

# OUR WEEKLY GROUPS CALENDAR

MORE DETAILS CAN BE FOUND BELOW ON THE DEDICATED POSTERS FOR EACH GROUP

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CATCH UP, COFFEE &amp; CRAFT</b> Military Families Group 14 Leek Closes, Hadleigh, IP7 7GE</p> <p><b>9.00am - 11.00am</b></p> <p>Childrens activities &amp; coffee morning for military mums, dads &amp; their children. <small>(Term Time Only)</small></p> <p></p> <p><b>STAY &amp; PLAY</b> Whitehouse Baptist Church Waterford Road, Ipswich, IP1 5NW</p> <p><b>9.15am - 10.45 am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(In association with Highfields Childrens Centre) (Term Time Only)</small></p> <p></p> <p><b>FORTNIGHTLY COMMUNITY CONNECTIONS</b> The Hive Norwich Rd, Ipswich IP1 2ET</p> <p><b>10.00am - 11.00am</b></p> <p>Free "Walk in" Group offering play activities, information &amp; signposting and friendship.</p> <p></p> <p></p>	<p><b>STAY &amp; PLAY</b> Trinity Methodist Church, Hamilton Rd, Felixstowe IP11 7AN</p> <p><b>10.00am - 11.30am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time only)</small></p> <p></p> <p><b>STAY &amp; PLAY</b> Dragonflies Family Hub Wisset Road, Halesworth, IP19 8BT</p> <p><b>10.00am - 11.30am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time only)</small></p> <p></p> <p><b>STAY &amp; PLAY</b> Rendlesham Community Centre Walnut Tree Avenue, Rendlesham, Suffolk, IP12 2GG</p> <p><b>10.00am - 11.30am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time only)</small></p> <p></p> <p><b>MUMS IN MIND</b> Sunshine Family Hub Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD</p> <p><b>1.15pm - 2.45pm</b></p> <p>A safe place for mums experiencing emotional distress in baby's first year to talk openly and honestly about life as a new mum.</p> <p></p>	<p><b>STAY PLAY</b> Sunshine Family Hub Hillside, Stowmarket, IP14 2BD</p> <p><b>9.30am - 11.00am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time Only)</small></p> <p></p> <p><b>FORTNIGHTLY A TIME TO EXPLORE</b> Butterflies Family Hub Castle Hill, Beccles, NR34 7BQ</p> <p><b>10.30am - 11.30am</b></p> <p>For children with additional needs aged 0 - 4 years Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time Only)</small></p> <p></p> <p><b>FORTNIGHTLY A TIME TO EXPLORE</b> Dragonflies Family Hub Wisset Road, Halesworth, IP19 8BT</p> <p><b>10.30am - 11.30am</b></p> <p>For children with additional needs aged 0 - 4 years Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support. <small>(Term Time Only)</small></p> <p></p> <p><b>SPECIAL ONCE A MONTH SUPPORT GROUP</b> FIRST WEDNESDAY OF EACH MONTH <b>A TIME TO BE</b> Virtual Group for parents with children with additional needs</p> <p><b>7.30pm - 8.30pm</b></p> <p>Connect with parents experiencing similar challenges, led by experienced Coordinator Tracy Clark</p> <p></p>	<p><b>COOKING MADE SIMPLE</b> Virtual Cooking Group OnLine</p> <p><b>10.00am - 11.00am</b></p> <p>Free Cooking classes every week focusing on simple, nutritious recipes for all the family to enjoy. Looking at budgeting, meal planning &amp; much more!</p> <p></p> <p><b>COMMUNITY CONNECTIONS</b> Wellington Family Hub 52 Chevallier St, Ipswich, IP1 2PB</p> <p><b>9.30am - 11.00am</b></p> <p>Free "Walk in" Group offering play activities, information &amp; signposting and friendship.</p> <p></p> <p><b>SPECIAL ONCE A MONTH SUPPORT GROUP</b> FIRST THURSDAY OF EACH MONTH <b>A TIME TO BE</b> Virtual Group for parents with children with additional needs</p> <p><b>10.30am - 11.30am</b></p> <p>Connect with parents experiencing similar challenges, led by experienced Coordinator Tracy Clark</p> <p></p> <p><b>CATCH UP, COFFEE &amp; CRAFT</b> Military Families Group Wattisham Community Centre, Wattisham, IP7 7RE</p> <p><b>1.00pm - 2.30pm</b></p> <p>Join us for free play and craft activities for military parents and their children <small>(Term Time Only)</small></p> <p></p> <p><b>FORTNIGHTLY COMMUNITY CONNECTIONS</b> Hillside family Hub Maidenhall App, Ipswich, IP2 8NY</p> <p><b>1.00pm - 2.30pm</b></p> <p>Free "Walk in" Group offering play activities, information &amp; signposting and friendship.</p>	<p><b>TALK &amp; PLAY</b> Kirkley Family Hub Kirkley St, Lowestoft NR33 0LU</p> <p><b>9.30am - 11.00am</b></p> <p>Free sessions to play, enjoy lots of activities promoting speech and language development &amp; an opportunity for parents to socialise &amp; ask for support.</p> <p></p> <p><b>EXPLORE &amp; DISCOVER</b> Leiston Family Hub Waterloo Ave, Leiston IP16 4HF</p> <p><b>10.00am - 11.30am</b></p> <p>Free sessions to play, enjoy lots of activities promoting speech and language development &amp; an opportunity for parents to socialise &amp; ask for support.</p> <p></p> <p><b>STAY &amp; PLAY</b> Ravenswood Family Hub Henning Avenue, Ipswich, IP3 9QJ</p> <p><b>10.00am - 11.30am</b></p> <p>Free sessions to play, enjoy lots of activities good for child's development &amp; an opportunity for parents to socialise &amp; ask for support.</p> <p></p> <p></p>

PLEASE NOTE: MANY MOST GROUPS ARE WEEKLY AND TERM TIME ONLY, SOME ARE MONTHLY. IF YOU ARE UNSURE, PLEASE CONTACT 01473 621104

