

Sunbeams Play

March 2016

A haven for children and young people with Autism

Newsletter

About Us

Sunbeams Play is a registered charity, providing a fun, safe and caring environment for children and young people with ASD. We are delighted to have almost reached full capacity with a few Monday spaces left. Support and advice is available to the families of children currently signed up to Sunbeams

Friday 10th June 6-8pm

We are delighted to offer a 2 hour workshop **Understanding Your Child's Dyspraxia and How to Help.**

Includes:

- Background to dyspraxia
- Overlapping conditions
- Physiology in simple terms
- The gifts these children have
- The challenges they face day to day
- Tips on how to help
- Advice on equipment which might be helpful
- Getting a diagnosis
- Sources of further information and help

Tickets available from the Office £5 per ticket

Sunbeams Play

(Pre-school)

Stay & Play Tuesdays 10am - 11.45am

Join us for fun and games meet other parents and make friends.

Messy play available, drinks and snacks provided.

£2.50 first child
£2.00 second child
Under 1's free

DAD'S LEGO CLUB



Wednesdays 5-8pm

Join us for full or part sessions.

Is your family affected by Autism or related conditions? Dad's Lego Club is for all you dads, granddads and male carers who want to spend some time with their children having fun, sharing ideas and building confidence; along with the models.

Refreshments available



Norfolk Harley Davidson Icen Chapter will be visiting Sunbeams Play on the 28th March to bring eggs for the children who attend weekly groups and their siblings. If you wish to take part please give names at the office.

The Icen Chapter has supported Sunbeams Play for three years and will be presenting this year's donation



1-2-3 Magic

Effective Discipline for Children 2 -12

1-2-3 Magic provides an easy-to-learn parenting programme, helping parents build strong, positive relationships with their children and overcome difficult behaviour. Developed by clinical psychologist, Thomas W. Phelan, Ph.D. and recommended by ADDiSS to support children with or without additional needs.

The 1-2-3 Magic programme runs for 2 hours a week for 4 weeks and is FREE for parents and carers of Sunbeams Play children and young people.

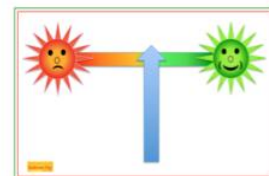
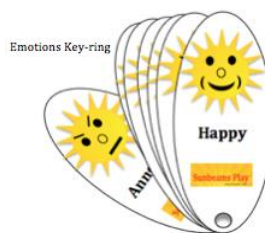
If interested in taking part on one of our programmes please contact us for further details.

Open to:

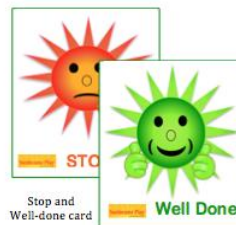
Professionals £25.00 per person

Parents and carers outside of Sunbeams £12.50 per person

Visual Supports



Emotions Chart



Stop and Well-done card



Calm down cards

50p Each

Other designs available

Dates for your Diary

Parent Support Group

Thursdays 1-3pm

(Term time only - no group on the 31st March, 7th April)

Easter Session dates

Saturday 26th 9am-12pm

Monday April 4th 9am-4pm

Tuesday 29th March, 5th April 9am-4pm

Wednesday 30th March, 6th April 9am-4pm (Sat group)

Thursday 31st March, 7th April 9am-4pm (Siblings)

Fun/Craft session

Friday 1st April 10am-12pm

Lego Club

Wednesdays 5-8pm

(Term time only - no group on the 30th March, 6th April)

Stay & Play

Tuesdays 10-11.45am Starting March 1st

(Term time only - no group on the 29th March, 5th April)

Easter Bag Pack

Friday 25th March (Good Friday) 1-2pm

Norfolk Harley Davidson Icen Chapter Egg Run

Monday 28th March 12pm

Can You Help Us?

WANTED:

- Bag packers at M&S Gapton on Friday 25th. This is to raise money for outdoor equipment for Sunbeams Play. Easter dress optional
- Volunteers to form a working team to remove soil and edging from the planted area of the garden to make way for new equipment.
- Tombola items for fundraising events for Sunbeams Play.

Parents

Sometimes parents and carers need support to. 1-1 support, pop in group and Facebook advice page available.



Where to find us or for further details of anything above

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

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http://www.sunbeamsplay.org.uk