

# Sunbeams Play

June 2017

A haven for children and young people with Autism

# Newsletter



## 1-2-3 Magic

Effective Discipline for Children 2 -12

1-2-3 Magic provides an easy-to-learn behaviour management 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 2-2½ hours a week for 4 weeks. We will be offering the programme FREE for parents and carers of children and young people attending Sunbeams Play from September 15th.

Parents and carers outside of Sunbeams are welcome at a total cost of £12.50 per person.

Professionals £25.00 per person

For more information contact Sue or Monica on 01493 442181



We would like to invite you all to join us at BeWilderwood on **Friday 25<sup>th</sup> August**

If you haven't received your invite please ask at office.



"Sleep .....  
What's that?" **Sleep east.**

Are you and your children struggling to get a good night's sleep?

A Sleep Hive for parents/carers of children with sleep deprivation to be held at:

**Sunbeams Play**

**July 14<sup>th</sup> 6.30-9pm**

**£10 per person**

**(Parents/carers of Sunbeams Children and Young People free)**

**For more information or to reserve your place please contact:**

**Monica or Sue on 01493 442181**

We have just finished our first Cygnet Programme looking at Autism including Diagnosis, Behaviour, Puberty, Sexual Well-being and Relationships.

Well done to everyone who took part.

The programme will return in November so if you'd like more information or to book a place please contact

Sue or Monica on 01493 442181



# Sunbeams Play Summer Party

**29<sup>th</sup> July 1-4pm**  
Further details to follow

## Can You Help

**WANTED:**  
Raffle and Tombola items for fundraising events.  
Large empty glass jars (i.e. coffee or pickle)

## Dates for your Diary

### Monthly Parent Support Group

Third Thursday of the month 1-3pm (Term time only)

### Stay & Play

Tuesdays 10-11.45am (Term time only). All pre-school children welcome

### Lego Club

Wednesdays 5.30-8pm (Term time only)

### Summer Holiday Session dates 9-4pm (half days available)

Monday 24<sup>th</sup>, 31<sup>st</sup> July, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> August (no session on 28<sup>th</sup> due to Bank Holiday)

Tuesday 25<sup>th</sup> July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> August

Wednesday (Sat group) 26<sup>th</sup> July, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> August

Thursday (Siblings) 27<sup>th</sup> July, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> August

**Sunbeams Play Summer Family Party 29<sup>th</sup> July 1-4pm**

**Trip to BeWilderwood 25<sup>th</sup> August**

## Where to find us or for further details

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

[info@sunbeamsplay.org.uk](mailto:info@sunbeamsplay.org.uk)

<http://www.sunbeamsplay.org.uk>