

Sunbeams Play

March 2018

A haven for children and young people with Autism

Newsletter

Numbers needed

We are planning to take families registered with Sunbeams Play to the Dinosaur Park on the 31st August. We will provide a coach for those who do not want to make their own way. To help us plan we need to know how many families would like to join us and who would like a coach space. Please make sure you return your slip by 30th April to show your interest. Lost your slip? Just ask for a new one.



Nearer the time you will be asked to donate £5 per person towards cost. (1 adult per 3 children additional adults' full price).

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.

Wednesdays 10am – 12 noon
May 2nd
May 9th
May 16th
May 23rd

For more information or to register your interest contact
Sue on
07484 085777

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

Professionals £25.00 per person

Parents and carers outside of Sunbeams £12.50 per person

Charity Egg Run

Harley Owners from the Icen 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

Parent Wellbeing Advisor



Jeni has joined our team as our Parent Wellbeing Advisor to offer advice to parents and carers of children and young people attending Sunbeams. 1-1 sessions will be held at our new resource base on Boundary Rd. If you feel you would like to access her support please ask at the office.

This was me and.....

I was that mum who lost confidence and self-esteem when I left work to become a fulltime mum.

I was that mum who disliked waiting outside the school gates.

I was that mum who hated cliquy groups.

I was that mum who preferred to stay in if I didn't have to go out.

I was that mum who wanted to find employment when the children were older, but with no idea of what I could do.

I was that mum who took small steps, developed skills, gained experience, went to college and gained qualifications.

I was that mum who gradually began to realise that I did have skills and strengths.

I am....

That mum who for more than 20 years has helped people; who have lost confidence, struggled with anxiety, low mood and lack of assertiveness to find strategies to enable them to rebuild their self-esteem and emotional well-being.

Dates for your Diary

Monthly Parent Support Group

(Third Thursday of the month term time).

Children welcome

Thursday 19th April 9.30-11.30am

Weekly Stay & Play (Term time only)

Tuesdays 10-11.45am

All pre-school children welcome.

Dad's Lego Club (Term time only)

Dads and male carers welcome

Wednesdays 5.30-8pm

Easter Holiday Sessions 9-4pm

(½ days available morning or afternoon)

Monday 9th April, (Session not available 2nd April)

Tuesday 3rd, 10th April

Wednesday (Sat group) 4th, 11th April

Thursday (Siblings) 5th, 12th April

Friday 6th, 13th (morning only) 9am -12

Iceni Harley Owners Group Easter egg run

Monday 2nd April 11.30am

Workshops-

Teenage concerns (part 2)

Wednesday 18th April 6-9pm

Mental Health awareness - LD and Autism

Wednesday 16th May 6-9pm

123 Magic 4 week Behaviour Programme

Wednesday 2nd, 9th, 16th, 23rd May 10am -12pm

Tickets available from the office

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.

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.



Fun To Come

We have a number of events planned this year including:

April 2nd The Iceni Chapter Egg Run

August 4th Family Fun Day with stalls, games raffles and much more.

August 18th Summer Party

August 31st Dinosaur Park

August bank holiday racing

For further details

Call us on 01493 442181

Manager Monica Bates 07436 794967
Support Coordinator Sue Carr 07484 085777

info@sunbeamsplay.org.uk

