

Loving life with little ones

# toddle *about* Suffolk

FREE

Jan - Mar 2026

Family  
Days Out &  
Activities

THE THREE Cs  
OF GENTLE  
SLEEP SUPPORT

WORLD BOOK DAY  
WIN A SET OF BOOKS

Everything Bump, Baby & Toddler Near You

Covering Bury St Edmunds, Stowmarket, Ipswich,  
Woodbridge, Felixstowe and the surrounding area

WIN!  
A Family Ticket to  
East Anglia Game  
& Country Fair  
worth £59

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IPSWICH PREP SCHOOL ANNOUNCES...

# Experience Day!

An exciting day for 4-7 year olds  
to explore life at *Ipswich Prep*.



**Friday 30<sup>th</sup> January 2026**  
**9:00am – 3:00pm**



(Yes, we know it's a school  
day... but this could be  
your child's next school!)

*Only 50 places  
available!*

**Book your  
place today!**



# WELCOME

## TO THE NEW YEAR ISSUE!



**Happy New Year** and welcome to the first Toddle About of 2026!

As we step into a brand-new year and my first chapter with Toddle About, I'd like to thank Pia for all her hard work and dedication in making Toddle About Suffolk what it is today.

Stepping behind the scenes has been eye-opening, and I've already discovered so many brilliant activities and local businesses, leaving me wondering how it's taken until now! My hope for 2026 is to shine a spotlight on these incredible places, activities and experiences for you and your little ones to explore, learn and enjoy together. Parenthood is a journey with no rulebook, and having support and a sense of community makes all the difference, which is where I want Toddle About to help curate connections and build lasting relationships.

Which is why I'm wasting no time in sharing this exciting news:

**Toddle About LIVE!** is coming to Suffolk! An interactive, community-driven event, it promises a fantastic day out full of discovery and fun.

In this issue, you'll find our familiar bite-sized news alongside special celebrations including World Book Day and Mother's Day. We've highlighted some fantastic family days out, brand-new Mini Matinees not to be missed, and of course the much-loved Daily Activity Planner, still one of my favourite features and bursting with groups to discover.

I hope this issue continues the wonderful foundations Pia created, celebrating Suffolk, families and local businesses. Thank you for being part of the Toddle About community.

Here's to a joyful, connected and family-filled 2026!

Loving life with little ones,

*Jade*

**PS. Have you tried the Toddle About website yet?** Just pop in your postcode and instantly discover all the fun activities & classes near you!

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

### MEET THE TEAM



Jade  
Owner/Editor/Advertising Sales



Tim & Ruth  
Franchisors

Call us on 07708408460 or  
email: [jade@toddleabout.co.uk](mailto:jade@toddleabout.co.uk)

[toddleaboutsuffolk](#)  
 [suffolk.toddleabout](#)

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

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Toddle About Suffolk Nm Business Suites, Needham Market, IP6 8AS Call us on 07708408460.

Follow us for  
daily updates!



# Bite SIZED NEWS

## Baby & Toddler Nearly New Sale



Offering local families an affordable way to refresh children's essentials. Shoppers can browse quality pre-loved clothing, toys, books and nursery play equipment, all organised by age and stage for easy finding. The sale supports reuse within the community while helping parents save on growing-up costs. With friendly volunteers and a relaxed atmosphere, it's a practical, welcoming event for anyone preparing for life with little ones.

**Saturday 7th March 2026 - 11am-2pm**

**Blackbourne Hall, Elmswell IP30 9UH**

**f** [nearlynewsale](#)



## Framlingham College Prep School Taster Days

Searching for a school where curiosity is celebrated, confidence is built, individuality shines and where every child is prepared for their future pathway? It's all here at Framlingham College, and you're invited to experience us at one of our 2026 Prep School Taster Days. Specifically tailored for Early Years and KS1, our taster days allows children and parents to explore our beautiful school, meet the teachers, ask our current pupils and try a taster lesson.

Email [admissions@framlinghamcollege.co.uk](mailto:admissions@framlinghamcollege.co.uk) to arrange a private visit or taster day. **P.6**



## Weekly HENRY Fussy Eating Workshops

Many parents and carers worry about whether their little ones are eating well, so it can be reassuring to know support is available. These free HENRY workshops offer practical guidance for anyone finding mealtimes challenging.

**Virtual: 1st Thu 19:00–20:30 • 2nd Wed 12:00–13:30 • 3rd Tue 19:00–20:30**

**In Person: 09:30-11:00 Newmarket 27 Jan • Ipswich 24 Feb**

• Lowestoft 24 Mar

Call 01473 263700 or email: [healthylivingservice@suffolk.gov.uk](mailto:healthylivingservice@suffolk.gov.uk) **P.9**

## Growing little heroes through storytelling

At The Actor's Training Academy, TATA Tots: Storytellers brings early learning to life for children aged 2–5. Each week offers a unique story where giraffes dance, mouses roar, and ordinary objects spark extraordinary adventures. Sessions support language, memory, emotional intelligence, and confidence through playful drama. Led by a qualified teacher, every class moves from curiosity to creativity - with crafts included. Families are invited to enjoy a free trial.

**Fridays, 10:00–10:45, Melton Pavilion.  
[www.tatauk.classforkids.io/info/42](http://www.tatauk.classforkids.io/info/42) **P.33****



## Celebrating 16 Years of Baby Senses & Toddle Talk!

Baby Senses and Toddle Talk proudly celebrate 16 years of supporting families across Ipswich and Suffolk. What began as a simple idea during founder Ann Lay's own children's early years has grown into a warm community. For over a decade and a half, the classes have helped parents build calm, meaningful bonds through touch, communication and play. Many have watched tiny hands grow, little voices emerge and family confidence flourish. A heartfelt thank-you goes to every family joining this journey past, present and future. **P.31**



<https://www.babysenses>  
<https://www.toddletalk.info>



## Finding Balance Through Pregnancy and Early Motherhood

Moontree Yoga & Wellbeing offers classes designed for pregnancy and beyond, with movements adapted to suit different stages and comfort levels. Sessions include a guided yoga practice along with a weekly discussion topic, giving participants time to share experiences and learn from one another. The environment is intended to be welcoming for those with or without prior yoga experience.

Further details, inc. class options and scheduling, are at [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk) or by contacting Sarah at 07305 267820. Toddle About readers can access one free class - pregnancy or postnatal (Mum & Baby) using code **TODDLEABOUT**. **P.30**

## Music and Movement

Katie has now been running the Jo Jingles Ipswich franchise for 10 years offering warm, friendly music and movement classes for babies and pre-school children. She also regularly visits 4 local care homes to run intergenerational sessions alongside the residents. Seeing the connections between the young and old is truly heartwarming. These sessions are FREE to current customers and just £4.50 PAYG/family or childminding group of non-jinglers.

Check 'Jo Jingles Ipswich' on Fb or Instagram or email [ipswichjingles@gmail.com](mailto:ipswichjingles@gmail.com) to find out about upcoming sessions. **P.28**



## New Year, New Activity

Netball Kids began as a small community idea designed to make children's sport more playful and accessible. Created by coaches passionate about early-years development, the programme has grown across Suffolk, offering fun, age-based sessions for children aged 2-11. Their focus is simple: build confidence through movement, teamwork and gentle netball skills. By blending games with learning, Netball Kids helps children stay active, make friends and enjoy sport in a warm, supportive environment.

Book your free trial here; <https://netballkids.co.uk/free-trials/> **P.27**

# Bite SIZED NEWS

## Reception Application Deadline

The deadline for applying for Reception school places is fast approaching, with applications closing on 15 January 2026. Parents and guardians of children due to start school in September are encouraged to submit their choices in good time and ensure all documents are ready. Suffolk County Council advises families to list multiple schools to improve their chances of securing a preferred place.



Visit [www.suffolk.gov.uk/admissions](http://www.suffolk.gov.uk/admissions) for details on catchment areas, admissions criteria and how to apply, or go to your local council website.

## NEW Toddle About LIVE! Comes to Suffolk

Suffolk - are you ready for the very first Toddle About LIVE? Coming to Finborough School, Stowmarket on 2nd May 2026, this brand-new event invites families from parents-to-be to those with children aged 5+. Attendees can look forward to hands-on activities, expert guidance and plenty of playful learning. Local services will be on hand in a friendly, relaxed setting, while children explore and try something new. It's set to be a full day of energetic fun.



Find out more at [toddle.club/suffolklive](http://toddle.club/suffolklive). **P.14**





# Framlingham

COLLEGE PREP SCHOOL

WHERE EVERY PUPIL CREATES THEIR OWN STORY



2024  
AWARDS  
MIND & MENTAL  
HEALTH  
WINNER



2024 FINALIST  
TE Awards  
for Innovation  
in Education



## Let's see who you are...

At Framlingham we believe in the individual. There is no typical Framlinghamian, no singular path that we take. Often, we are many things within one. Every pupil is valued for who they are. We offer Early Years provision at our Prep School from age 2 within our purpose-built Early Years Centre - set in 23 acres - specifically designed for youngsters to thrive; playing, developing social and communication skills and gaining independence before starting school.

### START YOUR CHILD'S JOURNEY TODAY

Join us for an Open Day or arrange a personal visit to experience us for yourself.

#### PREP SCHOOL OPEN MORNING

Friday 06 February 2026

Bank Holiday Monday 04 May 2026

To register for an Open Morning, or arrange a private visit, scan the QR Code or visit [framlinghamcollege.co.uk/openmornings](http://framlinghamcollege.co.uk/openmornings), email [admissions@framlinghamcollege.co.uk](mailto:admissions@framlinghamcollege.co.uk) or call 01728 684112. Open Mornings run from 10:00 - 13:00.





## ACTIVITIES & EVENTS

We've teamed up with local mum blogger Anna, from The Suffolk SEN MUM, to share some of her favourite SEND-friendly places. From calming spaces to sensory play, she's giving us her tips for fun and inclusive days out with your little ones.

SUN

### RELAXED FAMILY SCREENING

10:30AM The Regal Stowmarket, IP14 1AY



For some SEN families a trip to the cinema or theatre may be very difficult and maybe something you have avoided. It all seems too over stimulating and you are met with too many challenges. Our family has found that with ear defenders, fidgets, and plenty of snacks, The Regal in Stowmarket offers a much calmer, more manageable experience. It often feels as though you're watching a film in your own (very big) lounge.

Reasons we love it: Small, friendly independent cinema • Quieter and less overwhelming • Reasonably priced • Relaxed, family, baby-friendly & subtitled screenings • Audio description & hearing loops • Wheelchair accessible • Clean accessible toilets nearby • Free carer/essential companion tickets • On-site café

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

Tel: 01449 612825

[theregalstow](https://www.facebook.com/theregalstow)



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



### The Magical Story Elves Presents

# THE DINOSAUR TIMEWARP



Friday 20<sup>th</sup> February 2026

1pm & 3.30pm

Are you ready for the journey of a lifetime? Join us on this exciting, fully interactive Jurassic panto style, dinosaur themed stage show perfect for the whole family!

Tickets £14.00



Scan the QR code or visit our website to book your tickets today! [Regalstowmarket.co.uk](http://Regalstowmarket.co.uk)

A Roar-some Family Panto!



# WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

## The Overlooked Overlap

by Rose Constantine RNutr

Since the 1990s, the number of women having babies in their 40s has more than doubled. Whilst there are many benefits to having children later in life, including potentially living to a greater age, it can create a doubling up effect where a woman is navigating postnatal recovery alongside the onset of perimenopause.

What no one is telling you is that **you are not broken**. Your body is carrying a huge load, such as...

- nutrient depletion from pregnancy
- sleep disruption
- breastfeeding demands
- physical healing
- the mental load of caring for a young child

All things new mums experience, plus reducing progesterone levels (your calming and sleep supporting hormone), and a greater sensitivity to everyday stress (in part due to perimenopausal hormone fluctuations).

### **So how can you support yourself through this phase?**

This is not about bouncing back, it is about providing realistic and kind support for your body.

#### **1 Concentrate on what to include, not avoid**

Your body needs more nutrients now than at almost any other life stage, so build meals with:

- Protein to stabilise blood sugar and support hormone production
- Healthy fats for mood and brain health
- Leafy greens and colourful vegetables for minerals and antioxidants
- Whole carbohydrates (potatoes, lentils and beans) for slow-release energy.

**TIP:** Many women benefit from checking iron, B vitamins and magnesium, as they're commonly depleted postnatally and important in perimenopause.



Rose Constantine RNutr is a Nutritionist specialising in hormone health. She supports women who feel overwhelmed by mood swings, anxiety or PMDD-type symptoms, helping them understand their bodies and feel calmer, clearer and in control. [@the.womensnutritionist](http://www.roseconstantine.co.uk)



Add to this the stresses and strains of motherhood and it becomes the perfect storm for anxiety, low mood, fatigue and constant brain fog.

Sadly, these symptoms are often placed under the label "motherhood", giving a sense of needing to just get on with it. When in actual fact, mothers are confused, frustrated and feeling broken and alone.

#### **2 Stabilise blood sugar**

Blood sugar swings can worsen anxiety and fatigue. Eating regularly and balancing meals can make a big difference.

**TIP:** Eat within an hour of eating (even just a little)

#### **3 Support your nervous system**

Complete the stress cycle. Often a stress response is triggered but never switched off, leaving you in a heightened state. You can complete the cycle by:

- Shaking your body
- Taking deep breaths
- Belly laughs
- Being creative (writing, drawing or music)
- Having a positive conversation with a friend

#### **4 Track your cycle and mood**

Charting helps you spot patterns, understand symptoms and identify whether changes are postnatal, perimenopausal or both. It also helps you track where things are improving.

#### **5 Seek support**

You do not need to wait until things feel unmanageable. A women's health specialist can help you understand what is going on and what you need. The amount of information available online is overwhelming and confusing. Remember you are unique and your needs may be different to others.

**But always remember:** You are not broken.

# Valentine's Day Recipe LOVE BUGS BISCUITS

These chocolate cookies are great fun to make and are delicious!

## INGREDIENTS:

50g Soft Butter  
50g Caster Sugar  
15g Beaten Egg  
85g Plain Flour  
15g Cocoa Powder

## FILLING

15g Chocolate Chips  
25g Soft Butter  
40g Icing Sugar  
15g Soft Brown Sugar  
5g Cocoa Powder  
  
DECORATION  
50g Icing Sugar  
Red Food Colour

Sugar Eyes & Sprinkles



Recipe by Rebecca Honeywell-Ward, founder of Honeywell Bakes, and author of *Planet Friendly Baking* - available at [www.honeywellbakes.com](http://www.honeywellbakes.com) and good book stores.

## TUTORIAL:

1. Put butter and caster sugar in a bowl & beat together until just creamy.
2. Pour in the beaten egg and combine. Then add the flour & cocoa powder and mix into a ball of dough.
3. Wrap in cling-film and refrigerate for 1 hour.
4. Gently knead on a floured surface. Using a rolling pin, roll out the dough to an even thickness of about 5-7mm.
5. Use a heart shape cutter to cut out 12-14 biscuits.

6. Place your biscuits on a baking tray lined with greaseproof paper. Chill in the fridge for 30 mins. Preheat the oven to 180°C/160°C fan/gas 4.

7. Bake for 12-15 minutes, turning halfway. Leave to cool.
8. Meanwhile, make the chocolate filling. Melt the choc chips in sealed bag in a mug of hot water. Put the butter in a bowl and beat until soft and creamy. Add the icing sugar and brown sugar, mixing until fluffy. Add the cocoa powder and melted chocolate & stir.
9. Spread the filling on a heart. Pop a heart on top. Repeat.
10. Mix icing sugar with cold water until toothpaste consistency. Add red colouring to desired shade. Pipe onto each cookie to make wings. Stick on eyes with icing, add sprinkles. Leave to harden and enjoy!



Community Health Team in  
Children and Young People's Services

Suffolk  
County Council



## Healthy Living Service



Support for children,  
young people, and their  
families to help remove  
the barriers to achieving  
a healthy weight



Scan the QR code  
to find out more  
or search:

Healthy Living Service  
Suffolk County Council



Follow us for  
daily updates!



## 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)

# FAMILY Days Out

JAN  
11

## FAMILY FOREST ADVENTURE

Foxburrow Nature Reserve, 10:30-12:30pm

Monthly Family Forest Adventure at Foxburrow: guided forest school fun with crafts, den building, games and seasonal activities. Suitable for families with children 18 months+. Booking essential.

[www.suffolkwildlifetrust.org/upcoming-events-foxburrow](http://www.suffolkwildlifetrust.org/upcoming-events-foxburrow)

Cost: From £11 (One adult & Child)

FEB-  
APR

## ALPACA ACRES

The Laurels, 10:00-2:00pm

This February half term and beyond, make lasting memories at Alpaca Acres. Enjoy daily meet-and-greet sessions where families can cuddle, groom and spend time with alpacas, piglets, goats, donkeys and more.

[f AlpacaAcres.experiences](#)

Prices vary by session - booking recommended

MAR  
15

## MOTHERS DAY AT WILDERLEY

Church Farm, Beccles (Booking required)

Treat Mum at Wilderley, Suffolk this year, with alpaca walks, gentle encounters, and nature's healing calm, sweetened with tea and cake this spring or make it a relaxing weekend getaway with on-site luxury retreats.

[www.wilderley.com](http://www.wilderley.com) or contact Lucie 07920 030171

Prices start from £18

ALL  
YEAR

## SOUTH ANGLE FARM PARK

Soham CB7 5HX 10:00 - 5:00pm

Offering hands-on animal encounters, play areas, mini golf and seasonal events, there's a fantastic day out waiting to be discovered for children of all ages. Check out their Little Farmers Club for ages 1-4.

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

Cost: £8.90 (SEN Concession) Under 2s Free

FEB  
- APR

## THE SUFFOLK PUNCH TRUST

Hollesley, 10:00- 3:00pm

Enjoy family-friendly days out with rare horses, farm animals, tractor rides, play areas and seasonal events. Great for hands-on experiences for children, and opportunities to discover Suffolk's heritage together.

[www.suffolkpunchtrust.org](http://www.suffolkpunchtrust.org)

Free Entry to visitor centre - Tickets £7.50 - £13 Under 3s Free

MAR  
21

## THE BIG PLAY

Inspire, Ipswich 9:30am & 12:30pm

A fun-filled indoor event where families with toddlers and preschoolers explore, learn and play, discovering local groups through interactive workshops, classes, play zones and entertainment.

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

Tickets start from £17.50 + Family Tickets Available

EASTER  
holidays

## LAMB CUDDLING

Baylham Rare Breeds Farm, 5:30pm



Evening lamb-cuddling sessions for families: 45 minutes with lambs, free feed, photos, and complimentary drinks in the farm shop.

SEND sessions also available. Booking required.  
[www.baylham-house-farm.co.uk](http://www.baylham-house-farm.co.uk)

Farm entry: £7 - £11 (check website for experience prices)

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

APR  
25&26

## EAST ANGLIAN COUNTRY FAIR

Euston Estate, 8:00 - 6:00pm

ADMISSION TICKET PRICE VALID UNTIL 20/04

Fun for all the family including your dog! See the world famous JCB Dancing Diggers and Waveney & Norfolk Harriers 'White Woofers' hound parade. Enjoy over 300 shopping stands, activities, funfair, pet dog show and more! [www.ukgamefair.co.uk](http://www.ukgamefair.co.uk)

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

toddle<sup>ab</sup>

# THE THREE Cs OF GENTLE SLEEP SUPPORT

by Melanie Hastings



When helping little ones sleep better, most people focus on routines, timings, and wake windows. But how we support children matters just as much as what we do. That's where the Three Cs come in: *Consistency, Comfort, and Confidence*. Together, they create a calmer, more connected sleep experience for the whole family.

## Consistency

Babies and toddlers thrive on predictability. When their world feels familiar, they feel safe and begin to settle easily. Consistency isn't about rigid timings; it's about repeatable rhythms. A predictable wind-down, a clear response to wake-ups, and a familiar bedtime phrase all help your child understand what's coming next. When sleep steps unfold in the same order each night, their brain starts preparing for rest before they're even in the cot.

## Comfort

Sleep can feel vulnerable, especially for young children. Comfort means supporting your little one emotionally as well as physically. That might look

like staying nearby as they fall asleep, offering a hand to hold, or using gentle reassurance. It's about providing calm presence while making changes at a pace that feels manageable.

## Confidence

Children pick up on the energy around them. When parents feel grounded and clear, little ones naturally relax more easily. Confidence isn't about having every answer; it's about trusting that your approach is safe, responsive, and right for your family. Even the best sleep plan only works when it feels good to the parents using it.

I recently supported a family whose one-year-old was waking every couple of hours. Instead of traditional "training," we used the Three Cs. Within a week, their daughter was settling more peacefully, and her parents felt calmer and more capable.

These aren't a quick fix, they're a framework for nurturing sleep in a way that strengthens connection as well as rest.



Melanie Hastings is a certified sleep consultant and Norland Nanny with over 17 years of

experience caring for little ones. Visit [www.melaniehastings.sleepnanny.co.uk](http://www.melaniehastings.sleepnanny.co.uk) to find out more and to get in touch

**WIN!**

**EAST ANGLIAN GAME & COUNTRY FAIR**  
25th/ 26th APRIL '26

**Win a Family Ticket to**  
**East Anglian Game & Country Fair**  
**25th/ 26th APRIL '26**

Enter at [www.toddleabout.co.uk/competitions](http://www.toddleabout.co.uk/competitions)  
Closing date is 31 March 2026





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07512 784 977

# WORLD BOOK DAY™

5 MARCH 2026

# IT'S WORLD BOOK DAY!



*Join us and discover some of the best new children's books!*



## BETTY'S BIRTHDAY

BY CELINE KA WING LAU  
FOR 3+ YEARS

Betty is turning six and preparing the ultimate party! Little readers can hunt, count and chat along as they help her get ready. With bright, detailed illustrations, party games, pizza-making, cake and goody bags, this interactive picture book is perfect for sharing with children and grown-ups alike.

Cost: £12.99. [www.cicadabooks.co.uk](http://www.cicadabooks.co.uk)



## RILEY AND RICKY

BY KERRI PATEL  
FOR 4-7 YEARS

Riley and Ricky are best friends and neighbours who discover more about each other by visiting each other's homes. This warm story celebrates friendship, cultural differences and shared traditions. When Riley is invited to an Indian wedding, they both learn even more - especially when a surprise guest arrives!

Cost: £8.99. [www.amazon.co.uk](http://www.amazon.co.uk)



## GOODNIGHT UNICORN

BY KATIE BUTTON  
FOR 3-5 YEARS

Unicorn is ready for bed but before she sleeps, she wants to say goodnight to all her magical friends. With a simple "magic torch" slipped between the pages, little readers can help Unicorn find hidden creatures in each dreamy night-time scene. Full of playful rhymes, enchanting illustrations and delightful surprises.

Cost: £7.99. [www.twowindmills.com](http://www.twowindmills.com)



## THE BEST DOG EVER

BY SMRITI HALLS  
FOR 3-6 YEARS

Max wishes he was a different dog. His fur isn't fluffy enough to win Best In Show. His bark isn't loud enough to scare away danger. He doesn't sit... or heel... or fetch... or come back when you call, either. But Max's owner thinks he's perfect. Can Max learn that he's perfect, too? A gentle introduction to ideas of self-confidence and embracing our differences.

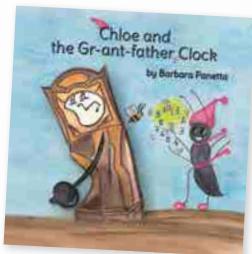
Cost: £7.99. [www.scholastic.co.uk](http://www.scholastic.co.uk)

## CHLOE AND THE GR-ANT-FATHER CLOCK

BY BARBARA PANETTA. FOR 3-5 YEARS

When a huge storm breaks the Gr-ant-father Clock and scatters all its numbers out the window, industrious little Ant Chloe, along with her ten siblings must work together to gather them all. A charming, illustrated story about teamwork, problem-solving and each ant using their own special skill.

Cost: £8.99. Buy from [www.amazon.co.uk](http://www.amazon.co.uk)

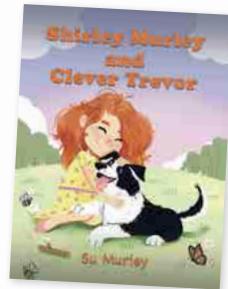


## SHIRLEY MURLEY AND CLEVER TREVOR

BY SU MURLEY. FOR 5-7 YEARS

Meet Shirley Murley and her clever little dog Trevor - cheerful, playful and full of heart. As they share their day together, young readers are invited to spot hidden bumblebees, dragonflies, ladybirds and even an aeroplane tucked into the colourful illustrations. With joyful rhymes and lots to explore, this sweet picture-book is perfect for early readers and story-time smiles.

Cost: £8.99. Available from [www.austinmacauley.com](http://www.austinmacauley.com)

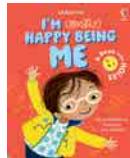


## THE DREAMIES

BY IONA CAMPBELL  
FOR 3-5 YEARS

Hidden in your walls, the Dreamies are tiny creatures who colour your dreams with magic. When a dream turns eerie, you can help them transform a nightmare into something wonderful. A warm, imaginative picture book that helps little ones turn bedtime fears into something magical.

Cost: £7.99. [www.magicatpublishing.co.uk](http://www.magicatpublishing.co.uk)

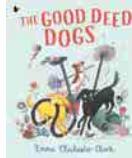


## I'M (MOSTLY) HAPPY BEING ME

BY ANNA MILBOURNE  
FOR 3+ YEARS

A little boy feels sad when he compares himself to others until he realises that being "good at stuff" isn't what makes you special. From silly talents to favourite hobbies, each child is unique, like different pebbles on a beach. A gentle, uplifting picture book that celebrates being yourself and feeling happy just as you are.

Cost: £12.99. [www.usborne.com](http://www.usborne.com)



## THE GOOD DEED DOGS

BY EMMA CHICHESTER CLARK  
FOR 3+ YEARS

Bodger, Billy and Betty are VERY good dogs - though their helpfulness often leads to hilarious chaos, from flying socks to runaway shopping. When a little girl's kitten needs rescuing, they're determined to save the day. A heartwarming, laugh-out-loud picture book about kindness, friendship and never giving up.

Cost: £7.99. [www.walker.co.uk](http://www.walker.co.uk)



## WHEN I GROW UP I'D LIKE TO BE

BY ROB BIDDULPH  
FOR 3+ YEARS

What do you want to be when you grow up? A sailor, dancer, teacher, vet - the possibilities are endless! This joyful picture book celebrates childhood dreams, curiosity and big ambitions. With vibrant, playful illustrations and heart warming rhymes, it inspires little readers to dream big and explore all the wonderful futures ahead.

Cost: £12.99. Buy from [www.harpercollins.co.uk](http://www.harpercollins.co.uk)

# WIN

## WIN A CHILDREN'S BOOK BUNDLE!

WORTH UP TO £150!

We're giving away THREE book bundles including 13 or more books each, and worth up to £150 each! ALL the books featured here will be given away, PLUS loads of other new children's titles!

Closing date is World Book Day: Thurs 5 March 2026.

ENTER NOW



Enter online at [www.toddle.fun/worldbookday](http://www.toddle.fun/worldbookday)

# THE ULTIMATE FUNDAY & DISCOVERY

for Bump - 5+!

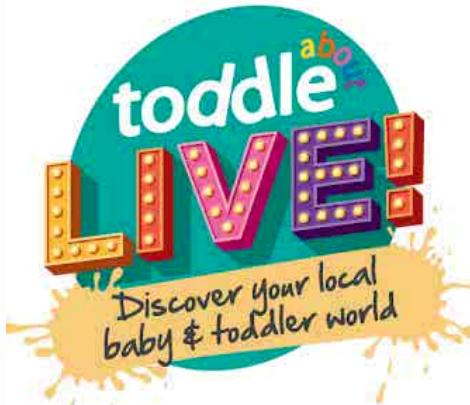
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EVENT!



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goody bag filled with treats!

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Coming to Suffolk  
Sat 2nd May 2026  
10am - 3pm

**FINBOROUGH SCHOOL  
STOWMARKET  
IP14 3EF**



Family Fun Day!

Interactive Taster Sessions

Live Talks

Live Demo's

Parent-centered Exhibitors



# toddling about Suffolk

## SPOTLIGHT ON... FLATFORD NATIONAL TRUST

We've teamed up with Naomi, from Mini Suffolk Adventures, to share some of her favourite adventures & activities for you to enjoy with your little ones.

There's nothing like a bracing walk in the countryside to blow away the cobwebs in the colder months. I look for walks which encompass nice scenery, nature spots, features to interest the children and most importantly, a nearby indoors venue to warm up with some refreshments. **Flatford**, a National Trust site, on the Suffolk border with Essex, ticks every box.

There are various walking trails through the Constable Country, along the River Stour towards the lock or across the field towards Dedham. The latter is often boggy in the winter months, but that's all part of the fun as the kids enjoy squelching in the mud and climbing trees.

We love spending time in the wildlife garden, where there is a mud kitchen, a pond, a tunnel made of twigs and plenty of educational signposts along the way. Other highlights are the picturesque bridge (a perfect spot for a game of pooh sticks) and seeing Willy Lott's cottage – the site of John Constable's famous painting, *The Haywain*.

Our visits normally end in the tea room, where you can warm up with a hot chocolate and a National Trust scone. What could be better than that!

There are often extra activities on during the school holidays so keep an eye on the website.

**INFO:** Open Everyday, Dawn til Dusk Car park (£5 for non-members) Tea Rooms 10:00 - 15:30 (Winter Hours)  
Flatford, East Bergholt, Suffolk, CO7 6UL [nationaltrust.org.uk/visit/suffolk/flatford](http://nationaltrust.org.uk/visit/suffolk/flatford)

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



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Rated "Excellent"

# CHARACTER EDUCATION

At **Finborough School**, character development begins in Nursery and continues through Pre-Prep and Prep, forming the foundation of a curriculum designed to nurture **capable, confident, and compassionate** young people. The school blends strong academic teaching with a "whole-child" ethos, ensuring pupils grow in both knowledge and character.



From **Reception** onwards, children learn core subjects alongside values such as empathy, kindness, and emotional awareness. Through circle time, stories, play and collaborative activities, pupils reflect on their actions, share ideas and build a sense of community. They are encouraged to express their thinking, recognise feelings and approach challenges with curiosity and resilience skills that **support lifelong learning**.

Finborough offers a broad curriculum enriched by specialist-led classes in Music, Drama, P.E., Tennis, and French, introduced through songs and games from Reception. **Weekly Forest School sessions**



provide outdoor learning in green spaces, including a treehouse, where children explore nature, develop problem-solving skills, and build independence and teamwork. These experiences foster **resilience and emotional wellbeing** while strengthening their connection with the natural world.

As pupils progress into **Prep School**, this character-focused approach evolves into a structured framework inspired by *The Seven Habits of Highly Effective People*. This shared language of responsibility and respect ensures continuity, helping children grow in confidence, empathy, and leadership.

At Finborough, character education is not an add-on, it is embedded in every lesson and interaction. The goal is to prepare pupils not just for exams, **but for life**: to be kind, thoughtful, and resilient citizens ready to make a positive impact.

Join us at our Whole-School Open Morning on Saturday 17th January, from 9.30 am.  
Book online at [www.finboroughschool.co.uk](http://www.finboroughschool.co.uk) or email [admissions@finboroughschool.co.uk](mailto:admissions@finboroughschool.co.uk).

**MOTHER'S DAY CRAFT**

## CHOCOLATE PRETZEL FLOWERS

### EQUIPMENT:

- Oven Dish
- Spatula, fork & spoon
- Parchment paper
- Paper straws
- Mixing bowl
- Cut-out paper leaves
- Glue

### INGREDIENTS:

- 200g White chocolate
- Food colouring
- Pretzels

### INSTRUCTIONS:

1. Lay two sheets of parchment paper on your work surface and prepare your equipment.
2. Place a wrapped chocolate bar in a heatproof dish, cover with boiling water and allow it to melt until smooth.
3. Pour half the melted chocolate into a bowl, add yellow food colouring and mix. Spoon a small amount onto the parchment and spread into a circle (about the size of a 10p) – this will be the flower centre.
4. Melt more chocolate and add your chosen colours for the petals.
5. Dip a pretzel into the coloured chocolate, press it down

with a fork to coat fully, then lift and gently tap on the bowl's edge to remove excess.

6. Place on the parchment and repeat until you have four pretzels. Arrange them in a circle with the tops facing out and touching, then place your yellow centre on top.
7. Chill in the fridge for 5–10 minutes to set. Repeat to make more flowers, using different colours if you like.
8. To add a stem, dab melted chocolate onto one end of a straw, press the flower onto it and chill again to set.
9. Once dry, use a toothpick or sharp knife tip to clean holes of any excess chocolate..
10. Optional: Add paper leaves to the straw.



*This craft was lovingly prepared for you by Toddle About's very own Lou Holmes. Thanks Lou!*



# 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

Families are warmly invited to visit our **Whole School Open Morning on Saturday 17th January** between 9.30am to 11.30am to visit our Nursery and learning spaces.

Book your place by scanning the QR code here:



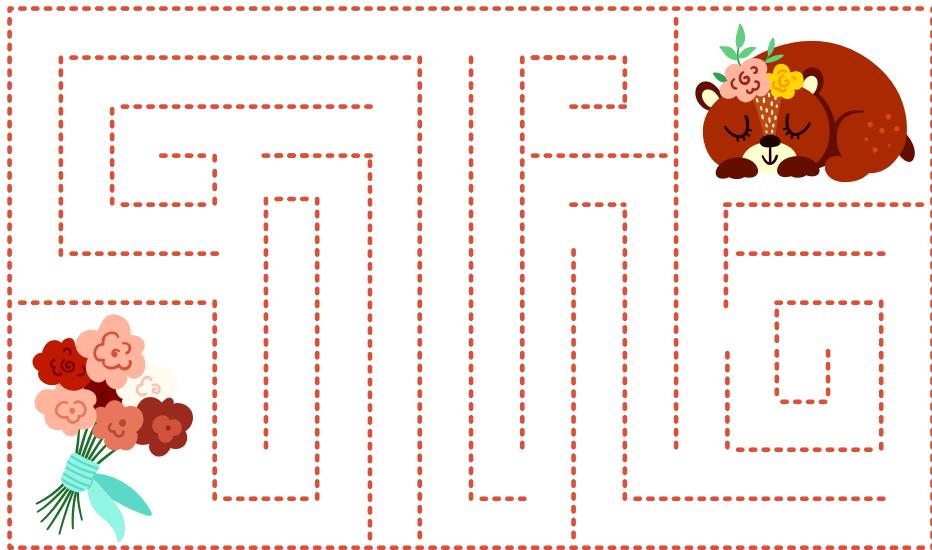
## MAMA BEAR'S BLOOMS

CAN YOU GET THE FLOWERS TO MAMA BEAR FOR MOTHER'S DAY?



## CHEEKY CHARLIE HUNT!

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



## SLEDGING SWITCH UP



SPOT THE DIFFERENCE. THERE ARE 10 TO FIND!

# EXCLUSIVE OFFER VOUCHERS



## BABY & TODDLER CLASSES

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### BABY SENSES

**£5 OFF A BABY MASSAGE COURSE**

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

New customers only. Use code 'TODDLEABOUTS'. Expires: 31/03/26

**10% OFF**

### BABY SENSORY BSE IPSWICH & EAST SUFFOLK

**10% OFF WITH A FULL TERM**

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

Use code 'TODDLE10' at checkout. Available for classes in Ipswich, Bury St Edmunds and East Suffolk only. Expires: 31/03/26

**£5 OFF**

### JO JINGLES IPSWICH

**£5 OFF A HALF TERM**

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

New customers only. Quote 'Toddle About'. Expires: 31/03/26

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New customers only. Use code 'ToddleAbout' when booking. Expires: 31/03/26

**FREE CLASS**

### MOONTREE YOGA

**FREE TRIAL CLASS**

[hello@moontreeyoga.co.uk](mailto:hello@moontreeyoga.co.uk)

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

New customers only. Use code 'TODDLEABOUT' when booking. Expires: 31/03/26

**FREE CLASS**

### TODDLE TALK IPSWICH

**FREE TRIAL CLASS**

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

New customers only. Use code 'TODDLEABOUTFREE'. Expires: 31/03/26

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### TUMBLE TOTS

**£5 OFF A BLOCK OF CLASSES**

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

Can only be redeemed if you sign up to a full or half term.

Quote 'Toddle About'. Expires: 31/03/26

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[info@lifeisbeautifulphotography.co.uk](mailto:info@lifeisbeautifulphotography.co.uk)

Quote 'Toddle About' when booking. Cannot be used with any other offer or promotion for new and existing clients. Expires: 31/03/26

## HEALTH & WELLBEING

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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.

Valid for private class bookings. Quote 'Toddle About'. Expires: 31/03/26

**10% OFF**

### SLEEP NANNY

**10% OFF ANY WORKSHOP**

[www.melaniehastings.sleepnanny.co.uk](http://www.melaniehastings.sleepnanny.co.uk)

Use code TODDLE10 when booking. Expires: 31/03/26

## FREE TRIALS

The following class provider offers **Free Trials** as standard to new customers. Please quote 'Toddle About' when contacting them.

### Little Kickers

0203 479 8200 | [admin.ltuffs@littlekickers.co.uk](mailto:admin.ltuffs@littlekickers.co.uk) | [www.littlekickers.co.uk](http://www.littlekickers.co.uk)

### Netball Kids

[info@netballkids.co.uk](mailto:info@netballkids.co.uk) | [www.netballkids.co.uk](http://www.netballkids.co.uk)

### Toddle Talk

07748 914370 | [info@toddletalk.co.uk](mailto:info@toddletalk.co.uk) | [www.toddletalk.co.uk](http://www.toddletalk.co.uk)

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**Scan to Start**

# TODDLE MODELS



Stanley, 3 years old

## Baby and Toddler Photo Competition Winner

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

Congratulations to little Stanley and Amber who **both** won a **Family Ticket to Disney On Ice**, worth £220!

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.



Amber, 3 years old

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



Ada, 5 yrs



George, 2 yrs & James, 15 Months



Harvey, 3 yrs



Ivy, 4 yrs & Robyn, 1 yrs



Huey, 2 yrs



Lilly, 2 yrs



Stella, 3 yrs 3 months



Winter-Rose, 3 yrs



Thilda, 4 yrs



Albie, 2 yrs



Felix, 4 yrs



Betsi, 2 yrs and 11 months



Everleigh, 2 years 7 months



Aubree, 5 yrs



Rosalie Raven, 5 years



Archie, 20 months



Ollie, 4 yrs



Ellis, 5 years



Omar, 1 year 8 months



Navie, 3 yrs



Gracyn, 2 Years, 2 Months



Freddie and Layla, 5 and 4



Cleo, 2 years 11 months



Isla, 5 years old..png



Willow , 3.jpg



Stella, 3 years and 2 months



Oliver, 3 years



Shiloh and Navie , 3yrs and 5yrs



Rose, 3yrs 11 months



Nella, 3



Arnie, 21 months



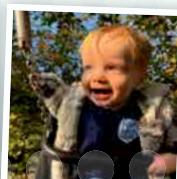
Everly, Ivy, 1 yrs 10 months, 9 yrs 3 months



Josephine-Chai, 4 yrs



Micah, 2 yrs



Jesse, 14 months

## COMPETITION



# TODDLE MODELS

## WIN A LITTLE TIKES BUNDLE, WORTH £129

**THE PRIZE:** Win a Creative Construction Workbench, a Creative Chefs™ Waffle Kit, and a Little Tikes Story Dream Machine from Little Tikes.

Budding builders will love the **Creative Construction Workbench**, complete with tools, nails and wood-look foam pieces that can be cut and used for building. The **Creative Chefs™ Waffle Kit** includes play sand, a visual recipe card and waffle moulds for imaginative cooking play.

Finally, the **Little Tikes Story Dream Machine** brings stories to life with read-along narration and projection, encouraging early reading skills. It comes with three classic fairytales: *The Ugly Duckling*, *The Princess and the Pea*, and *The Emperor's New Clothes*.

Follow on socials @officiallittletikesuk.



**little tikes.**

### HOW TO ENTER:

Send us a photo of your little one enjoying some wintry fun or spring sunshine!

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

Enter by Sun 8<sup>th</sup> March 2026.

**WORTH  
£129**

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



# Mini Matinees

20 FEB

DINOSAUR TIMEWARP

1 & 3.30pm

The Regal  
Stowmarket.

Get ready for a 70-minute, fun-filled, roar-some interactive panto-style Jurassic adventure! Join palaeontologists, a mad scientist, and a malfunctioning time machine as Terry the T-Rex lands in the present day. Packed with music, laughter, and audience participation, this exciting journey captures the attention and imagination of the whole family. Plus meet a baby T-Rex after the show!

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

Tickets £14

1 APR

HAY!

2pm

Theatre Royal  
Bury St Edmunds.

Just one word in this show – “Hay!” Like the stuffing in the scarecrow. Like the sound he makes when he comes to life. One word – many meanings. A show about growing up in the countryside & finding you don’t have to stay stuck in the mud – you can live your dreams & spread your wings. A show filled with music, clowning, song & dance.

[www.theatreroyal.org](http://www.theatreroyal.org)

Cost: £8



3 APR

THE ULTIMATE  
EGGVENTURE

Spa Pavilion Felixstowe.

Join the Easter Eggstravaganza in the colourful world of Ultra-Vibrancy! This spectacular Black Art UV puppet show bursts with glowing lights, comical characters and vibrant storytelling. A fun-filled, high-energy adventure designed to delight all ages, guaranteed to dazzle, surprise and light up your Easter with unforgettable family entertainment, laughter, wonder, magic, colour, joy, excitement, smiles, memories.

[www.spapavilionfelixstowe.uk](http://www.spapavilionfelixstowe.uk)

Cost: £12 Adult £10 child

*Event details are correct at time of printing but may change, please check before attending.*



## WOOLVERSTONE HALL NURSERY



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TREEHOUSE, WORTH £39.99  
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LASCAL MINI BUGGYBOARD,  
WORTH £59.99  
[WWW.LASCAL.UK](http://WWW.LASCAL.UK)



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& GLOW FAIRYTALE,  
WORTH £9.99  
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[WWW.EDIEANDJOE.COM](http://WWW.EDIEANDJOE.COM)



GRACO PRESTI 3-IN-1  
HIGHCHAIR, WORTH £60  
[GRACOBABY.EU/UK](http://GRACOBABY.EU/UK)



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Available now at [www.wriggleease.co.uk](http://www.wriggleease.co.uk)



## HAPPY, CONFIDENT ME CONVERSATION CARDS, £12.99

This pack of 50 cards gets the conversation flowing - it's the perfect antidote to one-word answers on the school run, family meals and times together. Designed for year-round use, with questions guaranteed to give different responses each day!

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

20% Off with code TOD20

Exp. 31/3/26



## ROLL + GO MEALTIME MAT, £15.99

Designed for busy parents and independent toddlers, the Roll + Go Mealtime Mat rolls up neatly for easy travel. The non-slip silicone base and curved-edge bowl promote confident self-feeding, while the included spoon and dishwasher-safe design ensure convenient, mess-free and hygienic meals anywhere.

[uk.bbox.com](http://uk.bbox.com)



## YOUNG BAKER'S CLUB SUBSCRIPTION, £16.99+

Perfect for children aged 2 (with help!) to 12, the Young Bakers Club inspires a love of baking. Each month, you receive a fun baking box filled with pre-weighed ingredients, an easy-to-follow recipe and a craft activity. The packaging is eco-friendly, the results are delicious, and your child learns lifelong skills.

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



## EDURINO BEST-SELLER BUNDLE, £101.94

Fancy turning screen time into meaningful play? With EDURINO, children aged 4-8 learn through interactive adventures in phonics, maths, creativity, emotions and coding using a smart stylus and figurines. Ad-free and educator-approved, it combines fun with learning - trusted by over 400,000 families.

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



WIN THIS!

Scan to find out more and enter:



# Daily Activity Planner

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

P.25 - 27  
BSE & WEST  
SUFFOLK

P.28 - 34  
IPSWICH, BABERGH,  
MID & EAST SUFFOLK

## BURY ST EDMUNDS & WEST SUFFOLK AREA

### MONDAY

#### PARENTS & TOTS

##### Bury St Edmund's Library

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

- **Stay & Play:** 13:00 - 14:00. **Ages:** 0 - 5 yrs.  
**Dates:** 5 Jan - 30 Mar. **Cost:** Free (booking essential).

##### Elmswell Baby and Toddler Group

Blackbourne Community Centre, Elmswell, IP30 9GY.

**Times:** 9:45 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2 (drop in).  
**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

##### Little Deers Baby and Toddler Group

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

**Times:** 9:30 - 11:30. **Ages:** 1 mths - 5 yrs. **Cost:** £3 (drop in).  
**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

##### Toddlers at Bridge Kids

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

**Times:** 13:00 - 14:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).  
**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

### MUSIC & SIGNING

#### Moo Music Bury St Edmunds

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

- **Mixed Moo (0-5yrs):** 10:55 - 12:35.  
• **Baby/Mini Moo (0-18 months):** 10:10 - 10:40

**Cost:** £6.50 (booking essential).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Moo Music Bury St Edmunds

Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU. 07940986162. 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 (booking essential).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

### TUESDAY

#### PARENTS & TOTS

##### Bury St Edmund's Library

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

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

**Dates:** 6 Jan - 31 Mar. **Cost:** Free (drop in).

##### Families Together Suffolk

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

- **Learn & Grow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.  
**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** Free essential.

##### Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Horringer , Bury St Edmunds, IP29 5RU. lisahasler.wixsite.com.

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £5 (drop in).

##### Brandon Library

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

- **Storytime:** 15:30 - 16:00. **Ages:** 0 - 5 yrs.  
**Dates:** 6 Jan - 31 Mar. **Cost:** Free (drop in).

### PHYSICAL FUN

#### Tumble Tots Ely

Newmarket OLISE Church, 14 Exeter Road, Newmarket, CB8 8LT. 07979 757202. www.tumbletots.com.

- **Walking - 2 Years:** 9:30 - 10:15.  
• **3 years - school Age** 10:30 - 11:15.  
• **2 - 3 Years** 11:30 - 12:15.  
• **6 mths - walking** 12:45 - 1:30.

**Dates:** 6 Jan - 10 Feb, 24 Feb - 24 Mar **Cost:** £8 (booking essential).





**Moo Music**  
Musical fun, sensory and interactive classes for little ones.  
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**Fun physical play programme**  
for babies, toddlers and preschool children!  
[www.tumbletots.com/ely](http://www.tumbletots.com/ely)

**BOOK TODAY!**  
Classes in Witcham, Newmarket, Littleport, Risby and Ely

Brandon Library

## WEDNESDAY

### PARENTS & TOTS

#### Edmundo Lounge

Edmundo Lounge, 28 Cornhill, Bury St Edmunds, IP33 1DY.  
01284700166. [thelounges.co.uk](http://thelounges.co.uk).

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

**Dates:** 7 Jan - 1 Apr. **Cost:** Free (drop in).

#### Families Together Suffolk

St Edmunds Station Church, RAF Honington, Honington, IP31 1LU.  
[families togthersuffolk.org.uk](http://families togthersuffolk.org.uk).

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

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** Free (booking essential).

#### Prado Lounge

Prado Lounge, 15 - 16 Market Hill, Sudbury, CO10 2EA. 01787313634. [thelounges.co.uk](http://thelounges.co.uk).

- **Baby Club:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

**Dates:** 7 Jan - 1 Apr. **Cost:** Free (drop in).

## PHYSICAL FUN

### Tumble Tots Ely

Freckenhall Village Hall, 7 Fordham Road, Bury St Edmunds, IP28 8JZ.  
07979 757202. [www.tumbletots.com](http://www.tumbletots.com).

- **Walking-2 Years:** 9:45 - 10:30.
- **6 mths-Walking:** 10:45 - 11:30.
- **2-3 Years:** 11:45 - 12:30.
- **3 years-School Age:** 12:45 - 13:30.

**Dates:** 7 Jan - 11 Feb, 25 Feb - 25 Mar **Cost:** £8 (booking essential).

## THURSDAY

### PARENTS & TOTS

#### Bury St Edmund's Library

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

- **Duplo Club:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

**Dates:** 8 Jan - 2 Apr. **Cost:** Free (drop in).

#### Little Treasures Parent & Toddler Group

Lawshall Evangelical Free Church, Hannington Green, Lawshall, IP29 4OD. 01284 828694. [www.lawshallevangelicalfreechurch.org.uk](http://www.lawshallevangelicalfreechurch.org.uk).

**Times:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** Free (drop in).

#### Midweek for Mums

The New Bury Community Centre, 1 Charles Place, Bury St Edmunds, IP32 6TD. 07791 708708. [www.bsc-pc.org](http://www.bsc-pc.org).

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### 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.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** £2 (drop in)

## HEALTH & WELLBEING

### Sudbury Library

Sudbury Library, Market Hill, CO10 2EN.

- **Open Space:** 14:15 - 16:15.

**Dates:** 8 Jan - 29 Jan. **Cost:** Free (booking essential).

## PHYSICAL FUN

### Tumble Tots Ely

Risby Village Hall, Aylmer Close, IP28 6RT.  
07979 757202. [www.tumbletots.com](http://www.tumbletots.com).

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

**Dates:** 8 Jan - 12 Feb, 26 Feb - 26 Mar. **Cost:** £8 (booking essential).

## OTHER

### Dream Care Farm CIC

Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.  
07590211124. [www.dreamcarefarmcic.co.uk](http://www.dreamcarefarmcic.co.uk).

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

**Dates:** 5 Feb - 26 Mar. **Cost:** £5 (booking essential).

## FRIDAY

### PARENTS & TOTS

#### Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Horringer, Bury St Edmunds, IP29 5RU.  
[lisahsler.wixsite.com](http://lisahsler.wixsite.com).

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £5 (drop in)

## MUSIC & SIGNING

### Moo Music Bury St Edmunds

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.  
07940986162. [moo-music.co.uk](http://moo-music.co.uk).

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

**Dates:** 16 Jan-13 Feb & 27 Feb-27 Mar. **Cost:** £6.50 (booking essential).

### Moo Music Bury St Edmunds

Wesley Hall, School Road, Elmshurst, Bury St Edmunds, IP30 9BW.  
07940986162. [moo-music.co.uk](http://moo-music.co.uk).

- **Mixed Moo (0-5yrs):** 9:20 - 10:00, 11:05 - 11:45 & 13:15 - 13:55.

**Dates:** 16 Jan-13 Feb & 27 Feb-27 Mar. **Cost:** £6.50 (booking essential).

**Toddler play sessions**  
2-11 years  
BOOK A FREE TASTER SESSION

Netball Kids

Bury St Edmunds | Thurston | Ipswich | Stowmarket | Sudbury

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

Fun and creative ballet classes for babies and children from walkers to seven years  
 \* Confidence  
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 \* EYFS integrated

IPSWICH & NEWMARKET & BURY ST EDMUNDS

## SATURDAY

### PARENTS & TOTS

#### Bury St Edmund's Library

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

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

**Storytime:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

**Dates:** 10 Jan - 28 Mar. **Cost:** Free (booking essential).

### DANCE & DRAMA

#### Tiny toes ballet suffolk

RH CAST, Northgate Street, Bury St Edmunds, IP33 1HP. 07415127619.  
www.tinytoesballet.co.uk.

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

• **Talent Toes:** 9:45 - 10:25. **Ages:** 2½ - 4 yrs.

• **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar. **Cost:** £9 (booking essential).

#### Tiny toes ballet suffolk

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

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

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

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

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

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar. **Cost:** £9 (booking essential).

### PHYSICAL FUN

NEW

#### Netball Kids

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

• **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3½ yrs.

• **Mini Movers Netball:** 9:45 - 10:30. **Ages:** 3½ yrs - 5 yrs.

• **Junior Jumpers Netball:** 10:40 - 11:25. **Ages:** 5 - 7 yrs.

• **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

**Cost:** £6-8 (booking essential).

**Dates:** 10 Jan - 7 Feb & 28 Feb - 28 Mar.

### OTHER

#### Dream Care Farm CIC

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

• **Saturday Farm Club:** 10:00 - 12:00. **Ages:** 0 - 99 yrs.

**Dates:** 7 Feb - 28 Mar. **Cost:** £5 (booking essential).

## SUNDAY

### PARENTS & TOTS

#### Bury St Edmund's Library

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

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

**Ages:** 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jan - 29 Mar.

### PHYSICAL FUN

#### Netball Kids

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

• **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3½ yrs.

• **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3½ yrs - 5 yrs.

• **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.

• **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

**Cost:** £6-8 (booking essential).

**Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.



## MONDAY

### PARENTS & TOTS

#### Acorns Family Hub

Acorns Family Hub, Stowhealth Centre, Stowmarket, IP14 1NL. 03456080033. [www.suffolk.gov.uk](http://www.suffolk.gov.uk).

- **Play and Chat Group:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.
- Dates:** 5 Jan - 9 Feb & 23 Feb - 30 Mar. **Cost:** Free (drop in).

#### BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX. 01473 210176/07492691190. [www.bmesuffolk.org](http://www.bmesuffolk.org).

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 1 yrs 6 mths - 4 yrs.
- Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. **Cost:** Free (booking essential).

#### Busy Bees Saxmundham

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

- **Busy Bees Toddler Group:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.
- Dates:** 5 Jan - 30 Mar. **Cost:** £1 (booking essential).

#### Capel Community Church

Capel Community Church, Days Road, Capel St Mary, Ipswich, IP9 2JW. 0775291135. [capelcommunitychurch.org.uk](http://capelcommunitychurch.org.uk).

- **Stay & Play Cafe:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.
- Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. **Cost:** £0.50 (drop in).

#### Small All Hallows Toddler Group

All Hallows Church Hall, Landseer Road, Ipswich, IP3 0EN. 07561596168. [allhallowschurchipswich.myfreesites.net](http://allhallowschurchipswich.myfreesites.net).

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

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar. **Cost:** Free (drop in).

### 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:** 9:45 - 10:15.
- **Mixed Ages (1-5 yrs):** 11:00 - 11:45.

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. (booking essential).

#### Jo Jingles Ipswich

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

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

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. (booking essential).

#### Moo Music

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

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

**Cost:** £6.50 (booking essential).

**Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

• **Mooborn Massage(6weeks-6months):** 12:45 - 14:00.

**Cost:** £9 (booking essential).

**Dates:** 12 Jan - 2 Feb. (see website for course details & additional dates)

#### 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.

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. **Cost:** £6.50 (booking essential).

### 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.

**Dates:** 12 Jan - 9 Feb. **Cost:** £10 (booking essential).



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Contact Katie on 07732 544548  
[ipswich@jingles@gmail.com](mailto:ipswich@jingles@gmail.com)  
[www.jojingles.com/ipswich](http://www.jojingles.com/ipswich)

### Baby Sensory East Suffolk

Beccles Public Hall, Smallgate, Beccles , NR34 9AD.

07521 318146. [www.babysensory.com](http://www.babysensory.com).

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

**Dates:** 5 Jan - 26 Jan & 2 Feb - 23 Mar. **Cost:** £9 (booking essential).

### Jasmine Blossom Birth & Baby

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

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

**Dates:** 23 Feb - 23 Mar **Cost:** £10 (booking essential)

### CREATIVE

#### 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.

**Dates:** 5 Jan - 30 Mar. **Cost:** Free (booking essential).

#### 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.

**Dates:** 5 Jan - 23 Mar. **Cost:** Free (booking essential).

### 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.

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar. **Cost:** £5 (booking essential).

### TUESDAY

### PARENTS & TOTS

#### Bethesda Baptist Church Parent and Toddler Group

Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB.

07761 766603. [www.bethesdaipswich.com](http://www.bethesdaipswich.com).

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £1 (drop in).

#### Families Together Suffolk

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

[familiestogethersuffolk.org.uk](http://familiestogethersuffolk.org.uk).

- **Chill, Chat & Play:** 10:00 - 11:30. **Ages:** 0 - 12 mths.

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** Free (booking essential).

#### Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.

01473 927270. [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Ages:** 2 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 6 Jan - 31 Mar.

**Halesworth Library**

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

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

**Dates:** 6 Jan - 31 Mar. **Cost:** Free (drop in).

**Kesgrave Baptist Church Toddler Group**

Kesgrave Baptist Church , Cambridge Road , IPS1 5EW.  
07818 589268. kesgravebaptistchurch.org.uk.

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £1 (drop in).

**Kesgrave Library**

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

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

**Dates:** 6 Jan - 31 Mar. **Cost:** Free (drop in).

**Mendlesham Baby & Toddler Group**

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

07925 198581. **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £2 (drop in).

**Southwold Library**

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

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

**Dates:** 6 Jan - 31 Mar. **Cost:** Free (drop in).

**St Augustine's Church**

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

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

**Dates:** 6 Jan - 10 Feb, 24 Feb - 24 Mar **Cost:** £2 (drop in).

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

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

- **Baby and Toddler Group:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** £1 (drop in)

**Tiddlywinks**

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

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £1 (drop in).

**Tots+ at Christ Church Ipswich**

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

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £1.50 (drop in).

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

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG.  
07732 544548. www.jojingles.com.

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £6.50 (booking essential).

**Moo Music**

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

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

**Dates:** 13 Jan-10 Feb & 24 Feb-24 Mar. **Cost:** £6.50 (booking essential).

**SENSORY & DEVELOPMENT****Baby Sensory East Suffolk**

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

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

**Dates:** 6 Jan - 3 Feb & 3 Feb - 24 Mar. **Cost:** £9 (booking essential).

**Jasmine Blossom Birth & Baby**

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@jasmine\_blossom\_birthandbaby

07815 698459

info@jasmineblossombirthing.com

**Baby Sensory Ipswich**

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

- **Baby Sensory (7 mths - 13 mths):** 10:00 - 11:00.

- **Baby Sensory (0 - 6 mths):** 11:15 - 12:15

**Dates:** 6 Jan-10 Feb & 24 Feb - 24 Mar. **Cost:** £9.25 (booking essential).

**Jasmine Blossom Birth & Baby**

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

07815698459. www.jasmineblossombirthing.com

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

**Dates:** 24 Feb - 24 Mar **Cost:** £10 (booking essential)

**PREGNANCY****Monttree Yoga & Wellbeing Ltd**

Elmstead Community Centre, Colchester, CO7 7ET  
07305 267820. www.monttreeyoga.co.uk.

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

**Dates:** 6 Jan - 24 Mar. **Cost:** £12.50 (pre-booking essential).

**CREATIVE****Ipswich Community Playbus**

Discovery Avenue Car Park, Discovery Avenue, Ipswich, IP2 8SD.

01473221521. www.ipswichplaybus.org.uk.

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

**Dates:** 6 Jan - 31 Mar. **Cost:** Free (booking essential).

**PHYSICAL FUN****Hadleigh Stars Gymnastics**

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

- **Parent and Toddler Gym:** 9:15 - 10:15.

**Dates:** 13 Jan-10 Feb & 24 Feb-24 Mar. **Cost:** £5.45 (booking essential).

- **Pre School Gymnastics (3-Yrs):** 10:45 - 11:45 & 13:30 - 14:30.

**Dates:** 13 Jan-10 Feb & 24 Feb - 24 Mar. **Cost:** £7.50 (booking essential).

**Little Kickers Ipswich (Suffolk)**

The Welcome Hall, 198 High Road, Felixstowe, IP11 0TN.

0203 4798200. www.littlekickers.co.uk.

- **Little Kickers:** 9:30 - 10:15. **Ages:** 1½ - 2 ½ yrs

- **Junior Kickers:** 9:30 - 10:15 & 10:30 - 11:15. **Ages:** 2½ - 3 ½ yrs

- **Mighty Kickers:** 10:30 - 11:15. **Ages:** 3 ½ yrs - 5 yrs.

**Dates:** 6 Jan - 14 Feb & 24 Feb - 24 Mar. **Cost:** £9 (booking essential).

**Moontree Yoga & Wellbeing Ltd**

Clip'n'Climb Ipswich, Berwick Road, Ransomes Industrial Estate,

Ipswich, IP3 9ST. 07305 267820. www.moontreeyoga.co.uk.

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

**Dates:** 6 Jan - 24 Mar. **Cost:** £11.50 (booking essential).

**HEALTH & WELLBEING****Moontree Yoga & Wellbeing Ltd**

Elmstead Community Centre, Colchester, CO7 7ET

07305 267820. www.moontreeyoga.co.uk.

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

**Dates:** 6 Jan - 24 Mar. **Cost:** £10 (booking essential)

## WEDNESDAY

### PARENTS & TOTS

#### 1.2.3 Toddler Group Walton

St Marys Church Hall, High Street, Walton, Felixstowe, IP11 9DS.  
01394 283347, [www.waltonandtrimley.org.uk](http://www.waltonandtrimley.org.uk).

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

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** £1 (drop in).

#### Eye Family Hub

Eye Family Hub, Church Street, Eye, IP23 7BD.  
[www.suffolk.gov.uk](http://www.suffolk.gov.uk).

- **Stay & Play:** 12:30 - 14:00. **Ages:** 0 - 5 yrs.

**Dates:** 7 Jan - 1 Apr. **Cost:** Free (drop in).

#### Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB.  
01379 469969. [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

- **Baby Wordplay (0 - 1yrs):** 10:30 - 11:00.
- **Dates:** 7 Jan, 21 Jan, 4 Feb, 4 Mar & 18 Mar.
- **Toddler Wordplay (walking - 3yrs):** 10:30 - 11:00.

**Dates:** 14 Jan, 28 Jan, 11 Feb & 25 Mar.

#### Families Together Suffolk

Community Room Hadleigh Reform Church, Market Pl, IP7 5DL.  
[familiestogethersuffolk.org.uk](http://familiestogethersuffolk.org.uk).

- **Chill, Chat & Play (0 - walking):** 10:00 - 11:30.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** Free (booking essential).

#### Humpty Dumpty Toddler Group

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

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

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** £1 (drop in).

#### Little Hands

Woodbridge Quay Church, Quay Street, Woodbridge, IP12 1BX.  
01394 387210. [www.thequay.org.uk](http://thequay.org.uk).

- **Little Hands Toddler Group:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** Free (booking essential).

#### Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL.  
[www.facebook.com/MartleshamHeathBabyAndToddlerGroup](http://www.facebook.com/MartleshamHeathBabyAndToddlerGroup)

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

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** £1.50 (drop in).

#### Open 4 U

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

**Times:** 9:15 - 11:15. **Ages:** 0 - 4 yrs.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** Free (drop in).

#### 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:play, craft, singing and story time (0-5s):** 9:30 - 11:15.

**Dates:** 7 Jan - 11 Feb, 25 Feb - 25 Mar. **Cost:** £2 (drop in).

#### Thorndon Under Fives

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

- **Thorndon Toddler Group:** 10:00 - 12:00. **Ages:** 0 - 4 yrs.

**Dates:** 7 Jan, 21 Jan, 4 Feb, 4 Mar & 18 Mar. **Cost:** £2 (drop in).

#### Whitton Parish Church

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

- **Mums & Tots:** 13:15 - 15:00. **Ages:** 0 - 5 yrs.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** £1 (drop in).



### Yoga for Pregnancy | Postnatal & Baby

Wednesdays 6:30pm  
Millennium Hall,  
Kesgrave, Ipswich

FREE  
CLASS!  
See offer page  
for more info

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

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

## 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.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. (booking essential).

### Moo Music

Hadleigh Cricket Club, Friars Road, IP7 6DF.  
07944 033723. [www.moomusiccdnm.co.uk](http://www.moomusiccdnm.co.uk).

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

**Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar. **Cost:** £6.50 (booking essential).

### 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.

**Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar. **Cost:** £6.50 (booking essential).

## SENSORY & DEVELOPMENT

### Baby Senses

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

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

**Cost:** £10 (booking essential).

**Dates:** 7 Jan - 4 Feb. (see website for additional dates)

### Baby Sensory East Suffolk

Alan Crompton Hall, Easton Road, Sutton Heath, Woodbridge, IP123TN. 07521 318146. [www.babysensory.com](http://www.babysensory.com).

- **Baby Sensory (0-13mths):** 9:30-10:30, 11:00-12:00, 12:15-13:15.

**Ages:** 0 - 13 mths.

**Dates:** 7 Jan - 28 Jan & 4 Feb - 25 Mar. **Cost:** £9 (booking essential).

### The Nurture Nest

Rendlesham Community Centre, 31 Walnut Tree Ave, Rendlesham, Woodbridge, IP12 2GG. [www.instagram.com](http://www.instagram.com).

- **Sensory Sessions:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

**Dates:** 7 Jan, 21 Jan, 4 Feb, 18 Feb, 4 Mar & 18 Mar.

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

**Dates:** 14 Jan, 28 Jan, 11 Feb, 25 Feb, 11 Mar & 25 Mar.

**Cost:** £6 (booking essential).

## 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

**Dates:** 7 Jan - 25 Mar. **Cost:** £12.50 (pre-booking essential).



Want to enjoy baby massage with your baby?

- Learn to massage each area over 5 weekly sessions
- Understand how massage can aid tummy problems and reflux
- Feel supported, make friends, enjoy a cuppa and time to chat
- Small groups for calm, relaxed and non judgemental classes
- Classes run throughout Ipswich by certified baby massage instructor, with 16 years experience, Ann Lay



Baby Massage and Toddle Talk

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



Follow us at [www.facebook.com/babysensesipswich](http://www.facebook.com/babysensesipswich)



15TH ANNIVERSARY



Looking for baby signing classes?



[WWW.TODDLETALK.CO.UK](http://WWW.TODDLETALK.CO.UK)

Look no further, with 16 years experience, our fun, interactive, sensory signing classes can aid speech and language development.

[INFO@TODDLETALK.CO.UK](mailto:INFO@TODDLETALK.CO.UK)

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## CELEBRATE 16 YEARS WITH ANN - WIN A HALF TERM OF CLASSES

With TWO chances to WIN, enter now for the opportunity to enjoy five weeks of baby massage with Baby Senses and/or baby signing with Toddle Talk, led by Ann.

The winner must be able to attend classes in Kesgrave or Bramford and agree to share their experience in an online review

ENTER AT [WWW.TODDLEABOUT.CO.UK/COMPETITIONS](http://WWW.TODDLEABOUT.CO.UK/COMPETITIONS)

CLOSING DATE 28 FEB 2026

## CREATIVE

### Ipswich Community Playbus

Congreve Road, Congreve Road, Ipswich, IP1 6AH.  
01473 221521. [www.ipswichplaybus.org.uk](http://www.ipswichplaybus.org.uk).

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

Dates: 7 Jan - 1 Apr. Cost: Free (booking essential).

## PHYSICAL FUN

### Little Kickers Ipswich (Suffolk)

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 0203 4798200.  
[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Mighty Kickers Goals (out): 16:30 - 17:15. Ages: 3½ yrs - 5 yrs.

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar. Cost: £9 (booking essential).

## HEALTH & WELLBEING



### Jasmine Blossom Birth & Baby

Kingston Playing Fields, Woodbridge, IP2 4BA  
07815698459. [www.jasmineblossombirth.com](http://www.jasmineblossombirth.com)

- Walk & Talk: 09:30 - 10:30

Dates: 14 Jan, 28 Jan, 11 Feb, 25 Feb, 11 Mar & 25 Mar (booking essential)

### Moontree Yoga & Wellbeing Ltd

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

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

Cost: £10 (booking essential - also delivered online)

Dates: 7 Jan - 25 Mar.

## SEND ACTIVITIES

### Colchester and Ipswich Museums Service

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

- Mini Mansions: 10:00 - 10:45 & 11:15 - 12:00. Ages: 2½ - 4 yrs.

Dates: 7 Jan, 4 Feb, 4 Mar & 1 Apr. Cost: £3 (booking recommended).

## THURSDAY

## PARENTS & TOTS

### Bucklesham Bumps Babies & Toddlers

Bucklesham Village Hall, 12 Levington Lane, Ipswich, IP10 0DZ.  
[www.ticketsource.co.uk/bucklesham-bumps-babies-and-toddlers](http://www.ticketsource.co.uk/bucklesham-bumps-babies-and-toddlers)

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar. Cost: £3.50 (booking essential).

### Early Birds

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

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar. Cost: Free (drop in).

### Gather & Grow

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

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar. Cost: Free (drop in).

### Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.  
01473 851374. [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

Dates: 8 Jan - 2 Apr. Cost: Free (drop in).

### Mickfield Evangelical Church

Mickfield Evangelical Church, Stonham Road, Mickfield, IP14 5LS.  
07891262509. [mickfielddec.co.uk](http://mickfielddec.co.uk).

- Mickfield Mini Music Playgroup: 10:00 - 11:30. Ages: 0 - 5 yrs.

Dates: 15 Jan, 29 Jan, 12 Feb, 26 Feb, 12 Mar & 26 Mar. Cost: Free

### Somersham Playgroup

Somersham Village Hall, 6 Somersham Road, Somersham, IP8 4PJ.  
Baby & Toddler Group: 9:30 - 11:30. Ages: 0 - 5 yrs.

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar. Cost: Free (drop in).

### Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmswell Road, Wetherden, Stowmarket, IP14 3LN. [www.wetherdenbaptist.org.uk](http://www.wetherdenbaptist.org.uk).

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar. Cost: £1 (drop in).

## MUSIC & SINGING

### Jo Jingles Ipswich

All Saints Church Hall, Main Road, Kesgrave, Ipswich, IP5 1BN. 07732 544548. [www.jojingles.com](http://www.jojingles.com).

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. (booking essential).

### Jo Jingles Ipswich

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

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

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. (booking essential).

### Moo Music

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

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

**Dates:** 15 Jan-12 Feb & 26 Feb-26 Mar. **Cost:** £6.50 (booking essential).

### Moo Music Ipswich

Trimley Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07940986162. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- **Mixed Moo (6months-Syrs):** 13:15 - 13:55.
- **Baby/Mini Moo (0-18 months):** 14:15 - 14:45.

**Dates:** 15 Jan-12 Feb & 26 Feb-26 Mar. **Cost:** £6.50 (booking essential).

### Small Sounds at Ipswich Minster

Church House, Oak Lane, Ipswich, IP1 3BN. [www.ipswichminster.org](http://www.ipswichminster.org)

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** Free (drop in).

### 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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** £6.50 (booking essential).

## SENSORY & DEVELOPMENT

### Baby Sensory Ipswich

Jump In, Anglia Retail Park, Ipswich, IP1 5QP.

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

- **Baby Sensory (0-6 mths):** 10:20 - 12:05.
- **Baby Sensory (7mths - 13 mths):** 11:20 - 12:05.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** 9.25 (booking essential).

## CREATIVE

### 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.

**Dates:** 8 Jan - 2 Apr. **Cost:** Free (booking essential).

## PHYSICAL FUN

### Hadleigh Stars Gymnastics

Birch Farm, Silver Hill, Hintlesham, IP8 3NJ. 01473652155. [www.hadleighstarsgymnastics.co.uk](http://www.hadleighstarsgymnastics.co.uk).

- **Parent and Toddler Gym:** 9:15 - 10:15. **Ages:** 0 - 5 yrs.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** £5.45 (booking essential).

- **Pre School Gymnastics (3-5yrs):** 10:45 - 11:45 & 13:30 - 14:30.

**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar. **Cost:** £7.50 (booking essential).

## HEALTH & WELLBEING

### Moontree Yoga & Wellbeing

Brantham Village Hall, New Village, Manningtree CO11 1RF.

07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

- **Luna Yoga (Yoga for Women):** 09:30 - 10:30.

**Cost:** £10 (booking essential - also delivered online).

**Dates:** 7 Jan - 25 Mar

### Moontree Yoga & Wellbeing

The Spring, Holywells Park, Ipswich.

07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

- **Luna Yoga (Yoga for Women):** 10:45 - 11:45.

**Cost:** £10 (booking essential - also delivered online).

**Dates:** 8 Jan - 25 Mar.

## PREGNANCY

### Jasmine Blossom Birth & Nina Parnham

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

07815698459. [www.ninaparnham.com](http://www.ninaparnham.com)

- **Conscious Birth & Beyond Antenatal Course:** 10:00 - 11:00.

**Dates:** 22 Jan - 12 Feb (booking essential).

### Moontree Yoga & Wellbeing

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

07305 267820. [www.moontreeyoga.co.uk](http://www.moontreeyoga.co.uk).

- **Pregnancy Yoga & Birth Preparation:** 09:30 - 10:45.

**Dates:** 8 Jan - 26 Mar. **Cost:** £12.50 (pre-booking essential).

## FRIDAY

## PARENTS & TOTS



### Britten Pears Arts

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

01728687110. [www.brittenpearsarts.org](http://www.brittenpearsarts.org).

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

**Dates:** 9 Jan - 27 Mar. **Cost:** Free (booking essential).

### Earl Soham Primary School Toddler Group

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

01728 685359. [www.earlsoham.suffolk.sch.uk](http://www.earlsoham.suffolk.sch.uk).

- **Earl Soham Toddler Group:** 9:30 - 10:30. **Ages:** 0 - 5 yrs.

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £2 (drop in).

### Families Together Suffolk

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

[families-together.suffolk.k.org.uk](http://families-together.suffolk.k.org.uk).

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** Free (booking essential).

### Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.

01473 927270. [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

- **Word Play:** 11:00 - 11:45. **Ages:** 0 - 5 yrs.

**Dates:** 9 Jan - 3 Apr. **Cost:** Free (booking essential).

### Kesgrave Library

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

01473 851374. [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates:** 9 Jan - 3 Apr. **Cost:** Free (drop in).

### Martlesham Heath Baby and Toddler Group

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

[www.facebook.com/MartleshamHeathBabyAndToddlerGroup](http://www.facebook.com/MartleshamHeathBabyAndToddlerGroup)

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £1.50 (booking essential).

### Mothers & Others

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

07858 947528. [stowmarketbaptistchurch.org](http://stowmarketbaptistchurch.org).

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

**Dates:** 9 Jan - 3 Apr. **Cost:** Free (drop in).

### Rushmere Ducklings

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

01473 721455. [rushmerebaptist.org.uk](http://rushmerebaptist.org.uk).

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** Free (booking essential).

### 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.

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £1.50 (booking essential).

**Whatfield Playgroup**

Whatfield Village Hall, Rectory Lane, Whatfield, Ipswich, IP7 6QU.  
07817375857.

- **Whatfield Playgroup:** 9:30 - 11:00. **Ages:** 6 mths - 5 yrs.  
**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £1.50 (drop in).

**MUSIC & SIGNING****Moo Music**

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

- **Baby Moo (0-8months):** 11:00 - 11:35.  
**Dates:** 16 Jan-13 Feb & 27 Feb-27 Mar. **Cost:** £6.50 (booking essential).
- **Mooborn Reflexology (4weeks-6months):** 12:00 - 12:40.  
**Dates:** 16 Jan - Feb (see website for additional dates)

**Toddle Talk**

The Church Rooms, Ship Lane, Bramford, IP8 4AL.  
07744 914370. 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.

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £6 (booking essential).

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

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

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £9.25 (booking essential).

**CREATIVE****Ipswich Community Playbus**

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

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

**Dates:** 9 Jan - 27 Mar. **Cost:** Free (booking essential).

**DANCE & DRAMA****The Actor's Training Academy**

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

- **TATA Tots:** 10:00 - 10:45. **Ages:** 2 yrs - 4½ yrs.

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar. **Cost:** £7.50 (booking essential).

**PHYSICAL FUN****Hadleigh Stars Gymnastics**

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

- **Parent and Toddler Gym:** 10:30 - 11:30. **Ages:** 0 - 5 yrs.  
**Cost:** £5.45 (booking essential).

**Dates:** 16 Jan - 13 Feb & 27 Feb - 27 Mar.

**Little Kickers Ipswich (Suffolk)**

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

- **Little Kickers:** 9:25 - 10:10. **Ages:** 1½ yrs - 2½ yrs.  
• **Junior Kickers:** 9:25 - 10:10 & 10:15 - 11:00. **Ages:** 2½ - 3½ yrs.  
• **Mighty Kickers:** 10:15 - 11:00. **Ages:** 3½ - 5 yrs.

**Cost:** £9 (booking essential).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

**SEND ACTIVITIES****Ipswich Opportunity Group**

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.  
077446580132. www.ipswichopportunitygroup.org.uk.

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 (booking essential).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.



**Baby Sensory**  
Precious Early Learning for Babies

Our multi-award winning research backed classes will introduce you and your baby to a world of sensory delights, where you can relax, spend quality time together and enjoy meeting other parents [www.babysensory.com](http://www.babysensory.com)

**Classes for 0-13 months**

With over 50 different lesson plans, no two weeks are the same!

Enter your details on the website to find your nearest class!

We've done the research so you can enjoy the fun!

East Suffolk - Megan: 07521318146  
Ipswich & Felixstowe - Chloe: 07916258125  
Bury St Edmunds - Gabby: 07949725465

**SATURDAY****PARENTS & TOTS****Eye Library**

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

- **Saturday Book Club:** 10:30 - 12:30.

**Dates:** 10 Jan - 28 Mar. **Cost:** Free (drop in).

**Families Together Suffolk**

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.  
familiestogethersuffolk.org.uk.

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

**Dates:** 10 Jan, 14 Feb & 14 Mar. **Cost:** Free (booking essential).

**Gainsborough Community Library**

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

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

**Dates:** 10 Jan - 4 Apr. **Cost:** Free (drop in).

**DANCE & DRAMA****Tiny toes ballet suffolk**

Pinewood Community Hall, Laburnum Close, Ipswich, IP8 3SL.  
0741527619. www.tinytoesballet.co.uk.

- **Twinkle toes (18m-2.5yrs):** 9:15 - 9:55.

- **Talent toes (2.5-4yrs):** 10:00 - 10:40.

- **Twirlers and Spinners (4-7yrs):** 10:30 - 11:10.

**Dates:** 10 Jan-14 Feb & 28 Feb-28 Mar. **Cost:** £7.50 (booking essential).



## PHYSICAL FUN

### Little Kickers Ipswich (Suffolk)

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Mighty Kickers Goals (out): 10:00 - 10:45. Ages: 3½ - 5 yrs.**
- Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar. Cost: £9 (booking essential).**

### Little Kickers Ipswich (Suffolk)

Suffolk New College, Belstead Road, Grimwade Street, Ipswich, IP4 1LT.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers Goals: 8:45 - 9:30. Ages: 1½ - 2 ½ yrs.**
- **Junior Kickers Goals: 9:45 - 10:30. Ages: 2½ - 3½ yrs.**
- **Mighty Kickers Goals: 10:45 - 11:30. Ages: 3 ½ - 5 yrs.**

**Dates: 10 Jan - 14 Feb & 28 Feb - 28 Mar. Cost: £9 (booking essential).**

### Little Kickers Ipswich (Suffolk)

St Joseph's College, Belstead Road, Ipswich, IP2 9DR.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers St Joseph's: 9:00 - 9:45. Ages: 1½ - 2 ½ yrs.**
- **Junior Kickers St Joseph's: 10:00 - 10:45. Ages: 2½ - 3½ yrs.**
- **Mighty Kickers St Joseph's: 11:00 - 11:45. Ages: 3 ½ - 5 yrs.**

**Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar. Cost: £9 (booking essential).**

## SUNDAY

### PARENTS & TOTS

#### Eye Library

Eye Library, 6 Cross Street, Eye, IP23 7AB.  
01379 469969, [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates: 11 Jan - 29 Mar. Cost: Free (drop in).**

#### Gainsborough Community Library

Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.  
01473 927270, [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates: 11 Jan - 29 Mar. Cost: Free (drop in).**

#### Halesworth Library

Halesworth Library, Bridge Street, Halesworth, IP19 8AD.  
01986 875095, [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates: 11 Jan - 29 Mar. Cost: Free (drop in).**

#### Kesgrave Library

Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.  
01473 851374, [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates: 11 Jan - 29 Mar. Cost: Free (booking essential).**

#### Southwold Library

Old Hospital Hub, Field Stile Road, Southwold, IP18 6LD.  
01502 442817, [suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk).

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

**Dates: 11 Jan - 29 Mar. Cost: Free (drop in).**

## PHYSICAL FUN

### Little Kickers Ipswich (Suffolk)

Kesgrave Community Sports Centre, Twelve Arch Approach, IP5 1JF.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers: 9:00 - 9:45. Ages: 1½ - 2 ½ yrs.**
- **Junior Kickers: 10:00 - 10:45. Ages: 2½ - 3½ yrs.**
- **Mighty Kickers: 11:00 - 11:45. Ages: 3 ½ - 5 yrs.**

**Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar. Cost: £9 (booking essential).**

### Little Kickers Ipswich (Suffolk)

St Joseph's College, Belstead Road, Ipswich, IP2 9DR.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers: 9:00 - 9:45. Ages: 1½ - 2 ½ yrs.**
- **Junior Kickers: 10:00 - 10:45. Ages: 2½ - 3½ yrs.**
- **Mighty Kickers: 11:00 - 11:45. Ages: 3 ½ - 5 yrs.**

**Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar. Cost: £9 (booking essential).**



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Kesgrave Community Centre  
Murrayside Community Centre

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**CONTACT US**

Phone: 0203 479 8200

Email: [ADMIN.LTUFFS@LITTLEKICKERS.CO.UK](mailto:ADMIN.LTUFFS@LITTLEKICKERS.CO.UK)

### Little Kickers Ipswich (Suffolk)

Castle Hill Recreation Ground, Fircroft Road, Ipswich, IP1 6NE.  
0203 4798200, [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers: 9:00 - 9:45. Ages: 1½ - 2 ½ yrs.**
- **Junior Kickers: 9:45 - 10:30. Ages: 2½ - 3½ yrs.**
- **Mighty Kickers: 10:30 - 11:15. Ages: 3 ½ - 5 yrs.**

**Dates: 11 Jan - 15 Feb & 1 Mar - 29 Mar. Cost: £9 (booking essential).**

#### Netball Kids

1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ.  
07487 608528, [www.netballkids.co.uk](http://www.netballkids.co.uk).

- **Little Launchers Netball: 9:00 - 9:30. Ages: 2 - 3 ½ yrs.**
- **Mini Movers Netball: 9:40 - 10:25. Ages: 3½ - 5 yrs.**
- **Junior Jumpers Netball: 10:35 - 11:20. Ages: 5 - 7 yrs.**
- **Future Stars Netball: 11:30 - 12:15. Ages: 8-11 yrs.**

**Cost: £6-£8 (booking essential).**

**Dates: 11 Jan - 8 Feb & 1 Mar - 29 Mar.**

#### Netball Kids

Murrayside Community Centre, Nacton Road, Ipswich, IP3 9JL. 07487 608528, [www.netballkids.co.uk](http://www.netballkids.co.uk).

- **Little Launchers Netball: 9:25 - 9:55. Ages: 2 - 3 ½ yrs.**
- **Mini Movers Netball: 10:05 - 10:50. Ages: 3½ - 5 yrs.**
- **Junior Jumpers Netball: 11:00 - 11:45. Ages: 5 - 7 yrs.**
- **Future Stars Netball: 11:55 - 12:40. Ages: 8-11 yrs.**

**Cost: £6-£8 (booking essential).**

**Dates: 11 Jan - 8 Feb & 1 Mar - 29 Mar.**

## SEND ACTIVITIES

### Colchester and Ipswich Museums Service

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

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

**Dates: 25 Jan, 22 Feb & 29 Mar. Cost: Free (drop in).**

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