

About Us

Sunbeams Play is a registered charity, which provides a fun, safe and caring environment for children and young people with ASD aged 5 to 19 years to thrive. We understand how difficult it can be for them to engage in mainstream activities due to a variety of social needs and anxieties. At Sunbeams Play they can relax and play in a comfortable environment, alongside or with others who have similar needs.

As our members reached the age of 19 we discovered there was nowhere they could comfortably move on to. Our Youth Club has been set up to provide a similar environment for those up to the age of 25, while enabling our older members to begin to transition into a wider community, experience new situations and develop skills needed as an adult.

Our vision remains the same:
'A world in which children and young people with Autism are celebrated'

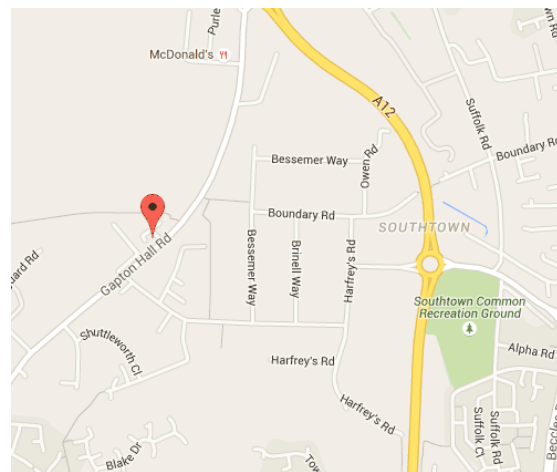
With this in mind we continue to encourage social inclusion, acceptance and awareness of others needs, views and ideas while recognising the need for self regulation, physical and emotional well-being, raising confidence, self-esteem and future prospects as they move on into the wider community and a working environment.

Sessions run on Tuesdays 5.30-8.30
£10 per session
Refreshments available

Sunbeams

Where to find us

Unit7, Enterprise Court,
Gapton Hall Road
Great Yarmouth'
Norfolk, NR31 0ND



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



Registered as Sunbeams Play Charity No:
1152188

OFSTED registered

Sunbeams

Youth Group



**A fun and safe
environment for young
people 16-25 years old
with Autism**

**For more information or to
book a visit please call:
07436 794967 or 01493 442181**
(Please note this is not a drop in service)

Wii Console

While some believe video games and technology are isolating, many of the games played require social interaction and provide an opportunity for joint attention and shared interests with their peers.



Along with social difficulties many young people affected by autism may also experience difficulties with their fine and gross motor skills.

Games that rely upon motion control like the Nintendo Wii provide opportunities for practicing gross motor control and strengthening fine motor skills, coordination and spatial awareness.

Apart from simply having fun there are many other benefits including hand-eye coordination, visual processing, use of multi-skills, turn taking, social rules and cues, team building and problem solving. Use is monitored to prevent isolation.

Movies

Sunbeams' big screen and projector are ideal for those more relaxing times providing young people attending the opportunity and watch a movie and enjoy popcorn or a snack with their peers.

Games

We have a large range of board games from chess to Jumanji; Scalextric, Lego Technic, pool, table football, art and craft and an outside area for football and basketball or to simply sit and relax.

Life Skills

We realise the need for those attending to feel safe and to be able to look forward moving on into the adult world.

With this in mind we will be providing life skills sessions including:

- Money management
- Planning and budgeting
- Food hygiene
- Cooking a meal
- Healthy life styles
- Safety awareness
- Personal hygiene
- Social skills
- CV writing, apply for jobs
- Basic home care and much more.

Local Trips

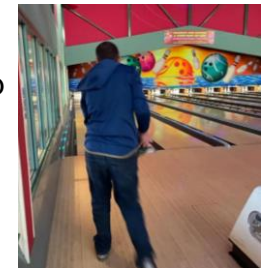
As part of our skill building strategy, we encourage the youth group members to take part in activities outside of the centre such as:

Mocha a local bistro; this encourages social skills, recognising, appropriate behaviour, queuing, selecting, ordering and paying for meals.



Gaining cooking skills, understanding money and calculations.

Bowling to develop team-work, accepting rules, strategies and competition.



Craft activities



Other activities are carried out through the involvement of small local businesses,

Pottery, weaving, jewellery making and sewing.

