



## Summer Holiday Activities

# Suffolk Holiday Activity Programme





Activities are available during the Summer Holidays across Babergh and Mid Suffolk for children who are eligible for benefit related free school meals or have an identified need. Identified needs can include:

- Young carers
- Children with an EHC (education, health and care plan)
- Children assess by the local authority as being in need, at risk of vulnerable.
- Looked-after children or previously looked-after children.
- Children who have low attendance rates at school or who at risk of exclusion.
- Children living in areas of high deprivation or from low-income households who are not in receipt of free school meals.
- Children in transition phases between nursery and primary school or primary school and secondary school.

Please note for this Summer holiday period and going forward, we are using the booking system Eegu. Guardians of eligible children can book spaces through Suffolk HAF [Eegu](#).

Embed://<iframe

src="https://www.google.com/maps/d/u/0/embed?mid=1s\_4Zk5wL0TJWUpEQrmjyWxaeIvbDx18&ehbc=2E312F" width="640" height="480"></iframe>

## Community Fun Days



We are excited to host this year's Community Fun Days which will take place in 6 locations across the districts. The events will run from 10am – 2pm.

**How to book:** Children that receive benefit-related free school meals can book their places on select activities and secure a free packed lunch by using [Eequ](#).

The dates and locations are:

- Friday 26th July at Stradbroke Playing Field & Community Centre
- Monday 29th July at Stowmarket Recreation Ground
- Friday 2nd August at Stevenson Centre, Great Cornard
- Monday 5th August at Holbrook Village Hall
- Friday 9th August at Hadleigh East House / Cox's Park
- Monday 12th August at New Green Community Centre, Thurston

More information can be found [here](#).

## Barham

### Woodland Activity Day with Queech Wood



Mid Suffolk District Council Half Term Activity program  
Woodland activity day 10am – 2.30pm Friday 16, 26 and 27 Aug  
(HAF Funded places available at [www.esqu.org](http://www.esqu.org))

Visit  
[www.queechwood.co.uk](http://www.queechwood.co.uk)  
Or  
Call 07941009256 to book your place today.

- **Description** - Woodland Activity Day for 8-15 year olds including Archery, Air Rifles, Catapults, cooking over a campfire and bushcraft skills.
- **Dates** - 16th August, 26th August, 27th August
- **Address** - Queech Woodland Activities, Barham, IP6 0QF
- **How to book** - Visit this activity page on EEQU: [16th August](#), [26th August](#), [27th August](#)

Contact details:

- [Visit Queech Wood's Website](#)
- Email [info@queechwood.co.uk](mailto:info@queechwood.co.uk)
- Phone [07941 009256](tel:07941009256)

## Bramford

### Suffolk Contemporary Dance



The poster is blue with yellow stars and white text. It features three photos: two children hugging, a group of children in a dance studio, and children with a rainbow flag. It includes social media icons, a QR code, and contact information.

**SUFFOLK CONTEMPORARY DANCE**  
Ipswich / Mid Suffolk  
**SUMMER DANCE CAMP 2024**

**Henley Community Centre**  
22nd and 23rd July  
AND  
**Lorraine Victory Hall, Bramford**  
22nd and 23rd August  
9:30am - 4pm

**COST per session:**  
£30.00  
*10% discount when booking 2 days*  
*10% discount for siblings*

"Well organised"  
"I loved it!"  
"Lunch was so nice"

**Ages 4 - 12**  
Great car parking

**Free spaces available via HAF**

Scan the QR code to BOOK

Henley Bramford

**Dance Performance Art / Craft**

**New Friends Games**

- **Description** - Dance sessions consisting of games, creative dance, choreography, arts and crafts and a chance to perform to parents at the end of the session. For ages 4-12 years
- **Date** - 22nd and 23rd August
- **Address** - The Lorraine Victory Hall, Ship Ln, Bramford, Ipswich, IP8 4AL
- **How to book** - [visit this activity page on EEUQ](#)

Contact details:

- [Visit Suffolk Contemporary Dance's website](#)
- Email [hello@suffolkcontemporarydance.com](mailto:hello@suffolkcontemporarydance.com)
- Phone [07578 545 705](tel:07578545705)

## Suffolk Contemporary Dance



The poster is for the Suffolk Contemporary Dance Summer Dance Camp 2024. It features a blue background with yellow stars and text. At the top, it says 'SUFFOLK CONTEMPORARY DANCE Ipswich / Mid Suffolk SUMMER DANCE CAMP 2024'. There are three photos: two children hugging, a group of children in a dance studio, and a group of children with a rainbow flag. The text includes dates and locations: 'Henley Community Centre 22nd and 23rd July AND Lorraine Victory Hall, Bramford 22nd and 23rd August 9:30am - 4pm'. It also lists the cost as £30.00 with discounts for booking 2 days and for siblings. There are QR codes for Henley and Bramford, and a starburst that says 'Free spaces available via HAF'. Testimonials and a quote are also present.

**SUFFOLK CONTEMPORARY DANCE**  
Ipswich / Mid Suffolk  
**SUMMER DANCE CAMP 2024**

Dance Performance Art / Craft  
New Friends Games

Henley Community Centre  
22nd and 23rd July  
AND  
Lorraine Victory Hall, Bramford  
22nd and 23rd August  
9:30am - 4pm

**COST per session:**  
£30.00  
10% discount when booking 2 days  
10% discount for siblings

Scan the QR code to BOOK

"Well organised"  
"I loved it!"  
"Lunch was so nice"

Ages 4 - 12  
Great car parking

Henley Bramford

Free spaces available via HAF

- **Description** - Dance sessions consisting of games, creative dance, choreography, arts and crafts and a chance to perform to parents at the end of the session. For ages 4-12 years
- **Date** - 22nd and 23rd July
- **Address** - Henley Community Centre, IP6 ORP
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Suffolk Contemporary Dance's website](#)
- Email [hello@suffolkcontemporarydance.com](mailto:hello@suffolkcontemporarydance.com)
- Phone [07578 545 705](tel:07578545705)

## Brantham

### Holiday Club with Anglia Sports Management

- **Description** - An action-packed holiday club for those aged 5-12 involving: football, multi-sports, arts and crafts, mini chefs, dodgeball and fun!
- **Dates** - 22nd, 23rd, 24th, 25th, 26th, 29th, 30th, and 31st July  
1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd, 27th, 28th, 29th and 30th August
- **Address** - Brantham Leisure Centre, Brantham, CO11 1RZ
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Anglia Sports Management's Website](#)
- Email [info@angliasportsmanagement.com](mailto:info@angliasportsmanagement.com)
- Phone [01206 392506](tel:01206392506)

## Diss

### Multi-sports holiday camp with PE Shed



**ST BOTOLPHS PRIMARY SCHOOL**  
**EVERY WEDNESDAY FOR 6 WEEKS**  
**SUMMER HOLIDAY CLUB**  
**MULTI SPORTS & ACTIVITIES**

9AM TO 3PM  
£24.75 PER DAY  
AGES 6 TO 11  
LUNCH & SNACKS INCLUDED

**FUNDED SPACES AVAILABLE**  
VERY LIMITED SPACES!  
MEANS TESTED FREE SCHOOL MEAL CRITERIA APPLIES  
EMAIL/TEXT US FOR A FORM OR ASK YOUR SCHOOL OFFICE

**BOOK HERE TO SECURE YOUR CHILD'S PLACE**  
**WWW.THE PESHED.CO.UK**

- **Description** - Multi-activity courses including a variety of sports for 6-11 years old.
- **Dates** - 24th and 31st July and 7th, 14th, 21st and 28th August
- **Address** - St Botolphs Primary School, Back Hills, Diss, IP22 1DW
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit PE Shed's website](#)
- Email [info@thepeshed.co.uk](mailto:info@thepeshed.co.uk)
- Phone 07964094433



## Eye

### Holiday Camp with Premier



- **Description** - Multi-activity courses including a variety of sports, enriching activities, and arts and crafts. For 5-12 years
- **Dates** - 23rd, 24th, 25th, 26th, 29th, 30th, and 31st July 1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd, 27th, 28th, 29th and 30th August
- **Address** - St Peter's and St Pauls Church Street, Eye, Suffolk, IP23 7BD
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Premier Education's website](#)
- Email [info@premier-education.com](mailto:info@premier-education.com)
- Phone 07962 082189

## Family Park Cooking with Abbeycroft



The poster features a bright yellow background at the top with the text 'EXPLORE OUTDOOR' in a small circular logo. Below this, the title 'FAMILY PARK COOKING' is written in large, bold, blue letters. A photograph shows a man in a chef's hat and two children in aprons and hats, one pouring liquid into a blue bowl. The background of the photo has green and blue wavy lines. Below the photo, the text reads: '29th July - 30 August Across Suffolk' followed by '\*subject dates apply'. A paragraph describes the activities: 'Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together. Every family that attend will take home all of the ingredients and recipe cards for a weeks' worth of meals.' A QR code is present with the text 'FREE BOOK NOW' above it. At the bottom, there is a website link 'abbeycroft.org.uk/HAF', the Abbeycroft logo with the tagline 'Let's Love Life', and logos for the Department for Education, Family History, and Suffolk County Council.

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. Using recipes from a top local chef. For 5 years+.
- **Date** - 12th, 13th, 27th and 28th August
- **Address** - 1st Eye Scout Group, IP23 7HF
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Multi sports holiday camp with PE Shed



**THE PESHED**

**STRADBROKE PRIMARY SCHOOL**  
**EVERY THURSDAY FOR 6 WEEKS**  
**SUMMER HOLIDAY CLUB**  
**MULTI SPORTS & ACTIVITIES**

9AM TO 3PM  
£24.75 PER DAY  
AGES 6 TO 11  
LUNCH & SNACKS  
INCLUDED

**FUNDED SPACES AVAILABLE**  
VERY LIMITED SPACES!  
MEANS TESTED FREE SCHOOL MEAL  
CRITERIA APPLIES  
EMAIL/TEXT US FOR A FORM OR ASK  
YOUR SCHOOL OFFICE

**BOOK HERE TO SECURE YOUR CHILD'S PLACE**  
**WWW.THEPESHED.CO.UK**

- **Description** - Multi-activity courses including a variety of sports for 6-11 years old.
- **Dates** - 25th July, 1st, 8th, 15th, 22nd and 29th August
- **Address** - Stradbroke Primary School, Queen's Street, Eye, IP21 5HH
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit PE Shed's website](#)
- Email [info@thepeshed.co.uk](mailto:info@thepeshed.co.uk)
- Phone 07964094433

## Hadleigh

### Swimming with Abbeycroft

- **Description** - Swimming sessions including inflatables and standard swimming pool time. Age 4-16 years.
- **Dates** - 31st July and 1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd August
- **Address** - Hadleigh Pool and Leisure, Stonehouse Road, Hadleigh, IP7 5BH
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Youth Activities with Inspire Suffolk

**INSPIRE**

# Porch Project

**What's on...  
Summer 2024**  
*FOR AGE 11-16S*

**Monday Fun Day!**  
Something different every week, check our website from July for more details. Booking required for some activities.

**Tasty Tuesdays**  
Cook a healthy meal inspired from flavours from around the world. Booking required\*

**Achieve Wednesdays & Thursdays**  
NEW! Make difference to the local community and learn about sustainability. Based at the youth centre and local woodlands! You can even gain a qualification! Booking required\*

**Drop-in Fridays**  
Hadleigh youth centre open for everyone. Booking NOT required.

**\*Tasty Tuesday and Achieve funded by**  
**Suffolk Holiday Activity Programme**

Practical activities and lunch for young people who receive free school meals. Places for young people who do not receive free school meals also available, details on our website.

Inspire is the trading name of Inspire Suffolk Limited. Address: Inspire Suffolk Ltd, Leiston Road, Ipswich, IP7 5AP. Registered in England (10481803). Registered Charity, England & Wales 112059.

**We believe in youth**

Find out more at [inspirecharityuk.org](http://inspirecharityuk.org) or visit [eequ.org/youthwork](http://eequ.org/youthwork) to book today

- **Description** - Whip up delicious meals from around the world. It's a global culinary adventure. Holiday sessions for those aged 11-16 years involving cooking meals, doing crafts, indoor tournaments, and games.
- **Dates** - 23rd and 30th July and 6th, 13th, 20th and 27th August
- **Address** - Inspire Hadleigh Youth Centre, 28A High Street, Hadleigh, IP7 5AP
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Porch Project's website](#)
- Email [PorchProject@inspiresuffolk.org.uk](mailto:PorchProject@inspiresuffolk.org.uk)
- Phone [03300 550 033](tel:03300550033)

## Princes Trust Qualification with Inspire Suffolk

**INSPIRE**

# Porch Project

**What's on... Summer 2024**  
FOR AGE 11-165

**Monday Fun Day!**  
Something different every week, check our website from July for more details. Booking required for some activities.

**Tasty Tuesdays**  
Cook a healthy meal inspired from flavours from around the world. Booking required\*

**Achieve Wednesdays & Thursdays**  
NEW! Make difference to the local community and learn about sustainability. Based at the youth centre and local woodlands! You can even gain a qualification! Booking required\*

**Drop-in Fridays**  
Hadleigh youth centre open for everyone. Booking NOT required.

\* Tasty Tuesday and Achieve funded by

**Suffolk Holiday Activity Programme**

Princes Trust activities and events for young people who receive free school meals. Places for young people who do not receive free school meals also available, details on our website.

Find out more at [inspirecharityuk.org](http://inspirecharityuk.org) or visit [eequ.org/youthwork](http://eequ.org/youthwork) to book today

**We believe in youth**

Inspire is the trading name of Inspire Suffolk Limited. Address: Inspire Suffolk Ltd, Leiston High Road, Leiston, IP7 5AG. Registered in England. Charities. Registered Charity, England & Wales 112059.

- **Description** - Achieve an accredited qualification from Princes Trust Qualifications in wellbeing (healthy eating) and sustainability!
- **Dates** - 24th, 25th and 31st July and 7th, 8th, 14th, 15th, 21st, 22nd, 28th and 29th August
- **Address** - Inspire Hadleigh Youth Centre, 28A High Street, Hadleigh, IP7 5AP
- **How to book** - visit this activity page on EEQU

Contact details:

- [Visit Porch Project's website](http://www.porchproject.org.uk)
- Email [PorchProject@inspiresuffolk.org.uk](mailto:PorchProject@inspiresuffolk.org.uk)
- Phone [03300 550 033](tel:03300550033)

## Holiday Camp with Kicks and Tricks

**KICKS & TRICKS**  
Activity Camps

**SUMMER**  
HOLIDAY CAMPS  
for  
4-16 year olds

**EARLY RISERS**  
8AM-9AM  
£5

**DAY CAMP**  
9AM-5PM  
ONLY  
£28

**EXTRA FUN**  
5pm-6pm  
£5

**VENUES**

- Beaumont Primary School
- Cliff Lane Primary School
- Grace Cook Primary School
- Gusford Primary School
- Ipswich School Sports Centre
- Stowupland Sports Centre

16 FREE DAYS AT ALL VENUES WITH THE HOLIDAY ACTIVITY FUND

For more information visit:  
[www.kicksandtricks.co.uk](http://www.kicksandtricks.co.uk)  
[info@kicksandtricks.co.uk](mailto:info@kicksandtricks.co.uk)

To Book:  
[kicksandtricks.ipalbookings.com](http://kicksandtricks.ipalbookings.com)

SCAN ME

- **Description** - Holiday club involving multi-sports, arts and crafts, baking, premium inflatables and more! 9am – 5pm. Early drop-off and late pick-up available. Ages 5-14.
- **Dates** - 29th, 30th, 31st July, 1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd and 23rd August
- **Address** - Beaumont Primary School, Hadleigh, IP7 6GD
- **How to book** - [Visit this activity's page on EEQU](#)

Contact details:

- [Visit Kicks and Tricks' Website](#)
- Email [info@kicksandtricks.co.uk](mailto:info@kicksandtricks.co.uk)
- Phone [01449 401630](tel:01449401630)

## Family Park Cooking with Abbeycroft

A promotional poster for 'Family Park Cooking' by Abbeycroft. The background is yellow at the top and green at the bottom, separated by blue and green wavy lines. At the top right, there is a small circular logo with a globe and the text 'EXPLORE OUTDOOR'. The main title 'FAMILY PARK COOKING' is in large, bold, blue letters. Below the title is a photograph of three children in chef hats (one red, one green) and aprons, gathered around a blue bowl, appearing to be in the middle of a cooking activity. The text on the poster includes: '29th July - 30 August Across Suffolk' with a note '\*subject dates apply'. A paragraph describes the event: 'Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together. Every family that attend will take home all of the ingredients and recipe cards for a weeks' worth of meals.' A 'FREE BOOK NOW' QR code is located on the right side. At the bottom, there is a website link 'abbeycroft.org.uk/HAF', the Abbeycroft logo with the tagline 'Let's Love Life', and logos for the Department for Education, Family Learning, and Suffolk County Council.

**EXPLORE OUTDOOR**

# FAMILY PARK COOKING

**29th July - 30 August  
Across Suffolk**  
\*subject dates apply

Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together.

Every family that attend will take home all of the ingredients and recipe cards for a weeks' worth of meals.

\*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria

**abbeycroft.org.uk/HAF**

**FREE BOOK NOW**

**Abbeycroft**  
Let's Love Life

Department for Education  
Family Learning  
Suffolk County Council

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. Using recipes from a top local chef. For 5 years+.
- **Date** - 27th, 28th, 29th and 30th August
- **Address** - Hadleigh Sea Scout Hut, IP7 5NE
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Adventure Day with Abbeycroft



**ADVENTURE DAYS**  
AGES 8-12 YEARS

**29th July - 30 August**  
\*subject dates apply  
**08:30-16:30**

Come to life in the great outdoors this Summer and enjoy fire lighting and cooking in the wild, Archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh and Mid Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!

\*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria

**abbeycroft.org.uk/HAF**

**FREE\***  
BOOK NOW



Department for Education

Mid Suffolk

Abbeycroft  
Let's Love Life

- **Description** - Adventure days introducing alternative physical activity through outdoor activities. For 8–12-year-olds.
- **Dates** - 6th, 7th, 8th, 27th, 28th and 29th August
- **Address** - Hadleigh Sea Scout Hut, IP7 5NE
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)



## Stowmarket

### Family Park Cooking with Abbeycroft

A promotional poster for 'Family Park Cooking' by Abbeycroft. The background is yellow at the top and green at the bottom, separated by blue and green wavy lines. At the top right, there is a small circular logo with a magnifying glass over a globe and the text 'EXPLORE OUTDOOR'. The main title 'FAMILY PARK COOKING' is in large, bold, blue letters. Below the title is a photograph of three children in chef hats (one red, one black) and aprons, gathered around a blue bowl, appearing to be in the middle of a cooking activity. The text on the poster includes: '29th July - 30 August Across Suffolk' with a note '\*subject dates apply'. A paragraph describes the event: 'Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together. Every family that attend will take home all of the ingredients and recipe cards for a weeks' worth of meals.' A QR code is provided for booking, with the text 'FREE\* BOOK NOW' above it. At the bottom, the website 'abbeycroft.org.uk/HAF' is listed, along with the Abbeycroft logo and tagline 'Let's Love Life'. Several partner logos are visible at the bottom, including the Department for Education, Suffolk County Council, and others.

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. Using recipes from a top local chef. For 5 years+.
- **Dates** - 5th, 6th, 8th, 9th, 19th, 20th, 21st and 22nd August
- **Address** - 1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Adventure Day with Abbeycroft



**ADVENTURE DAYS**  
AGES 8-12 YEARS

**29th July - 30 August**  
\*subject dates apply  
**08:30-16:30**

Come to life in the great outdoors this Summer and enjoy fire lighting and cooking in the wild, Archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh and Mid Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!

\*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria

**abbeycroft.org.uk/HAF**

**FREE\***  
BOOK NOW



Department for Education



**Abbeycroft**  
Let's Love Life

- **Description** - Adventure days introducing alternative physical activity through outdoor activities. For 8-12 year-olds.
- **Date** - 5th, 6th, 7th, 8th, 19th, 20th, 21st and 22nd August
- **Address** - 1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Swimming and Playworld with Everyone Active



**HOLIDAY ACTIVITY AND FOOD PROGRAMME (HAF)**

# FREE PLAY WORLD AND SWIMMING SESSIONS

FOR PRIMARY SCHOOL PUPILS AGED 4-11  
at Mid Suffolk Leisure Centre - Stowmarket

Sessions running Monday - Friday,  
22nd July - 30th August<sup>\*</sup>  
Family swimming<sup>\*</sup> 11am-12pm  
Play World<sup>\*\*</sup> 1pm-2.30pm

**FREE**  
FOR CHILDREN  
ON BENEFITS  
RELATED FREE  
SCHOOL MEALS

Between 12-1pm, your child can receive a FREE child's meal<sup>\*\*\*</sup> in the café.  
Choose your sandwich filling from ham, cheese or tuna mayo.

\*Children under 8 must have an accompanying adult in the water. \*\*Children in Play World must be supervised by an accompanying adult.  
\*\*\*Free meals are cold food only. \*\*With the exception of Wednesday 21st August, where swimming will be 10am-11am and bank holiday  
26th August times will differ. Please see EEQU for times.

Spaces are limited so book early! To book a session please scan the QR code or visit <https://eequ.org/midsuffolkleisurecentreeveryoneactive>

Everyone Active manages this facility in partnership with Mid Suffolk District Council.




**HOLIDAY ACTIVITY AND FOOD PROGRAMME (HAF)**  
FREE FOR CHILDREN ON BENEFITS RELATED FREE SCHOOL MEALS

# HOLIDAY ACTIVITIES

FOR PRIMARY SCHOOL PUPILS AGED 5-11  
at Mid Suffolk Leisure Centre - Stowmarket

Sessions running Monday - Friday,  
22nd July - 30th August

**SPORTS TASTER SESSIONS INCLUDE:**

- Netball • Football • Athletics • Dodgeball
- Kwik Cricket • Gymnastics • Table Tennis

Sessions are divided into age groups of 5-7 and 8-11 year olds.  
Parents must attend the session if the attending child is under 8.  
From 10am, your child can receive a FREE child's meal<sup>\*\*\*</sup> in the café.  
Choose your sandwich filling from ham, cheese or tuna mayo.

\*\*\*Free meals are cold food only.

Spaces are limited so book early! To book a session please scan the QR code or visit <https://eequ.org/midsuffolkleisurecentreeveryoneactive>

Everyone Active manages this facility in partnership with Mid Suffolk District Council.



- **Description** - Family swim session and Playworld. For primary school age. Introducing taster sessions in various sports.
- **Dates** - 24th, 25th, 26th, 29th, 30th, and 31st July  
1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd, 27th, 28th, 29th and 30th August
- **Address** - Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, IP14 1LH
- **How to book** - visit this activity page on EEQU: [Swimming](#), [Playworld](#), [Football taster session \(5-7\)](#), [football taster session \(8-11\)](#), [gymnastics taster session \(5-7\)](#), [gymnastics taster session \(8-11\)](#), [kiwi cricket taster session \(5-7\)](#), [kiwi cricket taster session \(8-11\)](#), [athletics taster session \(5-7\)](#), [athletics taster session \(8-11\)](#), [dodgeball taster session \(5-7\)](#), [dodgeball taster session \(8-11\)](#), [netball taster session \(5-7\)](#), [netball taster session \(8-11\)](#), [table tennis taster session \(8-11\)](#),

Contact details:

- [Visit Everyone Active's Website](#)
- Email [stuartmurdy@everyoneactive.com](mailto:stuartmurdy@everyoneactive.com)
- Phone [01449 674980](tel:01449674980)

## TayPlay Sports

**everyone ACTIVE**  
Working Together

# SUMMER ACTIVITY CAMPS

**MID SUFFOLK LEISURE CENTRE, STOWMARKET**  
Monday 29th July - Friday 23rd August (x4 weeks)

**CHILDCARE VOUCHERS ACCEPTED**

**SIBLING DISCOUNT**

**EXTENDED HOURS (8:30AM - 5:30PM)**

**VARIETY OF ACTIVITIES EVERYDAY**

**LESS THAN £5 PER HOUR**

**BOOK INDIVIDUAL DAYS**

**DBS CHECKED TAYPLAY TEAM**

**ACTIVITIES FOR EVERYONE**

**HAF**

**SPORTS**

**PLAY WORLD**

**TEAM GAMES**

**ARTS & CRAFTS**

**& LOTS MORE!**

**BOOK ONLINE** [WWW.TAYPLAYACTIVITYCAMPS.CO.UK](http://WWW.TAYPLAYACTIVITYCAMPS.CO.UK) **AGED 5-11 YEARS**

**YOUR FIRST CHOICE FOR CHILDREN'S HOLIDAY CAMPS**

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

- **Description** - Multi-activity holiday camp including sports, arts & crafts, nature, and team games. Ages 5-11 years.

- **Dates** - 29th, 30th and 31st July  
1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd and 23rd August
- **Address** - Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, IP14 1LH
- **How to book** - [visit this activity page on EEUQ](#)

Contact details:

- [Visit TayPlay's website](#)
- Email [info@tayplayactivitycamps.co.uk](mailto:info@tayplayactivitycamps.co.uk)
- Phone 07546 116004

### Holiday Camp with Kicks and Tricks




- **Description** - Holiday club involving multi-sports, arts and crafts, baking, premium inflatables and more! 9am – 5pm. Early drop-off and late pick-up available. Ages 5-14.
- **Dates** - 22nd, 23rd, 24th, 25th, 26th, 29th, 30th, and 31st July  
1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd August
- **Address** - Grace Cook Primary School, Stowmarket, IP14 1XJ
- **How to book** - [Visit this activity's page on EEUQ](#)

Contact details:

- [Visit Kicks and Tricks' Website](#)
- Email [info@kicksandtricks.co.uk](mailto:info@kicksandtricks.co.uk)
- Phone [01449 401630](tel:01449401630)

## Football Camp with Ipswich Town Community Foundation






**IPSWICH TOWN FOUNDATION**

### STOWUPLAND HAF SOCCER SCHOOL

25 July, 8, 27, 28 August | 10am-3pm  
Stowupland High School Sports Centre, IP14 4BQ  
Open to children usually in receipt of free school meals  
For more information, contact [leanne.smith@itfc.co.uk](mailto:leanne.smith@itfc.co.uk)

**SCAN TO BOOK**



- **Description** - Soccer school involving football skills session, inflatable games and mini matches. Ages 6-12 years.
- **Dates** - 25th July and 8th, 27th and 28th August
- **Address** - Stowupland High School Sports Centre, Church Road, Stowmarket, IP14 4BQ
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Ipswich Town Football Club's Website](#)
- Email [community@itfc.co.uk](mailto:community@itfc.co.uk)
- Phone [01473 400980](tel:01473400980)

## Holiday Camp with Limitless Activities

**SUMMER CAMPS**  
CEDARS PARK PRIMARY SCHOOL,  
STOWMARKET  
IP14 5FP

AUGUST 27TH-30TH  
9-3PM

**NO COST!**  
FOR THOSE ELIGIBLE

INCLUDING- ARTS & CRAFTS,  
MARTIAL ARTS, GIANT INFLATABLES,  
ANIMAL EXPERIENCES, COOKING, AXE  
THROWING, MINI GOLF, SPORTS &  
GAMES, PLUS MANY MORE!

CONTACT- 07752810389  
LIMITLESSSPORTACTIVITIES@GMAIL.COM

- **Description** - A variety of activities including animal experiences, axe throwing, mini golf, dance, cooking, inflatables and many more! Ages 4-14.
- **Dates** - 27th, 28th, 29th and 30th August
- **Address** - Cedar Park Primary School, Stowmarket, IP14 5FP
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Limitless Activities' Website](#)
- Email [limitlessportactivities@gmail.com](mailto:limitlessportactivities@gmail.com)
- Phone 07752810389

## Thrills and Grills programme at the Food Museum



**FOOD Thrills and Grills**  
MUSEUM Summer Cookery Club

FREE PLACES FOR RECIPIENTS OF FREE SCHOOL MEALS

MAKE DELICIOUS FOOD!

Take part in a series of cooking workshops with a professional chef!

Using our wood-fired oven, open fire pit and outdoor cooking area, you'll work with new friends to prepare tasty food from scratch.

Each day you'll cook a different lunch and afternoon treat, learn professional chef skills and gather freshly grown fruit and vegetables from our garden.

Tuesdays and Wednesdays throughout August, 9.30am-3.30pm  
Suitable for 7-11 year olds

Free orientation visits & parking available  
REGISTER NOW BY EMAILING OUR LEARNING MANAGER  
DAVID.THOMSON@FOODMUSEUM.ORG.UK

Whole Holiday Activity Programme  
Working Together

- **Description** - Thrills and Grills programme - working with highly experienced chefs and food educators to deliver an exciting food oriented activity programme. Ages 6-11 years old.
- **Dates** - 30th and 31st July and 6th, 7th, 13th, 14th, 20th, 21st, 27th and 28th August
- **Address** - Food Museum, Stowmarket, IP14 1DL
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit the Food Museum's Website](#)
- Email [David.thompson@foodmuseum.org.uk](mailto:David.thompson@foodmuseum.org.uk)
- Phone 07752810389



## Stowupland

### Holiday Camp with Kicks and Tricks

**KICKS & TRICKS**  
Activity Camps

**SUMMER**  
HOLIDAY CAMPS  
for 4-16 year olds

**DAY CAMP**  
9AM-5PM ONLY  
**£28**

**EXTRA FUN**  
5pm-6pm  
**£5**

**VENUES**

- Beaumont Primary School
- Cliff Lane Primary School
- Grace Cook Primary School
- Gusford Primary School
- Ipswich School Sports Centre
- Stowupland Sports Centre

16 FREE DAYS AT ALL VENUES WITH THE HOLIDAY ACTIVITY FUND

For more information visit:  
www.kicksandtricks.co.uk  
info@kicksandtricks.co.uk  
To Book:  
kicksandtricks.ipa1bookings.com

SCAN ME

- **Description** - Holiday club involving multi-sports, arts and crafts, baking, premium inflatables and more! 9am – 5pm. Early drop-off and late pick-up available. Ages 5-14.
- **Dates** - 22nd, 23rd, 24th, 25th, 26th, 29th, 30th, and 31st July 1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd, 27th, 28th, 29th and 30th August
- **Address** - Stowupland Sports Centre, IP14 4BQ
- **How to book** - [Visit this activity's page on EEUU](#)

Contact details:

- [Visit Kicks and Tricks' Website](#)
- Email [info@kicksandtricks.co.uk](mailto:info@kicksandtricks.co.uk)
- Phone [01449 401630](tel:01449401630)

## Sudbury and Great Cornard

### Family Park Cooking with Abbeycroft

A promotional poster for 'Family Park Cooking' by Abbeycroft. The background is yellow at the top and green at the bottom, separated by blue and green wavy lines. At the top right, there is a small circular logo with a magnifying glass over a globe and the text 'EXPLORE OUTDOOR'. The main title 'FAMILY PARK COOKING' is in large, bold, blue letters. Below the title is a photograph of three children in chef hats (one red, one black) and aprons, gathered around a blue bowl, appearing to be in the middle of a cooking activity. The text on the poster includes the dates '29th July - 30 August Across Suffolk' with a note '\*subject dates apply'. It describes the event as an 'amazing family day out' with an outdoor cooking master class. A 'FREE BOOK NOW' offer is highlighted with a QR code. The Abbeycroft logo and tagline 'Let's Love Life' are at the bottom right. At the bottom left, there are logos for the Department for Education and Suffolk County Council, along with the website 'abbeycroft.org.uk/HAF'.

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. Using recipes from a top local chef. For 5 years+.
- **Dates** - 19th, 20th, 21st and 22nd August
- **Address** - Stevenson Centre, Sudbury, CO10 0WD
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Adventure Day with Abbeycroft

**ADVENTURE DAYS**  
AGES 8-12 YEARS

**29th July - 30 August**  
\*subject dates apply  
**08:30-16:30**

Come to life in the great outdoors this Summer and enjoy fire lighting and cooking in the wild, Archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh and Mid Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!

\*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria

**abbeycroft.org.uk/HAF**

**FREE\***  
BOOK NOW

**Abbeycroft**  
Let's Love Life

Department for Education  
Suffolk County Council  
Suffolk Wildlife Trust

- **Description** - Adventure days introducing alternative physical activity through outdoor activities. For 8-12 year olds.
- **Dates** - 29th, 30th and 31st July 1st, 12th, 13th, 14th and 15th August
- **Address** - Sudbury Scout Hut, CO10 2AN
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284757495)

## Holiday Camp with Maxim Sports



The poster for Maxim Sports Coaching Summer Camps features the following elements:

- Logos:** Suffolk Holiday Activity Programme, maxim sports coaching, and A100 Suffolk Working Together.
- Images:** Three photos showing children participating in various activities like dance, football, and Nerf.
- Main Text:** \*FULLY FUNDED\* SUMMER CAMPS IN GREAT CORNARD & SUDBURY.
- Funding:** \*Funded places are for Children that are in receipt of: MEANS TESTED FREE SCHOOL MEALS.
- Locations:** CORNARD LEISURE CENTRE (Football, Basketball, Dance & Adrenaline days), WELLS HALL PRIMARY SCHOOL (Activity Camps), and AFC SUDBURY (Football Camps on the 3G pitch).
- Details:** Packed lunch & healthy snacks included; 8.45am arrival, 3.00pm collection; Please check age restrictions for each day.
- Booking:** BOOK ONLINE with a QR code and website link: eequ.org/maximsportscoaching.

- **Description** - Dance, football, and 'Nerf style' camps. For 4–11-year-olds, depending on activity. Please check website for details.
- **Dates** - 24th, 25th, 29th July and 1st, 7th, 8th, 13th, 20th, 21st and 22nd August
- **Address** - Great Cornard Leisure Centre, Head Lane, Great Cornard, CO10 0JU
- **How to book** - Football Camp: [visit this activity page on EEQU](#) , Dance Camp: [visit this activity page on EEQU](#) , Nerf Camp: [visit this activity page on EEQU](#) , Musical Theatre workshop: visit this activity page on EEQU, Gymnastics camp: [visit this activity page on EEQU](#), Street dance workshop: [visit this activity page on EEQU](#), Ariel hoop and circus workshop: [visit this activity page on EEQU](#), Basketball camp: [visit this activity page on EEQU](#)

Contact details:

- [Visit Maxim Sport's website](#)
- Email [info@maximsportscoaching.co.uk](mailto:info@maximsportscoaching.co.uk)
- Phone [07973 950276](tel:07973950276)

## Holiday Camp with Maxim Sports



**\*FULLY FUNDED\***  
**SUMMER CAMPS**  
IN GREAT CORNARD & SUDBURY

\*Funded places are for Children that are in receipt of:  
**MEANS TESTED FREE SCHOOL MEALS**

**CORNARD LEISURE CENTRE**  
Football, Basketball, Dance & Adrenaline days!

**WELLS HALL PRIMARY SCHOOL**  
Activity Camps

**AFC SUDBURY**  
Football Camps on the 3G pitch

 Packed lunch & healthy snacks included

 8.45am arrival  
3.00pm collection

 Please check age restrictions for each day

**BOOK ONLINE**   [eequ.org/maximsportscoaching](http://eequ.org/maximsportscoaching)

- **Description** - Dance, football, and 'Nerf style' camps. For 4–11-year-olds, depending on activity. Please check website for details.
- **Dates** - 25th, 29th and 30th July and 6th, 13th, 15th and 20th August
- **Address** - Wells Hall Primary School, Great Cornard, CO10 0NH
- **How to book** - Activity Camp: [visit this activity page on EEQU](http://eequ.org) ,

Contact details:

- [Visit Maxim Sport's website](http://eequ.org)
- Email [info@maximsportscoaching.co.uk](mailto:info@maximsportscoaching.co.uk)
- Phone [07973 950276](tel:07973950276)

## Holiday Camp with Maxim Sports



**\*FULLY FUNDED\***  
**SUMMER CAMPS**  
IN GREAT CORNARD & SUDBURY

\*Funded places are for Children that are in receipt of:  
**MEANS TESTED FREE SCHOOL MEALS**

**CORNARD LEISURE CENTRE**  
Football, Basketball, Dance & Adrenaline days!

**WELLS HALL PRIMARY SCHOOL**  
Activity Camps

**AFC SUDBURY**  
Football Camps on the 3G pitch

 Packed lunch & healthy snacks included

 8.45am arrival  
3.00pm collection

 Please check age restrictions for each day

**BOOK ONLINE**   [eequ.org/maximsportscoaching](http://eequ.org/maximsportscoaching)

- **Description** - Dance, football, and 'Nerf style' camps. For 4–11-year-olds, depending on activity. Please check website for details.
- **Dates** - 30th July and 15th August
- **Address** - AFC Sudbury, CO10 7HN
- **How to book** - Girls wildcats football camp: [visit this activity page on EEQU](#) , AFC Football camp: [visit this activity page on EEQU](#)

Contact details:

- [Visit Maxim Sport's website](#)
- Email [info@maximsportscoaching.co.uk](mailto:info@maximsportscoaching.co.uk)
- Phone [07973 950276](tel:07973 950276)

### Swimming with Abbeycroft

- **Description** - Swimming sessions including inflatables and standard swimming pool time. For Primary and Secondary School age.
- **Dates** - 31st July and 1st, 2nd, 5th, 6th, 7th, 8th, 9th, 12th, 13th, 14th, 15th, 16th, 19th, 20th, 21st, 22nd August
- **Address** - Kingfisher Leisure Centre, Station Road, Sudbury, CO10 2SU
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Abbeycroft's website](#)
- Email [HAF@acleisure.com](mailto:HAF@acleisure.com)
- Phone [01284 757495](tel:01284 757495)

## Youth Camp with Eden's Project



**EDEN'S**  
**YOUTH**  
**CENTRE**

**Holiday Youth Drop-in**

for secondary school age young people,  
free admission, free food and drink

Wed 24<sup>th</sup> July, Wed 31<sup>st</sup> July,  
Wed 14<sup>th</sup> August, Wed 21<sup>st</sup> August  
2pm-6pm

pool table, table football, gaming, garden,  
dancing, spotify music, chat, youtube,  
@ Eden's Youth Centre  
45 Gainsborough Street, Sudbury, CO10 2EU  
[www.edensproject.co.uk](http://www.edensproject.co.uk)

Part funded by:  
**Suffolk County Council**

- **Description** - Youth Centre activities including, pool table, table football, video & board games, garden, music, dancing & chat. For 11-16 years.
- **Dates** - 24th and 31st July and 14th and 21st August
- **Address** - Sudbury Youth Centre, 45 Gainsborough Street, Sudbury, CO10 2EU
- **How to book** - [visit this activity page on EEQU](#)

Contact details:

- [Visit Eden's Project website](#)
- Email [info@edensproject.co.uk](mailto:info@edensproject.co.uk)
- Phone 01787 375247

## Activity Camp with AFC Sudbury



- **Description** - A variety of activities including football skills, circus skills, street dancing workshops, Frisbee and many more! For 9-16 years old.
- **Dates** - 5th, 6th, 7th, 8th, 12th, 13th, 19th and 20th August
- **Address** - AFC Sudbury, The MEL Group Stadium, Brundon Lane, Sudbury, CO10 7HN
- **How to book** - [Visit this activity page on EEQU](#)

Contact details:

- [Visit AFC Sudbury's website](#)
- Email [alicja.holland@afcsudbury.co.uk](mailto:alicja.holland@afcsudbury.co.uk)
- Phone 01787 376213



## Woolpit

### Holiday Camps with Woolpit Arc



The poster for 'Summer Holiday Club '24' features a colorful flower logo with a smiling face. The Woolpit Arc logo is in the top right corner. The background is a gradient of blue, pink, and orange. It lists five weeks of activities with their respective dates and themes. Pricing is shown as 'Half Day £23 ~ Full Day £39' for '2-11yrs old'. The bottom section shows photos of children and logos for 'Ofsted Good rating' and 'Woolpit Holiday Activity Programme'. The contact information '8am - 12pm / 12pm - 4.15pm / 8am - 4.15pm' and 'info@woolpitarc.org' is at the bottom, along with a smiling sun wearing sunglasses.

**Summer Holiday Club '24**

**Woolpit Arc**  
All Social Distancing

**WEEK 1 - 29th July**  
Mon-Spin Art, Tues-Baking, Weds-Hamma Beads, Thurs-Lego, Fri-Science Fun

**WEEK 2 - 5th August**  
Mon-Lego, Tues-Scooter Day, Weds-Bubble Day, Thurs-Dance, Fri-Salt Dough

**WEEK 3 - 12th August**  
Mon-Splat Art, Tues-Construction, Weds-Water Fun, Thurs-Beads, Fri-Den Day

**WEEK 4 - 19th August**  
Mon-Scooters, Tues-Dance, Weds-Arts & Crafts, Thurs-Scavenger Hunt, Fri-Slime

**WEEK 5 - from Tues 27th August**  
Mon-Bank Hol (Closed), Tues-Beads, Weds-Lego, Thurs-Water Fun, Fri-Movie Day

Half Day £23 ~ Full Day £39  
2-11yrs old

8am - 12pm / 12pm - 4.15pm / 8am - 4.15pm  
info@woolpitarc.org

Ofsted Good rating  
Woolpit Holiday Activity Programme

- **Description** - Holiday club involving themes for each day including spin art, Lego, arts and crafts, and science fun. For 5-11 year olds.
- **Dates** - 29th, 30th and 31st July and 1st and 2nd August
- **Address** - Woolpit Arc, Heath Road, Woolpit, IP30 9RU
- **How to book** - [Visit this activity page on EEUQ](#)

Contact details:

- [Visit Woolpit Arc's website](#)
- Email [info@woolpitarc.org](mailto:info@woolpitarc.org)
- Phone 01359 245868