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15 Nov 2026

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WELCOME



TO YOUR AUTUMN ISSUE!

Well, 'Hello' Autumn!

I knew this time of year brought plenty with it, but I'm not sure I realised quite how much! From pumpkin picking that has become a full day out, to twinkling light trails, festive favourites and plenty of those little discoveries I love finding and sharing with you.

This issue, I have the pleasure of sharing **'Family Date Nights'**, page 16, with you. A parenting gem that gave me a little reminder to slow down.

It made me wonder, **what will my girls actually remember?** It will definitely include some of the fantastic adventures we go on but beyond that, what are our traditions? What are those seemingly insignificant little things that their minds and hearts will carry with them?

I've always believed it's not about what you have, but who you have and what you do with it. Perhaps that's why autumn gets my vote. Brilliant days out, yes, but also cosy nights in, puddle jumping, dancing in the rain and wrapping up in our woollies together.

So, amongst everything packed into this issue, including a newly expanded Daily Activity Planner with East Suffolk now having its own dedicated spot, I hope you find something you need. A new discovery, a little guidance, **something that makes parenting feel lighter**, or simply a reminder to enjoy one of those ordinary moments that might not feel quite so ordinary one day.

And if making some memories with Toddle About sounds like your kind of thing, I'd love to see you at **Toddle About LIVE!** this November. Maybe, just maybe, it could become another little family tradition.

Loving life with little ones,

Jade

OWNER/EDITOR

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Toddle About LIVE! FREE tickets & details this way!



www.toddle.fun/suffolklive



Thank you to Suffolk-based photographer Blonde Ember Photography for our amazing Autumn cover.
Explore more with Sarah at www.blondeemberphotography.co.uk

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Bite SIZED NEWS

Nurturing Care for Growing Families



Laura, an Independent Midwife at Gentle Midwifery Norfolk, offers calm, compassionate and personalised care throughout pregnancy, birth and beyond. Supporting families across East Anglia, Laura provides continuity of care, whether choosing a home or hospital birth, with appointments in the comfort of your own home.

Recently qualified in massage therapy, Laura continues to expand her knowledge and services, offering additional nurturing support to families. Her approach ensures every family feels heard, supported and cared for throughout their journey. P.23

07504 510935 @gentlemidwifreynorfolk

midwife@gentlemidwiferynorfolk.co.uk



PlayCafe Takeover

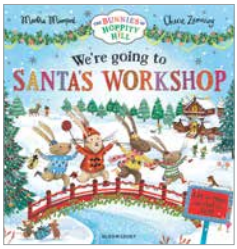
Looking for somewhere special for a festive get-together? For a limited time, you can have PlayCafe exclusively yours for just £80 for 1.5 hours!

Host your own Halloween or Christmas-themed celebration, get together with friends and family, and enjoy the entire play space privately. Perfect for little ones to play while the grown-ups catch up and relax.

Dates and availability are limited, so get in touch to secure your preferred slot! P.41

www.playcafegroup.com

@playcafegroup



Celebrate 10 Years with a New Christmas Adventure

Come and join the fun as the bunnies set off on the Christmas adventure of a lifetime! The toys have all gone MISSING from Santa's Workshop, and it's up to the bunnies to find them.

The new release marks a decade of the much-loved series, bringing another interactive lift-the-flap adventure for our littlest readers and families to enjoy together. P.13

www.bloomsburypublishing.com @bloomsburychildrens

Music, Movement and Fun for All Ages



Katie has been running Jo Jingles Ipswich for 11 years after previously being a school teacher for 10 years. Jo Jingles offers fun and educational music and movement sessions for children 3 months to school age.

Enjoy a warm, welcoming class where each individual child is nurtured at their own pace to become a confident, happy little being! Katie visits several local nurseries in the area and offers pay-as-you-go visits to local care homes for intergenerational sessions. Come and join the fun! P.44

www.jojingles.com/ipswich @jojinglesipswich

Where Curiosity is Celebrated



Searching for a school where curiosity is celebrated, confidence is built, individuality shines and every child is prepared for their future pathway? Framlingham College Prep School is inviting families to explore what it has to offer at its 2027 Open Days on Friday 5 February and Monday 3 May, or book a taster day.

Specifically tailored for Early Years and KS1, the fully immersive taster days allow children and parents to experience the school, meet teachers, chat with current pupils and try a taster lesson. P.12

To book, email:

admissions@framlinghamcollege.co.uk.

www.framlinghamcollege.co.uk @framcollege

The icon tells you which advertisers have a voucher in the centre pages

toddle about

Bite SIZED NEWS



Moo Music: Off to a Flying Start

It's been all go at Moo Music Bury St Edmunds, Ely and Newmarket since the summer! The new term has got off to a flying start, with sessions running across eight public venues, six childcare settings and three care homes since September.

New class leaders Crystal and Christie have joined the team, bringing fresh energy and exciting ideas to their fun, engaging and age-appropriate classes. Both have already received lovely feedback, with more exciting plans in store!

Families are invited to join the fun at regular term-time classes or one of Moo Music's special holiday sessions! **P.41** **@moomusicbse**

www.moo-music.co.uk/areas/bse/



Physio Launches Women's Health Service

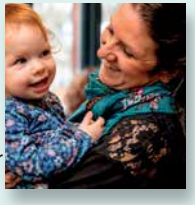
Hetty White, a mum of two and chartered physiotherapist, has launched a women's health service, Nurture Physiotherapy.

Having most recently used her women's health training to help women in the military return to high-level activity, Hetty launched the business to help women across Suffolk access the specialist care they deserve.

Also a trained Mummy MOT practitioner, she offers at-home assessments across the county and a mum and baby exercise class.

So you can feel strong and confident throughout motherhood. **P.49** **@nurture.physiotherapy**
www.nurturephysiotherapy.co.uk

Helping Suffolk Mums Find their Village



A new series of meet-ups is bringing Suffolk mums together to make connections, share experiences and find their village.

Mumma Connections' relaxed 90-minute gatherings combine time to chat with a guest speaker and local business showcase, with children welcome throughout.

The first Suffolk dates are Ipswich on 6 October and Bury St Edmunds on 19 October, with the new meet-ups sponsored by Toddle About Suffolk. **P.5**

@mummaconnections

www.mummaconnections.com

Christmas Cheer for Children at Ipswich Hospital



Children and babies spending Christmas at Ipswich Hospital and in NICU could receive a special book gift thanks to a festive community appeal.

Jessica, from Jessica's Little Library, is raising money by selling limited Christmas packs containing a little book and reindeer food for £1.

Money raised will help provide books for children and families in hospital over Christmas. Packs can be ordered via **thebooknook4@hotmail.com** or **thebooknook_4** on Instagram. Donations are also welcomed. **P.47**

A Love of Learning Starts at Woodbridge School



Woodbridge School Pre-Prep and Prep provides a caring, lively and inspirational introduction to School for children aged 4+. Our varied curriculum, which includes timetabled Forest School and Engineering, instils a true love of learning that will stand children in good stead for the years ahead - all the way through to our Senior School.

Visit Woodbridge School at any time by appointment, to discover more about our School, meet our teachers and explore our community for yourself. Visit www.woodbridgeschool.org.uk or email admissions@woodbridgeschool.org.uk. **P.52**

www.woodbridgeschool.org.uk **@woodbridge_schl**

Bite SIZED NEWS



When Seconds Matter, Confidence Counts

As parents, we hope we'll never need first aid but knowing what to do can make all the difference. Mini First Aid Suffolk's baby and child first aid classes for Autumn are now available. With friendly, small-group classes have confidence with practical, hands-on training, giving you opportunities to practise essential first aid skills, ask questions and feel better prepared to respond calmly and confidently when unexpected situations arise. P.23 @minifirstaidsuffolk www.suffolk.minifirstaid.co.uk/



Award Winning Sleep Support

Congratulations to Sleep Nanny Melanie Hastings, named Infant Sleep Consultant of the Year 2026/27 at the Prestige Awards! The judges praised Melanie's gentle, responsive approach, helping families build healthier sleep routines without leaving little ones to cry. With 20 years' childcare experience, Melanie offers personalised support for babies, toddlers and preschoolers, helping parents tackle naps, overtiredness and sleepless nights while building confidence around sleep.

Find out how Melanie can help your family sleep better at www.melaniehastings.sleepnanny.co.uk. Find out more on P.18



Firework Discovery Morning

Families looking at schools for Reception 2027 are invited to a firework-themed Discovery Morning at Finborough. Children can join in hands-on activities while parents meet the Early Years team, explore the classrooms and outdoor spaces, and ask questions. The morning offers families a relaxed opportunity to get a feel for daily life at the school. Places are limited and can be booked online or by emailing admissions@finboroughschool.co.uk. **P.30**





Bite SIZED NEWS

Second Farm Fit Morning for East Suffolk Mums

Back to Bump Physio is adding a Tuesday Farm Fit class in Wenhaston, Haleswort, alongside its Friday session, giving local mums another chance to exercise with physiotherapy support. Classes welcome women during pregnancy and after birth – children welcome. Founder Kim Holdcroft's approach recognises recovery has no set timetable: questions about strength, pelvic health and returning to exercise can arise weeks, months or years after having a baby. P.50

www.backtobumpphysio.co.uk
@backtobumpphysio

Toddle About LIVE! Returns

Returning to Bury St Edmunds on 15 November 2026, 10am–2pm, with pregnancy support, activity tasters and family businesses. P.15

Free tickets: www.toddle.fun/suffolklive





Clocks Changing Sleep Tips

When the clocks go back, little ones may wake earlier for a few days while their body clock adjusts. In the run-up, you could gradually move bedtime, naps and mealtimes 10–15 minutes later each day, if that works for your family.

Keep the room dark during early wakes, then let in plenty of natural daylight when it's time to start the day. Sticking with your usual calming bedtime routine can also help. And if sleep is a little unsettled at first, don't worry – it can take a few days to adjust.

Thank you to Nina, Drowsy Sheep Sleep Consultant, for sharing these helpful tips as we head into a seasonal change.

Find out more on P.42

www.drowsysheep.com



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INDEPENDENT EDUCATION: FIVE REASONS TO START EARLY

IPSWICH PREP SCHOOL

When parents consider independent education, attention often turns to the later years... academic results, senior school opportunities and preparation for life beyond the classroom. But there is a strong case for considering those opportunities much earlier.

Reception is one of the most formative stages of a child's education, when attitudes towards learning, confidence and independence begin to take shape. Starting an independent education at this age can offer benefits that reach far beyond that first year.

Here are five reasons why...

1 Strong foundations from the very beginning

Reception is about much more than learning to read, write and work with numbers. It is where children begin to understand what it means to learn, to ask questions, explore ideas, solve problems and have the confidence to try again when something is difficult.

Getting those first experiences of school right can establish positive habits and an enthusiasm for learning from the outset.

2 Being known as an individual

At four and five, children develop at very different rates. Their interests, personalities and ways of learning can be equally varied. Independent education can provide the time and attention to understand each child as an individual, recognising where they need support and where they are ready for greater challenge.

At Ipswich School, this individual understanding is an important part of helping children progress at their own pace.

3 Opportunities beyond the classroom

One of the advantages of starting within a wider school environment is the breadth of experiences available. Specialist teaching, facilities and opportunities across sport, music, creativity and more can introduce children to new interests from an early age, while their everyday environment remains carefully designed around the needs of younger children.

The aim isn't to rush childhood, but to make it richer.

4 Confidence and independence develop early

Education at this age is as much about personal development as academic learning. Making choices, communicating confidently, building friendships, solving problems and becoming increasingly independent are all important parts of Reception life.

A supportive environment combined with a wide range of experiences gives children regular opportunities to build those skills and the confidence to embrace something new.

5 Continuity for the years ahead

Starting independent education in Reception gives children the opportunity to become established within their school community from an early age. For children progressing from Nursery, that can mean a particularly natural transition into Reception. Those arriving from other nurseries and settings can quickly become part of the community too, building friendships, relationships with staff and familiarity with school life.

Reception should never be seen simply as preparation for what comes next. It is an important year in its own right.

Choosing the right environment at the beginning of school life can give children something particularly valuable: a positive start to education and strong foundations upon which everything else can be built.

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www.nillastories.co.uk



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www.tropicskincare.co.uk/shop/anachambers



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www.minifirstaidshop.co.uk/SUFFOLK



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HALLOWEEN QUESADILLAS

These cheesy cauliflower quesadillas are a fun, hands-on way to sneak extra veg into mealtimes this Halloween.

INGREDIENTS:

- ¼ small cauliflower
- 25g butter
- 25g flour
- 150ml milk
- 75g mature cheddar, finely grated
- 15g tomato puree
- Salt and pepper
- 3-4 tortillas
- Splash of oil
- Pumpkin cookie cutters or a knife

METHOD:

STEP 1: Half fill a large saucepan with water and bring to the boil. Add the cauliflower florets and boil for 10-12 minutes, until soft. Drain and set aside.

STEP 2: Blitz the cauliflower until smooth in a food processor.

STEP 3: Melt the butter in a saucepan over a low heat, then whisk in the flour until it forms a smooth paste. Cook, whisking constantly, for 30 seconds.

STEP 4: Gradually whisk in the milk a little at a time, bringing the mixture to a gentle simmer and letting it thicken after each addition. Continue stirring until all the milk is incorporated and the sauce coats the back of a spoon (about 6-8 minutes).

STEP 5: Stir in the cheese and tomato puree, then season with salt and pepper. Fold the cauliflower puree into the cheese sauce.

STEP 6: Cut 24 pumpkin shapes from the tortillas. On 12 of these, cut out spooky eyes and a mouth with a knife.

STEP 7: Lay the 12 plain pumpkin tortillas on a tray. Spoon a teaspoon of cheese sauce onto each, then top with a face tortilla to sandwich together. Repeat for all.

STEP 8: Heat a splash of oil in a frying pan and cook the quesadillas in batches, both sides, until crisp and lightly golden.



RECIPE courtesy of Louise Slope, Child Nutritional Therapist from ***Nourished Nest. www.nourishednest.co.uk.***



SEND ACTIVITIES & EVENTS

Local mum blogger Anna from The Suffolk SEN Mum shares her favourite SEND-friendly places, from calming spaces to sensory play and inclusive days out with little ones.

Weekends & Oct Half Term

PLEASUREWOOD HILLS

Lowestoft, Suffolk

For a fun family day out, we always enjoy Pleasurewood Hills. It has a lovely, laid-back feel, with plenty to keep little ones entertained, and we find it a manageable choice for our family.

This Halloween, the park is hosting Pleasurewood Chills, with gentle frights for younger visitors, pumpkin carving and seasonal crafts to add to the fun.



There's a good selection of rides for little ones, plus a fantastic indoor play area. Especially handy if the weather takes a turn! We've always found enough to fill a whole day, with good value compared with some of the larger theme parks.

From an SEN parent's perspective, the relaxed atmosphere is a real plus. Ride access passes are available, and carers can visit free, so it's worth checking the park's current eligibility requirements before you go.

www.pleasurewoodhills.com 01502 586000 @pwhills

*Anna is a mum blogger and the founder of **The Suffolk SEN MUM**. Through her blog, she shares her SEND-friendly adventures with her children. Discover her world at **Instagram: the.suffolksenmum***

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!

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FAMILY Date Nights

THE TRADITION I HOPE MY CHILDREN NEVER OUTGROW

by ***Sophie David***



If you asked me what I hope my children remember about their childhood, it wouldn't be the expensive holidays, the days out or even the beautifully planned birthday parties. Of course, I hope those memories stay with them too, but when I really stop to think about it, they're not the moments I hope define their childhood.

Instead, I hope they remember Friday nights around our kitchen table.

Every Friday, our family has a date. Not the kind that needs booking months in advance or costs a fortune, but a few hours that belong entirely to us. We put our phones away, leave the washing where it is, ignore the emails until tomorrow and choose to be together. Some weeks we're making homemade pizzas, other weeks we're laughing through a giant game of Battleships over dinner, painting ridiculous portraits of one another or creating fairy doors for the garden. Occasionally we'll make fresh pasta from scratch, host a family spa evening or transform the kitchen into our own little ice cream parlour.

The activity changes every week, but the reason behind it never does.

We're making time for each other.

We didn't start family date nights because I thought we needed another thing to add to our calendar. In fact, it was quite the opposite. Like so many families, life had quietly become busy. Between school, work, clubs, homework, birthday parties and all the little jobs that somehow fill every spare moment, we realised we were spending plenty of time together but very little ***intentional*** time together. We were sharing a house, but often just passing one another in the rush from one commitment to the next.

So we made a decision.

No matter what the week looked like, ***one evening would belong to our family.***

That one small decision has become one of the best things we've ever done.

Now, by Monday morning, one of my children will usually ask, *"What's our date night this week?"* It's become something they look forward to, not because they know exactly what we'll be doing, but because they know we'll all be there. It has become part of our family's rhythm, and I think children find enormous comfort in those rhythms. In a world that changes quickly, where weeks often disappear before we've noticed them, traditions offer children something wonderfully dependable. They tell them, ***"This matters. You matter."***

As parents, I think many of us carry an invisible pressure to create magical childhoods. Social media doesn't always help. We see beautifully styled playrooms, extravagant days out and endless bucket lists that leave us wondering whether we're doing enough. It's easy to believe that making memories requires grand gestures or expensive experiences.

But I don't think childhood is built from highlights.

I think it's built from ***repetition***.

The bedtime story read every night.

The pancakes every Sunday morning.

The walk home from school.

The way you always sing the same song in the car.

These are the moments children come to expect, the traditions they grow up inside, and often the

memories they carry long after the bigger occasions have faded.

Family date nights have become one of those traditions for us. They aren't extraordinary because of what we do. They're extraordinary because ***we keep choosing them, week after week.***

People often ask me for activity ideas, but I honestly think that's the least important part. We've spent almost nothing on some of our favourite evenings. A blanket on the lounge floor, homemade popcorn and a board game have created just as much laughter as evenings where we've bought ingredients for homemade pizzas or craft supplies for a creative project.

The activity is simply the vehicle.

Connection is the destination.

When I watch my children during these evenings, I realise they're learning so much more than I ever intended. They're negotiating whose turn comes next. They're solving problems together, learning to compromise, celebrating each other's ideas and discovering that losing a game isn't the end of the world. They're building relationships with one another that I hope will still be there long after Adam and I are gone.

Most importantly, they're experiencing something every child deserves to feel.

That someone thinks they're worth making time for.

I don't think we talk enough about that.

In a world where we're constantly distracted by notifications, overflowing calendars and endless jobs that seem too important to wait until tomorrow, making uninterrupted time for someone has become one of the greatest expressions of love we can offer.

Children notice it.

They notice when we're listening without looking at our phones. They notice when we laugh with them instead of watching from the sidelines. They notice when we've carved out time that belongs only to them.

Connection rarely happens by accident.

It happens because we protect it.

That's why family date nights have become non-negotiable in our home. Not because I think one evening a week makes me a better parent, but because I've realised that relationships aren't built in the spaces left over after everything else is done. They're built when we decide they're important enough to come first.

One day, these Friday nights will change.

There won't always be three little chairs squeezed around our kitchen table. There will come a time when Friday evenings are spent with friends, at university, at work or with families of their own. One day, my children will stop asking what our family date night will be because they'll be busy creating lives that no longer revolve around ours.

And that's exactly as it should be.

But I hope that somewhere, years from now, they'll remember how those evenings felt.

Not necessarily what we made or what game we played, but the feeling of belonging. The laughter that filled the kitchen. The conversations that somehow lasted longer than we'd planned. The certainty that, however busy life became, there would always be time set aside just for us.

My greatest hope isn't that they recreate every activity we've ever done.

It's that they recreate the feeling.

Perhaps one day, without even realising why, they'll find themselves saying to their own children, *"Shall we have a family date night this Friday?"*

Not because they read it in a parenting book or saw it on social media, but because it feels familiar. Because somewhere deep inside them they learnt that ***connection isn't something we stumble across when life gets quieter.***

It's something we choose.

And if my children grow up believing that the people they love are always worth making time for, then I think our Friday nights will have given them something far more valuable than a collection of happy memories. They'll have given them a way of building a family of their own.



Sophie David is a qualified teacher, early years expert and mum of three. She is the founder of ***Little Happy Learners*** *and author of* ***How to Create Little Happy Learners*** *and* ***Read, Write, Play.*** *Through her books and online community, Sophie shares simple, play-based ideas that help families connect, learn and make childhood feel a little more magical.*
Find her at @littlehappylearners and www.littlehappylearners.co.uk

Your Child Is Poorly. Your Routine Isn't the Priority. They Are.

by Norland Nanny and Sleep Consultant Melanie



Norland nanny and sleep consultant Melanie on why the "perfect" sleep routine should be the first thing to go this cold and flu season and how to get it back once they're well.

It's that time of year again.
Nursery is a revolving door of coughs, temperatures and *"just one more hug."*
The parents I speak to at this point are often more panicked about the sleep than the illness itself.

Let me put your mind at ease: no. A poorly child needing more comfort, more contact, more of you, is not a habit forming. It's a child who feels rubbish and wants their person.

That instinct in you to go to them, to hold them a little longer, to let the routine slide for a few nights, that's not weakness, **that's exactly the right call**.

Where I see families come unstuck isn't during the illness. **It's after.** They're so relieved to be through it that they either cling to the "extras" or they yank everything back to exactly how it was overnight and wonder why their child is confused and resisting.

Once your child is on the mend, give it **two or three nights of gently stepping back** what you added. If you were rocking to sleep, start with a hand on their back instead. Children take their cue from your certainty far more than your words.

Illness season is relentless when you have little ones in nursery or school. **You are not failing** because your carefully built routine had a wobble in November. That's not a sleep regression. That's just parenting through a cough.

The routine will hold. It always does, when you know how to guide them back to it.

Melanie is a Norland Nanny and sleep consultant. Scan the QR code to access the dedicated sleep library, packed with expert advice, videos, and practical tips.
Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.

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Friday 1st 2pm - Saturday 2nd 2pm

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WHY WON'T MY CHILD APOLOGISE?

Teaching Empathy Instead of Empty 'Sorrys'



By Rachel Johnson

"Say sorry." Two little words that can turn into the longest ten seconds of your day. Your toddler crosses their arms. Clamps their mouth shut. Or mutters a "sorry" so quietly or quickly that it means nothing at all. Sound familiar?

Here's the reassuring truth: you may feel your child is being defiant, rude, or badly behaved, but they are also being what they are: very young humans who haven't learned how to be a fully functioning person yet. It's our job to teach them.

Why Little Ones Struggle To Say Sorry

Saying a genuine sorry requires something quite sophisticated: understanding that another person has feelings separate from your own, and that your actions caused them. This skill is still under construction in the under-5 brain. Right now, they are the main character in their own story. Awareness of others grows gradually, through hundreds of small, everyday moments.

So when we demand an instant, word-perfect apology from a two or three-year-old, we're often asking for something they're not developmentally ready to give. And when children learn that "sorry" is just a magic word that ends the telling-off, they say it but they don't always feel it. We end up teaching performance, not empathy.

What To Do Instead

The good news is there's plenty we can do to nurture real empathy, even before children can express it in words.

1. NARRATE THE FEELINGS, DON'T SCRIPT THE APOLOGY.

Instead of, "Say sorry to Freddie," try: "Look at Freddie's face. He's crying because you took his digger. That felt sad for him." Naming feelings out loud, calmly and often, is how children slowly learn to notice them.

2. MODEL IT YOURSELF.

Children learn far more from watching us than from our instructions. If you snap at your toddler and then say, "I'm sorry I used a cross voice, that wasn't kind," you're showing them what a real apology sounds like: regret, ownership, and repair.



3. OFFER REPAIR INSTEAD OF REQUIRING WORDS.

For little ones, actions often say more than "sorry" ever could. "Shall we help Freddie build his digger back up?" or "Let's get Amelia a tissue," gives your child a way to put things right without relying on language they may not have yet.

4. KEEP YOUR EXPECTATIONS AGE-APPROPRIATE.

A three-year-old grabbing a toy back isn't always them plotting unkindness, they're testing boundaries and learning the relationship between cause and effect.

We can insist on a word, but what we really want them to understand is that other people have feelings too and sometimes we make mistakes and hurt them.

The Seeds Are Being Planted

You won't see instant results, and that's absolutely normal. Empathy isn't taught in a single conversation; it's built slowly, apology by apology, cuddle by cuddle, explanation and modelling over years.

Every time you name a feeling, model a genuine "sorry," or help your child make things right, you're laying the groundwork for a child who, one day, won't need reminding to say sorry, because they'll truly understand why it matters.



Rachel Johnson is the author of Connected: Focusing on Me and We, a new book for young people, their parents and educators. She is also Chief Executive of PiXL, the UK's largest school leadership network, and a parent of three.



DIY SNOW GLOBE CRAFT

This DIY Snow Globe is a simple craft for kids of all ages! Create a customised glittery globe to keep or gift to a loved one this Christmas.



You'll need:

- 1 Glass Jar
- Distilled Water
- Small item to use as a focal point (eg: ornament, small toy, plastic or ceramic figurine)
- Glitter
- Clear Glue
- Glue Gun

Instructions:

1. Select a focal point object to use in your snow globe. Get an adult to use the hot glue gun to glue the focal point object to the centre of the lid of the jar.
2. Fill the jar halfway full of distilled water and then squirt in some clear glue and stir it into the water.
3. Add 1-2 teaspoons of glitter.
4. Fill the jar up almost full with more distilled water, leaving enough space in the jar for the focal point object so the jar doesn't overflow.
5. Screw the lid tightly onto the jar so that the focal point object fits nicely inside.
6. Turn the jar upside down and watch the "snow" fall!

Craft kindly supplied by Shelly Carlson, founder of Welcome to Nana's.
For more fun craft ideas visit https://welcometonanas.com/.





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PUMPKINS, LIGHTS...

South Angle Farm Pumpkins

October (Tue - Sun)
Soham

Pumpkin patch, Halloween fun, animals and hands-on farm play

From £10.90; under 2s free

Undley Farm Pumpkin Patch

3–31 October (Sat, Sun & Half Term)

Beck Row, Bury St Edmunds

Pumpkin picking, Creepy Coach maize maze and family activities

Free entry; Maze and pumpkins extra

Suffolk Pumpkin Patch

2–31 October (Fri-Sun & Half Term

Barton Mills, Bury St Edmunds

Pumpkins, themed activities, street food and observation wheel

From £4; under 2s free (booking required)

Pumpkins at Garnhams Field

Through October (Tue-Fri & Half Term)

Needham Market, 8-2pm

Pumpkin picking, autumn photo opportunities and refreshments

Free entry; pumpkins & coffee extra

Little City Suffolk at Halloween

8–30 October

Venues across Suffolk

Potions, fancy dress, Halloween vets, creepy-crawlies and wanted ghost

From £8.50 per child

Farmer John's Pumpkin Patch

2–31 October (Fri-Sun & Half Term)

Capel St Mary

Free Pumpkin, maize maze, go-karts and giant bouncy tractor.

£8 per person; under 2s free

Magical Story Elves Presents

The Halloween Spooktacular

30 October

Bramford

Interactive show, Halloween characters, craft and glow disco

From £14 (1 adult, 1 child); under 3s free

Akenham Hall Pumpkin Patch

3–31 October (Sat, Sun & Half Term)

Akenham Hall Farm, Ipswich

Pumpkins, bouncy castle, donkey rides and alpaca leading

Free entry; activities and pumpkins extra

Spook Parties & Tangled Tales

25 & 28 October

Kesgrave War Memorial Community Centre

Two events this season; disco, games. colouring & a Tangled adventure.

From £7.50, under 1s free

Woodbridge Pumpkin Patch

3–31 October (Sat, Sun & Half Term)

Martlesham

Pumpkins, mini maze, mud kitchen, sandpit and tractor rides.

Adults £4.50; under 16s free

Baby Pumpkins with Baby Sensory™

17–28 October

Venues across Suffolk

Pumpkin play, glowing surprises and gentle Halloween fun created especially for 0–13 months.

From £13 per child

Halesworth Scarecrow Festival

17 – 31 October

Halesworth Library & St Mary's Church

Follow the space-themed trail, with half-term activities planned

Free trail

WILD Drone Light Show

28 November

Trinity Park, Ipswich

Hundreds of drones transform wildlife into stories across the sky

From £14; under 3s free

Enchanted Trail of Light

27 November–28 December

Colchester Zoo

Illuminations, dancing fountains, festive road train and food stalls

From £15.50 -£18; under 3s Free

Illuminate Ipswich

20 November–31 December

Christchurch Park, Ipswich

Follow a magical family trail filled with twinkling lights, colourful displays and enchanting surprises

From £10; under 3s Free



Meet Father Christmas

5–6 December

West Stow Anglo-Saxon Village

Santa, gift, festive craft, village entry

£12 child; up to 2 adults free

Santa Experiences at Dobbies

November–December

Bury St Edmunds & Woodbridge

North Pole activities, Santa & gift, breakfast option available too

From £17 child; Quiet Grotto £15

Hartbeeps at Christmas

19 December

Marks Tey Parish Halls

Festive music, sensory play and magical adventures

From £15, up to 2 adults included

Santa Specials

6–21 December

Mid-Suffolk Light Railway

Ride the railway to meet Santa at North Pole Halt

From £32 (1 adult & 1 child)

Father Christmas on the Farm

3–21 December

Hollow Trees Farm

Festive village, tractor ride, Santa's grotto, gift and farm entry

£17 child, £8.50 adult under 2s free (with 1 paying child)

Baby's First Christmas

12–19 December

Baby Sensory, Across Suffolk

Christmas lights, music and sensory magic for babies

From £16, up to 2 adults included

Breakfast with Santa

12, 13, 19, 20, 23 & 24 December

The Royal George, Ipswich

Festive breakfast, drink and a surprise from Santa

£5pp deposit; menu prices apply

Festive Family Party

6 December

Kesgrave War Memorial Community Centre

Festive disco, games, colouring, Santa visit and named gift

£9.50 per child, £2.50 per adult

Mrs Claus at World of Play

28 Nov, 5, 12 & 19 Dec

World of Play, Ixworth

Enjoy festive play and a special Christmas visit from Mrs Claus

£22.95 per child

Father Christmas at Easton Park Farm

6–24 December

Easton Farm Park

Santa, show, crafts, cookie decorating, animals and play

Adults £14.95; children £26.95

Breakfast with Santa

6, 13 & 20 December

Seckford Hall, Woodbridge

Breakfast, crafts, storytime, gift and Santa visit

Adults £30; children £20

Christmas in the Park

11–13 December

Henham Park

Reindeer, Santa, crafts, elf hunt, music and festive market

From £13.75; under 3s Free

Shadow's Snowy Return

28 November–3 January

Ickworth Estate

Winter adventure through the grounds and garden

Trail free; normal admission applies

Illuminated Garden Trail

14 November–19 December

Helmingham Hall

Journey through light, colour and sound in the historic gardens

From £10; under 2s free

Southwold Light Switch-On

28 November, 2–6pm

Southwold Market Place

Festive market, live entertainment, rescue donkeys, Santa's parade, lights and grotto

Free

Some events must be pre-booked. Details were correct at the time of printing but may change, so please check before attending.

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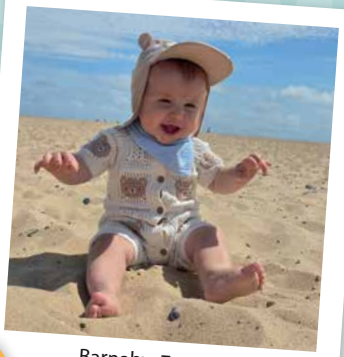
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TODDLE MODELS

Baby and Toddler Photo Competition Winner



Barnaby, 7 months

Winners

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

Congratulations to little Olivia and Barnaby, who both won a **Personalised Summer Bundle from My 1st Years**, worth £181!

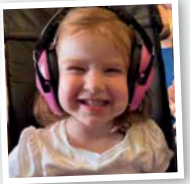
We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Olivia, 10 months



Albie, 8 months



Annabelle, 2 years 6 months

MY 1st years

Find out more:
www.my1styears.com



Annabelle, 2 years 6 months



Arthur lonel 14 months



Autumn Willow, 3 days



Cleo, 3 years 6 months



Cleo, 3 years.



Daisy, 14 months



Eddie, 11 months



Ivy, 10 months



Elsie , 2 years 2 months



Esmé, 4 years



Finley , 1 year



George, 2 years 9 months



Harper, 2 years



Honey, 2 years 6 months



Imogen, 4 months

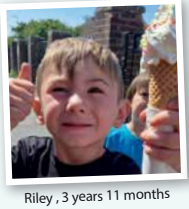

Lola, 3 years


Ellis, 1 year


Macie , 22 months


Malakai, 3 months


Max, 7 months

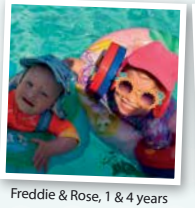

Riley , 3 years 11 months


Penelope & Francesca, 8 & 2 years

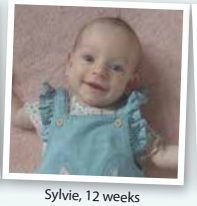

Oliver, 4 years


Oliver, 1 year 11 months


Maya, 2 years


Freddie & Rose, 1 & 4 years


Sophia, 2 years


Sylvie, 12 weeks


Theo, 9 months


Vinnie, 9 months

COMPETITION



TODDLE MODELS

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Enter by Sun 29th Nov 2026.

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Christmas
SHOWS & PANTO

20 NOV – 16 JAN

CINDERELLA
New Wolsey Theatre, Ipswich.

Celebrating the New Wolsey's 26th show since its very first panto, Cinderella brings back its signature Rock 'n' Roll style, with the cast doubling as the band and playing the music live on stage. Relaxed, BSL, captioned and audio-described performances are also available.

Civic Drive, Ipswich, IP1 2AS
Tel: 01473 295900 f **NewWolsey**
www.wolseytheatre.co.uk
Cost: From £15 per person.

20 NOV – 17 JAN

DICK WHITTINGTON
Theatre Royal Bury St Edmunds.

The Queen has vanished, and rats are plotting to take over London! This Christmas, join Dick Whittington and his rebel army as they fight for liberty, equality and cheese in Theatre Royal's much-loved annual pantomime.

All under 21 tickets just £15 at Family Saver Performances. See website for details.

Westgate Street, Bury St Edmunds, IP33 1QR
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www.theatreroyal.org
Cost: From £15 per person. Under 2s free (on lap)

22 DEC – 2 JAN

ROBINSON CRUSOE
Seckford Theatre, Woodbridge.

Local theatre group The Deben Players set sail with a traditional family panto packed with pirates, silly songs, treasure, slapstick and plenty of audience participation. Family tickets are available, making this one of the more budget-friendly choices in our round-up.

Burkitt Road, Woodbridge, IP12 4JH
Tel: 0333 666 3366 (box office) f **DebenPlayers**
www.debenplayers.net
Cost: Junior £13, Adult £15, Family £45, Family+1 £50.

11 DEC – 1 JAN

SNOW WHITE
Marina Theatre, Lowestoft

Heigh-ho, heigh-ho, it's off to the Marina Theatre we go! Expect a big traditional panto with comedy, colourful costumes and plenty of audience participation. The X Factor's Myles Stephenson joins this year's cast. Boo the baddies, cheer the heroes and join in the magic! Relaxed and BSL performances are available too.

The Marina, Lowestoft, NR32 1HH
Tel: 01502 533200 f **themarinatheatre**
www.marinatheatre.co.uk
Cost: From £15. Family tickets available.

Ages 2-8
28 NOV – 29 NOV

SANTA'S BEST EVER CHRISTMAS
The Regal, Stowmarket. 11am & 2pm

Join Santa and his friends for an interactive musical Christmas adventure, specially created for children aged 2–8. Expect festive songs, plenty of joining in and a specially wrapped present from Santa for every child.

Ipswich Street, Stowmarket, IP14 1AY
Tel: 01449 612825 f **theregalstow**
www.regalstowmarket.co.uk
Cost: Adult £11, children £10, Family £40

11 DEC – 24 DEC

ALADDIN
The Quay Theatre, Sudbury.

Sudbury Dramatic Society brings its community pantomime to The Quay, with a traditional take on Aladdin featuring Widow Twankey, a wicked baddie, incompetent policemen and plenty of magic. Family-friendly 11am and 3pm matinee performances run alongside evening shows.

Quay Lane, Sudbury, CO10 2AN
Tel: 01787 374745 f **quaytheatre**
www.quaysudbury.com
Cost: Adults £16, children £13.50.



Details correct at the time of going to print

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WWW.LEARNINGRESOURCES.CO.UK





STORYVERSE LAND PERSONALISED STORYBOOK, WORTH £26
WWW.STORYVERSELAND.COM

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WWW.AMAZON.COM



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WWW.SMARTTOYSANDGAMES.CO.UK

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Children's
NUTRITION



WHY EARLY ALLERGIES & INTOLERANCES CAN OCCUR

*by **Suzannah Winsor MSc PNPD mBANT AFMCP***

Your birth story, early diet, early exposures and medications can all play a role in shaping your microbiome and, therefore, your immune health.

The first 1,000 days (from conception through to a child's second birthday) are a critical window for establishing the foundations of the microbiome. During this time, the air we breathe, the milk we drink, the medications we take and the foods we're weaned onto all influence the composition of our microbiome.

THE MICROBIOME-IMMUNE CONNECTION

It may come as a surprise that an adult is made of approximately 30 trillion human cells and 38 trillion bacterial cells.

Your microbiome helps to train, develop and regulate your immune system.

The bacteria that live on us and inside us – our skin microbiome, our lung microbiome, the sinus microbiome and the gut microbiome – all work together to build the foundations of our immune system, alongside important nutrients such as vitamin D and zinc.

Immune-mediated reactions can include IgE food allergies, intolerances or food sensitivities. Inflammatory responses to foods such as lactose (dairy), histamine (aged foods), gluten (wheat), eggs, nuts and soy can be accompanied by digestive issues, asthmatic symptoms, skin irritation, constipation and mood changes. Lesser-known food sensitivities, such as reactions to oranges and potatoes, can also occur and may be easily overlooked.

THE IMPORTANCE OF THE GUT

Up to 70% - 80% of the body's immune cells live in the gut, where they interact with your bacteria.

Microbes also have the job of turning our foods into beneficial short-chain fatty acids, which nourish the cells lining your colon and help reduce allergies by strengthening your gut wall and calming down overactive immune cells. Microbes even make some vitamins, including vitamin K, B12 and B9 (folate).

WHERE TO START?

Navigating increasing food restrictions, an unhappy child and "magic answer" supplement marketing can be confusing, expensive and tiring.

It can be helpful to take a step back and look at the beginning of your child's health story.

Consider: when was your child last well? Have they been exposed to antibiotics at a young age? What has helped so far? Is there mould in your home? What was their early diet like? Is constipation, bloating or IBS part of your child's health story? Are important nutrients such as vitamin D and zinc part of your child's diet?

These are just some of the questions that can help build a bigger picture of what may be contributing to your child's allergies, intolerances or food sensitivities.

Everyone is different, and what works for one may not work for another.

MICROBIOME TESTING

One option is a paediatric microbiome test. This report shows which of the good bugs need a helping hand, if any bad bugs are thriving and even if there are too many of the good bugs. Seeing a snapshot of your child's gut microbiome allows for a more effective and personalised approach to supporting their immune system and gut health.

Suzannah Winsor MSc PNPD mBANT AFMCP** is a Registered Nutritionist & Registered Biomedical Scientist at The Biomedical Personalised Nutrition Clinic. If you're looking for professional nutritional guidance to naturally support you or your child's health, she offers a free 30-minute Nutrition Consultation at **TheBiomedicalNutritionist.com.

***Disclaimer:** This article is for educational purposes only and is not intended as medical advice.*

PLAY & DISCOVER WITH toddle about

SANTA'S SLIP UP

SANTA'S GOT LOST! CAN YOU HELP HIM FIND HIS WAY TO YOUR HOUSE TO DELIVER HIS PRESENTS?



CHEEKY CHARLIE HUNT!

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



WITCH'S WONDER

SPOT THE DIFFERENCE. THERE ARE 10 TO FIND!

ANSWERS ON P.51



SPOTLIGHT ON... ICKWORTH ESTATE NATIONAL TRUST

Martina from Mumma Connections shares one of her family's favourite days out, whatever the season.

We've been **National Trust** members for around three years, and Ickworth is somewhere we keep going back to.

Even when there's no special event on, the **park and walks** make it a lovely family day out. Many of the paths are manageable with a pram, and there are plenty of benches and places to stop for a picnic.

The **enclosed play area** is a favourite. There's separate climbing equipment for little ones, while older children can enjoy the bigger slides and zip wire. It means everyone gets something out of the visit.

Our membership has also encouraged us to explore other National Trust places, both around East Anglia and when we visit the Lake District. But Ickworth remains one of our favourites close to home.

Autumn note: Ickworth has October half-term activities, including circus skills, crafts and a family silent disco. Plus their Shadow the Snow Leopard Trail is back this December for festive adventures.



INFO: **Opening Times:** Daily, 9am–5pm. House, garden and café hours vary, please check before visiting.
Address: Horringer, Bury St Edmunds, Suffolk, IP29 5QE **www. nationaltrust.org.uk**

Martina brings local mums together through Mumma Connections and Meet Suffolk Mums. Connect with her through ***Mumma Connections*** *or* ***Meet Suffolk Mums****.*

COMPETITION – DISNEY ON ICE FAMILY TICKET

WIN A FAMILY TICKET TO *DISNEY ON ICE* WORTH UP TO £233

Produced by Feld Entertainment
Disney On Ice Discover The Magic



***Disney On Ice* returns this winter with *Disney On Ice presents Discover The Magic* - and we've got a family ticket up for grabs!**

Expect world-class skating, aerial performances and beloved Disney stories brought to life on the ice, including Moana, Frozen, Encanto, Toy Story, Coco and more.

Join Mickey Mouse and friends on a quest to rescue Tinker Bell, sail with Moana, journey to Arendelle with Elsa, cross the Marigold Bridge with Miguel from Coco, and join Buzz, Woody and Jessie for a daring rescue. Plus, see Belle soar into the sky and experience a thrilling finale with Moana and TeKa.

The show visits Birmingham, Newcastle, Nottingham, Aberdeen, Belfast, Sheffield and London from 28 October 2026 to 3 January 2027.







SCAN ME

Enter Now at toddle.fun/disneyonice

Competition closes Sunday 22nd Nov 2026. For tour dates and tickets, visit **www.disneyonice.co.uk**

ADVERTORIAL

FROM SKINCARE THERAPIST TO TROPIC LEADER

How Anna has built a business around family life



Hi, I'm Anna, a mum, skincare and massage therapist with over 20 years of experience, and the face behind The Suffolk SEN Mum.

Nine years ago, I joined Tropic Skincare, initially to use the products professionally within my treatments. I fell in love with the range and have since progressed to Tropic Leader, mentoring a team of women of all ages and walks of life.

As a busy SEN mum, I know how important flexibility is. I've successfully created a business that works around my family and now enjoy helping others discover how Tropic could do the same for them.

Whether you're looking for an additional income, a confidence boost, a new career direction or simply something that's just for you, Tropic offers an opportunity you can shape around your family.

What could it offer you?

- ✔ Flexible hours around family life
- ✔ The opportunity to earn
- ✔ Support from an experienced mentor
- ✔ Confidence and personal development
- ✔ New friendships and positive community

Curious to know more? Get in touch for a friendly, no-obligation chat.

SCAN FOR MORE INFO

07841 915529 | 01379 788092

annachambers82@gmail.com

www.tropic.com/pages/annachambers

anna_beauty_tropicskincare

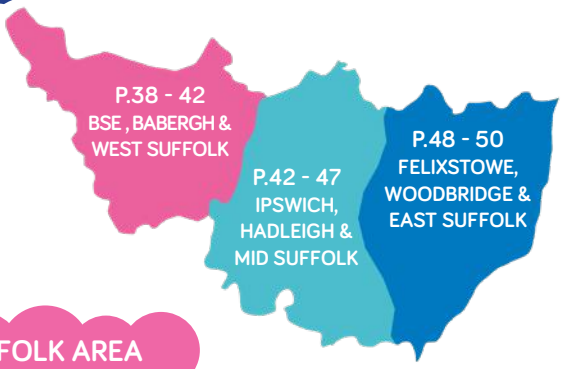





It's time for
welly boots
and hats.
Plan your winter adventure at nationaltrust.org.uk/suffolk.

Daily Activity Planner

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



BURY ST EDMUNDS & WEST SUFFOLK AREA

MONDAY

PARENTS & TOTS

Brandon Family Hub
Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.
- **Self Led Stay & Play:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** Free.

Cartwheels Family Hub
Cartwheels Family Hub, Norton Road, Haverhill, CB9 8NF.
- **Stay & Play:** 13:00 - 14:30. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** Free.

Elmswell Baby and Toddler Group
Blackbourne Community Centre, 71 Blackbourne Road, IP30 9GY.
- **Times:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £2

Foley House Family Hub
Foley House Family Hub, 52 Wellington Street, Newmarket, CB8 0HY.
- **Under Ones:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** Free.

Little Deers Baby and Toddler Group - Hartest
Hartest and Boxsted Institute, The Green, Bury St Edmunds, IP29 4DH.
- **Times:** 9:30 - 11:30. **Ages:** 1 mths - 5 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £3

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 5 Oct - 28 Dec *(booking essential)*. **Cost:** £7.95

The Lark Family Hub
Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.
- **Little Movers Stay & Play:** 13:15 - 14:45. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 28 Dec *(drop in)*. **Cost:** Free.

Toddlers at Bridge Kids
Bridge Community Church, 68 Queens Road, Bury, IP33 3EW.
www.bridgecommunitychurch.co.uk.
- **Times:** 13:00 - 14:30. **Ages:** 0 - 4 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £2

MUSIC & SIGNING

Moo Music Bury St Edmunds, Ely & Newmarket
Red Lodge Millennium Centre, 1 Lavender Close, Red Lodge, IP28 8TT.
07921 174684. www.moo-music.co.uk.
- **Mixed Moo:** 9:25 - 10:05. **Ages:** 0 - 5 yrs.
- **Baby Moo:** 10:20 - 10:50. **Ages:** 0 - 18 mths.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £7.75
- **Halloween Special:** 9:30 - 10:30 & 10:50 - 11:50. **Ages:** 0 - 5 yrs.

Dates: 26 Oct *(booking essential)*. **Cost:** £10

Moo Music Bury St Edmunds, Ely & Newmarket
Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU.
07921 174684. www.moo-music.co.uk.
- **Baby Moo:** 12:40 - 13:10. **Ages:** 0 - 18 mths.
- **Mixed Moo:** 13:25 - 14:05. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £7.75
- **Halloween Special:** 13:25 - 14:15 & 14:30 - 15:30. **Ages:** 0- 5 yrs.

Dates: 26 Oct *(booking essential)*. **Cost:** £10

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds
Christ Church, Moreton Hall, Lawson Place, BSE, IP32 7EW.
07527 932632. www.babysensory.com.
- **Baby Sensory:** 10:00- 11:00, 11:30 - 12:30 & 13:00 - 14:00.

Ages: 0 - 13 mths.
Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking essential)*. **Cost:** £9

HEALTH & WELLBEING

PlayCafe & The Village Midwife BSE
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **No Sleep Club:** 9:30 - 11:00.

Dates: 2 Nov & 3 Dec *(booking essential)*. **Cost:** £7.95



Search activities online at www.toddleabout.co.uk

TUESDAY

PARENTS & TOTS

Bury St Edmunds Library
St Andrews Street North, Bury St Edmunds, IP33 1TZ.
01284 338830. www.suffolkcommunitylibraries.co.uk.
- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 18 mths.
- **Tot Rock:** 10:30 - 11:00. **Ages:** 18mths - 5 yrs.

Dates: 6 Oct - 22 Dec *(drop in)*. **Cost:** Free.

Families Together Suffolk
Anselm Community Centre, Bury St Edmunds, IP32 6JZ.
www.familiestogethersuffolk.org.uk.
- **Learn & Grow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

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.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £5

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30, 11:45 & 15:00 . **Ages:** 0 - 7 yrs.

Dates: 6 Oct - 29 Dec *(booking essential)*. **Cost:** £7.95

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds
New Green Centre, New Green Avenue, Thurston, IP31 3TG.
07527 932632. www.babysensory.com.
- **0 - 6 Months:** 10:00 - 11:00. **Ages:** 0 - 6 mths.
- **6 to 13 months:** 11:30 - 12:30. **Ages:** 6 mths - 13 mths.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £9

Brandon Library
Brandon Library, Bury Road, Brandon, IP27 0BQ.
01842 773390. www.suffolkcommunitylibraries.co.uk.
- **Storytime:** 15:30 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 22 Dec *(drop in)*. **Cost:** Free.

Hartbeeps Colchester and Tendring
Acton Village Hall - Sudbury, High Street, Sudbury, CO10 0AT.
www.hartbeeps.com.
- **Happy House:** 10:15 - 11:00. **Ages:** 1 - 4 yrs.
- **Baby Beeps:** 11:15 - 12:00. **Ages:** 8 mths - 1 yrs 6 mths.
- **Baby Bells:** 12:15 - 13:00. **Ages:** 0 - 8 mths.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £8

CREATIVE

Hunter Club Arts Centre
6 St Andrew Street South, Bury St Edmunds, IP33 3PH.
01284 392324. hunterclub.offbeattickets.com.
- **Coffee and Create:** 9:30 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 8 Dec *(drop in)*. **Cost:** £5

NEW

Indoor Mud Patch
Village Hall, Felsham Rd, Bradfield St George, Bury, IP30 0AS.
- **Taste Safe Messy Play:** 10:00 - 11:00. **Ages:** 6 mths - 4 yrs.

Dates: 6 Oct - 15 Dec *(drop-in)*. **Cost:** £6

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Little Makers Club:** 9:30 or 11:45. **Ages:** 1 - 4 yrs.

Dates: 6 Oct, 3 Nov & 17 Nov *(booking essential)*.

PHYSICAL FUN

Tumble Tots Ely
Newmarket OLISE Church, 14 Exeter Road, Newmarket, CB8 8LT.
07979 757202. www.tumbletots.com.
- **Walking–2 Years:** 9:30 - 10:15. **Ages:** 1 - 2 yrs.
- **3 yrs–School Age:** 10:30 - 11:15. **Ages:** 3 - 5 yrs.
- **2-3 Years:** 11:30 - 12:15. **Ages:** 2 - 3 yrs.
- **6 mths–Walking:** 12:45 - 13:30. **Ages:** 6 mths - 1 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £8



Netball Kids
Moreton Hall Community Centre, Symonds Road, Bury, IP32 7EE.
07487 608528. www.netballkids.co.uk.
- **Little Launchers:** 9:30 - 10:15. **Ages:** 2 yrs - 4 yrs.
- **Little Launchers:** 10:30 - 11:15. **Ages:** 2 yrs - 4 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £6-8

SWIMMING

Culford School
Culford School, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.
- **Stage One:** 17:30 - 17:55 & 18:00 - 18:25. **Ages:** 2 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £7.55
- **Stage Two:** 17:30 - 17:55. **Ages:** 4 - 7 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £7.55

WEDNESDAY

PARENTS & TOTS

Brandon Family Hub
Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.
- **Self Led Stay & Play Under Ones:** 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Dates: 7 Oct - 16 Dec *(drop in)*. **Cost:** Free.

SPOT LIGHT

Edmundo Lounge
Edmundo Lounge, 28 Cornhill, Bury St Edmunds, IP33 1DY.
01284 700166. www.thelounges.co.uk.
- **Parent & Baby Group:** 9:00 - 11:00. **Ages:** 0 - 3 yrs.

Dates: 7 Oct - 16 Dec *(drop in)*. **Cost:** Free.

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.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** Free.



Foley House Family Hub
Foley House Family Hub, 52 Wellington Street, Newmarket, CB8 0HY.
- **Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 16 Dec *(drop in)*. **Cost:** Free.

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 7 Oct - 30 Dec *(booking essential)*. **Cost:** £7.95
- **Pilates & Lattes:** 9:30 - 11:30.

Dates: 28 Oct, 25 Nov & 16 Dec *(booking essential)*. **Cost:** £11.95

Prado Lounge
Prado Lounge, 15 - 16 Market Hill, Sudbury, CO10 2EA.
01787 313634. www.thelounges.co.uk.
- **Baby Club:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 16 Dec *(drop in)*. **Cost:** Free.

PHYSICAL FUN

Tumble Tots Ely
Freckenham Village Hall, 7 Fordham Road, Bury St Edmunds, IP28 8JB.
07979 757202. www.tumbletots.com.
- **Walking–2 Years:** 9:45 - 10:30. **Ages:** 1 - 2 yrs.
- **6 mths–Walking:** 10:45 - 11:30. **Ages:** 6 mths - 1 yrs.
- **2-3 Years:** 11:45 - 12:30. **Ages:** 2 - 3 yrs.
- **3 yrs–School Age:** 12:45 - 13:30. **Ages:** 3 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £8

SWIMMING

Culford School
Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.
- **Stage One:** 16:00 - 16:25 & 16:30 - 16:55. **Ages:** 2 - 5 yrs.
- **Stage Two:** 16:30 - 16:55 & 17:00 - 17:25. **Ages:** 4 - 7 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £7.55

FOREST & FARMS

South Angle Farm Park
South Angle Farm Park, Angle Common, Soham, CB7 5HX.
07922 456826. www.southanglefarmpark.co.uk.
- **Little Farmers Club:** 10:00 - 11:30 & 12:30 - 14:00. **Ages:** 1-4yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £9.50

South Lee Prep School & Nursery
Nowton Rd, Bury Saint Edmunds, IP33 2BT.
01284 754654. www.southlee.co.uk.
- **Toddle in the Woods:** 9:30 - 10:30. **Ages:** 18 mths - 4 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 2 Dec *(booking essential)*. **Cost:** £3



THURSDAY

PARENTS & TOTS

Bluebells Family Hub
Bluebells Family Hub, Bury Lane, Stanton, IP31 2DE.
01473 341499.
- **Under 1's:** 10:00 - 11:30. **Ages:** 0 - 1 yrs.
- **Stay & Play:** 13:15 - 14:45. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** Free.

Brandon Family Hub
Brandon Family Hub, Bury Road, Brandon, IP27 0BQ.
- **Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Under Ones:** 13:00 - 14:00. **Ages:** 0 - 1 yrs.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

Bury St Edmunds Library
St Andrews Street North, Bury St Edmunds, IP33 1TZ.
01284 338830. www.suffolkcommunitylibraries.co.uk.
- **Duplo Club:** 11:00 - 11:45. **Ages:** 3 - 5 yrs.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

Families Together Suffolk
Chalkstone, Community Centre, Haverhill, CB9 0BJ.
www.familiestogethersuffolk.org.uk.
- **Bump, Birth & Beyond:** 10:00 - 11:30. **Ages:** 0 - 18 mths.

Dates: 8 Oct - 17 Dec *(booking essential)*. **Cost:** Free.

Little Treasures Parent & Toddler Group
Lawshall Evangelical Free Church, Hanningfield Green, IP29 4QD.
01284 828694. www.lawshallfreechurch.org.uk.
- **Times:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** Free.

Midweek for Mums
The Newbury Community Centre, 1 Charles Place, Bury, IP32 6TD.
07791 708708. www.bse-pc.org.
- **Times:** 10:00 - 11:30. **Ages:** 0 - 4 yrs.
- **Times:** 10:00 - 11:30. **Ages:** 4 mths - 4 yrs.

Dates: 8 Oct - 22 Oct *(booking essential)*. **Cost:** Free.

PlayCafe
NEW
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 8 Oct - 17 Dec *(booking essential)*. **Cost:** £7.95

Southgate Parent & Toddler Group
Southgate Community Centre, Caie Walk, Bury St Edmunds, IP33 2PJ.
01284 768686.
- **Times:** 13:30 - 15:00. **Ages:** Pregnancy - 4 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** £2

SENSORY & DEVELOPMENT

Brandon Library
Brandon Library, Bury Road, Brandon, IP27 0BQ.
01842 773390. www.suffolkcommunitylibraries.co.uk.
- **Tot Rock:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

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. **Ages:** 1 - 2 yrs.
- **6 mths–Walking:** 11:00 - 11:45. **Ages:** 6 mths - 1 yrs.
- **2-3 Years:** 12:00 - 12:45. **Ages:** 2 - 3 yrs.
- **3 yrs–School Age:** 13:00 - 13:45. **Ages:** 3 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £8

FOREST & FARMS

Dream Care Farm CIC
Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.
07590 211124. www.dreamcarefarmcic.co.uk.
- **Care & Grow Club:** 10:00 - 11:30.

Dates: 8 Oct - 17 Dec *(booking essential)*. **Cost:** £5





South Angle Farm Park
South Angle Farm Park, Angle Common, Soham, CB7 5HX.
07922 456826. www.southanglefarmpark.co.uk.
- **Little Farmers Club:** 10:00 - 11:30 & 12:30 - 14:00. **Ages:** 1-4 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 31 Dec *(booking essential)*. **Cost:** £9.50

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.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop in)*. **Cost:** £5

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 9 Oct - 18 Dec *(booking essential)*. **Cost:** £7.95

St Edmundsbury Cathedral
St Edmundsbury Cathedral, Angel Hill, Bury St Edmunds, IP33 1LS.
01284 748720. www.stedscathedral.org.
- **Young Families:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 18 Dec *(drop in)*. **Cost:** Free.

The Lark Family Hub
Mildenhall Hub Sheldrick Way, Mildenhall, IP28 7JX.
- **Under Ones:** 9:30 - 10:30. **Ages:** 0 - 1 yrs.

Dates: 9 Oct - 18 Dec *(drop in)*. **Cost:** Free.

MUSIC & SIGNING

Moo Music Bury St Edmunds, Ely & Newmarket
All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.
07921 174684. www.moo-music.co.uk.
- **Mixed Moo:** 9:50 - 10:30 & 11:30 - 12:10. **Ages:** 6 mths - 5 yrs.
- **Baby Moo:** 10:45 - 11:15. **Ages:** 0 - 18 mths.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop in)*. **Cost:** £7.75
- **Let's Get Moo-ving!:** 10:00 - 10:40 & 11:00 - 11:40.

Dates: 30 Oct *(booking essential)*. **Cost:** £7.75 **Ages:** 6 mths - 5 yrs.

Moo Music Bury St Edmunds, Ely & Newmarket
The Stable, 65, High Street, Newmarket, CB8 8NA.
07921 174684. www.moo-music.co.uk.
- **Mixed Moo:** 10:00 - 10:40. **Ages:** 6 mths - 5 yrs.
- **Baby Moo:** 10:55 - 11:30. **Ages:** 0 - 18 mths.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop in)*. **Cost:** £7.75

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds
Ixworth Village Hall, High Street, Ixworth, Bury St Edmunds, IP31 2HH.
07527 932632. www.babysensory.com.
- **Baby Sensory:** 10:00 - 11:00 & 11:30 - 12:30. **Ages:** 0 - 13 mths.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £9

NEW

CREATIVE

Hunter Club Arts Centre
6 St Andrew Street South, Bury St Edmunds, IP33 3PH.
01284 392324. hunterclub.offbeattickets.com.
- **Move and Groove Family Disco:** 9:30 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov *(drop in)*. **Cost:** £6

DANCE & DRAMA

Tiny Toes Ballet Suffolk
Moreton Hall Community Centre, Symonds Road, Bury, IP32 7EE.
07415 127619. www.tinytoesballet.co.uk.
- **Tip Toes:** 12:20 - 13:00. **Ages:** 6 mths - 1 yrs 6 mths.
- **Talent Toes:** 14:00 - 14:40. **Ages:** 2 - 4 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £9

SWIMMING

Culford School
Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.
- **Stage One:** 16:00 - 16:25 & 17:00 - 17:25. **Ages:** 2 - 5 yrs.
- **Stage Two:** 16:30 - 16:55 & 17:00 - 17:25. **Ages:** 4 - 7 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £7.55

SATURDAY

PARENTS & TOTS

PlayCafe
PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.
- **Play Session:** 9:30 - 11:00 & 11:45 - 13:15. **Ages:** 0 - 7 yrs.

Dates: 10 Oct - 26 Dec *(booking essential)*. **Cost:** £7.95

DANCE & DRAMA

Tiny Toes Ballet Suffolk
CAST Studio, Northgate Street, Bury St Edmunds, IP33 1HP.
07415 127619. www.tinytoesballet.co.uk.
- **Twinkle Toes:** 9:00 - 9:40. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- **Talent Toes:** 9:45 - 10:25. **Ages:** 2 yrs 6 mths - 4 yrs.
- **Twirlers/Spinners:** 10:30 - 11:10. **Ages:** 4 - 7 yrs.
- **Talent toes (2.5-4yrs):** 11:40 - 12:20. **Ages:** 2 yrs 6 mths - 4 yrs.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking essential)*. **Cost:** £9

Tiny Toes Ballet Suffolk
Ellesmere Centre, Ley Road, Stetchworth, Newmarket, CB8 9TS.
07415 127619. www.tinytoesballet.co.uk.
- **Twinkle Toes:** 9:15 - 9:55. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- **Talent Toes:** 10:00 - 10:40. **Ages:** 2 yrs 6 mths - 4 yrs.
- **Twirlers/Spinners:** 10:45 - 11:25. **Ages:** 4 - 7 yrs.
- **Tip Toes:** 11:30 - 12:10. **Ages:** 6 mths - 1 yrs 6 mths.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking essential)*. **Cost:** £9



PHYSICAL FUN

Netball Kids

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

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 9:45 - 10:30. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:40 - 11:25. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking essential)*. **Cost:** £6-8

HEALTH & WELLBEING

Mini First Aid Suffolk

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

- **Baby & Child First Aid:** 14:00 - 16:00.

Dates: 28 Nov *(booking essential)*. **Cost:** £30

FOREST & FARMS

Dream Care Farm CIC

Dream Care Farm CIC, Pepper Lane, Bury St Edmunds, IP31 3RA.
07590 211124. www.dreamcarefarmcic.co.uk.

- **Saturday Farm Club:** 10:00 - 12:00.

Dates: 10 Oct - 19 Dec *(booking essential)*. **Cost:** £5

SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Stage One:** 8:30 - 8:55, 9:00 - 9:25, 9:30 - 9:55 & 10:30 - 10:55.
- **Stage Two:** 8:30 - 8:55, 9:00 - 9:25 & 10:00 - 10:25.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking req.)*. **Cost:** £7.55

SUNDAY

PARENTS & TOTS

PlayCafe

PlayCafe, 62 Cornhill, Bury St Edmunds, IP33 1BE.
www.playcafegroup.com.

- **Play Session:** 10:00 - 11:30 & 12:00 - 13:30. **Ages:** 0 - 7 yrs.

Dates: 11 Oct - 20 Dec *(booking essential)*. **Cost:** £7.95

SWIMMING

Culford School

Culford School, Culford, Bury St Edmunds, IP28 6TX.
01284 728615. www.culford.co.uk.

- **Stage One:** 9:30 - 9:55 & 10:00 - 10:25. **Ages:** 2 - 5 yrs.
- **Stage Two:** 9:00 - 9:25. **Ages:** 4 - 7 yrs.

Dates: 11 Oct - 18 Oct & 8 Nov - 20 Dec *(booking req.)*. **Cost:** £7.55

PHYSICAL FUN

Netball Kids

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

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking essential)*. **Cost:** £6-8



IPSWICH, HADLEIGH & MID SUFFOLK

MONDAY

PARENTS & TOTS

BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX.
01473 210176/07492 691190. Www.bmesuffolk.org .

- **Baby & Toddler Group:** 11:00 - 12:30. **Ages:** 18 mths - 4 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking essential)*. **Cost:** Free.

Capel Community Church

Capel Community Church, Days Road, Capel St Mary, Ipswich, IP9 2JW.
07752 921135. www.capelcommunitychurch.org.uk.

- **Stay & Play Cafe:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** £0.50

Eye Family Hub

Eye Family Hub, Church Street, Eye, IP23 7BD.

- **Under 1s:** 13:30 - 14:30. **Ages:** 0 - 1 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(drop in)*. **Cost:** Free.

SmAll Hallows Toddler Group

All Hallows Church Hall, Landseer Road, Ipswich, IP3 0EN.
07561 596168. www.allhallowsipswich.co.uk.

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

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** Free.

MUSIC & SIGNING

Toddle Talk With Ann

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.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking essential)*. **Cost:** £6.50

Jo Jingles Ipswich

Millenium 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.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking essential)*. **Cost:** £7.50

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.

Dates: 12 Oct - 9 Nov, 16 Nov - 14 Dec, 4 Jan - 1 Feb *(booking essent.)*

The Nurture Nest

The Scout Hall, 12 Acre Approach, Kesgrave, IP5 1JF.

- **Sensory Sessions:** 9:30 - 10:30. **Ages:** 0 - 1 yrs.

Dates: 5 Oct, 19 Oct, 2 Nov, 16 Nov, 30 Nov & 14 Dec *(booking essent.)*

- **Stay & Play Sessions:** 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £6.50

Dates: 12 Oct, 26 Oct, 9 Nov, 23 Nov & 7 Dec *(booking essential)*.

SEND ACTIVITIES

Ipswich Opportunity Group
Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746 580132. www.ipswichopportunitygroup.org.uk.
Times: 10:00 - 11:30 & 13:00 - 14:30. **Ages:** 0 - 5 yrs.
Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking advised)*. **Cost:** £5

TUESDAY

PARENTS & TOTS

Bethesda Baptist Church Parent and Toddler Group
Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB.
07761 766603. www.bethesdaipswich.com.
- **Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £1

Eye Family Hub
Eye Family Hub, Church Street, Eye, IP23 7BD.
- **Stay & Play:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** Free.

Families Together Suffolk
Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.familiestogethersuffolk.org.uk.
- **Bump, Birth & Beyond:** 10:00 - 11:30. **Ages:** 0 - 9 mths.

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

Gainsborough Community Library
Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.
01473 927270. www.suffolkcommunitylibraries.co.uk.
- **Little Story Makers:** 10:30 - 11:30. **Ages:** 2 - 5 yrs.

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

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.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £1

Kesgrave Library
Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.
- **Stay & Play:** 10:00 - 11:00. **Ages:** 1 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** Free.

Mendlesham Baby & Toddler Group
Community Hall at the Primary School, Mendlesham, IP14 5RT.
- **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £2

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

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

St Augustine's Church
St Augustine's Church, Bucklesham Road, Ipswich, IP3 8TH.
01473 723960. www.staugustinesipswich.org.uk.
- **Music & Rhyme, Story time:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £2

St John the Baptist Church Needham Market
High Street Needham Market, Ipswich, IP6 8AE.
01449 720316. www.needhammarketparishchurch.org.
- **Tuesday Tots:** 09:30 – 11:00. **Ages:** 0-5 yrs

Dates: 6 Oct – 20 Oct & 3 Nov – 15 Dec. **Cost**: £2.
- **Messy Church:** 15:30 - 17:00. **Ages:** 0 - 12 yrs.

Dates: 6 Oct, 3 Nov & 1 Dec *(booking essential)*. **Cost:** £2.

The FLYING HORSE Cafe & Bar
4 Waterford Road, Ipswich, IP1 5NW.
07740 853604. www.flyinghorsecafebar.com.
- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec *(drop in)*. **Cost:** Free.

Tiddlywinks
Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.
01473 259571. www.burlington.church.
- **Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £1

Tots+ at Christ Church Ipswich
Christ Church, Tacket Street, Ipswich, IP4 1AU.
07505 129389. www.christchurch-ipswich.org.uk.
- **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec *(drop in)*. **Cost:** £1.50

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. **Ages:** 6 mths - 2 yrs.
- **2yrs+:** 10:30 - 11:15. **Ages:** 2 - 4 yrs.
- **3mths - walking:** 11:35 - 12:05. **Ages:** 3 mths - 1 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £6.50

SENSORY & DEVELOPMENT

SPOT LIGHT

Baby Sensory Ipswich
Jimmy's Farm, Pannington Hall Lane, Wherstead, IP9 2AR.
www.babysensory.com. **Ages:** 0 - 13 mths.
- **Baby Sensory:** 10:00 - 11:00, 11:20 - 12:20 & 12:40 - 13:40.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £9.25

Jasmine Blossom Birth and Baby
The CUB Play Cafe, St. Peters Street, Ipswich, IP1 1XF.
07815 698459. www.jasmineblossombirthing.com.
- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 10 Nov - 8 Dec *(booking essential)*. **Cost:** £10

PHYSICAL FUN

Hadleigh Stars Gymnastics
Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473 652155. www.hadleighstarsgymnastics.co.uk.
- **Parent and Toddler:** 9:15 - 10:15. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £5.45



HEALTH & WELLBEING

Moontree Yoga & Wellbeing
Clip 'n Climb Ipswich, Ransomes Industrial Estate, Ipswich, IP3 9ST.
07305 267820. www.moontreeyoga.co.uk.
- **Yoga for Baby & You:** 10:00 - 11:00 & 11:15 - 12:15.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking req.)*. **Cost:** £11.50.

StartStrong Fitness CIC
Evolution Stowmarket Ltd, The Old Maltings, Union Street East, Stowmarket, IP14 1HP.
07990 665947. www.startstrongfitnesscic.com.
- **Parent and Baby Exercise:** 10:30 - 11:15. **Ages:** 0 - 18 mths.

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

StudioFlex Ipswich
StudioFlex Ipswich, Three Rivers Business Park, Ipswich, IP10 0BF.
01473 708919. www.studioflex.co.uk.
- **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 6 Oct - 29 Dec *(booking essential)*. **Cost:** £12



WEDNESDAY



PARENTS & TOTS

Eye Library
Eye Library, 6 Cross Street, Eye, IP23 7AB.
01379 469969. www.suffolkcommunitylibraries.co.uk.
- **Baby Wordplay:** 10:30 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 7 Oct, 21 Oct, 4 Nov, 18 Nov, 2 Dec & 16 Dec. **Cost:** Free.
- **Toddler Wordplay:** 10:30 - 11:00. **Ages:** 1 - 3 yrs.

Dates: 14 Oct, 11 Nov, 25 Nov & 9 Dec. **Cost:** Free.

Families Together Suffolk
Community Room Hadleigh Reform Church, IP7 5DL.
www.familiestogethersuffolk.org.uk.
- **Bump, Birth & Beyond:** 10:00 - 11:30. **Ages:** 0 - 18 mths.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** Free.

High Suffolk (Debenham) Family Hub
Gracechurch Street, Debenham, Stowmarket, IP14 6BL.
01728 862900.
- **Stay and Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** Free.

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.

Dates: 7 Oct - 21 Oct & 4 Nov - 9 Dec *(drop in)*. **Cost:** £1

Needham Market Evangelical Church
NEW
42 Ipswich Road, Needham Market, IP6 8EH.
07476 891509. www.needhamchurch.org.uk.
- **Little Tots:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** Free.

St Augustine's Church
St Augustine's Hub, Bucklesham Road, Ipswich, IP3 8TH.
01473 723960. www.staugustinesipswich.org.uk.
- **Play, craft, singing and story time:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** £2

The FLYING HORSE Cafe & Bar
4 Waterford Road, Ipswich, IP1 5NW.
07740 853604. www.flyinghorsecafebar.com.
- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 16 Dec *(drop in)*. **Cost:** Free.

Thorndon Parent and Toddler Group
Thorndon Village Hall, High Street, Thorndon, IP23 7LX.
01379 672922.
- **Thorndon Toddler Group:** 10:00 - 12:00. **Ages:** 0 - 4 yrs.

Dates: 14 Oct, 11 Nov, 25 Nov & 9 Dec *(drop in)*. **Cost:** £2

Whitton Parish Church
Whitton Parish Church Hall, Whitton Church Lane, Ipswich, IP1 6LT.
07890 311525. www.whittonparish.co.uk.
- **Mums and Tots:** 13:15 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** £1



MUSIC & SIGNING

SPOT LIGHT

Jo Jingles Ipswich
Rushmere Baptist Church, 110 The Street Rushmere, Ipswich, IP5 1DF.
07732 544548. www.jojingles.com.
- **Under 2s:** 9:45 - 10:30. **Ages:** 6 mths - 2 yrs.
- **2yrs+:** 10:45 - 11:30. **Ages:** 2 - 4 yrs.
- **3mths - walking:** 11:45 - 12:15. **Ages:** 3 mths - 1 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £6.50

Sakura Art Gallery
Cedar Hill, IP14 5PQ
07859 093 855. www.sakurastudiogallery.co.uk
- **Little Blossoms Music:** 10:30 - 11:30. **Ages:** 0 - 5 years.

Dates: 28 Oct, 25 Nov & 23 Dec *(booking advised)*. **Cost:** £6.50

Toddle Talk With Ann
Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB.
07748 914370. www.toddletalk.info.
- **Toddle Talk Tinies:** 10:00 - 11:00. **Ages:** 0 - 7 mths.
- **Toddle Talk Baby Signing:** 11:00 - 12:00. **Ages:** 0 - 7 mths.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £6.50

SENSORY & DEVELOPMENT

Baby Sensory Bury St Edmunds
Cedars Park Community Centre, Pintail Close, Stowmarket, IP14 5FP.
07527 932632. www.babysensory.com. **Ages:** 0 - 13 mths.
- **Baby Sensory:** 10:00 - 11:00, 11:30 - 12:30 & 13:00 - 14:00

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** £9

HEALTH & WELLBEING

Moontree Yoga & Wellbeing
Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.
- **Luna Yoga (Yoga for Women):** 20:00 - 21:00.

Dates: 7 Oct - 16 Dec *(booking essential)*. **Cost:** £10





StartStrong Fitness CIC
Ravenswood Family Hub, 103 Hening Ave, Ipswich, IP3 9QJ.
07990 665947. www.startstrongfitnesscic.com.
- **Parent & Baby Exercise:** 10:30 - 11:15. **Ages:** 0 - 18 mths.

Dates: 7 Oct - 16 Dec *(booking essential)*. **Cost:** Free.

PREGNANCY

Moontree Yoga & Wellbeing
Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07305 267820. www.moontreeyoga.co.uk.
- **Pregnancy Yoga & Birth Preparation:** 18:30 - 19:45.

Dates: 7 Oct - 16 Dec *(booking essential)*. **Cost:** £12.50

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.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £3.50

Early Birds
High Street Chapel, High Street, Hopton, IP22 2QX.
- **Times:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** Free.

Kesgrave Library
Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.
- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.
- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 18 mths.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

The FLYING HORSE Cafe & Bar
4 Waterford Road, Ipswich, IP1 5NW.
07740 853604. www.flyinghorsecafebar.com.
- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

Wetherden Baby & Toddler Group
Wetherden Baptist Church, Elmswell Road, Stowmarket, IP14 3LN.
www.wetherdenbaptist.org.uk.
- **Times:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** £1

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. **Ages:** 1 yrs 2 mths - 4 yrs.
- **3mths-walking:** 11:00 - 11:30. **Ages:** 3 mths - 1 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £6.50

Jo Jingles Ipswich
Clip n Climb Ipswich, Ransomes Europark, Ipswich, IP3 9ST.
07732 544548. www.jojingles.com.
- **Mixed Ages** 13:15 - 14:00. **Ages:** 1 - 5 yrs.
- **3mths-walking:** 14:15 - 14:45. **Ages:** 3 mths - 1 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £6.50

Small Sounds at Ipswich Minster
Church House, Oak Lane, Ipswich, IP1 3BN.
www.ipswichminster.org.
- **Times:** 9:30 - 10:15. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(drop in)*. **Cost:** Free.

Toddle Talk With Ann
Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07748 914370. www.toddletalk.info.
- **Toddle Talk Bay Signing:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £6.50

SENSORY & DEVELOPMENT

Baby Sensory Ipswich
Jump In, Anglia Retail Park, Ipswich, IP1 5QP.
www.babysensory.com.
- **Baby Sensory:** 10:20 - 11:05. **Ages:** 0 - 6 mths.
- **Baby Sensory:** 11:20 - 12:05. **Ages:** 7 mths - 1 yrs 1 mths.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £9.25

Hartbeeps Colchester and Tendring
Copdock and Washbrook Village Hall, Ipswich, IP8 3JN.
www.hartbeeps.com.
- **Happy House:** 10:15 - 11:00. **Ages:** 1 - 4 yrs.
- **Baby Beeps:**11:15 - 12:00. **Ages:** 8 mths - 1 yrs 6 mths.
- **Baby Bells:** 12:15 - 13:00. **Ages:** 0 - 8 mths.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £8

CREATIVE

The Creation Station Ipswich
Partyman World, 9 Cavendish Street, Ipswich, IP3 8AX
07525 467007. www.thecreationstation.co.uk.
- **Creative Session:** 10:00 - 11:00 **Ages:** 0-4 yrs

Dates: 12 Nov - 17 Dec *(booking essential)*. **Cost:** £7

PHYSICAL FUN

Hadleigh Stars Gymnastics
Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473 652155. www.hadleighstarsgymnastics.co.uk.
- **Parent and Toddler Gym:** 9:15 - 10:15. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £5.45

PREGNANCY

Jasmine Blossom Birth and Baby
Cub Ipswich, 11c St Peters Street, Ipswich, IP1 1XF.
07815 698459. www.jasmineblossombirthing.com.
- **Conscious Preparation for Birth and Beyond:**18:00 - 20:30.

Dates: 19 Nov - 10 Dec *(booking essential)*.

HEALTH & WELLBEING

Be Well Barn
Be Well Barn, Wash Farm Rookery Lane, Redlingfield, Eye, IP23 7QP.
01379 831565. www.bewellbarn.co.uk.
- **Strong Mum Happy Tots:** 9:30 - 10:15. **Ages:** 1 - 4 yrs.
- **Fit & Fun Kids:** 16:30 - 17:15. **Ages:** 5 - 11 yrs.

Dates: 8 Oct - 17 Dec *(booking essential)*. **Cost:** Free.

Moontree Yoga & Wellbeing
The Spring, Holywells Park, Ipswich, IP3 0PG.
07305 267820. www.moontreeyoga.co.uk.
- **Yoga for Baby & You:** 10:00 - 11:00 & 11:15 - 12:15.

Dates: 8 Oct - 10 Dec *(booking essential)*. **Ages:** 2 mths - 1 yrs.

StartStrong Fitness CIC
Murrayside Community Centre, Nacton Road, Ipswich, IP3 9JL.
07990 665947. www.startstrongfitnesscic.com.
- **Parent and Baby Exercise:** 10:15 - 11:00 & 11:15 - 12:00.

Dates: 8 Oct - 17 Dec *(booking essential)*. **Cost:** Free. **Ages:** 0 -18 mths.

StudioFlex Ipswich
StudioFlex Ipswich, Three Rivers Business Park, 7 Felixstowe Rd, Ipswich, IP10 0BF.
01473 708919. www.studioflex.co.uk.
- **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 8 Oct - 31 Dec *(booking essential)*. **Cost:** £12

FRIDAY

PARENTS & TOTS

Families Together Suffolk
Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.familiestogethersuffolk.org.uk.
- **Learn & Grow:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 18 Dec *(booking essential)*. **Cost:** Free.

Gainsborough Community Library
Gainsborough Community Library, Clapgate Lane, Ipswich, IP3 0RL.
01473 927270. www.suffolkcommunitylibraries.co.uk.
- **Word Play:** 11:00 - 11:45. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 11 Dec *(booking essential)*. **Cost:** Free.

High Suffolk (Debenham) Family Hub
Gracechurch Street, Debenham, Stowmarket, IP14 6BL.
01728 862900.
- **Under One's:** 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 11 Dec *(drop in)*. **Cost:** Free.

Kesgrave Library
Kesgrave Library, Kinsey House, Kays Close, Kesgrave, IP5 2HL.
01473 851374. www.suffolkcommunitylibraries.co.uk.
- **Friday Funtime:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.

Dates: 9 Oct - 18 Dec *(drop in)*. **Cost:** Free.

Mothers & Others
Stowmarket Baptist Church, Bury Street, Stowmarket, IP14 1HF.
07858 947528. www.stowmarketbaptistchurch.org.
- **Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 18 Dec *(drop in)*. **Cost:** Free.

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.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** Free.

St Josephs College
SPOT LIGHT
Belstead Road, Ipswich, IP2 9DR.
01473 690281.
- **Parent & Toddler Group:** 9:30 - 11:30. **Ages:** 2 - 4 yrs.

Dates: 9 Oct & 4 Dec *(booking essential)*. **Cost:** £5

The Ark Baby and Toddler Group
Hadleigh Baptist Church, George Street, Hadleigh, IP7 5BE.
01473 829602.
- **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £1.50



The FLYING HORSE Cafe & Bar
4 Waterford Road, Ipswich, IP1 5NW.
07740 853604. www.flyinghorsecafebar.com.
- **Soft Play:** 9:00 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 18 Dec *(drop in)*. **Cost:** Free.

Whatfield Playgroup
Whatfield Village Hall, Rectory Lane, Whatfield, Ipswich, IP7 6QU.
07817 375857.
- **Whatfield Playgroup:** 9:30 - 11:15. **Ages:** 6 mths - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop in)*. **Cost:** £1.50

MUSIC & SIGNING

Toddle Talk With Ann
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.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £6.50

SENSORY & DEVELOPMENT

Baby Sensory Ipswich
Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN.
www.babysensory.com.
- **Baby Sensory:** 10:00 - 11:00. **Ages:** 7 mths - 1 yrs 1 mths.
- **Baby Sensory:** 11:25 - 12:25. **Ages:** 0 - 6 mths.
- **Baby Sensory:** 12:45 - 13:45. **Ages:** 0 - 1 yrs 1 mths.

Dates: 9 Oct - 23 Oct & 6 nov - 18 Dec *(booking essential)*. **Cost:** £9.25

Jasmine Blossom Birth and Baby
Be Well Barn Ltd, Wash Farm Rookery Lane, Eye, IP23 7QP.
07815 698459. www.jasmineblossombirthing.com.
- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 13 Nov - 11 Dec *(booking essential)*. **Cost:** £16

PHYSICAL FUN

Hadleigh Stars Gymnastics
Birch Farm, Silver Hill, Hintlesham, IP8 3NJ.
01473 652155. www.hadleighstarsgymnastics.co.uk.
- **Parent and Toddler Gym:** 10:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £5.45

HEALTH & WELLBEING

StudioFlex Ipswich
StudioFlex Ipswich, Three Rivers Business Park, Ipswich, IP10 0BF.
01473 708919. www.studioflex.co.uk.
- **Babies on Board:** 13:00 - 13:50. **Ages:** 1 mths - 1 yrs.

Dates: 9 Oct - 18 Dec *(booking essential)*. **Cost:** £12

SEND ACTIVITIES

Ipswich Opportunity Group
Salvation Army Hall, 558 Woodbridge Road, Ipswich, IP4 4PH.
07746 580132. www.ipswichopportunitygroup.org.uk.
Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs.
Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(booking essential)*. **Cost:** £5



SATURDAY

PARENTS & TOTS

Families Together Suffolk

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

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

Dates: 10 Oct, 14 Nov & 12 Dec *(booking essential)*. **Cost:** Free.

Gainsborough Community Library

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

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

Dates: 10 Oct - 19 Dec *(drop in)*. **Cost:** Free.

DANCE & DRAMA

Tiny Toes Ballet Suffolk

Northgate Arts Centre, Sidegate Lane, Ipswich, IP4 3DL.
07415 127619. www.tinytoesballet.co.uk.

- **Twinkle toes:** 9:15 - 9:55. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- **Talent toes:** 10:00 - 10:40. **Ages:** 2 yrs 6 mths - 4 yrs.
- **Twirlers and Spinners:** 10:45 - 11:25. **Ages:** 4 - 7 yrs.

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec *(booking essential)*. **Cost:** £8

HEALTH & WELLBEING

Mini First Aid Suffolk

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

- **Baby & Child First Aid:** 9:30 - 11:30.

Dates: 14 Nov *(booking essential)*. **Cost:** £30



SUNDAY

PARENTS & TOTS

Gainsborough Community Library

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

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

Dates: 11 Oct - 20 Dec *(drop in)*. **Cost:** Free.

PHYSICAL FUN

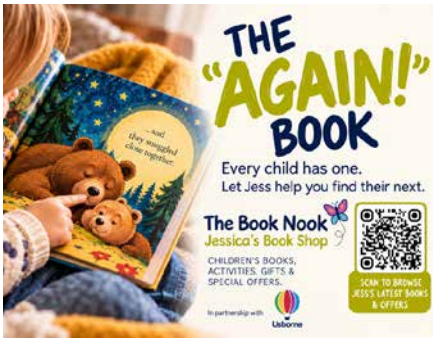
Netball Kids

1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 9:40 - 10:25. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 10:35 - 11:20. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:30 - 12:15. **Ages:** 8 - 11 yrs.

Dates: 11 Oct - 18 Oct & 8 Nov - 20 Dec *(booking essential)*. **Cost:** £6-8





Netball Kids

Northgate Sports Centre, Ipswich, IP4 3DJ.
07487 608528. www.netballkids.co.uk.

- **Little Launchers Netball:** 9:25 - 9:55. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Mini Movers Netball:** 10:05 - 10:50. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Junior Jumpers Netball:** 11:00 - 11:45. **Ages:** 5 - 7 yrs.
- **Future Stars Netball:** 11:55 - 12:40. **Ages:** 8 - 11 yrs.

Dates: 11 Oct - 18 Oct & 8 Nov - 20 Dec *(booking essential)*. **Cost:** £6-8

HEALTH & WELLBEING

Mini First Aid Suffolk

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

- **Baby & Child First Aid - John Lewis:** 10:30 - 12:30.

Dates: 13 Dec *(booking essential)*. **Cost:** £30

FELIXSTOWE, WOODBRIDGE & EAST SUFFOLK



MONDAY

PARENTS & TOTS

Aldeburgh Library
Aldeburgh Library, Victoria Road, Aldeburgh, IP15 5EG.
01728 587100. www.suffolkcommunitylibraries.co.uk.
- **Wordplay:** 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Dates: 12 Oct - 28 Dec *(booking essential)*. **Cost:** Free.

Busy Bees Saxmundham
St John's Church, Church Hill, Saxmundham, IP17 1ES.
- **Busy Bees Toddler Group:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 14 Dec *(booking essential)*. **Cost:** £1

Butterflies Family Hub
Butterflies Family Hub, Castle Hill, Beccles, NR34 7BQ.
01502 718750.
- **Stay & Play:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 19 Oct *(drop in)*. **Cost:** Free.

Framlingham Library
Framlingham Library, Bridge Street, Framlingham, IP13 9AJ.
01728 587104. www.suffolkcommunitylibraries.co.uk.
- **Mega Bloks:** 9:30 - 10:00. **Ages:** 6 mths - 5 yrs.

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** Free.

Kirkley Best Start Family Hub
Kirkley Best Start Family Hub, Kirkley Street, Lowestoft, NR33 0LU.
01502 521531.
- **Stay & Play:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 5 Oct - 19 Oct *(drop in)*. **Cost:** Free.

The Ark Family Hub
The Ark Family Hub, Water Lane, Lowestoft, NR32 2NH.
01502 674960.
- **Under 1s:** 13:30 - 14:30. **Ages:** 0 - 1 yrs.

Dates: 5 Oct - 19 Oct *(drop in)*. **Cost:** Free.

MUSIC & SIGNING

Jo Jingles
River of Life Church, Carr Road, Felixstowe, IP11 2FS.
07732 544548. www.jojingles.com.
- **3mths-walking:** 9:45 - 10:15. **Ages:** 3 mths - 1 yrs.
- **Mixed Ages:** 11:00 - 11:45. **Ages:** 1 - 5 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec *(booking essential)*. **Cost:** £7.50

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk
Beccles Public Hall, Smallgate, Beccles, NR34 9AD.
07521 318146. www.babysensory.com.
- **Baby Sensory:** 9:25 - 10:25. **Ages:** 0 - 13 mths.
- **Baby Sensory:** 10:45 - 11:45 & 12:05 - 13:05. **Ages:** 0 - 13 mths.

Dates: 5 Oct - 19 Oct & 2 Nov - 16 Nov *(booking essential)*. **Cost:** £9

Jasmine Blossom Birth and Baby
Melton Pavillion, Melton Recreation Ground, Woodbridge, IP12 1PF.
07815 698459. www.jasmineblossombirthing.com.
- **Baby Massage 5 Week Course:** 10:00 - 11:00. **Ages:** 1 - 7 mths.

Dates: 9 Nov - 7 Dec *(booking essential)*. **Cost:** £10

PHYSICAL FUN

Beccles Royales Gymnastics Club
Beccles Royales Gymnastics Club, Beccles, NR34 7TD
- **Parent & Toddler Gymnastics:** 10:00 - 12:00. **Ages:** 0 - 5 yrs

Dates: 5 Oct - 14 Dec *(drop in)*. **Cost:** £5 - £7

HEALTH & WELLBEING

Nurture Physiotherapy
Melton Playing fields, River Cottage, Woodbridge IP12 1PF.
07929 254624. www.nurturephysiotherapy.co.uk.
- **Stronger Mums Suffolk:** 09:30 - 10:30.

Dates: 5 Oct - 28 Dec *(booking advised)*. **Cost:** £8

StudioFlex Woodbridge
StudioFlex Woodbridge, Unit 13A, Riduna Park, Melton, IP12 1QT.
01473 708919. www.studioflex.co.uk.
- **Baby On Board, Reformer Pilates:** 13:00 - 13:50.

Dates: 5 Oct - 28 Dec *(booking essential)*. **Cost:** £12

TUESDAY

PARENTS & TOTS

Halesworth Library
Halesworth Library, Bridge Street, Halesworth, IP19 8AD.
01986 875095. www.suffolkcommunitylibraries.co.uk.
- **Word Play:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 29 Dec *(drop in)*. **Cost:** Free.

Southwold Library
Old Hospital Hub, Field Stile Road, Old Hospital, Field Stile Road, Southwold, IP18 6LD.
01502 442817. www.suffolkcommunitylibraries.co.uk.
- **Word Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec *(drop in)*. **Cost:** Free.

St Michael's Baby and Toddler Group
St Michael and All Angels Church, Martlesham Heath, Ipswich, IP5 3PL.
- **Baby and Toddler Group:** 9:30 - 12:45. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec *(drop-in)*. **Cost:** £1

The Ark Family Hub
The Ark Family Hub, Water Lane, Lowestoft, NR32 2NH.
01502 674960.
- **Stay & Play:** 13:30 - 14:30. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 20 Oct *(drop in)*. **Cost:** Free.

The Ark Toddler Group
United Reformed Church, Quay Street, Halesworth.
- **Toddler Group:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 15 Dec.

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk
Darsham Village Hall, Cheyney Green, The Street, Darsham, IP17 3FA.
07521 318146. www.babysensory.com.
- **Baby Sensory:** 9:30 - 10:30 & 11:00 - 12:00. **Ages:** 0 - 13 mths.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £9

DANCE & DRAMA

Lil Beatz
Inspire Colville House, School Road, Lowestoft, NR33 9NB.
07896 548612.
- **Lil Beatz:** 10:00 - 10:45 & 11:00 - 11:45. **Ages:** 1 - 4 yrs.

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec *(booking essential)*. **Cost:** £8

PHYSICAL FUN

Beccles Royales Gymnastics Club
Beccles Royales Gymnastics Club, Beccles.
- **Parent & Toddler Gymnastics:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 21 Oct & 3 Nov - 15 Dec *(drop in)*. **Cost:** £5 - £7

The Play Rig
The Play Rig, 9 Saltgate, Beccles, NR43 9AN.
07931 481065.
- **Open Play Session:** 10:00 - 14:00. **Ages:** 0 - 5 yrs.

Dates: 6 Oct - 29 Dec *(drop in)*. **Cost:** £6.50

Search activities online at www.toddleabout.co.uk

HEALTH & WELLBEING

Mamma Social Co - Felixstowe

SeaYou Cafe & Restaurant, Orford Rd, Felixstowe, IP11 2DY.
www.mammasocialco.com.

- **Walk & Talk:** 10:00 - 11:30.

Dates: 6 Oct - 15 Dec *(booking essential)*. **Cost:** Free.

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.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** £1

Dragonflies Family Hub

Dragonflies Family Hub, Wisset Road, Halesworth, IP19 8BT.
01986 874865.

- **Home-Start Stay & Play:** 10:00 - 11:30. **Ages:** 0 - 2 yrs.

Dates: 7 Oct - 21 Oct *(drop in)*. **Cost:** Free.

Kirkley Best Start Family Hub

Kirkley Best Start Family Hub, Kirkley Street, Lowestoft, NR33 0LU.
01502 521531.

- **Under 1s:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 7 Oct - 21 Oct *(drop in)*. **Cost:** Free.

Little Hands

Woodbridge Quay Church, Quay Street, Woodbridge, IP12 1BX.
01394 387210. www.thequay.org.uk.

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

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(booking essential)*. **Cost:** Free.

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.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** £1.50

Open 4 U

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

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

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** Free.

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.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec *(drop in)*. **Cost:** Free.

The Ark Family Hub

The Ark Family Hub, Water Lane, Lowestoft, NR32 2NH.
01502 674960.

- **Young Parent Group:** 13:30 - 14:30. For parents aged 25 & under with children aged 0 - 5 yrs.

Dates: 7 Oct (first Wednesday of the month) *(drop in)*. **Cost:** Free.

Village Rise Family Hub

Village Rise Family Hub, Blyford Road, Lowestoft, NR32 4PZ.
01502 533570.

- **Under 1s:** 10:00 - 11:00. **Ages:** 0 - 1 yrs.

Dates: 7 Oct - 21 Oct *(drop in)*. **Cost:** Free.

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Alan Crompton Hall, Sutton Heath, Woodbridge, IP12 3TN.
07521 318146. www.babysensory.com.

- **Baby Sensory:** 9:45 - 10:45 & 11:15 - 12:15. **Ages:** 0 - 13 mths.

Dates: 7 Oct - 21 Oct & 4 Nov - 15 Dec *(booking essential)*. **Cost:** £9

Jasmine Blossom Birth and Baby

Vida Haus, The Three Tuns, Pettistree, Woodbridge, IP13 0HW.
07815 698459. www.jasmineblossombirthing.com.

- **Baby Massage 5 Week Course:** 14:00 - 15:00. **Ages:** 1 - 7 mths.

Dates: 11 Nov - 9 Dec *(booking essential)*. **Cost:** £16



DANCE & DRAMA

Lil Beatz

St Michael's Church Undercroft, The Walk, Saltgate, Beccles, NR34 9HE.
07896 548612.

- **Lil Beatz:** 10:00 - 10:45 & 11:00 - 11:45. **Ages:** 1 - 4 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 15 Dec *(booking essential)*. **Cost:** £8

PHYSICAL FUN

The Play Rig

The Play Rig, 9 Saltgate, Beccles, NR43 9AN.
07931 481065.

- **Open Play Session:** 10:00 - 14:00. **Ages:** 0 - 5 yrs.

Dates: 7 Oct - 30 Dec *(drop in)*. **Cost:** £6.50

PREGNANCY

Gentle Midwifery Norfolk

Broome Village Hall, Sun Road, Broome, Bungay, NR35 2RW.
07777 757011. www.gentlemidwiferynorfolk.co.uk.

- **Norfolk Little Circles:** 13:00 - 14:30. **Ages:** 5 mths.

Dates: 7 Oct - 30 Dec *(drop in)*. **Cost:** £3

HEALTH & WELLBEING

Jasmine Blossom Birth and Baby

Kingston Fields Playground, Woodbridge, Woodbridge, IP12 4BA.
07815 698459. www.jasmineblossombirthing.com.

- **Walk & Talk:** 9:30 - 10:30.

Dates: 7 Oct - 23 Dec *(booking advised)*. **Cost:** Free.

StudioFlex Framlingham

StudioFlex Framlingham, 31 Market Hill, Framlingham, IP13 9AS.
01473 708919. www.studioflex.co.uk.

- **Babies on Board:** 13:00 - 13:50. **Ages:** 1 mths - 1 yrs.

Dates: 14 Oct - 16 Dec *(booking essential)*. **Cost:** £12

THURSDAY

PARENTS & TOTS

Dragonflies Family Hub

Dragonflies Family Hub, Wisset Road, Halesworth, IP19 8BT.
01986 874865.

- **Under 1s:** 13:30 - 14:30. **Ages:** 0 - 1 yrs.

Dates: 8 Oct - 22 Oct *(drop in)*. **Cost:** Free.

Gather & Grow

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

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

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** Free.

Leiston Library

Leiston Library, Main Street, Leiston, IP16 4ER.
01728 587106. www.suffolkcommunitylibraries.co.uk.

- **Stay & Play:** 9:40 - 10:10. **Ages:** 0 - 5 yrs.
- **Wordplay:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 17 Dec *(drop in)*. **Cost:** Free.

Village Rise Family Hub
Village Rise Family Hub, Blyford Road, Lowestoft, NR32 4PZ.
01502 533570.
- **Stay & Play:** 13:30 - 14:30. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 22 Oct *(drop in)*. **Cost:** Free.

DANCE & DRAMA

Lil Beatz
Blyburgate Hall, Blyburgate, Beccles, NR34 9TF.
07896 548612.
- **Lil Beatz:** 10:00 - 10:45 & 11:00 - 11:45. **Ages:** 1 - 4 yrs.

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec *(booking essential)*. **Cost:** £8

PHYSICAL FUN

The Play Rig
The Play Rig, 9 Saltgate, Beccles, NR43 9AN.
07931 481065.
- **Open Play Session:** 10:00 - 14:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct - 31 Dec *(drop in)*. **Cost:** £6.50

HEALTH & WELLBEING

Mini First Aid Suffolk
Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB.
07706 068980. www.suffolk.minifirstaid.co.uk.
- **Baby & Child First Aid:** 18:30 - 20:30.

Dates: 12 Nov *(booking essential)*. **Cost:** £30

NEW

StartStrong Fitness CIC
The Seagull, Micklegate Road, Felixstowe, IP11 7LU.
07990 665947. www.startstrongfitnesscic.com.
- **Parent and Baby Exercise:** 10:15 - 11:00. **Ages:** 0 - 1 yrs 6 mths.

Dates: 5 Nov - 17 Dec *(booking essential)*. **Cost:** Free.

FOREST & FARMS

Sutton Hoo National Trust
Sutton Hoo National Trust, Tranmer House, Woodbridge, IP12 3DJ.
01394 389700. www.nationaltrust.org.uk.
- **Little Hoo-ligans Parent and Toddler Group:** 10:30 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 8 Oct, 12 Nov & 10 Dec *(booking essential)*. **Cost:** Free.
- **Little Strollers at Sutton Hoo:** 10:30 - 12:00. **Ages:** 0 - 5 yrs.

Dates: 22 Oct & 26 Nov *(booking essential)*. **Cost:** Free.

FRIDAY

PARENTS & TOTS

Britten Pears Arts
The Red House, Golf Lane, Aldeburgh, IP15 5PZ.
01728 687110. www.brittenpearsarts.org.
- **Mini Music Makers:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 18 Dec *(booking essential)*. **Cost:** Free.

Earl Soham Community Toddler Group
Earl Soham Primary School, The Street, Woodbridge, IP13 7SA.
01728 685359. www.earlsoham.suffolk.sch.uk.
- **Toddler Group:** 9:30 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop in)*. **Cost:** £2

Martlesham Heath Baby and Toddler Group
Martlesham Heath Pavilion, The Drift, Ipswich, IP5 3PL.
- **Times:** 9:30 - 11:15. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec *(drop-in)*. **Cost:** £1.50

Dragonflies Family Hub
Dragonflies Family Hub, Wisset Road, Halesworth, IP19 8BT.
01986 874865.
- **Stay & Play:** 09:30 - 10:30. **Ages:** 0 - 5 yrs.

Dates: 9 Oct - 23 Oct *(drop in)*. **Cost:** Free.



HEALTH & WELLBEING

SPOT LIGHT

Back to Bump Physio
Brook Farm, Wenhaston, Halesworth, IP19 9HE.
07447 745641. www.backtobumpphysio.co.uk.
- **Farm Fit:** 9:30 - 11:00.

Dates: 9 Oct - 18 Dec *(booking essential)*. **Cost:** £10

StudioFlex Framlingham
StudioFlex Framlingham, 31 Market Hill, Framlingham, IP13 9AS.
01473 708919. www.studioflex.co.uk.
- **Babies on Board:** 13:00 - 13:50. **Ages:** 1 mths - 1 yrs.

Dates: 16 Oct - 18 Dec *(booking essential)*. **Cost:** £12

SATURDAY

PHYSICAL FUN

The Play Rig
The Play Rig, 9 Saltgate, Beccles, NR43 9AN.
07931 481065.
- **Open Play Session:** 10:00 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 10 Oct - 26 Dec *(drop in)*. **Cost:** £6.50

FOREST & FARMS

Kinda Education
Kinda Forest School, Kali Woods, Halesworth, IP19 8NQ.
07776 117671. www.kindaeducation.org.uk.
- **Kinda Forest Family Saturday:** 10:00 - 13:00. **Ages:** 0 - 99 yrs.

Dates: 17 Oct, 21 Nov & 19 Dec *(booking essential)*. **Cost:** £20

SUNDAY

PARENTS & TOTS

Halesworth Library
Halesworth Library, Bridge Street, Halesworth, IP19 8AD.
01986 875095. www.suffolkcommunitylibraries.co.uk.
- **Family Fun Time:** 10:30 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 11 Oct - 20 Dec *(drop in)*. **Cost:** Free.

Southwold Library
Old Hospital Hub, Field Stile Road, Southwold, IP18 6LD.
01502 442817. www.suffolkcommunitylibraries.co.uk.
- **Word Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Dates: 11 Oct - 20 Dec *(drop in)*. **Cost:** Free.

PHYSICAL FUN

The Play Rig
The Play Rig, 9 Saltgate, Beccles, NR43 9AN.
07931 481065.
- **Open Play Session:** 10:00 - 16:00. **Ages:** 0 - 5 yrs.

Dates: 11 Oct - 27 Dec *(drop in)*. **Cost:** £6.50

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