 6 Apr - 20 Jul.



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MONDAY

PARENTS & TOTS

BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP14 1DX.
01473 210176/07492691190. www.bmesuffolk.org .

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 1½ yrs - 4 yrs.

Cost: Free (booking essential).

Dates: 28 Apr - 19 May & 2 Jun - 21 Jul.

MUSIC & SIGNING

Jo Jingles Ipswich

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

- **3mths-walking:** 9:30 - 10:00.
- **Under 2s:** 10:20 - 11:05.
- **Mixed Ages:** 11:20 - 12:05.

(booking essential). **Dates:** 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Jo Jingles Ipswich

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

- **Mixed Ages:** 13:30 - 14:15.
- **Under 2s:** 14:35 - 15:20.

(booking essential). **Dates:** 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mini Moo:** 10:45 - 11:20. **Ages:** 8 mths - 1½ yrs.
- **Mixed Moo:** 9:45 - 10:25. **Ages:** 0 - 5 yrs.

Cost: £6.50 per session (booking essential).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 14 Jul.

- **Mooborn Massage:** 12:30 - 13:45. **Ages:** 0 - 6 mths.

Cost: £9 per session (booking essential).

Dates: 28 Apr & 12 May - 26 May.

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. **Cost:** £6 per session (booking essential).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

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.

Cost: £10 per session (booking essential).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Baby Sensory East Suffolk

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

Times: 9:25 - 10:25 & 10:45 - 11:45, 12:05 - 13:05.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 30 Jun.

PHYSICAL FUN

Little Kickers Ipswich

Inspire, Lindbergh Road, Ipswich, IP3 9QX. 07762 341982.
www.littlekickers.co.uk.

- **Little Kickers:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:30 - 11:15. **Ages:** 2½ yrs - 3½ yrs.

Cost: £7.50 per session (booking essential).

Dates: 28 Apr, 12 May - 19 May & 2 Jun - 21 Jul.

Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or
07528682172. www.mambamartialarts.co.uk.

- **Mini Mambas:** 16:30 - 17:00. **Ages:** 3 - 6 yrs.

Cost: £5 per session (booking essential).

Dates: 7 Apr - 14 Jul.

SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 2:** 9:30 - 10:00 & 12:30 - 13:00.

Ages: 3 - 5 yrs.

- **Adult & Child:** 10:00 - 10:30.

Ages: 4 mths - 1½ yrs.

- **Pre School Stage 1:** 10:30-11:00, 12:00-12:30,16:30-17:00.

Ages: 3 - 5 yrs.

- **Adult & Child:** 11:00-11:30, 11:30-12:00.

Ages: 1yrs 7mth - 3 yrs.

Cost: £8.25 per session (booking essential).

Dates: 7 Apr - 21 Jul & 7 Apr - 21 Jul.

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. **Cost:** £1 per session (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 ORL. 01473 927270.

- **Little Story Makers:** 10:30 - 11:30. **Ages:** 2 - 5 yrs.

Cost: Free (drop in). **Dates:** 1 Apr - 15 Jul.

Halesworth Library

Bridge Street, Halesworth, IP19 8AD. 01986 875095.

- **Song Time:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

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

Cost: Free (drop in). **Dates:** 1 Apr - 15 Jul.

Kesgrave Baptist Church Toddler Group

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

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

Cost: £1 per session (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.

- **Stay & Play:** 10:00 - 11:00. **Ages:** 1 - 5 yrs.

Cost: Free (booking essential). **Dates:** 1 Apr - 15 Jul.

Mendlesham Baby & Toddler Group

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

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

Cost: £2 per session (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

St Augustine's Church

Bucklesham Road, Ipswich, IP3 8TH. 01473 723960.
www.staugustinesipswich.org.uk.

- **Music & Rhyme: singing and story time:** 10:00 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Tiddlywinks

Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.
01473 259571. www.burlington.church.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Tots+ at Christ Church Ipswich

Christ Church, Tacket Street, Ipswich, IP4 1AU. 07505 129389.
www.christchurch-ipswich.org.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

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.
- **3mths-walking PM:** 12:25 - 12:55.
- **Mixed Ages (1 yrs to 5 yrs):** 13:30 - 14:15.

(*booking essential*). **Dates:** 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Moo Music Ipswich

St Augustine's Community Hub, Bucklesham Road, Ipswich, IP3 8TH.
07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 09:20 - 10:00. **Ages:** 6 mths - 5 yrs.
- **Baby/Mini Moo:** 10:20 - 10:50. **Ages:** 0 - 1½ yrs.

Cost: £6 per session (*booking essential*).

Dates: 1 Apr, 29 Apr - 20 May & 3 Jun - 15 Jul.

Moo Music Ipswich

Fred Reynolds Centre, Churchill Close, Woodbridge, IP12 4UU.
07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 13:15 - 13:55. **Ages:** 6 mths - 5 yrs.
- **Baby/Mini Moo:** 14:15 - 14:50. **Ages:** 0 - 1½ yrs.

Cost: £6 per session (*booking essential*).

Dates: 1 Apr, 29 Apr - 20 May & 3 Jun - 15 Jul.

Moo Music Stowmarket, Debenham and Needham Market

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

- **Maxi Moo:** 9:45 - 10:25. **Ages:** 1½ yrs - 5 yrs.
- **Mini Moo:** 10:45 - 11:20 & 11:45 - 12:20. **Ages:** 8 mths - 1½ yrs.
- **Baby Moo:** 11:45 - 12:20. **Ages:** 0 - 8 mths.

Cost: £6 per session (*booking essential*).

Dates: 1 Apr, 29 Apr - 20 May & 3 Jun - 15 Jul.

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Darsham Village Hall, Cheyney Green, The Street, Darsham, IP173FA.
07521 318146. www.babysensory.com.

- **Baby Sensory:** 9:30 - 10:30 & 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

Dates: 1 Apr & 15 Apr - 1 Jul.

Bendy Beans

Claydon and Barham Village Hall, 6-8 Norwich Road, Claydon, Ipswich, IP6 0DF. www.bendybeans.co.uk.

- **Baby Yoga 6 Week Course:** 9:30 - 10:30.

Ages: 2 - 11 mths. **Cost:** £45 per course (*booking essential*).

- **Baby Massage 4 week Course:** 10:45 - 11:45.

Ages: 1 - 10 mths. **Cost:** £36 per course (*booking essential*).

Dates: 1 Apr & 22 Apr - 15 Jul.

Happy Babies Sensory Play Classes

1st Kesgrave Scout Hall, Twelve Acre Approach, Kesgrave, Ipswich, IP5 1JF. 07817356673. www.happy-babies.co.uk.

- **Happy Babies Toddlers:** 9:30 - 10:30.

Ages: 1 yrs - 2½ yrs.

- **Happy Babies Babies:** 11:00 - 12:00 & 12:15 - 13:15.

Ages: 0 - 1 yrs 3 mths.

Cost: £8.50 per session (*booking essential*). **Dates:** 22 Apr - 17 Jun.

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

Little Kickers Ipswich

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07762 341982. www.littlekickers.co.uk.

- **Little Kickers:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 15 Jul.

SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 2:** 12:00 - 12:30 & 17:15 - 17:45.

Ages: 3 - 5 yrs.

- **Adult & Child:** 10:00 - 10:30.

Ages: 4 mths - 1½ yrs.

- **Pre School Stage 1:** 11:00 - 11:30, 11:30 - 12:00, 12:30 - 13:00 & 17:00 - 17:30.

Ages: 3 - 5 yrs.

- **Adult & Child:** 10:30 - 11:00.

Ages: 1 yrs 7 mths - 3 yrs.

Cost: £8.25 per session (*booking essential*). **Dates:** 1 Apr - 15 Jul.

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. **Cost:** £1 per session (*drop in*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Eye Library

6 Cross Street, Eye, IP23 7AB. 01379 870515.

- **Wordplay - Storytime and Rhymes:** 11:00 - 11:30.

Ages: 0 - 3 yrs. **Cost:** Free (*drop in*). **Dates:** 2 Apr - 16 Jul.

Families Together Suffolk

Dove Hall, Dove River Church, Dove lane, Eye, IP23 7BD.
www.familiestogethersuffolk.org.uk.

- **Learn & Grow:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*).

Dates: 2 Apr - 21 May & 4 Jun - 16 Jul.

Humpty Dumpty Toddler Group

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

Times: 13:00 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £1 per session (*drop in*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Little Legs Baby and Toddler Group

Wattisfield Village Hall, The Street, Wattisfield, Diss, IP22 1NR.
07949 729311.

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

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Martlesham Heath Baby and Toddler Group

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

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

Cost: £1.50 per session (*booking essential*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.



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www.jojingles.com/ipswich

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. **Cost:** Free (*drop in*).

Dates: 23 Apr - 21 May & 4 Jun - 9 Jul.

Rainbow Toddlers

Colchester Road Baptist Church, 75 Colchester Road, Ipswich, IP4 4ST. 01473290115. www.crbc.org.uk

Times: 9:00 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Thorndon Parent and Toddler Group

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

Times: 10:00 - 12:00. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*booking essential*).

Dates: 2 Apr, 30 Apr, 14 May, 11 Jun, 25 Jun & 9 Jul.

MUSIC & SINGING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham, IP8 3NJ. 07445263270. www.allsortstots.co.uk

- **Tiny Tunes:** 10:00 - 10:45. **Ages:** 9 mths - 2 yrs.

- **Rhythm Rascals:** 11:00 - 11:45. **Ages:** 2 - 5 yrs.

Cost: £8 per session (*booking essential*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Jo Jingles Ipswich

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

- **Under 2s:** 9:45 - 10:30.

- **2yrs+:** 10:45 - 11:30.

- **3mths - walking:** 11:45 - 12:15.

(*booking essential*). **Dates:** 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.



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Moo Music Stowmarket, Debenham and Needham Market

The Guildhall, Hadleigh, Market Place, Hadleigh, IP7 5DN. 07944 033723. www.moomusicsdnm.co.uk

- **Mixed Moo:** 10:15 - 10:55. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 2 Apr, 30 Apr - 21 May & 4 Jun - 16 Jul.

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. **Cost:** £6 per session (*booking essential*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU. 07521 318146. www.babysensory.com

- **Baby Sensory:** 9:30 - 10:30 & 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

Dates: 2 Apr, 16 Apr - 21 May & 4 Jun - 2 Jul.

Bendy Beans

Venture Centre 2000, Bromley Road, Lawford, Manningtree, CO11 2JE. www.bendybeans.co.uk

- **Baby Yoga 6 Week Course:** 9:30 - 10:30 & 12:00 - 13:00.

Ages: 2 - 11 mths. **Cost:** £45 per course (*booking essential*).

- **Baby Massage 4 week Course:** 10:45 - 11:45.

Ages: 1 - 11 mths. **Cost:** £36 per course (*booking essential*).

Dates: 2 Apr & 23 Apr - 16 Jul.

Happy Babies Sensory Play Classes

Whitehouse Forge Studio, Ashbocking Road, Henley, Ipswich, IP6 05A.
07817356673. www.happy-babies.co.uk.

- **Happy Babies Toddlers:** 9:30 - 10:30.

Ages: 1 yrs - 2½ yrs.

- **Happy Babies Babies:** 11:00 - 12:00 & 12:15 - 13:15.

Ages: 0 - 1 yrs 3 mths.

Cost: £8.50 per session (*booking essential*).

Dates: 23 Apr - 18 Jun.

Happy Babies Sensory Play Classes

Bucklesham and Foxhall Village Hall, 12 Levington Lane, Bucklesham, Ipswich, IP10 0DZ. 07817356673. www.happy-babies.co.uk.

- **Happy Babies:** 9:30 - 10:30 & 10:45 - 11:45. **Ages:** 0 - 2½ yrs.

Cost: £8.50 per session (*booking essential*).

Dates: 23 Apr - 18 Jun.

Phonics with Robot Reg Stowmarket

Wetherden Village Hall, Park Road, Stowmarket, IP14 3JS.

07895498662. www.robotreg.co.uk.

- **Minis Phonics with Robot Reg:** 12:30 - 13:15.

Ages: 1 yrs - 2½ yrs.

- **Preschool Phonics with Robot Reg:** 13:30 - 14:15.

Ages: 2 - 5 yrs.

Cost: £7 per session (*booking essential*).

Dates: 23 Apr - 18 Jun.

CREATIVE

Kinetic Adventure Centre

Unit 14, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich, IP6 0AJ. 01473832249. www.kineticadventure.co.uk.

- **Under 5's Science Themed Play Zone:** 10:00 - 12:00.

Ages: 1½ yrs s - 5 yrs.

Cost: £6 per session (*drop in*). **Dates:** 7 May - 16 Jul.

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 16 Jul.

Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or
07528682172. www.mambamartialarts.co.uk.

- **Mini Mambas:** 16:30 - 17:00. **Ages:** 3 - 6 yrs.

Cost: £5 per session (*booking essential*). **Dates:** 2 Apr - 16 Jul.

SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 2:** 13:30 - 14:00.

Ages: 3 - 5 yrs.

- **Adult & Child:** 9:30 - 10:00 & 11:00 - 11:30.

Ages: 4 mths - 1½ yrs.

- **Pre School Stage 1:** 10:30 - 11:00, 11:30 - 12:00, 13:00 - 13:30, 16:00 - 16:30 & 16:45 - 17:15.

Ages: 3 - 5 yrs.

- **Adult & Child:** 10:00 - 10:30.

Ages: 1 yrs 7 mths - 3 yrs.

Cost: £8.25 per session (*booking essential*).

Dates: 2 Apr - 16 Jul.



THURSDAY

PARENTS & TOTS

Early Birds

High Street Chapel, High Street, Hopton, IP22 2QX. 07761767121.
www.highstreetchapel.org.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.

- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.

- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 1½ yrs.

Cost: Free (*drop in*). **Dates:** 3 Apr - 17 Jul.

Leiston Library

Old Post Office Square, Main Street, Leiston, IP16 4ER. 01728 831252.

- **Wordplay:** 9:45 - 10:15. **Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 3 Apr - 17 Jul.

Small Hallows Toddler Group

All Hallows Church Hall, Landseer Road, Ipswich, IP3 0EN.
07561596168.

Times: 13:15 - 14:45. **Ages:** 0 - 4 yrs. **Cost:** Free (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

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 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*booking essential*).

Dates: 24 Apr - 22 May & 5 Jun - 17 Jul.

Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmwell Road, Wetherden, Stowmarket, IP14 3LN. www.wetherdenbaptist.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

MUSIC & SIGNING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham, IP8 3NJ. 07445263270. www.allsortstots.co.uk.

- **Melody Makers:** 13:00 - 13:45. **Ages:** 9 mths - 5 yrs.

Cost: £8 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Jo Jingles Ipswich

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

- **Mixed Ages:** 9:55 - 10:40. **Ages:** 1 yrs 2 mths - 4 yrs.

- **Mixed Ages:** 11:00 - 11:45. **Ages:** 1 yrs 2 mths - 4 yrs.

(*booking essential*). **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Moo Music Ipswich

The Church of Ascension, Larchcroft Road, Ipswich, IP1 6AL.
07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 09:30 - 10:10. **Ages:** 6 mths - 5 yrs.

- **Baby/Mini Moo:** 10:30 - 11:00. **Ages:** 0 - 1 yrs 6 mths.

Cost: £6 per session (*booking essential*).

Dates: 24 Apr - 22 May & 5 Jun - 17 Jul.

Moo Music Ipswich

Trimley Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07940986162. www.moo-music.co.uk.

- **Mixed Moo:** 13:15 - 13:55. **Ages:** 6 mths - 5 yrs.

- **Baby/Mini Moo:** 14:15 - 14:45. **Ages:** 0 - 1½ yrs.

Cost: £6 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.



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Moo Music Stowmarket, Debenham and Needham Market

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

- **Baby Moo:** 11:45 - 12:20. **Ages:** 0 - 8 mths.
- **Mixed Moo:** 9:45 - 10:25. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Moo Music Stowmarket, Debenham and Needham Market

Christchurch, Needham Market, High Street, Needham Market,
IP6 8AP. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo:** 9:30 - 10:05. **Ages:** 0 - 5 yrs.
- **Baby Moo:** 10:40 - 11:10. **Ages:** 0 - 10 mths.

Cost: £6 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

Moo Music Stowmarket, Debenham and Needham Market

Stonham Aspal Village Hall, The Street, Stonham Aspal, Stowmarket,
IP14 6AD. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo:** 13:30 - 14:10. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

SENSORY & DEVELOPMENT

Happy Babies Sensory Play Classes

Ufford Community Hall, The Avenue, Ufford, Woodbridge, IP13 6BF.
07817356673. www.happy-babies.co.uk.

- **Happy Babies:** 9:30 - 10:30 & 10:45 - 11:45.

Ages: 0 - 2½ yrs. **Cost:** £8.50 per session (*booking essential*).

Dates: 24 Apr - 19 Jun.

Phonics with Robot Reg Stowmarket

Stowmarket Community Hub, Crown Street, Stowmarket, IP14 1HY.
07895498662. www.robotreg.co.uk.

- **Preschool Phonics with Robot Reg:** 10:15 - 11:00.

Ages: 2 - 5 yrs.

- **Minis Phonics with Robot Reg:** 11:15 - 12:00.

Ages: 1 yrs - 2½ yrs.

Cost: £7 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 17 Jul.

CREATIVE

Kinetic Adventure Centre

Unit 14, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich,
IP6 0AJ. 01473832249. www.kineticadventure.co.uk.

- **Under 5's Science Themed Play Zone** 10:00 - 12:00.

Ages: 1½ yrs - 5 yrs.

Cost: £6 per session (*drop in*).

Dates: 1 May - 22 May & 5 Jun - 17 Jul.

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 10 Jul.

SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 2:** 11:30 - 12:00.

Ages: 3 - 5 yrs.

- **Pre School Stage 1:** 10:30 - 11:00, 12:00 - 12:30 & 16:15 - 16:45.

Ages: 3 - 5 yrs.

- **Adult & Child:** 11:00 - 11:30.

Ages: 1 yrs 7 mths - 3 yrs.

Cost: £8.25 per session (*booking essential*).

Dates: 3 Apr - 17 Jul.

HEALTH & WELLNESS

Mini First Aid Suffolk

Stowupland Sixth Form Centre, Stowupland High School, Church
Road, Stowmarket, IP14 4BQ. 07706 068980.
www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 18:00 - 20:00.

Cost: £25 per session (*booking essential*). **Dates:** 5 Jun.

SEND ACTIVITIES

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

- **SEND Friendly Climbing:** 17:00 - 18:30.

Ages: 4 yrs. **Cost:** £18.99 per session (*booking essential*).

Dates: 3 Apr & 24 Apr - 17 Jul.

FRIDAY

PARENTS & TOTS

Earl Soham Community Primary School Toddler Group

Earl Soham Primary School, The Street, Earl Soham, Woodbridge, IP13 7SA. 01728 685359. www.earlsoham.suffolk.sch.uk.

Times: 9:30 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

Dates: 4 Apr - 23 May & 6 Jun - 18 Jul.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 0RL. 01473 927270.

• **Tot Rock:** 11:00 - 11:45. **Ages:** 0 - 3 yrs.

Cost: Free (*drop in*). **Dates:** 4 Apr - 18 Jul.

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.

• **Word Play Story Time:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 4 Apr - 18 Jul.

Martlesham Heath Baby and Toddler Group

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

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

Cost: £1.50 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Mothers & Others

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

07858 947528. www.stowmarketbaptistchurch.org.

Times: 10:15 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Old Buckenham Hall School- Pre-Prep & Nursery

Brettenham Park, Brettenham, Ipswich, IP7 7PH. 01449 740252.

www.obh.co.uk.

• **OBH - Baby & Toddler Group:** 10:00 - 10:45. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Suffolk Wildlife Trust

Howylls Park, Cliff Lane, Ipswich, IP3 0PG. 01473 890089.

www.suffolkwildlifetrust.org.

• **Wild Tots:** 10:00 - 11:30. **Ages:** 1½ yrs - 5 yrs.

Cost: £4 per session (*booking essential*). **Dates:** 4 Apr - 18 Jul.

The Ark Baby and Toddler Group

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

01473 829602.

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

Cost: £1.50 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Whatfield Playgroup

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

07817375857.

Times: 9:30 - 11:15. **Ages:** 6 mths - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

MUSIC & SIGNING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham,

IP8 3NJ. 07445263270. www.allsortstots.co.uk.

• **Rhythm Rascals:** 10:00 - 10:45. **Ages:** 2 - 5 yrs.

Cost: £8 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Toddler Talk

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

www.toddletalk.info.

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

• **Toddler Time:** 11:00 - 12:00. **Ages:** 2 - 4 yrs.

Cost: £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Moo Music Stowmarket, Debenham and Needham Market

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

07944 033723. www.moomusicsdnm.co.uk.

• **Mixed Moo:** 9:45 - 10:25. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May, 6 Jun - 20 Jun & 4 Jul - 18 Jul.

• **Mooborn Reflexology:** 11:50 - 12:35. **Ages:** 1 - 6 mths.

Cost: £4 per session (*booking essential*).

Dates: 4 Apr & 4 Apr - 18 Apr.

• **Baby Moo Signing:** 11:45 - 12:30. **Ages:** 0 - 8 mths.

Cost: £5.25 per session (*booking essential*).

Dates: 23 May, 6 Jun - 20 Jun & 4 Jul - 18 Jul.

Moo Music Stowmarket, Debenham and Needham Market

Great Blakenham Village Hall and Recreation Ground, Mill Lane, Great

Blakenham, IP6 0NJ. 07944 033723. www.moomusicsdnm.co.uk.

• **Baby Moo:** 10:40 - 11:10. **Ages:** 0 - 1 yrs.

Cost: £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May, 6 Jun - 20 Jun & 4 Jul - 18 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN.

www.babysensory.com.

Times: 10:00 - 11:00 & 11:30 - 12:30.

Ages: 0 - 1 yrs 1 mths. **Cost:** £12 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Toddle Talk with Jayne

Kelsale Village Hall, Bridge Street, Saxmundham, IP17 2NU.

www.toddletalk.info.

• **Baby Signing Class:** 10:00 - 11:00.

Ages: 3 mths - 3 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

CREATIVE

Kinetic Adventure Centre

Unit 14, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich,

IP6 0AJ. 01473832249. www.kineticadventure.co.uk.

• **Under 5's Science Themed Play Zone:** 10:00 - 12:00.

Ages: 1½ yrs - 5 yrs. **Cost:** £6 per session (*drop in*).

Dates: 2 May - 23 May & 6 Jun - 18 Jul.

PHYSICAL FUN

Jump In Trampoline Park Ipswich

Anglia Retail Park, Bury Road, Ipswich, IP1 5QR. 0330 223 3333.

www.airhop.co.uk.

• **Toddler Takeover:** 10:00 - 12:00.

Ages: 1 - 6 yrs. **Cost:** £11 per session (*booking essential*).

Dates: 4 Apr - 11 Apr, 25 Apr - 23 May & 6 Jun - 18 Jul.

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.

01473 794530. www.clipnclimbipswich.com.

• **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 11 Jul.

Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or

07528682172. www.mambamartialarts.co.uk.

• **Mini Mambas:** 16:30 - 17:00. **Ages:** 3 - 6 yrs.

Cost: £5 per session (*booking essential*).

Dates: 4 Apr - 11 Jul.



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SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 2:** 10:00 - 10:30.

Ages: 3 - 5 yrs.

- **Pre School Stage 1:** 10:30 - 11:00, 11:00 - 11:30 & 11:30 - 12:00.

Ages: 3 - 5 yrs.

Cost: £8.25 per session (*booking essential*).

Dates: 4 Apr - 18 Jul.

SATURDAY

PHYSICAL FUN

Kicks and Tricks

Grace Cook Primary School and Nursery, Fuller Way, Stowmarket, IP14 1GB. 07939 501775. www.kicksandtricks.co.uk.

- **Tiny Kicks:** 8:30 - 9:10. **Ages:** 2 - 4 yrs.
- **Super Tricks:** 9:10 - 10:00. **Ages:** 4 - 8 yrs.

Cost: £5 per session (*booking essential*).

Dates: 5 Apr - 12 Apr & 26 Apr - 19 Jul.

Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982.
www.littlekickers.co.uk.

- **Little Kickers:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 26 Apr - 17 May & 7 Jun - 19 Jul.

Little Kickers Ipswich

Suffolk New College - Goals, Suffolk New College Drive, Grimwade Street, Ipswich, IP4 1LT. 07762 341982. www.littlekickers.co.uk.

- **Junior Kickers:** 9:45 - 10:30. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:45 - 11:30. **Ages:** 3½ yrs - 5 yrs.
- **Little Kickers:** 11:40 - 12:25. **Ages:** 1½ yrs - 2½ yrs.
- **Mega Kickers:** 11:45 - 12:30. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 26 Apr - 17 May & 7 Jun - 19 Jul.

Little Kickers Ipswich

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 07762 341982.
www.littlekickers.co.uk.

- **Mighty Kickers:** 10:00 - 10:45. **Ages:** 3½ - 5 yrs.
- **Junior Kickers:** 11:00 - 11:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 26 Apr - 17 May & 7 Jun - 19 Jul.

SWIMMING

Mid Suffolk Leisure Centre

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

- **Pre School Stage 1:** 8:15 - 8:45, 8:45 - 9:15 & 12:00 - 12:30.

Ages: 3 - 5 yrs.

Cost: £8.25 per session (*booking essential*).

Dates: 5 Apr - 19 Jul.

HEALTH & WELLNESS

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:** 13:30 - 15:30.

Cost: £25 per session (*booking essential*).

Dates: 14 Jun.

OTHER

Weird and Wonderful Wood

Weird and Wonderful Wood, Haughley Park, Wetherden,
Nr Stowmarket, IP14 3JY. 07939 835977.
www.weirdandwonderfulwood.co.uk.

Times: 10:30 - 18:00. **Ages:** All the family.

Cost: £17 per session (*booking essential*).

Dates: 10 May.

SUNDAY

PARENTS & TOTS

Southwold Library

Old Hospital Hub, Field Stile Road, Old Hospital, Field Stile Road,
Southwold, IP18 6LD. 01502 722519.

- **Baby Bounce & Tot Rock:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).

- **Lego Club:** 12:15 - 13:00. **Ages:** 2+.

Cost: Free (*booking essential*).

Dates: 6 Apr - 20 Jul.

PHYSICAL FUN

Little Kickers Ipswich

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11
0TN. 07762 341982. www.littlekickers.co.uk.

- **Little Kickers:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 27 Apr - 18 May & 8 Jun - 20 Jul.

Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982.
www.littlekickers.co.uk.

- **Little Kickers:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 27 Apr - 18 May & 8 Jun - 20 Jul.

Little Kickers Ipswich

Kesgrave Community Sports Centre, Twelve Arch Approach, Kesgrave,
IP5 9JF. 07762 341982. www.littlekickers.co.uk.

- **Little Kickers:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00-10:45, 14:00-14:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00-11:45, 12:00-12:45. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 13:00 - 13:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 27 Apr - 18 May & 8 Jun - 20 Jul.

HEALTH & WELLNESS

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:** 10:30 - 12:30.

Cost: £25 per session (*booking essential*).

Dates: 6 Apr, 3 May, 17 May & 12 Jul - 12 Jul.

SEND ACTIVITIES

Christchurch Mansion

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

- **Relaxed Visits:** 11:00 - 12:00.

Ages: 1 mths +. **Cost:** Free (*booking essential*).

Dates: 27 Apr, 25 May & 29 Jun.

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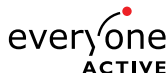
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