

FREE
TAKE ME HOME

Families[®]

Suffolk

IN THIS ISSUE

Summer What's On

Our guide to family days out and places to visit this summer.

Including:

Summer in

SUFFOLK MUSEUMS

Plus, Home-Start in Suffolk announce their Character Creations competition winners.



GLADWELLS PET AND COUNTRY STORE

Where pets are more than just companions... they're family!

26 Finborough Road,
Stowmarket, Suffolk
IP14 1PR



The Grooming Salon

VERY IMPORTANT POOCH TREATMENT

Includes quick brush, paw tidy and balm, nail clip, ear clean, hygiene trim, anal glands express & spritz of fragrance



FREE VIP TREATMENT WITH A FULL GROOM

Valid at The Grooming Salon Stowmarket on bookings made throughout May. Voucher must be mentioned at the time of booking and brought into the store at the time of payment to qualify. Voucher cannot be used in conjunction with any other voucher or discount. One voucher per transaction. No cash alternative. Copies will not be accepted. Expires 31/05/23.

To make a booking please give us a call on
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www.mermaidpubipswich.co.uk

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Family activity holidays



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CONTACT US:



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Welcome

Welcome to our new summer edition. This is always one of my favourite issues to put together, not least as it gives me a great head start on planning summer holiday activities for my own family, but I always enjoy working with The Association of Suffolk Museums to share their brilliant programme of summer activities. The brilliant 'Summer in Suffolk Museums' map on pages 10-11 shines a light on the fantastic array of events, activities and workshops that take place in museums in Suffolk throughout the summer holidays. We also have a packed 'What's On' feature with lots of other family friendly events and places to visit this summer. Plus, the chance to win family days out at Colchester Zoo and The Festival of Wheels.

I am also delighted to share with you more information about the Home-Start in Suffolk Character Creations competition. As a sponsor for this year's competition, I was very proud to be involved, you can read more about this on p19.

I hope you have a great summer.

Best Wishes

Stacey Phillips

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To subscribe to our FREE online edition, please visit:
www.bit.ly/2XolhJe.

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COLCHESTER ZOO
JOIN US THIS SUMMER!

CELEBRATING 60 YEARS OF COLCHESTER ZOO

WILDFAMILY BIRTHDAY
Wanderland
SUMMER HOLIDAYS
22nd July - 3rd September
Celebrate our birthday with PARTIES everyday this summer!

SUMMER NIGHTS
22nd July, 5th & 19th August, 2nd September
DANCE into the night with live music from 5pm - 8pm on our main stage!

SEE MORE, DO MORE! OPEN UNTIL 8:30PM AT NO EXTRA COST!

BOOK YOUR TICKETS NOW!

HUGE savings when you pre-book E-tickets online!

Download our APP for more pre-visit information.
www.colchesterzoo.org

Your Summer Covered with Abbeycroft

Dive into summer with an amazing range of family activities to keep you and your children entertained.

Junior Pass £19 Per month

Unlimited:

- Soft Play • Junior Classes • Swimming • Junior Gym
- Racquet Sport • Multi Centre Access

Plus XHeight climb included for the summer

acleisure.com/summer-covered
*Activities limited to availability to centre
*Terms & Conditions Apply

Mon 3rd - Sun 9th July

BURES MUSIC FESTIVAL

WHERE: Bures Recreation Ground, CO8 5BX
WHEN: Wed 5th - Sun 9th July
www.buresmusicfestival.com

LONG MELFORD VILLAGE FETE

WHERE: Long Melford
WHEN: Sat 8th July | 12 - 4pm
For info email: amy@melfordestate.co.uk

Mon 10th - Sun 16th July

MOTORSPORTS EAST

WHERE: Bury St Edmunds Town Centre
WHEN: Sun 16th July | 10am - 4pm
www.visit-burystedmunds.co.uk

PARTY IN THE PARK

WHERE: Belle Vue Park, Sudbury, CO10 2RG
WHEN: Sun 16th July | 11am - 9pm
www.sudbury-tc.gov.uk

Mon 17th - Sun 23rd July

LATTITUDE FESTIVAL

WHERE: Henham Park, NR34 8AN
WHEN: Thu 20th - Sun 23rd July
www.latitudefestival.com

FELIXSTOWE CARNIVAL

WHERE: Felixstowe Town & Seafrost
WHEN: Fri 21st - Sun 23rd July
www.felixstowecarnival.org

STEAMPUNK SPECTACULAR

WHERE: The Long Shop Museum, IP16 4ES
WHEN: Sat 22nd July | 10am - 6pm
www.longshopmuseum.co.uk

SUMMER SATURDAY - SPORTS DAY

WHERE: Newmarket Racecourse, CB8 0XE
WHEN: Sat 22nd July | Gates open at 11.40am
www.thejockeyclub.co.uk/newmarket



FAMILY FUN FEST

WHERE: Trinity Park, Ipswich, IP3 8UH
WHEN: Sat 22nd - Sun 23rd July | 11am - 4pm
www.eastcoastkidzfest.com

ONE BIG MULTICULTURAL FESTIVAL

WHERE: Alexandra Park, Ipswich, IP4 1NY
WHEN: Sun 23rd July | 12 - 6pm
www.ipswichentertains.co.uk

Mon 24th - Sun 30th July

FAMILY FUN DAY & MOVIES

WHERE: Whersted Park, Ipswich, IP9 2BJ
WHEN: Sat 29th July | From 11am
www.whersteadpark.co.uk

MAGIC WEEKEND

WHERE: Kentwell Hall, Melford, CO10 9BA
WHEN: Sat 29th-Sun 30th July | 11am- 5pm
www.kentwell.co.uk

Mon 31st July - Sun 6th Aug

FAMILY DISCOVERY DAY

WHERE: Martlesham Wilds, IP12 4PQ
WHEN: Mon 31st July | 10am - 12pm
www.suffolkwildlifetrust.org/events

CLASH OF THE KNIGHTS

WHERE: Framlingham Castle, IP13 9BP
WHEN: Sat 5th - Sun 6th Aug | 10am - 5pm
www.english-heritage.org.uk



Win Tickets

FESTIVAL OF WHEELS

WHERE: Trinity Park, Ipswich, IP3 8UH
WHEN: Sat 5th - Sun 6th August | 10am - 5pm
www.motorshoevents.com

Mon 7th - Sun 13th Aug

THE WONDERFUL WIZARD OF OZ

WHERE: Theatre Royal, BSE, CO10 0GN
WHEN: Tue 8th Aug - Sat 2nd Sept
www.theatreroyal.org

WILD TOTS

WHERE: Lackford Lakes Nature Reserve, Bury St Edmunds, IP28 6HX
WHEN: Wed 9th Aug | 10am - 11.30am
www.suffolkwildlifetrust.org/events

SUMMER SATURDAY - DINOSAUR DAY

WHERE: Newmarket Racecourse, CB8 0XE
WHEN: Sat 12th Aug | Gates open at 11.20am
www.thejockeyclub.co.uk/newmarket

Mon 14th - Sun 20th Aug

CAMPING WITH DINOSAURS

WHERE: Jimmy's Farm & Wildlife Park, IP9 2AR
WHEN: Mon 14th - Sun 20th August
www.jimmysfarm.com

THEATRE IN THE PARK - BAD DAD

WHERE: Abbey Gardens, BSE, IP33 1XL
WHEN: Tue 15th & Wed 16th Aug | 2 - 4pm
www.visit-burystedmunds.co.uk

Mon 21st - Sun 27th Aug

THE BUBBLE SHOW

WHERE: Quay Theatre, Sudbury, CO10 2AN
WHEN: Tue 22nd Aug | 2.30pm
www.quaysudbury.com

DAY OUT WITH THOMAS

WHERE: East Anglian Railway Museums, CO6 2DS
WHEN: Sat 26th - Mon 29th Aug
www.earn.co.uk

Mon 28th Aug - Sun 3rd Sept

KNIGHTS OF ALBION JOUST

WHERE: Hedingham Castle, CO9 3DJ
WHEN: Sun 27th - Mon 29th Aug
www.hedinghamcastle.co.uk

MINI ROCKETERS

WHERE: Needham Lake, IP6 8AX
WHEN: Thu 31st Aug
www.itrocketscience.co.uk

THROUGHOUT THE HOLIDAYS...

ANIMALS IN THE ART GALLERY

WHERE: Christchurch Mansion, Ipswich, IP4 2BE
WHEN: On until April 2024
www.ipswich.cimuseums.org.uk



EASTON FARM PARK SUMMER SPLASH

WHERE: Pound Corner, Easton, IP13 0EQ
WHEN: Fri 21st July - Mon 3rd Sept
www.eastonfarmpark.co.uk

SUMMER IN SUFFOLK MUSEUMS

WHERE: Throughout Suffolk (see p10-11)
WHEN: July - September
www.suffolkmuseums.org

PLAY GARDEN

WHERE: Ickworth House & Gardens IP29 5QE
WHEN: Sat 22nd July - Tue 5th Sept
www.nationaltrust.org.uk/ickworth

KING STREET CINEMA

WHERE: The Corn Exchange, King Street, Ipswich, IP1 1DH

FILMS SHOWING IN JULY: Barbie

FILMS SHOWING IN AUGUST: Ruby Gillman, Teenage Kraken, Snow White and the Seven Dwarfs, Spider-Man: Across the Spider-Verse, Bambi, Teenage Mutant Ninja Turtles: Mutant Mayhem & Cinderella.

(See more about King Street Cinema on p8).

TAKE A WALK ON THE WILD SIDE

SUFFOLK OWL SANCTUARY

OVER 70 OWLS, EAGLES, VULTURES AND OTHER BIRDS OF PREY

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Come-&-Go Ticket
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Owl Safari for Kids



Stonham Barns Park IP14 6AT
www.owl-help.org.uk

THE BEST FAMILY DAY OUT EVER!
5TH - 6TH AUGUST TRINITY PARK 2023

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FRIDAY
SATURDAY
SUNDAY

MOTOR SHOW EVENTS

Festival of Wheels



ALL OF THIS PLUS SO MUCH MORE

CHANCE TO WIN A FAMILY ^(UP TO 5) CAMPING TICKET
WITH FAMILIES SUFFOLK MAGAZINE

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MOTORSHOWEVENTS.COM

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Visit Suffolk's newest Bike Park.
All ages welcome – novice to pro.
Experience a truly epic session on a bike.

@phoenixcycleworks Kentford | Suffolk

PHOENIX CYCLEWORKS

BREADLINE
AT PHOENIX

Visit us in our ceramics café or pick up a paint at home kit and get creative



GET £2 OFF CERAMIC PAINTING WITH THIS ADVERT

Please cut out and take with you when visiting.

We are open from Monday to Saturday 10.00am - 4.00pm
 Closed on Wednesdays term time only
 Sunday 11.00am - 4.00pm
 Booking advisable

Pennikkity Pots Ceramics Café, Ipswich, IP1 3DJ
 T. 01473 216865 E: Info@pennikkitypots.co.uk

PennikkityPots pennikkitypots.co.uk

It's all about Alice!



Pennikkity Pots Ceramics Café,

based in the heart of Ipswich, will be transformed for this summer's school holidays into a Wonderland of creativity with 'Alice' inspired products and events. The studio will be bursting with themed ceramics, food and drinks to reflect this iconic storybook and Disney classic.

Including 'Un Birthday Parties' – who needs a real Birthday to celebrate? Throw your very own Un Birthday party and celebrate with a cream tea fit for the Queen of Hearts herself. These yummy mini afternoon teas come complete with a keepsake ceramic to paint too, so pre book your table and celebrate the holidays with friends and family.

Every week during the holidays the studio will be running a programme of 'Wonderland Workshops' these will be bookable events to include - Mad Hatters Tea Party - bubble painting workshops and Terrific Toadstools - mushroom making clay workshops experimenting with magical colour changing crystal glazes that burst into an explosion of colour in the kiln. A full itinerary of all events, workshop details and dates will be advertised from the beginning of July via the Pennikkity Pots Facebook page, Instagram feed or in store at the studio. Events will be planned and run during the daytime for children and in the evenings for adults.

So, don't be late like the White Rabbit, check your diaries and reserve a day to get creative and join in all the fun at Pennikkity Pots this Summer holidays, you would be mad as a Hatter to miss it. Open 7 days a week once the schools have broken up. Booking is advisable but walk-ins will be accommodated if space allows. Don't forget to use the advert to get **£2.00 OFF** ceramic painting (not available against workshop bookings).

Curious? – give it a go.

Summer Reading Challenge

The Summer Reading Challenge is open to all children aged 4-11. The challenge is to read six books over the school holidays.

This year's theme is Ready, Set, Read and will focus on empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading.

For each of the six books they read, they can collect a prize from the library. If they complete the challenge, they'll also receive a special certificate!

Children can sign up in any of our libraries from 15 July. The challenge officially ends on 10 September.

For more information visit: www.suffolklibraries.co.uk

SUFFOLK LIBRARIES
WHERE I BELONG

Summer Reading Challenge 2023

Ready, Set, Read!

Presented by The Reading Agency. Delivered in partnership with libraries.

Read six books and earn fun rewards!

Pop in to your local library from 15 July to sign up and receive your starter pack.

suffolklibraries.co.uk/src



SUMMER SPLASH

21ST JULY to 3RD SEPTEMBER

Summer fun with loads of extra water activities!

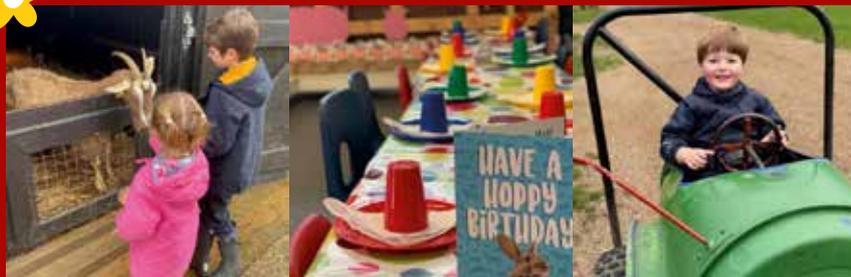
Tickets £14 pre-booked per person

Book your summer stay on the farm



Discover the perfect family break in our Victorian Listed, 4-Star Holiday Cottages that sit within the heart of the Farm Park. How about a glamping stay in our bespoke, one-of-a-kind Cow Sheds or our cosy glamping Bell Tents? With a 70 pitch Campsite, including electric, non-electric and Wild Camping pitches – there is something to suit every holiday maker.

Birthday parties on the farm



We provide the food, the fun and the memories. Ask us about our Party Packages.

For more information visit eastonfarmpark.co.uk or call 01728 746475



FALL IN LOVE WITH CINEMA AGAIN THIS SUMMER AT KING STREET CINEMA



By **Dan Champion**, Suffolk Dad, and Managing Director of **King Street Cinema**, lover of film and life-long fan of Superman (the original one obviously)!



Everyone remembers their first movie at the cinema; Cinderella squeezing her tiny foot into a glass slipper or Jack and Rose perched atop the rails of the ill-fated Titanic. The smell of popcorn, the beat of the up-tempo music that seems to travel through the ground and up through your body - it's enchanting. It was at King Street Cinema (then called Ipswich Film Theatre) that I first fell in love with cinema.

Located within the Corn Exchange in Ipswich, the cinema has a beautiful atmosphere with exposed brick and wood panelling. As a child you barely notice the decor, but you remember the feeling you had while you were there. It was here I first watched Christopher Reeve fly through the air in his red cape, utterly transfixed. I have gone on to work in cinema my entire adult life and the love of watching a film on the big screen hasn't dwindled. Now,...let's say a few years on... we want to create the same magical experiences for our kids, and their kids to come.

SUMMER AT KING STREET CINEMA

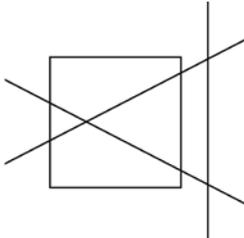
This year we are excited to launch a summer programme for our younger audiences. We want them to have the same shared experiences we had as children when we watched a film at the cinema. A mix of older classics such as **Snow White and the Seven Dwarfs** as well as new releases like **Barbie** and **Spider-Man: Across the Spider-Verse** will provide something for everyone. Check out our Summer Programme (see more on p4) and head to our website to book.

KING STREET JR



This year we re-launched our kids club; **King Street Jr**. These shows are JUST for families - meaning if you arrive without a child you won't be let in. We want to create a space where families feel comfortable going out to enjoy a film, not worried their child is going to knock over the popcorn or be hushed if they're too loud. With a child of our own we know the challenges of bringing little ones to the cinema - but we want this cinema to be different; somewhere you can go as a family and create your own movie memories. With kids club tickets priced at £4.50 we want to make sure that it doesn't break the bank too. We've even included a coupon on this page entitling you to a free popcorn and juice box on your next visit - just for kids though remember!

At present, King Street Jr runs on the second Saturday of every month in the afternoon, but as our audience grows we would like to expand this to every Saturday - so watch this space!



KING STREET CINEMA

1 FREE POPCORN + 1 FREE JUICE BOX WITH THIS COUPON*



Tickets must be shown at time of use and the coupon can only be used once. Coupon valid for any kids film from 21.07.2023 up to and including 31.12.2023.

* while stocks last.



HOW TO BOOK

For more information on our films and what's coming up, head to our website:

www.kingstreetcinema.co.uk



Summer in
SUFFOLK MUSEUMS



Join in the fun with Suffolk Museums



@Suffolk_Museums



facebook.com/AssociationForSuffolkMuseums

Summer in

SUFFOLK MUSEUMS

Theatre in the Park - Wind in the Willows

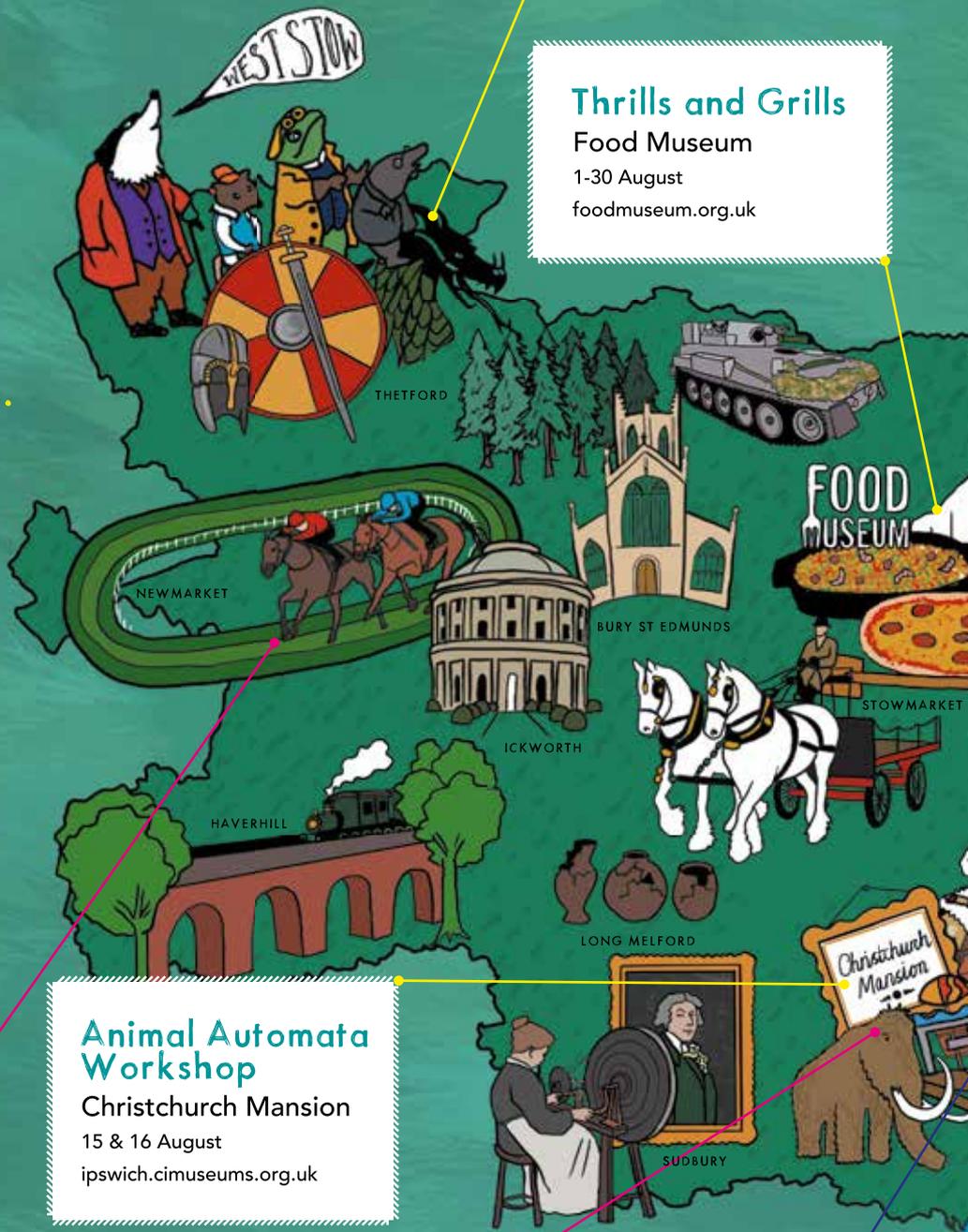
West Stow Anglo
Saxon Village
4 August, from 2pm
www.weststow.org

Summer in Suffolk Museums shines a light on the fantastic array of events, activities and workshops that take place in museums in Suffolk across the school summer holidays.

Suffolk Museums offer families the chance to have some fun and learn something about their local heritage. They're also home to some beautiful buildings, some of which offer impressive outdoor spaces to relax and unwind in the sunshine. Whatever your plans for the summer are, join in the fun with Suffolk Museums!

Thrills and Grills

Food Museum
1-30 August
foodmuseum.org.uk



Creative Summer Holidays!

National Horseracing Museum
26 July, 11-3
www.nhrm.co.uk

Animal Automata Workshop

Christchurch Mansion
15 & 16 August
ipswich.cimuseums.org.uk

Children's Animal Art Competition

Christchurch Mansion
22 July - 8 October
ipswich.cimuseums.org.uk

Let's Get Crafty: Who do I want to be when I grow up?

Suffolk Archives - The Hold
2 August - 10:30 -12:30
<http://bit.ly/43BgB1A>

ASSOCIATION FOR
SUFFOLK
MUSEUMS

To find out more, visit suffolkmuseums.org

NASAM's Annual Fun Day at Flixton!

Norfolk & Suffolk
Aviation Museum

23 July, 10-4

www.aviationmuseum.net

Steampunk Spectacular

The Long Shop Museum

22 July, 10-6

www.longshopmuseum.co.uk

999 Emergency Services Day

East Anglia Transport
Museum

20 August

www.eatransportmuseum.co.uk

Smugglers Walk

Aldeburgh Museum

23 & 24 August,

11, 12.15, 2.15 & 3.30

www.aldeburghmuseum.org.uk

Storytelling at Aldeburgh Museum

Aldeburgh Museum

12, 13 & 14 August,

1.30, 2.30, 3.30 & 4.30

www.aldeburghmuseum.org.uk

Let's Get Crafty: Tudors

Suffolk Archives – The Hold

22 August, 10.30 -12.30

<https://bit.ly/3P9B1e2>

Ride a Fire Engine Day

Ipswich Transport Museum

28 August, 11-4

www.ipswichtransportmuseum.co.uk

Ipswich Buses 120th Birthday

Ipswich Transport Museum

23 July, 11-4

www.ipswichtransportmuseum.co.uk

Where's Woolly Animal Trail

Christchurch Mansion

22 July – 3 September,

Tues-Sat 10-5, Sundays 11-5

ipswich.cimuseums.org.uk

Open Air Theatre - 'The Tale of Peter Rabbit and Benjamin Bunny'

Landguard Fort

25 August

www.landguard.com



Are you ready for a Summer of Play at Ickworth Estate?

Endless possibilities to play await you at Ickworth Estate this summer. We invite you transform the Walled Garden and reclaim it as a hub for families and friends to connect with nature and each other.

We're all about getting creative this year at Ickworth Estate, so head to our 'Play Garden' and you'll find lots of activities to fill the long summer days. Explore a journey of play activities and discover a variety of ways to get creative in the Play Garden itself. With so many different activities, you can lose track of time weaving through wild mazes or immersing yourself in the sensory garden. With your support, we're restoring the 1st Earl's Summer House, one of the oldest buildings on the estate. You'll have the chance to get creative as you build your own summer house and perform on the summer house stage overlooking the stunning canal lake.

Explore more of the estate by bike on our multi-use trail, you can bring your own or you can hire them from our Cycle Hub. We have balance bikes for little legs, all the way up to adult bikes and including new electric 'e-bikes' introduced for the school holidays, as well as trailers for young children.



Bring a blanket and grab yourself a great picnic spot amongst the trees or gardens, enjoy the view and maybe treat yourself to a drink, tasty snack, or ice cream from the café.

Head indoors to follow our children's trail around the house. Be inspired by our collection of art and silver and get creative with paper and pencils before heading downstairs to play games in the basement as you learn what life was like at Ickworth.

There's plenty to excite all ages of children, and adults that are young at heart, so join us and spend a fun-filled summer exploring Ickworth Estate.

The Play Garden is open daily between 22 July to 5 September, 10.30am - 3.30pm. Normal admission charges apply, free for National Trust members.

For more information and to plan your visit see: www.nationaltrust.org.uk/ickworth-estate

National Trust

Are you ready for a **Summer of Play** at Ickworth Estate?

Discover a summer jam-packed with fun in our Garden of Play from 22 July to 5 September.

Find out what's on at nationaltrust.org.uk/ickworth-estate

Summer of Play sponsored by **Starling Bank**

Want more for the kids to do in the Easter, summer and Christmas school holidays?

Children aged 5 to 16 who are eligible for benefits-related free school meals can access the Holiday Activities Fund (HAF) activities programme!

Access sports sessions, arts, crafts, dance and cooking classes for FREE!

Not eligible? Many providers also provide paid for spaces, so check out what is available.



Visit: www.suffolk.infolink.gov.uk to find out more - search 'Holiday Activities Fund'



HAF is funded by The Department of Education

Holiday Clubs & Camps

MAXIM SUMMER CAMPS

WHERE: Great Cornard & Sudbury

WHEN: Various dates and times throughout July & August

SUITABLE FOR: Children over 5 years

COST: £20.00 per day

A programme of fun activities including: Basketball, Dance, Nerf & Football

www.maximsportscoaching.co.uk

PREMIER EDUCATION SUMMER HOLIDAY CAMPS

WHERE: Stowmarket, Bildeston Haverhill, Bury St Edmunds, Ipswich, Newmarket & Halstead

WHEN: Various dates and times throughout July & August

SUITABLE FOR: Age 4-12 year olds

COST: Various prices

www.premier-education.com

KICKS AND TRICKS

WHERE: Stowupland Sports Centre, Rushmere Sports Centre, Cliff Lane primary School, Whitehouse Primary School

WHEN: Throughout July & August 9am - 5pm

(extended hours also available)

SUITABLE FOR: Reception - 16 yrs

COST: £25 per day

www.kicksandtricks.co.uk

SUMMER HOLIDAY CLUB

WHERE: Culford School, Bury St Edmunds, **IP28 6TX**

WHEN: 10th July - 31st Aug 8.30am - 5.30pm

SUITABLE FOR: Age 5-12 year olds

COST: From £37 per day

Energetic and engaging sporting, craft and play sessions.

www.culford.co.uk/commercial

INSPIRE SUFFOLK HOLIDAY CLUBS

WHERE: Ipswich, Lowestoft & Felixstowe

WHEN: 24th July - 1st Sept 8.30am - 3.30pm

(extended hours also available)

SUITABLE FOR: Age 4-12 year olds

COST: From £10

4 different clubs to choose from

www.inspiresuffolk.org.uk

DELLAR SPORTS COACHING HOLIDAY CAMPS

WHERE: Woodhall Primary School, Sudbury, **CO10 1ST**

WHEN: 24th-31st July & 1st-4th Aug 8.30am - 5.30pm

SUITABLE FOR: Reception to Yr 6

COST: From £12.50

www.dellarsportscoaching.co.uk

SUMMER SCHOOL OF PERFORMING ARTS

WHERE: The Quay Theatre, Sudbury **CO10 2AN**

WHEN: 24th July - 29th July 10am - 4.30pm

SUITABLE FOR: Age 8-16 year olds

COST: From £24 per child per day

Acting, Singing & Dancing

www.quaysudbury.com

ACTIVITY DAY CAMPS

WHERE: Newmarket Rd, Bury St Edmunds, **IP33 3SN**

WHEN: 24th July - 1st Sept 8.30am - 6pm

SUITABLE FOR: Age 3-12 year olds

COST: From £24 per child per day

Creative crafts & team games to putting on a show and tasty cookery.

www.kidsplaychildcare.co.uk

SCHOOLS OUT ACTIVITIES

WHERE: Colchester, Ipswich, Woodbridge, Bury St Edmunds & Felixstowe

WHEN: 24th July - 1st Sept

SUITABLE FOR: Age 4-16 year olds

COST: From £35 per day

Over 100 fun-filled, action-packed activities.

www.schoolsoutactivities.co.uk

ELITE SPORTS SUMMER HOLIDAY COURSES

WHERE: St John's Primary & Sidegate Primary School, Ipswich

WHEN: 31 July - 2nd Aug & 22nd-24th Aug | 10am - 3pm

SUITABLE FOR: Age 4-11 year olds

COST: From £20 per day

www.facebook.com/EliteSportsIpswich

CLUB CREATIVE

WHERE: Bures Primary School, **CO8 5BX**

WHEN: 31st July - 4th Aug 10am - 4pm

SUITABLE FOR: Age 3-16 year olds

COST: £70 for 5 days

Performing arts, crafts and games.

To register go to: <https://forms.gle/uSJ7XgJAqX1byg7M6>

THRILLS & GRILLS - SUMMER COOKING PROGRAMME

WHERE: The Food Museum, Stowmarket, **IP14 1DL**

WHEN: Tue & Wed throughout August 9.45am - 4pm

SUITABLE FOR: Age 7-11 year olds

COST: £30-£35 per day

www.foodmuseum.org.uk

QUAY SCHOOL OF DANCE SUMMER SCHOOL

WHERE: Acton Village Hall, **CO10 0XA**

WHEN: 10th - 11th Aug

(Times & costs vary by age)

COST: From £45 for 2 days

Dance, singing, drama, choreography, games, crafts & face-painting.

www.quaydance.co.uk

SUMMER THEATRE SCHOOL

WHERE: Ipswich Regent, **IP4 1HE**

WHEN: 14th-19th Aug | 9am - 5pm

SUITABLE FOR: Age 8-18 year olds

COST: £170.00

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www.ipswichtheatres.co.uk

FOOTPRINTS THEATRE COMPANY SUMMER SCHOOL

WHERE: The Food Museum, Stowmarket, **IP14 1DL**

WHEN: 14th-19th Aug | 10am - 4pm

SUITABLE FOR: Age 8-16 year olds

COST: FREE

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www.foodmuseum.org.uk

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WHEN FAMILIES FALL OUT OVER YOUR WISHES – AND YOU ARE NO LONGER AROUND TO SORT IT OUT



Christopher Mason, Bates Wells & Braithwaite's Head of Dispute Resolution and a specialist in contested wills and estates, explores how ensuring your will is legally valid and your final wishes expressed clearly and unambiguously, can avoid family feuds after you have gone.

Once upon a time, contesting a will was thought to be only for the rich and famous, or the stuff of movies. However, many people have concerns about the circumstances in which a will has been made, whether or not the person making the will had 'testamentary capacity' (i.e. that they understood fully the effect of making the will and what they were leaving to whom) and, even where a will is otherwise valid, whether the will has made reasonable provision for them.

Where a will is made, but it does not make 'reasonable provision' for you, it may be possible to make a claim under the Inheritance (Provision for Family and Dependents) Act 1975, for reasonable provision to be made. Under the same Act, it is even possible in some circumstances, to challenge the Rules of Intestacy, which set out what happens to an estate where there is no will.

These days, people are living longer than ever, parents and grandparents are more likely to own property than many of the younger generation and families have become much more complex, with second marriages, blended families, and a growth of non-traditional relationships such as cohabitation.

A couple of generations ago, most families did not think of inheriting from the older generation; probably more concerned with looking after their family in old age. There is perhaps a greater sense of entitlement in today's society with many people expecting, and sometimes relying on, inheriting their parents' property.

The starting point in law is that you can leave your estate to whoever you wish (as long as you know what you're doing!). English law asserts the importance of respecting the wishes of the deceased (amongst other considerations) even if these wishes are not necessarily what family and friends are expecting.

But that is just the starting point and not surprisingly, cases involving disputes over the estate of deceased relatives, even where they did not make a will, are on the rise.

There have also been a number of recent claims on the impact of lockdown, including the surge in hastily drafted wills without professional advice and claims of vulnerable adults being unduly influenced such as in the

case of a Suffolk farmer who left his £750,000 farm to the nephew who moved in with him over lockdown, instead of to his own children as one might have expected!

Again, disputes can arise due to the lack of a will. It is estimated that less than half of the UK population have written a will but with most people recognising that it is something they must get around to. It is, of course, often seen as difficult to plan for your own death but even if your estate is very modest, it is worth thinking about the impact on your family of leaving matters to the Rules of Intestacy – that will very often produce a wholly undesired result for all involved! Stepchildren, for example, do not feature under the rules of intestacy and many stepparents would wish to make provision for stepchildren just as they would their own children – that will not happen unless a will is made.

If you do not have a will you should make one, and even if you have a will, you need to think about keeping it up to date and reflecting the current family structure and friendship support group and not that of twenty years ago – things change and families change and an out of date will can cause more problems than it solves!

A will which is professionally drafted by a solicitor, with clear instructions taken and permanently recorded, can greatly reduce the possibility of arguments about the estate of the deceased and the validity of a will. A solicitor will always make sure that the wishes of the person making the will are to the fore. Also, where there is any possibility of questions arising as to the capacity of the person making a will, a solicitor will know how to deal with this to ensure that the will is validly drawn.

We can help you with drawing up a will – and we can help if you need advice about whether a claim can be made against the estate of the deceased if you think the will has not been fair towards you. You need only get in touch!

For more information:
www.bates-wells.co.uk | 01473 295524

Staying safe in the water



Young children can be fascinated by water, and swimming is great for a child's health and fitness. Here are some tips to make sure that their time in the water is fun and safe:

- Babies and small children mostly drown at home in the bath or in the garden, in just a few centimetres of water. Children should be supervised in the water at all times. Don't rely on older children to supervise.
- It's not just young children who are at risk. Older children and teens can get into trouble, especially while 'wild' swimming. Strong currents, deep water and objects lurking under the water are unlikely to be obvious.
- Don't assume that because a child can swim, they will be safe.
- Drowning happens silently. As drowning occurs, the instinctive drowning response means that a child is unable to speak or to control their arm movements, and they slip quietly under the water – it's a myth that they splash about, shout or scream.
- Even if you've taken steps to make your garden or environment safe, children have drowned after wandering into neighbouring gardens. Be mindful of this at home and on holiday.
- Empty paddling pools when they're not in use.

Drowning prevention information from The Child Accident Prevention Trust can be found at:

www.capt.org.uk



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Character Creations Competition Winners Announced...

Home-Start in Suffolk announced the winners of their exciting Character Creations literacy-based competition, championed by Suffolk author Rob Parker and charity patron and best-selling author Anthony Horowitz CBE.

With thousands of entries uploaded to their website there was some tough competition. But the shortlisting judges managed to whittle the entries down to the top 250 Character Creations and then the main judging panel judged the shortlisted entries to elect the runners up and winners for this year.

"It was a real challenge," says Ali Watson, Fundraising and Marketing Manager at Home-Start in Suffolk who has been running this popular competition for the past 3 years, "there were some fabulous entries, and it was so difficult for the judges to decide.

For the younger entries – Nursery to Year 2, we focused on the book "Stink the Sloth" by Suffolk based author, Rob Parker, we asked that they focus on bold bright colours, creativity, individuality, and Imagination".

"With the older children in years 3 to 6, the focus was creating a new client seeking the help of Nick and Tim Diamond – Anthony Horowitz's detectives from his Diamond Brothers series.

And the winners are....

The winner of Key Stage 2, was Olivia Lu from year 6 at Cedarwood Primary School in Ipswich.

Olivia had a very special school visit from best-selling author Anthony Horowitz CBE, who joined a whole school assembly for an official prize presentation and presented Olivia with her prize bundle.

Anthony commented: "I am thrilled to have been part of this wonderful competition again this year, and it is truly remarkable to see such a huge number of schools and children taking part, creating such imaginative character creations, all whilst supporting my favourite Suffolk charity, Home-Start in Suffolk."

"The level of detail and originality has been inspiring. The exceptional talent of these young people is clear, making it extremely difficult to choose an overall winner, however, Olivia, with her unique and detailed character explained in her lovely eye-catching drawing and beautifully written descriptions is certainly a deserving winner. I am so pleased I was able to be there to present Olivia with her prize. Congratulations to her and everyone who has taken part."



The winner of Key Stage 1, was Verity Moon from Year 2 at St Gregory's Primary School in Sudbury.

Verity was over the moon to meet local author and creator of "Stink the Sloth" for a prize winning presentation, followed by a special lesson with Rob, who read his book to the KS2 classes at St Gregory's before taking lots of questions from the children.

Rob shared, "It was an absolute privilege to be part of this wonderful project to encourage a love of reading and creativity in Primary school age children.

"I have thoroughly enjoyed looking at the amazing bright and bold Character Creations the children have drawn, showing their wonderful and vivid imaginations and extraordinary creativity. I am delighted to have been able to support Home-Start in Suffolk and the families they work with across our county."



Verity Moon: KS1

Olivia Lu: KS2

The competition has been a huge success, engaging children all across Suffolk and promoting a love of reading. Many schools hosted fundraising activities in conjunction with the competition, including dress down days and other fun activities and collectively raised vital funds to support Suffolk families.



To find out more about the competition or to learn more about Home-Start in Suffolk visit: www.homestartinsuffolk.org

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