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Your local guide to family days out and places to visit this Spring.

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PLUS... 50 things to do before you're five!

Issue 76 March/April 2024

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**EDITOR:**

Stacey Phillips

T: 07951 946736

E: editor@familiesuffolk.co.uk

Design: Stacey Phillips

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Welcome

Welcome to our new Spring issue.

I absolutely love this time of year and really welcome the longer days and (hopefully) some nicer weather. It's a great time to get out and about with your family, and to help you plan your family fun, we have a packed **What's On** guide for you, full of ideas for local days out and places to visit.

We also have a new **Family Active** feature in association with Abbeycroft Leisure. Take a look at their top tips for keeping the whole family active and find out about their Family Membership on p11.

Following the recent reports of increased cases of Measles in England, we have some helpful advice about the MMR vaccine and what to do if your child is not fully vaccinated on p13.

I hope you enjoy.

Best Wishes

Stacey Phillips

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www.bit.ly/2XolhJe.

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WHAT'S ON

TAKE A LOOK AT OUR LOCAL GUIDE TO FAMILY DAYS OUT AND PLACES TO VISIT THIS SPRING.



COLCHESTER GRAMMAR SCHOOL SCI-FEST

WHERE: Lexden Road, Colchester, CO3 3ND

WHEN: Sat 16th March | 10am - 4pm

www.crgs.co.uk



EASTER AT THE FOOD MUSEUM

WHERE: Stowmarket, IP14 1DL

WHEN: Thu 28th Mar - Thu 11th April

www.foodmuseum.org.uk

FAMILY SHOW LISTINGS



Little Shop of Horrors

Fri 1st - Sat 23rd March

New Wolsey Theatre, Ipswich

www.wolseytheatre.co.uk

Alice in Wonderland

Sun 10th March

Theatre Royal, Bury St Edmunds

www.theatreroyal.org

Hare & Tortoise

Sat 23rd March

New Wolsey Theatre, Ipswich

www.wolseytheatre.co.uk

Treasure Island: An Easter Adventure

Wed 3rd April | Quay Theatre, Sudbury

www.quaysudbury.com

Pepper Pig's Fun Day Out

Sat 6th Sun 7th April

Mercury Theatre, Colchester

www.mercurytheatre.co.uk

Beauty & the Beast Easter Panto

Sun 7th April | Ipswich Regent

www.ipswichtheatres.co.uk

Treasure Island Easter Panto

Wed 10th April

Marine Theatre, Lowestoft

www.marinatheatre.co.uk

The Little Mermaid

Thu 11th April | Spa Pavilion, Felixstowe

www.thelittleboxoffice.com/spapavilion

Dogs Don't Do Ballet

Fri 12th April | Quay Theatre, Sudbury

www.quaysudbury.com

Cirque – The Greatest Show

Sat 27th - Sun 28th April

Ipswich Regent

www.ipswichtheatres.co.uk



SPRING BABIES CARNIVAL

WHERE: Easton Farm Park, IP4 1HE

WHEN: Fri 29th March - Sun 14th April

www.eastonfarmpark.co.uk



EASTER ADVENTURES AT ICKWORTH ESTATE

WHERE: Ickworth, BSE, IP29 5QE

WHEN: Fri 29th March - Sun 14th April

www.nationaltrust.org.uk/ickworth-estate



EASTER LAMBING

WHERE: Baylham House Rare Breeds Farm
IP6 8LG

WHEN: Fri 29th March - Sun 14th April

www.baylham-house-farm.co.uk



DAYS OUT WITH THOMAS

WHERE: East Anglian Railway Museum,
Wakes Colne, CO6 2DS

WHEN: Fri 29th March - Mon 1st April

www.earm.co.uk



EASTER PAW-TY

WHERE: National Horse Racing Museum,
Newmarket, CB8 8EP

WHEN: Sat 30th March

www.nhrm.co.uk



THE BRITISH COUNTRY SHOW SUFFOLK

WHERE: Henham Park, Beccles, NR34 8AN

WHEN: Sun 31st March - Mon 1st April

www.britishcountryshow.co.uk

Animals in the art gallery

See if you can find all the animals in this fun, family-friendly exhibition! Make your own animal artworks in the creative studio.



Christchurch Mansion, Ipswich | Open until 2 June 2024
Open Tuesdays-Sundays. Closed Mondays | Free admission
Visit [ipswich.cimuseums.org.uk/events](https://www.ipswich.cimuseums.org.uk/events) to find out more

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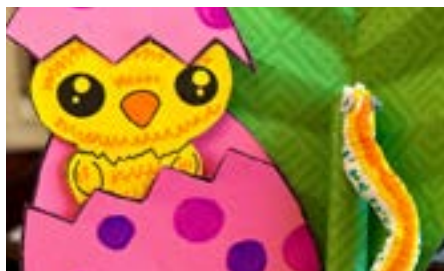
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EAST ANGLIAN
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WHAT'S ON



SPRING INTO SPRING CRAFT WORKSHOP

WHERE: Christchurch Mansion, IP4 2BE

WHEN: Tue 2nd - Thu 11th April
ipswich.cimuseums.org.uk



NOWTON PARK'S AMAZING EASTER EGG HUNT

WHERE: Nowton Park, BSE, IP29 5LU

WHEN: Thu 4th - Fri 5th April
www.whatsonwestsuffolk.co.uk



HERO'S ASSEMBLE! A L.A.R.P ADVENTURE

WHERE: West Stow Anglo-Saxon Village, BSE, IP28 6HG

WHEN: Sat 6th - Sun 7th April
www.weststow.org



HOLI - FESTIVAL OF COLOUR

WHERE: Alexandra Park, Ipswich, IP4 1NS

WHEN: Sun 7th April
www.ipswichentertains.co.uk/holi-festival/



KNIGHTS OF MIDDLE ENGLAND JOUST

WHERE: Hedingham Castle, CO9 3DJ

WHEN: Sat 13th - Sun 14th April
www.hedinghamcastle.co.uk



EAST ANGLIAN GAME & COUNTRY FAIR

WHERE: Euston Estate, Thetford IP24 2QH

WHEN: Sat 27th - Sun 28th April
www.ukgamefair.co.uk

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Easter Adventures

at Ickworth Estate



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Friday 29 March - Sunday 14 April | Open daily

Join us this Easter as for a family adventure at Ickworth Estate. Discover our interactive spring-inspired Easter egg trail, get crafty, and explore the estate on two wheels. Enjoy a great day out for the whole family.

nationaltrust.org.uk/ickworth-estate



WHAT'S ON AT SUFFOLK ARCHIVES



Exhibition at The Hold, Ipswich Waterfront
Open until 14 April 2024 • Free entry



Suffolk
County Council



Suffolk has a rich history of welcoming people from around the globe.

This exhibition delves into the experiences of migrants to Suffolk since the conclusion of World War II, exploring how social and political events have influenced the cultural landscape of the county.

The 'Arrivals' exhibition is made possible by The National Lottery Heritage Fund.



@suffolkarchives

www.suffolkarchives.co.uk/whatson



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 spaces, so check out what is available.



To find out more and book a place visit: www.eequ.org/suffolkhaf



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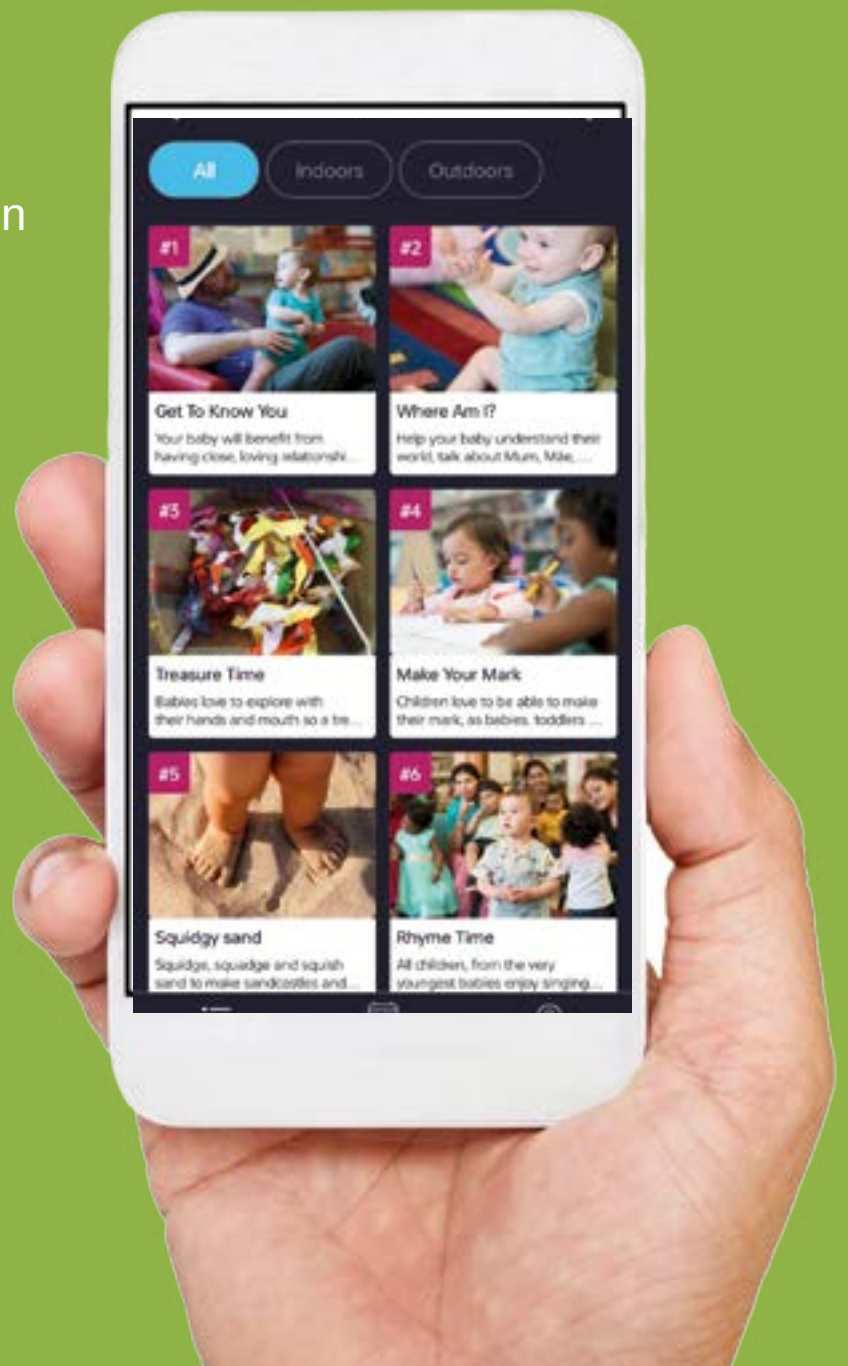
Use the free app and website at home or when out and about

Play Your Way

Enjoy activities at your own pace, again and again

Borrow Some Books

Check out the wide variety of books for all ages from Suffolk Libraries.



Download the FREE app!



Be egg hunt ready with our BUNNY Binoculars!

Cut out
and keep

Hop into the Easter spirit with this delightful craft! Unleash your little one's creativity and recycle cardboard tubes to make bunny-shaped binoculars. Are you ready for the hunt?

Let the crafting adventure begin!

You will need:

- Loo roll tubes (x2)
- Cereal box card
- Tape
- Scissors
- PVA glue
- Colouring materials
- Printed template ([scan QR code to download](#))

What to do:



This activity has been provided by **toucanBox** (www.toucanbox.com) whose all-in-one subscription craft boxes for kids make playtime easy-peasy.



Step 1:

Glue the two tubes together to make binoculars. Leave to dry.



Step 2:

Ask a grown up to help you cut out the band from the printed template.



Step 5:

Colour in your band, then wrap around the binoculars and glue tab to secure.



Step 7:

Insert the bunny ear tabs into the slits. Fold the tabs towards you and tape to the inside of the tube.



Step 3:

Glue the rest of the template to cereal box card. Once dry, ask a grown up to help you cut out the nose and ears.



Step 4:

Use glue to attach the nose to one end of the binocular tubes. Leave to dry.



Step 6:

Ask a grown up to help you cut a small slit for each ear, about 1cm away from the end of the tube.



SCAN THE QR CODE
TO DOWNLOAD THE
PRINTED TEMPLATE!



SPRING INTO ACTION

With Abbeycroft

The Easter holidays are the perfect time to get up, get out and get active.

With spring finally on its way, now is the time for a little 'lifestyle' spring clean for you and the kids.

Aim for some physical activity or movement every day if you can and see the benefits straight away.

HERE ARE A FEW TIPS AND IDEAS FOR WAYS TO KEEP THE WHOLE FAMILY ACTIVE OVER THE SCHOOL HOLIDAYS AND INTO THE SUMMER MONTHS:

- Make it a family affair and have a daily or even weekly walk, exploring your local area and getting close to nature if you can.
- Involve the kids with your normal workout or try something new. Yoga is excellent for flexibility, strength, coordination, while also helping with children's ability to concentrate and their sense of calm. There are lots of free YouTube yoga workouts suitable for children. And check out Abbeycroft @ home on our app which has Les Mills Born Kids classes and Studio You for teenagers.
- How about a treasure hunt, compile a list of things the kids have to find or see and the one who finds the most wins a small prize at the end! This is a great way to get those stealth steps in.
- Have an at-home dance party, crank up those tunes and dance like no one is watching.
- Get together for a mini sports day at the local park. Make sure the events cover all ability levels; they may not be the fastest runner but they can hop, skip and jump!
- If you have a positive attitude to sport and keeping active this will reinforce that it isn't a chore – be their active role model
- Choosing a new hobby as a family can be easier, as you're able to support one another at their own pace. It can be a great way to get the gardening done quicker and share the responsibilities as a family.
- Perhaps you want to learn how to cook or bake because you want to be more in control of the food you are eating. We have some excellent easy-to-cook, nutritious and cost-effective recipes to follow and the kids will love getting involved. www.acleisure.com/familycooking/



Unleash family fun at Abbeycroft

We are here to help everyone be healthy, live longer and have fun.

So we have plenty of exciting options to keep the whole family moving and grooving.

There is no better quality time spent as a family than splashing around in the pool in one of our 'floats and fun' or family sessions. Burn off some energy or build up strength working out together in our family friendly state of the art gyms or enjoy a 'Born To Move' junior fitness class.

For some family competition, challenge each other to a game of badminton, short tennis or table tennis. Seeking indoor adventures? Your little ones can have hours of fun and thrills exploring the soft play centre or climbing at xheight.

We believe staying active should be a family affair, after all being active is far more enjoyable when shared. Our great value family membership includes all of this and more... visit our website to find out more:

www.abbeycroft.org.uk/family

KIDS ARE BORN TO MOVE



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PLANNING FOR YOUR FUTURE – REACH FOR YOUR DREAMS BUT ALSO SAFEGUARD AGAINST LESS WELCOME OUTCOMES



Zoe Southgate, partner and Head of Private Client services at Bates Wells & Braithwaite in Ipswich highlights how having a power of attorney in place may be the best thing you do for you and your family.

It is easy to plan for a good time. With the Christmas decorations packed away, it is not surprising that January is the busiest month of the year for booking the summer holidays. However, as we are after all, only human, we are significantly less efficient about planning for darker outcomes such as illness and end of life.

The media is full of tips on how to live longer. All this is excellent advice and making even small positive changes can impact on our health and the quality of our lives, especially as we get older. However, the truth is, that even those of us who follow every health trend, we cannot predict our futures.

As I write I am thinking of the plight of the TV presenter Fiona Phillips, who announced in 2022 that she had been diagnosed

with early-onset dementia. We cannot ignore the fact that although our population is changing to reflect a greater proportion of older people as we live longer, the sobering consequence is that one in three of us is now going to get some form of dementia.

It is tempting to put our heads in the sand and resign ourselves to what will be will be. However, we can take an element of control and organise ourselves so that should the worse happen, we have a plan.

Key to this life plan is the legal document known as Lasting Power of Attorney (LPA). In a nutshell this document ensures that if you become unable to act or carry out wishes for yourself, that someone you legally appoint (your attorney) can act on your behalf.

There is a lot of confusion around LPAs. We are often approached by children of elderly saying that they want to take out an LPA. That is not the right way round. The person (donor) who is to be protected, in this case the parent, has to be the one to take the initiative. It is additionally complicated but also necessary to safeguard the vulnerable, that anyone making an LPA must have the required mental capacity as defined in the Mental Capacity Act 2005 for it to be legally valid.

There are two types of LPA: one for health and welfare and one for property and financial affairs. We recommend that these are considered together albeit with possibly different "attorneys" to appeal to different skills or circumstances of chosen individuals, most usually, trusted family members. Importantly, however, a health and welfare LPA only takes effect once the donor has lost their mental capacity. It is also worth noting that whilst still having capacity, a donor can also remove an attorney from an existing LPA.

I am often asked at what age we should consider having an LPA in place. It is impossible to answer. However, if you want to ensure that it is someone who loves you who is making important decisions about your care and your finances, it is surely a case of better too soon rather than too late? And to focus your thoughts, maybe reflect on Fiona Phillips; she was only 62 when she received her diagnosis.

If we can advise you or your family on any of the issues or assist with wills, probate, deputyship applications or powers of attorney, do contact me at: zoe.southgate@bates-wells.co.uk

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FOR FURTHER INFORMATION CONTACT

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29 Lower Brook Street, Ipswich, Suffolk IP4 1AQ
www.bates-wells.co.uk

IS YOUR CHILD FULLY VACCINATED?

CATCHING UP IS EASY, AT ANY AGE

You may have read or heard that cases of measles are increasing in England. While cases in Suffolk are currently low (at time of publication), we should prepare for and protect against the potential for increased cases. If your child has not been fully vaccinated with the MMR vaccine it is a good time to get this done to protect them.

WHAT SHOULD I DO?

STEP 1

CHECK WHETHER YOUR CHILD HAS HAD ALL OF THE VACCINES THEY SHOULD HAVE HAD.

You can look in the 'immunisation' section in your child's red book (Personal Child Health Record) to see if they have received their MMR vaccination.

If you're still unsure, check their records with their GP or email the vaccination clinic:
hct.SuffolkSAIS@nhs.net

STEP 2

IF YOUR CHILD IS MISSING ANY VACCINATIONS, BOOK AN APPOINTMENT TO GET THEM UP TO DATE.

This can be done at a vaccination clinic or your GP.

If you would like to book a place at a clinic, please call **0300 555 5055** option 3 to book appointments for any outstanding vaccinations.

Please do not attend a clinic without booking in advance.

For more information, including a list of available vaccination clinics, visit:

www.healthysuffolk.org.uk/ChildhoodVaccinations

IS YOUR CHILD FULLY VACCINATED?



CATCHING UP IS EASY AT ANY AGE.

JUST CHECK THE RED BOOK

ABOUT THE MMR (MEASLES, MUMPS AND RUBELLA) VACCINE

The MMR vaccine is a safe and effective combined vaccine.

It protects against 3 serious illnesses:

Measles
Mumps
Rubella (German measles)

These highly infectious conditions can easily spread between unvaccinated people.

Getting vaccinated is important as these conditions can also lead to serious problems including meningitis, hearing loss and problems during pregnancy.

2 doses of the MMR vaccine provide the best protection against measles, mumps and rubella.

SCHOOL WOBBLIES

keeping your reluctant child in school

By Lisa Wander and Catherine Noble

Anxiety about going to school affects about five percent of children in the UK. Part of normal development in young children, it becomes more concerning if it doesn't pass over time. If your child is refusing school due to anxiety, the longer this continues, the harder it becomes for them to return.

Missing school not only means your child loses out on education but other essential skills, such as mixing with their peers and becoming more independent from their parents. School attendance is, in fact, mandatory: under UK law parents are responsible for ensuring their child attends school. However, in 2022, more than sixteen thousand parents were fined for unauthorised school absences.

A variety of factors can be behind a reluctance to attend school. Young children often experience separation anxiety or may be anxious by temperament. Some children may experience difficulties at school with friendship group dynamics, feel intimidated or inferior. Others may find the work challenging and the pressure to perform well overwhelming. Difficulties at home or illness may keep them away from school. Commonly it is a combination of some or all of these things which creates anxiety and may lead to the arrival of the 'school wobbles.'

HOW TO IDENTIFY SCHOOL WOBBLES

The feelings your child may experience are real and this anxiety can lead to physical symptoms such as sweating, headaches, feeling sick or an increased heart rate which can make them feel dizzy. Children may be reluctant to get up and ready in the morning. They may be angry and upset or acting out at home or they may withdraw and seem quiet and low, often fixating on small issues. These are all automatic and mostly normal reactions. But for every missed school day, it becomes harder to go back. For some children an occasional day off could be the best thing but, for an anxious child, this can make things much worse. So try not to give in and keep continuity.

School reluctance requires a nuanced and empathetic approach. By understanding the root causes, fostering open communications and implementing positive strategies, parents and educators can work together to create an environment in which children feel supported, confident and eager to embrace the opportunities that schools offer.

BUILDING GOOD ATTENDANCE HABITS

Here are some tips for helping your child build a positive mindset and instilling the habit of going to school.

Open communication: actively listen, try to be calm, patient and show empathy.

Establish a positive routine: consistent morning and bedtime routines provide structure and reassurance.

Positive reinforcement: celebrate achievements, no matter how small, to boost your child's confidence. Show interest in their learning, progress and friends, always talking positively about school.



Build strong connections with your child's teachers and peers. Work closely with your child's school to address areas of struggle, with additional support provided, if necessary.

Promote independence: involve your child in decision making to empower them and give them a sense of control.

Seek professional help. If school reluctance persists or appears rooted in deeper issues, seek help from the school's SENCO initially.

A PERSONALISED SUPPORT PLAN

Once you understand the root of your child's anxiety, work with their school to create a personalised plan of support and schedule regular progress meetings. This plan may include:

Taking your child in earlier to school to meet with a known key adult or friend to ensure a calm start to the day. Providing a visual timetable to give a clear structure to the day, including support when moving between lessons. Where possible, ensure your child is informed about changes.

A safe space to retreat to and opportunities for brain breaks.

Activities and clubs at breaktimes to provide structure. A specific responsibility can help them feel involved.

An in-school Social Skills Intervention Group to embed positive friendship habits.

Practising mindfulness and relaxation techniques to help calm an anxious mind.

ABOUT THE AUTHORS...

Lisa and Catherine are co-founders of Emparenting (www.emparenting.co.uk), supporting children, parents and families with the insights, skills and tools needed to nurture the development and well-being of the next generation.

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At Framlingham College we celebrate every individual.

Our size, structure and ethos mean that our entire focus is on understanding, guiding and inspiring each child individually – so they can find their self-belief, discover their own talents and challenge themselves to achieve more than they thought possible.



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