



WEEKLY GROUPS



Monday

CATCH UP, COFFEE & CRAFT

Childrens activities & coffee morning for military mums, dads & their children.

Military Families Group
Beaumont Community Primary School
14 Durrant Road
Hadleigh, IP7 6GD

9.00am - 11.00am
TERM TIME ONLY

STAY & PLAY

Free sessions to play, enjoy lots of activities good for child's development & an opportunity for parents to socialise & ask for support.

Whitehouse Baptist Church Waterford Road, Ipswich, IP1 5NW

9.15am - 10.45am
TERM TIME ONLY

Tuesday

STAY & PLAY

Free sessions to play, enjoy lots of activities good for child's development & an opportunity for parents to socialise & ask for support.

Trinity Methodist Church, Hamilton Rd, Felixstowe IP11 7AN

10.00am - 11.30am
TERM TIME ONLY

Rendlesham Community Centre
Walnut Tree Avenue,
Rendlesham, IP12 2GG

10.00am - 11.30am
TERM TIME ONLY

Wednesday

STAY & PLAY

Free sessions to play, enjoy lots of activities good for child's development & an opportunity for parents to socialise & ask for support.

Sunshine Family Hub
Hillside, Stowmarket,
IP14 2BD

9.30am - 11.00am
TERM TIME ONLY

Dragonflies Family Hub
Wisset Road,
Halesworth, IP19 8BT

10.00am - 11.30am
TERM TIME ONLY

A TIME TO BE

Connect with parents experiencing similar challenges, led by experienced Coordinator Tracy Clark

Virtual Group for parents with children with additional needs

7.30pm - 8.30pm
FIRST WEDNESDAY
OF EACH MONTH

Thursday

COOKING MADE SIMPLE

Free Cooking classes every week focusing on simple, nutritious recipes for all the family to enjoy. Looking at budgeting, meal planning & much more!

Virtual Cooking Group
10.00am - 11.00am

COMMUNITY CONNECTIONS

Free "Walk in" Group offering play activities, information & signposting and friendship.

Wellington Family Hub
52 Chevallier St,
Ipswich,
IP1 2PB

9.30am - 11.00am

COMMUNITY CONNECTIONS

Free "Walk in" Group offering play activities, information & signposting and friendship.

Hillside Family Hub Maidenhall App, Ipswich, IP2 8NY

9.30am - 11.00am
FORTNIGHTLY

A TIME TO BE

Connect with parents experiencing similar challenges, led by experienced Coordinator Tracy Clark

Virtual Group for parents with children with additional needs

10.30am - 11.30am
FIRST THURSDAY
OF EACH MONTH

CATCH UP, COFFEE & CRAFT

Childrens activities & coffee morning for military mums, dads & their children.

Military Families Group
Wattisham Community Centre, Wattisham,
IP7 7RE

9.30am - 11.30am
TERM TIME ONLY

Friday

TALK & PLAY

Free sessions to play, enjoy lots of activities promoting speech and language development & an opportunity for parents to socialise & ask for support.

Kirkley Family Hub
Kirkley St, Lowestoft
NR33 0LU

9.30am - 11.00am

EXPLORE & DISCOVER

Free sessions to play, enjoy lots of activities promoting speech and language development & an opportunity for parents to socialise & ask for support

Leiston Family Hub
Waterloo Ave, Leiston
IP16 4HF

10.00am - 11.30am

STAY & PLAY

Ravenswood Family Hub
Henning Avenue,
Ipswich, IP3 9QJ

10.00am - 11.30am