

Raising Awareness of the Prevent Strategy

March 12th 2020

COURSE OBJECTIVES

This workshop aims to provide a greater understanding of radicalisation and the prevent strategy; supporting vulnerable children and young people by:

- Considering who may be vulnerable to the influence of extremism
- Raising awareness of the strategies used to manipulate others to commit crime
- Identifying strategies to help
- Knowing where to signpost

6 - 9pm

£10 per person

(Parents/carers of Sunbeams Children and Young People free)

1-2-3 Magic

Effective Discipline for Children 2 -12

1-2-3 Magic provides an easy-to-learn parenting programme, helping parents build strong, positive relationships with their children and overcome difficult behaviour. Developed by clinical psychologist, Thomas W. Phelan, Ph.D. and recommended by ADDiSS to support children with or without additional needs.

The 1-2-3 Magic programme runs for 3 hours a week for 3 weeks.

Tuesdays 9.45am – 1pm
May 5th
May 12th
May 19th

Refreshments provided

FREE for parents and carers of children and young people attending Sunbeams Play.

Parents and carers outside of Sunbeams £15.00 per person

Professionals £30.00 per person

A 6-week parenting programme providing the opportunity to gain further understanding of your child or young person's needs (5-18yrs) through skills, strategies and knowledge covering:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Final session is chosen by parents/carers



Barnardo's Cygnet Programme

Core Parenting Programme

Parents and carers can access the additional Puberty, Sexual Wellbeing and Relationships sessions once they have attended the Cygnet core programme.

Puberty, Sexual Wellbeing and Relationships is a 4-week programme for parents and carers wanting to support their children and young people through this difficult stage and for young people to understand their own needs.

FREE for parents and carers of children and young people attending Sunbeams Play.

Parents and carers outside of Sunbeams are welcome to attend for £25 per person

Professionals for £50.00 per person

Tuesdays 9.30am-12.30pm
June 9th, 16th, 23rd, 30th
July 7th, 14th

Group dates and closures

Easter Session dates

(Mornings 9am-12pm or full days 9am-4pm)

Monday April 6th

Wednesday (Sat group) April 8th, 15th

(Mornings only 9am-12pm)

Thursday (Siblings) April 9th, 16th

Friday April 17th (Morning only)

Tuesday Youth Group remains at 5.30-8.30

Closures-

No group session (no charge):

- All Bank Holidays
- Saturday July 4th due to planned road closures for the Wheels Festival
- Summer shut down from August 23rd until the 8th September
- Christmas Closure 23rd Dec until 3rd January

Young Carers

12th March

23rd April

25th June

16th July

17th September

22nd October

10th December

Lego Club

6th May

4th November

More Dates for your Diary

Fortnightly Parent Support Group (Term time only)

Thursday's 9.30-11.30am children welcome

Lego Club (Term time only)

Dads and male carers welcome

Wednesday's 5.30-8pm

Trips/events

Iceni Easter Egg Run 13th April

Circus – 19th April 1pm

Summer Fete – 1st August

Summer Trip – 22nd August

Christmas Bazaar 6th December

Following the success of our bingo nights we have two further sessions planned in May and October dates to follow.

Further training planned

Raising awareness of the prevent strategy 12th March

Bereavement strategies to support '23rd April 7 Steps to wellbeing' these follow on but can be taken as standalone workshops:

- 1) Self-esteem and self-concept 6th May
- 2) Emotional intelligence 25th June
- 3) Resilience- bouncing back 16th July
- 4) The 4 pillars of well-being 17th September
- 5) Family relationships 22nd October
- 6) Social confidence 4th November
- 7) Mood and behaviour 10th December

Further details will be provided closer to individual dates and will be advertised on Facebook.

Please note all events and training need to be booked.

Can You Help Us?

There are lots of ways you can help!

Do you have any unwanted gifts, you could donate for Tombola or raffle prizes, reusable gift or bottle bags.



You could become a Friend of Sunbeams, bake cakes, carry out odd jobs or help set up and run fundraising events.

For further details

Call us on 01493 442181

Manager Monica Bates 07436 794967

Support Coordinator Sue Carr 07484 085777

info@sunbeamsplay.org.uk

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

