

Loving life with little ones

toddle

about
Suffolk

FREE

July - Sept 2024

TOP OF THE TOTS

Celebrating the best baby & toddler providers

BABY SHOW

27 Oct 2024
Newmarket Racecourse

SUMMER
EVENTS

WIN
Orchard Toys
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COVER PHOTO BY

Everything Bump, Baby & Toddler Near You

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EN**
MORNING

Sat 21 Sept

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WELCOME



TO THE SUMMER 2024 EDITION!

Summer is here, and we are thrilled to bring you a jam-packed issue full of fun days out and activities.

We are especially excited to introduce a brand-new feature: Top of the Tots (p. 13). This is our celebration of the best baby and toddler providers in Suffolk, based on your valuable reviews on our website. If your favourite places aren't listed, please help them out by leaving a review and spreading the love.

Don't miss our special feature (p.15-16), where we share how you can turn simple household items into educational toys. It's a wonderful way to boost your child's creativity and imagination while keeping them engaged at home.

Toddle About Suffolk Franchise is for Sale

Ever dreamt of being at the helm of a beloved family magazine and baby show? Well, here's your chance! The Toddle About Suffolk **magazine and baby show franchise is up for grabs**. If you're passionate about supporting families and building community connections, this could be the opportunity you've been waiting for. If this sounds of interest, please download our franchise prospectus at toddle.fun/franchise

Here's to a summer full of laughter, learning and lots of fun!

Loving life with little ones,

Pia OWNER/EDITOR

Learn more at toddle.fun/subscribe

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

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Thank you to Jessica Mannal Photography for this gorgeous cover photo.
Find out more at: <https://jessicamannalphotography.mypixieset.com/>



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

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

Addressing Young Parents' Low Mood

AADAPT is a research study to see if a short series of online sessions can help you understand the TRAPs that keep you feeling low. AADAPT will give you practical ideas about small changes you can make to feel better. It will also give you information on how you are building your baby's brain every day. If you are a 16-24 year old parent and are feeling low or stressed, this new project might be able to support you.



Visit https://www.trial-deck.com/trial/aadapt?reg_code=YP_vBBU9vnxov P.8



Exclusive Baby Sensory Discount

Baby Sensory is a development programme offering a complete approach to learning and development from birth to 13 months. Each class is designed to stimulate, educate and provide precious memories during that all-important first year of life. Backed by over 35 years of expert research in childhood development, it's a class you don't want to miss. **Get 10% off with 'TODDLE10'.**

Find out more at www.babysensory.com and enter your postcode for your nearest class. P.21



Woodbridge School Open Day in September

Woodbridge School, comprising their Pre-Prep, Prep and Senior School, is an independent co-educational day and boarding School for ages 4 to 18. Their Prep School is a caring, nurturing and lively introduction to School, where children are nurtured and encouraged, inspiring and investing a true love of learning. Register to come to their Whole School Open Day on Saturday 21 September 2024.

Register your place at www.woodbridgeschool.org.uk or email admissions@woodbridgeschool.org.uk P.40

Toddler Takeover Summer Pass

Jump In Ipswich is the perfect day out for everyone, with a huge 24,000 sqft softplay area and large trampoline arena. The softplay is one of the largest in the UK with lots of slides, play structure, and more!



Ages up to 12. Put a big smile on a little face during Toddler Takeover trampoline sessions – ages 1-6, £11 per adult and child. Get a Toddler Takeover Summer Pass with five sessions for just £29, valid until the 6th September.

Visit www.gojumpsin.com or call 0330 2233333 to book. P.17

'Little Woodies' is Back

This September 'Little Woodies' is back at Charlotte's Wood in Wilby for another fun-packed term of Forest School play and adventure. Activities include mud play, games



and seasonal crafts and sessions always finish with a snack and story around the campfire. If you have an adventurous, outdoor-loving pre-schooler why not join the group for a FREE taster? They meet on Friday mornings during term time and you can either book for a block or pay as you go. **Free taster session available.**

Email charlotte@charlotteswood.co.uk or call 07879 653488 to find out more. P.36



29 Years of Jo Jingles

Jo Jingles is in its 29th year of offering fun, educational music and movement classes for babies, 3 months to school age. Classes cover a range of pre-school topics and include sensory play for babies and an assortment of fun props, puppets and visuals as well as games and stories for the preschoolers. Intergenerational sessions now run in local care homes too which are open to customers and non-customers alike. Special offers and parties available too.

Contact Katie at ipswichjingles@gmail.com or call 07732 544548. **P.33**

Bite SIZED NEWS

Timeless Portraits

Fancy updating those family portraits but keep putting it off? Then this is your sign to get booked in! **Receive 10% off your package price,** exclusively for



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Visit www.lifeisbeautifulphotography.co.uk to find out more. **P.17**

Buy & Sell Quality Preloved Baby & Children's Goods

The next award-winning nearly new baby & children's indoor sales is taking place on **Saturday 21st July from 2-4pm at Inspire Ipswich**, Lindbergh Road, IP3 9QX. Buy top quality, pre-loved baby and children's items at up to 90% off the high street prices direct from local parents. Everything you need from newborn through to 6 years. Free goody bags for the first 100 adults. Admission is £2 per adult, children go free. Free entry for last 30 minutes.

To book a stall visit www.mum2mummarket.co.uk



Free Baby Show this October

The Toddle About Baby Show is back on Sunday 27th October from 10am - 3pm at Newmarket Racecourse. This



is your opportunity to get everything from bump, baby, toddler and pre-schooler under one roof with live demos & talks throughout the day. Entry to the show is free if you book online. £2 entry at the door.

To secure your free ticket & goody bag, visit www.toddle.fun/babyshowsuffolk **P.18**

New Class in Freckenham

Tumble Tots Ely is excited to announce a new centre opening in Freckenham from September. Tumble Tots is a fun physical activity for little ones aged 6 months to school. With age appropriate session and equipment to help develop life skills.



Email Fran at fran.badcock@tumbletots.com or call 07979 757202. **P.29**

Summer Fun

MAKE THE MOST OF THE
SUMMER HOLIDAYS WITH
THESE GREAT DAYS OUT

SUMMER EVENTS FOR FAMILIES AND THEIR LITTLE ONES

July
14

THORNHAM ESTATE OPEN DAY

Thornham Estate. 10.30am - 5pm

Come to Thornham Walks and sample the wonderful efforts of the different people who live, learn, work and volunteer here. With something for all the family, and no additional charge for entry. Timed activities and a map showing location of events will be published a couple of weeks before the day.

Thornham Estate, Thornham Magna, Eye, IP23 8HH
Tel: 01379 831242  ThornhamWalks

www.thornhamestate.com

Free Event. Car parking charges apply.

19 July-
2 Sept

SUMMER OF PLAY

Ickworth Estate. 10am - 3.30pm

Ickworth Estate are all about getting creative this year, so head to their 'Play' Garden and lose track of time weaving through wild mazes, playing in mud kitchens, immersing yourself in the sensory garden, storytelling and performing on the Summer House stage. With many different activities, there's plenty to excite all ages of children.

Ickworth Estate, Bury St Edmunds, IP29 5QE
Tel: 01284 735270  IckworthNT

www.nationaltrust.org.uk/ickworth-estate

Normal entry fees apply. Free to National Trust members.

AUG
3-4

FESTIVAL OF WHEELS

Trinity Park Ipswich.
10am - 6pm



From Monster Trucks to the Big Top Circus, there is something for the whole family. Immerse yourself in the festival experience and camp over the weekend. Join the exclusive evening entertainment, comedy club (over 18s), evening funfair, live music, street food and cocktail bar.

Trinity Park, Felixstowe Road, Ipswich, IP3 8UH
Tel: 0333 2427912  Motorshowevents

www.motorshowevents.com/festival-of-wheels-car-show-ipswich-suffolk

Get 20% off with discount code 'Toddler2024'.

Under 3's go free with one paying adult.

18 July-
2 Sept

FARMER JOHN'S MAIZE MAZE

Farmer John's Summer Maze.
10am - 5pm

Come and explore the amazing maize maze at Farmer John's! With a mini maze for the little ones and a mega maze for the more adventurous as well as a straw pyramid, giant inflatable tractor, refreshments and more. There is lots of outdoor fun! Open Thursdays through to Sundays.

Farmer John's Summer Maze, Boydland Farm, Old London Road, Caple St Mary, IP9 2JU

Tel: 07845 752746  FarmerJohnsMaizeMaze&PumpkinPatch

www.farmerjohnsmaizemazeandpumpkinpatch.co.uk

£5 per child, £7 per adult, under 2's go free.

20 July-
2 Sept

SUMMER MEGA MAZE

Hirsty's Family Fun Park. 10am - 5pm

Running for the whole of the school summer holidays, come to explore Hirsty's giant maze made of maize. Come and get lost, find the clues to the quiz and collect stickers on your journey to find the way out. Hours of fun for all the family!

Hirsty's Family Fun Park, Yarmouth Rd, Hemsby, NR29 4NL

Tel: 07771 605797  HirstysFamilyFunPark

www.hirstysfamilyfunpark.co.uk

Normal entry fees apply.

11 Aug-
8 Sept

STEAM SUNDAYS

Food Museum. 10am - 5pm

Join The Food Museum for Steam Sunday on the 2nd Sunday of every month until October 2024 (3rd Sunday in October). Enjoy the sights, sounds and smells of the working steam traction engine, the Empress of Britain, as the volunteers use steam coal to bring it to life. Meet the volunteer team who care for the engine and find out what they're up to as you marvel at this wonderful machine.

Food Museum, Crowe Street, Stowmarket, IP14 1DL
Tel: 01449 612229  FoodMuseumUK

www.foodmuseum.org.uk

Museum opening times apply.

Active Farm Fun Inflatables Wooden Maze Games & Quizzes Refreshments
Crazy Croquet Go-Karts Seasonal Family Events



SUMMER MEGA MAZE



20th July - 2nd Sept

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www.hirstysfamilyfunpark.co.uk



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Find out more at www.foodmuseum.org.uk

Visit us at the Food Museum, Stowmarket, Suffolk, IP14 1D

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OPEN EVERY THURSDAY TO SUNDAY 18TH OF JULY UNTIL 1ST OF SEPTEMBER 10AM TIL 5PM



KIDS: £5.00
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(All activities included - Under 2s free)



Boydland Farm,
Old London Road,
Cape St Mary,
Suffolk, IP9 2JU.

(Just off the A12)



RAINBOW TOASTIES



I dare you to blow the kids' minds with these cheese toasties that stretch and ooze the colours of the rainbow!

YOU'LL NEED:

- 2 slices of bread
- A handful of grated mozzarella (or a mix of mozzarella and Cheddar)
- 4 different food colouring gels
- Butter or spreadable butter

WHAT TO DO:

1. Butter both slices of bread then stack them, buttered sides together, on a board.
 2. Split your grated cheese into 4 small dishes, add a squirt of the different food colouring to each dish and mix with a spoon to coat all of the cheese.
 3. Add the cheese to the non-buttered side of the bread, from top to bottom in rows of each colour.
 4. Lift the top slice of bread off its partner and put it into a hot frying pan on a medium-high heat.
 5. Top with the other slice of bread, buttered side up.
 6. After a couple of minutes, lift the corner of the sandwich to see if it's golden-brown underneath, then flip over and toast the other side too.
 7. Once cooked, tip onto a cooling rack for a couple of minutes so the cheese isn't too piping hot but keeping the bread from going soggy while waiting.
 8. Cut diagonally into two triangles* and serve to mightily impressed kids!
- *Cutting across diagonally reveals all the colours of your rainbow toastie.



THE LUNCHBOX MAMA by Rachel Stirling is out on 29th August published by Black & White (£12.99). @thelunchbox.mama

Photos
© Susie Lowe

AADAPT Online - Addressing young mum's and dad's low mood and their parenting



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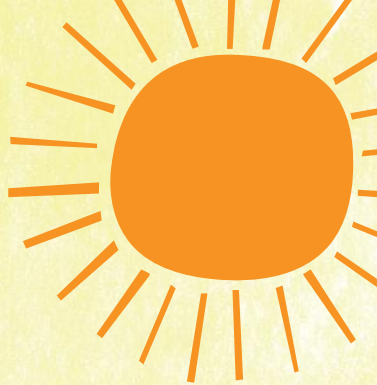
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Or visit our website at www.tots2teensallergies.com





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nationaltrust.org.uk/ickworth-estate

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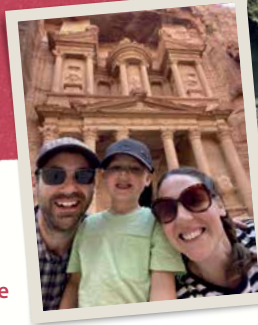
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TRAVELLING WITH CHILDREN

by Tom Kreffer



I love to travel. I've been lucky enough to see and experience many wonders of our planet. And when my wife fell pregnant with Arlo, I was determined not to let parenthood rob me of collecting passport stamps. And I haven't.

I've travelled a lot with my family: camping, caravan holidays, and abroad to Cyprus, Jordan, Iceland and the US.

And sure, I've had to rethink my approach to travelling; bar crawls and three-day hikes have been traded in for early nights in the hotel watching Disney films, but I couldn't hack a bar crawl now anyway. And what parent is turning their nose up at an early night? Certainly not me!

Travelling with children does require some adjustments. But it's entirely possible to have a fantastic family holiday. Here are five tips for travelling with children:

- What's the purpose of your trip? Is it to kill time during the holidays? If so, a caravan park by the seaside might be your BFF. Maybe a holiday with friends and their children so the kids can all play together while you reconnect with the lost art of reading a book (remember those?). What about a road trip? There's no wrong answer here, but whatever you decide to do, think about everyone's experience, the parents' and the children's. What do you all want to get out of this holiday? Considering everyone's interests will ensure the trip is a success.
- It doesn't matter where you go or what you do as long as you prioritise play. One of Arlo's highlights in Iceland was playing with rocks, acting out scenes from his favourite movie. Whether we're in the pool or midway along a hiking trail (Arlo is

usually on my shoulders) – every activity we enjoy

together is enjoyed through the lens of play.

- Pack plenty of snacks. In fact, pack all of the snacks! Whether for the aeroplane, for the car during a road trip or as backup in restaurants. Having familiar snacks on hand can be a lifesaver. Arlo did not enjoy the food in Jordan, but home-bought snacks prevented any mealtime meltdowns.
- Buy them something new for the journey: a toy, a book, a colouring book, etc. My wife shops around on Facebook Marketplace. This will delay the arrival of that question. You know the one: 'Are we there yet?' Pro tip: get them something for the journey back as well.
- Work together so that everyone gets time to do something for themselves. Arlo loves time in the pool, and I like to hike. Often, I'll get up early and go hiking alone, but then I ensure I spend some time in the pool with Arlo later in the day while my wife chills out. We work as a team so everyone can do things they enjoy.

Fantastic family holidays are possible. You just need the right mindset. Try it. Pack a bag (or ten) and go and have an awesome family trip. Just don't forget those snacks! Oh, and passports. But especially snacks! Those gold-plated holiday memories are waiting for you. And they're worth every bit of effort.

If you have any questions, you can email me at tom@tomkreffer.com



Tom Kreffer is the author of *Dear Dory: Journal of a Soon-to-be First-time Dad*, *Dear Arlo: Adventures in Daddling*, *Toddler Inc.*, *The Search for Sanity: Life with a Two-Year-Old* and he is the creator of the *Lessons in Daddling* Newsletter. He lives in Northampton with his family, whom he intends to exploit for many more story opportunities in the years to come. Find out more at tomkreffer.com





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Introducing Top of The Tots - our new feature celebrating the best baby and toddler providers in Suffolk! Rankings are based on YOUR reviews on our website, so if your favourites aren't here, help them out and leave them a review

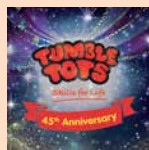


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|----------|--|-----------------|--|-----------|-------------------------------------|-----------------|--|
| 1 | TUMBLE TOTS ELY | 5.0
★ | | 6 | BABY SENSORY BURY ST EDMUNDS | 5.0
★ | |
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PLAY POWER



Turn simple household items into educational toys and give your child's creativity, imagination and social skills a boost.

by Dr Alistair Bryce-Clegg

Do you find yourself struggling for new ways to play with your little one? Or looking for ways to make their playtime more educational?

Good news: playing is learning!

Play, in all its forms, truly is important for development. We know from research that play has huge benefits for children, especially in their early years.

We know that play:

- Builds and strengthens connections in the brain.
- Supports babies and children to learn about their body, build strength and control (building foundations for physical skills including using tools, handwriting and sport).
- Helps children learn about themselves, other people and the society in which they live.
- Supports development of understanding of objects and how they behave.
- Supports creative thinking and imagination.
- Supports wellbeing - through providing autonomy and engagement which in turn has a positive impact on motivation.

Play gives you both positive feelings – so it's good for wellbeing too!

Play releases four feel-good hormones: dopamine, serotonin, endorphins and oxytocin, and these make both you and your toddler feel good.

These four hormones collectively help us to bond with others and to feel good and happy. They are released when we do things that make us happy; for your toddler that would include when you play with them, and the same for you when having fun together.

At My First Five Years™ we firmly believe that “Play is the superpower we all possess!”

It's not as difficult as it can seem to weave meaningful play into your day. Look at the skills your toddler is working towards – you can use playful games to develop them together.

Our books, as well as our free app, contain loads of ideas for learning through play all based on what stage of learning your baby, toddler or child are mastering. (And they're all simple, using household items, so no special art supplies or expensive toys needed!)



Just for *Toddle About* readers, here's a preview from *My First Five Years Toddler*:

TASTE-SAFE PAINT SQUEEZY BOTTLE PAINTING

What you need:

- A mixing bowl and large spoon
- Empty squeeze bottles, such as washing up liquid bottles or ketchup bottles
- Small bowls or plastic containers and a teaspoon
- A large sheet of paper (perhaps an old roll of wall paper) or a wide tray
- **For the paint:**
 - * 250ml of corn flour
 - * 250ml of cold water
 - * 750ml of hot water
 - * Food colouring – natural varieties are available

Always make sure your toddler is safe when you are using or pouring hot water!

THE STEPS:

- Encourage your toddler to help you to mix the cornflour with cold water in the mixing bowl to form a paste.
- Carefully add the hot water to the paste and stir.
- Divide up the mixture into the small bowls or plastic containers and add drops of a different food colour to each portion. Encourage your toddler to help choose the colours and to stir the food colouring into each mixture using the teaspoon.
- Allow your mixtures to cool and then spoon them into the empty squeeze bottles.
- Encourage your toddler to use both hands to squeeze the bottles. Adjust the consistency of the



paint by adding more water if your toddler finds it difficult to squeeze hard enough for the mixture to flow out.

- Let your toddler get creative, squeezing the paint onto the paper or into the tray.

Benefits for your toddler:

- Mixing the paint encourages bilateral coordination as your toddler holds the bowl with one hand whilst mixing with the other.
- Using both hands to squeeze the mixture out of the bottle develops strength in the palm arches and fingers, whilst also using larger muscles of the arm and shoulder to guide the paint around the paper or tray.

Building on:

- Try the same activity outside with a squeeze bottle filled with water.



Dr Alistair Bryce-Clegg is a renowned childcare expert and co-founder of My First Five Years, the popular parent support app, as well as an award-winning author and Early Childhood consultant. Each book in the My First Five Years series explains the why behind different types of play and provides 60 activities designed to support your child's physical, social and emotional development.



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toddle^{about} BABY SHOW

Sun 27th October 2024

Newmarket Racecourse, CB8 0TF



New Home for the Toddle About Baby Show Suffolk!

The excitement is building as we prepare for the Toddle About Baby Show's grand debut at Newmarket Racecourse on Sunday, 27th October 2024! This event will bring together small, local independent businesses and well-known national brands, all celebrating everything from **pregnancy to preschool** under one roof.

You'll have the chance to meet and learn from children's service providers and parenting experts, and try out and purchase a variety of products. Refreshments and snacks will be available at the onsite café, and there's plenty of free parking.

To make the day extra special, little ones can enjoy **free soft play**, and there will be **special guest appearances** from their favourite characters throughout the day.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes. We invite the community to nominate local charities that could benefit from the funds raised through the raffle. The chosen charity will also have the opportunity to raise awareness of their work at the event. To nominate a charity, please email pia@toddleabout.co.uk.

Our **live stage** will feature a jam-packed program with activities such as car seat safety and pram demonstrations, baby and toddler first aid, weaning/feeding advice, and much more.

For those looking for **hands-on activities**, we have creative arts and crafts sessions for the kids, sensory play areas, and interactive workshops designed to entertain and educate both parents and children.

Don't miss the opportunity to engage with experts in parenting and child development who will be available for consultations.



The show is **FREE to attend if you book online**, or £2 per family at the door. Book your free place early and receive one of our **exclusive goody bags** filled with great treats! Goody bags are limited to one per family and will only be available to advanced ticketholders.



Calling all Business Owners

Don't miss out on this amazing opportunity to showcase your products and services. This event is a fantastic platform to reach a highly engaged audience of parents with 0-5s. For the ultimate exposure, **grab one of our limited spots for a stage demo opportunity**, where you can showcase your expertise with a live demo or talk! Secure your space now via toddle.fun/babyshowssuffolk

Join us for a fun-filled, informative, and community-driven event that celebrates the joys of parenting and early childhood.

"Whether you are expecting your first or have a little one in preschool, this event has something for everyone."

Register for **FREE TODAY** via
toddle.fun/babyshowssuffolk



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toddle^{about} magazine



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

Ally Richmond - Franchisee for Toddle About West Northamptonshire



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www.littleletterboxlearning.co.uk



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SPOUTLESS TRAINING RIM CUP, £19.99

This training cup from b.box is perfect for toddlers aged 12 months+, promoting independent sipping. With clear sides for visual learning, it minimises spills. Featuring an innovative lid for controlled flow and a versatile base for various lids, it adapts to growing needs. Dishwasher safe and free from harmful chemicals, it is available in 4 colours.

Buy from Amazon



MAPED TRAVEL BOARD, £17.63

This travel board from Maped will occupy your little ones wherever they are. The compact case is perfect for travelling, with a convenient carry handle. Place activity sheets behind the transparent board to complete the activities and pictures. The plastic shockproof board flexes and doesn't break. Marks made by the 4 markers rub out without a trace. Available from Amazon

BUNCH O BALLOONS OCTOPUS SPLASH PAD, £16.99



Young children can chill out with the 1.6m Octopus Splash Pad that gets kids learning while playing - this friendly sea creature includes eight numbered tentacles along with 3 x Bunch O Balloons Stems (+100 rapid filling, self-sealing balloons) and a circular sprinkler system which is activated once attached to a hose. A great way for little ones to have some fun-filled soaking on a hot summer's day!

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TODDLE MODELS

Winner



Arabella, 1½ years old

Baby and Toddler Photo Competition Winner

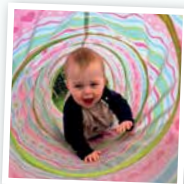
Thank you to everyone who entered our Spring Toddle Models competition!

Congratulations to little Arabella who has won a £100 voucher to spend on new outfits with P.O.P at www.polarnopyret.co.uk!

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.

P.O.P

Find out more at
www.polarnopyret.co.uk



Huey, 1 year 1 month old



Ivy, 2 years 11 months old



Rosalie, 4 years old



Fergus, 4 months old



Albie, 13 months old



Penelope, 3 years old



Dollie Rae,
3 years 5 months old



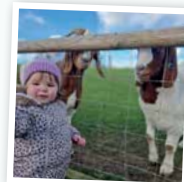
Amari, 2 years 6 months old



Kit, 1.5 years old



Matthew & Nico,
7 and 3 years old



Gracyn, 1 year and
9 months old



Leonardo,
3 years 6 months old



Mabel, 5 months old



Christopher, 18 months old



David & Francesca,
8 and 4 years old



Cleo, 15 months old



Ada, 3 years 7 months old



Oliver, 2 years old



Stefanos, 2 years old



Hazel, 3 years old

TODDLE MODELS



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This bundle is a great way to introduce children to gameplay, turn-taking and other early learning skills with chunky, wipe-clean pieces, ideal for little hands.

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HOW TO ENTER:

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Enter by **Sun 15 Sept 2024**.

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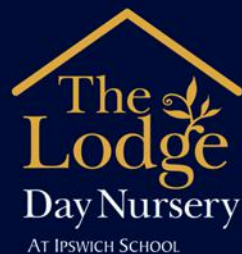


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P.28-30
BSE & WEST
SUFFOLK

P.31-38
IPSWICH, BABERGH,
MID & EAST SUFFOLK

BURY ST EDMUNDS & WEST SUFFOLK AREA

MONDAY

PARENTS & TOTS

Bury St Edmund's Library

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

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

Ages: 0 - 5 yrs.

Cost: Free (booking essential). **Dates:** 8 Jul - 30 Sep.

Elmswell Baby and Toddler Group

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

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

Dates: 8 Jul - 22 Jul & 2 Sep - 30 Sep.

Little Deers Baby and Toddler Group

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

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

Cost: £3 per session (drop in).

Dates: 8 Jul - 15 Jul, 29 Jul - 5 Aug & 2 Sep - 30 Sep.

Toddlers at Bridge Kids

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

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

Ages: 0 - 4 yrs.

Cost: £2 per session (drop in). **Dates:** 8 Jul - 15 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Christ Church, Moreton Hall, Lawson Place, Bury St Edmunds, IP32 7EW. 07949 725465. www.babysensory.com.

- **Baby Sensory 0-6 Months:** 10:00 - 11:00 & 13:00 - 14:00.
- **Baby Sensory 6-13 Months:** 11:30 - 12:30.

Cost: £9 per session (booking essential).

Dates: 8 Jul - 15 Jul, 22 Jul - 19 Aug & 9 Sep - 30 Sep.

TUESDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 1½ yrs.

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

- **Tot Rock:** 10:30 - 11:00. **Ages:** 1½ yrs - 5 yrs.

Dates: 9 Jul - 1 Oct. **Cost:** Free (drop in).

Families Together Suffolk

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

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

Ages: 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jul - 1 Oct.

Horringer Hedgehogs Baby & Toddler Group

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

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

Cost: £4.50 per session (booking essential).

Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

The Salvation Army Community Church Parent and Toddler Group

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

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

Cost: £2 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

WEDNESDAY

PARENTS & TOTS

Families Together Suffolk

St Edmunds Station Church & Gardens, RAF Honington, Honington, IP31 1LU. 07415 689087.

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

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

Dates: 10 Jul - 2 Oct.

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www.tumbletots.com/ely



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www.toddleabout.co.uk

Wild Babies at Lackford Lakes

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

Times: 10:00 - 11:30. **Ages:** 1½ yrs - 5 yrs.

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Cedars Park Community Centre, Pintail Close, Stowmarket, IP14 5FP.
07949 725465. www.babysensory.com.

- **Baby Sensory 6-13 Months:** 10:00 - 11:00.

- **Baby Sensory 0-13 Months:** 13:00 - 14:00.

- **Baby Sensory 0-6 Months:** 11:30 - 12:30.

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

Dates: 10 Jul - 17 Jul, 24 Jul - 21 Aug & 11 Sep - 2 Oct.

Little Woodworms

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

- **Wednesday AM play:** 10:30 - 12:30.

Ages: 0 - 7 yrs. **Cost:** £10 per session (*drop in*). **Dates:** 10 Jul - 28 Aug.

PHYSICAL FUN

Tumble Tots Ely

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

- **Walking to two years:** 9:45 - 10:30.

- **6 months to walking:** 10:45 - 11:30.

Cost: £8.75 per session (*booking essential*).

Dates: 4 Sep - 2 Oct.

THURSDAY

PARENTS & TOTS

Bury St Edmund's Library

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

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

Ages: 3 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 11 Jul - 3 Oct.

EPIC Dad Community Interest Company

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

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

Cost: Free (*drop in*). **Dates:** 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Little Treasures Parent & Toddler Group

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Families Together Suffolk

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

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

Perinatal Wellbeing Support Group

Ages: Pregnancy - 1 yrs 6 mths. **Cost:** Free (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Midweek for Mums

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

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

Dates: 11 Jul, 12 Sep - 3 Oct.

Southgate Parent & Toddler Group

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

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

Cost: £2 per session (*drop in*). **Dates:** 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Sudbury Library

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

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

- **Stay and play:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct. **Cost:** Free (*drop in*).

MUSIC & SIGNING

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.

- **Mini/Maxi Moo (9months-2.5yrs):** 10:30 - 11:00.

- **Baby Moo (0-9/12months):** 11:30 - 12:00.

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

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

SENSORY & DEVELOPMENT

Little Woodworms

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

- **Thursday AM play:** 10:30 - 12:30.

Ages: 0 - 7 yrs. **Cost:** £10 per session (*drop in*). **Dates:** 11 Jul - 29 Aug.

SEND ACTIVITIES

SEN superstars

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

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

PHYSICAL FUN

Tumble Tots Ely

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

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

Dates: 11 Jul - 25 Jul & 5 Sep - 3 Oct.

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

FRIDAY

PARENTS & TOTS

Bury St Edmund's Library

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

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

Cost: Free (*drop in*).

Dates: 19 Jul, 2 Aug, 16 Aug, 30 Aug, 13 Sep & 27 Sep.

Horringer Hedgehogs Baby & Toddler Group

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

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

Cost: £4 per session (*drop in*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

St Edmundsbury Cathedral

Angel Hill, Bury St Edmunds, IP33 1LS. 01284 748720.
www.steds cathedral.org.

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 12 Jul - 4 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds

Ixworth Village Hall, High Street, Ixworth, Bury St Edmunds, IP31 2HH.
07949 725465. www.babysensory.com.

- **Baby Sensory 0-6 Months:** 10:00 - 11:00.
- **Baby Sensory 6-13 Months:** 11:30 - 12:30.

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

Dates: 12 Jul - 19 Jul, 26 Jul - 23 Aug & 13 Sep - 4 Oct.

Little Woodworms

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

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

Ages: 0 - 7 yrs. **Cost:** £10 per session (*drop in*). **Dates:** 12 Jul - 30 Aug.

HEALTH & WELLNESS

Mini First Aid Suffolk

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

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

SATURDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Lego Club:** 10:00 - 12:00.

Ages: 2 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 13 Jul & 7 Sep - 5 Oct.

EPIC Dad Community Interest Company

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

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

Cost: Free (*drop in*). **Dates:** 7 Sep & 5 Oct.

Sudbury Library

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

- **Lego club:** 2:30 - 4:00. **Ages:** 0 - 12 yrs.

Cost: £0.50 per session (*drop in*).

• **Saturday stories for little ones:** 10:15 - 10:30. **Ages:** 0 - 6 yrs.

Cost: Free (*drop in*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

SENSORY & DEVELOPMENT

Little Woodworms

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

- **Saturday AM play:** 10:00 - 12:00.

Ages: 0 - 7 yrs. **Cost:** £10 per session (*drop in*). **Dates:** 13 Jul - 31 Aug.

HEALTH & WELLNESS

Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR. 07706
068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 10:00 - 12:00.

Cost: £25 per session (*booking essential*). **Dates:** 13 Jul & 14 Sep.

SUNDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Sunday board games:** 10:00 - 15:00. **Ages:** 2 - 5 yrs.
- **Sunday Crafts:** 10:00 - 15:00. **Ages:** 3-5 years.

Cost: Free (*drop in*).

Dates: 14 Jul - 21 Jul & 1 Sep - 29 Sep.

MONDAY

PARENTS & TOTS

Aurora - The Sensory Barn

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

- **Sensory Explorers (0-3 yrs):** 11:00 - 12:00.
- **Cost:** £10 per session (*booking essential*).
- **Baby Adventures (6-12 mths) 4 week course:** 12:45 - 13:45.

Cost: £20 per session (*booking essential*).

Dates: 2 Sep - 30 Sep.

BME Suffolk Support Group (BSSG)

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

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 1½ yrs - 4 yrs.
- **Cost:** Free (*booking essential*).

Dates: 8 Jul - 15 Jul, 5 Aug & 2 Sep - 30 Sep.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 0RL. 01473 927270.
www.suffolklibraries.co.uk.

- **Me, Myself & Baby Stay and Play Group:** 10:00 - 12:00.

Ages: Pregnancy - 4 yrs. **Cost:** Free (*drop in*).

Dates: 8 Jul - 26 Aug.

Little Owls

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

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 8 Jul - 15 Jul & 2 Sep - 30 Sep.

MUSIC & SIGNING

Jo Jingles Ipswich

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

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

Dates: 8 Jul - 15 Jul & 2 Sep - 30 Sep.

Jo Jingles Ipswich

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

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

Dates: 8 Jul - 15 Jul & 2 Sep - 30 Sep.

Moo Music Stowmarket, Debenham and Needham Market

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

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

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

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

Dates: 8 Jul & 9 Sep - 30 Sep.

• **Mooborn Massage (6weeks-6months):** 13:30 - 14:45.

Dates: 22 Jul - 12 Aug.

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

Toddle Talk

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

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

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

Dates: 8 Jul - 15 Jul & 2 Sep - 30 Sep.

SENSORY & DEVELOPMENT

Baby Senses

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

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

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

Dates: 8 Jul & 2 Sep - 30 Sep.

Baby Sensory East Suffolk

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

- **Baby Sensory:** 9:25 - 10:25, 10:45 - 11:45 & 12:05 - 13:05.

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

Dates: 8 Jul - 22 Jul & 2 Sep - 30 Sep.

DANCE & DRAMA

CDC Street Dance

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

- **Kids Class:** 17:00 - 18:00. **Ages:** 4 - 8 yrs.

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

Dates: 8 Jul - 15 Jul & 2 Sep - 30 Sep.

PHYSICAL FUN

Little Kickers Ipswich

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

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

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

Dates: 8 Jul - 15 Jul, 8 Jul - 15 Jul & 2 Sep - 30 Sep.

HEALTH & WELLNESS

Mini First Aid Suffolk

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

- **Baby & Child 2 Hour Class:** 18:30 - 20:30.

Cost: £25 per session (*booking essential*). **Dates:** 22 Jul & 23 Sep.

TUESDAY

PARENTS & TOTS

Aurora - The Sensory Barn

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

- **Baby Massage:** 10:15 - 11:15. **Ages:** 0 - 9 mths.

Cost: £8.33 per session (*booking essential*).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

- **Baby Massage (0-6 mths) 4 week course:** 9:45 - 10:45.

Cost: £36 per course (*booking essential*).

- **My Firsy Moments (0-6 mths) 4 week course:** 11:15 - 12:15.

Cost: £20 per session (*booking essential*).

- **Sensory Wonderland (0-18mths):** 12:45 - 14:00.

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

Dates: 3 Sep - 1 Oct.

Bethesda Baptist Church Parent and Toddler Group

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Felixstowe Opportunity Group

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

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

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

Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 0RL. 01473 927270.
www.suffolklibraries.co.uk.

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

Ages: 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Jul - 1 Oct.

Halesworth Library

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Cost: Free (drop in).

Kesgrave Baptist Church Toddler Group

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

- **Tuesday Toddlers:** 9:30 - 11:00.

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

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Kesgrave Library

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

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

Ages: 1 - 5 yrs. **Cost:** Free (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Mendlesham Baby & Toddler Group

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

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 9 Jul - 16 Jul, 13 Aug & 3 Sep - 1 Oct.

St Augustine's Church

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

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

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

Dates: 9 Jul & 10 Sep - 1 Oct.

Tiddlywinks

Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.
01473 259571. www.burlingtonchurch.org.uk.

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

Cost: £1 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Tots+ at Christ Church Ipswich

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

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

Dates: 9 Jul - 16 Jul & 13 Aug - 1 Oct.

MUSIC & SIGNING**Jo Jingles Ipswich**

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

- **Under 2s:** 9:25 - 10:10.
- **2yrs+:** 10:30 - 11:15.
- **3mths - walking:** 11:35 - 12:05.
- **3mths-walking PM:** 12:25 - 12:55.
- **Mixed Ages (1 yrs to 5 yrs):** 13:30 - 14:15.

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Moo Music Stowmarket, Debenham and Needham Market

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

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

Cost: £6 per session (booking essential).

Dates: 9 Jul, 10 Sep - 1 Oct, 6 Aug & 20 Aug - 27 Aug.

SENSORY & DEVELOPMENT**Baby Sensory East Suffolk**

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

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

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

Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

Bendy Beans

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

- **Baby Yoga 6 Week Course:** 9:30 - 10:30. **Ages:** 2 - 11 mths.

Cost: £45 per course (booking essential).

- **Baby Massage 4 week Course:** 10:45 - 11:45. **Ages:** 1 - 10 mths.

Cost: £36 per course (booking essential).

Dates: 9 Jul - 16 Jul, 9 Jul & 3 Sep - 1 Oct.

DANCE & DRAMA**CDC Street Dance**

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

- **Tot's Class:** 11:00 - 11:30. **Ages:** 1½ yrs - 4 yrs.

Cost: £3 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

PHYSICAL FUN**Clip 'n Climb Ipswich**

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

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

Morning climbing sessions for toddlers and young children.

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

Dates: 3 Sep - 1 Oct.

Little Kickers Ipswich

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

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

Cost: £7.50 per session (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

PREGNANCY**The Village Midwife**

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

- **The Village Midwife Postnatal Course:** 10:00 - 12:00.

Friendly and supportive postnatal support

Ages: 0 - 6 mths.

Cost: £155 per course (booking essential). **Dates:** 9 Jul.

WEDNESDAY**PARENTS & TOTS****1.2.3 Toddler Group Walton**

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

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

Ages: 0 - 4 yrs. **Cost:** Free (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Aurora - The Sensory Barn

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

- **Mums Together (0-3 years) 4 week course:** 11:00 - 12:15.

Cost: £30 per course (booking essential). **Dates:** 4 Sep - 2 Oct.

Eye Library

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

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

Ages: 0 - 3 yrs.

Cost: Free (drop in). **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.



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Families Together Suffolk

Community Room Hadleigh, Hadleigh Reform Church, Hadleigh, IP7 5DL. 01379 678 552. www.familiestogether.tiagrace.co.uk.

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

Ages: Pregnancy - 1 yrs. **Cost:** Free (*booking essential*).

Dates: 10 Jul - 17 Jul.

Humpty Dumpty Toddler Group

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

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

Dates: 10 Jul & 11 Sep - 2 Oct.

Little Legs Baby and Toddler Group

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

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

Cost: Free (*drop in*). **Dates:** 10 Jul - 17 Jul, 14 Aug & 4 Sep - 2 Oct.

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Martlesham Heath, Ipswich, IP3 3PL.

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Open 4 U

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

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

Dates: 10 Jul & 11 Sep - 2 Oct.

Rainbow Toddlers

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

St Augustine's Church

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

• **Hippos Baby and Toddler group:** 9:30 - 11:15.

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

Dates: 10 Jul, 10 Jul & 11 Sep - 2 Oct.

• **Music and Rhyme:** 11:15 - 12:10.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*drop in*). **Dates:** 10 Jul.

Thorndon Under Fives

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

• **Thorndon Toddler Group:** 10:00 - 12:00.

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

Dates: 17 Jul, 11 Sep & 25 Sep.

MUSIC & SIGNING

Jo Jingles Ipswich

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

• **Under 2s:** 9:45 - 10:30.

• **2yrs+:** 10:45 - 11:30.

• **3mths - walking:** 11:45 - 12:15.

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Moo Music Stowmarket, Debenham and Needham Market

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

• **Mixed Moo (0-5yrs):** 9:45 - 10:25 & 10:45 - 11:25.

Cost: £6 per session (*booking essential*). **Dates:** 10 Jul - 17 Jul.

SENSORY & DEVELOPMENT

Baby Senses

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

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

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

Dates: 4 Sep - 2 Oct.

Baby Sensory East Suffolk

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

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

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

Dates: 10 Jul - 24 Jul & 4 Sep - 2 Oct.

Baby Sensory Ipswich

Bucklesham and Foxhall Village Hall, Levington Road, Bucklesham, IP10 0DN. www.babysensory.com.

Times: 9:45 - 10:45. **Ages:** 0 - 6 mths.

Cost: £9 per session (*booking essential*). **Dates:** 10 Jul - 24 Jul.

Baby Sensory Ipswich

Welcome Hall, High Road, Trimley St Mary, IP11 0TN. www.babysensory.com.

Times: 9:45 - 10:45. **Ages:** 0 - 6 mths.

Cost: £9 per session (*booking essential*). **Dates:** 10 Jul - 24 Jul.

Bendy Beans

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

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

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

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.



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DANCE & DRAMA

CDC Street Dance

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

• **Kids Class:** 16:45 - 17:45.

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Florence School of Dance

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

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

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

Dates: 4 Sep - 2 Oct.

PHYSICAL FUN

Clip 'n Climb Ipswich

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

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

Morning climbing sessions for toddlers and young children.

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

Dates: 4 Sep - 2 Oct.

THURSDAY

PARENTS & TOTS

Aurora - The Sensory Barn

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

• **Sensory Movers (9mths-2 yrs):** 11:00 - 12:15.

• **Sensory Movers (1-3 yrs):** 12:45 - 14:00. .

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

Dates: 5 Sep - 3 Oct.

Early Birds

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Felixstowe Opportunity Group

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

• **Toddler group:** 13:00 - 15:00.

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Kesgrave Library

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

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

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

Dates: 11 Jul - 18 Jul, 8 Aug & 5 Sep - 3 Oct.

Cost: Free (*drop in*).

Leiston Library

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

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

Cost: Free (*booking essential*). **Dates:** 11 Jul - 3 Oct.

Wetherden Baby & Toddler Group

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

MUSIC & SIGNING

Jo Jingles Ipswich

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

• **Mixed Ages:** 9:55 - 10:40.

• **3mths-walking:** 11:00 - 11:30.

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.



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or email info@bendybeans.co.uk

Moo Music Stowmarket, Debenham and Needham Market

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

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

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

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

Moo Music Stowmarket, Debenham and Needham Market

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

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

Cost: £6 per session (*booking essential*). **Dates:** 11 Jul.

DANCE & DRAMA

CDC Street Dance

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

- **Kids Class:** 16:30 - 17:30. **Ages:** 4 - 6 yrs.

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

PHYSICAL FUN

AirHop & Rush Group UK

Jump In Trampoline Park & Soft Play Ipswich, Anglia Retail Park, Bury Road, Ipswich, IP1 5QP. +44 (0) 117 316 2166. www.airhop.co.uk.

- **Toddler Takeover - School Holidays:** 9:00 - 10:00.

Ages: 1 - 6 yrs. **Cost:** £11 per session (*drop in*). **Dates:** 18 Jul.

Clip 'n Climb Ipswich

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

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

Morning climbing sessions for toddlers and young children.

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

SEND ACTIVITIES

Clip 'n Climb Ipswich

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

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

Ages: 4 yrs. **Cost:** £16.99 per session (*booking essential*).

Dates: 5 Sep - 3 Oct.

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FRIDAY

PARENTS & TOTS

Aurora - The Sensory Barn

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

- **Sensory Explorers (0-3 yrs):** 12:45 - 14:00.
- **Sensory Wonderland (0-18mths):** 11:00 - 12:15.

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

Dates: 6 Sep - 4 Oct.

Charlotte's Wood

Sundial Cottage, London City Road, Wilby, IP21 5LT. 07879 653488.
www.charlotteswood.co.uk.

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

Dates: 19 Jul.

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

Dates: 16 Aug.

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

Cost: £10 per session (*drop in*).

Dates: 13 Sep - 4 Oct.

Families Together Suffolk

Redwoods, Red Gables, Stowmarket, IP14 1BE. 07415 689087.
www.families-together-suffolk.org.uk.

- **Learn & Grow Stow:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 12 Jul - 4 Oct.

Gainsborough Community Library

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

- **Tot Rock:** 11:00 - 11:45.

Ages: 0 - 3 yrs. **Cost:** Free (*drop in*). **Dates:** 12 Jul - 4 Oct.

Kesgrave Come & Play

Kesgrave Scout Hall, Twelve Ace Approach, Kesgrave, IP5 1JF.

- **Kesgrave Come & Play:** 9:30 - 11:00.

Ages: 0 - 3 yrs. **Cost:** £4.50 per session (*drop in*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Kesgrave Library

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

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Martlesham Heath Baby and Toddler Group

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

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Mothers & Others

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

07858 947528. www.stowmarketbaptistchurch.org.

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Old Buckenham Hall School- Pre-Prep & Nursery

Brettenham Park, Brettenham, Ipswich, IP7 7PH. 01449 740252. www.obh.co.uk.

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Play Away Baby and Toddler Group

Tower Hall, 5 Broadlands Way, Ipswich, IP4 5SU.

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

Cost: £2.50 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Suffolk Wildlife Trust

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

www.suffolkwildlifetrust.org.

- **Wild Tots in Holywells Park:** 10:00 - 11:30.

Ages: 1½ yrs - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

The Ark Baby and Toddler Group

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

01473 829602.

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

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

Dates: 12 Jul - 19 Jul & 23 Aug - 4 Oct.

Whatfield Playgroup

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

078117375857.

Times: 9:30 - 11:15. **Ages:** 6 mths - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 12 Jul - 4 Oct.

MUSIC & SIGNING

Moo Music Stowmarket, Debenham and Needham Market

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

07944 033723. www.moomusicsdnm.co.uk.

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

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

Dates: 12 Jul - 19 Jul & 13 Sep - 4 Oct.

- **Baby Moo Yoga and Sensory:** 11:20 - 12:20.

Ages: 4 mths - 1 yrs. **Cost:** £8.40 per session (*booking essential*).

Dates: 13 Sep - 4 Oct.

Moo Music Stowmarket, Debenham and Needham Market

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

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.

- **Mini/Maxi Moo (1-2.5yrs):** 10:30 - 11:05.

- **Baby Moo (0-9/12months):** 11:30 - 12:05.

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

Dates: 12 Jul - 19 Jul & 13 Sep - 4 Oct.

Toddle Talk

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

www.toddletalk.info.

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

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

www.babysensory.com.

- **Summer term:** 10:00 - 11:00.

Ages: 7 mths - 1 yrs 1 mths.

Cost: £9 per session (*booking essential*). **Dates:** 12 Jul - 26 Jul.



DANCE & DRAMA

CDC Street Dance

Capel St Mary Village Hall, Capel St Mary, Ipswich, IP9 2EP.

07507 806787. www.cdcstreetdance.co.uk.

- **Tot's Class:** 14:00 - 14:30. **Ages:** 2 - 4 yrs.

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

PHYSICAL FUN

Clip 'n Climb Ipswich

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

01473 794530. www.clipnclimbipswich.com.

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

Morning climbing sessions for toddlers and young children.

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

Dates: 6 Sep - 4 Oct.

SATURDAY

DANCE & DRAMA

CDC Street Dance

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

- **Kids Class:** 9:00 - 10:00. **Ages:** 4 - 6 yrs.

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

CDC Street Dance

Ipswich Sports Centre, Henley Road, Ipswich, IP1 4NJ. 07507 806787.

www.cdcstreetdance.co.uk.

- **Kids Class:** 14:00 - 15:00. **Ages:** 4 - 6 yrs.

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.



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PHYSICAL FUN

Little Kickers Ipswich

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

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

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers Ipswich

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

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

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers Ipswich

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

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

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

HEALTH & WELLNESS

Mini First Aid Suffolk

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

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

Cost: £25 per session (*booking essential*). **Dates:** 7 Sep & 5 Oct.

PREGNANCY

The Village Midwife

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

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

Friendly and empowering antenatal education

Cost: £250 per course (*booking essential*).

Dates: 3 Aug - 24 Aug & 5 Oct.

SUNDAY

PARENTS & TOTS

Southwold Library

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

- **Chess Club:** 15:56 - 16:56.

Ages: from 7 yrs. **Cost:** Free (*booking essential*). **Dates:** 14 Jul.

PHYSICAL FUN

Little Kickers Ipswich

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

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

Cost: £7.50 per session (booking essential).

Dates: 14 Jul & 8 Sep - 29 Sep.

Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982.

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

Cost: £7.50 per session (booking essential).

Dates: 14 Jul & 8 Sep - 29 Sep.

Little Kickers Ipswich

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

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

Dates: 14 Jul, 14 Jul & 8 Sep - 29 Sep.

Cost: £7.50 per session (booking essential).

OTHER

Ipswich Mum2Mum Market

Inspire, Lindbergh Road, Ipswich, IP3 9XQ. www.mum2mummarket.co.uk.

- **Nearly New Children's Market:** 14:00 - 16:00.

Cost: £2 entry per adult. Kids go free. **Dates:** 21 Jul.



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