

**Parayhouse Parent Press
Summer2023**

The long Summer holidays are fast approaching and I wish you and your families a very happy Summer break. Whether you are staying in London or lucky enough to be going away, I hope you will find something of use to you in this my final PPP. It has been my pleasure working with all of the lovely families at Parayhouse and I wish you all the very best for the future – Beverley
(Family Support)

SEN FAMILY SATURDAYS

Charity dedicated to helping families of children with SEN

ABOUT THE CHARITY

SEN Family Saturdays is a new community based, parent led charitable organisation working voluntarily for families of children with Autism Spectrum Disorder (ASD) in the Islington community.

Living with someone (my son) who has Autism Spectrum Disorder (ASD) has made me very aware of how this disorder impacts the whole family. It has been a struggle to get the right support for my son's education and without the help of charities like SEN Family Saturdays I would still be at a loss of who to turn to. His severe speech delay meant he had trouble playing with other children and would often be excluded.

SEN Family Saturdays provides a safe understanding setting with experienced staff where children with autism can flourish, learn and explore without feeling judged by others. In addition families are given advice, information and strategies to cope with daily struggles. And sign post them to resources in the community for further support.

SEN Family Saturdays runs on Saturday mornings for 3.5 hours each week with staff trained in safeguarding and first aid. They are compassionate, patient people experienced in working with children with needs.



SENFamilySaturdays@gmail.com

Nimbus Disability – The Access Card

Making Access Easy – The Access Card (sometimes referred to as a CrediAbility Card or Nimbus Card) is a card like no other as they transfer the applicants disability or impairment into symbols that highlight the barriers that are often faced by individuals and so make reasonable adjustments that may be required.

Think of it as a Disability Passport – This then informs providers quickly & discreetly about the support individuals need and so may gain access to things like concessionary ticket prices & complex reasonable adjustments without having to go into loads of personal detail.

It is all based on the rights of disabled people under the Equality Act and providers responsibilities.

All this for just £15 for 3 years.

For more information:

info@nimbusdisability.com

033308085108



FREE SUMMER ACTIVITIES IN LONDON

There is a wealth of activities in London that are either free or priced so that there is no need to sell a kidney. I have listed just a few and hope that you will have the chance to explore at least one or two of these this Summer.

BROCKWELL PARK

84 Acres of green open space south of Brixton. You can spend the day flying kites, swimming in the outside pool, playing football and of course enjoying a family picnic.

ADDRESS:- Dulwich Road, London SE24 0NG

Nearest Tube:- Brixton

BATTERSEA PARK

This lovely park offers lovely views across the Thames, Art Gallery and Zoo.

There is a superb adventure playground with slides, climbing structures and high climbing nets. When you've tired the kids out in the playground, head over to the zoo complete with meerkats, lemurs and pygmy goats. Finally after all this fun, enjoy a walk over to the beautiful landscaped boating lake and hire a pedalo.

ADDRESS:- Queenstown Road, SW11 4NJ

Nearest Rail:- Battersea Park

CRYSTAL PALACE

Explore the five dinosaur sculptures that lurk amongst the trees around the lake.

ADDRESS:- Thicket Road, London SE20 8DT

Nearest Rail:- Crystal Palace

CORAM FIELDS

Seven acres of open space in the middle of central London. Play equipment for all Under 16's.

ADDRESS:- 93, Guilford Street, WC1N 1DN

Nearest Tube:- Russel Square

CULPEPER COMMUNITY GARDEN

A green oasis in the midst of bustling London. The park is one of the most valued green public spaces in Islington. Children and adults alike love to explore the pathways, ponds and wealth of plants – a perfect place for a picnic or simply relaxing.

ADDRESS:- 1 Cloudesley Road, London N1 0EJ

Nearest Tube:- Angel

RAINY DAYS

HORNIMAN MUSEUM

A permanent gallery dedicated to African, Afro-Caribbean & Brazilian art as well as a collection of around 1.600 musical instruments, whose sounds can be unleashed via touch-screen tables. The museum's popular showpiece aquarium is a series of tanks and rock pools covering seven distinct aquatic ecosystems. It provides extensive activities for families, including a nature trail, weekend workshops and a hands-on base where children can touch museum objects.

ADDRESS:- 100 London Road, London SE23 3PQ

Nearest Rail:- Forest Hill

V&A MUSEUM OF CHILDHOOD

Home to one of the worlds finest collections of children's toys, dolls houses, games and costumes. The museum has lots of hands-on stuff for kids dotted about the many cases.

ADDRESS:- Cambridge Heath Road, London E2 9PA

Nearest Tube:- Bethnal Green

LONDON TRANSPORT MUSEUM

This interactive museum is fun for vehicle (and London) enthusiasts of all ages. Visitors of all ages get the chance to sit in the driver's cab of a red London bus and guide a Northern line simulator through the tunnels and up to platforms, so big kids will have plenty of fun.

ADDRESS:- Covent Garden Piazza, London WC2 7BB

Nearest Tube:- Covent Garden