

# Family Liaison Officer Newsletter

July/August

Dear Parents

Its hard to believe that the end of the 20/21 academic year is upon us already. I think you will join me in congratulating all of our Pot Kiln children, and our families, in dealing with the most difficult year that many are ever likely to face in their parenting/educational journeys. Throughout lockdown, the resilience strength and determination of everyone has been quite exceptional to witness, and a well-deserved break is definitely on the cards!

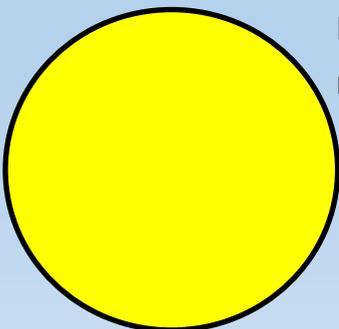
We all understand that school holidays bring their own challenges, whether it be keeping the children amused, finances, health or even anxiety over re-entering the community after such a long period of “isolating” and restrictions. To help, I have put together the following information for you all, to show what’s on offer in the beautiful community that we live in.

## Free Activities for 8-12 year olds receiving free school meals:

The Quay Theatre – Be Active programme: The Quay Theatre and Suffolk County Council are offering an activities club for 8-12 year olds. This club runs 4 days each week (Monday to Thursday) for 3 weeks in August (W/B 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>) between the hours of 10am-2pm. The club will be based at The Quay and associated venues along Quay Lane. Activities will cover all things theatrical from acting to costumes and lighting design in a child friendly way. The programme is delivered by tutors and all group leaders are DBS checked. Physical activities include Tennis, Rowing (in a gym) Boxercise and a wander through Eden Rose Coppice to make objects out of wood. Lunch is provided. Please visit the following link to book. Deadline for booking is 24<sup>th</sup> July . <https://quaytheatre.ticketsolve.com/shows/873625030>

Free Family Outdoor Cooking days based in Great Cornard.

Enjoy family outdoor activities, outdoor cooking masterclasses, free recipes and videos and a free box of food for 5 meals for a family of 4! To book email: [exploreoutdoor@acleisure.com](mailto:exploreoutdoor@acleisure.com)



**POT KILN**  
PRIMARY SCHOOL

Free Adventure Weeks based in Great Cornard. Children aged 8-12 enjoy a 4 day adventure week including activities such as archery and den building. Hours are 10am-3pm Monday to Thursday 26<sup>th</sup> July to 26<sup>th</sup> August. To book your child's place please email [exploreoutdoor@acleisure.com](mailto:exploreoutdoor@acleisure.com)

Sudbury Rugby Club – Kids Summer Camps for children aged 5-13 are being offered at Sudbury Rugby Club, free to those that are on Free School Meals. Hours are 9am-3pm, lunch is included and there are loads of activities on offer, not just Rugby! For more details or to book your child's place call 01787 377547

For more details of other free of charge holiday activities please visit Suffolk Info Link at <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page>

### Outdoor activities

Stour activity centre – Head out to Ballingdon and discover Stour Valley Activity Centre where you and the whole family can hire stable canoes, paddle boards and kayaks for a day of exploring on our beautiful riverway. More details and booking can be found at: <http://www.stourvalleyadventurecentre.com/paddling-adventures>

Suffolk Roadsafe – Suffolk County Council are offering free family cycling sessions. The Road Safety Team are now delivering sessions for families who want to cycle more regularly, whether to keep fit, to commute to work or school or to go and visit friends. The team can support you by making sure your riding skills are refreshed and you have strategies for dealing with road situations that might concern you. The sessions will be free of charge and 3 hours long. The team will come to you, chat about what you are trying to achieve and work with your route and specific challenges. To book please visit: [www.suffolkroadsafe.com/family-cycling-sessions](http://www.suffolkroadsafe.com/family-cycling-sessions)

Gardening for under fiver! – Pop along to the beautiful nursery St Johns at the bottom of Constitution Hill (East Street end) where you will see hundreds of varieties of pot plants nearly all priced at just £1.00 each. Fill a tub with 2 or 3 for a burst of summer colour or plant seedlings and watch them grow with your children. This nursery is really special, with a special philosophy that “everyone should be able to have a garden”. So, whether you have window boxes or flowerbeds, a long garden or a courtyard, pop down and visit and enjoy the beautiful colours and smells of summer flowers and have a go at being “green-fingered”.

River Stour Trust – If paddling isn't your idea of fun, book the family onto a mini cruise of the River Stour upon one of 4 boats chartered by The River Stour Trust. Passengers board the boat at the site of the beautiful Granary along Quay Lane. Prices start at £3.00 For more details and to book please visit: <https://www.riverstourtrust.org/river-trips/sudbury-river-trips/>

**Hollow Trees Farm – Goats, Cows, Pigs and Chickens, Tractors, Swings, Dens, Straw and plenty of fresh air. The famous farm in Semer is open again for visitors this summer and has a whole host of new and revitalised attractions including a brand new Cresta sledge and mini golf! Entrance prices start at £6.50 and booking is essential. Don't forget to buy your animal feed! For more information on how to book and availability please visit:**

**<https://www.hollowtrees.co.uk/meet-the-animals/>**

**Pick Your Own – What could be better on a warm summers day than fresh strawberries and a large glass of juice? Jump in your car and visit Wickham's Fruit Farm at Wickham St Paul and help your children pick their own fruit. Make sure they all go in the punnet though! For more details call 01787 269476**

**Green Sundays: Celebrating Sustainable Sudbury on Sudbury Market**

**Head along to Free family & eco-friendly activities, stalls and workshops**

**NEXT EVENTS 2021:**

**SUN 18 JULY / SUN 15 AUGUST /SUN 19 SEPTEMBER 10am-3pm on Market Hill Sudbury**

**For more information visit <https://www.sudburytowncouncil.co.uk/eco>**

**Belle Vue Park— a traditional town park close to the centre of Sudbury. It offers plenty of grassland and shrubbery and is a great place to relax.The large play area has a sandpit for toddlers and tall adventure climbers for the older children. Parents can also enjoy the outdoor gym equipment or a game of tennis on the hard-surfaced court. The games area provides the facilities to play basketball or football. Wheeled sports enthusiasts can make use of the concrete skate/BMX park. There is also a catering outlet with seasonal opening hours. Public toilets are available onsite.**

**Sudbury Meadows— \_ Sudbury's renowned water meadows are perhaps the jewel in the town's crown. Having never been ploughed to grow arable crops or treated with chemical fertiliser the meadows, which are cut through by the meandering River Stour, provide a stunning backdrop to the town with a rich source of wild flowers, insects, birds and mammals. Cattle continue to graze on the meadows and are often seen wandering freely through the fields and across the waters – making for fabulous photo opportunities. There are also plenty of places to go pond dipping! One of the best ways to enjoy the meadows and the affiliated delights is via the 3½-mile Meadow Walk. Download the Gainsborough Trail Meadow Walk Map here: <https://www.sudburytowncouncil.co.uk/sudbury-common-lands-charity>**

**Colchester Zoo – Our local Zoo is once again open for visitors and needs our support. Take the children to see the Giraffes, Elephants, Big Cats and Rhinos. Booking is essential, no tickets are available at the venue and all visits are timed. For more details visit:**

**<https://www.colchester-zoo.com/plan-your-visit/tickets/purchase-zoo-tickets/>**

## Social activities

Porch Project – Year 6 were lucky enough to meet with Zach Corrie, a local Youth Worker from the Porch Project charity based in Hadleigh. Zach and his team are faces that many children will see when they join TGS in September as Porch are based at TGS once a week in Student Services. The Porch Project are a wonderful organisation that offer support and opportunities to our young people. Over the summer the Porch Project will be offering the following FREE activities to all children aged 11 and over.

**Mondays – Meet for sports and games @ Belle View Park**

**Wednesdays – 4-7 Social meeting in Great Cornard.**

**28<sup>th</sup> July - Ninja Tag and Bowling**

**5<sup>th</sup> and 6<sup>th</sup> August – Venture Bushcraft Workshop**

**10<sup>th</sup> August – Beach Day**

**24<sup>th</sup> August – Trampoline Park**

**31<sup>st</sup> August – Year 7 drop in (Cornard)**

**3<sup>rd</sup> September – BBQ at the Youth Centre.**

Transport is provided, collection from The Co-op on Canhams Road.

For more information and to book contact [info@porchproject.co.uk](mailto:info@porchproject.co.uk)

## Sports and Leisure

Kingfisher Swimming Pool – Our local indoor swimming pool is once again open, but booking is essential. To book please visit <https://www.acleisure.com/swimming/swim-session-descriptions/> sessions include Family Swim (1 hour public session) or Family Bubble Swim where a family of 4 can have exclusive use of their very own designated area of the pool or lane swimming. Prices start at £2.20

Summer Festival of Fun – Time to have fun this summer at this festival of fun activities. FREE activities for the whole family include

Pool Beach Party, Energy Soft Play, Dance and Sing a long with the Snow Queen, Meet and Greet with Peppa Pig and Pikachu, Walk a Mile with a Smile, Gym Tasters and Prize Giveaways. To look at the schedule and book FREE tickets please visit [www.acleisure.com](http://www.acleisure.com)

Great Cornard Sports Centre – Various Dance and Football camps are available through Maxim Sports Camps at Great Cornard Sports Centre. For more details visit <http://www.maximsportscoaching.co.uk/book-online/> Outdoor swimming is available Monday to Friday 5.30pm-7.30pm Sat/Sun 1.30pm-3.00pm. Prices start at £3.00. Booking is essential 01787 374861

**Foxearth Fisheries** – Just the other side of Long Melford you will find this amazing facility where 1 adult and 1 child can have an evening of fishing for just £8.00. Facilities include toilets and showers, vending machines with hot and cold refreshments, bait, maggots and hooks and onsite support. There are various lakes to choose from and onsite parking.

**Rainbow Fun** – Sudbury's biggest play centre is now open 7 days a week! 2 sessions per day 9.30-11.30am or 12.30pm-2.30pm. Café fully open serving a wide range of hot and cold refreshments. Pot Kiln Families receive a free standard hot drink on production of this newsletter (on email). Entrance prices are 0-5 months free, 6-11 months £2.50. 1-10 years £5.00. £1.00 per adult. Booking is essential 01787 311343.

**Little Kingfishers** based at Kingfisher Swimming Pool – The Energy Soft Play centre is once again open. Booking is essential via <https://www.acleisure.com/kids/energy-indoor-play/> Sessions are Monday to Sunday 9.00-10.30, 11.30-1.00, 2.30-4.00. Prices are £5.95 for age 4+.

For children with health conditions or impairments, “Just Play” sessions are available on the 1<sup>st</sup> Thursday of every month between 4pm-6pm. Prices start at £2.80 per session.

**Sudbury Cricket Club** – Kids Summer Camps will be running at the club based in Quay lane. Prices are from £30.00 a day, and camps are available to all aged between 5 and 15! Dates are 28th-30th July and 4th-6th August. For more details please email [sudburycsecretary@hotmail.co.uk](mailto:sudburycsecretary@hotmail.co.uk) or call 07771 575374.

**Sudbury Rugby Club** – Kids Summer Camps are running between 9am to 3pm. Costs are £20.00 per day. Activities include Summer fun, inclusive games, athletics, rugby, football and many more. Lunch is included. For more details contact [www.ticketor.com/sudburyrfc](http://www.ticketor.com/sudburyrfc)

**Great Cornard Country Park** – Don't forget, right on our doorstep is our very own free of charge country park. Why not take a picnic and the whole family and challenge each other on the obstacle course?

**Old Joes Golf Club** – Pop along to Old Joes Golf Club where children under 14 can enjoy a game of FootGolf for just £5.00 (take your own ball) whilst adults relax with a coffee in the newly refurbished Café. For further details visit <https://www.oldjoesgolfandarchery.co.uk/> or call 01787 374807.

**Inflatable Fun in the Sun** – Join the Inflatable Football Fun Factory which is running between 9am-3.30pm Monday to Friday on 9-13<sup>th</sup> August or 23-27<sup>th</sup> August. Prices start at 25.00 per day for ages 4-12. For more details visit <https://footballfunfactory019.coordinate.cloud/list>

## The Arts

The Quay Theatre – Theatre is OPEN again, check out <https://quaysudbury.com/> for details of live music, comedy and Shakespeare that will be gracing the outdoor Sudbury stages this summer.

New Wolsey Theatre – A special place that some of our children were lucky enough to visit and perform at just a few weeks ago. On the 24<sup>th</sup> and 25<sup>th</sup> of July, for children aged 9+, The New Wolsey will be holding their See, Make, Do weekend of activities which will include puppet making, carnival dance, electronic music making and technical sound and lighting. What's even better is all tickets and workshops are completely free! For more details and to book please visit: <http://suffolkchildrensuniversity.co.uk/.../See-Make-Do...>

Creation Station – An exciting brand new ceramic painting class has just been launched by Toyah, a mum of 2, childrens nanny, carer and confectioner who is based in Assington. All children from age 3 can create their very own piece of ceramic to take home and treasure forever. This is not just for kids – parents are also encouraged to get creative and have a go. Sessions are running from Wednesday 21<sup>st</sup> July and prices start from £5.50. For more information please contact Toyah Western on 07917 610231 or check out Creation Station on Facebook <https://www.facebook.com/groups/511602223482543/?ref=share>

Kentwell Hall – Kentwell Hall has opened its doors again to visitors and will be welcoming people to various events including their Magic Weekend being held on 24<sup>th</sup> and 25<sup>th</sup> July. 50 of Kentwells magical characters will provide fully interactive experiences spread throughout the grounds, buildings, farm and woodlands. I can confirm that the Ministry for Magic has informed us that it will be a fun day for all the family! Why not take the opportunity to dress up as little wizards, witches or elves and get involved! For more details of this and many other events, including Kentwells open gardens and bygones sale please visit <https://www.kentwell.co.uk/>

## Further education

West Suffolk College at Cornard Road Sudbury is open again and is here to help adults, parents and carers with education and pathways to employment in a local and supportive environment. Why not join your children and register for a new academic year of education in September? Courses are available in Computer Skills, Health and Social Care, Book-keeping, Psychology, essential Maths, English, ICT, Yoga, Climate Change, Digital skills and many more. For more details visit: <https://www.wsc.ac.uk/find-a-course/adult-and-community-learning/sudbury>

## Financial support/Emotional Support

The Christopher Centre, Gainsborough Street, Sudbury – “Drop In Mondays” Coffee Morning 10am-12noon. Free Of Charge Community Lunch 12am-2pm. Emergency gas and electric payments are available via referral. Frozen meals for families in need and community hub offering furniture and home items. For more details contact Teresa on 01787 313914

Number 72 – Based in North Street Sudbury this local charity and coffee shop supports family life in many different ways. Including:

First aid legal advise, family support services including bereavement support, parenting and money management, relationship issues and family relational issues, young parents, budgeting, debt problems, fathers and their own struggles, marriage, concerns about children, SEND. For more details visit number 72’s comprehensive website at <https://www.number72.net/contact-us> or contact Tim on 01787 372346/310610

The Salvation Army – Uniform Swap Shop available at the centre on Station Road Sudbury. Pop along and save money on your childs 21/22 academic year school uniform.

Foodbank – The Storehouse Foodbank at The Vineyard Church is available to support families in need over the summer holidays. For more details contact 0300 1234 000 Option 7. Drop Ins are available Tuesdays and Fridays 1pm-3pm

## Health – useful telephone numbers

Sudbury Community Hospital – for information regarding blood tests and other community appointments contact 01787 886301

Great Cornard GP Surgery – contact number for appointments 01787 880337

NHS 111 – for all non-urgent medical queries

### A final note:

Finally, may I say a big thank you to everyone who has returned their “Aspirations” survey, your support has been gratefully received.

Have a safe and happy 6 weeks holiday, and I look forward to meeting everyone in September.

Warm wishes

Emma Bird

Family Liaison Officer

