

ACTIVITIES ★ ★ UNLIMITED

Easter Activity Guide



Short breaks and activities for children and young people in Suffolk with additional needs and disabilities

www.activities-unlimited.co.uk

Welcome to our Easter Holiday Guide 2024! Bringing you lots of exciting activities for children and young people with additional needs and disabilities to take part in this holiday.

More information about each activity can be found on the link for each listing in the guide. There's information outlining the activities, and a support level guide alongside contact details to get in touch with providers directly.

We also publish school holiday activity guides - follow us on [Facebook](#) or [Twitter](#). You can also view [our What's On page](#) to see what activities are available.

Key to support levels:

Each activity has a number to let you know the level of supervision and support available:

- 1: Activities for your family to enjoy together
- 2: Inclusive mainstream activity - group supervision only
- 3: For children with SEND - supervision provided but no qualified carers on-site
- 4: For children with SEND, qualified carers on-site (additional fees may apply)

Key to icons:

The icons on each listing tell you whether activities take place in term time or during school holidays, whether the activity is aimed at young carers and whether free places are available to families who are eligible for free school meals.



If you're struggling to find a short break suitable for your child or you've got any other queries about short breaks or what's on in your area, [email our Family Advice team](#).

Lastly, we're always on the look out for new providers and activities, so if you know of or if you are an organisation who provides inclusive activities, we'd love to get to know you! Drop us a line at aprovision@suffolk.gov.uk

The Activities Unlimited Team





The Bridge School

Location: Ipswich

Dates: 1st 2nd 3rd 8th 9th & 10th April

Support Level: 3 - 4

Age Groups: 4 - 7

The Bridge School provide a holiday club for children and young people aged 4 to 7 who are on educational roll at The Bridge School. Activities range from sport, art and craft to fun and games. Sessions cost £35 per day.

Contact: admin@thebridgeschool.org.uk

[Website](#)



Brightstars Saturday Club

Location: Bury St Edmunds

Dates: 6th April

Support Level: 2 - 3

Age Groups: 5-11 (am) 12-19 (pm)

Fortnightly Saturday clubs for children and young people aged 5-11 (mornings) and 12-19 (afternoons). Activities include soft play, art and crafts, cooking and games, and are designed to engage and stimulate children according to their ability. Snacks and drinks provided. £25 plus £20 registration fee

Contact: brightstarsbse@btinternet.com

[Website](#)





Cabin Crew

Location: Ipswich

Dates: 2nd 3rd 4th 5th 8th 9th 10th 11th & 12th April

Support Level: 2 -3

Age Groups: 5 - 11

Based at Sidegate Lane School in Ipswich, Cabin Crew's Holiday club is open to children aged 4-11yrs, offering fun activities including golf, yoga, drama, dance, puppets and sports in a safe, secure environment. Snacks provided or evening meal for full day attendees. Sessions cost £45.

Contact: [01473 715151](tel:01473715151) or amy.barker@thecabincrew.org.uk

[Website](#)



Chapters - Creative Construction Club (4Cs)

Location: Bury St Edmunds

Dates: 8th April

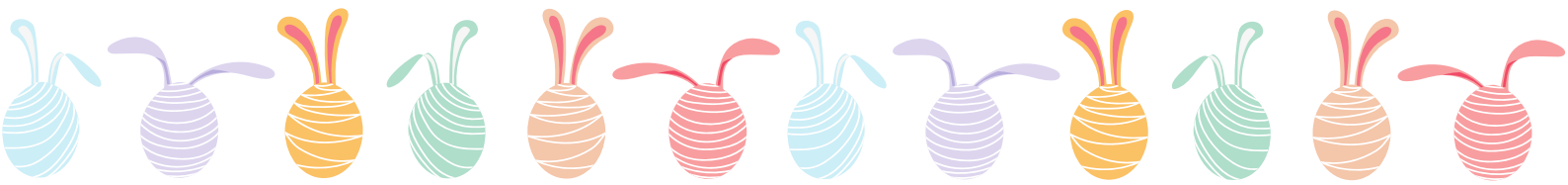
Support Level: 2 - 3

Age Groups: 12 - 25

Fun challenges for brick and tile construction enthusiasts to show off their skills for building models in a safe, supportive environment. Working together in teams as well as independently as planner, engineer and builder, The session is from 6pm – 9pm and costs £10.

Contact: chapters@myyahoo.com

[Website](#)





Chapters Day Trips

Location: Various
Dates: 10th April
Support Level: 2–3
Age Groups: 12 - 25

Chapters day trips visit a variety of locations using public transport wherever possible. These regular days out allow young people to make friends and build social and communication skills. The sessions run from 9am – 5pm and cost £70.

Contact: chapters@myyahoo.com

[Website](#)



Chapters - Music and Games Nights

Location: Bury St Edmunds and Ipswich
Date: 3rd April (Ipswich) 12th April (Bury St Edmunds)
Support Level: 2 - 3
Age Groups: 12 - 25

Join the monthly music and games evenings for young people aged 12-25. With disco nights and learning DJ skills, you'll meet new friends and develop confidence through dancing and singing. From 6pm – 9pm, sessions cost £10.

Contact: chapters@myyahoo.com

[Website](#)



Chapters - Saturday Club

Location: Bury St Edmunds
Dates: 13th April
Support Level: 2 – 3
Age Groups: 8 - 15

Fortnightly Saturday activities for young people aged 8–15. Activities include football, tennis, boccia, rounders, bowls, yoga, music (karaoke singing, samba drumming, dancing), games, crafts and lots more! Sessions run from 10am – 3pm and cost £28.

Contact: chapters@myyahoo.com

[Website](#)





Dance East

Location: Ipswich

Dates: 30th March, 1st and 4th April

Support Level: 3

Age Groups: 4 - 25

Join Dance East throughout the year for a range of classes made accessible for all movers. From the 4-7s Dance Clubs to the Youth Springboard classes, there's something on offer for everyone. £70 per term (10 sessions).

Contact: Esther.Alcock@danceeast.co.uk

[Website](#)



East Coast Adventure Days

Location: Easton / Sutton

Dates: To be confirmed

Support Level: 2 - 3

Age Groups: 7 - 12

ECA Days offer outdoor activities for children and young people with SEND and Young Carers. Activities include archery, axe throwing, geotagging, mountain biking, kayaking, stand up paddle boarding and bushcraft. Sessions are from 10am - 4pm and cost £45.

Contact: hello@ecadventures.co.uk

[Website](#)



Eastern Angles

Location: Ipswich

Dates: 2nd 3rd 4th 5th 8th 9th 10th & 11th April

Support Level: 2

Age Groups: 7 - 18

Eastern Angles holiday club offers performance activities for children and young people. The sessions run from 9.30 – 3.30pm and are free for children who are eligible for free school meals.

Contact: Callum@easternangles.co.uk

[Website](#)





Exning Holiday Club

Location: Exning

Dates: 5th and 8th April

Support Level: 3 - 4

Age Groups: 5 - 11

Exning holiday club offers a wide range of free choice activities and games. These may include outside play and activities, construction and investigation toys, messy play, art and craft, games and puzzles, sensory room and ball pit. Sessions are from 8am to 6pm and cost £30 per day.

Contact: exningwraparoundcare@email.com

[Website](#)



Fun Fit Club

Location: Holton St Mary

Dates: 4th, 11th April

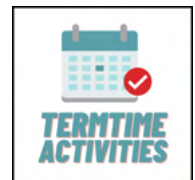
Support Level: 1-3

Age Groups: 3 - 25

The Fun Fit Club offers children and young people the opportunity to exercise in a safe and fun environment. Sessions are led by an inclusive exercise specialist and can be attended with siblings, family and carer. Activities help improve communication skills, social interaction, motor control, coordination and balance. Sessions start at 5pm and cost £8.50 per hour.

Contact: matt@makingfitnessaccessible.com

[Website](#)





Hill Farm Riding School

Location: Elmswell

Dates: 9th and 11th April

Support Level: 2 - 3

Age Groups: 5 - 18

Offering children a chance to interact and ride ponies and horses, this is an outdoor activity that is accessible to all young people, with or without SEND. They participate in all aspects of care for the ponies, including grooming, mucking out, cleaning tack and riding.

Contact: admin.hillfarm@icloud.com

[Website](#)



Indigo Opportunities

Location: Various

Dates: 2nd 3rd 4th 9th & 11th April

Support Level: 2 - 3

Age Groups: 13 - 18

Supported adventure days and access to activities with a group setting offering a variety of activities. Includes:

Venue based activity days. Where groups come together to socially interact, learn new skills, share ideas and have fun.

Community based activity days. Where groups can interact with the community to help, volunteer or just join in with activities such as tree planting, project building, conservation and lots more.

Adventure based activity days. Where groups travel together via coach or mini bus to experience activities such as alpaca walking, sailing, or Thorpe Woodlands Adventure Centre.

Contact: info@indigo-opportunities.org.uk or [07766 166255](tel:07766166255).

[Website](#)



INVOLVE **Involve Active**

Location: Lowestoft

Dates: 6th April

Support Level: 1 - 3

Age Groups: 8 - 25

Come and join in the fun at Involve with a wide range of Easter activities, make friends and soak up the atmosphere. This supportive group will bring together families and young people with additional needs. From 12-3pm, £5 per child or £15 per family.

Contact: tracey@involveactive.co.uk

[Website](#)



ICM - Music, Media and Radio Project

Location: Ipswich

Dates: Saturday 6th and 13th April (11-15 years) and Thursday 4th and 11th (16-25 years).

Support Level: 2 - 3

Age Groups: 11 - 25

ICM deliver weekly music, media, creative and social sessions for local young people with additional needs requiring tuition and mentoring that supports their development and life goals. They can also provide one-to-one music and media tuition as well as pastoral support to young people who may find a group activity too challenging. There will be a range of options available – all within the exciting environment of music, media, creative arts and radio podcasting. Sessions cost £5.

Contact: alicia@ipswichcm.org.uk

[Website](#)





Ipswich Deaf Children's Society

Location: Ipswich

Dates: TBC

Support Level: For deaf children and their families

Age Groups: 8 - 25

IDCS provides BSL interpreter supported access to various activities and adrenaline filled sports for deaf children and young people. Activities will help build confidence and opportunities to try new experiences that they will take forward in life. Whole family days offer less adrenaline filled activities, but mutual support to all families.

Contact: richard.bsl4you@gmail.com

[Website](#)



Just Climb - Young Carers

Location: Haverhill

Dates: 4th April

Support Level: 2 - 3

Age Groups: 11 - 25

Just Climb provides an exciting introduction to climbing as well as a healthy workout for young carers. Sessions will take place on the first Thursday of each month. Suitable for all abilities, you do not need any prior climbing experience as our dedicated climbing team will be on hand to show you the ropes. Sessions run from 5-6pm and cost £3.70

Contact: Contactus@acleisure.com

[Website](#)





Just Play

Location: Sudbury, Haverhill

Dates: 4th April Sudbury, 11th April Haverhill

Support Level: 1 - 3

Age Groups: 0 - 16

Just Play sessions encourage children and young people to run, jump, climb and play as well as themed arts & crafts activity for quiet and creative play time. Additional soft play enhances learning, builds confidence, and encourages social skills.

Contact: Contactus@acleisure.com

[Website](#)



Leading Lives - Holiday Teen Club

Location: Stowmarket, Sudbury, Haverhill

Dates: TBC

Support Level: 2 - 4

Age Groups: 13 - 19

Fun and exciting activities for young autistic people and young people with learning disabilities. Sessions will be based on a key theme or number of 'core activities' allowing members to participate in something fun, socialise and develop relationships, learn new skills, improve independence, confidence and self-esteem. Sessions are from 10am-3pm, prices start from £15.

Contact: ypreferrals@leadinglives.org.uk

[Website](#)



LeadingLives
Your life / Our support

Leading Lives - Night Hubs

Location: Haverhill, Rushmere, Lowestoft, Stowmarket, Sudbury

Dates: 28th March & 11th April (Haverhill, Rushmere), 29th March & 12th April (Lowestoft, Stowmarket, Sudbury)

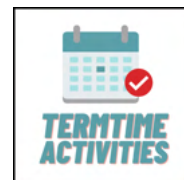
Support Level: 2 - 4

Age Groups: 13 - 25

The Night Hubs are chilled-out youth groups for young people with learning disabilities and autism. They run at Leading Lives hubs across Suffolk on Thursday and Friday evenings throughout the year, and activities include arts and crafts, games, singing and more. Sessions cost £6 - £24

Contact: ypreferrals@leadinglives.org.uk

[Website](#)



LeadingLives
Your life / Our support

Leading Lives - Saturday Club

Location: Lowestoft, Stowmarket

Dates: 30th March

Support Level: 2 - 4

Age Groups: 13 - 19

Weekend social clubs for young people with additional needs and learning difficulties. Sessions include activities such as arts and crafts, games, sports, tech, singing, dancing, trips and more. Sessions cost £12.50 - £50

Contact: ypreferrals@leadinglives.org.uk

[Website](#)





LEAPS - Saturday Clubs

Location: Ipswich

Dates: 30th March, 13 April

Support Level: 2 - 3

Age Groups: 5- 25

The holiday club includes a variety of activities including construction, cooking, dance, role play, small world, table top games, larger scale games, parachute, animals, hex bugs, Minecraft, team games. Two very large outdoor areas with equipment and gym.

5-11 years – 9.00am – 11.45pm & 11+ years – 1.00pm – 3.45pm

Contact: info@leapssuffolk.org.uk

[Website](#)



The Offshoot Foundation

Location: Bury St Edmunds

Dates: 2nd, 3rd, 9th, 10th April

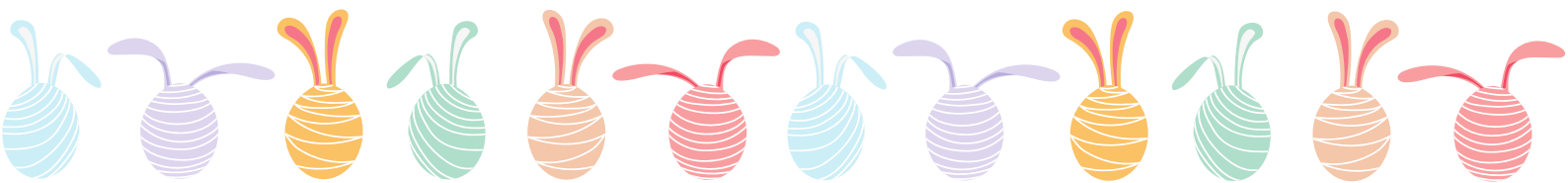
Support Level: 2 - 4

Age Groups: 9 - 18

Filmmaking workshops for young people with disabilities/additional needs and young carers, led by people working in film/television and education. If you want to learn how to make films, either being behind the camera or in front, then this workshop is for you. Sessions are from 5 – 7pm and cost £40 per term.

Contact: theoffshootfoundation@gmail.com

[Website](#)





Press Start Stars

Location: Ipswich

Dates: 31 March

Support Level: 1–3

Age Groups: 5–18

Press Start Stars offer video gaming every month on a Sunday between 10am to 12pm. A safe place, children and young people gain a better understanding around interactions with other young people, developing their social skills with others who have similar interests. Multiple consoles are available for play such as: Play Station 5 & 4s, X-box S & X-box ones and Virtual Reality etc.

Contact: paul.grant@suffolk.gov.uk or [07825 459123](tel:07825459123)

[Website](#)



Stowmarket ASD Saturday Club

Location: Stowmarket

Dates: 30 March, 13 April

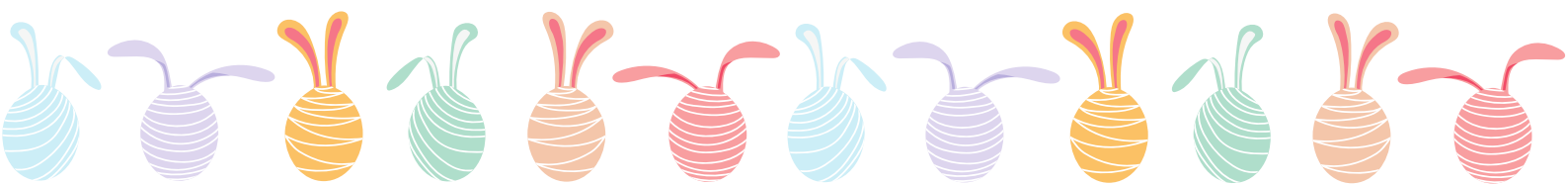
Support Level: 2–3

Age Groups: 5–11

Each session is set up to encourage social interactions, building friendship skills while playing in a free flow environment that practises positive communication and life skills including shopping, cooking and team activities. The club has a sensory room and garden to set up activities that the members help to plan. Including craft, cooking, consoles, gaming, sports, music, garden, mindfulness and more. £25 per session

Contact: leah@stowmarketsaturdayclub.co.uk

[Website](#)





Stowmarket ASD Youth Club

Location: Stowmarket

Dates: 30 March, 13 April

Support Level: 2–3

Age Groups: 11 - 18

Attendees can choose what activities they take part in, with a wide range of activities available including art, craft, games, sports, sensory play, gaming consoles, role play, music, gardening, construction and more. Sessions are intended to bring young people together to reduce isolation and create opportunities to communicate with others and build on friendships. £15 per session

Contact: leah@stowmarketsaturdayclub.co.uk

[Website](#)



Suffolk Sight Juniors

Location: Stowmarket

Dates: 30 March, 13 April

Support Level: 1

Age Groups: 5 - 15

Suffolk Sight Juniors is a social group for visually impaired children and their families. Bringing people together to share information, access advice and have fun as a family. The sessions usually have a theme such as music, art or animals and run from 10.30am to 12.30pm. £2 per session.

Contact: a.eaves@suffolksight.org.uk

[Website](#)



The Zone

Location: Haverhill

Dates: 10th April

Support Level: 1 - 3

Age Groups: 0 - 25

The Zone in Haverhill is a soft play centre with laser tag and a small sensory room. This group meets bi-weekly from 3.30 to 5.30 and also hold an older age group youth club bi-monthly from 6pm to 8pm. Sessions cost £ per family member.

Contact: Sue.pitches@haverhill-tc.gov.uk

[Website](#)





Topcats Holiday Club

Location: Lowestoft

Dates: 2nd, 3rd, 4th, 5th, 9th, 10th, 11th, 12th April

Support Level: 2 - 4

Age Groups: 5 - 18

Topcats has an accessible kitchen/dining area where cooking and craft can take place, a sensory room with interactive floor projector, soft play area, indoor swing, music room, and spacious outside area with outdoor classroom, sunken trampoline, sensory arbour and polytunnel to grow all the produce. They have activities such as bingo, karaoke and discos too.

Contact: annemarie@topcats.org.uk

[Website](#)



Tiny Topcats Club

Location: Lowestoft

Dates: 10th April

Support Level: 1

Age Groups: 0 - 5

Tiny Topcats provides a session from 1.15pm to 2.15pm for children and their carers/siblings to come along to Topcats and access the bespoke facilities, including soft play area, interactive floor projector, a sensory toom, indoor swing and outside area.

Contact: annemarie@topcats.org.uk

[Website](#)



Topcats Youth Disco

Location: Lowestoft

Dates: 12h April

Support Level: 1 - 3

Age Groups: 10+

Topcats provides fortnightly discos from 6pm to 8pm to children and young people aged 10 years and over to come along to a fun Friday night out where they can dance, sing and play games such as bingo and other party games.

Contact: annemarie@topcats.org.uk

[Website](#)





Thorpe Woodlands Adventure Breaks

Location: Thetford

Dates: 3rd – 5th April and 10th – 12th April

Support Level: 1

Age Groups: 0 – 18

The residential breaks offer an opportunity for families to stay in our glamping pods for two nights and take part in some adventurous outdoor activities, which are run by experienced instructors. There are opportunities to take part in activities such as cycling, canoeing, climbing, archery, high ropes etc. Families can choose to take part in activities or to use Thorpe Woodlands as a base for exploring the local area. £99 for a 2 night break, pods can sleep 5 people.

Contact: admin@thorpewoodlands.co.uk

[Website](#)



Waveney Deaf Children's Society

Location: Lowestoft

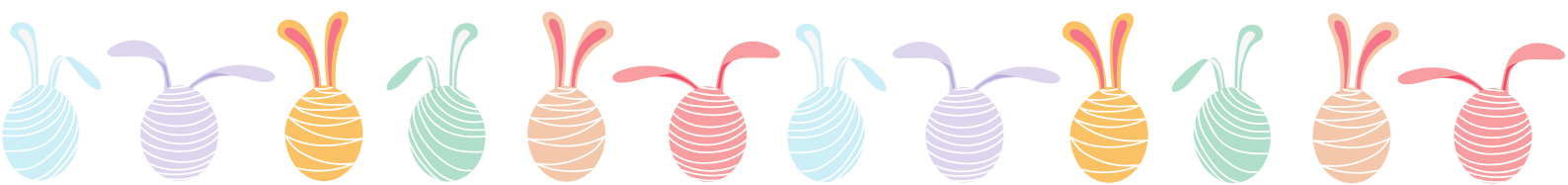
Dates: various

Support Level: deaf children and their families

WDCS provides BSL interpreter supported access to various activities for deaf children and young people aged up to 18 years old. Activities will help build confidence and give opportunities to try new experiences. Siblings and whole families are welcome to any of the activities. Cost from £10.

Contact: annjillings0@gmail.com

[Website](#)



Suffolk Holiday Activity & Food Programme

Funded by the Department of Education, the Holiday Activity & Food (HAF) Programme enables children and young people who are eligible for free school meals to access fun and enriching activities.



The holiday activities can involve helping young people experience new activities from sports, music, dance, to art, digital creativity, culture, cooking, and gardening. As well as improving socialisation, HAF-funded activity programmes help children and young people have fun with friends during the Easter, Summer, and Christmas holiday periods.

To be eligible for a HAF place, a child must be registered as eligible for benefit-related free school meals.

Eequ is a booking portal that can automatically check a child's eligibility for a HAF activity. Those who don't qualify can still book a paid for place.

Some of our Activities Unlimited providers who serve children with higher levels of need are not hosted on Eequ. Please use the details listed for the providers within this guide to contact them directly.

Also note that not all HAF providers within Suffolk receive funding from Activities Unlimited.

[Visit Eequ to find out about more HAF activities](#)

