

# 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, friendly group designed for parents/ carers who are feeling isolated & would like to meet other families & for their 0-5-year-olds to enjoy soft play.

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

**1.00pm - 2.30pm**  
2<sup>nd</sup> & 4<sup>th</sup> 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/ 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, from 10<sup>th</sup> February

## 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**  
2<sup>nd</sup> 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, from 11<sup>th</sup> February

### FAMILY FUN ZONE

Crafts, family games and activities for military & local parents/ carers and their children 0 - 11 years, delivered in partnership with AWS.

**Community Centre, Sutton Heath, IP12 3TD**

**4.00pm - 5.00pm**  
Alternate Wednesdays, from 11<sup>th</sup> February

## 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

### A TIME TO BE

Connect with parents experiencing similar challenges, led by Home-Start Suffolk SEND Navigator, Tracy Clark.

**Virtual Group for parents with children with additional needs**

**7.30pm - 8.30pm**      **10.30am - 11.30am**  
First Wednesday of each month      First Thursday of each month

## 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/ 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/ carers 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/ carers to socialise and ask for support.

**Leiston Family Hub Waterloo Ave, Leiston, IP16 4HF**

**10.00am - 11.30am**  
Term time only