

Where to find us

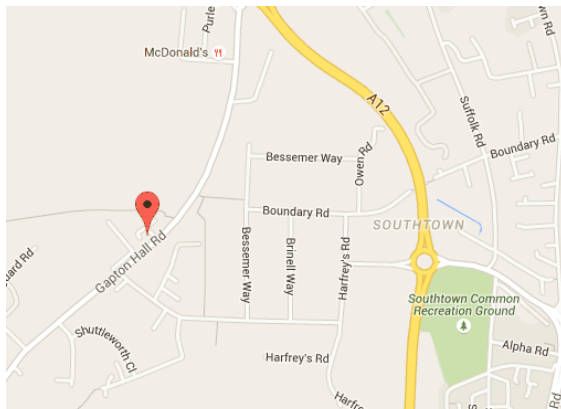
Unit7, Enterprise Court,
Gapton Hall Road, Great Yarmouth'

Norfolk, NR31 OND

01493 442181

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

info@sunbeamsplay.org.uk



Registered as

Sunbeams Play Charity No: 1152188

OFSTED registered.



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Let's Talk Autism



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Let's Talk Autism is a quarterly magazine produced by service users at Sunbeams to raise awareness of autism and linked conditions.

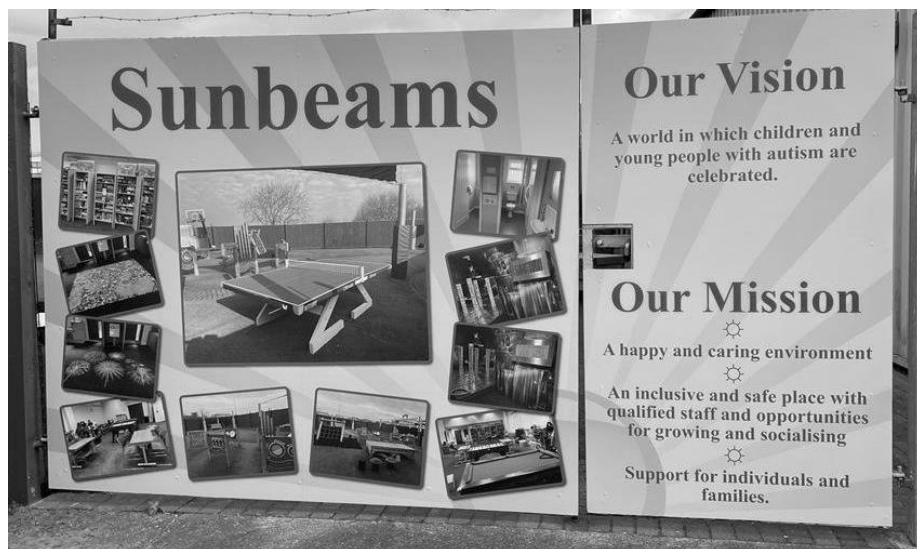
Registered as Sunbeams Play with Ofsted and the charity commission Sunbeams provides a fun, safe and caring environment for children and young people with ASD to thrive.

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 they can relax in a comfortable environment, alongside or with others who have similar needs. All of our staff are fully trained and have relevant experience of working with children and young people, have lived experience or their own diagnosis.

We have recently added a Late Diagnosis Group for those diagnosed over 25 years old and a Friday morning Stay and Play group. For more details on our service call on 01493 442181 or contact us through our website and social media pages:

www.sunbeamsplay.org.uk

www.facebook.com/sunbeamsplaygtyarmouth/



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Costs

Specialist sessions (Monday, Friday, Saturday)
£6.33 per hour (minimum of 3 hours) = £19.00 per term time or half day holiday session.

Discounts available if more than one child is attending, (Group discount is available if more than one sibling is attending a specialist session).

Youth Group

£3.33 per hour (minimum of 3 hours) = £10.00.

Siblings/Young Carers group

£1.66.00 per hour (minimum 3 hours) = £5.00 per term time or half day holiday session.

Discounts available if more than one child is attending, (Sibling discount available if more than one attending sibling group).

Community Groups

Parent Support Group

Held fortnightly on Wednesdays 9.30-11.30am (Term time only), refreshments available.

1-1 appointments are available for parents and carers of children attending Sunbeams.

Late Diagnosis

The support group meets weekly on Wednesdays at Sunbeams, Unit 7 Enterprise Court, Gapton Hall Road or The Steam Café in Gorleston High Street.

Alternating between 9.30-11.30 am and 6-8pm

Stay and Play

Fridays 9.30-11.30 Refreshments provided. No charge but donation welcomed.

Please note due to unforeseen situations the time and day may change please check [Facebook](#) page for dates and any changes

To check or for more information contact the office on 01493 442181 or info@sunbeamsplay.org.uk

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Our Services

Sunbeams Play is registered to care for children and young people ages 5/6 (year 1) to 19 and recently added an additional group to support 16- to 21-year-olds, extending to 25 through natural growth and development. We are open throughout the year; times vary according to term time, school holidays and age. Your child will be invited to attend a two-week introduction period during the session appropriate to their age and ability. 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 and young people attending. At Sunbeams Play we recognise children and young people may develop at different rates and therefore group ages are a guideline. Through play, creative activities and key working, children and young people are supported to develop the skills needed to –

- Communicate effectively, interacting with their peers, siblings and the wider community.
- Socialise, developing friendships and an understanding of other's needs, views, feelings and emotions.

Group Sessions

Term Time

- Monday Evenings 5pm-8pm (Under 16's)
- Tuesday Evenings Youth Group 5.30pm-8pm (16-25 yrs old)
- Thursday Evenings Young Carers group 4.30pm-7.30pm
- Friday Evenings 4.30pm-7.30pm Under 8's
- Saturday Mornings Under 12's 9am-12 noon
(please note age range is a guide and will depend on ability)

School Holidays (Except Christmas)

- Tuesday sessions remain the same.
- The remaining evening sessions will be moved to daytime with the Saturday morning moving to Wednesdays.
- Monday, Wednesday, Thursday and Friday 9am -12 noon

Sunbeams Play will be closed on all bank holidays and for Christmas holidays.

Autism what's that? (ASD)

Autism spectrum disorder is not an illness, or a disease but a lifelong, condition caused by differences in the brain. As the word spectrum indicates those diagnosed with ASD have a wide variation in difficulties and include problems with social communication and interaction, restricted or repetitive behaviours or interests and sensory issues all of which can make life very challenging.

Areas of difficulty can include:

- Delayed language skills, fine and gross motor skills, cognitive or learning skills
- Hyperactive, impulsive, and/or inattentive behaviour (ADHD)
- Epilepsy
- Unusual eating and sleeping habits
- Gastrointestinal issues (such as, irritable bowel)
- Extreme mood swings or emotional reactions, anxiety, stress, or excessive worry
- Lack of or extreme fears
- Finding it hard to understand what others are thinking or feeling
- Getting very anxious about social situations not understanding social "rules", such as not talking over people, avoiding eye contact
- Finding it hard to make friends or preferring to be alone
- Seeming blunt, rude or not interested in others without meaning to
- Finding it hard to share feelings
- Taking things very literally
- Having the same routine every day and getting very anxious if it changes
- Sensory issues due to hyper or hypo senses reacting to light, sounds, smells and touch.
- Poor self-awareness, balance, co-ordination or spatial awareness, getting too close to other people, or getting very upset if someone touches or gets too close to you.

Autism is not caused by bad parenting or lack of control and can NOT be cured but we can all find strategies to support areas of need improving opportunities for development and growth for the future.

King's Coronation

Sunbeams were delighted to be able to celebrate the coronation bringing all of our children and young people together. The entertainment was provided by Barrie Thornton Productions who regularly provides sessions from disco to bingo and quiz nights as well as work experience opportunities for our young people. Barrie understands the need to be aware of the different, physical, sensory and emotional needs adapting his programme to suit those attending.



All those attending were provided with themed cupcakes made by Semire's Cakes who also provided afternoon tea for our youth group and Late Diagnosis Group. Like the entertainment refreshments were adapted and made with allergies and other dietary requirements.

Semire's Cakes

— Cake maker —
07554076687
Facebook: Semires cakes
Instagram: semires_cakes

Great yarmouth
Norfolk





Semire provides Sunbeams with special occasion cakes and buffets as well as visiting the centre to provide cookery lessons for all of our children and young people, teaching about cultural food and healthy eating.



Andrea Bland. I am a People Participation Coordinator with Norfolk and Suffolk NHS Foundation Trust. I work in the community with Children, Families and Young People's Services across Norfolk and Waveney.

At the Trust, we work with people using our services, carers and families as part of our pledge to make sure everyone can have a say in how their care is delivered and how that could be improved. We call this co-production. We know that people who use our services have unique knowledge and experience which plays a part in their own recovery and can improve services. My role is to ensure there are opportunities for participation and co-production to take place.

I am required to have lived experience of living with my own mental health challenges or supporting someone with their mental health and recovery journey. My son who is now grown up was diagnosed with ADHD and ASD when he was younger which had a huge impact on both our lives.

As a family, we struggled everyday living with autism, and most of the time it was a lonely journey to be on. I had so much to say but there was nobody to listen. I connected with Sunbeams as I wanted to offer those who are supported by the charity the opportunity to have their voice heard. Through conversations I aim to offer hope that things can change for the better and empower people to recognise their ideas are valuable and sharing them can help others.

The things we'd like to get feedback on change each month; so far, I've spent some time with the Youth Group who shared how they cope with exam stress and what good communication looks like for them. I've also joined the Parent Support Group who told me about their experiences of using our services.

If you'd like to find out more about participation, you can either visit the People Participation page [Co-production | Norfolk and Suffolk NHS \(nsft.nhs.uk\)](https://www.nsfth.nhs.uk/Co-production) or Young People's Participation page [Young People's Participation | Norfolk and Suffolk NHS \(nsft.nhs.uk\)](https://www.nsfth.nhs.uk/Young-Peoples-Participation) on the NSFT website. You can also contact me at People.Participation@nsft.nhs.uk.

I'm looking forward to spending more time at Sunbeams and gathering valuable feedback.



Sunbeams Play is holding a
Prize Bingo Evening

Open to parents and children over 10 years old.

11th November at 7pm

Enjoy an evening of fun with a selection of prizes
for lines, doubles and a full house.

Books containing 5 game cards (giving you 15
chances to win a prize) will be available from the
office @ £5 each

Refreshments and snacks will be on sale.

For further details

Call us on 01493 442181

Unit 7 Enterprise Court, Gapton Hall Rd, Gt Yarmouth,
NR31 0ND

BARRIE THORNTON

Childrens Entertainer

2 HOUR PARTY

TRADITIONAL GAMES

MAGIC

PUPPET

DISCO

ALL PRIZES SUPPLIED

Tel: 07939 852778

N.B Parties are suitable for children aged 4-10 years

**BARRIE THORNTON
PRODUCTIONS**

btproductions@btinternet.com

Why do you want the label?

As a person who was diagnosed very late in life I have been asked this question several times, by professionals and friends alike. Why do I want to be labelled?

It was suggested to me a couple of years ago that I explore the possibility that I was on the spectrum. Due to severe workplace bullying I was suffering CPTSD and was on a phone call with the crisis team for mental health, having had another breakdown and being in a permanent state of hypervigilance and anxiety. I didn't 'feel' like I was autistic but decided to approach my doctor for a referral. Having completed the process and finally having had the assessment I was actually quite excited at the prospect of being recognised as being neurodiverse. Although I have a child (now an adult) with autism and work with the autistic community I had never seen any traits in myself. The diagnosis process made me look at my life, my childhood, everything, and it then became clear.

I had struggled my whole life to feel accepted, to make friends, to make eye contact, to socialize.....and what even 'IS' small talk?

I finally received my diagnosis and when I was told I was on the spectrum I CELEBRATED! I was with my work colleagues at the time and they were all cheering with me. It was a relief, I wasn't a 'weirdo', I wasn't shy or rude, I was neurodiverse.

Soon after my elation turned to despair. So that's why I couldn't do the things everyone else could do, why I couldn't keep more than a couple of close friends, why I hide in my bedroom and become withdrawn for hours, even days. Why I have absolutely no filter whatsoever and blurt out all manner of things.

That thing I'd always done? Stimming! I didn't need to force myself to stop stimming as by doing that my anxiety became worse.



Sunbeams would like to thank Bradley Thrower's family for their kind donation of £100 in Bradley's memory.

This generous gift will be used to provide activities for our children and young people and will bring them much joy.

Bradley Thrower 4th January 1996 – 12th January 2023 – Sometimes the shortest stories are the most beautiful.



COMIC RELIEF



Norfolk Community Foundation

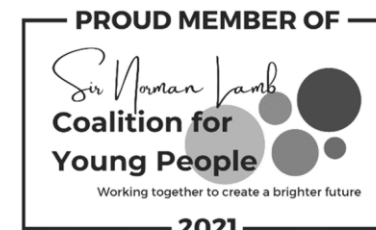


THE NATIONAL LOTTERY




BBC Children in Need

Trusthouse Charitable Foundation




Sunbeams Play receives no government funding so we continually find ways to raise the money needed to provide children and young people attending with extra activities such as the summer trip and parties.

Do you have any unwanted gifts you could donate for Tombola prizes? Would you like to become a Friend of Sunbeams, by baking cakes, carrying out odd jobs, such as helping to prepare or serve food and drinks or by manning a stall at a fundraising event? If you are able to help in any way please contact the office for more information.




Sunbeams Play



IMPERIAL HOTEL
GREAT YARMOUTH

Sunbeams are thrilled to have the Imperial Hotel support our charity fundraiser taking place on Friday 13th October starting 6.30pm and finishing at 11.30pm. The venue is at Imperial Hotel, North Drive, Great Yarmouth, Norfolk, NR30 1EQ Telephone: (01493) 842000



Barrie Thornton hosts our fundraising night including an auction and raffle, music, entertainment and much more.

Come along and join us for our fundraising 'Monster Night', supported by the Imperial Hotel, and help raise funds for Sunbeams Play a charity that supports the autistic community!

**WELCOME ONE AND ALL TO
SUNBEAMS HALLOWE'EN BALL**

Tickets are £30 per person

Tickets include a buffet meal and entertainment

Prize for best Costume!
(Dressing up optional)

Contact sarah@sunbeamsplay.org.uk

Charity No. 1152188 website – www.sunbeamsplay.org.uk Tel No 01493 442181

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Finally acceptance. I embrace my diagnosis and I know that I am part of an amazing, loving, funny, caring community. Some of my very favourite people are autistic.

For me, receiving a diagnosis was not about gaining a label but about understanding why I was the way I was, I didn't have to 'mask' anymore. I could be kind to myself about all the failures I had experienced, my difficulties being sociable and all my quirks and foibles.

I am loudly and proudly autistic.

Autism is not a label, it's not even a diagnosis, Autism is an identity.

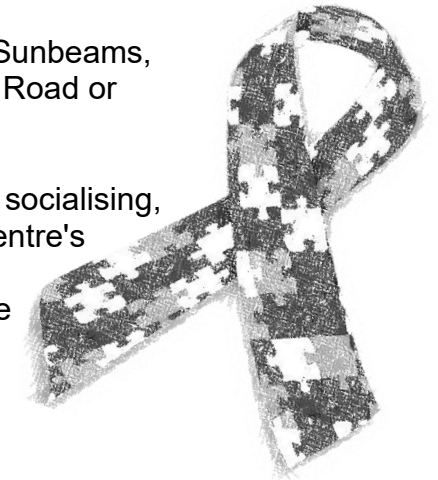
Late Diagnosis Support Group

Sunbeams started a support group in September 2022 for adults with a late diagnosis of autism.

The group is for those who have had a late diagnosis or are going through the process of being diagnosed and may be anxious about it. It provides opportunities to socialise in a group without any judgement.

The support group meets weekly at Sunbeams, Unit 7 Enterprise Court, Gapton Hall Road or The Steam Café in Gorleston.

The group provides opportunities for socialising, sharing experiences, time with the centre's psycho-therapist, as well as training and workshops. A key element of the group is to support people to explore new places and feel comfortable in a public setting.



For more information call 01493 442181.

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Sunbeams Play Summer Fete



August 26th 2-5pm

**Live Entertainment
Massive Raffle, Fundraising games,
Tombola's, Refreshments
and much, much more**

(Free Entry)



Unit 7 Enterprise Court,
Gapton Hall Rd, Great Yarmouth,
Norfolk, NR30 5QF



Introducing Huggle Farm!

Sunbeams has had the pleasure of working alongside Huggle Farm to support children, young people and adults with autism as well as other conditions including mental health and learning difficulties.

Huggle Farm is a local care farm that provides opportunities for people to work on a farm, interact with the various animals and learn life, social and work skills – all under the watchful eye of Judith, Huggle Farms manager and owner.

As part of the learning that takes place at Sunbeams we often hatch chicks and ducklings teaching our children and young people about the stages of life. As we have taken care of these little ones we want to ensure that they live full and happy lives. Huggle farm takes our ducks and chickens, enabling them to roam free.

We often visit and say hello to Wonky and Star, our first ducklings from 3 years ago.



For more information contact Judith

- Heath Road, Rollesby
- hugglefarm@gmail.com
- 07850 915830

Sunbeams



Stay & Play

Sunbeams is pleased to announce a new service being offered later this year.

Starting September 8th 2023 Sunbeams will be opening a Friday morning Stay & Play group from 9.30am to 11.30am during term times and will require a simple registration form to be completed.

Children attending the group must be preschool and must have a parent or carer staying with them. Parents and carers are asked to join in the activities with the children in their care and staff will be on hand to support with any difficulties.

We welcome all preschool children but as a centre for autism the group has been set up to support those with additional needs and those on or thought to be on the Autistic Spectrum.

There is no fee to attend, however, as we are a charity that relies on donations we would welcome a small contribution towards running costs and snacks if you feel able.

Please register your interest in attending the group by emailing Sarah@Sunbeamsplay.org.uk for further information.

The Whale

Despite the difficulties faced by those with neurodiversity (autism) in understanding emotions, both their own and those of others. One of our youth group members was particularly moved when he recently watched the film, 'The Whale' and has written the following review to share his perspective.



'The whale is a heart-warming film that is sure to make any who watch it burst into tears'.

Synopsis: Charlie was in a happy family and a good relationship but one day In his English class he met a boy, Charlie and this boy fell in love and spent lots of time together, eventually Charlie moved out of his family and left his wife and his daughter.

We find out that Charlie's boyfriend is dead. After losing his boyfriend Charlie became morbidly obese, eating himself to death, we find out that he is dying because of his health and that his final wish is to make amends with his daughter and to see that she is safe and has the future that she deserves and has earned.

What is the message of the whale?

The message of the whale is to be yourself no matter what, the film also suggests that redemption must be earned, showed clearly in the scenes where Charlie is with his daughter.

My rating of The Whale

Is a 8/10. The film was very emotional and made us all feel bad for Charlie and his daughter, I loved the film for its enthusiasm and its emotion.

Meet the Team



Sue
Manager



Sarah
Deputy Manager



Julie
Room Supervisor



Val
Behaviour Mentor/SENCO



Carol
Play Worker



Kurt
Play Worker



Sophie
Play Worker



Lyndsay
Play Worker



Lisa
Play Worker



Tazmin
Play Worker



Amy
Trainee Play Worker



Kyami
Play Worker



Cameron Barlow
Trustee

Our Trustees



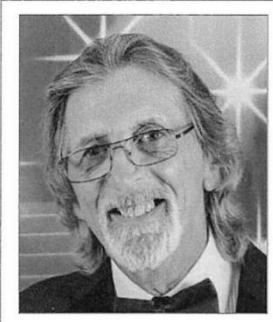
Samantha Corrigan
Trustee



Ben Dorsett
Chairperson



Charles Watt
Treasurer



David Warner
Trustee

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