



Christmas Holiday Activities 2024





Activities are available during the Christmas Holidays across Babergh and Mid Suffolk for children who are eligible for benefit related free school meals or have an identified need. Identified needs can include:

- Young carers
- Children with an EHC (education, health and care plan)
- Children assess by the local authority as being in need, at risk of vulnerable.
- Looked-after children or previously looked-after children.
- Children who have low attendance rates at school or who at risk of exclusion.
- Children living in areas of high deprivation or from low-income households who are not in receipt of free school meals.
- Children in transition phases between nursery and primary school or primary school and secondary school.

Please note for this Christmas holiday period and going forward, we are also using the booking system Eequ.

Guardians of eligible children can book spaces either through Suffolk HAF Eequ¹.

Embed://<iframe
src="https://www.google.com/maps/d/embed?mid=1NmR1QDcJZuIOShjlh27lF95fNqhhfQ4
&ehbc=2E312F" width="640" height="480"></iframe>

¹<https://eequ.org/suffolkhaf>

Brantham

Holiday Club with Anglia Sports Management



- **Description** - An action-packed holiday club for those aged 5-12 involving: football, multi-sports, arts and crafts, mini chefs, dodgeball and fun!
- **Dates** - 23rd, 24th, 30th & 31st December, 2nd & 3rd January
- **Address** - Brantham Leisure Centre, Brantham, CO11 1RZ
- **How to book** - visit this activity page on EEQU²

Contact details:

- Visit Anglia Sports Management's Website³
- Email info@angliasportsmanagement.com⁴
- Phone 01206 392506⁵

²<https://eequ.org/experience/5891>

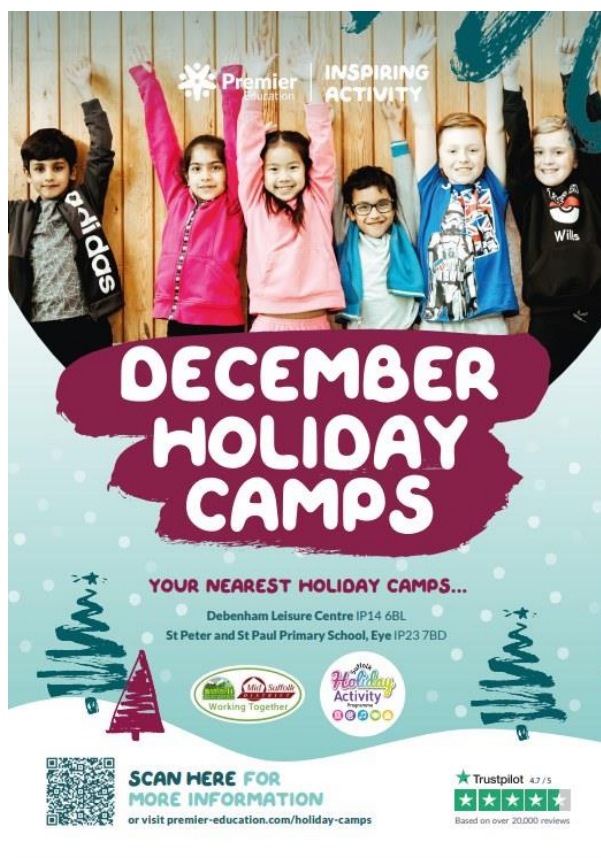
³<http://www.angliasportsmanagement.com/>

⁴<mailto:info@angliasportsmanagement.com>

⁵<tel:00441206392506>

Eye

Holiday Camp with Premier



- **Description** - A bucket load of fun activities, every school holiday. With sports, performing arts, and games to enjoy each half term. Ages 5-11.
- **Dates** - 23rd December & 2nd January
- **Address** - St Peter's and St Pauls Church Street, Eye, Suffolk, IP23 7BD
- **How to book** - Visit this activity page on EEQU⁶

Contact details:

- Visit Premier Education's website⁷
- Email info@premier-education.com⁸
- Phone 01953 499 040⁹

⁶<https://eequ.org/experience/5911>

⁷<https://www.premier-education.com/>

⁸<mailto:info@premier-education.com>

⁹<tel:00441953499040>

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a close-up of a roasted turkey with vegetables in a pan. Below the image is a dark blue background with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and details about the boxes being free for eligible families. A QR code is provided for booking. Logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbecroft are at the bottom.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

**18 locations across Suffolk
Sunday 22nd or Monday 23rd December**

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

FREE*
BOOK NOW



*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbecroft.org.uk/HAF

    **Abbecroft**
Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - The Bank, 2 Castle Street, Eye, IP23 7AN
- **How to book** - Visit this activity page on EEQU¹⁰

Contact details:

- Visit Abbecroft Leisure's website¹¹
- Email HAF@acleisure.com¹²
- Phone 01284 757495¹³

¹⁰<https://eequ.org/experience/5816>

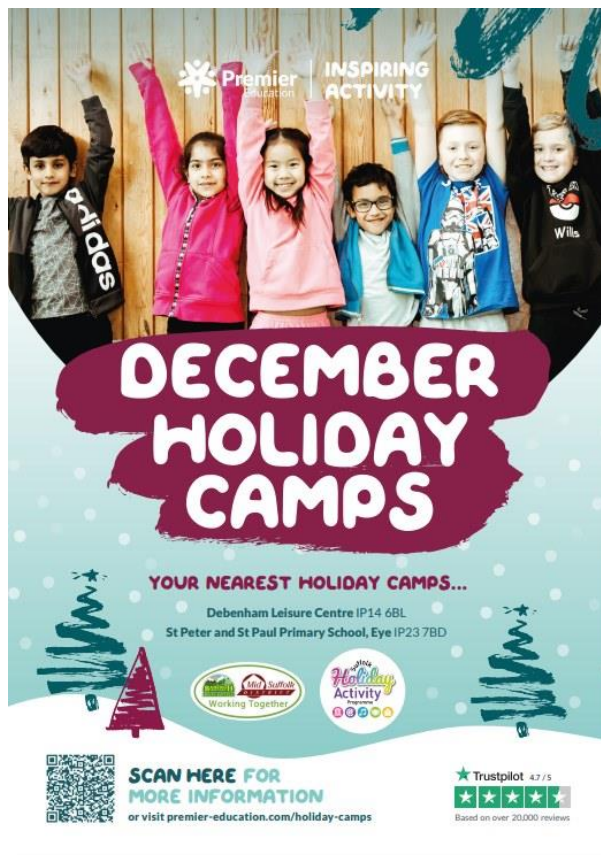
¹¹<https://www.acleisure.com/HAF/>

¹²<mailto:HAF@acleisure.com>

¹³<tel:00441284757495>

Debenham

Holiday Camp Premier



- **Description** - A bucket load of fun activities, every school holiday. With sports, performing arts, and games to enjoy each half term. Ages 5-11.
- **Dates** - 23rd December, 2nd & 3rd January
- **Address** - Debenham Sports & Leisure Centre, Gracechurch Street, Debenham, Stowmarket, IP14 6BL
- **How to book** - Visit this activity page on Eequ¹⁴

Contact details:

- Visit Premier Education's website¹⁵
- Email info@premier-education.com¹⁶
- Phone 01953 499 040¹⁷

¹⁴<https://eequ.org/experience/6029>

¹⁵<https://www.premier-education.com/>

¹⁶<mailto:info@premier-education.com>

¹⁷<tel:00441953499040>

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey, potatoes, and vegetables. Below the photo is a blue background with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and details about the boxes. A QR code is present for booking. Logos for various partners are at the bottom.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbeycroft.org.uk/HAF

Department for Education, Suffolk County Council, West Suffolk Council, Abbeycroft Let's Love Life

FREE* BOOK NOW



- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Debenham Sports & Leisure Centre, Gracechurch Street, Debenham, IP14 6BL
- **How to book** - Visit this activity page on EEQU¹⁸

Contact details:

- Visit Abbeycroft Leisure's website¹⁹
- Email HAF@acleisure.com²⁰
- Phone 01284 757495²¹

¹⁸<https://eequ.org/experience/5833>

¹⁹<https://www.acleisure.com/HAF/>

²⁰<mailto:HAF@acleisure.com>

²¹<tel:00441284757495>

Glensford

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey with vegetables and a small 'EXPLORE OUTDOOR' logo. The bottom half has a dark blue background with white text. The main title is 'CHRISTMAS FAMILY FOOD BOXES' in large, bold letters. Below it, it says '18 locations across Suffolk' and 'Sunday 22nd or Monday 23rd December'. There are three paragraphs of text: one explaining the boxes are for families that can't attend cooking sessions, one listing the contents (Christmas dinner, Boxing Day lunch, and activity pack), and one stating 'One box per family'. A QR code is labeled 'FREE BOOK NOW'. At the bottom, there is a website link 'abbeycroft.org.uk/HAF', a disclaimer, and logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft.

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

FREE BOOK NOW

*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbeycroft.org.uk/HAF

Department for Education | Suffolk County Council | West Suffolk Council | Abbeycroft Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Glensford Village Hall, Tye Green, Glensford, CO10 7RH
- **How to book** - Visit this activity page on EEQU²²

Contact details:

- Visit Abbeycroft Leisure's website²³
- Email HAF@acleisure.com²⁴
- Phone 01284 757495²⁵

²²<https://eequ.org/experience/5827>

²³<https://www.acleisure.com/HAF/>

²⁴<mailto:HAF@acleisure.com>

²⁵<tel:00441284757495>

Hadleigh

Swimming with Abbeycroft Leisure

SPLASH YOUR WAY TO HAPPINESS
THIS CHRISTMAS

Saturday 21st December – Sunday 5th January
*subject dates apply

Come along this Christmas Holiday and take part in our FREE swim & lunch offer.
*free for those eligible for free school meals and other hardships

Available at:
Hadleigh Pool & Leisure
Kingfisher Leisure Centre
Haverhill Leisure Centre
Newmarket Leisure Centre
Bury St Edmunds Leisure Centre
Mildenhall Hub

For more info:
haf@acleisure.com
abbeycroft.org.uk/HAF




Abbeycroft
Let's Love Life



- **Description** - Swimming sessions including inflatables and standard swimming pool time. Age 4-16 years.
- **Dates** - 21st December - 5th January
- **Address** - Hadleigh Pool and Leisure, Stonehouse Road, Hadleigh, IP7 5BH
- **How to book** - Visit this activity page on EEQU²⁶

Contact details:

- Visit Abbeycroft Leisure's website²⁷
- Email HAF@acleisure.com²⁸
- Phone 01284 757495²⁹

²⁶<https://eequ.org/experience/5519>

²⁷<https://www.acleisure.com/HAF/>

²⁸<mailto:HAF@acleisure.com>

²⁹<tel:00441284757495>

Multi Sports Activity Camp with Kicks & Tricks

KICKS & TRICKS
Activity Camps

Ofsted Registered Venues

FREE SPACES WITH THE
21st Century Activity @ @ @ @ @

WINTER CAMPS
23rd Dec - 3rd Jan

VENUES

Beaumont Primary School	23rd Dec - 2nd, 3rd Jan
Grace Cook Primary School	23rd Dec - 2nd, 3rd Jan
Cliff Lane Primary School	23rd Dec - 2nd Jan

For more information visit:
www.kicksandtricks.co.uk
info@kicksandtricks.co.uk

EARLY RISERS 8AM-11AM £5

DAY CAMP 9AM-5PM ONLY £28

EXTRA FUN 5PM-6PM £5

2024 WINNER Family Business of the Year

SCAN ME

- **Description** - Holiday club involving multi-sports, arts, and crafts. 9am – 5pm but offer includes 8am - 6pm. Ages 4-16.
- **Dates** - 23rd December, 2nd & 3rd January
- **Address** - Beaumont Primary School, Hadleigh, IP7 6GD
- **How to book** - Visit this activity page on Eequ³⁰

Contact details:

- Visit Kicks and Tricks' Website³¹
- Email info@kicksandtricks.co.uk³²
- Phone 01449 401630³³

³⁰<https://eequ.org/experience/6617>

³¹<https://www.kicksandtricks.co.uk/school-provision/sports-clubs>

³²<mailto:info@kicksandtricks.co.uk>

³³<tel:00441449401630>

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey, potatoes, and vegetables. Below the photo is a blue background with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and details about the boxes being free for eligible families. A QR code is provided for booking. At the bottom, there are logos for the Department for Education, Hadleigh Leisure, Suffolk County Council, West Suffolk Council, and Abbeycroft.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

FREE*
BOOK NOW



abbeycroft.org.uk/HAF

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

Department for Education | Hadleigh Leisure | Suffolk County Council | West Suffolk Council | Abbeycroft Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Hadleigh Pool & Leisure Centre, Hadleigh, IP7 5BH
- **How to book** - Visit this activity page on EEQU³⁴

Contact details:

- Visit Abbeycroft Leisure's website³⁵
- Email HAF@acleisure.com³⁶
- Phone 01284 757495³⁷

³⁴<https://eequ.org/experience/5830>

³⁵<https://www.acleisure.com/HAF/>

³⁶<mailto:HAF@acleisure.com>

³⁷<tel:00441284757495>

Lavenham

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey and other festive dishes. Below the photo, the text reads 'EXPLORE OUTDOOR' in a small box, followed by 'CHRISTMAS FAMILY FOOD BOXES' in large, bold, white letters. Underneath, it says '18 locations across Suffolk' and 'Sunday 22nd or Monday 23rd December'. The poster includes a QR code with the text 'FREE BOOK NOW' and a small 'EXPLORE OUTDOOR' logo. At the bottom, there is a list of partner logos including the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft. The Abbeycroft logo is a stylized yellow 'A' with the tagline 'Let's Love Life'.

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Sports Pavilion, Bridge Street, Lavenham, CO10 9SH
- **How to book** - Visit this activity page on EEQU³⁸

Contact details:

- Visit Abbeycroft Leisure's website³⁹
- Email HAF@acleisure.com⁴⁰
- Phone 01284 757495⁴¹

³⁸<https://eequ.org/experience/5823>

³⁹<https://www.acleisure.com/HAF/>

⁴⁰<mailto:HAF@acleisure.com>

⁴¹<tel:00441284757495>

Needham Market

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey, potatoes, and vegetables. Below the photo is a blue banner with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and a 'FREE BOOK NOW' QR code. At the bottom, there are logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft, along with the website 'abbeycroft.org.uk/HAF' and a disclaimer about eligibility criteria.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbeycroft.org.uk/HAF

Department for Education Suffolk County Council West Suffolk Council Abbeycroft Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Needham Market Community Centre, School Street, Needham Market, IP6 8BB
- **How to book** - Visit this activity page on EEQU⁴²

Contact details:

- Visit Abbeycroft Leisure's website⁴³
- Email HAF@acleisure.com⁴⁴
- Phone 01284 757495⁴⁵

⁴²<https://eequ.org/experience/5819>

⁴³<https://www.acleisure.com/HAF/>

⁴⁴<mailto:HAF@acleisure.com>

⁴⁵<tel:00441284757495>

Stowmarket

Family Park Cooking with Explore Outdoor

EXPLORE OUTDOOR

FAMILY PARK COOKING

21st - 23rd December
Across Suffolk
10:00-15:00
*subject dates apply

Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together.

Every Family that attends will take home all of the ingredients and recipe cards for a full Christmas Dinner and Boxing Day Lunch.

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria

FREE*
BOOK NOW

abbeycroft.org.uk/HAF

Suffolk County Council **West Suffolk** Council **Department for Education** **Abbeylease** **Family Park** **Abbeycroft** Let's Love Life

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. For 5+ years.
- **Dates** - 21st & 22nd December
- **Address** - 1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ
- **How to book** - Visit this activity page on EEQU⁴⁶

Contact details:

- Visit Abbeycroft Leisure's website⁴⁷
- Email HAF@acleisure.com⁴⁸
- Phone 01284 757495⁴⁹

⁴⁶<https://eequ.org/experience/5766>

⁴⁷<https://www.acleisure.com/HAF/>

⁴⁸<mailto:HAF@acleisure.com>

⁴⁹<tel:00441284757495>

Adventure Day with Explore Outdoor

ADVENTURE DAYS
AGES 8-12 YEARS

21st - 23rd December
*subject dates apply
08:30-16:30

Come to life in the great outdoors this Christmas and enjoy fire lighting and cooking in the wild, Archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh, Mid and west Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!

*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria

abbeycroft.org.uk/HAF

FREE*
BOOK NOW

Abbeycroft
Let's Love Life

Suffolk County Council, West Suffolk Council, Department for Education, and other partner logos.

- **Description** - Adventure Days introducing alternative physical activity through outdoor activities. For 8-12 years.
- **Dates** - 21st & 23rd December
- **Address** - 1st Combs Scout Hall, Combs Wood Drive, Stowmarket, IP14 2RJ
- **How to book** - Visit this activity page on EEQU⁵⁰

Contact details:

- Visit Abbeycroft Leisure's website⁵¹
- Email HAF@acleisure.com⁵²
- Phone 01284 757495⁵³


⁵⁰<https://eequ.org/experience/6196>

⁵¹<https://www.acleisure.com/HAF/>

⁵²<mailto:HAF@acleisure.com>

⁵³<tel:00441284757495>

Swimming, Playworld and Roller Disco with Everyone Active



ROLLER DISCOS

AT MID SUFFOLK LEISURE CENTRE

**Monday 23rd & Monday 30th
December, 1.15-2.15pm**

A roller disco aimed at younger participants and their families in a safe, fun environment with music.

FREE
FOR CHILDREN
ON BENEFITS
RELATED FREE
SCHOOL MEALS

Adults are not allowed to book on individually. You can only book on with a child.
This is not a drop off session. Parents must stay if the child is under 8 but are not required to skate.

To book a session please visit <https://eequ.org/midsuffolkleisurecentreeveryoneactive>
For any queries to contact Trinity on 07561 108471



everyoneactive.com | facebook.com/mid-suffolk-leisure-centre | @everyoneactive | @everyoneactive_midsuffolk



HOLIDAY ACTIVITY AND FOOD PROGRAMME (HAF)

FREE PLAY WORLD* AND SWIMMING** SESSIONS

FOR PRIMARY SCHOOL PUPILS AGED 5-11
at Mid Suffolk Leisure Centre - Stowmarket

**Sessions running from 23rd
December - 3rd January^**
Please see EEQU for times.

FREE
FOR CHILDREN
ON BENEFITS
RELATED FREE
SCHOOL MEALS

FREE*** healthy child's lunch available in the café from 10am.
Choose your sandwich filling from ham, cheese or tuna mayo.

*Children in Play World must be supervised by an accompanying adult. **Children under 8 must have an accompanying adult in the water.
^Excluding bank holidays and weekends. ***Free meals are cold food only.

Spaces are limited so book early! To book a session please scan the QR code or visit <https://eequ.org/midsuffolkleisurecentreeveryoneactive>

Everyone Active manages this facility in partnership with Mid Suffolk District Council.



- **Description** - Family swim session and Playworld. For primary and secondary school age
- **Dates** - 23rd December - 3rd January
- **Address** - Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH
- **How to book** -
 - Visit the swimming activity page on EEQU⁵⁴
 - Visit the Playworld activity page on EEQU⁵⁵
 - Visit the Roller Disco activity page on EEQU⁵⁶

Contact details:

- Visit Everyone Active's Website⁵⁷
- Email trinityrose@everyoneactive.com⁵⁸
- Phone 07561 108471⁵⁹

⁵⁴<https://eequ.org/experience/5375>

⁵⁵<https://eequ.org/experience/5539>

⁵⁶<https://eequ.org/experience/11781>

⁵⁷<https://www.everyoneactive.com/>

⁵⁸<mailto:trinityrose@everyoneactive.com>

⁵⁹[Tel:00447561108471](tel:00447561108471)

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey, potatoes, and vegetables. Below the photo is a blue background with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and details about the boxes being free for eligible families. A QR code is provided for booking. Logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft are at the bottom.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

FREE*
BOOK NOW



*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbeycroft.org.uk/HAF

Department for Education | Suffolk County Council | West Suffolk Council | Abbeycroft Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Red Gables, Ipswich Road, Stowmarket, IP14 1BE
- **How to book** - Visit this activity page on EEQU⁶⁰

Contact details:

- Visit Abbeycroft Leisure's website⁶¹
- Email HAF@acleisure.com⁶²
- Phone 01284 757495⁶³

⁶⁰<https://eequ.org/experience/5813>

⁶¹<https://www.acleisure.com/HAF/>

⁶²<mailto:HAF@acleisure.com>

⁶³<tel:00441284757495>

Holiday Camp with Kicks and Tricks

KICKS & TRICKS
Activity Camps

Ofsted Registered Venues

WINTER CAMPS
23rd Dec - 3rd Jan

VENUES	DATES
Beumont Primary School	23rd Dec - 2nd, 3rd Jan
Grace Cook Primary School	23rd Dec - 2nd, 3rd Jan
Cliff Lane Primary School	23rd Dec - 2nd, 3rd Jan

For more information visit:
www.kicksandtricks.co.uk
info@kicksandtricks.co.uk

EARLY RISERS 8AM-11AM £5
DAY CAMP ONLY 9AM-5PM £28
EXTRA FUN 5PM-6PM £5

2024 WINNER Family Business of the Year

- **Description** - Holiday club involving multi-sports, arts, and crafts. 9am – 5pm but offer includes 8am - 6pm. Ages 4-16.
- **Dates** - 23rd December, 2nd & 3rd Jan
- **Address** - Grace Cook Primary School, Stowmarket, IP14 1XJ
- **How to book** - Visit this activity's page on EEQU ⁶⁴

Contact details:

- Visit Kicks and Tricks' Website⁶⁵
- Email info@kicksandtricks.co.uk⁶⁶
- Phone 01449 401630⁶⁷

⁶⁴<https://eequ.org/experience/6618>

⁶⁵<https://www.kicksandtricks.co.uk/school-provision/sports-clubs>

⁶⁶<mailto:info@kicksandtricks.co.uk>

⁶⁷<tel:00441449401630>

Stowupland

Football Camp with Ipswich Town Community Foundation



- **Description** - Soccer school involving football skills session, inflatable games and mini matches. Ages 6-12 years.
- **Dates** - 3rd January
- **Address** - Stowupland Sports Centre, Stowupland, IP14 4BQ
- **How to book** - Visit this activity page on EEQU⁶⁸

Contact details:

- Visit Ipswich Town Football Club's Website⁶⁹
- Email community@itfc.co.uk⁷⁰
- Phone 01473 400980⁷¹

⁶⁸<https://eequ.org/experience/7346>

⁶⁹<https://www.itfcfoundation.co.uk/>

⁷⁰<mailto:community@itfc.co.uk>

⁷¹<tel:00441473400980>

Sudbury and Great Cornard

Adventure Days with Explore Outdoor

ADVENTURE DAYS
AGES 8-12 YEARS

21st - 23rd December
*subject dates apply
08:30-16:30

Come to life in the great outdoors this Christmas and enjoy fire lighting and cooking in the wild, Archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh, Mid and west Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

Breakfast, lunch and snacks provided!

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria

abbeycroft.org.uk/HAF

FREE BOOK NOW

Abbeycroft
Let's Love Life

- **Description** - Adventure Days introducing alternative physical activity through outdoor activities. For 8-12 years.
- **Dates** - 21st & 23rd December
- **Address** - 3rd Sudbury Scout Hut, 6 Quay Lane, Sudbury, CO10 2AN
- **How to book** - Visit this activity page on EEQU⁷²

Contact details:

- Visit Abbeycroft Leisure's website⁷³
- Email HAF@acleisure.com⁷⁴
- Phone 01284 757495⁷⁵

⁷²<https://eequ.org/experience/7275>

⁷³<https://www.acleisure.com/HAF/>

⁷⁴<mailto:HAF@acleisure.com>

⁷⁵<tel:00441284757495>

Family Park Cooking with Explore Outdoor

EXPLORE OUTDOOR

FAMILY PARK COOKING

**21st - 23rd December
Across Suffolk**
10:00-15:00
*subject dates apply

Parents and children take part in an amazing family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together.

Every Family that attends will take home all of the ingredients and recipe cards for a full Christmas Dinner and Boxing Day Lunch.

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria

abbecroft.org.uk/HAF

FREE BOOK NOW

Abbeycroft
Let's Love Life

Suffolk County Council, West Suffolk Council, Department for Education, Family Park, Abbecroft

- **Description** - Family park cooking involving family activities, an outdoor cooking class and a food box for a family of 4. For 5+ years.
- **Dates** - Saturday 23rd December
- **Address** - Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury, CO10 0WD
- **How to book** - Visit this activity page on EEQU⁷⁶

Contact details:

- Visit Abbecroft Leisure's website⁷⁷
- Email HAF@acleisure.com⁷⁸
- Phone 01284 757495⁷⁹

⁷⁶<https://eequ.org/experience/5759>

⁷⁷<https://www.acleisure.com/HAF/>

⁷⁸<https://HAF@acleisure.com/>

⁷⁹<tel:01284757495>

Soft play and Lunch with Abbeycroft Leisure



- **Description** - Soft play sessions and lunch. Age primary school aged children.
- **Dates** - 21st December - 5th January
- **Address** - Kingfisher Leisure Centre, Station Road, Sudbury, CO10 2SU
- **How to book** - Visit this activity page on EEQU⁸⁰

Contact details:

- Visit Abbeycroft Leisure's website⁸¹
- Email HAF@acleisure.com⁸²
- Phone 01284 757495⁸³

⁸⁰<https://eequ.org/experience/5514>

⁸¹<https://www.acleisure.com/HAF/>

⁸²<https://HAF@acleisure.com/>

⁸³<tel:01284757495>

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a photograph of a roasted turkey, potatoes, and vegetables in a pan. Below the photo is a blue background with white text. The text includes the title 'CHRISTMAS FAMILY FOOD BOXES', the dates '18 locations across Suffolk Sunday 22nd or Monday 23rd December', and details about the boxes being free for eligible families. A QR code is provided for booking. Logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft are at the bottom.

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

One box per family

*Free for those eligible for free school meals or meet Suffolk Country Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.

abbeycroft.org.uk/HAF

Department for Education | Suffolk County Council | West Suffolk Council | Abbeycroft Let's Love Life

FREE* BOOK NOW



- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Kingfisher Leisure Centre, Sudbury, CO10 2SU
- **How to book** - Visit this activity page on EEQU⁸⁴

Contact details:

- Visit Abbeycroft Leisure's website⁸⁵
- Email HAF@acleisure.com⁸⁶
- Phone 01284 757495⁸⁷

⁸⁴<https://eequ.org/experience/5829>

⁸⁵<https://www.acleisure.com/HAF/>

⁸⁶<mailto:HAF@acleisure.com>

⁸⁷<tel:00441284757495>

Woolpit

Food & Activity Boxes with Explore Outdoor

A promotional poster for 'Christmas Family Food Boxes'. The top half features a close-up of a roasted turkey and other festive dishes. Below the image, the text reads 'EXPLORE OUTDOOR' in a small box, followed by 'CHRISTMAS FAMILY FOOD BOXES' in large, bold, white letters. Underneath, it says '18 locations across Suffolk' and 'Sunday 22nd or Monday 23rd December'. The poster includes a QR code with the text 'FREE BOOK NOW' and the Abbeycroft logo. At the bottom, there are logos for the Department for Education, Suffolk County Council, West Suffolk Council, and Abbeycroft. A small disclaimer at the bottom left states: '*Free for those eligible for free school meals or meet Suffolk County Council eligibility criteria. Boxes are limited and issued on a first come first serve basis. You must have a booking confirmation email to collect a box.'

EXPLORE OUTDOOR

CHRISTMAS FAMILY FOOD BOXES

18 locations across Suffolk
Sunday 22nd or Monday 23rd December

These boxes are for families that can't attend one of our Family Park Cooking sessions.

Receive all the ingredients for a Christmas dinner and Boxing Day lunch as well as a family activity pack to make an extra special Christmas!

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abbeycroft.org.uk/HAF

Department for Education Suffolk County Council West Suffolk Council Abbeycroft Let's Love Life

- **Description** - Providing a food and activity box that includes Christmas dinner and Boxing Day lunch for a family of four.
- **Dates** - 22nd December
- **Address** - Woolpit Village Hall, Mill Lane, Woolpit, IP30 9QX
- **How to book** - Visit this activity page on EEQU⁸⁸

Contact details:

- Visit Abbeycroft Leisure's website⁸⁹
- Email HAF@acleisure.com⁹⁰
- Phone 01284 757495⁹¹

⁸⁸<https://eequ.org/experience/5815>

⁸⁹<https://www.acleisure.com/HAF/>

⁹⁰<mailto:HAF@acleisure.com>

⁹¹<tel:00441284757495>