

## Session Opening Times

Sunbeams is open throughout the year; times vary according to term time, school holidays and age.

As Sunbeams Community Hub we have joined Norfolk County Council's approved Short Breaks Provider List

### Term Time

Monday Evenings 14 to 18-year-olds 5pm-8pm

Thursday Evenings Siblings/Young Carers group 4.30pm-7.30pm

Tuesday Evenings 18 to 25-year-olds 5.30- 8.30

Friday Evenings Under 10's 4.30pm-7.30pm

Saturday Mornings 10 to 14-year-olds 9am-12 noon

### School Holidays (Except Christmas)

Tuesday Evening sessions will remain the same, all other sessions will be moved to the daytime with the

Saturday morning moving to Tuesdays 9am-12pm

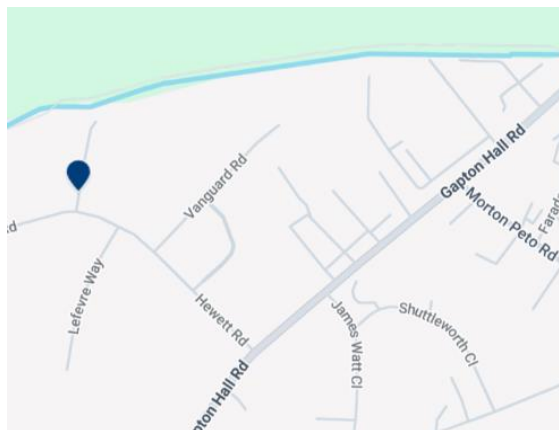
For more information on availability and costs or to book a visit contact us on 01493 442181 or 07484085777

## Sunbeams Community Hub

A world in which Autism is celebrated.

### Where to find us

Sunbeams Community Hub  
Viking Rd,  
Gapton Hall Industrial Estate,  
Great Yarmouth  
Norfolk, NR31 ONU



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

Registered as Sunbeams Play  
Charity No: 1152188

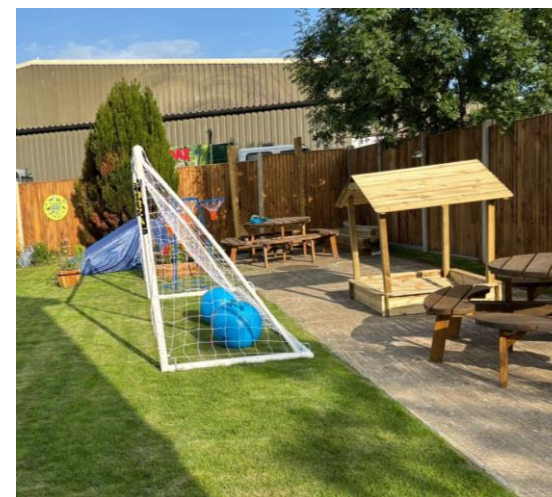


## Sunbeams Community Hub

A world in which Autism is celebrated.

### Children and Young People

Providing fun & safe  
environment for all.



For more information

07484085777 or 01493 442181

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

## About Us

Sunbeams Play is a registered charity, which provides a fun, safe and caring environment for children and young people with ASD to thrive.

We understand how difficult it can be for them to engage in mainstream activities due to a variety of social needs and anxieties. At Sunbeams Play they can relax and play in a comfortable environment, alongside or with others who have similar needs.

From experience and meeting the children we find they love attending as everyone is here for the same reason. They do not encounter 'competition', or the need to behave in a certain way, they can simply be themselves! All our staff are fully trained and have relevant experience of working with children and young people. Training about Autism and behaviour management is always kept up to date, as well as first aid and other relevant courses.

Although Sunbeams works on a 1:3 ratio, (this means for every 3-children/young people under 14 yrs old there will be 1 member of staff), we are able to offer 2 or 1:1 support where needed. We can have up to 18 children and young people in any one session, your child will be invited to attend a two week introduction to the setting during the session appropriate to their age. This enables us to get to know them thoroughly before they start and also for them to get used to staff, the environment and the other children /young people.

## Our Facilities

We offer all children and young people equal opportunities to explore a wide range of resources, these include;

\*A very well equipped sensory room with bubble tube, fiber optic lights, bean bags, cushions, star lights, mirrors and more.



\*A wide variety of small world and construction toys, dinosaurs and trains to Mega blocks and dolls houses.



\* Imaginative and role play; cooking in the wooden kitchen or dressing up with a vast choice of costumes.

\* A large secure garden area for a range of activities including football, basket and volleyball, a sensory garden, nature area, mud kitchen and space to relax or run around.

\* A craft and messy play area to explore play dough, paint, sticking, corn flour, water, sand and much more for tactile experiences

\* Each age group has their own cupboard full of special toys, board and floor games.

\* Additional items and equipment for the youth group.

*Please see individual leaflets for more information on other services*

## Parents

Sometimes parents and carers need support to, our Parent Support group, lets you meet other parents and carers, share ideas, tips and experiences, ask advice or simply relax in each other's company. For those of you that need to talk privately we offer appointments to talk to one of our staff members who can advise on a number of issues. If we can't help we will help you find someone who can.

## Parents and Children's views

"Sunbeams changed my family's life for the better my son is now at school, every week he goes to Sunbeams and sees his friends. He feels safe, has someone to talk to and they have helped us as a family in so many more ways. They are amazing people, so caring, kind & they really DO care". **Parent**

"Thank you for helping my family and showing my son you care, and you will help him fight his fight". **Parent**

"Everyone makes me feel welcome, it has lots of toys and there is lots of space. It's very cool because it is massive" **Service user**

"It's fantastic to see them enthusiastic about going somewhere. The staff are really friendly and patient and just seem to get him" **Parent**

"Staff were so understanding with (child's) needs when he first came. They are warm, friendly and helpful" **Parent**