

Sunbeams Play

Stay & Play

(Pre-school)

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



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

01493 442181

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

Registered Charity No: 1152188



Sunbeams Play

A haven for children and young people with Autism

For more information take a look at our Website

- www.sunbeamsplay.org.uk

or one of our Facebook pages:

General information about Sunbeams Play

- [Sunbeams Play](#)

Parent's page offering advice, useful information and an opportunity to share experiences.

- [Sunbeams Chat](#)

Our mascot Poppy Sunbeam has her own Facebook page telling her story from being abandoned at 5 days old. The children follow her adventures and watch her develop.

- [Poppy Sunbeam – Kitty's Tale](#)



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Young Carers

Thursdays 4.30 - 7.30pm
£3.00 per week

Do you help to look after a relative who has autism or a related condition, such as sensory, emotional, social or learning difficulties?

Do you support a parent or help them care for a brother or sister by doing extra jobs in and around the home, such as cooking, cleaning, helping them to get dressed or move around?

You may also be giving emotional support to both your sibling and your parents.

If you feel alone, think no one understands or just need someone to talk to, take some time for yourself and come along to our Young Carers and Siblings group.

1-1 support and advice available

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Parent Support

The third Thursday of the month 1-3pm

Do you have a child on or thought to be on the Autistic Spectrum?

Do you need someone to talk to, who will listen and understand?

Do you need advice on education, diagnosis, forms or behaviour difficulties?

Then why not pop in and see what we can do to help.

Refreshments available, children welcome.



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Dad's Lego Club

Wednesdays 5.30-8pm

Join us for full or part sessions.

Is your family affected by Autism or related conditions?

Our Dad's 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 Lego, board games, table football, pool, weekly challenges and much more.



£2.50 Includes Refreshments

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