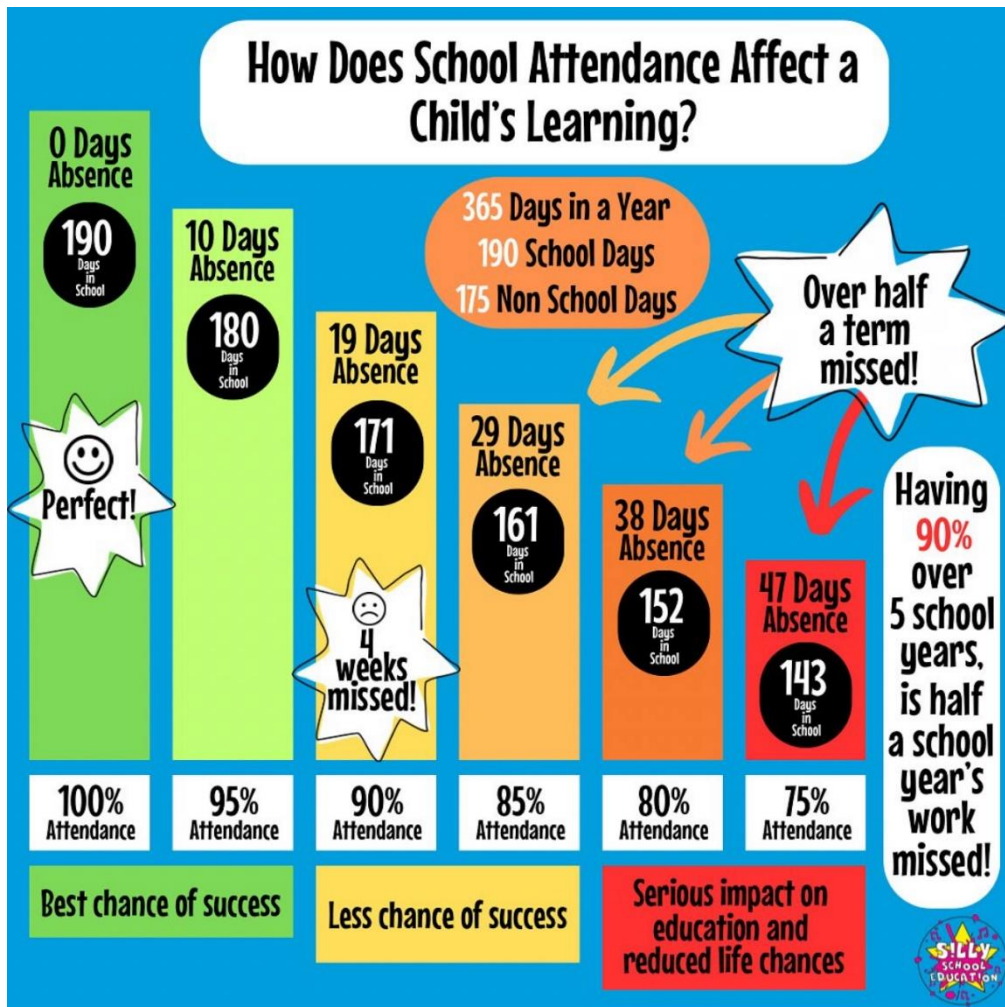


Parayhouse Parent Press

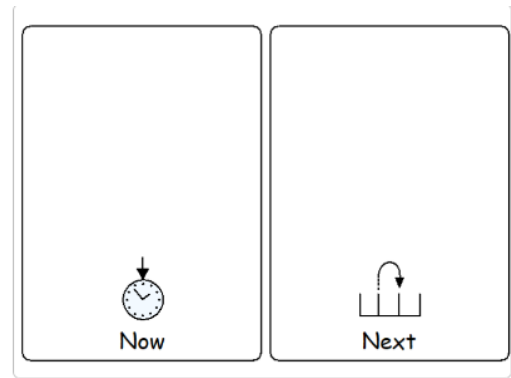
Whether you are staying in London or lucky enough to be going away this half term, I hope you have a wonderful break and please do feel free to contact me on 07501015569 or e.taylor@parayhouse.com over the holidays in a case of emergency.

Here is a really interesting graph to show the impact of consistent absence. We know sometimes absence can be unavoidable but it is really important to remember how regular absence can have an impact on your child's learning.



### TOP TIP

Using a Now & Next board can be really beneficial for your child. Lots of our children respond well to visuals and we use Now & Next boards across the school. Your child's class team can provide you with a blank template so please do ask if you would like one.



## Mental Health Support



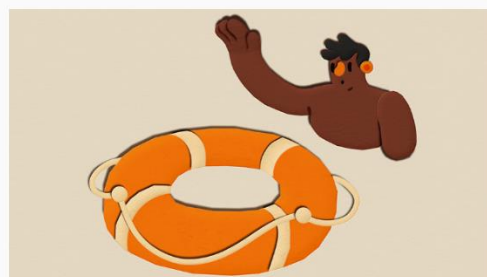
**If you're managing mental health issues you might find you have mood swings or struggle with keeping routines such as mealtimes, bedtimes and taking your children to school. If you or somebody you know is struggling there are steps you can take.**

**Choosing one or a couple of things from the list below to focus on could give your mental health a boost.**

- Physical activity is really helpful for some people. You could try walking, going for a jog, swimming or doing an online class. If these don't suit you, you could try a gentler activity like gardening, sitting next to an open window to get some fresh air, or doing a crossword.
- We know eating well isn't easy or accessible to everyone. If you need help with getting essentials you can contact your local food bank.
- Planning things to do by yourself or with your child can help create structure and a routine for the day. Try starting your day with a short list of 4 small, achievable things you'd like to do.
- If finances are causing additional stress, Money Saving Expert has lots of information and Citizens Advice can offer help and support.

## Where to find help

- [Mind](#)  
Information and support as well as helplines for people experiencing mental health problems and their friends and families.
- [Rethink Mental Illness](#)  
Advice as well as services and support for people affected by mental illness and their friends and families.
- [Samaritans](#)  
Round-the-clock confidential support to people going through a tough time.
- [SANE](#)  
Emotional support to people affected by mental health problems and their families and friends.



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

### **ALL ABOARD CLUB**

All Aboard Club runs sessions for autistic and ADHD children, where they can build their confidence, develop their social skills, and just be themselves. Staff have lived experience of autism and ADHD and have professional experience with SEN children.

<https://www.allaboardclub.com/play-sessions/>

### **"Twelfth Night" theatre for Individuals with Autism and their Families, Orange Tree Theatre, Richmond, West London**

Up to twelve individuals with autism become the participants for each performance, sitting with seven actors in a circle on our stage. Their families or carers can join us in the circle or sit just behind to watch. The actors invite the participants to experience Shakespeare's story through highly enjoyable sensory games of fishermen, pirates and storms which everyone plays together.

[www.flutetheatre.co.uk/whats-on](http://www.flutetheatre.co.uk/whats-on)

### **Relaxed Early Opening at the Imperial War Museum, Central**

This free sensory friendly event provides a way to explore and enjoy IWM North before general opening hours. The event is suitable for individuals or families with members who have sensory processing differences, autistic spectrum conditions or other sensory needs.

[www.iwm.org.uk/events/relaxed-early-opening](http://www.iwm.org.uk/events/relaxed-early-opening)

### **PEACEFUL PLAY AT OXYGEN FREEJUMPING**

Oxygen Freejumping offer peaceful play sessions for children who prefer to play in a calmer and quieter environment. The sessions last 60 mins and can be booked online at [www.oxygenfreejumping.co.uk](http://www.oxygenfreejumping.co.uk)

### **SOUTHBANK IMAGINE CHILDREN'S FESTIVAL**

Imagine, the UK's biggest children's arts festival, will be returning to London's Southbank Centre for its 22nd year, bringing with it over 100 events covering everything from pirates to poetry, sticky tape to saxophones and doctors to dance parties. Go on a musical underwater adventure featuring the BBC Symphony Orchestra (and all your favourite CBeebies characters), join Michael Rosen and Joseph Coelho for the launch of their latest books, celebrate Lunar New Year with a special mass-participation gameshow, or learn how to bust some moves in a hip-hop dance workshop. Around 40% of the events are free, check it out at

<https://www.southbankcentre.co.uk/whats-on/festivals-series/imagine-childrens-festival?tab=all-events>

### **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.

### 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.

### 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.

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### Cost Of Living payments

You may be able to get up to 5 payments to help with the cost of living if you're getting certain benefits or tax credits.

You do not need to apply. If you're eligible, you'll be paid automatically in the same way you usually get your benefit or tax credits. This includes if you're found to be eligible at a later date.

These payments are not taxable and will not affect the benefits or tax credits you get.

Amount of payment	Your benefit or tax credits	Payment dates
£299	Universal Credit Income-based JSA Income-based ESA Income Support	Between 6 - 22 <sup>nd</sup> February 2024
£299	Tax credits and other low income benefit	Between 16 - 22 <sup>nd</sup> February

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### 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 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](mailto:info@nimbusdisability.com)

033308085108