

# Sunbeams Play

January 2018

A haven for children and young people with Autism

# Newsletter

## Stay & Play

Tuesdays 10am -11.45am  
Stay & Play is open to all Pre-school children, their mums and dads and runs weekly during term time. Join us for fun and games, meet other parents and make friends.



Messy play available, drinks and snacks provided.

£2.50 first child  
£2.00 second child,  
Under 1's free.

## Dad's Lego Club

Our Dad's Club is for all 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, prizes and much more.

£2.50 Includes Snack & Refreshments

The club runs on Wednesdays 5.30-8pm term time only, one Wednesday a month is also taken up by training/workshop opportunities, this means Lego club will not be held on the following dates:

January 17<sup>th</sup>  
February 15<sup>th</sup> (Half term)  
March 14<sup>th</sup>  
April 4<sup>th</sup> & 11<sup>th</sup> (Easter break)  
April 18<sup>th</sup>  
May 16<sup>th</sup>  
May 30<sup>th</sup> (Half term)  
June 27<sup>th</sup>  
July 18<sup>th</sup>



## Training/Workshops

We have a range of workshops planned for 2018. Further details will be provided near the workshop date, in the meantime to give us an idea of numbers please let us know if you are interested in attending any of them.

March 14<sup>th</sup> Teenage concerns – Introduction

April 18<sup>th</sup> Teenage concerns part 2 - communication strategies

May 16<sup>th</sup> Mental Health awareness - LD and Autism

June 27<sup>th</sup> Conflict and managing behaviour

July 18<sup>th</sup> Restrictive Practice

Sept 12<sup>th</sup> Clinical Nutrition

Oct 17<sup>th</sup> Building resilience

Nov 21<sup>st</sup> Attachment theory

Dec 12<sup>th</sup> Personality disorders

All sessions will run from 6-9pm and are free to parents of children and young people attending Sunbeams.

## 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 2 hours a week for 4 weeks and is FREE for parents and carers of Sunbeams Play children and young people.

If interested in taking part on one of our programmes please contact us for further details.

Open to:  
Professionals £25.00 per person  
Parents and carers outside of Sunbeams £12.50 per person

## Dates for your Diary

### Monthly Parent Support Group

(Third Thursday of the month term time).  
Children welcome  
Thursday January 25th 9.30-11.30am

### Weekly Stay & Play (Term time only)

Starts Tuesday January 9th 10-11.45am  
All pre-school children welcome.

### Lego Club (Term time only)

Dads and male carers welcome  
Wednesday January 10th 5.30-8pm

**Half-term Session dates** 9-4pm  
(½ days available morning or afternoon)

Monday 12<sup>th</sup> February  
Tuesday 13<sup>th</sup> February  
Wednesday (Sat group) 14<sup>th</sup> February  
Thursday (Siblings) 15<sup>th</sup> February

### Workshops-

#### Teenage concerns (part 1)

Wednesday 14<sup>th</sup> March 6-9pm

#### Teenage concerns (part 2)

Wednesday 18<sup>th</sup> April 6-9pm

Tickets available soon

## Polo Shirts & Fleeces

We are offering Sunbeams children and young people the opportunity to wear our logo'd shirts and fleeces.

Shirts - £6 each

Fleeces - £9 each.

Sizes available

5-6 years old

7-8 years old

9-10 years old

11-13 years old



If you would like to purchase or order either please ask us for an order form.

## 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>

## Team Changes

Shaunna has decided to move on from Sunbeams, we would like to reassure you all that this will not affect the groups in anyway and we are working to provide her key children with a suitable replacement.



Sue has agreed to act as Deputy Manager for the foreseeable future and will do her best to work this in with the support work she is currently doing

As the New Year starts we would like to welcome Julie to the team. Julie will be joining us as our administrator, working between Sunbeams Play and the Resource Centre.



Stacey has kindly joined us as a parent volunteer to look at fundraising ideas, help arrange events and monitor the Facebook page.

Many of you met Matthew while he volunteered as an additional Play Worker. We are delighted to announce that we have now offered Matthew a trainee Play Worker role working with key children.



## Can You Help Us?

Do you have any unwanted gifts you could donate for Tombola prizes, or would you like to become a Friend of Sunbeams, bake cakes, carry out odd jobs or help at fund raising events? Contact the office for more information.

