

## Parent Support

Parents never want to hear that their child has been diagnosed with Autism and find it hard to believe there is no cure. Children on the Autistic Spectrum often face social disapproval not because they look different but because they don't.

Poor communication skills, unable to interact, strange patterns of play and sensory issues lead to difficult behaviour. Their behaviour can make life harder for them and their parents or carers who face awkward questions and unwanted comments.

Sunbeams Play offers support, fun and social opportunities for children with autism or related conditions and their siblings.

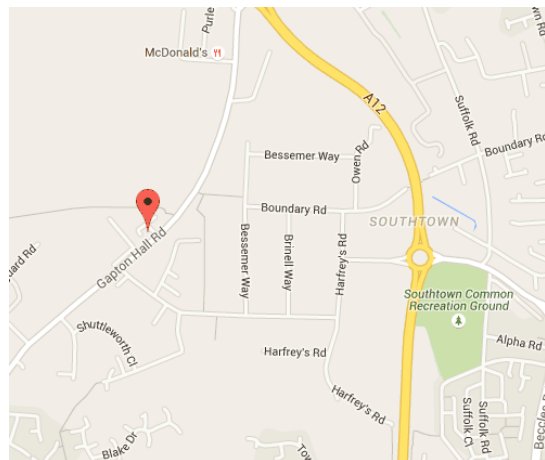
We also provide parent/carer support through:

- 'Sunbeams Chat', our Facebook advice page.
- Parent support groups providing a friendly atmosphere to meet others in similar situations, to share ideas, a listening ear and information
- 1-1 appointments at our dedicated support office.

# Sunbeams

A haven for children and young people with Autism

**Where to find us**  
Unit 7, Enterprise Court,  
Gapton Hall Road  
Great Yarmouth'  
Norfolk, NR31 0ND



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

Registered as Sunbeams Play Charity No:  
1152188



# Sunbeams

Support Services

**Advice and Support  
For  
Parents and Carers**



For more information

07436 794967 or 01493 442181

## 1-1 Support

Our dedicated support offices provide quiet and confidential space dedicated to supporting families of children and young people attending Sunbeams Play.

Our trained Support Coordinator can offer advice on Benefits such as :  
Disability Living Allowance,  
Carer's allowance,  
Grants,  
Education,  
Diagnosis,  
or simply offer a listening ear.

Support is also offered to families to access funding opportunities, complete benefits and Educational Health Care Plan forms.

We are also able to support siblings/young carers with 1-1 sessions within schools enabling them to discuss any concerns regarding family, home, school and their caring role, lowering anxiety and feelings of isolation while raising confidence and self-esteem.

Family advice is offered around behavioural issues and sibling rivalry.

## Parent Support Group

Do you have a child on or thought to be on the Autistic Spectrum, need someone to talk to, who will listen and understand or advice on education, diagnosis, forms or behaviour difficulties?

Then why not pop into our fortnightly 'drop in' support sessions on Wednesdays 9.30-11.30am to see what we can do to help.

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.

For those of you that need to talk privately one of our staff members can advise on a number of issues.

If we can't help we will help you find someone who can.

Please note due to unforeseen situations the time and day may change.

To check or for more information contact Sue on 07484085777 or at [sue@sunbeamsplay.org.uk](mailto:sue@sunbeamsplay.org.uk)

## Sunbeams Chat

Sunbeams Chat is a closed and monitored Facebook page offering advice and support to families and young people.

New members are welcome and advised to take time and look through some old posts, photos, links and files. As a member if there are any subjects you'd like covered please ask.

Sunbeams Chat has been set up along with our parent support group and is run by our trained Support Coordinator to provide a friendly atmosphere to meet others in similar situations, to share ideas and information or simply to access a 'listening ear'.

Members are welcome to share links, ideas and ask or answer questions. Please remain respectful, this is a family sight and inappropriate comments or language will be removed and may result in asking you to leave.

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