

ACTIVITIES UNLIMITED



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

February Half Term 2022 Activity Guide



Dear AU Member,

Welcome to our first Activities Unlimited Holiday Guide of 2022, bringing you lots of exciting activities for disabled children and young people to take part in during February! Booking details and more info about each break can be found on the website link for each listing.

We're also still asking as many children and young people with SEND in Suffolk as possible to fill out our short survey (and for their parents/carers to help them!). We're gathering information on what sorts of groups our young people enjoy, what they want to see more of, and what other places in their community are inclusive, to help us promote these "safe spaces" and develop more of them.

The survey should only take a few minutes. We'd be really grateful if you'd help us by supporting your child/young person to fill it out. You can **[complete the survey here](#)**.

Lastly, don't forget we love to see what you get up to, so do send us your photos and reviews via info@activities-unlimited.co.uk or tag us on [Facebook](#)!



**The Big Activities
Unlimited Survey!**

The Activities Unlimited Team

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)



February Half Term 22 Activities

www.activities-unlimited.co.uk

Achieving Aspirations: Felixstowe & Bury St Edmunds

[Website](#)

22 & 23 Feb @ Felixstowe, 21 & 24 Feb @ Bury St Edmunds

Support Level: 2-4

Achieving Aspirations run structured holiday clubs in Felixstowe and Bury St Edmunds for young people with SEND aged 8+. The structured play environment helps young people with higher support needs. Activities include art, craft, fun and games. Sessions run 10am to 3pm and cost £50. For more information email annaboulton@achievingaspirations.uk

Avenues East Teaming Up Evening Social Groups

[Website](#)

26 Feb @ Ipswich, 26 Feb @ Bury St Edmunds, 28 Feb @ Stowmarket

Support Level: 1-2

Open weekly to enable young people aged 16-25 to access age-appropriate leisure, social and recreational activities within their communities. Activities are varied including theatre trips, cinema, bowling and more. 6:30-9pm, £6 per session. For more information email ccs@avenuesgroup.org.uk

Avenues East Teaming Up Holiday Socials

[Website](#)

23 Feb

Support Level: 1-2

Travel by train from Bury St Edmunds, Stowmarket or Ipswich for this fun packed activity day to Norwich with bowling and lunch. £20 for support, extra money required for travel, activities and food. Open to young people aged 16-25. For more information email css@avenuesgroup.org.uk

Avenues East Teaming Up Juniors, Saturday Social Club

[Website](#)

19 Feb @ Stowmarket, 26 Feb @ Bury St Edmunds, dates also available in Ipswich

Support Level: 1-2

Fortnightly clubs for young people aged 10-15. Activities are held in a range of venues including bowling, cinema, breakfast club, music sessions and more. Sessions are £25 a day and run from 9:30am-4pm. For more information and full date/venue listings, email css@avenuesgroup.org.uk

Avenues East Teaming Up Juniors Holiday Socials

[Website](#)

22 Feb @ Bury St Edmunds, 24 Feb @ Stowmarket

Support Level: 1-2

Join the Teaming Up Juniors for half term activities and fun.

22nd – Bury Bowl, 1.30- 5.30pm, meet up with friends, bowling and food. (£25)

24th- The Museum of East Anglian Life Stowmarket, 10am-3pm. A day of exploring the museum, meeting the animals and outdoor activities. (£25, packed lunch required)

Open to young people aged 10-15, for more information email css@avenuesgroup.org.uk



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Brickscape Felixstowe

19 February

Support Level: 1-2

[Website](#)

A monthly Saturday club aimed at Lego enthusiasts looking to spend some time doing what they love, with like-minded people. The club offers the opportunity to not only indulge in their passion for creativity, but to meet new people and make friends in a fully supported environment. Brickscape runs on the third Saturday of every month. For more information contact s.boulton@achievingaspirations.uk

Brightstars, Bury St Edmunds

26 February, 9am-12noon or 12:30pm-3pm

Support Level: 1-3

[Website](#)

Biweekly Saturday club for children and young people aged 5-9. Activities include soft play, art and crafts, cooking and games, and are designed to engage and stimulate children according to their ability. £17.50 per session, snack and drink provided. For more info, email brightstarsbse@btinternet.com

Cabin Crew, Ipswich

21-25 February

Support Level: 1-3

[Website](#)

Based at Sidegate Lane School in Ipswich and open to children aged 4-11, Cabin Crew offer fun activities including golf, yoga, drama, dance, puppets and sports in a safe, secure environment. Snacks provided or evening meal for full day attendees. £19 half day, £31 full day. For more information call 01473 715151 or visit the website for booking forms

CAPPA / Cantors Holiday Club, Lowestoft

21 February

Support Level: 1-4

[Website](#)

Making friends and participating in a social group is the main aim of this group, who do various activities including dance, drama and exploring the local community to build on individuals' self-expression, social and independence skills. October activities include drama, singing, music, dance and craft. £15 per day, for more information email info.cappa2021@gmail.com

Eye Arts Club, Eye

5/12/19 February

Support Level: 1-3

[Website](#)

INTER-ACT - Sound, Making and Movement. This project will focus on our senses of touch, hearing and awareness of movement. Participants will learn how to make interactive art and explore movement dynamics. For further details please contact Liz on 01379 668464/07963512549 or lizwaugh@btinternet.com



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Eye Opportunity Group, Eye

21/23/24 February

Support Level: 1-4

[Website](#)

Offering play sessions for children aged 0-5 years who may be experiencing some difficulties, Eye Opportunity Group runs Monday, Wednesday & Thursday mornings and afternoons. During school holidays there are opportunities for older siblings to join the sessions and take part in fun activities. £4 per family, email familyliaison@btconnect.com

Explore Outdoor, Stowmarket

21 February

Support Level: 1-4

[Website](#)

Explore Outdoor are back running their popular SEND Family Park Cooking Days. Spend a day outside with experienced instructors, take part in some fun outdoor activities, cook a hearty and nutritious meal, then take away a food box with ingredients and recipe cards to make 5 meals to cook in the comfort of your home! £10 per family, for more information email exploreeoutdoor@acleisure.com or call 07983 918318.

Fortknights Befriending Groups: Bury & Sudbury

24 February @ Sudbury, contact for next Bury date

Support Level: 1-2

[Website](#)

Fortknights are a small social group for 16-25s who are looking to make new friends. They meet every other Thursday (Sudbury) and every other Wednesday (Bury) in the evening at a local venue. The group plan their own activities and may go for meals, music gigs, go-karting etc - costs depend on the activity chosen. For more info call 07818 343739.

Involve Active, Lowestoft

24 February

Support Level: 1-3

[Website](#)

Join Involve Active for fun, games, arts and crafts. Come and make new friends and meet the team who will support you during this exciting session of activities. There is plenty of outdoor space to explore so bring your wellies and coats if you are going outside. £5 per session, for more information email jennieinvolve@gmail.com

IO Radio, Ipswich

Multiple dates

Support Level: 1-2

[Website](#)

IO Radio provide 1:1 sessions for young people aged 11+ at their South Street Studios in Ipswich, teaching all aspects of radio production from sound mixing to planning and presenting your own show. Sessions are £5 and can be arranged at times to suit you. For more information, contact 01473 852551 or email info@ioradio.co.uk.



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Leading Lives Night Hubs Ipswich / Bury St Edmunds / Sudbury Stowmarket / Saxmundham / Lowestoft

[Website](#)

17 & 18 February
Support Level: 1-4

The Night Hubs are chilled out youth groups for young people aged 13-25 with learning disabilities and autism. They run at hubs across Suffolk throughout the year, and activities include arts and crafts, games, singing and more, costing £6 per session. For more information, email nighthubs.info@leadinglives.org.uk.

Leading Lives Sleepovers: Bury St Edmunds / Lowestoft

[Website](#)

22-24 February
Support Level: 1-4

Leading Lives are running two sleepovers for young people 16-24 with learning disabilities and autism. Each two-night themed break costs £150.

Bury: Festival Theme, with face painting, DJing on the decks and a pizza night!

Lowestoft: Pirate Theme - mocktails, dressing up and a hoola disco!

Contact yp.referrals@leadinglives.org.uk / 01284 765046 (Bury) / 01502 580844 (Lowestoft)

LEAPS, Ipswich

[Website](#)

19 February
Support Level: 1-4

LEAPS Saturday clubs provide fun and engaging activities including lego, cooking, crafts, sensory play and more. AM sessions are for 5-11 year olds, PM sessions are for those aged 12-20. Leaps run a tiered support system, and, after assessment, staff can provide 1:1 support and administer prescribed medications. Costs range from £17.50-£30 per session depending on support. For more information, email info@leapssuffolk.org.uk.

New Wolsey Youth Theatre Squared, Ipswich

[Website](#)

14 & 28 February
Support Level: 1-3

Youth Theatre Squared is for young people aged 11-25 with disabilities and additional needs. The groups explore theatre making through games and storytelling, with activities taking place in a relaxed and supportive environment. £60 a term, for more information, email Sthomas@wolseytheatre.co.uk or call 01473 295930

Orwell Mencap, Stars & Buddies, Ipswich

[Website](#)

Buddies: 21/22/23 February, Stars 22/23/24 February
Support Level: 2-4

Stars (for 11-25s) and Buddies (for 8-18s) Holiday Clubs provide a range of fun activities and workshops including drumming, music, art, cooking and more. Support can be provided for personal care and medication after assessment. Costs vary between £25-75 depending on support level required; for more information contact contactinfo@orwellmencap.co.uk or call 01473 723888.



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Outloud Music, Ipswich

19 February

Support Level: 1-3

[Website](#)

iRock workshops are for young people aged 10-18 with SEND. Sessions can be accessed online or in person and include gaming, music production, presenting and more. Sessions run 12:30-2:30pm and cost £5.

Press Start Gaming Lounge, Ipswich

Multiple dates

Support Level: 1-3

[Website](#)

Press Start Stars offers a dedicated group every other Sunday 12:30-2:30pm for children with additional needs who enjoy gaming. The lounge offers Playstations, xBoxes, Nintendo Switches, PC games and virtual reality. Sessions cost £8 for one child or £16 for a family. For more info, call 01473 410970.

Pro Corda - Leiston

26-27 February

Support Level: 1-3

[Website](#)

Pro Corda are running a Toy Story themed residential musical theatre weekend for young people 10 years and over. Held in the beautiful setting of Leiston Abbey, activities will include singing, dancing, music, technical theatre, and the production of a show. £75 per young person, for more information visit the website or contact Laura@procorda.com

Topcats, Pakefield

21-26 February

Support Level: 2-4

[Website](#)

Topcats run holiday clubs, Saturday groups and a Thursday evening youth club (12+) for children and young people aged 0-25 from their specialist provision centre. Activities including games, music room, soft play and more. Costs depend on support level required and run between £13.50-£148. For more info, email annemarie@topcats.org.uk

Waveney Deaf Children's Society, Lowestoft

27 February

[Website](#)

FREE fun gym session at Waveney Gymnastics Club for deaf children and siblings aged under 18. One hour free play session followed by party food, all children must be supervised by a parent/carer. To book please email waveney@ndcsgroup.org.uk.

Wikid, Ipswich

19 February

Support Level: 1-2

[Website](#)

Wikid offer interactive weekend music sessions for young people with SEND aged 8-18 in Ipswich. Morning sessions are £5 and involve tuition on drums, percussion, guitars, bass and keyboards, followed by sessions on iPads and music technology in conjunction with Out Loud Music / iRock in the afternoon. Attendees can join virtually or face to face.