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WELCOME



TO THE SPRING 2024 EDITION!

Step into the vibrant world of our Spring edition. My favourite time of year! Explore enchanting family days out, a fun Father's Day craft activity with your little one, exciting news about the highly anticipated [Toddle About Baby Show](#) and our much-loved Monday - Sunday Activity Planner from page 24.

Don't miss the centre pages of the magazine, where you'll find a treasure trove of offers, discounts, and promotions from our valued advertisers. It's your chance to save big while enjoying the best products and services for your family.

Leave a Review and Win!

Ever found a great-looking activity or product for your little one and hesitated before buying because, well, you just weren't *sure*? Well, you needn't hesitate much longer! We're super-excited to announce that all businesses listed on the Toddle About website now have a review facility, so you can see how other parents rate them. Handy, eh?

BUT, for this to be useful, we need your reviews!

How to Help Your Fellow Parents

Visit toddleabout.co.uk/search and pop in your postcode. Select any providers that you have bought from or experienced and add a review to their listing. That's it!

Leave a review at toddleabout.co.uk/search

As a thank you we will be entering all reviews into a prize draw on 30th June, giving children's and parenting books worth £8 - £20 to 30 randomly select reviews. Thanks in advance for getting involved!

Loving life with little ones,

Pia OWNER/EDITOR

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Cover picture:

Thank you to **Alison McKenny Photography** for this gorgeous cover photo. Get £25 off any 1hr+ photoshoot with code 'Toddle'. P.15 & 18



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toddle.fun/ta-suffolk



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Toddle About Suffolk & S. Warwickshire, MK & Bedford, 42 Woodland Close, Risby, Bury St Edmunds, Suffolk, IP28 6QN. Call us on 07748 020141.

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Email sophie@thevillagemidwife.co.uk or visit [midwife.sophie](https://www.instagram.com/midwife.sophie) to find out more. **P.28**



Outdoor Family Photoshoot

Spring & Summer are on the way which is a perfect time for an Outdoor Family Photoshoot with award-winning photographer Alison McKenny. Based on a farm on the Suffolk/ Cambridge/Essex border in Stoke by Clare, it is a stunning setting for Maternity, Newborn, Baby or Family Sessions. These sessions are fun & playful. Alison gives lots of tips on how to get the best photos so ideal for families with small children to capture treasured memories for years to come. **Get £25 off any 1 hour + photoshoot with code 'Toddle'.**

Visit www.alisonmckennyphotography.com or call 07966 468944 for more info. **P.15**



Swimming Classes in Woodbridge & Ipswich

iSwim is a swim school with pools across Woodbridge and Ipswich. iSwim offer small groups in warm pools with free parking. Classes are available for any age and they also offer school holiday intensive lessons and swim camps. Take your children from nervous non-swimmers to competent improvers.

Call 01473 277085 or email iswim@live.co.uk for a free trial. **P.32**

Moosical Fun for your Little One

Moo Music offer fantastically fun musical, movement, dance and sensory play sessions for children from birth to five years old. They pride themselves on offering a safe, welcoming and inclusive environment for everyone, whilst helping to nurture your precious little ones development. With sessions throughout the week in Stowmarket, Needham Market, Great Blakenham, Elmswell, Thurston, Red Lodge and Bury St Edmunds, there truly is a Moo near you! **Get 10% your next booking.**

Visit www.moomusicsdnm.co.uk/ta to find a class near you. **P.31**



A 'Must Do' Experience

This quirky ceramics painting studio and café really is a must do and a great place to catch up with friends and family. With so many items to choose from to paint plus delicious coffee and cake. The staff are friendly and happy to assist with baby prints and helpful tips to enhance your masterpiece. For valuable 'me time' once a month they hold an adult Pizza, Prosecco and Painting night too.

Booking essential. Please call 01473 216865 or visit [pennikkitypots](https://www.instagram.com/pennikkitypots) **P.11**



Child Contact Services in Suffolk

Child contact arrangements following parental separation may necessitate professionally supervised or supported contact sessions. AG Contact Centres have the experience and expertise which really matters in such circumstances. AGCC is a family owned and run company, which has been delivering child contact services to local authorities and members of the public within Suffolk and beyond, since 2015. AGCC has its own contact centres, but also offers community-based sessions.

Please visit www.agfamilysupport.com **P.16**

Do you Dream of Having a Better Work-Life Balance?

We are on the lookout for an amazing parent who shares our enthusiasm and passion to take over the **Toddle About Suffolk Magazine and Baby Show**. This is a rare opportunity to take over a fun, creative & profitable business that allows you to generate a full-time income whilst working part-time hours around your family. If you are keen to learn more about this fantastic opportunity, simply download the franchise prospectus at www.toddle.fun/franchise.



Contact Pia on 07748 020141 or email pia@toddleabout.co.uk **P.22 & 23**

Embark on a Tasty Adventure

Join in with Bread Week from Saturday 25 May to Sunday 2 June! Discover the journey of bread from seed to slice at the Food Museum. Explore the site with bread trails and embark on a tasty adventure. Take part in bread baking sessions, where you can shape and bake your own bread in a wood-fired oven.

To book your ticket visit www.foodmuseum.org.uk **P.11**



New Home for the Toddle About Baby Show in Suffolk

The excitement is building as we gear up for the Toddle About Baby Show's grand debut at Newmarket Racecourse on **Sunday 27th October 2024**. Doors open at 10am and show finishes at 3pm. This year's event is going to even bigger and better!

Discover Suffolk's Bump, Baby & Toddler World all under one roof. Try baby products and services before you buy. Quiz parenting experts and watch demos and parenting workshops.

There is free children's entertainment to keep the little visitors entertained. Entry to the show is free online or £2 per family at the door. Secure your free ticket & free goody bag via www.toddle.fun/babyshowsuffolk

Exhibit with us! Promote your business to parents with little ones in Suffolk and the wider area. Book before 31st May 2024 and get **20% discount** on your exhibition stand.

To find out more visit www.toddle.fun/babyshowsuffolk **P.12**






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 [onceuponasnuggle](https://www.instagram.com/onceuponasnuggle)

HEYDOODLE SILICONE ACTIVITY MAT, £24.99

HeyDoodle's wipe-clean silicone mats offer fun playtime, time and time again for children aged 2-7 years. Children can enjoy hours of colouring, tracing, and doodling. These mats are not only fun, but also environmentally friendly, reducing paper waste and providing a sustainable way for kids to explore their artistic abilities.

www.heydoodle.uk

REUSABLE NAPPY, £7

The HippyNut WholeNut is a unique, simple and reliable all in one reusable nappy. It's one size fits most, which means it will grow with your little one from baby to toddler. Pop it on your little one just like any other nappy for quick, easy, no-fuss nappy changes. They recently added a sale to benefit their customers even more.

www.hippynut.com

Offer: 10% off your first order with code 'TODDLE10'.



LITTLELIFE TODDLER BACKPACK, £19.99

These Littlelife backpacks are perfect for little ones who want to explore independently in safety. The award-winning range of children's backpacks offers up a plethora of adorable, colourful designs, providing a practical amount of storage that your child is guaranteed to love. What's more, the toddler backpacks have a built-in safety rein which is a great way to keep safe on family days out.

www.littlelife.com

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Scan to find out more and enter:



Discovering THEMSELVES

by Giles Alexander



The toddler years are a time of massive self-discovery. They'll learn the power of their voice. How to walk, run, play and problem-solve. To say "no" and ask "why", alongside countless other questions that they'll expect you to answer.

As parents, it's our job to give our children a safe space to make these personal discoveries. This isn't a time to "over-parent". Sometimes they will need a lot of support. At others, it's better that they figure things out on their own. Trying and failing is often the best way to learn. Of course, you know your child better than anyone, so it's up to you to decide when to step in and when to stand back.

BUILD THEM UP

While your toddler is going through this period of self-discovery, try to maintain a supportive and positive family environment. Toddlers are highly adept at picking up the mood in the room, and if they sense you are feeling stressed or anxious, it can be unsettling and knock their confidence. Instead, tell them regularly how proud you are of them. Let them overhear you saying nice things about them. And remind them that you are there for them, no matter what. Toddlers benefit considerably from reassurance, positive reinforcement and praise, so make these key parts of your daily parenting routine.

Supportive phrases to try:

- Thanks for telling me
- I love you
- I'm always here for you
- You can do it
- That's so interesting
- You're so clever
- You can tell me anything
- I trust you
- Everyone makes mistakes
- I believe in you

ACTIVELY LISTEN

Listen intently when your toddler wants to tell you something. As parents, when we're always trying to do ten things at once, it's easy to fall into the trap of

"half-listening" when our child talks to us, saying "hold on" or "in a minute". Toddlers really notice this, and it can lead to a range of different problems, including:

- becoming more needy and clingy, craving your attention.
- shouting excessively, as they feel like they aren't being heard (so they up their volume).
- depending on one parent (the one who listens) for emotional support while shutting off the other.
- becoming withdrawn and uncommunicative.

EXPAND THEIR HORIZONS

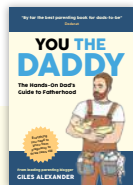
Although toddlers can be very opinionated about what they like and dislike, at this young age, they really have no clue. Try to expose your child to as many different experiences as possible, from new tastes and new hobbies to different cultures, people and music.

Toddlers like familiar things, e.g. wanting to eat the same meal, watch the same film or play the same game, day in, day out. This is not only boring for you but limiting for them. So, mix things up, involve them in your own interests and try something new together.

BODY CURIOSITY

Toddlers are naturally curious about their bodies (and yours too). So, don't be shocked if you catch them poking, pulling or fiddling with their genitals (boys especially), or pointing, prodding and asking questions about yours. If they do, try not to laugh or make them feel ashamed. This is completely natural and harmless, driven by their own curiosity and not anything to worry about.

This article is an extract from "You The Daddy", written by Giles Alexander and published by Vie, which will be released on 9th May 2024, £14.99, and has been called "By far the best parenting book for dads-to-be" by Dadsnet. Giles is a leading dad blogger; you can find him at youthedaddy.co.uk.



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**Euston Estate, just off A11,
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www.ukgamefair.co.uk

WOOLLY WHITSUN HIRSTY'S FAMILY FUN PARK

May - June 2024

With woolly arts and crafts as well as plenty to do and see – Hirsty's Family Farm Park would love to have ewe join them for some Spring time fun.

Farm entry fees and normal opening times apply.

**Hirsty's Family Farm Park, Great
Yarmouth Road, Hemsby,
NR29 4NL**
www.hirstysfamilyfunpark.co.uk

SUFFOLK RURAL BIG DAY OUT SUFFOLK NEW COLLEGE

11 May 2024

A family fun day out at Suffolk Rural Campus. Enjoy fun-filled outdoor activities, including field games, animals petting, arts and craft competitions, face painting, food and drink samples, alongside catering demos and street food.

Open from 10am - 4pm.

Free entry. £5 for parking.

**Suffolk New College - Suffolk
Rural (Otely College), Charity
Lane, Ipswich, IP6 9EY**
Tickets via Eventbrite

MEET BLUEY! BANHAM ZOO

18 May 2024

For the first time ever, Bluey is visiting Banham Zoo! Everyone's favourite Blue Heeler pup will be appearing during meet and greet sessions throughout the day.

Normal zoo entry fees apply.

**Banham Zoo, Kenninghall Road,
Norwich, NR16 2HE**
www.zsea.org/banham

BREAD MAKING SESSIONS THE FOOD MUSEUM

25 May - 2 June 2024

Drop in to shape and bake your very own flatbreads in The Food Museum's wood-fired bread oven. There will be lots of fluffy dough for you to roll, cook and eat hot with your choice of flavoured salt and oil. Running from 10am - 12pm each day.

Included in museum entry.

**The Food Museum, Iliffe Way,
Stowmarket, IP14 1SL**
www.foodmuseum.org.uk

DRAGON FEST WEST STOW ANGLO-SAXON VILLAGE

22 & 23 June 2024

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Open from 11am - 4pm.

Tickets from £13 per adult if you book in advance. Under 5's go free.

**West Stow Anglo-Saxon Village,
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www.weststow.org

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



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WEANING RECIPE ~ Frittata Muffins

Eggs are a powerhouse of nutrients. It's quick and easy to make mini frittatas simply by pouring the mix into a muffin tin. These are great for weaning your little one or as a snack for your toddler.

INGREDIENTS

- Sunflower oil, for greasing
- 150g new potatoes
- 5 large eggs
- 75g Cheddar cheese or dairy-free alternative, grated
- 4 spring onions, chopped
- 6 cherry tomatoes, chopped
- 25g fresh spinach, shredded

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METHOD

1. Preheat the oven to 200°C (fan 180°C), gas 6. Grease a 12-hole muffin tin.
2. Cook the new potatoes in boiling water for 12–15 mins. Drain, cool, and cut into 1cm cubes.
3. Beat the eggs in a large bowl. Stir in the diced potatoes, cheese, spring onions, tomatoes, and spinach. Pour the mixture into the muffin tray.
4. Bake for 20–25 mins until well risen and golden. Leave to cool for 5 mins, then remove from the tin and cool on a wire rack.
5. Freeze in a plastic freezer box. When needed, thaw overnight in the fridge and reheat in the oven for about 12 mins.



Recipe taken from Annabel Karmel's new book, *Weaning*. With over 60 nourishing recipes and the very latest advice, Annabel explains what to feed, when to feed, and how to feed your baby. Out now. www.annabelkarmel.com

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IF YOU'RE GOING TO TELL A LIE, TELL A WHOPPER!

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Shrinky Dink Keyrings

WHAT YOU WILL NEED:

- Shrinky plastic sheet kit*
- Scissors
- Felt tip pens
- Baking parchment
- Baking tray



INSTRUCTIONS:

1. Pre-heat your oven to 165°C/329°F.
2. Draw your desired picture/wording on the shiny side of the plastic sheeting.
3. Carefully cut around the drawing (parents assistance may be required).
4. Punch a hole at the edge of the plastic, this is where your keyring will attach after baking.
5. Place your design on some parchment paper on your baking tray and place in the oven for

- 1-2 minutes. Watch the magic happen as the plastic shrinks down, if the plastic curls too much, you may have to use a utensil to flatten it down. Once flat, remove from the oven and let it cool for a few seconds.
6. Carefully attach the keychain to the design and your personalised keyring is complete.

* We bought the kit from Amazon. It comes with everything you need and there are so many things you could make with it!



Credit to Lou Holmes from Toddle About for this great little craft!

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		15% OFF	UBERE MAMA 15% OFF YOUR ORDER www.uberemama.co.uk Use code 'UBERE15' at checkout. Expires: 30/06/24

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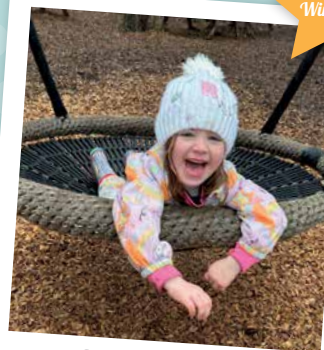
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TODDLE MODELS

Winner



Rosalie, 4 years old

Baby and Toddler Photo Competition Winner

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

Congratulations to little Rosalie who has won a woom 2 Bike from The Little Bike Company, worth £379!

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.

The **Little bike** company

Find out more at thelittlebikecompany.co.uk



Stefanos, 21 months old



Mason, 9 months old



Thea, 4 years old



Vinnie and Esme,
7 years & 3 years old



Joel, 1 year old



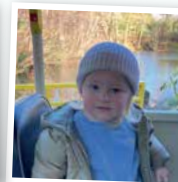
Rose, 2 years old



Flynn, 16 months old



Elsie, 4 years old



Beau, 2 years old



Albert, 2 years 10 months old



Ayla, 1 year 1 month old



Danny, 2 years old



Emilia, 5 years old



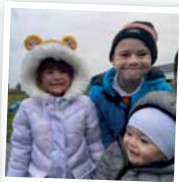
Grace, 4 years 4 months old



Tommy, 3 years 2 months old



Annabelle, 1 year 4 months old



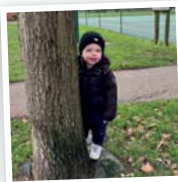
Francesca, David, Archie,
4 years, 8 years & 1 year old



Ava, 2 years old



Reggie, 2 years old



Hunter, 2 years old



Harvey, 18 months old



Amari-Odin, 2 years 2 months old



Gordon, 6 months old



Guy, 2 years 4 months old



Ivy, 2 years 6 months old



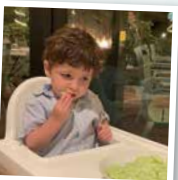
Archie & Kit,
3.5 years & 1.5 years old



Mabel, 2 years old



Alice, 2 years 10 months old



Louie, 2 years 6 months old



Otto, 1 year 11 months old



Charlotte, Harriet & Millie,
5 years old



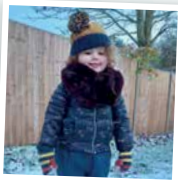
Zahra, 4 years old



Sophia, 3 years old



Joseph, Fredrick,
4 years & 2 years old



Manon, 3 years old

COMPETITION

TODDLE MODELS



WIN £100 OF P.O.P OUTFITS

THE PRIZE: A £100 Voucher to spend with P.O.P at polarnopyret.co.uk

With spring here, add a P.O.P of Colour to your spring wardrobe! **The iconic stripes are back:** a true highlight for this new season, which is bursting with gorgeously vibrant tones from turquoise to purple, the brightest orange, a super cute pink and a striking cornflower blue.

Suitable for ages 0-12 years and made from the softest breathable 100% GOTS Organic Cotton, P.O.P outfits can be worn as PJs or for a fun daytime look, and they always provide the ultimate cosiness. You can even embrace the twinning trend and pick up a matching adult outfit so the whole family can join the stripes phenomenon!

HOW TO ENTER:

Send us a photo of your little one enjoying some spring-time fun!

We will print as many entries as possible in the next Toddle About magazine to give you a lovely keepsake.

Enter by **Sun 9 June 2024**.

WORTH
£100

ENTER AT: www.toddle.fun/toddlemodels



P.O.P
Find out more at
www.polarnopyret.co.uk

THE PERFECT JOB?

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THEN HOW ABOUT RUNNING YOUR OWN

toddle about magazine

Would you like to be the new owner of our Suffolk Magazine?

(Yes! The one you are reading right now 😊)



This is a rare opportunity to take over a fun, creative & profitable business that allows you to generate a full-time income whilst working part-time hours around your family.

CONTACT US NOW TO JOIN OUR GROWING TODDLE ABOUT FAMILY!



"Being a Toddle About franchisee has given me a purpose outside of my family again. Being able to still be a present parent, attend all the school events and activities but still work and achieve something tangible and meaningful at work is amazing, it's made me proud of myself again."

Ally Richmond - Franchisee for Toddle About West Northamptonshire



Download a Franchise Prospectus to find out more:
www.toddle.fun/franchise

PART-TIME HOURS, FULL-TIME SALARY

*How Pia found her
perfect work-life balance*

If working fewer hours and earning more money seems like a pipe dream, take a tip from our franchisee Pia who managed to make it her reality.

Pia Howe, who lives in Risby, Suffolk with her husband, David, and their two children Oskar (12) and Elliot (8), runs the Toddle About Suffolk franchise – she works 25 hours a week and earns £25,000 a year:

“Having worked in the hospitality and events industry ever since I graduated from university, I’ve always had a passion for travel. I loved seeing the world and was very career focused, but the arrival of our second child Elliot reshaped my priorities. I knew I couldn’t do my job on a part-time basis, so I decided not to go back to work. It cut our income significantly, but we managed.

I enjoyed being at home with my children and it was only when we decided to move to Suffolk, that things changed: I missed my network of mums and struggled to find local activities for Elliot who was 18 months old at the time.

The Toddle About magazine had always been my to-go-guide for local activities back in Warwickshire – but there wasn’t a similar resource in Suffolk. This sparked an idea - why not bring Toddle About to Suffolk? I picked up the phone to the founder of the magazine, Tim Freed, and a few months later, I became Toddle About’s first franchisee!

With no publishing experience but boundless determination, I embarked on my franchise journey. My husband was supportive, though understandably cautious - I honestly didn’t know what being a franchisee involved, but I wanted to give it a go.

The first issue was a massive learning curve! It was all new for me, which was exciting but also quite scary - fortunately the training and support I received from Tim and the team at Toddle About was amazing. After building a list of local groups and activities, and establishing a distribution network, it was time to get on the phone to local businesses.



The majority of revenue comes from local businesses advertising in the magazine – they pay up front, so I have the money to cover all print and business expenses.

I was thrilled when my first magazine broke even – Toddle About Suffolk had landed!

Each magazine grew in profitability and within a year I was comfortably in the swing of things and earning a decent extra income for the family. It was so nice to have my own money again and I was thrilled to be able to treat the family to a trip to Disneyland a couple of years later.

Now, nearly 6 years on, the magazine virtually runs itself thanks to repeat advertisers. I recently launched local baby shows that go hand-in-hand with the magazine which have been really well-received and have proven to be nicely profitable too.

My days are a delicate balance of work and family, with time for school runs, school plays and self-care. I’m so proud of what I’ve built, but the time has come for me to do something new: I absolutely love running Toddle About’s Baby Shows, so I’m shifting my focus towards expanding them nationwide.

**So the Toddle About franchise
area for Suffolk is up for sale!”**



If you would like to find out more, then contact Pia on 07748 020141, pia@toddleabout.co.uk or download the franchise prospectus at www.toddle.fun/franchise.

Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in Suffolk.

P.24-26
BSE & WEST
SUFFOLK

P.27-34
IPSWICH, BABERGH,
MID & EAST SUFFOLK

BURY ST EDMUNDS & WEST SUFFOLK AREA

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: 15 Apr - 1 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:** 15 Apr - 20 May & 3 Jun - 1 Jul.

Little Deers Baby and Toddler Group

Hartest Institute, The Green Hartest, Bury St Edmunds, IP29 4DH. 01284 830860.

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

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

Toddlers at Bridge Kids

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

- **Toddlers at Bridge:** 13:00 - 14:30.

Ages: 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 15 Apr - 29 Apr, 13 May - 20 May & 3 Jun - 1 Jul.

SENSORY & DEVELOPMENT

Hartbeeps West & Mid Suffolk

Freedom Church Cafe, Mill Road, Great Barton, Bury St Edmunds, IP31 2RU. 07539 349606. www.hartbeeps.com.

• **Happy House:** 10:15 - 11:00. **Ages:** 1½ yrs - 4 yrs.

Cost: £9.50 per session (*booking essential*).

• **Baby Beeps:** 11:15 - 12:00. **Ages:** 6 mths - 1½ yrs.

• **Baby Bells:** 12:30 - 13:15. **Ages:** 1 - 6 mths.

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

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

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

Cost: Free (*drop in*).

Families Together Suffolk

Anselm Community Centre, Anselm Avenue, Bury St Edmunds, IP32 6JZ. 07415 689087. www.familiestogethersuffolk.org.uk.

- **First Steps Playgroup:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

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

Horringer Hedgehogs Baby & Toddler Group

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

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

Cost: £4.50 per session (*booking essential*).

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

The Salvation Army Parent and Toddler Group

The Salvation Army Community Church, St. John's Street, Bury St Edmunds, IP33 1SP. 01284 703354. www.salvationarmy.org.uk.

Times: 9:30 - 11:30. **Ages:** 0 - 3 yrs.

Cost: £2 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Hartbeeps West & Mid Suffolk

Moreton Hall Community Centre, Symonds Road, Bury St Edmunds, IP32 7EE. 07539 349606. www.hartbeeps.com.

• **Happy House:** 10:15 - 11:00. **Ages:** 1½ yrs - 4 yrs.

• **Baby Beeps:** 11:15 - 12:00. **Ages:** 6 mths - 1½ yrs.

• **Baby Bells:** 12:30 - 13:15. **Ages:** 1 - 6 mths.

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

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



Fun physical play programme!
for babies, toddlers & preschoolers

Classes in
Witcham, Newmarket,
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For more information visit:
www.tumbletots.com/ely



PHYSICAL FUN

Tumble Tots Ely

Church of our Lady and St Etheldreda, 14 Exeter Road, Newmarket, CB8 8LT. 07979 757202. www.tumbletots.com.

- **Walking to 2 years:** 10:00 - 10:45.
- **3-school age:** 11:00 - 11:45.
- **2 - 3 years:** 11:50 - 12:35.
- **6 months to walking:** 13:00 - 13:45.

Cost: £7.75 per session (*booking essential*).

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

WEDNESDAY

PARENTS & TOTS

Families Together Suffolk

St Edmunds Station Church & Gardens, RAF Honington, Honington, IP31 1LU. 07415 689087. www.familiestogethersuffolk.org.uk.

- **Little Flyers Playgroup:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

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

Wild Babies at Lackford Lakes

Lackford Lakes, Bury St Edmunds, IP28 6HX. 01284 728706. www.suffolkwildlifetrust.org.

- **Wild Tots at Lackford Lakes:** 10:00 - 11:30.

Ages: 1½ yrs - 5 yrs.

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

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

SENSORY & DEVELOPMENT

Hartbeeps West & Mid Suffolk

Wesley Hall, 11 School Road, Elmswell, Bury St Edmunds, IP30 9EE. 07539 349606. www.hartbeeps.com.

- **Happy House:** 10:15 - 11:00. **Ages:** 1½ yrs - 4 yrs.
- **Baby Beeps:** 11:15 - 12:00. **Ages:** 6 mths - 1½ yrs.
- **Baby Bells:** 12:30 - 13:15. **Ages:** 1 - 6 mths.

Cost: £9.50 per session (*booking essential*).

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

THURSDAY

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.

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

Ages: 3 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 18 Apr - 4 Jul.



Magical multi-sensory classes for babies, toddlers, preschoolers and their grown-ups too (suitable from birth)



WEST AND MID SUFFOLK
Victoria.clarke@hartbeeps.com



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Classes held in Great Barton,
Bury St Edmunds
and Stowmarket

One free class when booking a term with code **TODDLEABOUT**
hartbeeps.com



EPIC Dad Community Interest Company

West Suffolk Vineyard Church, 28 Northern Way, Bury St Edmunds, IP32 6NL. 07717 744608. www.epicdad.co.uk.

- **EPIC Dad Chat:** 10:00 - 12:00.

Cost: Free (*drop in*).

Dates: 18 Apr - 16 May & 6 Jun - 4 Jul.

Families Together Suffolk

West Suffolk Vineyard Church, 28 Northern Way, Bury St. Edmunds, IP32 6NL. 01379 678 552. www.familiestogether.tiagrace.co.uk.

- **Chill, Chat and Play:** 10:00 - 11:30.

Perinatal Wellbeing Support Group

Ages: Pregnancy - 1½ yrs. **Cost:** Free (*booking essential*).

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

Southgate Parent & Toddler Group

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

Sudbury Library

Sudbury Library, Market Hill, Sudbury, CO10 2EN. 01787 321595.
www.suffolklibraries.co.uk.

- **WordPlay:** 10:30 - 11:00. **Ages:** 0 - 4 yrs.
- **Stay and play:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in).

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

MUSIC & SIGNING

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.
- **Mini/Maxi Moo (9months-2.5yrs):** 10:30 - 11:00.
- **Baby Moo (0-9/12months):** 11:30 - 12:00.

Cost: £5.75 per session (booking essential).

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

SEND ACTIVITIES

SEN Superstars

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

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

Cost: £2 per session (booking essential).

Dates: 18 Apr - 23 May & 6 Jun - 4 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: 26 Apr, 10 May, 24 May, 7 Jun, 21 Jun & 5 Jul.

Horringer Hedgehogs Baby & Toddler Group

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

- **Baby Only:** 9:30 - 11:00.
- **Newborn to Wobbly Walker:** 13:00 - 14:30.

Cost: £4 per session (drop in).

Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

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

Dates: 19 Apr - 5 Jul.

SENSORY & DEVELOPMENT

Little Woodworms

22-23 Churchgate Street, Bury St Edmunds, IP33 1RG. 07712 173731.
www.littlewoodworms.co.uk.

- **Fiver Fridays:** 10:30 - 12:30.

Ages: 0 - 7 yrs. **Cost:** £5 per session (booking essential).

Dates: 19 Apr - 10 May.

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: 7 Jun - 5 Jul.

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: 20 Apr - 18 May & 8 Jun - 6 Jul.

EPIC Dad Community Interest Company

Lakenheath Community Primary School, Mill Road, Lakenheath,
IP27 9DU. 07717 744608. www.epicdad.co.uk.

- **EPIC Dad Fun Club:** 10:00 - 12:00.

Cost: Free (drop in).

Dates: 4 May & 6 Jul.

Sudbury Library

Market Hill, Sudbury, CO10 2EN. 01787 321595.
www.suffolklibraries.co.uk.

- **Lego club:** 2:30 - 4:00.

Ages: 0 - 12 yrs. **Cost:** £0.50 per session (drop in).

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

Ages: 0 - 6 yrs. **Cost:** Free (drop in).

Dates: 20 Apr - 18 May & 8 Jun - 6 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:** 10:00 - 12:00.

Dates: 8 Jun.

- **Baby & Child 2 Hour Class:** 14:30 - 16:30.

Dates: 4 May.

Cost: £25 per session (booking essential).

SUNDAY

PARENTS & TOTS

Bury St Edmund's 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:** 21 Apr - 19 May & 9 Jun - 30 Jun.

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:** 10:00 - 12:00.

Dates: 21 April.

Cost: £25 per session (booking essential).

IPSWICH, MID & EAST SUFFOLK AREA

MONDAY

PARENTS & TOTS

BME Suffolk Support Group

Unit 5, Coachmans Court, Ipswich, IP4 1DX.
01473 210176/07492691190. www.bmesuffolk.org.

- **Baby & Toddler Group:** 11:00 - 12:30.

Ages: 1½ yrs - 4 yrs.

Cost: Free (*booking essential*).

Dates: 15 Apr - 20 May, 3 Jun - 17 Jun & 1 Jul.

Little Owls

Great Blakenham Baptist Church, Chapel Lane, Great Blakenham, IP6 0JJ. 07825 875612.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

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

MUSIC & SIGNING

Jo Jingles Ipswich

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

- **3mths-walking:** 10:00 - 10:30.
- **Mixed Ages-1yrs 2mths - 4yrs:** 10:50 - 11:35.

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

Jo Jingles Ipswich

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

- **Mixed Ages-1yrs 2mths - 4yrs:** 13:30 - 14:15.
- **Under 2s:** 14:35 - 15:20.

Dates: 15 Apr - 1 Jul.

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mixed Moo (0-5yrs):** 9:45 - 10:25.
- **Mini Moo (8-18months):** 10:45 - 11:20.

Cost: £5.75 per session (*booking essential*).

Dates: 15 Apr - 1 Jul.

- **Mooborn Massage (6weeks-6months):** 12:45 - 14:15.

Baby Massage Course

Cost: £9 per session (*booking essential*).

Dates: 15 Apr - 13 May.

Toddle Talk

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

- **Toddle Talk Baby Signing:** 10:00 - 10:50.

Ages: 5 mths - 3 yrs. **Cost:** £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Senses

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

- **Baby Senses Baby Massage:** 11:15 - 12:15.

Ages: 0 - 1 yrs. **Cost:** £10 per session (*booking essential*).

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

Baby Sensory East Suffolk

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

- **Baby Sensory:** 9:30 - 10:30, 11:00 - 12:00 & 12:15 - 13:15.

Ages: 0 - 1 yrs 1 mths. **Dates:** 3 Jun - 1 Jul.

Dates: 15 Apr - 20 May.

Cost: £9 per session (*booking essential*).

DANCE & DRAMA

CDC Street Dance

Great Blakenham Village Hall, Mill Lane, Great Blakenham, Ipswich, IP6 0NJ. 07507 806787. www.cdcstreetdance.co.uk.

- **Kids Class:** 17:00 - 18:00.

Ages: 4 - 8 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 15 Apr - 1 Jul.

Fox Academy of Dance

Fox Academy of Dance, Unit 1, Plot 8 Lion Barn Industrial Estate, Maitland Road, Needham Market, IP6 8AW. 07501 459197.
www.foxacademyofdance.com.

- **TUMBLE & TWIST:** 10:47 - 11:17.

An introduction to Jazz and Acro Gymnastics for age 3+

Ages: 3 yrs - 4 yrs 11 mths.

- **TIPTOE & TWIRL:** 14:45 - 15:15.

An introduction to Ballet & Tap for our youngest dancers

Ages: 3 yrs - 4 yrs 11 mths.

Cost: £5.50 per session (*booking essential*).

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

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: 15 Apr - 20 May, 3 Jun - 1 Jul, 15 Apr - 20 May & 3 Jun - 1 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:** 18:30 - 20:30.

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

Dates: 24 Jun.

TUESDAY

PARENTS & TOTS

Aurora - The Sensory Barn

Aurora, Manor Farm, Church Lane, Barham, Suffolk, IP6 0PU.
07825350780.

- **Baby Massage:** 10:15 - 11:15.

Ages: 0 - 9 mths. **Cost:** £8.33 per session (*booking essential*).

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

Bethesda Baptist Church Parent & 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:** 16 Apr - 21 May & 4 Jun - 2 Jul.

Felixstowe Opportunity Group

Felixstowe Academy grounds, Maidstone Road, Felixstowe, IP11 9EF.
01394 286399.

- **Baby sessions:** 9:15 - 10:00.

Ages: 0 - 8 mths. **Cost:** Free (*drop in*).

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

Gainsborough Community Library

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

- **Little Story Makers:** 10:30 - 11:30.

Ages: 2 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 16 Apr - 2 Jul.

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TheVillageMidwife.co.uk

Halesworth Library

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

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

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

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. **Cost:** £1 per session (drop in).
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.
www.suffolklibraries.co.uk.

- **Stay & Play Kesgrave:** 10:00 - 11:00.

Ages: 1 - 5 yrs. **Cost:** Free (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 2 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: 16 Apr - 21 May & 4 Jun - 2 Jul.

St Augustine's Church

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

- **Music and Rhyme:** 9:30 - 10:25 & 10:30 - 11:25.

Ages: 0 - 5 yrs. **Cost:** £2 per session (drop in).
Dates: 16 Apr - 21 May, 4 Jun - 2 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 (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.

Tots+ at Christ Church Ipswich

Christ Church, Tacket Street, Ipswich, IP4 1AU. 07709 934570.
Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.
Cost: £1.50 per session (drop in).
Dates: 16 Apr - 21 May & 4 Jun - 2 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.

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

- **Mini Moo (8-18 months):** 11:15 - 11:50.
- **Maxi Moo (over 18 months):** 9:45 - 10:25.
- **Baby Moo (0-8 months):** 12:10 - 12:45.

Cost: £5.75 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

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

- **Baby Sensory**

Times: 9:30 - 10:30. **Ages:** 0 - 1 yrs 1 mths.
Dates: 4 Jun - 2 Jul & 16 Apr - 21 May.
Times: 11:00 - 12:00. **Ages:** 0 - 1 yrs 1 mths.
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.
Cost: £9 per session (booking essential).

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: 16 Apr - 21 May, 4 Jun - 2 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:** 9:30 - 10:30, 10:45 - 11:45 & 12:15 - 13:15.

Ages: 0 - 1 yrs 3 mths.
Cost: £7.50 per session (booking essential).
Dates: 16 Apr - 4 Jun.

DANCE & DRAMA

CDC Street Dance

Kesgrave Millennium Hall, Millennium Way, Kesgrave, IP5 2EN.
07507 806787. www.cdcstreetdance.co.uk.

- **Tot's Class:** 11:00 - 11:30.

Ages: 1½ yrs - 4 yrs.
Cost: £3 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.

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PHYSICAL FUN

Clip 'n Climb Ipswich

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.
Morning climbing sessions for toddlers and young children.
Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).
Dates: 16 Apr - 21 May & 4 Jun - 2 Jul.

Little Kickers Ipswich

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

• **Little Kicks:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.
Cost: £7.50 per session (*booking essential*).
Dates: 16 Apr - 2 Jul & 16 Apr - 2 Jul.

PREGNANCY

The Village Midwife

Frankie's of Hadleigh, 14 High Street, Hadleigh, IP7 5AP. 07973290502. www.thevillagemidwife.co.uk.

• **The Village Midwife Postnatal Course:** 10:00 - 12:00.
Friendly and supportive postnatal support
Cost: £155 per course (*booking essential*).
Dates: 21 May - 2 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:** Free (*booking essential*).
Dates: 17 Apr - 22 May & 5 Jun - 3 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: 17 Apr - 3 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:** 17 Apr - 22 May & 5 Jun - 3 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:** 17 Apr - 22 May & 5 Jun - 3 Jul.

Martlesham Heath Baby and Toddler Group

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

Times: 10:30 - 12:15. **Ages:** 0 - 5 yrs.
Cost: £1.50 per session (*booking essential*).
Dates: 17 Apr - 22 May & 5 Jun - 3 Jul.

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:** 24 Apr - 22 May & 5 Jun - 3 Jul.

Rainbow Toddlers

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

Times: 9:45 - 12:00. **Ages:** 0 - 5 yrs.
Cost: £1 per session (*drop in*). **Dates:** 17 Apr - 22 May & 5 Jun - 3 Jul.

St Augustine's Church

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

• **Hippos Baby and Toddler group:** 9:30 - 11:15.
Ages: 0 - 5 yrs. **Cost:** £2 per session (*drop in*).
Dates: 17 Apr - 22 May, 5 Jun - 3 Jul.

• **Music and Rhyme:** 11:15 - 12:10.
Ages: 0 - 5 yrs. **Cost:** £1 per session (*drop in*). **Dates:** 17 Apr - 3 Jul.

Thorndon Under Fives

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

• **Thorndon Toddler Group:** 10:00 - 12:00.
Ages: 0 - 4 yrs. **Cost:** £3 per session (*booking essential*).
Dates: 24 Apr, 8 May, 22 May, 5 Jun, 19 Jun & 3 Jul.

MUSIC & SIGNING

Jo Jingles Ipswich

All Hallows Church Hall, 320 Landseer Road, Ipswich, IP3 0EN. 07732 544548. www.jojingles.com.

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

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

Moo Music Stowmarket, Debenham and Needham Market

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

• **Mixed Moo (0-5yrs):** 9:45 - 10:25, 10:45 - 11:25.
• **Mini Moo (8-18months):** 11:45 - 12:20.

Cost: £5.75 per session (*booking essential*).
Dates: 17 Apr - 22 May & 5 Jun - 3 Jul.



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SENSORY & DEVELOPMENT

Baby Senses

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

- **Baby Senses Baby Massage:** 11:30 - 12:27.

Ages: 0 - 1 yrs. **Cost:** £10 per session (*booking essential*).

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

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

Happy Babies Sensory Play Classes

Whitehouse Forge Studio, Ashbocking Road, Henley, Ipswich, IP6 0SA.
07817356673. www.happy-babies.co.uk.

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

Ages: 0 - 1 yrs 3 mths. **Cost:** £7.50 per session (*booking essential*).

Dates: 17 Apr - 5 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 - 1 yrs 3 mths. **Cost:** £7.50 per session (*booking essential*).

Dates: 17 Apr - 5 Jun.

DANCE & DRAMA

CDC Street Dance

Capel St Mary Church of England, Church Hall, Capel St Mary, Ipswich, IP9 2EL. 07507 806787. www.cdastreetdance.co.uk.

- **Kids Class:** 16:45 - 17:45.

Ages: 4 - 6 yrs. **Cost:** £3 per session (*booking essential*).

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

Florence School of Dance

Haywards, Chickering Road, Hoxne, Eye, IP21 5BT. 07824 827432.
www.theflorenceschoolofdance.com.

- **Preschool ballet:** 14:00 - 14:30.

Ages: 1 yrs 5 mths - 5 yrs. **Cost:** £6.50 per session (*booking essential*).

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



Fox Academy of Dance

Fox Academy of Dance, Unit 1, Plot 8 Lion Barn Industrial Estate, Maitland Road, Needham Market, IP6 8AW. 07501 459197.
www.foxacademyofdance.com.

- **TUMBLE & TWIST:** 14:45 - 15:15.

An introduction to Jazz and Acro Gymnastics for age 3+

Ages: 3 yrs - 4 yrs 11 mths.

- **TIPTOE & TWIRL:** 12:00 - 12:30 & 14:15 - 14:45.

An introduction to Ballet & Tap for our youngest dancers

Ages: 3 yrs - 4 yrs 11 mths.

- **LITTLE FOXES Tots & Co. TINY DANCERS:** 9:30 - 10:30.

Ages: 6 mths - 1½ yrs.

- **LITTLE FOXES Tots & Co. MINI DANCERS:** 10:45 - 11:45.

Ages: 1 yrs - 3 yrs 2 mths.

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

Cost: £5.50 per session (*booking essential*).

PHYSICAL FUN

Clip 'n Climb Ipswich

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: 17 Apr - 22 May & 5 Jun - 3 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:** 18 Apr - 23 May & 6 Jun - 4 Jul.

Felixstowe Opportunity Group

Felixstowe Academy grounds, Maidstone Road, Felixstowe, IP11 9EF.
01394 286399.

- **Toddler group:** 13:00 - 15:00.

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

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



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www.toddletalk.co.uk info@toddletalk.co.uk

Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmswell 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:** 18 Apr - 23 May & 6 Jun - 4 Jul.

MUSIC & SIGNING

Jo Jingles Ipswich

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

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

• **3mths-walking:** 11:00 - 11:30.

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

Moo Music Stowmarket, Debenham and Needham Market

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

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

Cost: £5.75 per session (booking essential).

Dates: 18 Apr - 4 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 - 1 yrs 3 mths.

Cost: £7.50 per session (booking essential).

Dates: 18 Apr - 6 Jun.

DANCE & DRAMA

CDC Street Dance

Whitton Parish Church, Whitton Church Lane, Ipswich, IP1 6LT. 07507 806787. www.cdcstreetdance.co.uk.

• **Kids Class:** 16:30 - 17:30.

Ages: 4 - 6 yrs. **Cost:** £3 per session (booking essential).

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

PHYSICAL FUN

Clip 'n Climb Ipswich

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: 18 Apr - 23 May - 4 Jul.

SEND ACTIVITIES

Clip 'n Climb Ipswich

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:** £16.99 per session (booking essential).

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



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FRIDAY

PARENTS & TOTS

Families Together Suffolk

Redwoods, Red Gables, Stowmarket, IP14 1BE. 07415 689087.
www.familiestogethersuffolk.org.uk

- **Learn & Grow Stow:** 10:00 - 11:30.
- Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*).
- Dates:** 19 Apr - 24 May & 7 Jun - 5 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:** 19 Apr - 5 Jul.

Ipswich Multiples Club

Tower Hall, 5 Broadlands Way, Ipswich, IP45SU.
Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (*drop in*).
Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

Kesgrave Come & Play

Kesgrave Scout Hall, Twelve Acre Approach, Kesgrave, IP5 1JF.
• **Kesgrave Come & Play:** 9:30 - 11:00.
Ages: 0 - 3 yrs. **Cost:** £4.50 per session (*drop in*).
Dates: 19 Apr - 24 May & 7 Jun - 5 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: 19 Apr - 24 May & 7 Jun - 5 Jul.

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Martlesham Heath, IP5 3PL.
Times: 10:30 - 12:15. **Ages:** 0 - 5 yrs.
Cost: £1.50 per session (*booking essential*).
Dates: 19 Apr - 24 May & 7 Jun - 5 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: 19 Apr - 24 May & 7 Jun - 5 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:** 19 Apr - 24 May & 7 Jun - 5 Jul.

Play Away Baby and Toddler Group

Tower Hall, 5 Broadlands Way, Ipswich, IP4 5SU.
Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.
Cost: £2.50 per session (*booking essential*).
Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

Suffolk Wildlife Trust

Holywells 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:** 19 Apr - 24 May & 7 Jun - 5 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: 19 Apr - 24 May & 7 Jun - 5 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:** 19 Apr - 5 Jul.



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MUSIC & SIGNING

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mixed Moo (0-5yrs):** 9:45 - 10:25.

Cost: £5.75 per session (*booking essential*).
Dates: 19 Apr - 5 Jul.

- **Mooborn Reflexology (4weeks-6months):** 11:15 - 12:00.
Baby Reflexology Course

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

Dates: 19 Apr - 17 May, 19 Apr - 24 May & 7 Jun - 5 Jul.

- **Baby Moo Yoga and Sensory:** 11:30 - 12:30.

Baby Yoga Classes for those 16wks - prewalking

Cost: £8.40 per session (*booking essential*).
Dates: 14 Jun - 5 Jul.

Moo Music Stowmarket, Debenham and Needham Market

Great Blakenham Village Hall and Recreation Ground, Mill Lane, Great Blakenham, IP6 0NJ. 07944 033723. www.moomusicdnm.co.uk

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.
- **Mini/Maxi Moo (1-2.5yrs):** 10:30 - 11:05.
- **Baby Moo (0-9/12months):** 11:30 - 12:05.

Cost: £5.75 per session (*booking essential*).

Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

Toddle Talk

The Church Rooms, Ship Lane, Bramford, IP8 4AL. 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: 19 Apr - 24 May & 7 Jun - 5 Jul.

DANCE & DRAMA

CDC Street Dance

Capel St Mary Village Hall, Capel St Mary, Ipswich, IP9 2EP.
07507 806787. www.cdcstreetdance.co.uk.

- **Tot's Class:** 14:00 - 14:30.

Ages: 2 - 4 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

PHYSICAL FUN

Clip 'n Climb Ipswich

Clip 'n Climb Ipswich, 2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST. 01473 794530.

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

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

Dates: 19 Apr - 24 May & 7 Jun - 5 Jul.

SATURDAY

DANCE & DRAMA

CDC Street Dance

Rushmere Village Hall, Humber Doucy Lane, Kesgrave, IP4 3PD.
07507 806787. www.cdcstreetdance.co.uk.

- **Kids Class:** 9:00 - 10:00.

Ages: 4 - 6 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 20 Apr - 18 May & 8 Jun - 6 Jul.

CDC Street Dance

Ipswich Sports Centre, Henley Road, Ipswich, IP1 4NJ. 07507 806787.
www.cdcstreetdance.co.uk.

- **Kids Class:** 14:00 - 15:00.

Ages: 4 - 6 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 20 Apr - 18 May & 1 Jun - 6 Jul.

PHYSICAL FUN

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: 20 Apr - 18 May, 8 Jun - 6 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: 20 Apr - 18 May & 8 Jun - 6 Jul.

Little Kickers Ipswich

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 07762 341982.

- **Mighty Kickers:** 10:00 - 10:45. **Ages:** 3½ yrs - 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: 20 Apr - 18 May, 8 Jun - 6 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:** 9:30 - 11:30.

Dates: 20 Apr & 19 May.

Baby & Child 2 Hour Class: 10:30 - 12:30.

Dates: 1 Jun & 6 Jul.

Cost: £25 per session (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:** 10:00 - 12:00.

Cost: £25 per session (booking essential). **Dates:** 18 May.

PREGNANCY

The Village Midwife

Blossom House, Unit 7/8 Hadleigh Enterprise Park, Hadleigh, IP7 6RJ. 07973290502. www.thevillagemidwife.co.uk.

- **The Village Midwife Antenatal Course:** 9:30 - 12:30.

Friendly and empowering antenatal education

Cost: £250 per course (booking essential).

Dates: 20 Apr - 27 Apr & 25 May - 15 Jun.

SUNDAY

PARENTS & TOTS

Southwold Library

Old Hospital Hub, Field Stile Road, Old Hospital, Field Stile Road, Southwold, IP18 6LD. 01502 722519. www.suffolklibraries.co.uk.

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

Cost: Free (booking essential).

Dates: 21 Apr - 30 Jun.

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: 21 Apr - 19 May, 2 Jun - 30 Jun.

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: 21 Apr - 19 May, 2 Jun - 30 Jun.

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 - 3½ yrs.
- **Mighty Kickers:** 11:00 - 11:45 & 12:00 - 12:45. **Ages:** 3½ - 5 yrs.
- **Mega Kickers:** 13:00 - 13:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (booking essential).

Dates: 21 Apr - 19 May & 2 Jun - 30 Jun.

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