



QUAY PLACE

Key Street, Ipswich Suffolk IP4 1BZ

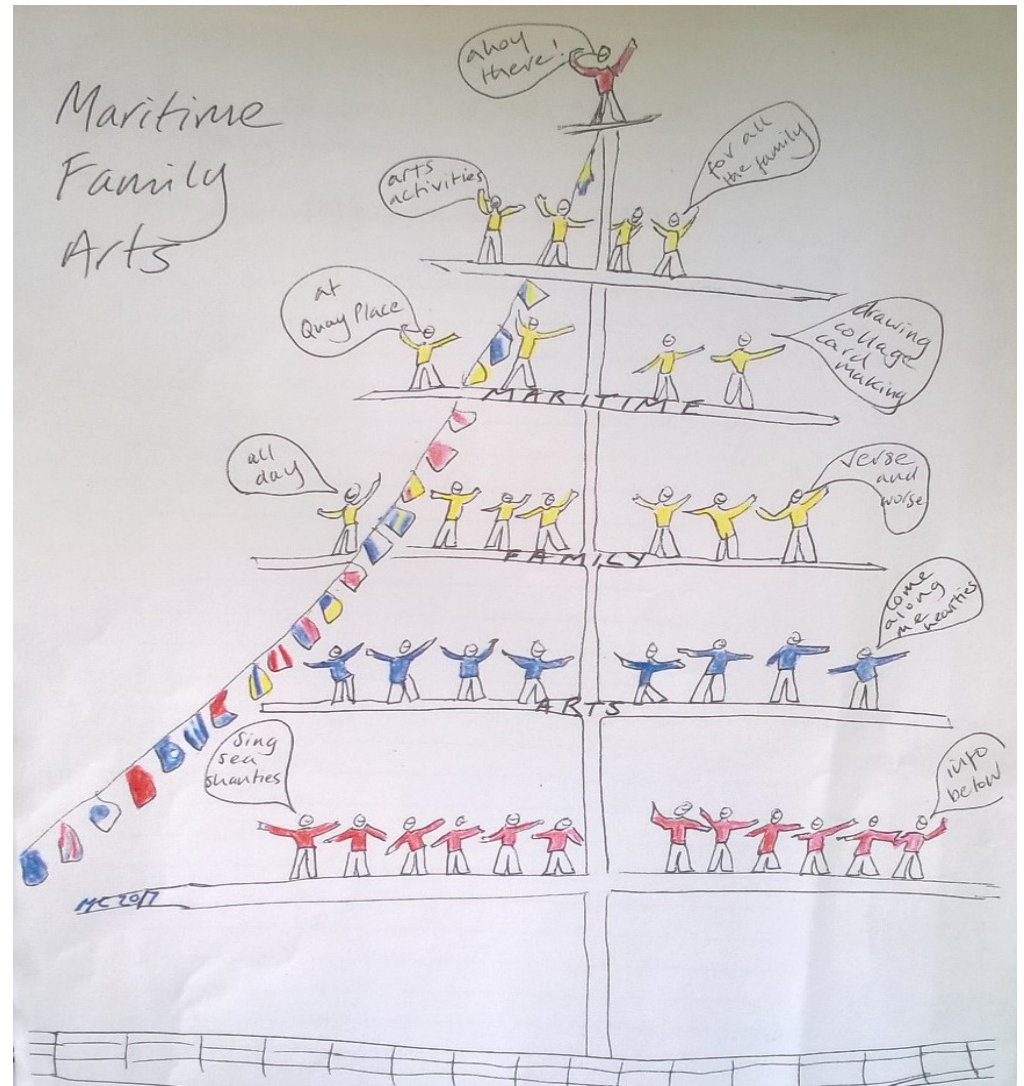
info@quayplace.co.uk

01473 569696

quayplace.co.uk

Version 4 - Summer Programme 2017

Suffolk Mind



Summer 2017 Quay Place Explorers

Events and activities for all ages!

Explore Parents

**A five week course for
new parents to promote wellbeing**

Dates: August 1st, 8th, 15th, 22nd, 29th

Time: 10.00 – 11.30am

**Activities include – Baby Yoga, Baby Massage,
Messy Play, Sensory baskets and Sleep and
Stress Management.**

For babies between 3 to 6 months.

£25 for course – Includes refreshments (Payment in
advance - call 01473 569696 to pay by card / phone or
email for other payment options)

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Vote for Quay Place!



**VOTE FOR US IN THE NATIONAL LOTTERY
AWARDS!**

**WWW.LOTTERYGOODCAUSES.ORG.UK/AWARDS
#NLAWARDS**

Quay Place has been selected as one of the finalists in the
National Lottery Awards 2017, best Heritage category.

Winners are selected through public voting so we do need your
help. It is simple and easy to vote online or by telephone, you
can do this by clicking on the banner below or phoning **0844
836 9702.**

Please vote and help bring recognition not only for Quay Place
but for the community of Ipswich and for Suffolk. Thank you
for your support.

Volunteers Needed

Would you like to be part of the Quay Place team?

We have some interesting opportunities for volunteers
to work with us and help out in lots of different areas of
our work.

To find out more pop in and see us,
email info@quayplace.co.uk or phone 01473 569696.



FRIENDS OF
Suffolk Mind

Join us in making Suffolk the best place in the world to talk about and take care of mental wellbeing. *Friends of Suffolk Mind* is a network of people who have promised to find out how important mental health is and how to look after it.

Becoming a *Friend of Suffolk Mind* is a small step that could make a huge difference in your life and the lives of people you care about. It's free to join, all you have to do is commit to our pledge below.

Friends of Suffolk Mind Pledge

"I understand that we all have mental health and I pledge to find out more about it, to look after my own mental health, and to promote mental wellbeing at every opportunity — at work, at home and through the organisations I interact with".

To join as a friend complete a form online at suffolkmind.org.uk/friends or email friends@suffolkmind.org.uk for more information.

**Quay Place Explorer activities for
children and adults!**

**To receive regular updates of explorer
activities and events email
marketing@quayplace.co.uk**

Maritime Family Arts

Dates: 15th, 16th and 18th August

Time: 10.00am-12.00noon / 1.00pm-3.00pm

**A magical mix of maritime
themed arts activities sail into
Quay Place!**



**Card making, collages, rhymes, tall
tales, sea shanties and lots more...
activities suitable for children
aged 3-11 but all welcome**

**Activities led by experienced Community
Artist Myra Carley**

**Cost £10.00 per family in advance
(phone 01473 569696 or email events@quayplace.co.uk
for payment options)**

**** Come and see your work on display in the Nave
during Maritime Festival 19th & 20th August and
join our celebration event 11-12.00noon ****



19th & 20th August - 10.00-4.00pm
Celebrate Maritime festival at Quay Place!

Lots of great activities for all the family.

TOURS OF THE BUILDING...
EXPLORE ON OUR HERITAGE TRAIL....
RAISE THE FLAG MAKE BOATS ...

FREE exploring and learning activities for children
aged 2-7

(older and younger siblings welcome too)

Have fun making boats and set
them to sail on water



Raise the Flag!

Help decorate the Nave with flags.

Design and make your very own flag
and hoist it onto our Mast using rope
and pulleys!

Be a Quay Place Explorer this Summer

Come and join us for our

Explorer

Afternoon



QUAY PLACE

Monday 21st – 25th August

1.00pm – 5.00pm

Quay Place – The Nave

Key Street, Ipswich, Suffolk, IP4 1BZ

Lots of exciting things to explore including:

- 🟡 Hunting for treasure**
- 🟡 Gold coin making**
- 🟡 Brass rubbing**

Plus a chance to win a prize if you enter our 'Draw the Explorer' competition.

All welcome, activities suitable for children aged 0 – 11

No need to book just come and explore!