

Loving life with little ones

toddle

about
Suffolk

FREE

Oct - Dec 2025

AUTUMN
RECIPE

Halloween &
Ice Skating
Events

SHOP
LOCAL
Christmas
Gift Ideas



12 DAYS OF CHRISTMAS
Competition

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Woodbridge, Felixstowe and the surrounding area

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Fireworks,
worth £70

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At IPSWICH SCHOOL



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WELCOME



TO THE AUTUMN 2025 EDITION!

A Fond Farewell and an Exciting New Chapter

I want to say a heartfelt **thank you** to all our readers, subscribers and amazing advertisers for your support and love over the last 7 years. Launching Toddle About in Suffolk and supporting our local community has been an absolute joy, but it's time for me to move on to new pastures.

I'm thrilled to introduce **Jade**, who will be taking over the Toddle About Suffolk franchise. Jade is mum to two little adventurers (aged 3 & 1) who love the outdoors, water play, arts and crafts and are currently singing "Let It Go" on repeat! Based in Mid Suffolk, Jade and her family are passionate about making the most of the incredible family-friendly activities our county has to offer.

A note from Jade

"Toddle About has been such a support and connection to many local businesses since I became a mum in 2021 and I am very excited to share and unlock everything there is to discover with the families of Suffolk - now and in the future. It is a pleasure to be introduced to you and I am so grateful to Pia for trusting me to continue and build on her fantastic work and take an active role in the community she has poured so much of herself into. Thank you for welcoming me and Toddle About Suffolk into your homes. I hope you enjoy discovering all the fabulous pumpkin picking, leaf-scrunching and festive fun for all the family in this issue."

Loving life with little ones,

Pia & 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

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Goodbye for now and thank you for being part of the journey!

Excited to be here! I'm thrilled to join the Toddle About family!



Pia

Owner/Editor/Advertising Sales



Jade

New Owner

Call us on **07540 475441** or email: suffolk@toddleabout.co.uk

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

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

Join us on WhatsApp for important alerts!

toddle.fun/ta-suffolk



MEET THE TEAM

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

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

Toddle About Suffolk. Call us on 07540 475441.

Bite SIZED NEWS

Parent + Baby Screenings at Abbeygate Cinema

Abbeygate Cinema in Bury St Edmunds is running weekly screenings on a Tuesday morning, exclusively for parents with babies under 12 months. The film is played at a lower level and with the lights on low. Always showing that week's new film, upcoming films include The Choral, Wicked Part 2 and Christmas favourites. Tickets are just £9.50 including a hot drink & cake.

Visit the Box Office or book tickets online at www.abbeygatecinema.co.uk



Time for Family Photos?

Kids grow up too fast! Investing in a family photoshoot keeps these special moments alive to treasure for generations. Joe's photography adopts a beautifully natural and authentic style, allowing your little ones to truly shine through. Now is a great time to book as there's currently **£50 off your photoshoot session** (usually £150). **Just quote 'Toddle About' when booking.** This limited offer runs through October and November so don't miss out!

To book, call 07737 850847 or email hello@joepreston.co.uk **P.13**



Moo Music Halloween & Christmas Specials

Join Maggie & the Croo for their spooktacular Pumpkin Party on Tuesday 28 October and magical Christmas Cracker Tuesday 16 December. Expect songs, dancing, sensory play, crafts, treats & festive sparkle suitable for ages 6 months to 5 years. Everyone welcome!

Pumpkin Party: £9.50 per child, £7.50 per sibling over 6 months

Christmas Cracker: £12.50 per child, £8.25 per sibling over 6 months

Book early at www.bookwhen.com/moomusicswipwich **P.26**

Special
Event

Halloween Stay & Play

Join Framlingham College at their special Halloween themed FREE Stay and Play session on **Saturday 11 October, 9:30am - 11:00am**. Open to children ages 2 to 5, siblings welcome. Have spooktacular fun, make friends, create creepy crafts and play in the Early Years Building at Framlingham College Prep School.

Find out more at www.framlinghamcollege.co.uk/join/stayandplay **P.17**



Special
Event

A Magical Start for your Baby

Baby Sensory classes are designed from birth to 13 months to support your baby's learning and development. Classes not only provide opportunity to bond and create special memories with your baby, but also share ideas for play at home, and create a welcoming safe space to chat and share advice with other parents. So if you're looking for something to do with your little one this winter, it's the perfect time to start your Baby Sensory journey - it's all so magical. **10% off with code TODDLE10.**

Visit www.babysensory.com to find a class near you. **P.27**





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.

OPEN

SUFFOLK OWL SANCTUARY & NATURE CENTRE

10am-5pm

Stonham Barns, Stonham Aspal, IP14 6AT

The Suffolk Owl Sanctuary cares for and rehabilitates over 70 owls and birds of prey, along with meerkats, red squirrels, armadillos and porcupines. The walk-through nature centre is fully wheelchair accessible, with dedicated disability parking and carers go free. They also host British Sign Language days, with flying displays presented in BSL.

The atmosphere is calm and welcoming - never too busy, always relaxed. For families, there's an indoor play and discovery centre (perfect for rainy days), a small outdoor play park and easy walking routes ideal for little legs. Plus, children under 3 go free!

Suffolk Owl Sanctuary, Stonham Barns, Pettaugh Road, Stonham Aspal, Stowmarket, IP14 6AT

www.owl-help.org.uk

Tel: 03456 807 897 [SuffolkOwlSanctuary](https://www.facebook.com/SuffolkOwlSanctuary)



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.suffolksemmum](https://www.instagram.com/the.suffolksemmum)



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PHOTOGRAPHY



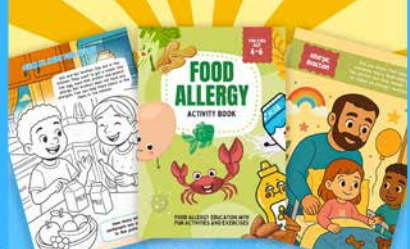
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Party in Style, Little People

Bringing style and luxury to your events for your little VIPs. Our child-sized tables and chairs are available to hire for your event - indoors, outdoors, at home or a hired venue. The perfect setup to capture those picture-perfect moments!

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[the little dining club](https://www.facebook.com/thelittlediningclub)
[thelittlediningclubhq](https://www.instagram.com/thelittlediningclubhq)



The Little
DINING
CLUB





National
Trust

Something exciting is coming to Ickworth Estate...

Join us this season for festive family fun.

October half-term and Halloween activities:
25 October - 2 November

November Nostalgia:
17 - 30 November

Winter Adventures at Christmas:
1 December - 5 January



National Trust 2025. Registered charity no. 205846. © Nanni Ralph

For full details, please visit www.nationaltrust.org.uk/ickworth



toddling about Suffolk

SPOTLIGHT ON... AKENHAM HALL FARM



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.

Every October, we have a much-loved family tradition - we go pumpkin picking! We are fortunate that here in Suffolk we have many pumpkin fields to choose from, but our favourite is **Akenham Hall Farm**, near Ipswich.

This is not just a case of just picking your pumpkin, there is so much to do for families. Little ones are welcome to dress up in their Halloween attire, there are haybales to play on, as well as photo opportunities, a bouncy castle and pony rides. Fresh fruit, veg and refreshments are also on offer. Wheelbarrows, large and small, make it easy to get around and with over 25 pumpkin varieties there's always lots of debate about sizes, shapes and colours.

There's also a washing station, which the children love using to clean the pumpkins.

What I love most about Akenham Hall is how relaxed it feels and the staff are all friendly. The fun continues at home too, as we carve pumpkins and turn the leftovers into a hearty soup.



INFO: Opens 10-4pm every weekend in October and all of half term (25-31 October)
Akenham Hall, Henley Rd, Ipswich, IP6 0HL. www.akenhamhall.co.uk

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).

HALLOWEEN

&

FIREWORKS

ACTIVITIES & EVENTS



PICK YOUR PUMPKIN

Ruffins Farm

11th, 12th, 18th, 19th, 25th - 31st October

From choosing perfect pumpkins in every shape and size, exploring the maize maze, meeting farm animals (sheep and hopefully lambs!), enjoying children's games, trailer rides, tasty food stalls and even face painting.

Ruffins Farm, Whepstead, IP29 4UD

 RuffinsFarm

www.ruffinsfarm.co.uk



IPSWICH FIREWORKS

Christchurch Park

Saturday 1st November

Don't miss out on the bonfire, fire performances and street artists. There will be food stalls, a fairground as well as a children's funfair.

Tickets are now available to book online.

Under 5's go free.

Christchurch Park, Bolton Lane, Ipswich, IP4 2BX

 IpswichFireworks

www.ipswichfireworks.com



FENCHANTED

Fenched Suffolk, Lakenheath

Saturday 8th November, from 12pm

Get ready for an unforgettable night of sparkling skies, family fun and a touch of enchantment.

There will be food stalls and live music.

SEN-friendly spaces and ear defenders available.

Tickets are now available to book online.

Fenched, Station Road, Lakenheath, IP27 9AB

 Fenched

www.fenched.co.uk

WIN A
FAMILY
TICKET!



FARMER JOHN'S

Farmer John's Pumpkin Patch

Every weekend 24-31 October from 10am

This autumn, Farmer John's Pumpkin Patch invites families to embrace the season with pumpkin picking, a-maize-ing maze adventures, giant bouncy tractor, go karts & more family fun!

Entry: £7 per person incl. a pumpkin of any size!

Boyland Farm, Capel St Mary, IP9 2JU (just off A12)

 FarmerJohnsPumpkins

www.farmerjohnspumpkinpatchandmaizemaze.co.uk

WIN

Fireworks tickets!

Win a Family Ticket to Fenched Fireworks for 2 adults & 2 children on 8th Nov, worth £70.

Closing date is 26 Oct 2025. Enter online:

www.toddle.club/fenched



HEVENINGHAM FIREWORKS

Heveningham Hall

Saturday 8th November

Join for a night of music, lights, fireworks and entertainment like no other. This is truly a night not to be missed!

Tickets are now available to book online.

Heveningham, Halesworth, IP19 0PN

 HeveninghamHall

www.heveninghamfireworks.com



Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.

VEGETABLE & LENTIL PUFF PASTRY LEAVES

The perfect mix of comfort and creativity - a delicious and fun way to incorporate extra veggies into meals.

INGREDIENTS:

- 1-2 Rolls of puff pastry
- 200-250g Butternut Squash
- 1 tbsp oil or butter
- 1 small onion, finely chopped
- ½ large courgette, finely diced
- 2 garlic cloves (minced)
- 1 tsp dried sage or thyme
- ½ tsp smoked paprika
- ½ can of green or brown lentils
- 75g grated cheddar cheese
- Egg or milk (for pastry wash)

MAKES: 6 LARGE 'LEAVES'

SUITABLE FROM 6 MONTHS

METHOD:

- 1 Preheat oven to 180°C and line a flat baking sheet.
- 2 Cook your butternut squash: either microwave it for 5-6 minutes or steam it until soft. Then, lightly mash with a fork until broken down.
- 3 In a dry pan, heat oil and add the onion. Sauté for 4-5 minutes. Add the diced courgette and cook for 4-5 minutes, until tender.
- 4 Stir in garlic, herbs, and spices. Cook for 1 min.
- 5 Mix the mashed squash, lentils, and vegetables in a bowl. When slightly cooler, stir in the cheese.
- 6 Roll out the pastry and cut out 2 identical leaf shapes. Repeat for as many leaves as you're making.
- 7 Fill a leaf with 1 heaped tbsp of the veg mix, leaving a margin for sealing. Place another pastry leaf on top, and press the edges together with a fork. Score leaf 'veins' on top. Use a whisked egg or milk to brush pastry.
- 8 Bake for 20-25 minutes until puffed and golden!



Recipe by Lucy Upton, The Children's Dietitian, and author of 'The Ultimate Guide to Children's Nutrition'. Lucy is a specialist paediatric dietitian who supports children's nutrition & eating habits. www.thechildrensdietitian.co.uk.



PICK YOUR OWN PUMPKINS & MAIZE MAZE

EVERY WEEKEND IN OCTOBER PLUS 24TH-31ST OCTOBER

10AM - 4PM

NO BOOKING REQUIRED!

ENTRY INCLUDES A FREE PUMPKIN OF ANY SIZE AND ALL ACTIVITIES!

MINI & MEGA MAIZE MAZES

GO KARTS

STRAW TOWER

GIANT BOUNCY TRACTOR

PHOTO OPS

& MORE FAMILY FUN!

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IP92JU

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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 www.suffolk.minifirstaid.co.uk

ENCOURAGING YOUR TODDLER'S FIRST WORDS

By Wendy Austin



We all love hearing our toddler's first words, but some toddlers can take a little longer than others to start speaking. Is there anything you can do to encourage those first words? Most definitely!

For children to communicate effectively, they need the **means, reasons** and **opportunities** to communicate. (D. Money, 1997)

The 'means' include pointing, facial expression, signing, pictures and speech. A 'reason' may include requesting food or a toy, or protesting about something. The 'opportunity' includes having the time and place to try out some lovely new words!

As a mum and a Speech and Language Therapist, I know how easily we learn exactly what our toddlers want, without them having to ask.... and there's the crux. Too often we anticipate our child's needs – we know when they're likely to want a drink or snack and provide it, which is very kind, but in doing so we take away their reasons to communicate!

If toddlers don't need to speak to meet their needs, they may not bother trying to speak!

Create reasons for your child to communicate with you, such as putting their favourite toy just out of reach so they need to 'ask' for help. Try putting desired objects in a clear plastic box your child can't open, so again they need to ask for your help. Offer choices at snack or play time, hold up the items as you offer them, or show pictures –

your child can point if they can't tell you verbally. Model the language as you show the items, for example, 'Banana or bread stick?'

Your child also needs opportunities to speak. Sometimes we get enthusiastic about talking to children when playing – often though, what we're actually doing is asking questions they may not yet have the words to answer!

Instead of asking, 'What have you got?' or, 'What's that?', reduce the pressure and **narrate their play**: 'A car, a red car!', 'Wow, a scary dinosaur!', 'You're pushing the train'. This provides a good model of language, but remember to pause occasionally so they have a chance to speak!

Pauses are very powerful – play 'ready, steady.... GO!' games; pausing after 'ready, steady...' gives your child the chance to provide the 'go!' themselves.

Finally, don't deny your child something if they can't ask with spoken words; communication can be verbal or non-verbal. If they use non-verbal communication, that's fine – just model the word as you give them what they are requesting.

If you're worried your child's speech may be delayed, contact a Speech and Language Therapist for advice.



Wendy Austin is an independent Speech and Language Therapist based in Capel St Mary, Suffolk, supporting children and adults with speech, language and social communication needs. She provides person-centred, evidence-based therapy to help clients communicate effectively. www.wendyaustinsalt.co.uk

TIME OUT FOR MUM & DAD

because parent's deserve a break too...

We recently enjoyed a couple of peaceful days at **Meadow View Glamping** in Homersfield, staying in the lovely Poppy Shepherd's Hut and it was exactly the kind of quiet break we needed from the chaos of everyday parenting life.

It's the kind of place that stays with you long after you leave...

Set between Bungay and Harleston, the site is perfectly placed for exploring the **beautiful Waveney Valley**. There is river access for kayaks, paddle boards and wild swimming just across the road. We launched our paddleboards from Bungay Riverside Centre and had the most relaxing paddle along the River Waveney. Such a treat!

The hut itself is beautifully designed and absolutely spotless. It's full of charm and character, but also really practical. The kitchen has everything you need, including a microwave, stove and even an air fryer. We were welcomed with a lovely selection of treats on arrival, which made us feel immediately at home.

Evenings **strolls through the meadow** and cosy nights around the **fire pit** were definite highlights. With a **BBQ** at hand and fairy lights twinkling around us, we had everything we needed to unwind. It truly felt like our own little corner of countryside paradise.



There's plenty of **free, secure parking** on site and our host Gina was wonderfully welcoming, with lots of great recommendations for things to do in the local area.

We left feeling recharged and truly relaxed after some much-needed us time. If you're after a **romantic rural escape** with comfort and charm, Meadow View Glamping is the perfect retreat.



Written by Pia Howe from Toddle About – August 2025
Huts start from £80 per night. www.meadowviewglampingsuffolk.co.uk



CALLING ALL PARENTS & PARENTS TO BE READY FOR A CHILD-FREE ESCAPE?

Escape to Meadow View Glamping in Suffolk. Cosy Shepherd's huts with all your home comforts. With only two huts on-site, overcrowding is never a worry. Immerse yourself in nature! You'll leave feeling fully recharged and ready to face the fun and mayhem back with your little ones on the run up to the festive season!

Meadow View Glamping
Dove Barn, Homerstead, IP20 0EX
stay@meadowviewglampingsuffolk.co.uk
07812 250132
www.meadowviewglampingsuffolk.co.uk

Poppy
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- Underfloor heating
- WiFi
- Car park
- BBQ (charcoal included)
- Fire pit (logs included)
- Marshmallows for roasting

CHRISTMAS GIFT PRODUCTS

LOCALLY
SOURCED
GIFT
GUIDE



PERSONALISED PRINTS, £10-£25

This playful personalised print available in 3 sizes, is a timeless addition to any nursery or child's room and makes the perfect Christmas gift! Foster love, safety and belonging by reading it together daily, whilst creating treasured moments and lifelong memories. Use code TODDLE10 to get 10% off.

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10% OFF
WITH CODE
TODDLE10

BUY 1 GET 1- HALF PRICE



HANDMADE ROMPERS, FROM £20

Busy little legs deserve Presley & Paisley's handmade rompers! Crafted from soft, stretchy cotton jersey and vibrant patterns, they're stylish, comfy and perfect for Christmas gifting. Each piece blends practicality with charm, ensuring little explorers can move freely. Bespoke orders welcome. Quote 'TODDLE25' when ordering.

[f PresleyandPaisley](#)



PERSONALISED KEEPSAKES, FROM £50

Keepsake bears, blankets and cushions are stitched with love, turning favourite fabrics into cuddly treasures. Each piece is unique, full of character, and made to make you smile. Prices vary by item and size. Orders are welcome through social media or email.

[f MoonlitStitches](#)
moonlitstitches@outlook.com

FREE GIFT WITH EVERY ORDER



HANDCRAFTED TREASURES, FROM £3.50

Discover handcrafted treasures at Sofia's Corner. From amigurumi toys and cosy home décor to eco-friendly soya candles and modern jesmonite trays. Personalised orders make perfect meaningful gifts or unique treats, adding creativity and warmth. Quote 'Toddle About' when ordering.

[s sofiascorner.craft_](#)

KEEPSAKE JEWELLERY, FROM £50

This Christmas, give a gift from the heart. Handmade keepsake jewellery crafted with your most precious inclusions – breastmilk, ashes, hair, first outfits & more. A lasting way to treasure every moment. Based in Colchester, Essex. Delivery and collection available. Use code TODDLE at checkout.

Available to buy from www.echooftimekeepsakes.co.uk

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WITH CODE
TODDLE



Ice Skating rinks



WINTER FUN FOR ALL THE FAMILY

CHRISTMAS IN BURY ST EDMUNDS

Free

Tues 23rd December 2025 - Mon 5th January 2026
Open during the daytime (except Christmas Day) and use will be completely free. Skates are provided (subject to availability).

Charter Square, Bury St Edmunds, IP33 3FA
www.visit-burystedmunds.co.uk/christmas-in-bury-st-edmunds-beyond

STOWMARKET CHRISTMAS FAYRE

Free

Sun 30th November, 10am-4pm

Entertainment for the whole family with traditional fun fair rides, live music, street musicians and performers. Skates are provided.

Abbots Hall, The Food Museum, Stowmarket, IP14 1DL
www.stowmarkettowncouncil.gov.uk/stowmarket-christmas-fayre

CHRISTMAS IN CAMBRIDGE

£13.50
per child

Thur 13th November - Wed 31st December, 10.30am-9.30pm

Taking centre stage at Parker's Piece come and join Cambridge's largest outdoor ice rink. Toddler times available too.

Parker's Piece, Cambridge, CB1 1NA
www.christmasincambridge.co.uk

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

FAMILY PHOTOGRAPHY

SUFFOLK. NORFOLK. CAMBRIDGESHIRE. ESSEX



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Christmas

ACTIVITIES & EVENTS

28 Nov
- 7 Dec

IPSWICH TREE FESTIVAL
Ipswich Minster

Visit the largest Christmas Tree Festival in town, showcasing over 100 real and artificial trees. Each displayed in and around the church, donated and decorated in unique themes by local organisations and charities. Free children's activities, hot drinks & cakes, plus a nativity scene.

Ipswich Minster, Ipswich, IP1 3BE

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

Free Entry



20 Dec
- 4 Jan

JACK & THE BEANSTALK
Spa Pavilion

Follow Jack & his family as they battle hard times and find out if Jack manages to retrieve the situation after swapping the family's prize cow for a magic bean. Things may not go as you expect! Fabulous family humour is blended with some new twists, singalong songs and a hugely talented cast.

Spa Pavilion, Felixstowe, IP11 2DX

www.felixstowespa.co.uk

Cost: from £22 per adult, £11 per child

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

DEC
19-30

THUMBELINA
Seckford Theatre

A fairy grants a woman's wish, and tiny Thumbelina is born from a flower. When a wicked toad's circus kidnaps her, brave friends rally to help. Will Molly Mouse and the bees save her? With tumblers, water pistols and custard pies, this magical tale promises fun for the whole family.

Seckford Theatre, Burkill Road,
Woodbridge, IP12 4JH

www.debenplayers.net

Cost: £13-£15



12 DAYS of Christmas Competition

WIN DAILY PRIZES THIS DECEMBER

Get ready to celebrate this festive season with our thrilling '12 Days of Christmas' giveaway!

From the 1st to the 12th of December, unwrap a new surprise every day with the chance to win a dazzling new prize that's perfect for you and your little ones.

Each prize will remain a mystery until the day it's revealed.

Could it be toys? Baby gear?

You won't know unless you join the fun!

**Each giveaway is open for
24 hours only, so don't miss out!**

**PRIZES
WORTH
£35-£355!**

GET NOTIFIED



**GET NOTIFIED: Sign up to receive an email
about each prize when entries open.**

**ENTER NOW: Visit toddle.fun/competitions
each day from December 1st to 12th to enter!**

ENTER NOW





THUMBELINA

A Family Pantomime
By Samantha Harvey



BSL signed
performances
29th & 30th
December

NODA
for every stage

**19th - 30th
December 2025**

Friday 19th 7pm - Saturday 20th 2pm - Sunday 21st 2pm
Saturday 27th 2pm - Saturday 27th 7pm - Sunday 28th 2pm
Monday 29th 2pm - Tuesday 30th 2pm

Book tickets on-line
debenplayers.net

Box office Tel 0333 666 3366

MONSTER MAZE

THESE CHILDREN WANT TO
EXPLORE THE CREEPY, OLD HOUSE.
CAN YOU HELP THEM GET THERE?
WATCH OUT FOR MONSTERS!



CHEEKY CHARLIE HUNT!

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



SANTA'S SWITCH UP

SPOT THE
DIFFERENCE.
THERE ARE
10 TO FIND!

ANSWERS ON P.35





Framlingham
COLLEGE PREP SCHOOL

JOIN US AT OUR *free* THEMED
Stay and Play Sessions

Halloween Crafts

Saturday 11 October 2025

09:30 – 11:00

Where every pupil *creates*

Christmas Crafts

Saturday 06 December 2025

09:30 – 11:00

Seasonal craft events for children aged 2 – 7. From our purpose built Early Years Building at Framlingham College Prep School, IP13 7AH

Free of charge. Siblings welcome.



Scan the QR Code or visit framlinghamcollege.co.uk/stayandplay



WANT TO DISCOVER MORE?

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

EXCLUSIVE OFFER VOUCHERS



BABY & TODDLER CLASSES

£5 OFF	BABY SENSES £5 OFF A BABY MASSAGE COURSE 07748 914370 www.babysenses.info New customers only. Use code 'TODDLEABOUTS'. Expires: 31/12/25
10% OFF	BABY SENSORY BSE, IPSWICH & EAST SUFFOLK 10% OFF WITH A FULL TERM www.babysensory.com Use code 'TODDLE10' at checkout. Available for classes in Ipswich, Bury St Edmunds and East Suffolk only. Expires: 31/12/25
10% OFF	HAPPY BABIES 10% OFF YOUR NEXT BOOKING hello@happy-babies.co.uk www.happy-babies.co.uk New customers only. Use code 'TODDLE10' at checkout. Expires: 31/12/25
£5 OFF	JO JINGLES IPSWICH £5 OFF A HALF TERM 07732 544548 www.jojingles.com/ipswich New customers only. Quote 'Toddle About'. Expires: 31/12/25
10% OFF	MOO MUSIC 10% OFF YOUR NEXT BOOKING suzi@moo-music.co.uk www.moomusicdnm.co.uk/ta New customers only. Use code 'ToddleAbout' when booking. Expires: 31/12/25
FREE CLASS	MOONTREE YOGA FREE TRIAL CLASS hello@moontreeyoga.co.uk www.moontreeyoga.co.uk New customers only. Use code 'TODDLEABOUT' when booking. Expires: 31/12/25
FREE CLASS	TODDLE TALK IPSWICH FREE TRIAL CLASS 07748 914370 www.toddletalk.info New customers only. Use code 'TODDLEABOUTFREE'. Expires: 31/12/25
£5 OFF	TUMBLE TOTS £5 OFF A BLOCK OF CLASSES www.tumbletots.com/ely Can only be redeemed if you sign up to a full or half term. Quote 'Toddle About'. Expires: 30/12/25

FREE TRIALS

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

Toddle Talk

07748 914370 | info@toddletalk.co.uk | www.toddletalk.co.uk

PHOTOGRAPHERS

£50 OFF	JOE ALLEN PRESTON PHOTOGRAPHY £50 OFF ANY SESSION 07737 850847 hello@joepreston.co.uk Quote 'Toddle About' when booking. Expires: 30/11/25
10% OFF	LIFE IS BEAUTIFUL PHOTOGRAPHY 10% OFF A FAMILY SESSION 07512 784497 info@lifeisbeautifulphotography.co.uk Quote 'Toddle About' when booking. Cannot be used with any other offer or promotion for new and existing clients. Expires: 31/12/25

PARTIES

10% OFF	THE LITTLE DINING CLUB 10% OFF ALL PARTIES OVER £150 www.thelittlediningclub.com New customers only. Use code 'TODDLE10' when completing enquiry form. Expires: 31/12/25
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HEALTH

£10 OFF	MINI FIRST AID SUFFOLK £10 OFF A £30 BABY & CHILD FIRST AID CLASS FOR HOST naomi@minifirstaid.co.uk Not valid with any other offer. Only available for private class bookings. Quote 'Toddle About'. Expires: 31/12/25
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PRODUCTS / GIFT IDEAS

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10% OFF	FROM LITTLE GREENWOODS GET 10% OFF ANY ORDER www.fromlittlegreenwoods.co.uk Use code 'TODDLE10' online at checkout. Expires: 31/12/25
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Free Gift	SOFIA'S CORNER MYSTERY GIFT WITH EVERY ORDER  sofiacorner.craft Quote 'Toddle About' when ordering via Instagram. Expires: 31/12/25



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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.

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- Highly experienced and knowledgeable Early Years practitioners
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Families are warmly invited to visit our **Whole School Open Morning on Friday 7th November** between 9am and 11am to visit our Nursery and learning spaces.

Book your place by scanning the QR code here:



Finborough School, The Hall, Great Finborough, Stowmarket, Suffolk, IP14 3EF
admissions@finboroughschool.co.uk | 01449 773600

TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Jude who won a **Banwood Eco
Scooter and Helmet**, worth £118!

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.



BANWOOD



Find out more at www.banwood.co.uk



Felix, 3 years & 5 months old



Freya, 4 years old



Harley Bear, 2 years & 8 months old



Mimi, 2 years old



Teddy, 2 years & 11 months old



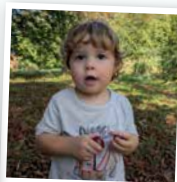
Abel, 1 year & 5 months old



Cameron, 4 years old



Dilara, 3 years old



George, 20 months old



Harvey, 2 years & 11 months old



Hudson, almost 3 years old



Robyn, 8 months old



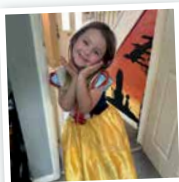
Ethan, 10 months old



Ezra, 3 years old



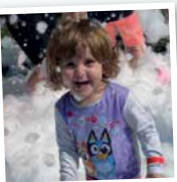
Jasper, 2 years old



Rosalie, 5 years old



Ruby, 1 year old



Violet Ada, 2 years & 4 months old



Stella, 3 years & 1 month old



Ada, 4 years & 8 months old

TODDLE MODELS

WIN A FAMILY TICKET TO DISNEY ON ICE, WORTH £220

THE PRIZE: Win one of TWO family tickets to the London show (26th Dec – 4th Jan).

Disney On Ice returns with a brand-new magical adventure for the whole family!

In *Disney On Ice presents Find Your Hero*, audiences will discover what it truly means to be a hero as Mickey Mouse, Minnie Mouse and friends from the Disney Kingdom come together to bring timeless tales to life. Gliding into the UK from the 29th October 2025 – 4th January 2026.

Find out more at www.disneyonice.com.

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



WORTH
£220

HOW TO ENTER:

Send us a photo of your little one enjoying some Autumn/Winter fun!

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

Enter by **Sun 7th Dec 2025**.



ENTER AT:

www.toddle.fun/toddlemodels

TODDLER TAKEOVER (AGES 1-6)

ELEVATE YOUR PLAY TIME



Check out our **Halloween Events** and add the Stop the Smogg Mission to your jump in October for the chance to win prizes.

jump in

The fun starts here!
gojumpin.com

By **AIRHOP**
IPSWICH





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THIS ISSUE YOU COULD WIN:

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LIGHT, WORTH £54.99

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KIKIDEX MAGNETIC
DRAWING BOARD,
WORTH £24.99

WWW.AMAZON.CO.UK



LITTLE LIFE STORIES
MEMBERSHIP, WORTH £89
WWW.LITTLELIFESTORIES.CO



CHESS FUN FOR LITTLE ONES, WORTH £22.99
WWW.CHESSFUNFORLITTLEONES.COM



JAMIE'S LITTLE FOOD
LIBRARY, WORTH £7.99 EACH
WWW.WATERSTONES.COM

PRETEND TO BEE LUXURY SNOW WHITE
PRINCESS DRESS, WORTH £45
WWW.PRETENDTOBEE.CO.UK

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STICKS, WORTH £6.99
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**Subscribe to Toddle About today at
WWW.TODDLE.FUN/SUBSCRIBE**

**SUBSCRIBE
BEFORE
31ST DEC
TO WIN**



FREE Printables for World Kindness Day



Download free colouring sheets dedicated to celebrating World Kindness Day (Thursday 13th Nov 2025) from the Printables section on the Toddle About website.

www.toddle.club/kindness

We have loads of other activities to choose from too. All designed to help your child learn whilst having fun.

Dig in and see what we have for you!



Dot-to-Dot



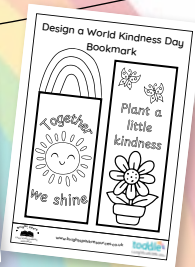
Colouring in



Writing Skills



Scavenger Hunts



Word Search

In collaboration with Bright Spark Early Learning Resources: www.brightsparkresources.co.uk



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FOR CHILDREN AGED 2-13 YEARS



@orwellparkschool



www.orwellpark.co.uk



admissions@orwellpark.org

Daily Activity Planner

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



P.24-26
BSE & WEST
SUFFOLK

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

BURY ST EDMUNDS & WEST SUFFOLK AREA

MONDAY

PARENTS & TOTS

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

- **Little Stars Brandon:** 9:30 - 10:30.

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

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Elmswell Baby and Toddler Group

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

Times: 9:45 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Families Together Suffolk

Anselm Community Centre, Anselm Avenue, Bury St Edmunds, IP32 6JZ. www.families-together-suffolk.org.uk.

- **Chill, Chat & Play:** 10:00 - 11:00.

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Little Deers Baby and Toddler Group

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Toddlers at Bridge Kids

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

MUSIC & SIGNING

Moo Music Bury St Edmunds

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

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

Cost: £6.50 per session (booking essential).

Dates: 13 Oct & 3 Nov - 8 Dec.

Moo Music Bury St Edmunds

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

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

Cost: £6.50 per session (booking essential).

Dates: 13 Oct & 3 Nov - 8 Dec.

TUESDAY

PARENTS & TOTS

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

- **Storytime:** 15:30 - 16:00.

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

Dates: 14 Oct - 16 Dec.

Bury St Edmund's Library

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

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

Cost: Free (drop in). **Dates:** 14 Oct - 16 Dec.

Carousel Family Hub

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

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

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

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Families Together Suffolk

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

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

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

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY.

- **Solids Advice:** 10:00 - 11:30.

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

Dates: 28 Oct & 25 Nov.

Horringer Hedgehogs Baby & Toddler Group

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

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

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

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Health Clinic:** 9:00 - 10:15. **Ages:** 0 - 5 yrs.
- **Little Stars:** 10:00 - 11:30. **Ages:** 0 - 3 yrs.

Cost: Free (*drop in*). **Dates:** 14 Oct - 16 Dec.

WEDNESDAY

PARENTS & TOTS

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

- **Health Clinic:** 9:15 - 10:15. **Ages:** 0 - 5 yrs.
- **Under Ones Play:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Cost: Free (*drop in*). **Dates:** 15 Oct - 17 Dec.

Cartwheels Family Hub

Norton Road, Haverhill, CB9 8NF.

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

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Edmundo Lounge

28 Cornhill, Bury St Edmunds, IP33 1DY. 01284700166. www.thelounges.co.uk.

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

Ages: 0 - 3 yrs. **Cost:** Free (*drop in*). **Dates:** 15 Oct - 17 Dec.

Families Together Suffolk

St Edmunds Station Church, RAF Honington, Honington, IP31 1LU. www.familiestogethersuffolk.org.uk.

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

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY.

- **Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Health Clinic:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 15 Oct - 17 Dec.

Prado Lounge

15 - 16 Market Hill, Sudbury, CO10 2EA. 01787313634. www.thelounges.co.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 15 Oct - 17 Dec.

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Feeding Support:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.
- **Self-Weigh:** 11:30 - 12:30. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 15 Oct - 17 Dec.

- **Solids Advice Lark:** 12:30 - 13:30. **Ages:** 6 mths - 1 yrs.

Cost: Free (*booking essential*).

Dates: 29 Oct, 26 Nov & 17 Dec.

PHYSICAL FUN

Tumble Tots Ely

Freckenham Village Hall, 7 Fordham Road, Freckenham, Bury St Edmunds, IP28 8JB. 07979 757202. 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 yrs-School Age:** 12:45 - 13:30.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

THURSDAY

PARENTS & TOTS

Bluebells Family Hub

Bury Lane, Stanton, IP31 2DE. 01473314199.

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

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

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Brandon Family Hub

Bury Road, Brandon, IP27 0BQ.

- **Tot Rock:** 9:30 - 10:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Oct - 18 Dec.

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:** 16 Oct - 18 Dec.

Foley House Family Hub

52 Wellington Street, Newmarket, CB8 0HY.

- **Little Stars:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Self-Weigh:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).

- **Early Days Course:** 13:00 - 14:30. **Ages:** 0 - 4 mths.

Cost: Free (*booking essential*).

Dates: 16 Oct - 18 Dec.

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: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

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: 16 Oct - 23 Oct, 6 Nov - 18 Dec.

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: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Sudbury Library

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

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

Cost: Free (*drop in*).

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

Cost: Free (*booking essential*).

Dates: 16 Oct - 18 Dec.

The Lark Family Hub

Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.

- **Early Days:** 9:30 - 11:00.

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

Dates: 16 Oct - 18 Dec.

Fun physical play programme
for babies, toddlers and
preschool children!

www.tumbletots.com/ely



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classes for little ones.

Classes held in Ipswich, Hadleigh,
Stowmarket, Elmswell,
Thurston, Red Lodge and
Bury St Edmunds






Find your nearest class: www.moosmusicdnm.co.uk/bookclassa

PHYSICAL FUN

Tumble Tots Ely

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

Cost: £8 per session (booking essential).
Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

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: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

FRIDAY

PARENTS & TOTS

Horringer Hedgehogs Baby & Toddler Group

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

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

Ages: 0 - 4 yrs. **Cost:** £5 per session (drop in).
Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

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: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

MUSIC & SIGNING

Moo Music Bury St Edmunds

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

- **Baby/Mini Moo (0-18 months):** 10:20 - 10:50.
- **Mixed Moo (0-5yrs):** 11:05 - 11:45.

Cost: £6.50 per session (booking essential).
Dates: 17 Oct & 7 Nov - 12 Dec.

Moo Music Bury St Edmunds

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

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

Cost: £6.50 per session (booking essential).
Dates: 17 Oct & 7 Nov - 12 Dec.

SATURDAY

PARENTS & TOTS

Bury St Edmund's Library

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

- **Lego Club:** 10:00 - 11:45.

Ages: 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 18 Oct - 13 Dec.

Sudbury Library

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

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

Ages: 0 - 6 yrs. **Cost:** Free (drop in). **Dates:** 18 Oct - 13 Dec.

DANCE & DRAMA

Tiny toes ballet

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

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

Cost: £9 per session (booking essential).
Dates: 18 Oct & 8 Nov - 13 Dec.

Tiny toes ballet

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

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

Cost: £9 per session (booking essential).
Dates: 18 Oct & 8 Nov - 13 Dec.

SUNDAY

PARENTS & TOTS

Bury St Edmund's Library

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

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

Cost: Free (drop in).
Dates: 19 Oct - 14 Dec.

IPSWICH, MID & EAST SUFFOLK AREA

MONDAY

PARENTS & TOTS

Acorns Family Hub

Stowhealth Centre, Stowmarket, IP14 1NL. 03456080033.

- **Play and Chat:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 13 Oct - 20 Oct & 3 Nov - 15 Dec.

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: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Busy Bees Saxmundham

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

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Capel Community Church

Days Road, Capel St Mary, Ipswich, IP9 2JW. 07752921135.

www.capelcommunitychurch.org.uk.

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

Ages: 0 - 5 yrs. **Cost:** £0.50 per session (drop in).

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Suffolk Wildlife Trust

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

www.suffolkwildlifetrust.org.

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

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

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Newborn & Feeding Class:** 10:00 - 12:00. **Ages:** 0 - 1 yrs.

Cost: Free (booking essential).

- **Self Weigh:** 13:00 - 15:00. **Ages:** 0 - 5 yrs.

- **Leiston Youth Club:** 18:30 - 20:30.

Cost: Free (drop in).

Dates: 13 Oct - 15 Dec.

MUSIC & SIGNING

Jo Jingles Ipswich

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

www.jojingles.com.

- **3mths-walking:** 9:45 - 10:15.

- **Mixed Ages (1-5 yrs):** 11:00 - 11:45.

(booking essential). **Dates:** 13 Oct - 20 Oct & 3 Nov - 8 Dec.

Jo Jingles Ipswich

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

07732 544548. www.jojingles.com.

- **Mixed Ages (1-5 yrs):** 13:30 - 14:15.

- **Under 2s:** 14:35 - 15:20.

(booking essential). **Dates:** 13 Oct - 20 Oct & 3 Nov - 8 Dec.

Moo Music

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

07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo (0-5yrs):** 10:00 - 10:40.

- **Mini Moo (8-18months):** 11:00 - 11:35.

Dates: 13 Oct - 20 Oct & 3 Nov - 8 Dec.

Cost: £6.50 per session (booking essential).

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

Cost: £9 per session (booking essential). **Dates:** 3 Nov - 24 Nov.



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Toddle Talk

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

- **Toddle Talk Baby Signing:** 10:00 - 11:00.
- Ages:** 0 - 1 yrs. **Cost:** £6 per session (*booking essential*).
- Dates:** 13 Oct - 20 Oct & 3 Nov - 15 Dec.

SENSORY & DEVELOPMENT**Baby Senses**

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

- **Baby Senses Baby Massage:** 11:30 - 13:00.
- Ages:** 0 - 1 yrs. **Cost:** £10 per session (*booking essential*).
- Dates:** 3 Nov - 15 Dec.

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:** 13 Oct - 10 Nov & 17 Nov - 15 Dec.

Jasmine Blossom Birth and Baby

Melton Pavillion, Melton Recreation Ground, Melton, Woodbridge,
IP12 1PF. 07815698459. www.jasmineblossombirthing.com.

- **Baby Massage 5 Week Course:** 10:00 - 11:00
- Ages:** 1 - 7 mths. **Cost:** £10 per session (*booking essential*).
- Dates:** 17 Nov - 15 Dec.

CREATIVE**Ipswich Community Playbus**

Ipswich Transport Museum, Cobham Road, Ipswich, IP3 9JD.
01473221521. www.ipswichplaybus.org.uk.

- **Playbus Session:** 9:45 - 11:30.
- Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 13 Oct - 15 Dec.

Ipswich Community Playbus

Strata Warehouse, Raeburn Road South, Ipswich, IP3 0ET.

- **Playbus Session:** 13:00 - 14:45.
- Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 13 Oct - 15 Dec.

SEND ACTIVITIES**Ipswich Opportunity Group**

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746580132. www.ipswichopportunitygroup.org.uk.

- Times:** 10:00 - 11:30 & 13:00 - 14:30. **Ages:** 0 - 5 yrs.
- Cost:** £5 per session (*booking essential*). **Dates:** 13 Oct - 15 Dec.

TUESDAY**PARENTS & TOTS****Acorns Family Hub**

Stowhealth Centre, Stowmarket, IP14 1NL. 03456080033.

- **Infant Feeding Group:** 10:00 - 12:00.
- Cost:** Free (*drop in*). **Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Bethesda Baptist Church Parent & Toddler Group

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

- Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Eye Family Hub

Church Street, Eye, IP23 7BD.

- **Stay & Play:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.
- Cost:** Free (*drop in*). **Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Families Together Suffolk

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

- **Chill, Chat & Play:** 10:30 - 12:00. **Ages:** 0 - 9 mths.
- Cost:** Free (*booking essential*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Gainsborough Community Library

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

- **Little Story Makers:** 10:30 - 11:30. **Ages:** 2 - 5 yrs.
- Cost:** Free (*drop in*). **Dates:** 14 Oct - 16 Dec.

Halesworth Library

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

- **Song Time Tuesday:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.
- **Stay and Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- Cost:** Free (*drop in*). **Dates:** 14 Oct - 16 Dec.

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: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Kesgrave Family Hub

22 Bell Lane, Kesgrave, Ipswich, IP5 1JQ. 01473265833.

- **Stay & Play:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.
- Cost:** Free (*drop in*). **Dates:** 14 Oct - 21 Oct & 4 Nov - 25 Nov.

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 851374.
www.suffolklibraries.co.uk.

- **Stay & Play:** 10:00 - 11:00. **Ages:** 1 - 5 yrs.
- Cost:** Free (*booking essential*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Health Clinic:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Under-1's & Feeding:** 10:00 - 11:30.

Cost: Free (*drop in*).

Dates: 14 Oct - 16 Dec.

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:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Rendlesham Community Centre

31 Walnut Tree Ave, Rendlesham, Woodbridge, IP12 2GG.
01473265833.

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

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

Dates: 14 Oct - 21 Oct & 4 Nov - 25 Nov.

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. **Cost:** £2 per session (*drop in*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

The Flying Horse Cafe & Bar

4 Waterford Road, Ipswich, IP1 5NW. 07740853604.
www.flyinghorsecafebar.com.

- **Tea & Toast:** 9:00 - 11:00.
- Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Tiddlywinks

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

- Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).
- Dates:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.

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:** 14 Oct - 21 Oct & 4 Nov - 16 Dec.





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www.moontreeyoga.co.uk

MUSIC & SINGING

Jo Jingles Ipswich

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG.
07732 545458. www.jojingles.com.

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

(booking essential). **Dates:** 14 Oct - 16 Dec.

Moo Music Ipswich

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

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

Cost: £6.50 per session (booking essential).

Dates: 14 Oct & 4 Nov - 9 Dec.

Moo Music

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

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

Cost: £6.50 per session (booking essential).

Dates: 14 Oct - 21 Oct & 4 Nov - 9 Dec.

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: 14 Oct - 11 Nov & 18 Nov - 16 Dec.

Baby Sensory Ipswich

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

- **Baby Sensory (7mths - 13mths):** 10:00 - 11:00
- **Baby Sensory (0 - 6 mths):** 11:15 - 12:15
- **Baby Sensory (0 - 13mths):** 12:35 - 13:35

Cost: £12 per session (booking essential).

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Happy Babies Sensory Play Classes

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

- **Toddlers:** 9:30 - 10:30. **Ages:** 1 yrs - 2½ yrs.
- **Babies:** 11:00 - 12:00 & 12:15 - 13:15. **Ages:** 0 - 1 yrs 3 mths.

Cost: £8.50 per session (booking essential).

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Jasmine Blossom Birth and 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. **Cost:** £10 per session (booking essential).

Dates: 14 Oct - 21 Oct.

CREATIVE

Ipswich Community Playbus

Discovery Avenue Car Park, Ipswich, IP2 8SD. 01473221521.
www.ipswichplaybus.org.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 14 Oct - 16 Dec.

HEALTH & WELLNESS

Framfield Medical Centre

Ipswich Rd, Woodbridge, IP12 4FD. 01473265833.

- **Health Clinic:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 14 Oct - 21 Oct & 4 Nov - 25 Nov.

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:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:30 - 10:15 & 10:30 - 11:15. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:30 - 11:15. **Ages:** 3½ yrs - 5 yrs.

Cost: £9 per session (booking essential).

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

Moontree Yoga & Wellbeing Ltd

Clip 'n Climb Ipswich, Berwick Road, The Havens, Ransomes Industrial
Estate, Ipswich, IP3 9ST. 07305 267820. www.moontreeyoga.co.uk.

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

Ages: 1 mths - 1 yrs. **Cost:** £11.50 per session (booking essential).

14 Oct - 21 Oct & 4 Nov - 16 Dec.

WEDNESDAY

PARENTS & TOTS

1.2.3 Toddler Group Walton

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

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

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Eye Library

6 Cross Street, Eye, IP23 7AB. 01379 469969.

- **Toddler Wordplay (for those walking):** 10:30 - 11:00.

- **Baby Wordplay (0 - 1 yrs):** 10:30 - 11:00.

Cost: Free (booking essential). **Dates:** 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Families Together Suffolk

Community Room Hadleigh Reform Church, Market Pl, Hadleigh,
Ipswich, IP7 5DL. www.families-togethersuffolk.org.uk.

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

Ages: 0 - 9 mths. **Cost:** Free (booking essential).

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

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: 15 Oct - 22 Oct & 5 Nov - 10 Dec.

Kesgrave Family Hub

22 Bell Lane, Kesgrave, Ipswich, IP5 1JQ. 01473265833.

• **Little Stars:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 15 Oct - 22 Oct & 5 Nov - 26 Nov.

Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

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

Cost: Free (*drop in*).

• **Early Days:** 10:30 - 12:00. **Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*).

Dates: 15 Oct - 17 Dec.

Little Hands

Woodbridge Quay Church, Quay Street, Woodbridge, IP12 1BX.

01394387210. www.thequay.org.uk.

• **Little Hands Toddler Group:** 9:45 - 11:15.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

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: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

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: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

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: 15 Oct - 22 Oct & 5 Nov - 10 Dec.

Pebbles at St Peter's

St Peter's Church Yoxford, High Street, Yoxford, IP17 3HN.

www.cofesuffolk.org.

• **Stay and Play:** 11:00 - 12:00.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Rainbow Toddlers

Colchester Road Baptist Church, 75 Colchester Road, Ipswich, IP4 4ST.

01473290115. www.crb.org.uk.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 10 Dec.

St Augustine's Church

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

01473 723960. www.staugustinesipswich.org.uk.

• **Hippos: play, craft, singing and story time:** 9:30 - 11:15.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

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: 15 Oct, 12 Nov, 26 Nov & 10 Dec.

Whitton Parish Church

Whitton Church Lane, Ipswich, IP1 6LT. 07890311525.

www.whittonparish.co.uk.

• **Mums and Tots:** 13:15 - 15:00.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 10 Dec.

MUSIC & SIGNING**Jo Jingles Ipswich**

Rushmere Baptist Church, 110 The Street Rushmere, Rushmere St

Andrew, Ipswich, IP5 1DF. 07732 544548. www.jojingles.com.

• **Under 2s:** 9:45 - 10:30.

• **2yrs+:** 10:45 - 11:30.

• **3mths - walking:** 11:45 - 12:15.

booking essential. **Dates:** 15 Oct - 17 Dec.

Toddle Talk

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

www.toddletalk.info.

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

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

SENSORY & DEVELOPMENT**Baby Sensory East Suffolk**

Alan Crompton Hall, Easton Road, Sutton Heath, Woodbridge,

IP123TN. 07521 318146. www.babysensory.com.

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

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

Dates: 15 Oct - 12 Nov & 19 Nov - 17 Dec.

Baby Sensory Ipswich

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

• **Baby Class (0-6 mths):** 10:00 - 11:00

• **Baby Class (4 mths - 13 mths):** 11:30 - 12:30

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Happy Babies Sensory Play Classes

Whitehouse Forge Studio, Ashbocking Road, Henley, Ipswich,

IP6 0SA. 07817356673. www.happy-babies.co.uk.

• **Toddlers:** 9:30 - 10:30. **Ages:** 1 yrs - 2½ yrs.

• **Babies:** 11:00 - 12:00 & 12:15 - 13:15. **Ages:** 0 - 1 yrs 3 mths.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

Happy Babies Sensory Play Classes

Bucklesham and Foxhall Village Hall, 12 Levington Lane, Bucklesham,

Ipswich, IP10 0DZ. 07817356673. www.happy-babies.co.uk.

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

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

CREATIVE**Ipswich Community Playbus**

Congreve Road, Ipswich, IP1 6AH. 01473221521.

www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 12:45.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 15 Oct - 17 Dec.

PHYSICAL FUN**Little Kickers Ipswich**

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

www.littlekickers.co.uk.

• **Mighty Kickers:** 16:30 - 17:15. **Ages:** 3½ yrs - 5 yrs.

• **Mega Kickers:** 18:00 - 18:45. **Ages:** 5 - 8 yrs.

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

Dates: 15 Oct - 22 Oct & 5 Nov - 17 Dec.

PREGNANCY**Moontree Yoga & Wellbeing Ltd**

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

07305 267820. www.moontreeyoga.co.uk.

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

Cost: £12.50 per session (*drop in*).

Dates: 15 Oct - 17 Dec.

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HEALTH & WELLNESS

Moontree Yoga & Wellbeing Ltd

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.

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

Cost: £10 per session (drop in).

Dates: 15 Oct - 17 Dec.

THURSDAY

PARENTS & TOTS

Bucklesham Bumps Babies & Toddlers

Bucklesham Village Hall, 12 Levington Lane, Ipswich, IP10 0DZ.

- **Bucklesham Stay and Play:** 9:30 - 11:15.

Ages: 0 - 5 yrs. **Cost:** £3.50 per session (booking essential).

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Early Birds

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

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

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Gather & Grow

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

- **Stay and Play:** 9:15 - 10:45.

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

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.



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Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 851374.
www.suffolklibraries.co.uk.

- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.
- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 1½ yrs.

Cost: Free (drop in).

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Self Weigh:** 13:00 - 15:00.
- **Leiston Youth Club:** 18:30 - 20:30.
- **SGO Group:** 10:00 - 12:00.

Cost: Free (drop in).

- **Little Stars:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 16 Oct - 18 Dec.

Leiston Library

Old Post Office Square, Main Street, Leiston, IP16 4ER. 01728 831252.
www.suffolklibraries.co.uk.

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

Cost: Free (booking essential). **Dates:** 16 Oct - 18 Dec.

Mickfield Evangelical Church

Mickfield Evangelical Church, Stonham Road, Mickfield, IP14 5LS.
07891262509.

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

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

Dates: 16 Oct - 23 Oct & 6 Nov - 18 Dec.

Small Hallows Toddler Group

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

Times: 13:15 - 14:45. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).**Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**Somersham Playgroup**

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

• **Somersham Baby & Toddler Group:** 9:30 - 11:30.**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential).**Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**St Michael's Baby and Toddler Group**

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

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.**Cost:** £1 per session (booking essential).**Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**The Flying Horse Cafe & Bar**

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

• **Tea & Toast:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.**Cost:** Free (drop in). **Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**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:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**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.(booking essential). **Dates:** 16 Oct - 18 Dec.**Jo Jingles Ipswich**

Clip n Climb Ipswich, 2 Berwick Road, The Havens, Ransomes

Europark, Ipswich, IP3 9ST. 07732 544548. www.jojingles.com.

• **Mixed Ages (1 yrs to 5 yrs):** 13:30 - 14:15.• **3mths-walking PM:** 14:30 - 15:00.(booking essential). **Dates:** 16 Oct - 18 Dec.**Moo Music Ipswich**

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

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

• **Mixed Moo (6months-5yrs):** 9:30 - 10:10.**Cost:** £6.50 per session (booking essential).**Dates:** 16 Oct & 6 Nov - 11 Dec.**Moo Music Ipswich**

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

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

• **Mixed Moo (6months-5yrs):** 13:15 - 13:55.• **Baby/Mini Moo 2.15pm (0-18 months):** 14:15 - 14:45.**Cost:** £6.50 per session (booking essential).**Dates:** 16 Oct & 6 Nov - 11 Dec.**Moo Music**

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

07944 033723. www.moomusicsdnm.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.**Cost:** £6.50 per session (booking essential).**Dates:** 16 Oct - 23 Oct & 6 Nov - 11 Dec.**SENSORY & DEVELOPMENT****Baby Sensory Ipswich**

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

• **Baby Class (0-6 mths):** 10:25 - 11:05• **Baby Class (7 mths - 13 mths):** 11:20 - 12:05**Cost:** £12 per session (booking essential).**Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**Happy Babies Sensory Play Classes**

Ufford Community Hall, The Avenue, Ufford, Woodbridge, IP13 6BF.

07817356673. www.happy-babies.co.uk.

• **Happy Babies:** 9:30 - 10:30 & 10:45 - 11:45.**Ages:** 0 - 2½ yrs. **Cost:** £8.50 per session (booking essential).**Dates:** 16 Oct - 23 Oct & 6 Nov - 18 Dec.**CREATIVE****Ipswich Community Playbus**

Downside Close, Ipswich, IP2 9YG. 01473221521.

www.ipswichplaybus.org.uk.

• **Playbus Session:** 9:45 - 12:45.**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 16 Oct - 18 Dec.**HEALTH & WELLNESS****Kesgrave Family Hub**

22 Bell Lane, Kesgrave, Ipswich, IP5 1JQ. 01473265833.

• **Health & BF Support:** 10:00 - 12:00.• **Self Weigh:** 10:00 - 12:00.**Cost:** Free (drop in).**Dates:** 16 Oct - 23 Oct & 6 Nov - 27 Nov.**FRIDAY****PARENTS & TOTS****Britten Pears Arts**

The Red House, Golf Lane, Aldeburgh, IP15 5PZ. 01728687110.

www.brittenpearsarts.org.

• **Mini Music Makers:** 10:00 - 11:30.**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 17 Oct - 12 Dec.**ADVERTISE** from as
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www.happy-babies.co.uk

Earl Soham Primary School Toddler Group

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

- **Earl Soham Toddler Group: 9:30 - 10:30.**

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

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

Families Together Suffolk

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

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

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

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

Gainsborough Community Library

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

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

Cost: Free (drop in). **Dates:** 17 Oct - 19 Dec.

Kesgrave Library

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

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

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

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

Leiston Family Hub

Waterloo Ave, Leiston, IP16 4HF. 01728642930.

- **Explore & Discover: 10:00 - 11:30.**

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 17 Oct - 19 Dec.

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: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

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: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

Rushmere Ducklings

Rushmere Baptist Church, The Street, Rushmere St Andrew, IP5 1DF. 01473 721455. www.rushmerebaptist.org.uk.

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

Dates: 17 Oct - 19 Dec.

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: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

Whatfield Playgroup

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

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

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

MUSIC & SIGNING

Moo Music

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

- **Mixed Moo (0-5yrs): 10:00 - 10:40.**

Cost: £6.50 per session (booking essential).

Dates: 17 Oct - 24 Oct.

- **Mooborn Reflexology (4weeks-6months): 12:05 - 12:45.**

Ages: 1 - 6 mths.

Cost: £4.25 per session (booking essential). **Dates:** 7 Nov - 28 Nov.

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.

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

Cost: £6 per session (booking essential).

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

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

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

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

- **Baby Class (0 - 13 mths): 12:45 - 13:45**

Cost: £12 per session (booking essential).

Dates: 17 Oct - 24 Oct & 7 Nov - 19 Dec.

CREATIVE

Ipswich Community Playbus

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

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

Ages: 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 17 Oct - 19 Dec.

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 - 4 yrs 5 mths.

Cost: £7.50 per session (booking essential).

Dates: 17 Oct - 12 Dec.



SEND ACTIVITIES

Ipswich Opportunity Group

Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746580132. www.ipswichopportunitygroup.org.uk.

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

Cost: £5 per session (*booking essential*). **Dates:** 17 Oct - 19 Dec.

SATURDAY

PARENTS & TOTS

Families Together Suffolk

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

• **Dads & Kids Group:** 10:00 - 11:30.

Ages: 1 - 10 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Nov & 13 Dec.

DANCE & DRAMA

Tiny toes ballet

Pinewood Community Hall, Laburnum Close, Pinewood, Ipswich,
IP8 3SL. 07415 127619. www.tinytoesballet.co.uk.

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

• **Talent toes (2.5-4yrs):** 9:45 - 10:25.

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

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

Dates: 18 Oct & 8 Nov - 13 Dec.

PHYSICAL FUN

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.

• **Mega Kickers:** 11:00 - 11:45. **Ages:** 5 - 8 yrs.

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

Dates: 18 Oct & 8 Nov - 20 Dec.

Little Kickers Ipswich

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

• **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.

• **Junior Kickers:** 9:45 - 10:30. **Ages:** 2½ yrs - 3½ yrs.

• **Mighty Kickers:** 10:45 - 11:30. **Ages:** 3½ yrs - 5 yrs.

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

Dates: 18 Oct & 8 Nov - 20 Dec.

Little Kickers Ipswich

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

• **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 8 yrs.

• **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.

• **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

• **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

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

Dates: 18 Oct & 8 Nov - 20 Dec.



SUNDAY

PARENTS & TOTS

Southwold Library

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

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 19 Oct - 14 Dec.

• **Lego Club:** 12:15 - 13:00.

Ages: 2+ yrs. **Cost:** Free (*booking essential*). **Dates:** 19 Oct - 16 Nov.

PHYSICAL FUN

Little Kickers Ipswich

Kesgrave Community Sports Centre, Twelve Arch Approach, Kesgrave,
IP5 1JF. 07762 341982. www.littlekickers.co.uk.

• **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.

• **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

• **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

• **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 8 yrs.

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

Dates: 19 Oct & 9 Nov - 14 Dec.

Little Kickers Ipswich

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

• **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.

• **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

• **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

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

Dates: 19 Oct & 9 Nov - 14 Dec.

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www.littlekickers.co.uk.

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• **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

• **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

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

Dates: 19 Oct & 9 Nov - 14 Dec.

SEND ACTIVITIES

Colchester and Ipswich Museums Service

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

• **Relaxed Visits:** 11:00 - 12:00.

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

Dates: 26 Oct & 30 Nov.

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