

About Us

Sunbeams is registered to care for children and young people ages 5/6 (year 1) to 19 with an additional group to support 18- to 25-year-olds and a late Diagnosis Group for those over 25 years old.

We are open throughout the year; but times vary according to term time, school holidays and age.

At Sunbeams 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.

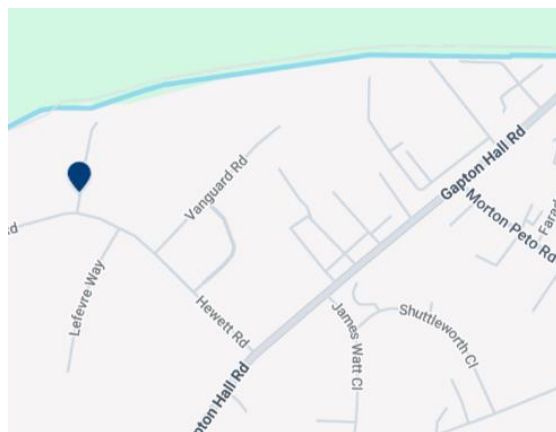
Due to experience, both lived and worked staff continue to work with adults using the same supportive and caring approach while recognising that everyone has different skills and abilities.

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



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A world in which Autism is celebrated.

Late Diagnosis

Support and Social Opportunities For Adults



For more information

07484085777 or 01493 442181

Info@sunbeamsplay.org.uk

Late Diagnosis

Late diagnosis can be a shock to the person receiving it and those around them. As an established centre for Autism Sunbeams already supports children and young people with Autism.

So if you an adult who has recently been diagnosed?

Have grown up wondering why you feel different?

Or struggled to socialise and join in?



If you are 25 years old or over and would like to meet others to share your experiences, ideas and strategies come along and say hello.

Our Late Diagnosis group aims to offer support, strategies and a safe place to meet others who understand.

We are aware that everyone has different needs, likes and dislikes and try to cater for all.

As a safe space the late diagnosis group is set up to enable those attending to talk about their fears, experiences and achievements, share strategies and ask for advice from others facing the same challenges.

All levels and abilities welcome, if you need support of a carer please bring them along.

Tea, coffee and snacks available (please let us know if you have any dietary needs).

Please be aware

Sunbeams is fully inclusive environment where those attending can be themselves.

To maintain our values, accepting diversity is essential and discrimination of any form is not accepted.

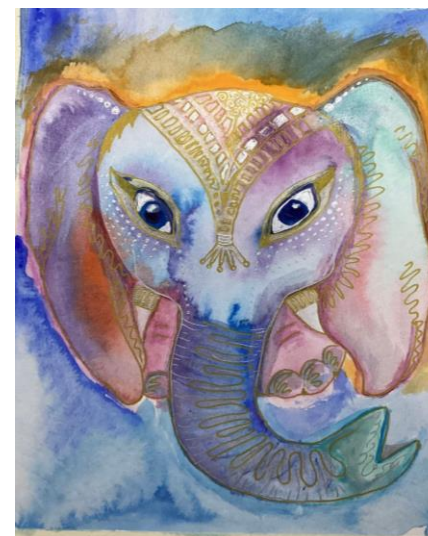
Any service user repeatedly making offensive comments or showing aggressive behaviour may be asked to leave and find an alternative setting.



Activities

Once a month we provide additional activities such as:

- Bingo – (books are provided for 10 games)
- Play Your Cards Right
- Deal or no deal
- Quiz
- Art and craft sessions



You are welcome to join in, sit and watch or find a quiet area to relax.

Late Diagnosis Groups run on
Wednesdays 6 – 8pm

Contact us on 01493 442181
or email
info@sunbeamsplay.org.uk
for more information