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Summer
holiday
activities



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

Hampton court Palace

- <https://www.hrp.org.uk/hampton-court-palace/whats-on/rise-and-roar/#gs.1spfb7>
- Rise and roar: quiet session in the magic garden
- A quiet session aimed at children and young people with autism, and their families and carers.
- Join us for a quiet session in the magic garden at hampton court palace, aimed at those living with or caring for someone with autism, or those who have any other sensory needs, and their families and carers.
- During this session, we will be permitting fewer people than usual and making adjustments to the experience of visiting this unique playground. We hope these changes will enable you to enjoy the magic garden alongside others who understand and empathise with the challenges faced when trying to plan an activity or day out.
- The session begins at 09.30 and ends at 11.00.

Wall Climbing Session - Beginners (Year 5 to Year 11)

- Hampton Youth Project, 32 Tangley Park.
- Beginners For Year 5 (who are aged 10) up to Year 11
- You can learn and develop skills in the following:
 - - Communication and Listening
 - - Confidence and Self esteem building
 - - Teamwork
 - - Problem solving
 - - Bouldering
 - - Top rope
 - - Belaying
- Organiser Hampton Youth Club
- Email Address mary.riley@achievingforchildren.org.uk
- Phone [07784 238 076](tel:07784238076)
- https://kr.afcinfo.org.uk/main_site/organisations/29314-hampton-youth-project?term=hampton

Hampton Youth Project

- Hampton Youth Project, 32 Tangley Park Road.
- We provide a wide range of positive activities for young people 10 to 19 years old, and up to 25 for young people with disabilities.
- Young people have the opportunity to involve themselves in a range of activities that can assist them to develop life-long skills and address their social and personal needs.
- Activities include:
 - Art and crafts
 - Cookery sessions
 - Studio music sessions
 - Workshops addressing social issues
 - Sports sessions – football, badminton, volleyball, dodgeball and basketball
- The centre has an indoor sports hall with 30ft climbing wall and indoor archery. There is also a youth café, social area and music/recording studio.
- The centre is fully accessible.



SURREY
COUNTY COUNCIL

Bedfont lakes

- SEN sessions are due to be on Friday's in August (the 4th, 11th, 25th and 1st September) from 2pm-3pm. Planned activities for each of those dates are nature crafts (sticking with leaves and grasses and flowers etc and also adding different materials to homemade playdough), bug hunting week 2, animal handling week 3 and then sensory play week 4 (this will mostly be a water play session with lots of water trays, bubbles and water beads).

We will have the posters out next week with details on how to book for the sessions which will be through Eventbrite, the SEN sessions will be £4 per child.

Challengers Playschemes (4 to 12 year olds)

The playschemes are places for disabled and non disabled children aged 4 to 12 to make new friends and have fun. Activities include art, noisy and active play (bouncy castles, soft play and rough and tumble), outside space for accessible bikes, trikes, go karts, ball games, sand and water play and mucking about as well as quiet space for curling up with a book and stories. They run at venues in Esher, Farnham and Guildford.

Tel: 01483 230939

Email: PlayandLeisureTeam@disability-challengers.org

Website: disability-challengers.org/what-we-do/playschemes

Challengers Youth schemes (13 to 18 year olds)

The youth schemes enable disabled young people aged 13 to 18 to make friends and try lots of fun activities. Programme of activities include music workshops, baking, sports, trips out and much more. Up to half the spaces are reserved for young people who have complex impairments and need a higher level of support. They run at venues in Caterham, Farnham, Guildford and Molesey.

Tel: 01483 230939

Email: [**PlayandLeisureTeam@disability-challengers.org**](mailto:PlayandLeisureTeam@disability-challengers.org)

Website: [**disability-challengers.org/what-we-do/youthschemes**](http://disability-challengers.org/what-we-do/youthschemes)

Head2Head (0 to 19+ years)

Head2Head Theatre provide holiday activities for children and young people aged 0 to 19+ with a wide range of disabilities, and their families. Their half day family holiday activities offer a multi-sensory, interactive, walkabout performance of a classic story. Families may bring a picnic and enjoy their lunchtime activities (sensory tent, craft and games).

- Tel: 01372 278021 or 07519 747290

- [Head2Head theatre website](#)

InterAKtive Playschemes (5 to 16 year olds)

InterAKtive is for families who have a child or children on the autism spectrum, or those with a similar communication difficulty. Linden Bridge School is the "hub" of the playscheme. Facilities at the site include a play area, a modern swimming pool, and a block of classrooms, where activities such as art and crafts and cookery are carried out. The whole area is secure. As well as the on-site activities, there are a number of projects organised out in the community such as 10-pin bowling and crazy golf.

Tel: 07876 762178 or e-mail: info@interaktive.org.uk

Kids (5 to 17 year olds)

KIDS provide specialist play and leisure opportunities for children and young people with Autism. Their Play and Leisure centred based days are held at Addlestone Youth Centre. In addition to the centre based days they also provide opportunities for children and young people to access local community activities such as swimming, bowling and cinema trips.

They provide support for two age groups 5 to 11 and 12 to 17 and the service operates on a number of Saturdays and during some school holidays. The service provides a mixture of 1:1 and 1:2 support.

Tel: 020 8648 7020

Email: surreyreferrals@kids.org.uk

Website: www.kids.org.uk

Surrey Short Breaks for Disabled Children

The service fund voluntary organisations and SEN schools to provide short break services and services to families of disabled children ranging from afterschool clubs to holiday schemes, domiciliary care and more. These services can either be accessed directly by families or in some cases, through a social worker.

Visit the website for more information.

Tel: 01372 833073 or 01372 833638

Email: shortbreaks@surreycc.gov.uk

Website: www.surreycc.gov.uk/shortbreaks

All Aboard Club

This organisation runs play Sessions for younger Kids with Autism and/or ADHD. A lot of them are centred around trains and transport so they would be ideal for children who have a special interest in this area. Many sessions are free or low cost. Sessions take place in various locations including Brentford, Surrey, Kew and Hounslow

<https://www.allaboardclub.com/>



HILLINGDON
LONDON

Hillingdon

- **Physical activities for under-19s**

- A range of sports and other activities for children and young people with special needs. All our sessions cost £3 per child.
- Monday and Wednesday sessions are for 6 to 12-year-olds with moderate to high functioning autism.
- **Mondays, 5pm to 6.30pm**
Botwell Green Sports and Leisure Centre, East Avenue, Hayes, UB3 2HW. For more information, email info@primarysportingdevelopment.co.uk.
- **Wednesdays, 5pm to 6.30pm**
Hillingdon Sports and Leisure Complex, Gatting Way, Park Road, Uxbridge, UB8 1ES. For more information, email info@primarysportingdevelopment.co.uk



London Borough of Hounslow

https://fsd.hounslow.gov.uk/SynergyWeb/Family_activities_events.aspx

What is the Holiday Activities and Food Programme (HAF)

The Holiday Activities and Food Programme (HAF) is a great way for your child to have fun during the school holidays. Eligible children will have the opportunity to make new friends, take part in a variety of exciting activities, and they will have a healthy meal each day. Each activity session must last for at least four hours a day and operates in the following school holidays.

- Easter
- Summer
- Christmas

The entitlement for each eligible child is:

- 4 days for 4 hours during Easter
- 16 days for 4 hours during Summer
- 4 days for 4 hours during Christmas

The next delivery period is 24 July to 1 September 2023. Bookings will open on 24 June.

Children with SEND that attend main stream schools can take part in most HAF activities. Children attending specialist schools that require additional support will most likely have an Educational Health Care Plan and be known to the 0-25 Disability Team.

https://fsd.hounslow.gov.uk/SynergyWeb/HAF_Programme.aspx

SEND Sessions @ Snakes & Ladders

- Dedicated play sessions for children aged 0-12 years, with special educational needs or disabilities. Every Wednesday during term time from 16:15pm - 18:15pm (subject to change and availability).
- Additional carers and siblings are also welcome to join in at a reduced admission charge.
- To book your place, please follow this link: <https://bookings.snakes-and-ladders.co.uk/book/send-sessions/169>
- Select complimentary tickets for up to two adults and two children (to include at least one SEND child for whom proof of DLA must be shown on arrival).

TAG Youth Club

This is a weekly Youth Club that is open to children and young people from Hounslow and the surrounding boroughs. They also offer opportunities during school holidays and on weekends. The Youth Club caters for a variety of children and young people with special educational Needs (Including Mild and Moderate) . There is a fee for attending the youth club. However, if you are unable to pay this fee, there may be support available to you in the form of subsidised costs.

<https://www.tagyouthclub.org/>

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This organisation runs play Sessions for younger Kids with Autism and/or ADHD. A lot of them are centred around trains and transport so they would be ideal for children who have a special interest in this area. Many sessions are free or low cost. Sessions take place in various locations including Brentford, Surrey, Kew and Hounslow

<https://www.allaboardclub.com/>



www.ealing.gov.uk

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/site.page?id=Ltbyram2FYk&localofferchannelnew=0>

Heathrow Special Needs Centre

No matter what a persons' ability there is always an activity that can be participated in and enjoyed at the Heathrow Special needs Centre ; such as horse riding, horticulture, and animal welfare. There is also a sensory garden and nature area to enjoy. Suitable for visitors aged 5 +.

London activities

Museums

- **The National History Museum** offer a [Dawnasaurs Exhibition](#) for children on the autism spectrum, opening early so that children can enjoy the museum at a quieter time.
- The **Science Museum** offer an [Early Bird](#) session for those who benefit from visiting the museum at a less busier time (for example, children, young people and adults with autism or sensory processing differences).
- **Accessible Sessions at Museum of London-** The Museum of London offer morning explorer events specifically designed for families with children who have autism. Visit [Accessibility | Museum of London](#) to find out about how to book as well as other accessibility information.
- **Family [SEND](#) explorer events and the London Transport Museum-** Explore All Aboard family spaces in peace, have a go some holiday activities, get hands-on with genuine parts of transport history, or make use of our sensory bags to support exploring the collection. Book online [Family SEND Explorer Events | London Transport Museum \(ltmuseum.co.uk\)](#)

Zoo

- **Sensory sessions at London Zoo-** London Zoo offer separate sensory sessions available for babies 0-8 months and children with autism and other neurodiversities.

Visit [Sensory Stories at the Zoo | Zoological Society of London \(ZSL\)](#)

Cinema

- **Discount at the cinema**
- You can apply for a CEA Card if you have a disability. The card entitles you to one free ticket for someone to accompany you to the cinema to provide the assistance you may need during your visit. Around 90% of cinemas accept the card, you can apply for the card and find out more on the CEA website.
- **Visit:** www.ceacard.co.uk
- **Accessible cinema screenings**
- Accessible Screenings UK is a website that allows you to search for cinemas near you offering different types of screenings, including:
 - Autism Friendly screenings - subtly-adapted screenings which create an environment that is welcoming for people with a range of conditions such as autism, learning disabilities and cognitive disorders.
 - Audio described- provide a pre-recorded voice commentary that describes features such as action, body language expressions and movement
 - Subtitled/captioned screenings- provide a transcription of the audio from a film, displayed at the bottom of the cinema screen.
- **Visit:** <http://accessiblescreeningsuk.co.uk/>

Theatre

- **Autism-friendly performances**
- The National Autistic Society regularly update their [Autism -friendly days out page \(external link\)](#), find out about Autism-friendly performances at the theatre which are a great way for children and young people with Autism to enjoy a live show.

Tips to support autistic pupils and families over the holidays

- <https://autismkidsontour.com/2018/02/13/10-ways-to-survive-school-holidays-with-an-autistic-child/>
- <https://www.youtube.com/watch?v=45z7uC-et0M> Travel when youre autistic (ADHD)
- <https://www.autismtogether.co.uk/portfolio-items/taking-the-stress-out-of-summer-for-a-child-with-autism/>
- <https://www.youtube.com/watch?v=R1bBwai-lgg> Autism and school holidays
- <https://www.autism.org.uk/advice-and-guidance/topics/leisure/holidays/parents>
- <https://livingwellmom.com/flexible-summer-schedule-child-autism/>
- <https://positivespecialneedsparenting.com/how-to-survive-school-holidays-as-an-autism-parent/>

Superhero Series powered by Marvel



The cutoff date for signups is 21 July.

Staff and families from Ambitious schools and collages a discounted registration fee of £10 per person. (normally £150 for a family)

[Superhero Tri powered by Marvel 2023 \(4\).pdf](#)