

# PARAYHOUSE SCHOOL

## Parayhouse Parent Press

Whether you are staying in London or lucky enough to be going away this half term, I hope you have a wonderful break and please do feel free to contact me on 07501015569 over the holidays in a case of emergency. I have included a list of some clubs that some of our students currently attend and are suited to their needs - if you need support accessing/applying for these clubs please do let me know.  
Miss Taylor



### A Barrier-smashing Inclusive Performing Arts Charity

Angel Shed is a space for children and young people of all abilities and backgrounds to access the transformative power of participation in the performing arts. Established in 2004, we have engaged thousands of children and young people across Islington and beyond.

#### **Our Ethos**

We provide a safe place for our members to express themselves, develop confidence, and grow into curious, creative and courageous young people.

We are inclusive in every aspect of our work:

- anyone is welcome to join
- workshops are free to those who cannot afford them
  - 1:1 support is provided to those who need it
  - there are no auditions

<https://www.angelshedtheatre.org.uk/>

## SAFE HAVEN BASKETBALL

INCLUSIVE BASKETBALL FOR ALL ABILITIES

- An inclusive club for children and young people age 14 - 25 years old.
  - No previous experience required.
- Sessions held in 3 locations across London; Westminster, Hackney, & Kings Cross.

<https://safehavenbasketball.co.uk>

**Amici Dance Theatre Company** is a unique dance theatre company integrating disabled and non-disabled artists and performers.



AMICI runs regular classes (once a week during term time) for its 40+ members at the Lyric Hammersmith where they are the resident community arts company. Biannually they produce a full company show performed in the Lyric's main theatre.

AMICI gives open-workshops, residencies, student placements and performances throughout the year.

<https://www.amicidance.org/classes/young-amici>



Giving  
**disabled children**  
a brighter future

KIDS' Adventure playgrounds provide an opportunity for stimulating and inclusive play on a closed access site. Playgrounds offer an accessible green space within an urban environment, where children can freely choose their play in a setting which supports their requirements. Priority is given to children and young people with specific requirements and their siblings. However, young people within the right age range who live in the surrounding communities are also welcome.

Supported by qualified and trained staff, we aim to provide children using the playground with equal access to all activities.

Our playgrounds vary in size however they all have a wide range of equipment including soft play, zip wires, sensory rooms, nest swings, climbing frames, tree houses, bikes and trailers. They are all securely fenced, providing a safe environment where children can explore freely.

Our adventure playgrounds:

1. **Hackney Adventure Playground (E5 9HQ)**
2. **Lady Allen Adventure Playground (SW11 1HT)**
3. **Chelsea Adventure Playground (SW3 4SR)**
4. **Hayward Adventure Playground (N7 9PL)**

<https://www.kids.org.uk/adventure-playgrounds>

## **A DAY OUT FOR THE WHOLE FAMILY**



### **BBC EARTH EXPERIENCE**

Embark on an unforgettable journey and explore the extraordinary diversity of the seven continents on the most epic scale as narration by David Attenborough takes you on a transformative audio visual experience from the BBC Studios Natural History Unit television series *Seven Worlds, One Planet*.

Children under 3 go free and one carer per child goes free (for children with additional needs)

<https://bbcearthexperience.com/london>

### **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.

ADDRESS:- Covent Garden, London WC2 7BB

Nearest Tube:- Covent Garden



### Tulleys Pumpkin Festival

Perfect for a family day, there's something very special about picking your own pumpkins! Much more than just a field of glowing orange pumpkins!

Keep your eyes peeled for our live roaming characters whilst picking your pumpkins, they love to play among the pumpkins casting their magic on our fields. Experience delicious street food in our pumpkin village.

### Crockford Bridge Farm

If you're a southwest Londoner, why not head out to Surrey for this pumpkin bonanza? Pumpkins and gourds of every shape, size and colour are piled up on haybales in a display which runs from mid-October until Halloween, or whenever its bountiful crop sells out. Plus, there's family fun galore laid on at the weekend as Hallowe'en approaches, including kids' entertainers and spooky games.

### Garsons Farm

Garsons in Surrey is sprouting another 10,000 pumpkins for the public to snaffle. The fields are open seven days a week in October and pickers need to have pre-booked a farm pumpkin pass online in order to access the spoils.

### 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.

£15 for 3 years. For more information: [info@nimbusdisability.com](mailto:info@nimbusdisability.com)

## **Supporting Mental Health and Wellbeing**

Parenting can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.



**Young Minds** have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

They also have a Parents Helpline who can provide advice and support if you're worried about a child or young person.

If you are concerned about your child's emotional wellbeing please do speak to the school and we will be happy to support.