

## List of Groups and Activities in around the Local Area

### **Sutton Activity Respite Care (ARC)**

St Peters Church, Bishopsford Road

Morden SM4 6DU

**What is it?** ARC is a new and exciting targeted service which provides children with moderate learning difficulties and special needs, between the ages 8-16 years, outside school activities which will support them to develop their social, personal and academic skills in a real world setting. The activities will range from basic cooking sessions, board games, trips out i.e. to the cinema, arts and craft activities and much more.

**Categories of Need:** Mild Learning Difficulty / Disability, Down Syndrome, MLD Moderate Learning Difficulties/ Disability, Social, Mental and Emotional Health , Visual Impairment, Mild Speech and Language difficulty, Moderate Speech and Language difficulty, Hearing Impairment, Challenging Behaviour, Personal Care Needs, Fragile X, Global Development Delay

**Age Range:** 8-11 and 12-15

**Availability:** This service is available 2 evenings a week (Tuesdays and Fridays 6-9pm) and 3 days a week during half terms (Monday, Wednesday, Friday 9.30-3pm)

**Contact:** Kellie Matthews 07530 261966

[http://localoffer.sutton.gov.uk/suttonlo/directory\\_record/191/arc\\_activity\\_respite\\_care/category/30/secondary - age 11 to 16](http://localoffer.sutton.gov.uk/suttonlo/directory_record/191/arc_activity_respite_care/category/30/secondary_-_age_11_to_16)

### **NAS Sutton Branch – Behaviour Support Group**

#### **Behaviour Support Group with Mark Brown of Special Help for Special Needs**

This is a friendly and informal drop-in support group for parent carers of children and young people with additional needs.

Mark (Special Help for Special Needs) is an expert on behaviour and has worked with many families to help them overcome behavioural issues. He is generously donating his time so more local families can get his help. This is your chance to get his advice...FOR FREE...and also meet up with other parents and carers who are in a similar position to you.

**When:** Drop in any time between 10am to 12noon on 12th October, 16 November & 14 December

**Where:** The Café at Hill House, St. Helier Community Association, Bishopsford Road, Morden SM4 6BL (lots of free onsite parking)

**Booking:** No need to book in advance, just turn up.

Tea and biscuits are guaranteed, along with a friendly, non-judgemental environment!

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## **ASD Workshops by The Girl with the Curly Hair**

*Various Dates in October and November*

Girl with the Curly Hair continue their ASD workshops through October and November covering topics including ASD & Socialising; ASD & Anxiety; Introduction to ASD; ASD & Family' Meltdowns and Shutdowns.

**Where:** Various locations including Epsom, Teddington, Surbiton and Dorking  
For full details please visit the website: <http://thegirlwiththecurlyhair.co.uk/events/>

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## **Getting Started....Programme of Free Parent Workshops**

*Starting Wednesday 12 October and Various Dates*

Eagle House in Mitcham are offering a programme of free parent workshops offering expert advice, guidance and support to families and careers of young children with a diagnosis of autism or Asperger syndrome.

Subjects covered include Communication; Making sense of the world; setting boundaries, winning the meal time battle, learning through play and building independence.

**Where:** Eagle House School, Mitcham

**When:** Various Wednesday mornings through 2016/17 10am to 12pm

**Cost:** No charge for parents

**More Info:** For full details visit <http://www.eaglehousegroup.co.uk/early-years-workshops>

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## **Polka Theatre Relaxed Performances**

*Various Dates*

The Polka Theatre in Wimbledon has a number of relaxed theatre performances scheduled for this year. During a relaxed performance, adjustments are made to the lighting and sound levels, the house lights remain on low throughout and audience members can choose where to sit. There is also a designated chill out space outside the auditorium. A pre-show synopsis pack is also available to download prior to the visit.

**Upcoming performances are:** Friday 4th Nov at 10.30am We're Going on a Bear Hunt

Saturday 3 December at 12.30pm How to Hide a Lion

Sunday 11th December at 11am Babe The Sheep Pig

Visit the website [www.polkatheatre.com](http://www.polkatheatre.com) for more details

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## **Autism Workshops for Parents of primary aged children with autism**

**Run by Sutton ASD Service & Sutton Primary Specialist Autism Bases**

*Starting 3 October 2016*

A series of workshops will be run for parents of primary aged children with autism. Workshops will cover the following subjects; 3 October Communication; 10 Oct Behaviour; 17 Oct Sensory; 31 Oct Access to Services; 7 Nov School Strategies; 14 Nov Emotions and Anxiety; 21 Nov Eating/Diet; 28 Nov Interventions - Intensive Interaction and ABA

**Where:** Denmark Road, Carshalton  
**When:** Above dates from 9.45am to 12pm

**Cost:** FREE!

**Booking:** Spaces are limited and must be booked in advance by emailing [autismparentworkshops@sutton.gov.uk](mailto:autismparentworkshops@sutton.gov.uk)

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**HELPP Coffee Morning with Guest Speaker Fintan O'Regan**

*4 November 2016*

Fintan O'Regan is one of the leading behaviour and learning specialists in the UK, particularly with ADD & ADHD.

**Where:** Strawberry Lodge, Strawberry Lane, Carshalton

**When:** 4 November 10am to 12.30pm

For more info and booking visit the website <http://www.helpp.me.uk/>

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**The National Autistic Society AGM and Family Day**

*Saturday 26 November 2016*

This year's AGM and family day will be held at the Museum of London. Free for members to attend, the event will provide the opportunity to explore the museum, meet the NAS senior management team and hear updates about forthcoming work.

**Where:** The Museum of London, 150 London Wall, London, EC2Y 5HN

**When:** Saturday 26 November

**Cost:** Free to members

**Booking:** Full details and booking form can be found on the website

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**Robin Hood (Multi-Sensory Pantomime)**

*Sunday 18 December*

Head2Head Theatre present their take on the traditional Christmas Panto with a multi-sensory production of Robin Hood that is accessible to all ages and abilities. With reduced dialogue, role play and interaction opportunities, brightly coloured sets and some signing. An advance pack is available to familiarise attendees.

**Where:** The Dawnay Primary School, Great Bookham, Surrey

**When:** 18 December 2016 at 11.15am or 2pm

**Cost:** £5 per person

**Booking:** Telephone 01372 278021/07519 747290 or email [h2hoffice@gmail.com](mailto:h2hoffice@gmail.com)

For further information visit the website <http://www.head2headtheatre.co.uk/sensory-pantomime>

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## **Disability Sports Coach**

*Starting Saturday 24 September*

Disability Sports Coach will be restarting their Sutton Community Club. The club is for young people from 11 years plus to adults with all disabilities; siblings are welcome too. Popular sports are basketball, football, cricket, tennis and boccia. There will also be some dance.

**When:** Saturdays during term time between 11am and 12.30pm

**Where:** David Weir Leisure Centre

**Cost:** £2.50 per session

**More info:** Visit [www.disabilitysportscoach.org.uk](http://www.disabilitysportscoach.org.uk) or email [clubs@disabilitysportscoach.co.uk](mailto:clubs@disabilitysportscoach.co.uk) or call **0207 021 0973**

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## **Croygas Pirates Mixed Pan Disability Football Team**

Football for girls and boys with special needs. Training on Saturdays 9.30 to 10.30 at Croygas Sports Club, Mollison Drive, Wallington. Visit the website [www.pitchero.com/clubs/croygasyouthfc](http://www.pitchero.com/clubs/croygasyouthfc) for more info

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## **New Girls Group in Sutton/Merton South West London Girls Connect**

*Starting September 2016*

Following demand identified in the recent survey we issued, we are pleased to announce that a new group for girls with social communication difficulties, ASD, EBD and ADHD is being established on Monday nights in the Sutton/Merton area.

The Girls Group will consist of two, hour long sessions for girls aged between 6 to 10 and 11 to 16 years of age.

Sessions offer a positive environment where girls can form and maintain friendships in a safe and welcoming group whilst they explore new activities, learn social and play skills, and make friends. Activities would include arts and crafts, drama, music and games. They will also look at creative ways to explore issues relevant to the group e.g. bullying and friendships.

**Where:** Sutton Life Centre, 24 Alcorn Close, Sutton SM3 9PX

**When:** Monday evenings during term times

5.15pm – 6.15pm – 6 – 10 years old

6.30pm – 7.30pm – 11 – 16 years old

The group's capacity would initially be a maximum of eight children per group with a view to expansion depending on the needs and abilities of the group members. It is envisaged that sessions would begin from Monday 19th September 2016.

Workshops will be led by Cassie Yates and Hazel East from Knots Arts. Both Cassie and Hazel have over five years experience of running creative and engaging sessions in East Sheen, specifically for children and young people with social communication difficulties. They will be supported by a team of at least two Volunteer Practitioners.

Sessions will cost £10 per session, £100 for a ten week term. Bursary places are available. If you would like to register your daughter for the workshops, or if you have any questions, please email Hazel or Cassie at [hello@knotsarts.com](mailto:hello@knotsarts.com)

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## **ABA Saturday Kids Club run by Focus Surrey**

*Starting Autumn 2016*

The club aims to introduce the principles of ABA to those children not yet on their own programmes, as well as being an extra resource for those already familiar to ABA. Children will be taught social and play skills, and work on specific individual targets determined by ABA professionals (see below) in consultation with parents. The club aims to be nurturing, fun and child-centred, and is open to children aged from two to 12 years. Our first term will run from October to December, with the club running from 10am to 2pm.

The club will also be a place where parents can meet other parents in similar positions and listen to talks from guest speakers on related subjects. Please note that parents must stay on-site for the duration of the club and give their child a packed lunch during the 30-minute break. There is free wifi available plus tea, coffee and biscuits for the adults.

For more info email [focussurrey@hotmail.com](mailto:focussurrey@hotmail.com)

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## **Sutton Mencap**

Sutton Mencap run a group which offers social opportunities for 12-18 year olds with high functioning ASD. The group is run in the Wallington area every Thursday at 4.30pm during term times. For more information and to book a place please contact Olivia Griffin on 0208 647 8600 or email [olivia@suttonmencap.org.uk](mailto:olivia@suttonmencap.org.uk)

They also run a Community Link project for those over the age of 18 which helps adults meet up and take part in different activities in the local area. For more information contact Jade on 0208 647 8600 or email [jade@suttonmencap.org.uk](mailto:jade@suttonmencap.org.uk)

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## **Wallington Explorer Scout Unit**

A local scout unit for those aged 14 - 18 years with special needs. They offer a wide range of activities - camping, watersports, cooking, climbing, shooting, games etc. They meet on a Wednesday from 8 - 9.30pm in Wallington (behind Neros).

For more info email Karen Drake at [15wesuexplorers@gmail.com](mailto:15wesuexplorers@gmail.com)

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## **Werewolves of London Special Ice Hockey Club**

The Werewolves of London Special Ice hockey club offers a special needs ice hockey programme for children and adults who have Developmental Disabilities such as Autistic Spectrum Disorders, Down Syndrome and other Learning Disabilities.

Beginners and Non-skaters aged from 5 years up to and including adults are all welcome!

For more info visit [www.werewolveslondon.org.uk](http://www.werewolveslondon.org.uk)

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**YMCA Disability Football Team**  
**Run in association with Fulham FC Foundation and Kew Park Rangers FC**

An opportunity to join local teams, play in matches and represent your side in tournaments.

**When:** Thursday 5pm to 6pm

**Where:** Outdoor playing fields at YMCA Hawker, Lower Ham Road, Kingston Upon Thames, KT2 5BH

**Cost:** FREE!

**Booking:** No need to book - just turn up ready to play!

For more info ring Hayley on **07587 034278** or email [hayleyturner@ymcalsw.org](mailto:hayleyturner@ymcalsw.org)



<https://www.facebook.com/LittleLambsSoftplay/>

Run regular soft play sessions for children with additional needs

Open 7 days a week our safe & clean softplay & cafe is in the centre of Sutton.

Little Lambs Softplay is based at the St Nicholas Centre by Debenhams and New Look.

Call to check: 07584 353693



Eddie Catz Wimbledon

<http://www.eddiecatz.com/centres/wimbledon/>

Tel: 020 3475 5268

Email: [info@eddiecatz.com](mailto:info@eddiecatz.com)

42 Station Road, Merton, London SW19 2LP

Regular SEN soft play sessions. Check for details.

### **AFASIC – North Surrey**

Afasic was founded in 1968 as a parent-led organisation to help children and young people with speech and language impairments and their families. We provide information and training for parents – and professionals – and produce a range of publications. Members meet in local groups in many areas of the UK

<http://www.afasicnorthsurrey.org.uk/index.html>

This is the nearest branch of AFASIC. Check website for speakers, events and details of “Friday Club”.

## Disability and Additional Needs Gymnastics



<http://www.futuregymnastics.co.uk/gymnastics-classes>

We offer specialised classes for disabled children on a Saturday. They will be able to have the full gymnastics experience with our qualified coaches as well as reward schemes and personalised programmes.

We can't wait to meet you all. Please phone us up for more information. Classes are for anyone you deem suitable.

## anti-gravity

Trampolining and Gymnastics in Caterham

<http://www.ag-tc.co.uk/>

Call Emily 07960754046

Inclusive trampolining club in Caterham, Surrey. Rebound Therapy classes.



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

We run drop-in inclusive cycling sessions for disabled people and their families, carers or friends, from three bases in south London.

Our qualified instructors, supported by fantastic volunteers, help participants **try our cycles** or get comfortable on the one that suits them, and offer ongoing support.

Relatives, friends and carers are welcome to join the fun.