

Sunbeams Play

December 2016

A haven for children and young people with Autism

Newsletter

We wish you all a very

Happy Christmas

and look forward to seeing you in the New Year.

Groups return as follows:

Tuesday session 3rd January

Young Carers 5th January

Saturday session 7th January

Monday session 9th January

Stay & Play 10th January

Dad's Club 11th January

Parent Support Group 12th January



Barnardo's parenting programme

We understand that being the parent/carer of a child or young person on the autistic spectrum can sometimes be isolating and challenging. With this in mind Monica and Sue have completed Barnardo's facilitator training and are now able to offer:

The Cygnet parenting programme

A 6 week parenting programme providing the opportunity to gain further understanding of your child/young person's needs (5-18yrs) through skills, strategies and knowledge covering:

- Autism and diagnosis
- Communication and sensory issues
- Understanding and managing behaviour

Puberty, Sexual Health & Relationships

A 3 week programme for parents wanting to support their children/young people through this difficult stage and for young people to understand their own needs.

Please ask if you are interested in taking part or would like more information.

Sensory Room

Following the Dragon's Den event held by the Norfolk Community Foundation we would like to thank all our funders and supporters who have helped us raise the money needed to completely update the Sensory Room. This will be completed by the New Year providing a safe and calming environment.



Polo Shirts

We are offering Sunbeams children and young people the opportunity to buy our logo'd shirts and fleeces:
Shirts - £4.99 each
Fleeces - £8.00 each

If interested please contact us on
01493 442181
Or ask for order form

Sunbeams Play

Stay & Play

Tuesdays 10-11:45

Sunbeams Play

Dad's Lego Club

Wednesdays 5.30-8pm

Sunbeams Play

Sunbeams Chat

Working to Make the Pieces Fit

Thursdays 1-3pm

Dates for your Diary

Stay & Play

Tuesdays 10-11.45am **(Term time only)**.
All pre-school children welcome £2.50 first child
£2.00 second child Under 1's free

Dad's Club

Wednesdays 5.30-8pm **(Term time only)**.
Open to male carers and their children (£2.50 for
families that do not have a child attending
Sunbeams and includes drink and a snack)

Parent Support Group

Thursdays 1-3pm **(Term time only)**.
(Free) Open to all parents and carers of children
and young people on or thought to be on the autistic
Spectrum, or with related conditions.

Please note there are no Stay & Play, Dad's club or
Parent Support Groups during half term (February
13th to 17th }

Half term Sessions

- Monday children – Monday 13th 9am-4pm
- Tuesday children – Tuesday 14th 9am-4pm
- Saturday morning children – Wednesday 15th
9am-4pm
- Siblings group - Thursday 16th 9am-4pm

Support Office



1-1 Support and advice is available to
the families of children currently signed
up to Sunbeams Play. To arrange an
appointment call Sue on
07484 085777

Where to find us or for further details

Unit7, Enterprise Court, Gapton Hall Road Great
Yarmouth, Norfolk, NR31 0ND, 01493 442181

Manager Monica Bates 07436 794967
Support Coordinator Sue Carr 07484 085777

info@sunbeamsplay.org.uk
http://www.sunbeamsplay.org.uk

East of England
COOP

WE HAVE BEEN CHOSEN AS PART
OF THE EAST OF ENGLAND CO-OP'S
TOKEN SCHEME

Visit your local co-op
and cast your vote

We could collect
a share of
£1,000

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Pop to the Co-op

