

Summer Holiday Activity Ideas

Created by SEND Parent2parent group

Activities	Where	Timings		Link
Trampoline/ Jump parks	Air Thrill London	SEN session Sunday mornings 10.15am - 11.30am	The lights are on, music off and numbers limited. Book under the peaceful play option and includes a free carer, children above 4 years. Disabled guests are also welcome to attend any session and bring a carer along for free (minimum carer age 18 years). For Sen children under 4 you can attend the toddler session "Under 5 mini thrill seeker" 10am on Saturdays, for their safety to not have larger kids around where falls could potentially cause injury.	https://airthrill.co.uk/visit-london/london-bookings/
	Oxygen Free Jumping O2 and Croydon	Wednesday's 5pm-6pm Sunday's 5.00pm - 6.00pm	Peaceful play sessions: Ticket cost includes entry for a parent or carer.	https://oxygenactiveplay.co.uk/activity/peaceful-play/
	Gravity Bluewater trampoline	SEN sessions on Sundays and Thursdays at 9am	Summer and hours subject to change during term time. "The lights come up and the sounds go down at our relaxed SEN sessions when the whole Gravity park is open exclusively for members of recognised disabled groups." Enter code COMPCARER at checkout for a free carer space.	https://www.gravity-uk.com/bluewater-dartford/activities/sen-sessions
Bluewater- rock climbing	Gravity Rocks	Saturday mornings 9.00am- 9.30am	Sen sessions are specifically designed so climbers with sensory, developmental and physical disabilities can experience the thrill of the climb"	https://gravity-global.com/active/bluewater/activities/gravity-rocks
Bowling	Hollywood Bowl		Reduced rate for disabled customers and carers, all week Monday-Sunday but discount varies on time of booking and centre Surrey Quays & o2 Greenwich	https://www.hollywoodbowl.co.uk/concessions
Cinema	The Cinema Society		Discounts of up to 40% off! Using discount for carers website you can copy the access code then go to the website to register	https://discountsforcarers.com/offer?offer=carers-cinema-tickets-up-to-40-carersdiscount20319&listingPosition=1&reveal_code=SppphRbG2XPEUHL1CYiOdhI0vuEHGvFIHLR344v&offer_variant=null#

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	Accessible Screenings UK		Listing site to help you find information on accessible screenings in UK Cinemas	https://accessiblescreeningsuk.co.uk
	Catford Mews Independent cinema		Relaxed sessions are no longer regular so please confirm by emailing: manager@catford-mews.co.uk They do run a kids club on Saturday mornings 10.30am, plays older films at a reduced rate.	https://catford-mews.co.uk
	Vue		Autism Friendly screenings, "We host autism friendly screenings on the last Sunday of every month at all sites except West End. These autism friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in autism friendly cinema."	https://www.myvue.com/legal/accessibility https://www.myvue.com/screening/atf/day/alldays (Choose location then filter Autism Friendly to find their current showings)
	Odeon		Friendly to find their current showings) various dates/times dependent on the venue location	https://www.odeon.co.uk/accessibility/autism-friendly/
	Showcase Cinema	the Sunday morning of every month		https://www.showcasecinemas.co.uk/events/autism-friendly
	Greenwich Picture house		Autism-Friendly screenings of older films on the third Sunday of each month and tickets are £3 per person.	https://www.picturehouses.com/cinema/greenwich-picturehouse/accessibility
Museums	National Maritime Museum Greenwich		Inclusive museum filled with stuff to touch and explore. They have an extensive list of events happening over the summer, a great free day out especially coupled with a walk over the Greenwich park.	https://www.rmg.co.uk/whats-on/national-maritime-museum/summer-holidays-national-maritime-museumon/national-maritime-museum/summer-holidays-national-maritime-museum
	Tower Bridge		Relaxed opening once a month on the 2 nd Saturday of the month 9.30am-11.30am varied start times with it opening to public from 11.50am but you're welcome to stay as long as you'd like	https://www.towerbridge.org.uk/events/relaxed-opening

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Science Museum		Inclusive sessions taking place on Saturdays and Sundays across the year, from early pre-opening to later after closing, suitable for ages 4-15yrs, various dates that get confirmed on their website	https://www.sciencemuseum.org.uk/see-and-do/early-birds
Natural History Museum London		Dinosaurs, relaxed morning visit 8-10am. Dates available a few times a year, tickets sell out quick! NHM has recently opened a lovely spacious garden and will be holding lots of free summer activities, looks like a gorgeous space for the senses.	https://www.nhm.ac.uk/events/dawnosaurs.html https://www.nhm.ac.uk/events/summer-family-activities.html
London Transport Museum	8.30am-10am on Saturdays evening explorer sessions 6.30pm-8pm.	Early explorers' sessions	https://www.ltmuseum.co.uk/visit/families/families-send
The Postal Museum		It includes a play area and a real-life Mail train you can ride plus lots to touch and explore. They run a brilliant "post early: relaxed event" this is co-produced with Ambitious about Autism and runs these regularly. Must be booked and they sell quick so booking early is advised. £3.50 per person and 1 carer free, admission includes entry to all exhibitions including the optional ride on the mail rail	https://www.postalmuseum.org/event/postearly-relaxed-events/
The Horniman museum		The museum is an inclusive space which has items to touch and explore. There's a wonderful outside space with a small farm which is all free there are some paid exhibits including a small aquarium which is £3 per child and a carer ticket can be booked for free!	https://www.horniman.ac.uk/plan-your-visit/around-the-horniman/
Museum of London Docklands	Mondays 3pm-4.40pm	Hold quiet afternoon sessions for those who would benefit from this. Mondays 3pm-4.40pm "Discover fascinating artifacts and choose to take part in relaxed family activities such as object handling, arts and crafts and sensory spaces."	https://www.museumoflondon.org.uk/museum-london-docklands/plan-your-visit/museum-accessibility

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	The British Museum		Doesn't hold specific sessions BUT they have a very detailed information sheet for SEND families which is great and suggest visiting at the usual quiet times 10-11am or after 4pm (bearing in mind the museum closed at 5pm except Fridays where it's open until 8.30pm)	https://www.britishmuseum.org/sites/default/files/2023-11/British-Museum-SensoryMap_2023.pdf
Support groups/ social groups	AIM, Autistic Inclusive Meets,		Is a not-for-profit organisation created by autistic people to enable families with autistic children, and autistic individuals to get out into the community and socialise in an accepting, inclusive environment with like-minded peers. They hold groups from toddlers to adult, find them on their website.	https://autisticinclusivemeets.org
	SENSory Social Club		The SENSory Social Club is a weekly term time club for adults and young people (14+) with SEND to meet and engage with the collection in a fun and interactive way. Fridays during term time 11am (online session) & 1pm (onsite session)	https://www.rmg.co.uk/whatson/prince-philip-maritime-collections-centre/sensorysocial https://www.rmg.co.uk/whats-on/prince-philip-maritime-collections-centre/sensory-social-clubclub
	SEN Parent 2 Parent		A parent run group that brings together parent/carers of SEND children for socialising, support, guidance and forming friendships. On WhatsApp as well as a Facebook group.	https://www.facebook.com/groups/1353838055376784/?ref=share_group_link https://chat.whatsapp.com/GzutJbHL9AjFqheZOyOPCm
	Signal Family Support		We are a mutual support group for the families of autistic children and young people (ages 0-25) living in the London borough of Lewisham." They are a wonderfully supportive group and for a small yearly membership you get access to lots of free and low-cost days out and activities	https://www.signalfamilysupport.org
	Lewisham parent & carer forum		Is group Lewisham Parent and Carer's Forum (LPCF) is a voluntary group of parents and carers of children and young people (0-25) with special/additional needs and disabilities (SEND) living in the London Borough of Lewisham. We provide an opportunity for parents and carers to express their views and input into the planning and delivery of SEND services.	https://lewishamparentcarer.org.uk/
	Youth first		8yrs+, youth club, here's a link to the locations and how to contact	https://www.youthfirst.org.uk/work/open-access

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	Drumbeat Outreach	Term time Tuesdays 9.30am- 11.10am	Tom Tom group- under 5's	https://www.drumbeatasd.org/web/tom_tom_group/441510
			Also hold various parent workshops throughout the year along with online and face to face support group	https://www.drumbeatasd.org/website/outreach_parent_workshops/441488
	Portage explorers	Term time. Tuesdays 10- 11.30am	0-5yr play group @ Bellingham children & family centre Book with Angela 07867446438	
	Caspa Bromley		(Community autistic support, pride & advocacy) run various clubs and services for all ages	https://caspabromley.org.uk/clubs-services/
	Resources for Autism		A new to Lewisham & Southwark charity; Resources for Autism have a 3-year funded project including training, coffee mornings and older children/young adult social group	https://resourcesforautism.org.uk/southwark-lewisham/
Sports and Hobbies	20th Forest Hill SEN Scout group		8-18years	https://join.southlondonscouts.org.uk/map/20thforest-hill-scout-group
	Wheels for wellbeing		Inclusive cycling sessions	https://wheelsforwellbeing.org.uk/cycling https://wheelsforwellbeing.org.uk/cycling-sessions/sessions/
	Saxon Crown: Tigersharks		Disability swimming club	https://www.saxoncrown.org.uk/page/disability-swimming/34801 https://lewisham.gov.uk/inmyarea/sport/swimming/disability-swimming
	Access sports		An organisation dedicated to “transform the community sport offer across London, making inclusion the norm by tackling the access barriers currently faced by disadvantaged and disabled young people.” They work across all London boroughs to run inclusive sessions	https://www.accesssport.org.uk/london
	London FA (Football Association)		Believes in flexible, inclusive and accessible playing opportunities for everyone, and are committed to delivering a range of opportunities for players with a disability to access football at various levels across the county. Use the website to find your closest venue	https://www.londonfa.com/play/disability

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	Bromley Borough list of local send clubs and activities			https://www.bromley.gov.uk/send https://www.bromley.gov.uk/send-leisure-activities-1/local-offer-activitiesleisure-activities-1/local-offer-activities
Theatre		Most theaters offer discounted tickets for disabled patrons and a free carers ticket, if you Google the theatre name plus the word "access" you should find their individual information on how to book.		
	The Albany Theatre		This theatre prides itself in being accessible for all	https://www.thealbany.org.uk/accessibility/
	All shows in London		If you like theatre, then this is a fab website to find accessible dates for all shows in London	https://officiallondontheatre.com/access/
	The Southbank centre		is a wonderfully inclusive space which holds a whole host of shows for all ages and runs lots of free events and workshops especially during school holidays.	https://www.southbankcentre.co.uk/visit/facilities-access/access-scheme
Theme parks & Zoos	Legoland		Are a very inclusive theme park, they have a dedicated team to answer any questions and help make your visit as enjoyable as possible. There's also a sensory space in heart lake city, the first of its kind in a theme park. The ride access pass has now been updated and you must pre book your pass for the date of your visit or you won't be able to use it!	https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/theme-park https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/theme-park-accessibility/ride-access-pass/accessibility/ride-access-pass/ https://www.legoland.co.uk/explore/facilities/total-sensory https://www.legoland.co.uk/explore/facilities/total-sensory-space/space/? https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/
	Merlin entertainment		Ride access pass. This is a brilliant pass which allows families with disabled children to visit without the stress of queues. You can apply for the pass which allows you to go straight onto a ride without the queuing (you do then have a hold on the next use for the amount of time the queue was for). Also carers go free with a disabled guest. There was a huge update and you	https://www.legoland.co.uk/plan-your-day/before-you https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/theme-park-accessibility/ride-access-pass/visit/accessibility/theme-park-

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		<p>must book your ride access use for the day of your Merlin attraction visit.</p> <p>Once accepted this pass is for use at LEGOLAND Windsor Resort, Thorpe Park Resort, Chessington World of Adventures Resort and Alton Towers Resort for 2 years (Merlin entertainment).</p>	<p>accessibility/ride-access-pass/ https://support.merlinannualpass.co.uk/hc/en-us/articles/4973629291037-What-is-a-Ride https://support.merlinannualpass.co.uk/hc/en-us/articles/4973629291037-What-is-a-Ride-Access-Pass-and-how-do-I-apply</p>
	Sealife London Aquarium	Runs a quiet session once a month on the first Sunday of each month at 9am and all music will remain off for the hour until 10am.	https://www.visitsealife.com/london/plan-your-visit/information/accessibility-guide/quiet-at-the-aquarium/at-the-aquarium/
	Drayton Manor theme park (Thomas land)	This is a very large theme park with lots of sections including the famous Thomas Land. Carers go free via application to Nimbus card (only if card shows +1/+2 symbol and you can receive the “easy access service” if your card shows the difficulty queuing symbol	<p>https://www.draytonmanor.co.uk/plan-your-visit/accessibility</p> <p>https://www.draytonmanor.co.uk/plan-your-visit/accessibilityvisit/accessibility</p>
	Paulton Park (Peppa pig world)	Another large theme park with lots of sections but famously “Peppa Pig world” this theme park allow essential carer free ticket with eligible Access Card also can apply for a queue assist at least 5 days in advance of visit.	https://paultonspark.co.uk/help/guests-with-access-requirements#!#ride-accessibility
	London Zoo	They hold relaxed opening sessions with early starts in the winter and after closing time in the summer months (disabled ticket includes a free carer). As well as the relaxed opening the zoo has lots of great information on their accessibility on their website, including social story and a Penguin pass to queue jump if the occasion needs it whilst visiting	<p>https://www.londonzoo.org/plan-your-visit/events/relaxed-opening-tours</p> <p>https://www.londonzoo.org/plan-your-visit/accessibility</p>
	Battersea Park zoo	Have created a sensory map to help you with your visit, there’s lots of play areas and roaming around the zoo and carers go free!	https://www.batterseaparkzoo.co.uk/plan-your-visit/accessibility/

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				https://www.batter-seaparkzoo.co.uk/media/eep-npqd4/sensory-map.pdf
Water play/other sensory experiences	Gootopia	Saturday morning 10am. Around £17 per child.	Have 3 locations; Brixton Wandsworth and Lewisham which sell lots of slime products including DIY sets but what's brilliant is they hold slime workshops! At their Wandsworth site they hold a dedicated sen session e try	https://www.gootopia.co.uk/service-page/quiet-calm-workshop https://www.gootopia.co.uk/service-page/quiet-calm-workshop-sen?referral=service_list_widgetsen?referral=service_list_widget
	Danson splash park and playground		A great park with some accessible equipment and a fab splash park	https://www.accessable.co.uk/london-borough-of-nsplash-park-and-playground
	Swanley splash and pool	9-10.30am	Hold quiet sessions 9-10.30am with a charge of £3 per child but the numbers are reduced significantly. Otherwise it is free to go any other time but booking now required. It is a fun park with inclusive play equipment in their playground, lovely splash pool, soft play, boating lake and a small train railway which takes you too and from the car park (small fee).	https://www.swanleypark.co.uk/?
	Kiddoadventures		Is a local blogger who shares lots of great days out and she has created a paddling/lido/splash park blog for around London and it's full of great tips.	https://kiddoadventures.com/2024/04/25/over-90-of-londons-best-paddling-pools-includes-splash https://kiddoadventures.com/2024/04/25/over-90-of-londons-best-paddling-pools-includes-splash-pads-fountains-lidos-more-2024-guide/pads-fountains-lidos-more-2024-guide/
Farms	Mudchute farm		Is a FREE entry farm, it's free flowing and wide open spaces to explore as well as animals to see. They hold some small paid activities on weekends and school holidays such as animal handling and craft sessions. There's a lovely park nearby (Millwall park) if you exit near the café and follow to the left near Island garden dlr station.	https://www.mudchute.org

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	Surrey Docks farm		Is another lovely FREE entry farm, a smaller farm but with a lot to see and explore.	https://www.surreydocksfarm.org.uk/visit/
	Godstone farm		(Surrey) is further afield but it's a great farm with soft play and free carer ticket	https://godstonefarm.co.uk
Libraries and playgrounds/ open spaces	List of all the parks in the Lewisham borough		This is a list of all the parks in the Lewisham borough, all free and available to all! Check them out over the summer and discover what your favourites are 😊 you can search each council to find a list of their open spaces, Google your local councils name along with "parks and open spaces"	https://lewisham.gov.uk/inmyarea/open-space https://www.bromley.gov.uk/parks-open-spaces
	Lewisham library		Unfortunately Lewisham library is closed for the next 3 years but it's getting a huge makeover! In the meantime there are quite a few libraries dotted around the borough, they're all free to sign up and children (and adults) can take out any books and return for new ones. Each branch hold free activities for children and teens, check each site for their info. The summer reading challenge is free to sign up and children can gain rewards for reading a set amount of books over the summer!	https://libraries.lewisham.gov.uk/digital-content/summer-reading-challenge-2024 https://lewisham.gov.uk/my-services/libraries/branches
Other handy info	Access Card		Is a great thing to have when out an about, it shows proof of what support is needed and in a discreet manner without showing DLA letters etc	https://www.accesscard.online
	Euans Guide		Is a very handy website for checking the accessibility of venues before visiting, "EuansGuide.com is the disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond"	https://www.euansguide.com/about-us/
	Discount for Carers		Is a great discount website, full of money off codes and other savings	https://discountsforcarers.com
	Short-breaks service		"Short breaks are an opportunity to recharge batteries, spend time with others or pursue a particular interest. They can also allow your child to have a change of scene, try different experiences, have fun and make friends"	https://contact.org.uk/help https://contact.org.uk/help-for-families/information-advice-services/social-care/short-breaks-for-families/information-advice-services/social-care/short-breaks/

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Family fund		"We are the UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income."	https://www.familyfund.org.uk
Contact charity		" We understand that life with a disabled child brings unique challenges, and we're here to help families in Lewisham feel valued, supported, confident and informed."	https://contact.org.uk/help-for-families/information-advice-services/local-support-legal https://contact.org.uk/help-for-families/information-advice-services/local-support-legal-advice/local-contact-offices/london-hub/lewisham-office/advice/local-contact-offices/london-hub/lewisham-office/ Contact also have a page dedicated to the summer holidays with advice, support available and ideas for the summer https://contact.org.uk/help-for-families/information-advice-services/social-care/play-leisure https://contact.org.uk/help-for-families/information-advice-services/social-care/play-leisure-and-recreation/and-recreation/
Lewisham Foodbank		Help with food parcels	https://lewisham.foodbank.org.uk/gethttps://lewisham.foodbank.org.uk/get-help/how-to-get-help/help/how-to-get-help/
Food bank services		List of all over food bank services in the Lewisham Borough. If you're not in Lewisham you can google search your borough name and "food bank services" and you should find your local council page of available services.	https://lewisham.gov.uk/my-services/cost-of-living/food-services
Scope		Emotional support and advice on managing the stresses of looking after a disabled child from	https://www.scope.org.uk/advice-and-support/manage-stress-caring https://www.scope.org.uk/advice-and-support/manage-stress-caring-for-disabled-child/ford-

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				isabledchild/#:~:text=your%20men- tal%20health- ,Talk%20to%20your%20GP%20if%20 you%20need%20help,what%20you%2 0want%20to%20_say
	Caudwell Children		Offer assistance with getting specialist sensory packs for families who might not otherwise be able to afford the full cost. "Caudwell Children exists to make life fair for disabled and autistic children."	https://www.caudwellchil- dren.com/changing-lives/how-we-can- help/get-sensory-packs/
You are not alone and you have got this! Have an amazing Summer! Feel free to message our WhatsApp group for a chat or to arrange meeting with some like-minded parent/carers				https://chat.whatsapp.com/GzutJbHL9 AjFqheZOyOPCm