

Loving life with little ones

# toddle

about  
Suffolk

July - Sept 2025

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Festivals

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Ticket to The  
Summer Festival  
worth £135

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**Book a visit today and discover why Little Jo's is the right choice for your family!**  
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# WELCOME



## TO THE SUMMER 2025 EDITION!

For our family, nothing says summer in Suffolk quite like festivals and days by the coast, and we know many of you feel the same. With so many brilliant **festivals** taking place across the county, we've pulled together our top family-friendly picks on page 10 to help you plan some unforgettable adventures.

This issue is packed with **chances to win** too – from a family weekend ticket to The Summer Festival at Framlingham College, page 10, to a day out at Colchester Zoo, page 7, (a firm favourite of ours!) and a Parent + Child screening ticket at Abbeygate Cinema in Bury St Edmunds, page 19.

Be sure to take a look at the **special offers** on page 18, where our lovely advertisers are sharing some fantastic discounts just for you.

Did you know that you can **subscribe to Toddle About magazine** and automatically become a VIP Club member? You'll receive the magazine delivered to your door every quarter, plus access to product reviews and freebies and extra entries into our competitions. What's not to like? Your first issue is free, then just £2 each quarter after your trial.

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

We hope this summer brings you sunshine, laughter and plenty of memory-making moments with your little ones.

Loving life with little ones,

*Pia* OWNER/EDITOR

**PS.** Could you be the new face of Toddle About Suffolk? We're on the lookout for a passionate local parent to take over the reins of Toddle About Suffolk magazine, including the much-loved Baby Show! It's a brilliant opportunity to run your own creative, family-focused business with the flexibility to fit around your little ones.

**Find Out More at [toddle.fun/franchise](https://toddle.fun/franchise)**

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### MEET THE TEAM



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Owner/Editor/Advertising Sales



**Tim & Ruth**  
Franchisors

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email: [pia@toddleabout.co.uk](mailto:pia@toddleabout.co.uk)

[toddleaboutsuffolk](https://toddleaboutsuffolk)

[suffolktoddleabout](https://suffolktoddleabout)

**Join us on WhatsApp for  
important alerts!**

[toddle.fun/ta-suffolk](https://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.

Whilst every effort has been made to ensure the information in Toddle About is accurate and correct, we cannot guarantee that this is so and Toddle About cannot and does not accept any liability for loss, damage or problems arising from any errors, omissions or inaccuracies in content, nor from actions taken by readers based on information or opinions presented in advertisements or throughout the magazine. Images and information supplied by 3rd parties have been accepted in good faith and all liability for any legal transgression including breach of copyright remains with the supplying parties.

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

## Pregnancy Yoga & Birth Preparation Sessions Return to Ipswich

These unique prenatal yoga classes are gentle and safe, whether you are new to yoga or have years of practice. This is more than just a yoga class, but also training in deep relaxation and preparation for birth and parenthood. Each week is different - there is a variety of discussion topics including comfort for birth, birth proposals, hospital checklist, the Fourth Trimester and more.



Use code 'TODDLEABOUT' for a free class.

Contact Sarah at [hello@moontreeyoga.co.uk](mailto:hello@moontreeyoga.co.uk) to find out more. **P.31**



## Moo Music Turns 10

Moo Music Stowmarket, Debenham & Needham Market has been supporting local families for 10 wonderful years, offering joyful, welcoming sessions where babies and young children can sing, move, bond and grow. From baby massage to lively music and movement, each session is designed to nurture connection, development, and community. "Thank you to all the families who've supported Moo Music over the years - it's been an absolute joy to share this journey with you," says Suzi. Get 10% off with code 'ToddleAbout'.

Visit [www.moomusicsdnm.co.uk/ta](http://www.moomusicsdnm.co.uk/ta) **P.26**



## 30 Years of Musical Fun

Jo Jingles is celebrating 30 years of magical, musical memories and smiles with thousands of families. In 2025, classes have been filled with party fun while raising funds for the Caudwell Trust as part of Children's Activities Week. Katie, who owns Jo Jingles Ipswich, is also celebrating 10 years of business this year. She would love to welcome you along to a class or try her popular intergenerational care home sessions which are PAYG. Get £5 off a half term by quoting 'Toddle About'.

Call 07732 544548 or email [ipswichjingles@gmail.com](mailto:ipswichjingles@gmail.com) **P.33**

## Special Birth to 6 months Classes

Baby Sensory® classes are designed from birth to 13 months and include learning and development, bonding techniques, ideas for play and social activities so that parents can foster their baby's learning and development potential from birth. A Baby Sensory® birth to 6 month-old class enables you to enjoy every stage of the exciting development journey and to learn and grow with your new baby. 10% off with code 'TODDLE10'.



Visit [www.babysensory.com](http://www.babysensory.com) to find a class near you. **P.13**

## Summer Stay & Play

Join Framlingham College Prep School at their free Stay and Play sessions this summer on selected Tuesdays 9:30am - 11:00am. Open to children ages 2 to 5, siblings are welcome. Have fun, make friends, create and play in their Early Years Building at Framlingham College Prep School. Summer Stay and Play sessions happening on Tuesdays 22 July & 29 July, 5 August & 12 August.



Visit <https://www.framlinghamcollege.co.uk/join/stayandplay/> to register your place. **P.11**





## Run Your Own Toddle About Magazine

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](http://www.toddle.fun/franchise) or get in touch with Pia at [pia@toddleabout.co.uk](mailto:pia@toddleabout.co.uk)

## Bite SIZED NEWS

### Forest School Fun with Little Woodies

Little Woodies Parent and Toddler Forest School returns to Charlotte's Wood in Wilby on Friday mornings this autumn term with a FREE taster session on Friday 12th September followed by weekly sessions starting at 10am. Plus, this summer don't miss the magical 'Elf and Fairy Party' on 18th July and a fun-filled 'Teddy Bears' Picnic' on 8th August. Explore nature, play and connect. Use code 'Toddle About' for a free taster session.



Find out more at [www.charlotteswood.co.uk](http://www.charlotteswood.co.uk) or email [charlotte@charlotteswood.co.uk](mailto:charlotte@charlotteswood.co.uk) P.28

## THE PERFECT JOB?

Do you dream of being your own boss and having a better work-life balance?



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.



SCAN  
QR CODE &  
DOWNLOAD  
FRANCHISE  
PROSPECTUS

# PIZZA PINWHEELS

Pastry pinwheels are easy to make, really tasty and a great alternative to sandwiches. Perfect for packed lunches and picnics - and they're freezable too!

## INGREDIENTS

- 1 roll puff pastry (approx 320g)
- 75g passata
- 1/2 tsp oregano
- 50g pepperoni
- 50g grated cheddar cheese
- 50g grated mozzarella
- 1 tbsp milk

## COOKING INSTRUCTIONS

1. Preheat the oven to 200c and line a baking sheet with parchment paper.
2. Roll out the pastry and spread the passata on top.
3. Sprinkle on the oregano and add the pepperoni, cheddar and mozzarella.
4. Starting with the long end of the pastry, roll the pastry up tightly then cut into 12 rounds.
5. Place on the baking tray and brush the tops and edges with the milk.
6. Bake in the oven for 18 minutes.
7. Allow to cool for a couple of minutes so that the pastry becomes more firm.



## STORAGE

These pinwheels will keep in the fridge for up to 3 days and can be reheated in the oven or microwave. They can also be frozen after being allowed to cool.

Recipe courtesy of **Ciara Attwell**, founder of **My Fussy Eater**. You can find more family-friendly recipes like this in the **My Fussy Eater** app — packed with meal plans, shopping lists and inspiration to make feeding your family easier than ever.



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www.orwellpark.co.uk

# WIN A FAMILY FUN DAY AT COLCHESTER ZOOLOGICAL SOCIETY!

## SUMMER FUN AT COLCHESTER ZOOLOGICAL SOCIETY

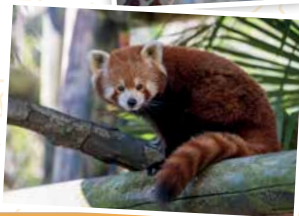
### PRIZE: A Family Ticket for 4 to CZS this summer, WORTH, £120!

Win two adult and two child tickets to CZS this summer and discover more than **150 different species**, set over 60 acres of beautiful parkland and lakes. Learn more about a number of different habitats from across the globe and support the Zoo's mission to care for wildlife and wild places.

How many different species is CZS home to?

- A. 140 species
- B. 150 species
- C. 160 species

Visit [www.colchesterzoozologicalsociety.com](http://www.colchesterzoozologicalsociety.com) to find out more.



## Enter now at [toddle.club/czs](http://toddle.club/czs)

Competition closes midnight, Thursday 31st July 2025.

Terms and Conditions apply, see [www.toddle.fun/czs](http://www.toddle.fun/czs) for details.



### Award Winning Baby & Child First Aid Classes

2 Hour Baby & Child First Aid Classes covering, CPR, Recovery Position, Choking, Bumps, Bleeds, Breaks, Burns, Febrile Convulsions, Sepsis & Meningitis Awareness

Pre crawling babies welcome

£30

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

[naomi@minifirstaid.co.uk](mailto:naomi@minifirstaid.co.uk) [www.suffolk.minifirstaid.co.uk](http://www.suffolk.minifirstaid.co.uk)

### Baby Senses™



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[info@babysenses.co.uk](mailto:info@babysenses.co.uk) 07748 914 370  
[www.babysenses.co.uk](http://www.babysenses.co.uk)



### Services

- \* Children's furniture hire
- \* Reusable tableware & party kits
- \* Party bags and boxes
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Bringing style and luxury to your events for your little VIPs. Our child-sized tables and chairs are available to hire for your event - indoors, outdoors, at home or a hired venue. The perfect setup to capture those picture-perfect moments!

[megan@thelittlediningclub.com](mailto:megan@thelittlediningclub.com)  
the little dining club  
thelittlediningclubhq



The Little  
DINING  
CLUB



# Summer Fun

SUMMER FAMILY EVENTS IN SUFFOLK FOR LITTLE ONES



19 July-  
2 Sept

## SUMMER OF PLAY

Walled Garden at Ickworth Estate.  
9.30am - 4pm

The Walled Garden transforms for another year into a space to create, explore, move, and make believe. You'll be greeted with a variety of opportunities to fill the long summer days with play. Lose track of time performing on your own stage, playing in mud kitchens, connecting with nature in the sensory garden, storytelling & competing in different sports.

Ickworth Estate, Bury St Edmunds, IP29 5QE

Tel: 01284 735270 IckworthNT

[www.nationaltrust.org.uk/ickworth-estate](http://www.nationaltrust.org.uk/ickworth-estate)

Normal entry fees apply. Free to National Trust members.

31 July-  
31 Aug

## FARMER JOHN'S MAIZE MAZE

Farmer John's. 10am-5pm  
(last entry 4pm)

Get ready for an a-maze-ing day of fun for all the family! Try the 2 new mazes, there's an adventure at every turn! Plus climb the giant straw tower, race the go karts, giant inflatable tractor and more!

Farmer John's Maize Maze, Boyland Farm, Old London Road, Capel St Mary, IP9 2JU

FarmerJohnsMaizeMaze&PumpkinPatch

[www.farmerjohnspumpkinpatchandmaizemaze.co.uk](http://www.farmerjohnspumpkinpatchandmaizemaze.co.uk)

£5 child, £7 adults and under 2's go free.

16 Aug-  
17 Aug

## FRAMLINGHAM COUNTRY SHOW

Framlingham College. 10am - 5pm

The Framlingham Country Show is back and it's bigger, bolder, and bursting with magic! Set against the stunning backdrop of Framlingham College, this year's show promises thrilling displays, incredible animals, hands-on activities, mouthwatering local food and surprises at every turn.

Framlingham College, College Road, IP13 9EY

Tel: 01728 685302 FramCountryShow

[www.framlinghamcountryshow.co.uk](http://www.framlinghamcountryshow.co.uk)

£6.50 child, £12.95 adults and under 5's go free.

SCAN TO ENTER

WIN  
a Family  
Ticket!



19 July-  
27 July

## MAGIC WEEKEND

Kentwell Hall. 11am - 5pm

Step through into a land of magic at Kentwell, with fairies, magicians, wizards, mermaids, witches, water nymphs, gnomes and who knows what else! From sorcery and trickery to alchemy and fairies, a wonderful day of magic lies in store for you. The House and gardens will be open, with magic round every corner.

Kentwell Hall, Long Melford, CO10 9BA

Tel: 01787 310207 KentwellHall

[www.kentwell.co.uk](http://www.kentwell.co.uk)

£7.50 child, £19.95 adults and under 3's go free.

16 Aug-  
17 Aug

## BECCLES CARNIVAL

From 1pm

The Beccles Carnival dates back to the pre 1900's, only not taking place during the war years and during the covid19 pandemic. The aim of the Carnival is to bring the community together, attract visitors, and have an affordable family event Beccles can be proud of.

Carnival Parade leaves Roy's of Beccles at 1pm

Tel: 07933 028457 BecclesCarnival

[www.becclescarnival.co.uk](http://www.becclescarnival.co.uk)

£1 child, £3 adults and under 5's go free.

30 Aug-  
31 Aug

## SUFFOLK HORSE SPECTACULAR

Jimmy's Farm. 10am - 5pm

Join in for a spectacular weekend celebrating rural heritage, rare breeds and the iconic Suffolk Punch. This family-friendly event showcases the beauty, power and importance of one of the Counties favourite animals. Discover a wide range of native animals in the dedicated Rare Breed Tent, children's activities & entertainment, horse parades & demos.

Jimmy's Farm & Wildlife Park, Wherstead, IP9 2AP

Tel: 01473 604206 JimmysFarm

[www.jimmysfarm.com](http://www.jimmysfarm.com)

£18.50 child, £23 adults and under 2's go free.





  
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[www.farmerjohnspumpkinpatchandmaizemaze.co.uk](http://www.farmerjohnspumpkinpatchandmaizemaze.co.uk)

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# Family-friendly festivals



**JULY  
24-27**

## LATITUDE FESTIVAL

Henham Park

Join for a weekend of discovery set within the stunning surrounds of Henham Park. Let your curiosity guide you through the very best in music, dance, comedy, poetry, theatre, literature, podcasts, family activities and wellness.

Henham Park, Southwold, NR34 8AW

**f** LatitudeFestival

[www.latitudefestival.com](http://www.latitudefestival.com)

Under 5s go free.

**AUG  
2-3**

## FESTIVAL OF WHEELS

Trinity Park

Don't miss out on this one-of-a-kind show that has something for everyone. From epic motors, stunt shows, monster trucks, a fun fair, circus to kids' zone, there's entertainment for the whole family.

Trinity Park, Ipswich, IP3 8UH

**f** Motorshowevents

[www.motorshowevents.com](http://www.motorshowevents.com)

Get 20% off entry with code 'Toddle'.

Under 3s go free.

20% Off  
with code  
'Toddle'

**AUG  
23-24**

## THE SUMMER FESTIVAL

Framlingham College

Prepare for non-stop excitement with 3 epic stages, magic and circus performances, a fun fair, mouth-watering cookery demos, fierce chili-eating competitions, jaw-dropping wrestling matches, a rejuvenating wellness area, and a whole lot more!

Framlingham College, IP13 9EY

**f** SummerFestivalSuffolk

[www.summerfestfram.co.uk](http://www.summerfestfram.co.uk)

Under 5s go free.

WIN  
a Family  
Ticket!

**AUG  
30**

## FOMO FEST

Food Museum

A brand new family friendly Music Festival bringing big names to the heart of Suffolk. An unmissable day of music and family fun with 2 music stages, funfair & kids entertainment and top quality food vendors and selection of festival traders.

Food Museum, Stowmarket, IP14 1SL

**f** FOMOFest

[www.fomofest.co.uk](http://www.fomofest.co.uk)

Under 5s go free.

**WIN**  
festival tickets!



Win a Family Weekend Ticket to The Summer Festival at Framlingham College on 23rd and 24th August, worth £125.

Closing date is 3rd August 2025. Enter online at

[www.toddle.club/summerfest](http://www.toddle.club/summerfest)



**SEPT  
27-28**

## ALDEBURGH FOOD & DRINK FESTIVAL

Snape Maltings

130+ local food and drink producers, live demo stages, celebrity chefs, masterclasses, free children's cookery classes every 30 minutes, live music and so much more.

Snape Maltings, Saxmundham, IP17 1SP

**f** AldeburghFoodandDrinkFestival

[www.aldeburghfoodanddrink.co.uk](http://www.aldeburghfoodanddrink.co.uk)

Under 16s go free.

Details are correct at time of printing but may change.  
Please check with the event organisers for prices, times & dates.



Framlingham

COLLEGE PREP SCHOOL

# JOIN US AT OUR *free* SUMMER Stay and Play Sessions

Tuesday 22 July 2025

Tuesday 29 July 2025

Tuesday 05 August 2025

Tuesday 12 August 2025

Sign up for one or more of our Stay and Play sessions (ages 2 -5) where you can come and experience our Nursery. An opportunity to play together, enjoy stories, arts and craft and go on some outdoor adventures.

All sessions run from 09:30 - 11:30 in our purpose-built  
Early Years Building at Framlingham College Prep School, IP13 7AH

**Free of charge | Siblings welcome**

Scan the QR code to book or go to  
[framlinghamcollege.co.uk/stayandplay](https://framlinghamcollege.co.uk/stayandplay)



## WANT TO DISCOVER MORE?

Book a personal visit and see our purpose-built centre, set in 23 acres, specifically designed for youngsters to thrive; playing, developing social and communication skills and gaining independence before starting school.



# HOW TO PASS ON THE RIGHT MONEY HABITS



**CELEBRATING UK SAVINGS WEEK: 22 - 28 SEPT 2025**

**Many of the habits we form as adults begin in childhood, learned from the grown-ups in our lives.**

One of the most valuable habits a parent or carer can nurture is a good savings routine. Helping children understand the value of money and encouraging regular saving can build financial independence and support their wellbeing for years to come.

Fortunately, there are lots of fun, engaging ways to start.

## START AS EARLY AS POSSIBLE

With toddlers, it can be as simple as using a moneybox and setting a daily routine - perhaps adding a few coins each night before bed. Make it fun by using the coins to play shop, helping them learn the value of money and distinguish between needs and wants.

As they grow, introduce savings goals - perhaps a toy they really want. Start with something achievable and build towards longer-term goals. This teaches patience and the idea that, in a world of instant gratification, some things are worth waiting for.

## INSPIRE THEM TO SAVE

For older children, giving regular pocket money and encouraging them to save a portion can reinforce good habits. A clear savings goal helps maintain motivation. You might also explore extra ways to grow their pot - such as small payments for chores or choosing a cheaper snack, with the savings added to their fund.

Incentives can work well. Offering small rewards for hitting milestones or saving consistently can keep

them engaged. You could even offer to match what they save to encourage them to set aside more of their own money.

Once saving becomes a habit, consider opening a savings account. Involve your child in choosing one - perhaps at a local building society - and talk through the benefits, such as interest rates and how savings grow over time. Encourage them to check their balance regularly and take pride in their progress.

## REMEMBER THE REWARD

To embed the habit for life, don't focus solely on the act of saving - highlight the reward. Help them imagine achieving their goal. They could draw a picture of themselves with the item they're saving for or write a short story about what they'll do with it.

## LEAD BY EXAMPLE

Once they've grasped the basics, talk to your children about how you manage your own savings and budget. Explain the importance of setting money aside - not just for fun things like holidays, but also for unexpected costs such as a car repair.

Discuss the difference between needs and wants: you need to pay for electricity, but you may also want to save for a new jumper. You could even involve them in family budgeting by setting a small allowance to plan a meal or a day out.

However you go about it, UK Savings Week is a great time to begin. You could be giving your child a gift that lasts a lifetime.



*UK Savings Week is an initiative from the Building Societies Association (BSA), designed to help people build better saving habits. Visit [www.uksavingsweek.co.uk](http://www.uksavingsweek.co.uk) for tips, tools, and ideas to support your family's savings journey.*



# TODDLER TAKEOVER (AGES 1-6)

Enjoy jumping to your hearts content in an 100% safe environment!  
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*jump in*

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2021  
2022

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Ipswich & Felixstowe - Chloe: 07916258125

Bury St Edmunds - Gabbie: 07949725465





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## SCUTTLE TO THE SEA

THIS CHEEKY CRAB NEEDS YOUR HELP TO WIGGLE THROUGH THE WINDING MAZE AND GET BACK TO HIS UNDERWATER HOME. WATCH OUT FOR BEACH BUCKETS AND SPADES!



## CHEEKY CHARLIE HUNT!



WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE  
CAN YOU COUNT HOW MANY TIMES HE APPEARS?

## PLAYDAY PUZZLE



## SPOT THE DIFFERENCE THERE ARE 10 TO FIND!



ANSWERS ON P.35



# FINBOROUGH SCHOOL



Limited spaces available - enquire today

## NOW OPEN YEAR-ROUND

Our nurturing and inspiring nursery welcomes little ones from just 6 months old

At Finborough Nursery, we provide a warm, stimulating environment where your child can grow, explore, and thrive, supported by caring professionals in dedicated learning spaces.

- Exceptional care from 6 months to school age
- Highly experienced and knowledgeable Early Years practitioners
- Open year round to support busy, working families
- Purpose-built setting with outstanding educational facilities
- Part of the renowned Finborough School community

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for personal tours  
throughout the  
summer.**

Book your tour  
by scanning the  
QR code here:



Finborough School, The Hall, Great Finborough, Stowmarket, Suffolk, IP14 3EF  
[admissions@finboroughschool.co.uk](mailto:admissions@finboroughschool.co.uk) | 01449 773600





National  
Trust

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# Summer starts with the National Trust

## Visit Ickworth Estate this summer:

- Summer of Play returns to the Walled Garden from 19 Jul - 2 Sep. Enjoy a wealth of outdoor activities and games during the school holidays.
- An informative Italianate Garden Exhibition runs throughout the summer months.
- Cycle hire and walking routes galore!

Find out more: [nationaltrust.org.uk/ickworth](https://nationaltrust.org.uk/ickworth)





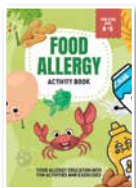
# FAB & FUNKY PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOU & YOUR LITTLE ONES



## BIBS BABY FOOD FEEDER, £12.95

Designed with weaning in mind, the BIBS Baby Food Feeder helps babies safely explore new flavours and textures. Its soft silicone nipple gently dispenses small bites, encouraging self-feeding. A built-in compartment stores an extra portion, while a spare nipple ensures parents are always prepared for mess-free, on-the-go feeding. Available now at [www.bibsworld.com](http://www.bibsworld.com)



## FOOD ALLERGY ACTIVITY BOOK, £10.99

Explore and learn all about food allergies with this engaging activity book, designed especially for children aged 4 to 6. It features fun exercises and educational content that introduces little ones to allergy awareness and safety in an age-appropriate way. With grown-up guidance required for some tasks. [www.tots2teensallergies.com/books](http://www.tots2teensallergies.com/books)



## POTETTE FOLD 'N' GO POTTY, FROM £9.99

The Potette Fold 'N' Go Potty is a lightweight, space-saving solution for potty training on the move. It pops up quickly for instant use, making it ideal for travel, festivals and family days out. Compact enough for a changing bag or car, it's a practical essential for parents on the go. [www.cheekyrascals.co.uk](http://www.cheekyrascals.co.uk)



## INFANTINO MY 1ST TUMBLER, £12.99

Infantino's My 1st Tumbler is a baby-friendly, leak-proof silicone cup made for little hands learning to drink independently. Designed to fit most cup holders and strollers, it's ideal for mess-free hydration on the go. Available in five stylish colours, it makes sipping simple - whether at home or out and about. [www.amazon.co.uk](http://www.amazon.co.uk)



## YOTO MINI PLAYER, £59.99

The Yoto Mini is a screen-free audio player made for children. Compact and easy to use, it plays stories, music, podcasts and more via physical cards. Perfect for travel and quiet time, it encourages imagination without screens. Just pop in a Yoto card and kids can listen independently, with hours of content and no ads. Learn more at [www.yotoplay.com](http://www.yotoplay.com).

WIN THIS!

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£5 OFF A BABY MASSAGE COURSE

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Use code 'TODDLE10' at checkout. Available for classes in Ipswich, Bury St Edmunds and East Suffolk only. Expires: 30/09/25

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New customers only. Quote 'Toddle About'. Expires: 30/09/25

**FREE  
CLASS**

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New customers only. Use code 'TODDLE10' at checkout. Expires: 30/09/25

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OFF**

### JO JINGLES IPSWICH

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07732 544548 [www.jojingles.com/ipswich](http://www.jojingles.com/ipswich)

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**FREE  
CLASS**

### MAMBA MARTIAL ARTS

FREE TRIAL CLASS

07528 682172 [www.mambamartialarts.co.uk](http://www.mambamartialarts.co.uk)

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**10%  
OFF**

### MOO MUSIC

10% OFF YOUR NEXT BOOKING

[suzi@mo-music.co.uk](mailto:suzi@mo-music.co.uk) [www.moomusicdnm.co.uk/ta](http://www.moomusicdnm.co.uk/ta)

New customers only. Use code 'ToddleAbout' when booking. Expires: 30/09/25

**FREE  
CLASS**

### MOONTREE YOGA

FREE TRIAL CLASS

[hella@moontreeyoga.co.uk](mailto:hella@moontreeyoga.co.uk) [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk)

New customers only. Use code 'TODDLEABOUT' when booking. Expires: 30/09/25

**FREE  
CLASS**

### TODDLE TALK IPSWICH

FREE TRIAL CLASS

07748 914370 [www.toddletalk.info](http://www.toddletalk.info)

New customers only. Use code 'TODDLEABOUTFREE'. Expires: 30/09/25

**£5  
OFF**

### TUMBLE TOTS

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[www.tumbletots.com/ely](http://www.tumbletots.com/ely)

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Quote 'Toddle About'. Expires: 30/09/25

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Quote 'Toddle About' when booking. Cannot be used with any other offer or promotion for new and existing clients. Expires: 30/09/25

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### THE LITTLE DINING CLUB

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[www.thelittlediningclub.com](http://www.thelittlediningclub.com)

New customers only. Use code 'TODDLE10' when completing enquiry form.  
Expires: 30/09/25

## HEALTH

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### MINI FIRST AID SUFFOLK

£10 OFF A £30 BABY & CHILD FIRST AID CLASS FOR HOST

[naomi@minifirstaid.co.uk](mailto:naomi@minifirstaid.co.uk) Not valid with any other offer. Only available for private class bookings. Quote 'Toddle About'. Expires: 30/09/25

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[www.motorshowevents.com/festival-of-wheels-car-show-ipswich-suffolk](http://www.motorshowevents.com/festival-of-wheels-car-show-ipswich-suffolk)

Use code 'Toddle' online at checkout. Expires: 04/08/25



**Suffolk Parents  
Need  
YOU!**

Do you dream of a better work-life balance?

We are looking for someone to join our team to help host the Toddle About Baby Show and support the continued success of the magazine while spreading the Toddle About love across Suffolk!



**Download Our Franchise Prospectus**



win

A PARENT + BABY SCREENING  
TICKET AT ABBEYGATE CINEMA

We are giving three lucky parents a chance to win a Parent + Baby Screening Ticket at Abbeygate Cinema.

This Screening is only open to parents and guardians with babies under one year old. So there's no need to worry about disturbing other guests while your film's playing. The film is played at a lower level and with the lights on low.

The ticket includes a hot drink and a cake.

**HOW TO ENTER**

Enter online via  
[toddle.club/abbeygatecinema](http://toddle.club/abbeygatecinema)

**Competition closes midnight 31st July 2025.**

*T&C's apply, visit [toddle.club/abbeygatecinema](http://toddle.club/abbeygatecinema) for further details.*

WORTH  
£9.50  
EACH



Enter at: [www.toddle.club/abbeygatecinema](http://www.toddle.club/abbeygatecinema)



ABBEGATE  
CINEMA



For more information visit [www.abbeygatecinema.co.uk](http://www.abbeygatecinema.co.uk)

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**ACTIVITY BOOK**

**FOOD ALLERGY**  
ACTIVITY BOOK

FOR KIDS  
AGE  
4-6

ALLERGY EDUCATION WITH FUN  
ACTIVITIES AND EXERCISES

Explore and learn all about food allergies with our activity book, crafted specially for 4 to 6 year olds.

Features include food allergy education and safety with fun exercises and activities.

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[www.tinytoesballet.co.uk/suffolk](http://www.tinytoesballet.co.uk/suffolk)

# WHAAAT?!?

## FREE FOR 3 MONTHS?

Yep! Subscribe to Toddle About and pay nothing for 3 months!

After your trial, it's only £2 every quarter!

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## THIS ISSUE YOU COULD WIN:

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Subscribe to Toddle About today at  
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SUBSCRIBE BEFORE 30<sup>TH</sup> SEPT TO WIN



# PAYING ATTENTION

## WHY DO YOUNG CHILDREN FIND IT SO HARD?

By Dr. Gemma Goldenberg

Does your child seem to ignore you even when they're looking right at you? Do they flit from toy to toy without settling? Maybe they concentrate on a TV show but can't sit still at nursery? If so, you're not alone. Many young children struggle with attention - but understanding why can help us support them more effectively.

### ATTENTION CAPTURE VS. ATTENTION CONTROL

We can think of attention as having two modes: attention *capture* and attention *control*.

Attention *capture* happens automatically - when something is bright, loud, or moving, it grabs our focus without effort. This is a survival mechanism. As early humans, anything that moved or made noise nearby might have been prey - or a predator. So our brains evolved to notice these things instantly. Even very young children are skilled at attention capture, which is why they're drawn to colour, movement and sound.

Attention *control*, on the other hand, is the ability to focus deliberately and ignore distractions - like reading a book on a noisy train. It's like controlling a spotlight, and it's a far harder skill to master. The brain networks responsible for attention control don't fully mature until our mid-20s. For young children, these systems are still developing, making it biologically difficult to sustain focus or filter out background noise.

### PRACTICAL STRATEGIES TO SUPPORT YOUR CHILD'S ATTENTION

Once we understand that young children aren't choosing to be distracted - it's just their stage of development - it becomes easier to support them without frustration.



Dr Gemma Goldenberg is a psychologist and researcher at the Institute for the Science of Early Years and Youth. This article is based on her book *Take Action on Distraction* written with Professor Sam Wass. Visit [www.bloomsbury.com](http://www.bloomsbury.com).

### 1. MINIMISE DISTRACTIONS

Reduce competing distractions when you want your child to focus:

- Turn off the TV/radio or move to a quieter space.
- Move closer and make eye contact.
- Speak clearly and use expressive tones to help their brain tune in.

Young children struggle to pick out one voice in a noisy environment - this skill doesn't fully develop until around age 12. So when your child seems not to listen while others are talking, it's not rudeness - it's a normal brain response.

### 2. USE REPETITION AND PREDICTABILITY

The brain thrives on repetition and routine. These build neural pathways and help children focus.

Children's brains constantly predict what might happen next and these predictions help them pay attention to information when it arrives. Try:

- **Pre-warning:** "I'm about to tell you something..."
- **Signposting:** "Listen for the 'beep beep' in this song."
- **Prompting:** "What do we do after we brush our teeth?"
- **Repeating familiar stories, songs, and activities:** Your child is still learning from them every time.
- **Using your child's name before an instruction:** "Anna, please put your shoes on now" gives the brain time to tune in to the instruction.

Understanding the difference between attention capture and control allows us to create environments that support focus and align with children's natural development.

# TODDLE MODELS

## Baby and Toddler Photo Competition Winner

Thank you to everyone who entered  
our Spring Toddle Models competition!

Congratulations to little Henry who won a Personalised Water  
and Sand Play Table from **My 1st Years**, worth £150!

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.



Find out more at  
[www.my1styears.com](http://www.my1styears.com)



Henry, 10 months old



Evie-Mae & Esme-Rose,  
3 years & 7 months old



Matthew, 18 months old



Felix, 3.5 years old



Roland, 1 year old



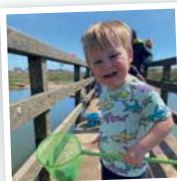
Albie, 22 months old



Astrid, 17 months old



Rosalie, 5 years old



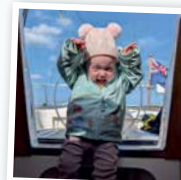
Flynn, 2 years old



Theo, 22 months old



Thilda, 3 years old



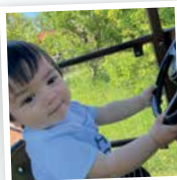
Heidi, 21 months old



Sienna, 1 year 4 months old



Caiden, 4 years old



Damian, 13 months old



Teddy, 2 yrs 8 months old



Ivo, 1 year old



Maeva, 11 months old



Atti, 2 years old



Ivy, 3 years 9 months old



Hallie, 2 years 5 months old

# BOREDOM BUSTERS JAR

Add loads of fun ideas to a Boredom Busters Jar so when kids get bored, you can simply tell them to pick an idea! It's a fun way to give kids something to do and an easy way to access those fun ideas you can never come up with a moment's notice.

## WHAT YOU WILL NEED:

- 1 mason jar
- Boredom Busters printable: [www.toddle.club/jar](http://www.toddle.club/jar)
- Scissors
- Double-sided tape

## INSTRUCTIONS:

1. Print out boredom busters and jar label.
2. Write any boredom busters you want on the blank sheets.
3. Cut out the boredom busters and jar label.
4. Tape the label to your jar and fill jar with boredom busters (folded).

## TIPS & NOTES:

- Include not so fun options as well to keep kids from constantly saying 'I'm bored and just wanting to go through all the options in the jar.'
- Make a rule that they do whatever it is they pull out, unless there is a very good reason why they can't (e.g., it's pouring with rain or snowing).
- Write specific boredom busters rather than generic ones so that kids know exactly what to do. E.g. Putting in "write a story about dinosaurs" rather than "write a story".



SCAN ME

Craft courtesy of **Britni Vigil**, creator of [www.playpartyplan.com](http://www.playpartyplan.com), a website dedicated to making life more fun by offering one-stop resources for parties, games, easy recipes, & kid activities! Facebook and Instagram – @PlayPartyPlan

## COMPETITION

# TODDLE MODELS



## WIN A BANWOOD ECO SCOOTER AND HELMET, WORTH £118

### THE PRIZE: A Banwood Eco Scooter & Helmet

The original luxury outdoor children's lifestyle brand Banwood has launched a new Eco Collection featuring a **3-wheel Banwood scooter and helmet** for children aged 3+, in a new, earthy colour palette and at a lower price point than its classic collections.

The Eco collection is made from **100% post-consumer recycled plastic**, repurposed from discarded bottles, bags, cups and fishing nets, sourced through certified waste disposal partners

Find out more at  
[www.banwood.co.uk](http://www.banwood.co.uk).

# BANWOOD

### HOW TO ENTER:

Send us a photo of your little one enjoying some summer-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 28<sup>th</sup> Sept 2025**.

WORTH  
£118

ENTER AT:  
[www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels)



T&Cs apply - all online at [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels). The winners will be chosen at random.



# 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

##### Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

- **Stay & Play:** 11:00 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Jul - 6 Oct.

##### 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:** 7 Jul - 21 Jul, 4 Aug & 1 Sep - 6 Oct.

##### 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:** 7 Jul - 21 Jul & 1 Sep - 6 Oct.

##### The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Stay & Play:** 13:30 - 14:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Jul - 6 Oct.

##### Toddlers at Bridge Kids

Bridge Community Church, 68 Queens Road, Bury St Edmunds, IP33 3EW. [www.bridgecommunitychurch.co.uk](http://www.bridgecommunitychurch.co.uk).

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

**Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

#### MUSIC & SIGNING

##### Moo Music

Red Lodge Millennium Centre Ltd, 1 Lavender Close, Red Lodge, IP28 8TT. 07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- **Mixed Moo (0-5yrs):** 9:15 - 9:55 & 10:55 - 11:35.
- **Baby/Mini Moo (0-18 months):** 10:10 - 10:40.

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

**Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

##### Moo Music

Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU. 07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- **Mixed Moo (0-5yrs):** 13:15 - 13:55.
- **Baby/Mini Moo 2.15pm (0-18 months):** 14:15 - 14:45.

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

**Dates:** 7 Jul - 21 Jul & 8 Sep - 6 Oct.

### TUESDAY

#### PARENTS & TOTS

##### Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830. [www.suffolklibraries.co.uk](http://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:** 8 Jul - 7 Oct.

##### Carousel Family Hub

Newbury Community Centre, 1 Charles Place, Bury St Edmunds, IP32 6RW.

- **Stay & Play:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jul - 7 Oct.

##### Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY.

- **Stay & Play:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jul - 7 Oct.

##### Horringer Hedgehogs Baby & Toddler Group

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

- **Baby & Toddler Group:** 9:30 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** £5 per session (*drop in*).

**Dates:** 8 Jul - 15 Jul, 9 Sep - 7 Oct.

## WEDNESDAY

### PARENTS & TOTS

#### Cartwheels Family Hub

Norton Road, Haverhill, CB9 8NF.

- **Stay & Play:** 13:00 - 14:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 9 Jul - 8 Oct.

#### Edmundo Lounge

28 Cornhill, Bury St Edmunds, IP33 1DY. 01284700166.

[www.thelounges.co.uk](http://www.thelounges.co.uk).

- **Parent & Baby Group:** 10:00 - 11:30.

**Ages:** 0 - 3 yrs. **Cost:** Free (*drop in*). **Dates:** 9 Jul - 8 Oct.

#### Prado Lounge

15 - 16 Market Hill, Sudbury, CO10 2EA. 01787313634.

[www.thelounges.co.uk](http://www.thelounges.co.uk).

- **Baby Club:** 9:00 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 9 Jul - 8 Oct.

## THURSDAY

### PARENTS & TOTS

#### Bluebells Family Hub

Bury Lane, Stanton, IP31 2DE. 01473341499.

- **Play & Chat:** 13:15 - 14:45.

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.

[www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk).

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

**Ages:** 3 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jul - 9 Oct.

#### Little Treasures Parent & Toddler Group

Lawshall Evangelical Free Church, Hanningfield Green, Lawshall,

IP29 4QD. 01284 828694. [www.lawshallfreechurch.org.uk](http://www.lawshallfreechurch.org.uk).

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Midweek for Mums

The New Bury Community Centre, 1 Charles Place, Bury St Edmunds,

IP32 6TD. 07791 708708. [www.bse-pc.org](http://www.bse-pc.org).

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### 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:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

#### Sudbury Library

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

[www.suffolklibraries.co.uk](http://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:** 10 Jul - 9 Oct.

### DANCE & DRAMA

#### Tiny Toes Ballet

The New Green Centre, New Green Avenue, Thurston, IP31 3TG.

07415127619. [www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk).

- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 1½ yrs - 2½ yrs.

- **Talent Toes:** 10:00 - 10:40. **Ages:** 2½ yrs - 4 yrs.

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

**Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

## PHYSICAL FUN

#### Tumble Tots Ely

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

[www.tumbletots.com](http://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:** 10 Jul - 17 Jul.

## HEALTH & WELLNESS

#### Mini First Aid Suffolk

Joy Connections, Angel Hill, Bury St Edmunds, IP33 9SQ.

07706 068980. [www.suffolk.minifirstaid.co.uk](http://www.suffolk.minifirstaid.co.uk).

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

**Cost:** £30 per session (*booking essential*). **Dates:** 28 Aug.

## 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:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

## FRIDAY

### PARENTS & TOTS

#### Horringer Hedgehogs Baby & Toddler Group

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

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

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

**Dates:** 11 Jul - 18 Jul, 5 Sep - 10 Oct.

#### St Edmundsbury Cathedral

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

[www.steds cathedral.org](http://www.steds cathedral.org).

- **Young Families:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 11 Jul - 10 Oct.

## MUSIC & SIGNING

#### Moo Music

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.

07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- **Mixed Moo (0-5yrs):** 11:05 - 11:45.

- **Baby/Mini Moo (0-18 months):** 10:20 - 10:50.

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

**Dates:** 11 Jul - 18 Jul & 12 Sep - 10 Oct.

#### Moo Music

Wesley Hall, 11 School Road, Elmswell, Bury St Edmunds, IP30 9BW.

07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

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

- **Baby/Mini Moo (0-18 months):** 14:15 - 14:45.

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

**Dates:** 11 Jul - 18 Jul & 12 Sep - 10 Oct.

## DANCE & DRAMA

#### Tiny Toes Ballet

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

07415127619. [www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk).

- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 1½ yrs - 2½ yrs.

- **Talent Toes:** 10:00 - 10:40. **Ages:** 2½ yrs - 4 yrs.

- **Twirlers:** 10:45 - 11:25. **Ages:** 4 - 5 yrs.

- **Spinners:** 11:30 - 12:10. **Ages:** 5 - 7 yrs.

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

**Dates:** 12 Sep - 10 Oct.



## Moo Music

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### Tiny Toes Ballet

RH CAST, Northgate Street, Bury St Edmunds, IP33 1HP. 07415127619.  
[www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk)

- **Talent Toes:** 9:45 - 10:25. **Ages:** 2½ yrs - 4 yrs.
- **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.

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

**Dates:** 12 Sep - 10 Oct.

## SATURDAY

### PARENTS & TOTS

#### Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.  
[www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk)

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

**Cost:** Free (drop in). **Dates:** 12 Jul - 11 Oct.

#### Sudbury Library

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

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

**Ages:** 0 - 6 yrs. **Cost:** Free (drop in). **Dates:** 12 Jul - 11 Oct.

### DANCE & DRAMA

#### Tiny Toes Ballet

RH CAST, Northgate Street, Bury St Edmunds, IP33 1HP. 07415127619.  
[www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk)

- **Twinkle Toes:** 9:00 - 9:40. **Ages:** 1½ yrs - 2½ yrs.
- **Talent Toes:** 9:45 - 10:25. **Ages:** 2½ yrs - 4 yrs.
- **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.

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

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

### Tiny Toes Ballet

Ellesmere Centre, Ley Road, Stetchworth, Newmarket, CB8 9TS.  
07415127619. [www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk)

- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 1½ yrs - 2½ yrs.
- **Talent Toes:** 10:00 - 10:40. **Ages:** 2½ yrs - 4 yrs.
- **Twirlers:** 10:45 - 11:25. **Ages:** 4 - 5 yrs.
- **Spinners:** 11:30 - 12:10. **Ages:** 5 - 7 yrs.

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

**Dates:** 12 Jul - 19 Jul & 6 Sep - 11 Oct.

## HEALTH & WELLNESS

#### Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR.  
07706 068980. [www.suffolk.minifirstaid.co.uk](http://www.suffolk.minifirstaid.co.uk)

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

**Cost:** £30 per session (booking essential). **Dates:** 26 Jul.

## SUNDAY

### PARENTS & TOTS

#### Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.  
[www.suffolklibraries.co.uk](http://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:** 13 Jul - 5 Oct.

### DANCE & DRAMA

#### Tiny Toes Ballet

RH CAST, Northgate Street, Bury St Edmunds, IP33 1HP. 07415127619.  
[www.tinytoesballet.co.uk](http://www.tinytoesballet.co.uk)

- **Twinkle Toes:** 9:00 - 9:40. **Ages:** 1½ yrs - 2½ yrs.

**Cost:** £9 per session (booking essential). **Dates:** 7 Sep - 5 Oct.

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## IPSWICH, MID & EAST SUFFOLK AREA

### MONDAY

#### PARENTS & TOTS

##### Acorns Family Hub

Stowhealth Centre, Stowmarket, IP14 1NL. 03456080033.

- **Play and Chat Group:** 9:30 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 7 Jul - 14 Jul & 1 Sep - 6 Oct.

##### Aldeburgh Library

Victoria Road, Triangle Wood Green, Aldeburgh, IP15 5EG.  
01728642930. [www.suffolk.gov.uk](http://www.suffolk.gov.uk).

- **Baby Bounce:** 9:30 - 10:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 7 Jul - 14 Jul.

##### BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX.  
01473210176/07492691190. [www.bmesuffolk.org](http://www.bmesuffolk.org).

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

**Ages:** 1½ yrs - 4 yrs. **Cost:** Free (booking essential).  
**Dates:** 7 Jul - 21 Jul & 1 Sep - 6 Oct.

##### Busy Bees Saxmundham

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

- **Busy Bees Toddler Group:** 9:00 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** £1 per session (booking essential).  
**Dates:** 7 Jul - 6 Oct.

##### Capel Community Church

Days Road, Capel St Mary, Ipswich, IP9 2JW. 07752921135.  
[www.capelcommunitychurch.org.uk](http://www.capelcommunitychurch.org.uk).

- **Stay & Play Cafe:** 9:30 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** £0.50 per session (drop in).  
**Dates:** 7 Jul - 14 Jul & 1 Sep - 6 Oct.

##### Ipswich Community Playbus

Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD.  
01473221521. [www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

- **Playbus Session:** 9:45 - 11:30.

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

##### Ipswich Community Playbus

Strata Warehouse, Raeburn Road South, Ipswich, IP3 0ET.  
01473221521. [www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

- **Playbus Session:** 13:00 - 14:45.

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

##### Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Leiston Self Weigh:** 13:00 - 15:00. **Cost:** Free (drop in).
- **Leiston Youth Club:** 18:30 - 20:30. **Dates:** 7 Jul - 14 Jul.
- **Antenatal Care of the Newborn & Infant Feeding Class:** 10:00 - 12:00.

**Dates:** 28 Jul, 18 Aug & 29 Sep. **Cost:** Free (booking essential).

##### St Augustine's Church

Bucklesham Road, Ipswich, IP3 8TH. 01473 723960.  
[www.staugustinesipswich.org.uk](http://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:** 8 Sep - 6 Oct.

##### Suffolk Wildlife Trust

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

- **Wild Tots:** 10:00 - 11:30.

**Ages:** 1½ yrs - 5 yrs. **Cost:** £5 per session (booking essential).  
**Dates:** 7 Jul - 6 Oct.

### MUSIC & SIGNING

##### Jo Jingles Ipswich

River of Life Church, Carr Road, Felixstowe, IP11 2FS. 07732 544548.  
[www.jojingles.com](http://www.jojingles.com).

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

(booking essential). **Dates:** 7 Jul - 21 Jul & 1 Sep - 6 Oct.

##### Jo Jingles Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.  
07732 544548. [www.jojingles.com](http://www.jojingles.com).

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

(booking essential). **Dates:** 7 Jul - 21 Jul & 1 Sep - 6 Oct.

##### Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.  
07944 033723. [www.moomusicsdnm.co.uk](http://www.moomusicsdnm.co.uk).

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

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

**Dates:** 7 Jul - 14 Jul & 8 Sep - 6 Oct.

- **Moobern Massage (6weeks-6months):** 12:30 - 13:45.

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

**Dates:** 14 Jul - 4 Aug & 8 Sep - 29 Sep.

##### Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.  
[www.toddletalk.info](http://www.toddletalk.info).

- **Toddle Talk Baby Signing:** 10:00 - 11:00.

**Ages:** 5 mths - 3 yrs. **Cost:** £6 per session (booking essential).  
**Dates:** 7 Jul - 21 Jul.

### SENSORY & DEVELOPMENT

##### Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.  
[www.babysenses.info](http://www.babysenses.info).

- **Baby Senses Baby Massage:** 11:30 - 13:00.

**Ages:** 0 - 1 yrs. **Cost:** £10 per session (booking essential).  
**Dates:** 7 Jul - 21 Jul.



### SENSORY PLAY CLASSES

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Web: [www.mambamartialarts.co.uk](http://www.mambamartialarts.co.uk)

### Jasmine Blossom Birth and Baby

Melton Pavillion, Melton Recreation Ground, Melton, Woodbridge, IP12 1PF. 07815698459. [www.jasmineblossombirthing.com](http://www.jasmineblossombirthing.com).

- **Baby Massage 5 Week Course:** 10:00 - 11:00.

**Ages:** 1 mths - 1½ yrs. **Cost:** £10 per session (booking essential).

**Dates:** 1 Sep - 29 Sep.

## PHYSICAL FUN

### Little Kickers Ipswich

Inspire, Lindbergh Road, Ipswich, IP3 9QX. 07762 341982. [www.littlekickers.co.uk](http://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:** 7 Jul - 21 Jul.

### Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or 07528682172. [www.mambamartialarts.co.uk](http://www.mambamartialarts.co.uk).

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

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

**Dates:** 7 Jul - 14 Jul & 1 Sep - 6 Oct.

## SEND ACTIVITIES

### Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH. 07746580132. [www.ipswichopportunitygroup.org.uk](http://www.ipswichopportunitygroup.org.uk).

**Times:** 10:00 - 11:30 & 13:00 - 14:30.

**Ages:** 0 - 5 yrs.

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

**Dates:** 7 Jul - 6 Oct.



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## TUESDAY

### PARENTS & TOTS

#### Acorns Family Hub

Acorns Family Hub, Stowhealth Centre, Stowmarket, IP14 1NL. 03456080033.

- **Infant Feeding Group:** 10:00 - 12:00.

**Cost:** Free (drop in). **Dates:** 8 Jul - 15 Jul & 2 Sep - 7 Oct.

#### Bethesda Baptist Church Parent and Toddler Group

Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB. 07761 766603. [www.bethesdaipswich.com](http://www.bethesdaipswich.com).

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

#### Eye Family Hub

Church Street, Eye, IP23 7BD.

- **Stay & Play:** 13:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Jul - 15 Jul & 2 Sep - 7 Oct.

#### Framlingham College Prep School

Early Years Building, Woodbridge, IP13 7AH. 01728 685331. [www.framlinghamcollege.co.uk](http://www.framlinghamcollege.co.uk).

- **Stay and Play Sessions:** 9:30 - 11:00.

**Ages:** 2 - 5 yrs. **Cost:** Free (booking essential).

**Dates:** 22 Jul - 29 Jul & 5 Aug - 12 Aug.

#### Gainsborough Community Library

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

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

**Ages:** 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Jul - 7 Oct.

**Halesworth Library**

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

- **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:** 8 Jul - 7 Oct.

**Ipswich Community Playbus**

Discovery Avenue Car Park, Discovery Avenue, Ipswich, IP2 8SD. 01473221521. [www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

- **Playbus Session:** 9:45 - 12:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jul - 22 Jul.

**Kesgrave Baptist Church Toddler Group**

Kesgrave Baptist Church, Cambridge Road, Kesgrave, IP5 1EW. 07818 589268. [www.kesgravebaptistchurch.org.uk](http://www.kesgravebaptistchurch.org.uk).

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

**Cost:** £1 per session (*drop in*). **Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**Kesgrave Library**

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 851374.

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

**Ages:** 1 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jul - 7 Oct.

**Leiston Family Hub**

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

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

**Cost:** Free (*drop in*). **Dates:** 8 Jul - 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:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**Saxmundham Library**

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

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

**Cost:** Free (*drop in*). **Dates:** 8 Jul - 15 Jul.

**St Augustine's Church**

St Augustine's Hub, Bucklesham Road, Ipswich, IP3 8TH. 01473 723960. [www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk).

- **Hippos Baby & Toddler Group:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.
- **Music & Rhyme:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

**Cost:** £2 per session (*drop in*).

**Dates:** 8 Jul - 22 Jul, 2 Sep - 7 Oct.

**The Flying Horse Cafe & Bar**

4 Waterford Road, Ipswich, IP1 5NW. 07740853604. [www.flyinghorsecafebar.com](http://www.flyinghorsecafebar.com).

- **Tea & Toast Baby & Toddler Group:** 9:00 - 11:00.

**Ages:** 0-5 yrs. **Cost:** Free (*drop in*). **Dates:** 8 Jul - 15 Jul & 2 Sep - 7 Oct.

**Tiddlywinks**

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

01473 259571. [www.burlingtonchurch.org.uk](http://www.burlingtonchurch.org.uk).

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

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**Tots+ at Christ Church Ipswich**

Tacket Street, Ipswich, IP4 1AU. 07505 129389.

[www.christchurch-ipswich.org.uk](http://www.christchurch-ipswich.org.uk).

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

**Dates:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**MUSIC & SINGING****Jo Jingles Ipswich**

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG. 07732 544548. [www.jojingles.com](http://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:** 8 Jul - 22 Jul & 2 Sep - 7 Oct.

**Moo Music**

St Augustine's Community Hub, Bucklesham Road, Ipswich, IP3 8TH. 07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- **Mixed Moo (6months-5yrs):** 9:30 - 10:10.
- **Baby/Mini Moo (0-18 months):** 10:30 - 11:00.

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

**Dates:** 8 Jul - 22 Jul & 9 Sep - 7 Oct.

**Moo Music**

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

07944 033723. [www.moomusicsdnm.co.uk](http://www.moomusicsdnm.co.uk).

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

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

**Dates:** 8 Jul - 15 Jul, 9 Sep - 7 Oct.

**SENSORY & DEVELOPMENT****Baby Sensory**

Inspire, Lindbergh Road, Ipswich, IP3 9QX. [www.babysensory.com](http://www.babysensory.com).

- **Baby Class (7 - 13 months):** 10:00 - 11:00.
- **Baby Class (0-6 months):** 11:15 - 12:15.
- **Baby Class (0-13 months):** 12:35 - 13:35.

**Cost:** £12 per session (*booking essential*).

**Dates:** 8 Jul - 15 Jul & 2 Sep - 7 Oct.

**Bendy Beans**

Claydon and Barham Village Hall, 6-8 Norwich Road, Claydon, Ipswich, IP6 0DF. [www.bendybeans.co.uk](http://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:** 8 Jul - 22 Jul.

**Happy Babies Sensory Play Classes**

1st Kesgrave Scout Hall, Twelve Acre Approach, Kesgrave, Ipswich, IP5 1JF. 07817356673. [www.happy-babies.co.uk](http://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:** 2 Sep - 7 Oct.

**PHYSICAL FUN****Little Kickers Ipswich**

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

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

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

**Dates:** 8 Jul - 22 Jul.

**HEALTH & WELLNESS****Moontree Yoga & Wellbeing Ltd**

Clip 'n Climb Ipswich, Berwick Road, The Havens, Ransomes Industrial Estate, Ipswich, IP3 9ST. 07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

- **Yoga for Mum & Baby:** 10:00 - 11:00 & 11:15 - 12:15.

**Ages:** 1 mths - 1 yrs.

**Cost:** £11.50 per session (*booking essential*).

**Dates:** 8 Jul - 7 Oct.



## 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](http://www.waltonandtrimley.org.uk).

- **1.2.3. Toddler Group:** 13:00 - 15:00.

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

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### 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:** 9 Jul - 8 Oct.

#### Families Together Suffolk

Dove Hall, Dove River Church, Dove Lane, Eye, IP23 7BD.  
[www.familiestogethersuffolk.org.uk](http://www.familiestogethersuffolk.org.uk).

- **Learn & Grow Eye:** 13:30 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 9 Jul - 8 Oct.

#### Humpty Dumpty Toddler Group

Alan Road Methodist Church, Alan Road, Ipswich, IP3 8EZ.  
01473 713368. [www.eangliamethodist.org.uk](http://www.eangliamethodist.org.uk).

**Times:** 13:00 - 15:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 9 Jul & 10 Sep - 8 Oct.

#### Ipswich Community Playbus

Congreve Road, Congreve Road, Ipswich, IP1 6AH. 01473221521.  
[www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

- **Playbus Session:** 9:45 - 12:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 9 Jul - 23 Jul.

#### Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

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

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

- **Early Days Postnatal:** 10:30 - 12:00.

**Cost:** Free (*booking essential*).

**Dates:** 9 Jul - 16 Jul.

#### Little Hands Toddler Group

Woodbridge Quay Church, Quay Street, Woodbridge, IP12 1BX.  
01394387210. [www.thequay.org.uk](http://www.thequay.org.uk).

**Times:** 9:45 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### 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:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### 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:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### Open 4 U

Felixstowe Methodist Church at Trinity, Hamilton Road, Felixstowe,  
IP11 7AN. [www.fpmc.methodistic.org.uk](http://www.fpmc.methodistic.org.uk).

**Times:** 9:15 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*).

**Dates:** 9 Jul & 10 Sep - 8 Oct.

#### Pebbles at St Peter's

St Peter's Church Yoxford, 4 Park Place, Yoxford, IP17 3HN.  
[www.cofesuffolk.org](http://www.cofesuffolk.org).

- **Stay and Play:** 11:00 - 12:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### Rainbow Toddlers

Colchester Road Baptist Church, 75 Colchester Road, Ipswich, IP4 4ST.  
01473290115. [www.crb.org.uk](http://www.crb.org.uk).

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

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### St Augustine's Church

St Augustine's Hub, Bucklesham Road, Ipswich, IP3 8TH.  
01473 723960. [www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk).

- **Hippos Baby & Toddler Group:** 9:30 - 11:15.

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

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### 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:** 9 Jul, 3 Sep, 17 Sep & 1 Oct.

#### Whitton Parish Church

Whitton Parish Church Hall, Whitton Church Lane, Ipswich, IP1 6LT.  
07890311525. [www.whittonparish.co.uk](http://www.whittonparish.co.uk).

- **Mums and Tots:** 13:15 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 9 Jul - 16 Jul & 10 Sep - 8 Oct.

## MUSIC & SIGNING

#### Jo Jingles Ipswich

Rushmere Baptist Church, 110 The Street Rushmere, Rushmere St  
Andrew, Ipswich, IP5 1DF. 07732 544548. [www.jojingles.com](http://www.jojingles.com).

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

(*booking essential*). **Dates:** 9 Jul - 23 Jul & 3 Sep - 8 Oct.

#### Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.  
[www.toddletalk.info](http://www.toddletalk.info).

- **Toddle Talk Baby Signing:** 10:00 - 11:00.

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

**Dates:** 9 Jul - 23 Jul.

## SENSORY & DEVELOPMENT

#### Baby Sensory

Inspire, Lindbergh road, Ipswich, IP3 9QX. [www.babysensory.com](http://www.babysensory.com).

- **Baby Class (0 - 6 months):** 10:00 - 11:00.
- **Baby Class (4-14 months):** 11:30 - 12:30.

**Cost:** £12 per session (*booking essential*).

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.

#### Bendy Beans

Venture Centre 2000, Bromley Road, Lawford, Manningtree, CO11 2JE.  
[www.bendybeans.co.uk](http://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:** 9 Jul - 23 Jul.

#### Happy Babies Sensory Play Classes

Whitehouse Forge Studio, Ashbocking Road, Henley, Ipswich,  
IP6 0SA. 07817356673. [www.happy-babies.co.uk](http://www.happy-babies.co.uk).

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

**Ages:** 1 yrs - 2½ yrs.

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

**Ages:** 0 - 1 yrs 3 mths.

**Cost:** £8.50 per session (*booking essential*). **Dates:** 3 Sep - 8 Oct.

#### Happy Babies Sensory Play Classes

Bucklesham and Foxhall Village Hall, 12 Levington Lane, Bucklesham,  
Ipswich, IP10 0DZ. 07817356673. [www.happy-babies.co.uk](http://www.happy-babies.co.uk).

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

**Ages:** 1 yrs - 2½ yrs.

**Cost:** £8.50 per session (*booking essential*). **Dates:** 3 Sep - 8 Oct.

## PHYSICAL FUN

#### Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or  
07528682172. [www.mambamartialarts.co.uk](http://www.mambamartialarts.co.uk).

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

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

**Dates:** 9 Jul - 16 Jul & 3 Sep - 8 Oct.




**Yoga for Pregnancy | Postnatal & Baby**

Wednesdays 6.30pm  
Millennium Hall,  
Kesgrave, Ipswich

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See offer pages  
for more info

Tuesdays 10am & 11:15am  
Clip 'n Climb, Ransomes  
Europark, Ipswich

[www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk)



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## PREGNANCY

### Moontree Yoga & Wellbeing Ltd

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.  
07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

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

**Cost:** £12.50 per session (drop in).

**Dates:** 9 Jul - 8 Oct.

## HEALTH & WELLNESS

### Moontree Yoga & Wellbeing Ltd

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.  
07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

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

**Cost:** £10 per session (drop in).

**Dates:** 9 Jul - 8 Oct.

## THURSDAY

### PARENTS & TOTS

#### Bucklesham Bumps Babies & Toddlers

Bucklesham Village Hall, 12 Levington Lane, Ipswich, IP10 0DZ.  
[www.ticketsource.co.uk](http://www.ticketsource.co.uk).

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

**Cost:** £3.50 per session (booking essential).

**Dates:** 10 Jul - 17 Jul, 31 Jul & 4 Sep - 9 Oct.

#### Early Birds

High Street Chapel, High Street, Hopton, IP22 2QX. 07761767121.  
[www.hightstreetchapel.org](http://www.hightstreetchapel.org).

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.



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[admin.ltuffs@littlekickers.co.uk](mailto:admin.ltuffs@littlekickers.co.uk)

### Gather & Grow

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

• **Stay and Play:** 9:15 - 10:45.

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

### Ipswich Community Playbus

Downside Close, Downside Close, Ipswich, IP2 9YG. 01473221521.  
[www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

• **Playbus Session:** 9:45 - 12:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 10 Jul - 24 Jul.

### Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 851374.

• **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:** 10 Jul - 9 Oct.

### Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

• **Self Weigh:** 13:00 - 15:00. **Cost:** Free (drop in).

• **Youth Club:** 18:30 - 20:30. **Cost:** Free (booking essential).

• **Leiston Little Stars:** 10:00 - 11:00. **Cost:** Free (booking essential).

**Ages:** 0 - 5 yrs. **Dates:** 10 Jul - 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:** 10 Jul - 9 Oct.

### Mickfield Evangelical Church

Stonham Road, Mickfield, IP14 5LS. 07891262509.

• **Mickfield Mini Music Playgroup:** 10:00 - 11:30.

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**SmAll Hallowes Toddler Group**

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

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**Somersham Playgroup**

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

- **Somersham Baby & Toddler Group:** 9:30 - 11:30.

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

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**St Michael's Baby and Toddler Group**

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

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

**Cost:** £1 per session (booking essential).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**The Flying Horse Cafe & Bar**

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

www.flyinghorsecafebar.com.

- **Tea & Toast Baby and Toddler Group:** 09:00 - 11:00.

**Ages:** 0-5 yrs. **Cost:** Free (drop in).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**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:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**MUSIC & SIGNING****Jo Jingles Ipswich**

All Saints Church Hall, Main Road, Kesgrave, Ipswich, IP5 1BN.

07732 544548. www.jojingles.com.

- **Mixed Ages:** 9:55 - 10:40.

- **Mixed Ages:** 11:00 - 11:45.

(booking essential). **Dates:** 10 Jul - 17 Jul, 4 Sep - 9 Oct.

**Moo Music**

St Augustine's Community Hub, Bucklesham Road, Ipswich, IP3 8TH.

07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 9:30 - 10:10.

**Cost:** £6.50 per session (booking essential). **Dates:** 11 Sep - 9 Oct.

**Moo Music**

The Church of Ascension, Larchcroft Road, Ipswich, IP1 6AL.

07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 9:30 - 10:10.

- **Baby/Mini Moo (0-18 months):** 10:30 - 11:00.

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

**Dates:** 10 Jul - 17 Jul & 11 Sep - 9 Oct.

**Moo Music**

Trimley Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe,

IP11 0TN. 07940986162. www.moo-music.co.uk.

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

- **Baby/Mini Moo (0-18 months):** 14:15 - 14:45.

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

**Dates:** 10 Jul - 17 Jul & 11 Sep - 9 Oct.

**Moo Music**

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

07944 033723. www.moomusicsdnm.co.uk.

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

- **Baby Moo (0-8months):** 10:45 - 11:20. & 11:45 - 12:20

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

**Dates:** 10 Jul - 17 Jul & 11 Sep - 9 Oct.

**SENSORY & DEVELOPMENT****Baby Sensory**

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

- **Baby Class (0 - 6 months):** 10:25 - 11:05.

- **Baby Class (7-13 months):** 11:20 - 12:05.

**Cost:** £12 per session (booking essential).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 9 Oct.

**Happy Babies Sensory Play Classes**

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

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

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

**Dates:** 4 Sep - 9 Oct.

**Jasmine Blossom Birth and Baby**

First Strokes Swim Schools, Hadleigh Road, Ipswich, IP8 3AS.

07815698459. www.jasmineblossombirthing.com.

- **Baby Massage Ipswich:** 10:00 - 11:00.

**Ages:** 1 mths - 1½ yrs. **Cost:** £10 per session (booking essential).

**Dates:** 10 Jul - 17 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:** 18:00 - 20:00.

**Cost:** £30 per session (booking essential). **Dates:** 11 Sep.

**FRIDAY****PARENTS & TOTS****Charlotte's Wood**

Sundial Cottage, London City Road, Wilby, IP21 5LT. 07879 653488.

- **Little Woodies:** 10:00 - 11:30. **Ages:** 2 - 5 yrs.

**Cost:** £10 per session (drop in). **Dates:** 11 Jul & 5 Sep - 10 Oct.

- **Elf and Fairy Party:** 10:00 - 11:30. **Ages:** 2 - 5 yrs.

**Dates:** 18 Jul.

- **Teddy Bears' Picnic:** 10:00 - 11:30. **Ages:** 2 - 7 yrs.

**Dates:** 8 Aug.

**Cost:** £10 per session (booking essential).

**Earl Soham Community 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:** 11 Jul - 10 Oct.

**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:** 11 Jul - 10 Oct.

**Framlingham Castle Rooms**

Church Street, Framlingham, Woodbridge, IP13 9BQ. 01728642930.

- **Child Health Clinic and Drop-in & Play:** 13:30 - 14:30.

**Cost:** Free (booking essential).

**Dates:** 11 Jul, 25 Jul, 8 Aug, 22 Aug, 5 Sep, 19 Sep & 10 Oct.

**Framlingham Library**

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

01728642930.

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

**Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul.

**Ipswich Community Playbus**

Ulster Avenue, Ulster Avenue, Ipswich, IP1 5JS. 01473221521.

www.ipswichplaybus.org.uk.

- **Playbus Session:** 9:45 - 12:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 11 Jul - 25 Jul.

**Kesgrave Library**

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 851374.

- **Word Play Story Time:** 9:45 - 10:15.

**Ages:** 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 10 Oct.

**Leiston Family Hub**

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

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

**Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul.





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[www.jojingles.com/ipswich](http://www.jojingles.com/ipswich)

### 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:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Mothers & Others

Stowmarket Baptist Church, Bury Street, Stowmarket, IP14 1HF.  
07858 947528. [www.stowmarketbaptistchurch.org](http://www.stowmarketbaptistchurch.org).

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

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Old Buckenham Hall Pre-Prep & Nursery

Brettenham Park, Brettenham, Ipswich, IP7 7PH. 01449 740252.  
[www.obh.co.uk](http://www.obh.co.uk).

• **OBH - Baby & Toddler Group:** 10:00 - 10:45.

**Ages:** 0 - 4 yrs. **Cost:** £3 per session (*booking essential*).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### Rushmere Ducklings

Rushmere Baptist Church, The Street, Rushmere St Andrew, IP5 1DF.  
01473 721455. [www.rushmerebaptist.org.uk](http://www.rushmerebaptist.org.uk).

**Times:** 9:15 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 11 Jul - 10 Oct.

### 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:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

### The Fromus Centre

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

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

**Cost:** Free (*booking essential*). **Dates:** 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:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## MUSIC & SIGNING

### Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.  
07944 033723. [www.moomusicsdnm.co.uk](http://www.moomusicsdnm.co.uk).

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

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

• **Baby Moo Signing (0-8months):** 10:45 - 11:30 & 11:45 - 12:30

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

• **Mooborn Reflexology (4weeks-6months):** 11:50 - 12:35.

**Cost:** £4.25 per session (*booking essential*).

**Dates:** 11 Jul - 18 Jul & 12 Sep - 3 Oct.

### Toddle Talk

The Church Rooms, Ship Lane, Bramford, IP8 4AL. 07748 914370.  
[www.toddletalk.info](http://www.toddletalk.info).

• **Toddle 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:** 11 Jul - 18 Jul.

## SENSORY & DEVELOPMENT

### Baby Sensory

Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN.  
[www.babysensory.com](http://www.babysensory.com).

• **Baby Class (7 - 13 months):** 10:00 - 11:00.

• **Baby Class (0-6 months):** 11:15 - 12:15.

• **Baby Class (0-13 months):** 12:45 - 13:45.

**Cost:** £12 per session (*booking essential*).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 10 Oct.

## PHYSICAL FUN

### AirHop & Rush Group UK

Jump In Trampoline Park & Soft Play Ipswich, Anglia Retail Park, Bury Road, Ipswich, IP1 5QP. +44 (0) 330 223 3333. [www.airhop.co.uk](http://www.airhop.co.uk).

• **Toddler Takeover Weekdays Term Time:** 10:00 - 12:00.

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

**Dates:** 11 Jul - 18 Jul.

### Mamba Martial Arts

Unit 12 Wharfedale Rd, Ipswich, IP1 4JP. 01473 805728 or  
07528682172. [www.mambamartialarts.co.uk](http://www.mambamartialarts.co.uk).

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

**Cost:** £5 per session (*booking essential*). **Dates:** 11 Jul & 5 Sep - 10 Oct.

## SEND ACTIVITIES

### Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.  
07746580132. [www.ipswichopportunitygroup.org.uk](http://www.ipswichopportunitygroup.org.uk).

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

**Cost:** £5 per session (*booking essential*). **Dates:** 11 Jul - 10 Oct.

## SATURDAY

## MUSIC & SIGNING

### Moo Music

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.  
07944 033723. [www.moomusicsdnm.co.uk](http://www.moomusicsdnm.co.uk).

• **Maggies Summer Blow Out:** 10:00 - 11:00.

Enjoy sunshine music time, crafts, & non-messy sensory play!

**Ages:** 6 mths - 7 yrs. **Cost:** £9.95 per session (*booking essential*).

**Dates:** 12 Jul.

## PHYSICAL FUN

### Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 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:** 12 Jul - 19 Jul.

### Little Kickers Ipswich

Suffolk New College - Goals, Suffolk New College Drive, Grimwade Street, Ipswich, IP4 1LT. 07762 341982. [www.littlekickers.co.uk](http://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 Kicks:** 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:** 12 Jul - 19 Jul.

### Little Kickers Ipswich

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **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:** 12 Jul - 19 Jul.

## HEALTH & WELLNESS

### Jasmine Blossom Birth and Baby

Melton Pavillion, Melton Recreation Ground, Melton, Woodbridge, IP12 1PF. 07815698459. [www.jasmineblossombirthing.com](http://www.jasmineblossombirthing.com).

- **Suffolk Mum and Baby Wellbeing Event:** 11:00 - 14:00.

Summer family wellbeing event

**Ages:** 0 - 8 yrs. **Cost:** £5 per session (booking essential). **Dates:** 20 Jul.

### Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ. 07706 068980. [www.suffolk.minifirstaid.co.uk](http://www.suffolk.minifirstaid.co.uk).

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

**Cost:** £30 per session (booking essential). **Dates:** 12 Jul & 10 Aug.

## 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](http://www.suffolklibraries.co.uk).

- **Baby Bounce & Tot Rock:** 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

- **Lego Club:** 12:15 - 13:00.

**Ages:** 2+ yrs. **Cost:** Free (booking essential). **Dates:** 13 Jul - 5 Oct.

## PHYSICAL FUN

### Little Kickers Ipswich

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 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:** 13 Jul - 20 Jul.

### Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 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:** 13 Jul - 20 Jul.

### Little Kickers Ipswich

Kesgrave Community Sports Centre, Twelve Arch Approach, Kesgrave, IP5 9JF. 07762 341982. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 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:** 13 Jul - 20 Jul.

## SEND ACTIVITIES

### Christchurch Mansion

Soane Street, Ipswich, IP4 2BE. 01206 282931. [www.cimuseums.org.uk](http://www.cimuseums.org.uk).

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

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

**Dates:** 27 Jul & 31 Aug.



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