

PARAYHOUSE SCHOOL PARENT PRESS

JULY 2022

Welcome to our Summer edition of the Parayhouse Parent Press. The long summer break will soon be here and what better time than to look for activities that will improve fitness & creativity as well as expanding friendships. We have children from 14 London Boroughs and within this edition of the Parent Press I have tried to include activities from as many boroughs as possible, although I may not have been able to include all. If you would like more information on what activities are available in your area, this can be accessed through your Local Offer or Short Breaks scheme. I have tried to find something for everyone and hope that you will find something that your child may like to experience.

Please do not hesitate to contact me if you require any further information or support to access services in your area. Wishing you happy holidays, Bev (07501015569)
b.routley@parayhouse.com

Maxcard

The Max Card is the UK's leading discount card for families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission to castles, zoos, bowling alleys, trampoline parks and many more. Max Card work with local authorities and selected charities who administer the cards to eligible families in their area.

For more details visit <https://mymaxcard.co.uk/>



Disability Discounts

Did you knowthat there are discounts available for disabled adults and children with special needs? With the high cost of living with a disability - it's a great way to save money! For more information: disability-grants.org



Here are some of the activities taking place across London boroughs this Summer.

Newham

[The Otters Swimming Club](#) offers swimming lessons for children and adults with a disability. The sessions are open for all levels with instructors and volunteers on hand for the sessions.

For more information, please visit ottersswimmingclub.com

[Family Holiday Association](#) is the only national charity dedicated to providing British seaside breaks and day trips for families with disabled children.

For more information:- email info@fhaonline.org.uk or call 02031170650 they accept referrals from all agencies including schools.



Wandsworth

[Flyerz Hockey](#) - London Wayfarers Hockey Club have started a pan-disability hockey club for young people with a disability aged 8+ for more information contact:- lwwc.flyerzmembers@gmail.com

[Bmactive](#) - is a Wandsworth & Clapham based physical activity provider specialising in 1-2-1 sports training for children, youth football & adult fitness sessions. They are increasing their availability of their highly successful 1-2-1 sport sessions for young people with a range of additional needs. For more information contact:- elliott@bmactive.co.uk 07717732434/07974251011



Lewisham

[South London Inclusive Dance Experience \(SLiDE\)](#) A Croydon based street dance company for people with disabilities and learning difficulties.

Contact Gemma 07887781361 (no referral required)



Join in the fun at [Magpie's Summer Dance School](#) (Bromley) Creative dance sessions for all levels. Call to book or for general enquiries contact:- Jessica Lucy Richards, Operations Co-ordinator 02082906633



Hammersmith & Fulham

[Action on Disability \(AoD\)](#)

Lillie Road, SW6 7SR

A youth service for young disabled people providing swimming, football, dance, drama, art, cooking, yoga, music, arts & craft, multi-sports, boxing, rights & identity workshops and much more!

27th July - 18th August.

Booking: admin.youth@aod.org.uk

action on disability

Life beyond barriers

Lambeth

Multi-Sport Community Weekend Activities -

A wide range of sporting activities for children and young people 3-19years. There really is something for everyone, boccia, table cricket, polybat, athletics, football, cycling and more.....

Please contact:- Rob Wilkinson 07904956437 or email directormovingmatters@gmail.com

Oasis Children's Venture - Bolton Crescent.

Oasis Play will offer young people with disabilities and complex needs access to sessions at their new Adventure Playground opening this Autumn. Bolton Crescent will provide a fun space for children to make choices, take risks and have freedom within their play. Activities include: art & craft, games, indoor ball pit, indoor soft play, outdoor adventure play & sensory activities.

Right Track Karting Project offers exciting & challenging outdoor karting experience for children of all abilities aged 8+ Please contact:- 02076228756



OasisPlay Children's Nature Garden for more details contact:- 02074982329 or Nonki Azariah 02076228756 or email inclusion@oasisplay.org.uk

Southwark

Peckham BMX

Inclusive sessions for everyone of all levels.

For more information contact:-

Adam.Thomas@AccessSport.co.uk quoting 'Peckham BMX-Inclusive'

Free Swimming Lessons for all Southwark residents 16+ so something for parents /carers and older siblings. The 12-week course for beginners is available at leisure centres operated by Everyone Active on behalf of Southwark Council. The five centres across the borough are offering this wonderful opportunity to learn a new skill as well as fitness.

Please contact your local leisure centre for more details:-

Camberwell Leisure Centre

The Castle Centre

Dulwich Leisure Centre

Peckham Pulse Leisure Centre

Seven Islands Leisure Centre

Or visit:- <https://www.everyoneactive.com>



Islington

Artbox London runs art workshops, gallery trips and much more for children and young people with disabilities. For more information call: 07846605993 or email:

Madeline@artboxlondon.org



Elizabeth House Community Centre -

After school and holiday clubs. Sports, cookery, games, music, arts and crafts.

Contact: 02076901300 or email:

info@elizabeth-house.org.uk

Hounslow

Hounslow Extra Club - Summer activities for young disabled people aged 11-21 at Oaklands School, Woodland Road, Isleworth. Arts & Crafts, visits to parks, cinema, bowling.

For more information contact:-
07718860656/07947771268

PACE - promotes the inclusion of young disabled people 13-25 years in sports & leisure activities. They meet every 2nd and 4th Saturday of the month, 2pm to 4.30pm Havelock Community Centre, Trubshaw Road, Southall, UB2 4XW

FELTHAM BEES - Disabled sports club. Feltham Community College, Browells Lane, Feltham. Activities include:- Football, bowling, water skiing, cycling, indoor bowls and fishing. Call for costs 02088313032



Speak Out - In Hounslow - An organisation for people with learning disabilities (including young adults) they organise lots of social activities.

Contact: - 02087582048/07799675433

info@speakouthounslow.org

Bi-Borough

Tresham Disabled Children's Centre

is open throughout the week and weekends and offers art and sport activities for 0-18 year olds.

For further details contact:-

klloyd@westminster.gov.uk 02076411553

Mousetrap Theatre Projects in

Westminster increase young people's access of live theatre. Relaxed performances are fully supported performances especially for people with autism, learning difficulties and other communication needs.

Contact:- 02076324111 or email

hello@mousetrap.org.uk



Chickenshed Theatre is an inclusive theatre company for all ages and runs projects at several locations in London.

For more information:- 02082929222 290 Chase Side, London N14 4PE



Raspberry Tea Ice Lollies



Ingredients

100g raspberries
3 raspberry teabags
1 tbsp maple syrup
Juice of 1 lime

Method

1. Put the raspberries, raspberry tea bags and maple syrup in a bowl.
2. Carefully pour over 350ml boiling water.
3. Leave to infuse for 10 minutes.
4. Remove tea bags, stir in the lime juice, and leave to cool.
5. Pour into 6 ice lolly moulds and freeze for at least 4 hours.

