

Children & Young People

Sunbeams provides specialist sessions for children and young people ages 5 – 19yrs but supports up to 25 years old in line with Educational Health Care Plans.



Sunbeams works on a 1:3 ratio, this means for every 3-children/young people (under 14 yrs old) there will be 1 member of staff with reduced number of staff for over 14s.

We can have up to 18 children and young people in any one session. The first two weeks are free as an introduction to the setting. This enables us to get to know them thoroughly before they start and also for them to get used to staff, the environment and the other children /young people.

We are open throughout the year; times vary according to age and holidays.

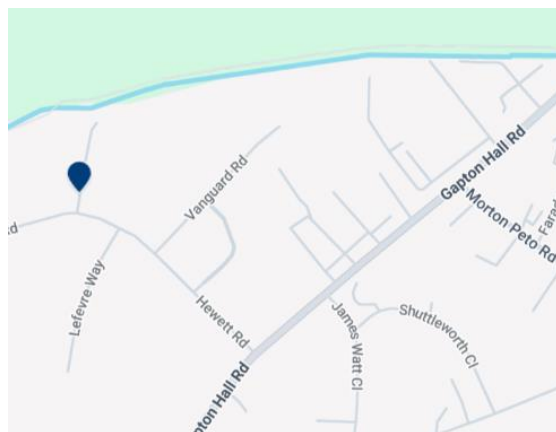
For more information on availability and costs or to book a visit contact us on 01493 442181 or 07484085777

Sunbeams Community Hub

A world in which Autism is celebrated.

Where to find us

Sunbeams Community Hub
Viking Rd,
Gapton Hall Industrial Estate,
Great Yarmouth
Norfolk, NR31 ONU



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

Registered as Sunbeams Play
Charity No: 1152188



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A world in which Autism is celebrated.

About Us

**Providing a fun, safe
and supportive
environment for all.**



For more information

07484085777 or 01493 442181

Info@sunbeamsplay.org.uk

Late Diagnosis Group

Wednesdays 6-8pm



Do you struggle to socialise or join in?

Are you an adult who has grown up wondering why you feel different, or have you recently been diagnosed?

Late diagnosis can be a shock, as a centre for Autism Sunbeams already supports children and young people with Autism.

Our Late Diagnosis group aims to offer support, strategies and a safe place to meet others who understand. If you are 25 years old or over and would like to meet others to share your experiences, ideas and strategies come along and say hello.

Refreshments available

Please see individual leaflets for more information

Stay & Play

Fridays 9.30- 11.30am.

Children attending the group must be preschool and must have a parent or carer staying with them. Parents and carers are asked to join in the activities with the children in their care and staff will be on hand to support with any difficulties



We welcome all preschool children but as a centre for autism the group has been set up to support those with additional needs and those on or thought to be on the Autistic Spectrum.

The Portage and Early Teams visit regularly and are happy to talk about any concerns.

Please see individual leaflets for more information

Parent Support

Wednesdays 9.30- 11.30am.
(Fortnightly)

Being aware that parents and carers need support to; our Parent Support group is open to the community and lets you meet other parents and carers, share ideas, tips and experiences, ask advice or simply relax in each other's company.

Refreshments available

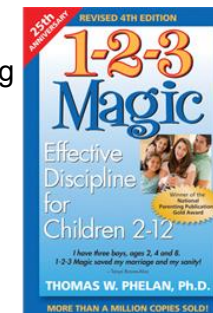
Workshops & Training

We offer several workshops including:



The Cygnet Parenting Support Programme, an evidence-based programme designed for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

1-2-3 Magic an easy-to-learn parenting programme, helping parents build strong, positive relationships with their children and overcome difficult behaviours.



Please see individual leaflets for more information