

Sunbeams

February 2022

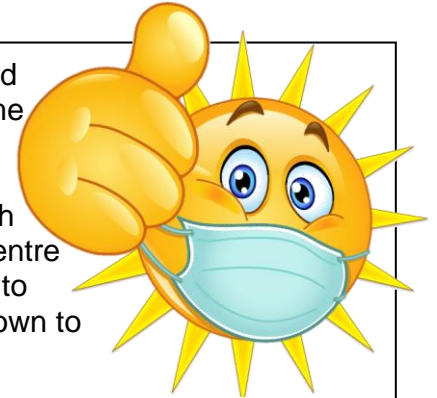
A haven for children and young people with Autism

Newsletter

Although restrictions have been lifted Sunbeams takes safety seriously and with a number of vulnerable service users we have decided that for the time being we will continue to follow some covid measures.

Numbers within the groups will slowly increase to the original numbers with a strong cleaning regime remaining in place. We will continue to fog the centre and to take the temperatures of staff and service users asking you to sign to say that as far as you are aware you have had no contact with anyone known to have Covid.

For those who have had contact or who are showing symptoms we will ask for a lateral flow test to be carried out prior to attending. If positive we will ask you to remain at home, if negative you are welcome to join us. Tests are available on request.



Numbers needed

We would like to invite you to join us at the Hippodrome Circus for the Pirates Live performance on Sunday 10th April 1pm.

Please be aware there are limited numbers and tickets will be given on a first come basis.

Booking forms have been provided if you haven't got your's please ask.



Charity Egg Run



Harley Owners from the Icenor Norfolk Chapter will be visiting Sunbeams on Easter Monday at 11.30am to bring the children and young people an Easter egg. They will spend some time with the families and give the children and young people the opportunity to sit on their bikes.

Please make sure you have returned the 'attending' slip and if you are able to help on the day making tea and coffee for the riders please speak to us

Fundraising

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. Please help us by taking part in our fundraising events, raffles and games.



Birthday Cards

Thanks to a generous donation from The Works on the Gapton Retail Park we have a number of birthday cards for sale which are in packs of 10 for 50p.



Library

Following funding we have been able to build a small library of books and resources looking at autism and linked conditions, behaviour, anxiety, self-esteem and much more.



Books will be available to borrow once you have joined and agreed to the conditions.

Can You Help Us?

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 fund-raising event? If you are able to help in any way, please contact the office for more information.

Safeguarding

We are very pleased to announce that we have been awarded the Norfolk Safer Certification. This shows that we follow best practice for Safeguarding policies and procedures. We truly are committed to doing the best for our young people and their families



Dates for your Diary

Yoga

Wednesday 9th, 16th, 23rd, 30th March 6.30-8.30pm
Wednesday 20th, 27th April.

Fortnightly Parent Support Group

(Wednesdays term time).

Wednesday 9th March 9.30-11.30am

Easter Holiday Sessions 9am-12pm

Monday 4th, 11th April, (Session not available 18th April due to bank holiday)

Tuesday (Saturday group) 5th, 12th April

Thursday (Siblings) 7th, 14th April

Friday 8th, (Session not available 15th April due to bank holiday)

Tuesday Youth Group 5.30-8.30pm 5th, 12th, 19th April

Iceni Harley Owners Group Easter egg run

Monday 18th April 11.30am

Circus Trip

April 10th 1pm

Jubilee Party

Due to additional bank holidays linked to the Queens Jubilee all under 16 groups will be held on Monday 30th May with a party.

*Friday and Saturday groups and younger members of the young carers group 9am-12pm

*Monday and older members of the young carers group 1-4pm

The youth group will be held at the normal time on the 31st

Reopening on the 6th June

For further details

Call us on 01493 442181

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