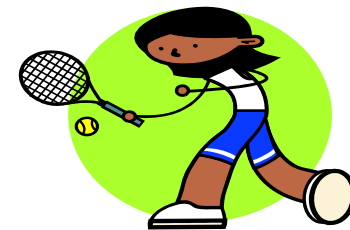
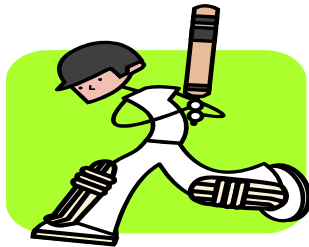
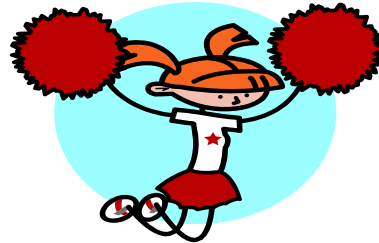


What is there to do Out of School? Framlingham/ Leiston Schools Cluster



A Directory of Activities and Clubs
2010

Out of School Hours Activity Directory 2010

What's it for?

The aim of this directory is to let children, young people and parents know what clubs and activities take place regularly in this area of Suffolk outside of school hours. It tells you where the activities take place, for what age groups, how much it costs and who to contact.

How was the information gathered?

In February 2010, parent questionnaires were sent out by the Primary and Middle Schools in the Framlingham/Leiston cluster of schools, to collect the details of activities their children attended outside of school hours. Most activities listed in this directory were identified through the questionnaires.

What this doesn't tell me?

After school and holiday specific activities actually run by the schools or their own staff are generally not listed.

Being listed in this directory is not a guarantee that the activity providers have the relevant CRB check's, insurances, risk assessments and safeguarding arrangements. Always check this information when booking your child onto activities for the first time.

What if I know of a club or activity and it's not listed?

Please contact Bridget Revell at bridget.revell@suffolk.gov.uk or phone 07917071285 if you are aware of an activity in the area that is not listed in this directory, in order that it can be included in any subsequent directory.

Where else can I find out what is going on in the local area?

There are many sources of information. Here are four suggestions.

- Try Suffolk County Council's YoungInfolink www.suffolk.gov.uk/infolink and then choose the Young Infolink option.
- For activities, especially holiday activities, within the Suffolk Coastal District Council area try www.coastalpotato.co.uk
- If you are a young person aged 13 and over try the Connexions website www.thesource.me.uk
- For a list of activities and clubs that are part of the Suffolk Children's University Scheme, and information of about the scheme, go to www.suffolk.gov.uk/suffolkcu

Out of School Hours Activities and Club Survey - Leiston & Framlingham Pyramid (Almalqamated list)

Group Name	When	Where	Times	Age Range	Contact details	Cost
Acting						
Angel Theatre	Monday Tuesday Wednesday Thursday Saturday	Rendlesham	various	U5's - 15yrs	01394 461538	various
Minimouth Theatere Company the Cut Halesworth Stagecoach	Saturday Saturday	The Cut Halesworth Woodbridge	pm 10am-1pm	6-10yrs 6+	James Holloway 01728 638585 or Caroline Mummery Sarah Corbett 01473 423615	£64 per term
Additional Needs						
Suffolk Coastal Young Peoples Project	4th Saturday in month Sept- June	Resource Centre Saxmundham	10.00-13.00hrs 13.30-16.30hrs	8-13yrs 14-18yrs	Maria Martin 07986 630635 scypp@hotmail.com	
Athletics						
Framlingham Flyers Athletics/running Club		Framlingham Sport and Social Club , Badingham Road		12+	<u>01394 388004</u> <u>James.kelly@tesco.net</u> <u>rickypeacher@hotmail.com</u>	
The Saxons,Saxmundham		Saxmundham Sports and Recreational Club, Carlton Park		12+	<u>info@the_saxons.org.uk</u> <u>www.thesaxons.org.uk</u>	
Archery						
Whitefriars Bowmen		Dunwich Forest			Ted Draper 01728 668536	
Badminton						
Thorpness Badminton Club	Wednesday	Thorpness		8+	Mavis Thompson 01728831577 <u>www.suffolkbadminton.co.uk</u> <u>alysk@hotmail.com</u>	
Framlingham Badminton Club		Thomas Mills High School,				
Basketball						
Leiston Lynx Basketball club	Sundays	Leiston Leisure Centre	4-5pm/ 7-9pm	10-14s /14+ / 18+	Andrew Wilesmith, 07886019198 Leistonbasketball@yahoo.co.uk	£35 per term
Beavers						
Earl Soham Beavers	Monday	Kettleburgh VH	5.30-6.30pm	6-8yrs	Julie Lovett 01728 723712 Julie.Lovett@btinternet.com	£25 per term

Framlingham Beavers	Wednesday	Scout & Guide Hut Framlingham	5.15-6.15pm	6-8yrs	Linda Fiske 01728 724289	£26 per term
Leiston Beavers	Wed/Thurs	Leiston Scout Hall	5.30-6.30pm	6-8yrs	Steven Burch 01728 832479	£18 per term
Brownies						
Aldeburgh Brownies	Monday	Church Hall, Aldeburgh	6.15-8.00pm	7-10yrs	Caroline Ash	£7 per term
Badingham Brownies	Wednesday	Badingham Village Hall Scout & Guide Hut	6.00-7.30pm	7-10yrs	Carol Bostock-Smith 01728 638352	£15 per term
Framlingham Brownies (1st)	Tuesday	Framlingham Scout & Guide Hut	5.00-6.30pm	7-10yrs	Anne Corke 01728 621384	£23 per term
Framlingham Brownies (2nd)	Monday	Framlingham	5.15-6.45pm	7-10yrs	Anne Corke 01728 621384	£23 per term
Knodishall Brownies	Wednesday	Knodishall Village Hall	6.30-8.00pm	7-10yrs	Mrs Jo Mayhew 01728 831748	£18 per term
Leiston Brownies	Tuesday	Leiston Guide Hut	6.00-7.30pm	7-10yrs	Anne 07835925941 Liz 01728 832132 Anne 01728 833815	£18 per term £15 per term
Saxmundham Brownies	Monday	Adult Resource Centre	5.30-7.00pm	7-10yrs	Sue Palmer 01728 603072 Demelza Hammond 01728 602224	£15 per term
Snape Brownies	Wednesday	Snape Village Hall Wickham Market Village Hall	5.45-7.15pm	7-10yrs	07-Nov Hazel Hammond 01728 688813 Linda Payne 01728 747019	£18 per term
Wickham Market Brownies	Monday		5.30-7.00pm	7-10yrs	linda.brownies@btinternet.com	£20 per term
Cadets						
Leiston Army Cadets	Mon, Fri	Victory Rd, Leiston		12-18yrs	01728 831686	75p per session
Cheerleading						
Aldeburgh	Friday	Fairfield Centre, Aldeburgh 101 Southwell Road	5-6pm	7-11yrs	Hannah Phillips 07920404111 01502 501419	50p per session
Waveney Gymnastics Club	Saturday	Lowestoft	10.00-11.00am		waveneygym@aol.com	£5 per session
Activity Clubs-churches						
Discoverers Club	Friday	Leiston Baptist Church	6.30-7.30pm	7-12yrs	Paul & Shirley Pontin 01728 833732	FOC
2sday kids	Tuesday	Hasketon VH	17.00-18.00pm	5-10yrs	Ruth Blunt	50p per week
Friday Club	Friday	Cransford Chape	5.30-6.45pm	5-10yrs	Elizabeth Kettle 01728663222	Free
Messey Play	Thursdays once a month	Knodishall methodist church	3.30-5.00pm	families	Beth 01728 635558	£2 per family
Cricket						
Easton Cricket Club		Easton		Juniors	01728 747370	
Saxmundham Cricket Club		Saxmundham,Carlton Park			rayhalls@yahoo.co.uk	
Yoxford Cricket Club		Yoxford			http://yoxford.play-cricket.com/home/home.asp	
Worlingworth Cricket Club				Juniors	Andy@herriottab2s.fsnet.co.uk	

Cubs

Earl Soham Cubs	Monday	Kettleburgh VH Scout & Guide Hut	6.45-8.15pm	8-10yrs	Julie Lovett 01728 723712 Julie.Lovett@btinternet.com	£25 per term
Framlingham Cubs	Wednesday	Framlingham	6.45-8.15pm	8-10yrs	Tabaqui 01728 628147	£27.50 per term
Grundisburgh Cubs	Friday	Grundisburgh	6.00-7.30pm	8-11yrs	Stuart Ross 07855 089520 Steve Burch 01728 832479	£50 per year
Leiston Cubs	Monday	Leiston Scout Hall	6.30-8.00pm	8-10yrs	leistonscouts@aol.com	£20 per term

Dancing

Breakdancing	Wednesday	Shalom Centre, Framlingham		11+		50p weekly
Coral Stebbings School of Dance	various	St Margarets FC Leiston	various	3yrs+	Coral Stebbings 01728 830468	£35 per term
Disco & Street Dancing		Eye Community Centre	4.00-5.00pm	5+	01379 870813 Erin Murphy 07985521888 www.erinleamurphyschoolofdance.c	£3 per lesson
Erin-Lea Murphy	Wednesday Thursday	Saxmundham Middle Sch	4.15-9.05pm	7+	o.uk Erin Murphy 07985521888 www.erinleamurphyschoolofdance.c	£16.20-£25 per term
Erin-Lea Murphy	Friday	Bramfield VH	5.00-5.40pm	7+	o.uk	£16.20-£25 per term
Modern Dancing	Tuesday	Angel Theatre, Rendlesham	16.00-17.00pm	4-8yrs	Kelly Smith 01394 461538 Kelly Brown or Debenham Leisure	£4 per week payg
Polka Dots	Mondays	Debenham Leisure Centre	4.00-5.00pm		Centre on	£4 per lesson £35-£45 per term
Saxtead School of Ballet	Various	Saxtead School of Dance	Various	3+	Sandra Hartley 01728 723887	appx £35-£45 per term
Saxtead School of Ballet	Various	Hartismere High School	Various		Sandra Hartley 01728 723887	appx £35-£45 per term
Saxtead School of Ballet	Various	Debenham Leisure Centre	Various		Sandra Hartley 01728 723887	appx
Waveney Gymnastics Club	Friday Tuesday	Lowestoft	6.00-7.00pm		01502 501419 waveneygym@aol.com	£3 per session
Woodbridge School of Dance	Wednesday Thursday Saturday	St Mary's CEVA Primary, Woodbridge		3+	Lauren Clarke (Principle) lozzaclarke@hotmail.com	£40 per term

Exercise classes -for young people

Waveney Gymnastics Club	Thursday	101 Southwell Road Lowestoft	7.00-8.00pm		01502 501419 waveneygym@aol.com	£3.50 per session
-------------------------	----------	---------------------------------	-------------	--	------------------------------------	-------------------

Explorers (part of Scouting/Guide movement)

Framlingham Explorers Wednesday fortnight Scout & Guide Hut Framlingham 8.00-9.30/10.00 14-18yrs Jan Norton 01728 723949 £25 per term

Football

Aldeburgh Football Club last Sat Month Aldeburgh School/Football Club? 5-12yrs Free

Framlingham Town Football Club various, matches on Saturdays Framlingham Sports Club (winter training varies) 5.30-7.00pm under 7's all the way to under 16's **Secretary** Christine Abraham 01728 724217 £50-60 per year

Ipswich Town Community Trust Wednesday Saxmundham Middle School 5.00-6.00pm 6.00-7.00pm 5+ Amanda Ward ITCT 01473 40074 Paul Fairweather 01728 830155 07777651680 Sam Cloke 07736 £35 per term

Sky Football Club Various, Wednesday Sizewell Sports Club 5.30-6.30pm various 332246 £25 per season

Sky Football Clut Wednesday Sizewell Club 5.45-6.45pm U12 as above

Stradbroke Football Club Sunday Stradbroke Westhal Playing Field, High Street, Wickham Market 10.00-11.00am 6-12yrs Don Darling 01379 38809£ £2 per week

Wickham Market Football Club Saturday Wickham Market 6+ 01728 747307 Paul Blyth

Golf

Dr Golf Saturday Ufford Park various 5+ 01394 383480 mail@doctorgolf.co.uk £35 for 6 lessons

Thorpeness Golf Clut Saturday Thorpeness Golf Club 10.00-11.00am Pauline Hislop Thorpeness Golf Clu £2

Guides

Framlingham Guides Monday Scout & Guide Hut Framlingham 7.00-9.00pm 10-14+ Monday: Bev Clarke 01728 638050 £23.50 per term

Framlingham Guides Tuesday Scout & Guide Hut Framlingham 7.00-9.00pm 10-14+ Tuesday: Claire Norman auntclaire@btinternet.com £23.50 per term

Leiston Guides Wednesday Guide Hut, Leiston 7.00-9.00pm 10-14yrs Margaret 01728 60308£ Hazel Hammond 01728 688813 £15 per term

Saxmundham Guides Monday Adult Resource Centre 6.45-8.45pm 10-14yrs 688813 £15 per term

Gymnastics

Gymnastics Wednesday Thomas Mills High School 5.00-6.00 6.00-7.00 8-13yrs Sandra Coe 01728 724374 Appx £36.50 (8 weeks)

Ipswich Gymnastics Centre one day a week Gainsborough Sports Centre varies depending on skill/age varies Reception 01473 433676 (8 weeks)

Otley Gym Clut Friday Otley Village Hal 3.25-7.00pm 5+ Sarah Hale sehale@talk21.com £2 per week

Otley Gym Clut	Thursday	Kelsale Primary Schoo 101 Southwell Road	3.30-4.10pm	5+	Sarah Hale sehale@talk21.con 01502 501419	£2 per week
Waveney Gymnastics Club	various	Lowestoft	various	5+	waveneygym@aol.com	£22 pcm
Horse Riding						
Bramfield Horse Riding and Pony club	various	North Manor, Bramfield	various	any	01986 784552	£20 per session (2 1/2hrs)
Iken Livery Yard Horse Riding	various	Tunstall Rd, Iken	various	3+	01728 689065	?
Valley Farm Horse Riding Centre	various	Valley Farm Wickham Market		3+	01728 746916 sarah@valleyfarm.co.uk	£18 1/2hour £35 for 3hrs pony club
Martial Arts						
Hollesley Judo Kai Judo	Thursdays Thursday	Tunstall Village Hall Diss Community centre	6.30pm 6.30-7.45pm	5+ 6+	Julie Jolliffe 01394 410483 www.hollesleyjudo.org.uk Howard Dates 01379 688258	£2 per session £3 per week
Judo Club	Thursday	Tunstall Community Hall	6.30-7.30pm 7.30-8.30pm	5-8yrs 8-14yrs	Julie Jolliffe 01394 410483 www.hollesleyjudo.org.uk	Annual fee £15 £2.50 per session
Karate	Thursday	Thomas Mills High School	7.00-8.00pm	7+	TMHS	£4.50 per session
Kuk Sool Won	Tuesday	Thomas Mills High School Performance Studio	5.00-6.00pm	7- Adult	Mark Lewis 01986 798023	£20 annual membership + £3per session payg
Kuk Sool Won	Friday Tuesday	Thomas Mills High School Performance Studio	6.00-7.00/8.00pm	7- Adult	Mark Lewis 01986 798023	£20 annual membership + £3per session payg
Sizewell & Leiston Karate Club	Thursday	Leiston Leisure Centre	6.00-8.00pm	6-90yrs	Liz hutchinson 01728 604827www.slkc.co.uk	£2.50 per session (child)
Maths						
Kumon Club	Monday	Woodbridge?	3.30-5.30pm	4+	Helen Alderton 01394 384266	£50 per month
Music						
Cello	Saturday	TMHS	9.00-10.30am		Chris Foreman 01473 281866	£42 per term
Drum Lessons	Saturday	Planet Music	10.00-10.30am		01394 383700 Jennie Wake-Walker 01728 602216	£15 per lesson
Jubilee Opera	Wednesday Monday	Jubilee Hall, Aldeburgh	5.00-7.00pm	7-16yrs		£10 per term
Leiston RBL Brass Band	Thursday	RBL Hall, Leiston	7.00-8.00pm		Philip Glennon, Low St Benhall	Free
Piano Lessons	Various	At home	Various		Chris Fisher	
Piano Lessons	Various	At home	Various		Kate Merry 01728 621167	
Piano Lessons		Aldeburgh		6+	Rosemary jones 01728 453937	£10 per 1/2 hour

Soundwaves	Various	within Suffolk Coasta	Various events	12_+	Daniel King 01394 38378€	Free
Suffolk Choir	Saturday	Thomas Mills High School	9.40-10.30am		Celia Barrow	Free
Suffolk Youth Music Violin Lessons	Saturday Various	Thomas Mills High School at Tutors home	various	all ages	Chris Foreman 01473 281866 Helen Osler 01728 833608	£42 per term £11 per lesson

Rainbows

Framlingham Rainbows Leiston Rainbows	Thursday Monday	Scout & Guide Hut Framlingham	5.30-6.30pm	5-7yrs	Sandra Clelland 01728 628315 clellandfram@hotmail.com	£22 per term
Saxmundham Rainbows	Monday	Adult Resource Centre Wickham Market Village	4.15-5.15pm	5-7yrs	Emma Howard 01728 604787 Eli Dennison 01728 831401 Linda Payne 01728 747019	£15 per term
Wickham Market Rainbows	Monday	Hall	4.15-5.15pm	5-7yrs	linda.brownies@btinternet.com	£20 per term

Rugby

Ipswich Rugby Football Clut		Ipswich Rugby Club		7-15yrs 15yrs	John Winter 01986 784345Paul Starks 01986 785590 07766832533	
Southwold Rugby Club	Sunday	Southwold		6+	paul.starks@virgin.net	£45 per season £60 per year (£5 per month)
Woodbridge Rugby Club	Sunday	Woodbridge Rugby Club	10.30-12noon	6-16yrs	coaches@woodbridgerugby.net	

Scouts

Earl Soham Scouts	Friday	Kettleburgh VH Scout & Guide Hut	7.15-9.00pm	10-14yrs	Julie Lovett 01728 723712 Julie.Lovett@btinternet.com Tony Campbell 01728	£25 per term
Framlingham Scouts Leiston Scouts	Thursday Thursday	Framlingham Leiston Scout Hut	7.00-9.00pm 7.00-9.00pm	10-14yrs 10-14yrs	724611 Steven Burch 01728 83247€	£26 per term ?

Shooting

Shooting	various	High lodge		13+	www.highlodge.co.uk	
----------	---------	------------	--	-----	--	--

Sports Club

St Johns Ambulance	Friday	Dennington Village Hal		all ages		
St Johns Ambulance	Wednesday	Westbury Centre Framlingham	5.30-6.30pm	5+	Sally Butcher	n/c
St Johns Ambulance	Wednesday	SMS	6.30-7.45pm	5-10yrs	Bryony Peall brypeall@hotmail.com	£15 per term

Swimming

Dolphin Pool,Clopton,Swimming lessons		Dolphin Pool Clopton		0+	Sylvie Moodie 0778991939 iswim@live.co.uk	£40 per term
Framlingham College	Various	Framlingham College	after school & Saturdays	4+	Audrey Tovey 01728 727223 atovey@framcollege.co.uk	£40 per term
Leiston Leisure Centre	Various	Leiston Leisure Centre	Various		01728 830364	
Leiston Leisure Centre						
Swimming lessons	Various	Leiston Leisure Centre	Various	4-14yrs	Gill 01728 830364	Appx £46 per term
Leiston Swim Club	Fridays	Leiston Leisure Centre	7.30-8.30pm			
Little Fin Swim School	Sundays		6.45-7.45pm		Matt Dye 01728 833266	appx £15 per month
	Monday	?	3.30-4.00	5+	Trina 07962 158813	£30 per month
Team Ipswich Swimming	Tuesday		4.30-5.30pm		www.TeamIpswichswimming.co.uk	
Stradbroke Pool Swimming lessons	Tuesday					
	Wednesday					
	Saturday	Stradbroke Swimming Pool	various	all ages	Stradbroke Pool 01379 384376 lorraine Ager 07720260102	£4.50 per lesson pd termly
Ufford Park Swimming lessons	Tuesday	Ufford park Hotel	pm	5+	iswim@live.co.uk	£40 per term
Water Lillies Swimming School	Various	Various private pools	after school & Saturdays	Beginners upwards	Treacle Snelling 07919108646 or 01728 628731	£6 per session for groups of not more than 4
Tennis						
Aldeburgh Tennis Club	Monday	Aldeburgh Courts	3.15-4.15pm	5-9yrs	Danny Wyatt	£24 per term
Framlingham College Tennis Club		Brandeston Hall	5.15-6.15pm	6-18yrs	TWright@framcollege.co.uk	£40 per 10 weeks
Framlingham College Tennis Club	Saturday	Framlingham College	am	6-18yrs	TWright@framcollege.co.uk	£40 per 10 weeks
Saxmundham Tennis Club	Various	Saxmundham,Carlton Park			danny Wyatt 07828939476 www.saxmundhamsports-tennisclub.co.uk	
Trampolineing						
Trampolineing	Thursday	Leiston Leisure Centre	various	4-15yrs	01728 830364	
Trampolineing Waveney Gymnastics Club	Various	101 Southwell Road Lowestoft	various		01502 501419 waveneygym@aol.com	£22 pcm
Children with Additional Needs						
Waveney Gymnastics Club	Tuesday	101 Southwell Road Lowestoft	5.00-7.30pm	5+ - adult	01502 501419 waveneygym@aol.com	£22 pcm
Wildlife/nature						
RSPB Explorers	Wildlife	1st Saturday of month		no age limit	Louise Gregory 01728 648281	£1.50 member £3 non member
		Minsmere Nature Reserve				

Youth Clubs

Bruisyard Young People Cyds Youth club, Leistor	Wednesday various	Bruisyard Village Hall High Street, Leistor Saxmundham Resource Center	7-9pm various	8-16yrs 13+	www.bruisyard.com/whatson.aspx or contact 01728 664012 info@cyds.org.uk 01728830716	Free
Club Sax	Tuesday	Various locations Wed, Wickham Market Thurs, Saxmundham Fri,	6-9pm	13+	Sandie Thompson07787064470	Free
Go with the Flow Youth Bus	Wed-Sat	Aldeburgh Sat Shalom Centre,	7.00-9.00pm	11-16yrs	gowiththeflowbus@live.co.uk	Free
F.A.Y.A.P Youth Club	Friday	Framlingham Shalom Centre,	7.00-9.00pm	11+	Helen Ball 01728 723594	?
Framlingham Youth Club	Wednesday	Framlingham	7.00-9.00pm	13+	Helen Ball 01728 723594 contact Young Suffolk on 07771932544	Free
Kelsale Youth Club	Monday fortnight	Kelsale	7.00-9.00pm	7+	07771932544	50p session
Laxfield Youth Club	Tuesday	Laxfield VH Youth Club Building Leiston	6.00-7.30pm 9.00pm	7.45-7-11yrs 11-14yrs	contact Young Suffolk on 07771932544	charge
Leiston Youth Club	Wednesday	High School	7.00-9.00pm	13+	Gary Butler 01728 830438 contact Young Suffolk on 07771932544	Free
Parham Youth Club	Monday	Parham Village Hall Peasenhall, methodist Church	7.00-9.00pm	10+	07771932544 contact Young Suffolk on 07771932544	£1 per session
Peasenhall Youth Club Marlesford Massive	Friday	Marlesford Village Hal	7.00-9.00pm 6.30-8.80pm	8-16yrs 8yrs+	Ellain 07505668695 Marlesford.com/marlesfordmassive html www.wenhaston.net/localcontacts/index.php	
Wenhaston Youth Club		Wenhaston Village Hall	6.30-8.15pm	8-16yrs	contact Young Suffolk on 07771932544	
Westleton Youth Club	Alternate Wed	Westleton Village Hall	7-9pm	8-16yrs	07771932544	

Other Activity providers in the Area

Pastel	Supports young people with additional needs	14-25
Premier Sport	Providers of a wide range of activities	Danny Bloomfield 07855521368 33 Mill Rise, Saxmundham IP17 1XJ savvyactiongroup@live.co.uk
SAVVY (Sax & Villages Voluntary Youth)	Activities/ support for children with additional needs	info@activities-unlimited.co.uk Frank Pescad_07789404670 frank@imadethis.me www.imadethis.me
I made this	Delivers exciting media based activities	

Young Suffolk

Supports voluntary youth
clubs

youngsoffolk@suffolkonline.net