



It's Official we are

'OUTSTANDING!'

Following the Ofsted assessment on the 23rd of August we are delighted to reveal that we have been graded as Outstanding in all areas inspected.

The Ofsted inspector spent the day at Sunbeams Play talking to staff, children and parents as well as looking at our policies and procedures and the way we work with the children and families that access our services.

'The management team has worked tirelessly to develop an exceptionally high-quality provision that excels in supporting the unique needs of children with autism and their families. Leaders and staff work extremely well together to reflect on the provision. Parents and children are wholly included in the ongoing evaluation, which supports the team to develop priorities for future improvements.'

Staff are extremely well qualified and very experienced. Leaders implement an exceptional programme of professional development, regular in-house training and superb support to ensure staff are exceptionally confident and skilled in their roles.

The Trustees would like to thank everyone involved for their hard work and dedication.

Full report can be found on the Sunbeams Play or Ofsted Website

Heating Repairs

Winter is on its way and our heating needs to be replaced. To allow this to be carried out as soon as possible Sunbeams will be closed the

**9th 10th and 11th
October**

**WINTER
IS COMING**

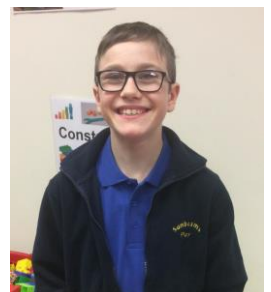


Polo Shirts & Fleeces

We are offering Sunbeams children and young people the opportunity to wear our logo'd shirts and fleeces:

**Shirts - £5.99 each
Fleeces - £8.99 each**

If interested please ask for an order form.



Sunbeams Play

A haven for children and young people with Autism

Awareness of Self-Harm

This course aims to improve the confidence and the skills of staff and parents where there is the potential for self-harm.

COURSE OBJECTIVES

- To gain an understanding of self harm and the different ways in which clients may present
- To understand the importance of supporting staff and enabling adherence to organisational policies & procedures
- To challenge misconceptions surrounding self harm, looking at our own attitudes, values and beliefs
- To gain an understanding of ways in which individuals self harm and the potential reasons (social, psychological, trauma etc.)
- To gain awareness of management techniques including:
 - Dialectical behavioural therapy,
 - Behavioural charts
 - Diaries of emotions
 - Thought triggers
 - Positive risk management

Sunbeams Play
Unit 7, Enterprise Court,
Gapton Hall Road Great Yarmouth, Norfolk, NR31 0ND

October 13th 6 - 9pm
£10 per person
(Parents/carers of Sunbeams Children and Young People free)

To reserve your place please contact:
Monica or Sue on 01493 442181

Sunbeams Play

A haven for children and young people with Autism



THE MOTORCYCLING YOGI

yoga for whoever you are



A WELLNESS DAY AT SUNBEAMS PLAY

28th October 2017 10am

- Treat yourself to a well-deserved break this October Half Term at Sunbeams Play, with a 45-minute session of yoga, followed by a short meditation.
- Wellness scans, will be available after the yoga session from midday.
The scanner is a small device that picks up your body's response to frequencies and gives insights into what is going on physically, environmentally and emotionally. The scan only takes 90 seconds but each session will last around 10-15 minutes. Please book your timed slot ahead of time with a staff member
- Mats are provided (but feel free to bring your own mat if you have one)
- All adults are welcome regardless of age, physical fitness or flexibility
- The day will be hosted by Monica's daughter, Sarah who is a qualified yoga teacher based in Worcestershire.
- Sarah is kindly giving her time for free but any donations to Sunbeams Play would be gratefully received.

Open to all parents and carers of children and young people attending Sunbeams Play

To book a space please contact Monica or Sue on 01493 442181



The Motorcycling Yogi



@SarahLouBates



the_motorcycling_yogi



Sarah Bates

www.themotorcyclingyogi.co.uk

Dates for your Diary

Monthly Parent Support Group

Returns Thursday September 21st 1-3pm

Stay & Play (Term time only)

Returns Tuesday September 12th 10-11.45am
All pre-school children welcome

Lego Club (Term time only)

Returns Wednesday September 20th 5.30-8pm

Half-term Session dates 9-4pm (½ days available)

Monday 23rd October

Tuesday 24th October

Wednesday (Sat group) 25th October

Thursday (Siblings) 26th October

Self-harming workshop

Friday 13th October 6 - 9pm

Wellness Day

Saturday 28th October 10am



Barnardo's Cygnet Programme Starts November 3rd

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
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Final session is chosen by parents/carers

We will be offering the programme FREE for parents and carers of children and young people attending Sunbeams Play.

Parents and carers outside of Sunbeams are welcome at a total cost of £12.50 per programme, Professionals £25.00 per programme.

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



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