

# Sunbeams Play

May 2019

A haven for children and  
young people with Autism

# Newsletter

"We're delighted to announce that Sunbeams Play has been selected as a Global's Make Some Noise charity! Global's Make Some Noise funds and empowers small charities like us, helping disadvantaged children, young people and their families across the UK.

Global's Make Some Noise is supported by the media and entertainment group, Global, home to some of the UK's biggest radio brands including Heart, Capital, Classic FM, Smooth, LBC, Radio X, Capital XTRA and Gold. They come together to raise money and awareness for small charities like Sunbeams and provide training to boost skills and build sustainability.

Supported by



Global's Make Some Noise is supporting two key members of staff helping us to continue to provide holistic support to children and young people aged 3-21 with autism, and their families.

On Friday 11th October we'll be taking part in Global's Make Some Noise Day. All of Global's radio brands and people up and down the country will be doing something to shout about, big and small, to raise money for Make Some Noise.



We would like to invite you all to join us at Banham Zoo on Saturday 31<sup>st</sup> August. Booking forms have been provided if you haven't got yours please ask.

We have a limited number of tickets so please ensure you get your form back by the 23<sup>rd</sup> May. Full details will follow near the time.

## Sunbeams Play Summer Fete and Auction

To be held at Sunbeams Play

August 3<sup>rd</sup> 2-5pm

Fundraising games,  
Auction, Massive Raffle,  
Tombola's, Refreshments  
and much more

(Free Entry)

Unit 7 Enterprise Court, Garton Hall Rd, Great Yarmouth,  
Norfolk, NR30 5QF

## Dates for your Diary

**Parent Support Group (Term time only)**  
(Fortnightly term time). Children welcome  
Thursday January 24th 9.30-11.30am

**Lego Club (Term time only)**  
Dads and male carers welcome  
Wednesday January 23rd 5.30-8pm

**Half-term Session dates** 9-4pm  
(Mornings or full days available)

Wednesday (Sat group) 29<sup>th</sup> May  
Thursday (Siblings) 30<sup>th</sup> May  
Friday 31<sup>st</sup> May (Morning only)

Tuesday Youth Group remains at 5.30-8.30

Please note due to the Bank Holiday there is  
**NO** Monday session

### Trips/events

Sunbeams Fete and Auction 3<sup>rd</sup> August

Banham Zoo Saturday 31<sup>st</sup> August

Thursford – Santa's Magical Journey 24<sup>th</sup>  
November

**Further information to follow nearer events**



## Save The Date!!

We will soon be sending out information  
on our 2019 Christmas trip to  
Santa's Magical Journey at Thursford  
on the 24<sup>th</sup> November

### 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>

## Staff Changes



We would like to wish  
Lorraine all the best and  
Good Luck as she moves on  
to a new role,



And welcome Kurt as our  
new Key Worker. Kurt will  
be working with Lorraine's  
children and young people.

## Emotional Well-being Coaching- Skills Training

Training Aims:

- Increase confidence and skills of participants
- Develop listening skills
- Develop a tool box of strategies to support others
- Review resources available
- Develop coaching skills
- Understand the impact mental health has the emotional wellbeing of parents and young people

The course is aimed at parents, carers and young  
people to encourage peer support

Introduction programme 4 x Evening sessions 3.5 hrs  
followed by Advanced 2 X Full day 7hrs

Contact Office for more details

## Can You Help Us?

Do you have any unwanted  
gifts, you could donate for  
Tombola or raffle prizes,  
reusable gift or bottle bags  
or would you like to become  
a Friend of Sunbeams,  
bake cakes, carry out odd  
jobs or help at fundraising  
events.



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

Contact the office for more  
information.

