

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:

Evie one of our youth volunteers started attending Sunbeams in 2017. An amazing young lady who loves to write and raise awareness of Sunbeams, Autism the achievements and difficulties of those attending. Through Sunbeams Evie wants to share her journey.

- [Sunbeams Play- Evie's Journey](#)

General information about Sunbeams Play

- [Sunbeams Play](#)

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

- [Sunbeams Chat](#)



Sunbeams Play

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

For more information please contact us at:

Unit 7, Enterprise Court, Gapton Hall Road,
Great Yarmouth, Norfolk, NR31 0ND
01493 442181

www.sunbeamsplay.org.uk

Registered Charity No: 1152188



Sunbeams Play

Young Carers

Thursdays 4.30 - 7.30pm
£4.00 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 Group

Thursdays 9.30-11.30am (Fortnightly)

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, meet other parents and carers
and see what we can do to help.

Refreshments available, children welcome.



Please note due to unforeseen situations the time and
day may change. To check or for more information
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