

ACTIVITIES UNLIMITED

February Half Term 2010 Programme



Hi Everyone!

We're very pleased to bring you lots of exciting short breaks this February half term!



The Activities Unlimited team have been out and about across the county over the last few months working with local providers to enable us to develop a wide range of activities for everyone to try and enjoy!

The breaks in this brochure are just a taster of what's planned. New breaks are added to the Activities Unlimited website everyday so for full details of what's happening and where log onto www.activities-unlimited.co.uk or give us a call on **01473 832971**.

If you'd like to book any of the breaks on offer you'll first need to register with Activities Unlimited and become an AU member. To do this you need to complete the 'detailed enrolment form' on the website. There are loads of great benefits and full details of how to enrol can be found at the back of this brochure.

If you're already an AU member you can use your £10 voucher

towards the cost of these activities - so why not try something new!

Don't forget there's also Aiming High funding available for extra one to one support for disabled children and young people, with high needs, who aren't receiving other services. The funding is available to families in the form of an individual budget which you can use to buy support, pay for activities or other things such as transport or domestic cleaning. To find out if you qualify complete all the steps of the enrolment process on the AU website including the 'detailed enrolment form'.

We hope you'll enjoy surfing the Activities Unlimited website and booking lots of exciting activities this half term.

Best wishes

The Activities Unlimited Team

Activities Unlimited, Unit 7, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich, IP6 0AJ

Call 01473 832971 or email info@activities-unlimited.co.uk



Book online today: www.activities-unlimited.co.uk

Treasure Seekers Performance and Creative Workshop
Church of Our Lady and Etheldreda,
14 Exeter Road, Newmarket, CB8 8LT
Thursday 18th February 2010
10:00am – 12:15pm and 1:15pm – 3:30pm



Join Cook, Marina, Maggie, Miguel the music man and Captain aboard a fantastical ship in the hunt for treasure! Take part in a creative workshop and Greenfinger Production's sensory and interactive show 'Treasure Seekers'. Join the team on a wondrous journey of delight that uses music, interactive story telling, video, sound, scent, touch and movement led by professional performers. Set sail across the ocean waves, hunt for sea shells, meet a mermaid and even venture to the North Pole!

Treasure Seekers has been designed for children and young people with additional needs including those with profound and multiple disabilities.

High level supervision will be provided, if you need a dedicated one to one please bring a carer

Age Range: 3 – 12 years (morning) and 13+ years (afternoon)

Price: £3 payable on the day

Book by: 5th February 2010

Heathside Holiday Scheme
Heathside School, Heath Road,
Ipswich, IP4 5SN
Monday 15th February - Friday 19th February 2010
9:00am - 4:30pm



Heathside Holiday Club provides leisure and play activities for children who have additional needs such as severe and profound learning difficulties and autism. The children are supported by Crossroads carer support workers who are fully experienced and trained to offer a fun stimulating, safe environment. Activities include: arts and crafts, indoor and outdoor play, soft play and ballpool, sensory experiences, sand and water play, books, puzzles, TV, DVDs and music. Snacks and drinks are provided throughout the day and children need to bring a packed lunch. Parents and carers need to provide transport to and from the Holiday Club.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

Age Range: 4 - 11 years

Price: £20 per day

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Orwell Buddies Playscheme

Thomas Wolsey School, Defoe Road, Ipswich, IP1 6SG

Monday 15th February - Friday 19th February 2010

10:00 am - 3:00pm



Orwell Buddies has another exciting programme everyday this half term. Lots of fun activities including days out, swimming, games, crafts, music and outdoor play. Check the AU website for the full programme. There are also a few spaces for siblings.

The scheme is suitable for children and young people with high needs. Individual support will be discussed in more detail once places are confirmed.

Age Range: 11 - 16 years

Price: £8 per day

Book by: 5th February 2010

Cabin Crew Holiday Playscheme

Sidegate Primary School, Sidegate Lane, Ipswich, IP4 4JD

Monday 15th February - Friday 19th February 2010

Open between 8:00am - 6:00pm



Cabin Crew is running everyday this half term with lots of activities such as cooking, music, games, day trips and more! It's open to all children, check the Activities Unlimited website for full details of what's happening each day.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

Age Range: 4 - 11 years

Price: £12 - £25 (depending on activity and day chosen)

Book by: 5th February 2010

Musica Workshop

**Parkside Pupil Referral Unit, 291 Spring Road,
Ipswich, IP4 5ND**

Monday 15th February 2010

10:00am - 1:00pm and 2:00pm - 5:00pm



Following the very successful taster day in October half term Musica are back offering young people another chance to try a lively and interactive music workshop with a difference. Rock out with electric guitars, drums, percussion and more!

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

Age Range: 8 -15 years (morning) and 16 - 25 years (afternoon)

Price: £5 per session payable on the day

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Get Cooking

Saxmundham Middle School, Seaman Avenue,

Saxmundham, IP17 1DZ

Thursday 18th February 2010

10:00am -1:00pm and 2:00pm – 5:00pm



Fancy cooking some tasty treats then why not Get Cooking and try some new recipes! Come along, join the fun, make new friends and take home what you bake for your family to share.

High level supervision will be provided, if you need a dedicated one to one please bring a carer

Age Range: 8 – 11 years (morning) and 12 – 16 years (afternoon)

Price: £5 payable on the day

Book by: 5th February 2010

Cantors Superstar Day

Nirvana Fitness, 60 Pinbush Road,

Lowestoft, Suffolk, NR33 7NL

Friday 19th February 2010 10:00am – 1:00pm



Come and have a go at being a superstar! Join Cantors Theatre School for some fun singing, dancing and performing. Cantors have years of experience in theatre and entertainment. Have a laugh and make new friends in this lively workshop.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

Age Range: 5 – 16 years

Price: £3 payable on the day

Book by: 5th February 2010

Top Cats Playscheme

Morton Road Youth Club, Pakefield, Lowestoft, NR33 0JH

Monday 15th February and Tuesday 16th February 2010

10:00am – 3:00pm



Join the crew at Top Cats playscheme for lots of fun for all! Make new friends and try a range of activities including sensory play, art, games, computers or sports. Information on the specific programme will be available when booking.

The scheme is suitable for children and young people with high needs. Individual support may be available and will be discussed in more detail once places are confirmed.

Age Range: 5 – 20 years

Price: £8 per day

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Haverhill Family Fun Day
Haverhill Leisure Centre, Ehringshausen Way,
Haverhill, CBD OER
Friday 19th February 2010 10:00am – 3:00pm



Enjoy a great day for the whole family. Have a go at lots of fun activities including sports, art, music, face painting, play and more! The AU team will be on hand, come and tell us what you think and need.

Open event for the whole family

Age Range: Open to all

Price: £10 per family up to 5 people or £3 per person (Lunch included)

Book by: 5th February 2010

Arts and Crafts with Cartwheels
Cartwheels Children's Centre, Norton Road,
Greenfields Way, Haverhill, CB9 8NF
Tuesday 16th February 2010 12:30pm – 3:00pm



Get arty and crafty at a special session this half term with Cartwheels Opportunity Group. Children will be well cared for by experienced staff. Parents and carers are welcome to leave children or stay and have a cuppa and a chat!

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

Age Range: 0 - 5 years

Price: £2 pay provider on the day

Book by: 5th February 2010

Anglia Sunshine Nurseries Holiday Club
8 Warner Way, Chilton Industrial Estate,
Sudbury, Suffolk, C010 2GG
Monday 15th February – Friday 19th February 2010
Open between 8:00am 6:00pm



Come and have some fun, make new friends and enjoy activities with Anglia Sunshine Nurseries. Children choose what they would like to do each day which could include painting, puzzles, stories, songs, games or outdoor play.

High level of supervision is provided. If you need a dedicated one to one you will need to bring a carer with you.

Age Range: 4 - 14 years Price: Between £15 - £21.50 Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Wos Up Truck

**Venues in the Suffolk Coastal,
Bury St Edmunds and Babergh areas**

Date: To be confirmed check the AU website

Time: To be confirmed check the AU website



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The big Mitsubishi Wos Up truck is a youth activity centre, carrying all kinds of fun things to try and do. As well as loads of sports kit on board, it also has a music system and internet access.

Check the [Activities Unlimited website](#) or contact the team for full details.

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Age Range: Aimed at 11+ years

Price: To be confirmed check the AU website

Book by: 5th February 2010

Fun Kids Holiday Club

Anselm Community Centre, Anselm Avenue,

Bury St Edmunds, IP32 6JZ

Monday 15th February - Friday 19th February 2010

9:00am - 1:00pm



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Lots of play activities for all including building blocks, soft play and crafts . On Friday there will be drumming and music, including soundbeam, and the AU team will available to offer an enrolment drop in session and meet families.

One to one support may be available please enquire when booking.

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Age Range: 3 -12 years

Price: £2 per hour or £8 for the whole session

Book by: 5th February 2010

Kids Play

Station Hill, Bury St Edmunds, IP32 6AD

Tuesday 16th February 2010

10:00am - 3:00pm



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Kids Play is bursting with fun! Climb our 25ft wall, dig for dinosaur eggs, brave the speedy drop slide, spin in our tyre swing, shoot ball cannons or try bouncy trampolines!

This venue is currently not suitable for wheelchair users. There will be qualified carers on site to support those with lower level needs.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

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Age Range: 5 -14 years Price: £10 - introductory offer to AU members!

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Thorpe Woodlands

Shadwell, Norfolk, Thetford, IP24 2RX

15th February -17th February am (12 - 15 years)

17th February pm - 19th February 2010 (16 - 25 years)



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If you love being outside then why not try staying away from home at the new Thorpe Woodlands Adventure Centre. Make new friends and have a go at team games, canoeing, cycling, high ropes, zip wire or archery.

If you need a one to one carer support can be made available, make a provisional booking and check with the AU team.

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Price: £40 for two night break

Book by: 5th February 2010. Due to very high demand places are allocated based on previous attendance, following the book by date.

A1 Fun Club

Ormiston Centre, 68 Mill Hill, Newmarket, CB8 0JB

Monday 15th February and Wednesday 17th February 2010

Open 8:00am - 6:00pm



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Come and have some A1 Fun this half term! The holiday club has large well equipped play areas, garden, computers and a great selection of toys and games. Check the AU website for full details of what's planned each day.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

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Age Range: 5-10 year olds

Price: £21 per day or £13 for half a day.

Book by: 5th February 2010

Kenny Hill Holiday Club

Old Barn Cottages, Development Centre,

Kenny Hill, Near Mildenhall, IP28 8DS

Wednesday 17th February 2010 10:00am - 3:00pm



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Run by the National Autistic Society, Kenny Hill Holiday Club offers a specialised service for young people who have Autism and high level needs. There's lots to try including sensory room, art, interactive computers, cookery, games, music and gardening.

High level of support can be provided. This will be discussed in more details following booking.

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Age Range: 8 -18 years

Price: £10

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Make Your Own Chinese Lantern
Christchurch Mansion, Soane Street, Ipswich, IP4 2BE
Monday 15th – Thursday 18th February 2010
10:00am, 11:00am, 12:00pm, 2:00pm and 3:00pm



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In Chinese culture, Chinese lanterns are specialities for the Lantern Festival, which marks the end of the celebration of Chinese New Year. Come along and make your own beautiful and funky lantern to take home.

Open event for all children and young people, parents and carers will need to stay and supervise.

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Age Range: 4+ years

Price: £1.50

Book by: Book in advance directly with Christchurch Mansion on 01473 433691.

Klub Group (Formerly Kids Klub)
Great Finborough School, Great Finborough,
Stowmarket, IP14 3EF
Friday 19th February 2010
10:00am – 4:00pm



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Have a go at a range of exciting outdoor activities such as quad bikes, archery, crate climbing or rifle shooting. The day will include horse riding and is suited to those who are reasonably mobile.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

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Age Range: 8 -16 years

Price: £20 (includes horse riding)

Book by: 5th February 2010

Klub Group (Formerly Kids Klub)
Walnut Tree Manor, Haughley Green, Haughley,
Nr Stowmarket, IP14 3RQ
Wednesday 17th February 2010 10:00am – 4:00pm



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Come and try out Klub Group's newest centre! It's fully wheelchair accessible and offers young people a range of indoor and outdoor activities which may include archery, shooting, cooking, games, art or relaxing with friends in the chillout room.

High level supervision will be provided, if you need a dedicated one to one please bring a carer.

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Age Range: 12 -16 years

Price: £15

Book by: 5th February 2010

Book online today: www.activities-unlimited.co.uk

Teaming Up
Haverhill, Bury St Edmunds, Newmarket,
Sudbury, Ipswich and Lowestoft.



Activities Unlimited and Optua have been working together to develop a Teaming Up programme for young people.

The programme is designed to offer choice and flexibility to disabled young people to enable them to meet new people, make friends and access everyday treats such as bowling, trips to the cinema, going out for a meal or shopping. Teaming Up will encourage community activity, social networking, develop money handling skills, confidence and social skills whilst raising awareness of community opportunities for disabled young people.

For **16 - 25 year olds** there will be ten week programmes in each of the above areas, offering a 3 hour session per week. Starting February 2010!

For **14 - 25 years olds** the programmes will run in the school holidays and will offer shorter programmes of 4 week blocks. Starting February half term!

If you are interested in joining Teaming Up or for more details please contact us. Keep an eye out on **www.activities.unlimited.co.uk** for further details coming soon!

Age Range: 14 - 25 years
Price: To be confirmed



Book online today: **www.activities-unlimited.co.uk**

February Half Term 2010 Programme – how to book and enrol

If you would like to take part in any of the short breaks shown in this programme please book using the Activities Unlimited website.

Don't miss out – become an AU member today! You may also be entitled to extra funding in the form of a personal budget, which families can use to enable disabled children and young people to access short break activities.

First you'll need to register and become an AU member (see the simple step by step guide below). There are loads of benefits – you'll receive a fun welcome pack, a £10 AU voucher plus a membership card, newsletter, regular updates and more!

Become an Activities Unlimited member – it's easy!

Go to www.activities-unlimited.co.uk and click on the 'Get your account' link

STEP ONE: fill in a **simple enrolment form** – we'll need your name and email address

STEP TWO: **activate your account** using the log in details we'll email to you

STEP THREE: Log into the site with your user name and password

STEP FOUR: Become a full AU Member by completing the **detailed enrolment form**. Go to the 'Get your account' section again then follow the link to the **detailed enrolment form**.

The detailed form gives us a bit more information so we can make sure the activities you choose are suitable. It's also used to see if you qualify for the extra one to one support funding.

ALL DONE! That's it! You'll be a full AU member and be able to browse the site for breaks using the search facility. When you find the break that you're interested in click on **more details** then choose **booking request** and your application will then come through to the team. Someone will then contact you to confirm your place or give you more information.

Don't forget the deadline for booking most breaks in this programme is **Friday 5th February 2010**. There are limited places for activities and most are allocated on a first booked basis. Support staff may need to arrange a home visit or collect additional information before bookings are confirmed so hurry and log on and book today!

If you don't have access to the internet or need any assistance contact us on **01473 832971**.





ACTIVITIES ★ ★ UNLIMITED

Tel: 01473 832971

www.activities-unlimited.co.uk