



FAMILY SUPPORT GROUPS



Monday

BETTER TOGETHER

A relaxed, friendly group for 0–5-year-olds to play and participate in fun activities, with the opportunity to socialise and ask for support.

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

9.30am - 11.00am
Term time only

STAY & PLAY

A relaxed, friendly group for 0–5-year-olds to play and participate in fun activities, with the opportunity to socialise and ask for support.

Whitehouse Baptist Church Waterford Road, Ipswich,
IP1 5NW

9.15am - 10.45am
Term time only

SOFT PLAY, STAY & PLAY

A relaxed and friendly group for 0–5-year-olds to enjoy soft play and for parents and carers to meet other families.

Kingfisher Leisure Centre, Soft Play, Sudbury, CO10 2SU

1.00pm - 2.30pm
2nd & 4th Monday each month
Term time only

Tuesday

STAY & PLAY

A relaxed and friendly group for 0–5-year-olds to play and participate in fun activities, with the opportunity for parents and carers to socialise and 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

STAY & PLAY

Crafts & play activities for military & local families with children 0–5 years.

Honington Social Club Troston Road, IP31 1NA

9.45am - 11.15am
Alternate Tuesdays,
starting 9th September

Wednesday

STAY & PLAY

A relaxed and friendly group for 0–5-year-olds to enjoy soft play, with the opportunity for parents and carers to meet with other families.

Sunshine Family Hub, Stowmarket Community Centre, IP14 2BD

9.30am - 11.00am
Term time only

STAY & PLAY

Sessions for 0–2-year-olds to play, enjoy activities good for children's development and an opportunity for parents to socialise and ask for support.

Dragonflies Family Hub, Wisset Road, Halesworth, IP19 8BT

10.00am - 11.30am
Term time only

ONLINE SOCIAL

An opportunity to connect with other families and access support from the comfort of your own home and familiar surroundings.

Virtual group for those unable to access in person groups

10.00am - 11.30am
2nd Wednesday of every month

EXPLORE & DISCOVER

Art, crafts and sensory play activities for military & local families with children 0–5 years.

Alan Crompton Hall, Sutton Heath, IP12 3TD

2.00pm - 3.00pm
Alternate Wednesdays,
starting 10th September

Thursday

STAY & PLAY

A relaxed, friendly group for 0–5-year-olds to play with the opportunity for parents and carers to socialise and ask for support.

Wattisham Community Centre, IP7 7RE

9.30am - 11.00am
Term time only

COMMUNITY CONNECTIONS

Free walk-in group offering play activities, signposting and friendship.

Wellington Family Hub, 52 Chevalier Street, Ipswich, IP1 2PB

9.30am - 11.00am
Weekly

Hillside Family Hub, Maidenhall Approach, Ipswich, IP2 8NY

1.00pm - 2.30pm
Weekly

Friday

STAY & PLAY

A relaxed and friendly group for 0–5-year-olds to play and participate in fun activities, with the opportunity for parents and carers to socialise and ask for support.

Ravenswood Family Hub, Hening Avenue, Ipswich, IP3 9QJ

10.00am - 11.30am
Term time only

TALK & PLAY

Sessions for 0–5-year-olds to play, enjoy activities promoting speech and language development and an opportunity for parents to socialise and ask for support.

Kirkley Family Hub Kirkley Street, Lowestoft, NR33 0LU

9.30am - 11.00am
Term time only

POWER OF PLAY

A relaxed and friendly group for 0–5-year-olds to play and participate in fun activities, with the opportunity for parents and carers to socialise and ask for support.

Leiston Family Hub Waterloo Ave, Leiston, IP16 4HF

10.00am - 11.30am
Term time only