### ACTIVITIES, SUPPORT AND EXTRA HELP

Welcome to our brochure on Special Educational Needs and Disabilities (SEND) activities and support. This valuable resource has been meticulously crafted to provide you with a detailed insight into the myriad of programs, services, and resources available to individuals and families facing unique educational and home challenges. At the heart of our commitment is a profound dedication to inclusivity, empowerment, and fostering an environment where every individual can thrive. Whether you are a parent, guardian, educator, or an individual with SEND needs, this brochure is your gateway to discovering the wealth of opportunities and assistance designed to make the journey of learning and development a more inclusive, enriching, and fulfilling experience. Join us in exploring a world of possibilities and support as we embark on this journey together.

This brochure will be added to as and when we find out more wonderful SEN opportunities. Also, keep us update with any gems you find so we can add to our list.

As always, Sheryl and Nicola are here to support you during your time at Drumbeat. Remember you can always contact them if you need advice, help or support from our Family Liaison Team.

# Activity Groups

## The Bridge SEND Active Play Group

The Bridge in partnership with Pro Infinity and Tip Toes and Tappers deliver multi sports and dance on alternate weeks every Saturday at The Bridge, Chevening Rd, SE10 0LB from 2.30 - 4.30 pm. Sessions are open to children with disabilities aged 0-8 years. We ask families to contribute £5 per family for the sessions. This will be paid directly to The Bridge (via card only) and will go towards funding the sessions for the future.  
  
Session Information  
The multisport or dance activities will take place between 3-4pm, with half an hour either side for families to arrive/leave, play on the playground and socialise with each other. Use of a safe and accessible outdoor play area, plus organised multi-sport and dance activities on alternate weeks. Siblings and parents welcome to join.

<https://bit.ly/bridgeactiveplay>

020 7993 9883

[ignite@accesssport.co.uk](mailto:ignite@accesssport.co.uk)

## Pulse Social

The sessions focus on fun, inclusive games and activities, with a variety of sports and activities including boccia, dodgeball, multi sports. Sessions are adapted to each young person’s needs.

These sessions are inclusive to anyone who is neurodivergent (including autism and ADHD), has a learning disability/difficulty, visual impairment, D/deaf or hard of hearing, a mental health or long-term health condition or physical impairment. All abilities/disabilities welcome!

Open to d/deaf, disabled and neurodivergent young people aged 8 – 17

Weekly sessions, term time only. Tuesday Evenings 5-6pm

The first session is FREE for newcomers. Then £5.00 thereafter for each session (pay-as-you-go).

There is also a siblings rate of £2.50 for each additional sibling

0208 191 8507

Community Sports Club Bromley

Bromley Methodist Church, College Road, Bromley, BR1 3NS.

07375 594 559

[info@pulsesocial.co.uk](mailto:info@pulsesocial.co.uk)

[www.pulsesocial.co.uk](http://www.pulsesocial.co.uk)

## Planet Hoop

Planet Hoop’s SEND inclusive hula hoop sessions.

These sessions are delivered by Clara from Planet Hoop, a qualified and certified coach. • These sessions are for SEND children and young people aged 6 – 16. • The sessions are inclusive to all genders, abilities/disabilities and siblings are welcome to attend. • Parents/ carers are asked to stay with and support their children during the session. • Sessions are adapted to meet the needs of the group. These sessions are inclusive to anyone who is neurodivergent (including autism and ADHD), has a learning disability/difficulty, visual impairment, D/deaf or hard of hearing, a mental health or long-term health condition or physical impairment

Tuesdays • 4:30pm – 5:30pm

Lewisham CommUNITY Space, Lewisham Shopping Centre, Molesworth Street, London, SE13 7HB. Inside, in front of the H&M shop

FREE

[www.planethoop.co.uk/book-online](http://www.planethoop.co.uk/book-online)

– 020 7993 9883

[info@planethoop.co.uk](mailto:info@planethoop.co.uk)

# Bowling

## Hollywood Bowl Surrey Quays & o2 Greenwich.

No change in environment but they have a reduced rate for disabled customers and carers, all day Monday/Tuesday/Wednesday, before 6pm Thursdays and Fridays. Only available between 9am-11am during February, October and December School Holidays. https://www.hollywoodbowl.co.uk/concessions

## Lewisham lanes bowling

SEN Sunday session 10-11am £4.50 per person & free carer (no music, flashing lights plus arcade machines turned off). <https://www.lewishamlanes.co.uk/latest-offers/>

11-29 Belmont hill se13 5au.

## TenPin Bowling

Valley Park Leisure Complex, Hesterman Way, Croydon, CR0 4YA0871 222 3675

Concession rate of £4.35 for one game, £6.45 for 2 games. Must book over the phone.

# Cinema

## CEA Cinema Card.

£6 a year and carer goes free. <https://www.ceacard.co.uk/>

## The Cinema Society

Gives 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/cinema-tickets>

## 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 https://catford-mews.co.uk

WHAT ARE RELAXED SCREENINGS?

We host relaxed screenings of older family films and of new releases. In these screenings the lights are slightly raised and the volume is lower than usual, for a gentler cinema experience. We aim to offer at least one relaxed screening a week, but it’s best to confirm the film and times on our website which will clearly mark any relaxed screening.

DO YOU SCREEN HARD OF HEARING SCREENINGS WITH SUBTITLES?

Yes we do, we screen captioned screenings throughout the week. This is both for new releases, and when possible for older films. The screenings are clearly marked as ‘Subtitled’ or ‘Captioned’ on our [What’s On page](http://catford-mews.co.uk/whats-on/) and in our printed listings.

## Bromley Picture House

Our [Autism-Friendly](https://www.picturehouses.com/event-details/0000000027/autism-friendly) screenings take place on the third Sunday of every month.

At these screenings, we strive to create an environment that is welcoming for people with a range of conditions such as autism, learning disabilities and cognitive disorders. <https://www.picturehouses.com/event-details/0000000027/autism-friendly>

£3.30 per person

## Vue Cinema Bromley

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.” Vue is dedicated to giving each and every one of our guests an exceptional big screen experience.

We welcome assistance dogs into all our venues.

If you'd like any more information, give our customer services team a call on [0345 308 4620](https://www.myvue.com/cinema/bromley/tel)\*. You can also ask a member of our staff during your visit.

## Odeon

Various dates/times dependant on the venue location https://www.odeon.co.uk/accessibility/autism-friendly/

## Showcase Cinema

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>

Picture house is now offering screenings of select new releases! Will be regular price and times/dates will vary so check often for listings <https://www.picturehouses.com/eventdetails/0000000027/autism-friendly>

# Farms

## Mudchute Farm

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. https://www.mudchute.org there’s a lovely park nearby (Millwall park) if you exit near the café and follow to the left near Island garden dlr station.

## Surrey Docks farm

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)

Further afield but it’s a great farm with soft play and free carer ticket <https://godstonefarm.co.uk>

# Leisure Centres

## Soft Play, Swimming and Bowling MyClub SEN Membership

MyClub Junior

Weekly Activity Sessions at The Pavilion in Bromley

Inclusive sessions for children & young people with special educational needs and/or disabilities and siblings.

WHATS ON

SOFT PLAY-Quieter Hour

* A quieter soft play session, lower volume or no music, fewer tannoys, less capacity:
* Every week on a Tuesday (excluding school holidays)
* Time – 4.30pm to 5.30pm

TEEN CIRCUITS

* For children and young people aged 11+ come and get active with our Fitness Professional in this group exercise session. Bring your parent / carer and let’s get them active too.
* Tuesday 4.30-5.30pm
* Tuesday 5.30-6.30pm
* Price per session - £5.95
* Bookable on the App for MyClub Junior members only

TEN PIN BOWLING - Quieter Hour

* For children, young people and their families in a more relaxed atmosphere.
* Every week on a Thursday
* 5pm - 6pm
* Arcade turned off and music volume and lighting are lowered

WHERE

The Pavilion, Kentish Way, Bromley, BR1 3EF

REGISTER NOW

Register now for your FREE MyClub Junior Membership to enable you to book your Teen Circuit sessions - call the contact centre on **0208 323 1765**or email [**myclub@mytimeactive.co.uk**](mailto:myclub@mytimeactive.co.uk)

*Note: Carer goes free when attending with children/young person with a MyClub Junior membership.*

## Better Leisure centres

<https://www.better.org.uk/centre-locator#results>

Full leisure centres in Greenwich, Eltham and Bellingham and Lewisham. Offers either Concessionary Rates or Inclusive memberships for those with disabilities.

# Museums

## National Maritime Museum Greenwich

A very inclusive museum filled with stuff to touch and explore https://www.rmg.co.uk/plan-your-visit/facilities-access/practising-social-skills/royal-museums-greenwich

SENsory Sailors, once a month on Saturdays 11am-12.30pm, sensory play session for children with special educational needs https://www.rmg.co.uk/whats-on/nationalmaritime-museum/sensory-sailors

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. https://www.rmg.co.uk/whats-on/prince-philip-maritime-collections-centre/sensorysocial-club

## Tower Bridge

Relaxed opening once a month on a Saturday 9.30am-11.10am varied start times with it opening to public from 11.50am (we’ve done this and highly recommend it, lovely day out and super friendly staff). https://www.towerbridge.org.uk/your-visit/whatson/relaxed-opening.

## Science Museum

They run an 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 (sign up for updates). https://www.sciencemuseum.org.uk/see-and-do/early-birds

## Natural History Museum London

Dawnosaurs, relaxed morning visit 8-10am. Dates available a few times a year https://www.nhm.ac.uk/events/dawnosaurs.html

## London Transport Museum

They run an early explorers sessions 8.30am-10am on Saturdays throughout the year https://www.ltmuseum.co.uk/visit/families/families-send (children under 18 are free and a carer goes free too so it’s a great free day out) https://www.ltmuseum.co.uk/visit/families/families-send

## The Postal Museum

One of our fav museums to visit! 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. The events 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/post-early-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 £2.50 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

Holds quiet afternoon sessions for those who would benefit from this. Mondays 3pm “Discover fascinating artefacts 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/whats-on/event-detail?id=325411

## The British Museum

Doesn’t hold specific sessions BUT they have a very detailed information sheet for SEND families which is great and suggest to visit at the usual quiet times 10-11am or after 4pm https://www.britishmuseum.org/sites/default/files/2022- 06/Sensory\_needs\_visits\_British\_Museum.pdf Support groups/social groups

# Support and parent groups

## 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

## 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

## AIM, Autistic Inclusive Meets

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>.

## Lewisham parent & carer forum

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

Youth first 8yrs+, youth club, here’s a link to the locations and how to contact https://www.youthfirst.org.uk/work/open-access

## Drumbeats Tom Tom group

Term time Tuesdays 9.30am-11.10am under 5’s; <https://www.drumbeatasd.org/web/tom_tom_group/441510>

## Drumbeat Outreach

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

0-5yr play group @ Bellingham children & family centre, term time Tuesdays 10-11.30am. Book with Angela 07867446438

20th Forest Hill SEN Scout group 8-18years <https://join.southlondonscouts.org.uk/map/20th-forest-hill-scout-group>

# Trampoline/Jump parks

## AirThrill London

AirThrill London have a quiet/sen session Sunday mornings 10.00am-11.15am. Great physical activity. The lights are on, music off and numbers limited. Book under the peaceful play option and includes a free carer. <https://airthrill.co.uk/visit-london/london-bookings>

Oxygen Freejumping (O2) have peaceful play sessions: £10 per person for 1 hour Wednesday’s 2.30pm- 3.30pm or 3pm-4pm Sunday’s 4.00pm –5.00pm https://oxygenfreejumping.co.uk/activities/peaceful-play-autismfriendly/ -

Trampoline SEN sessions on Tuesdays at 12pm, Sundays at 9am and Thursdays at 4pm. “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://gravity-global.com/active/activities/sen-sessions>

30min SEN Rocks Climber - Join us every Saturday morning from 9:15 to 9:45 for exclusive use of our climbing walls. Our SEN sessions are specifically designed so climbers with sensory, developmental and physical disabilities can experience the thrill of the climb. **Term Time Only.**

<https://gravity-global.com/active/activities/sen-sessions>

Unit 4, Catford Island

Plassy Road

Catford

London, SE6 2DD

020 8092 4360

# Theatre

## The Albany Theatre

This theatre prides its self in being accessible for all https://www.thealbany.org.uk/accessibility/

## Official London theatre

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

This 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>

Most theatres 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.

# Theme parks & Zoos

## Legoland

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 https://www.legoland.co.uk/explore/facilities/total-sensory-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 https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/theme-parkaccessibility/ride-access-pass/ 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).

## 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) https://www.londonzoo.org/plan-your-visit/events/relaxed-opening-tours 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 <https://www.londonzoo.org/plan-your-visit/accessibility>

# Water play/other sensory experiences

## SLIME PLANET

Slime planet have 2 locations; Brixton and Lewisham which sell lots of slime products including DIY sets but what’s brilliant is they hold slime workshops! These are super fun, I’ve yet to see word of their SEN relaxed sessions BUT their regular sessions are fun and inclusive, if you try to go for an early session it should be quieter but the max is 20 children anyway and max 6 to a table so it’s quite small and intimate. You’re given all the stuff to make slime and given time and space to mix and create it yourself whilst a member of staff stands at the front and gives directions. Around £15 per person https://www.slimeplanet.co.uk

## 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-bexley/accessguides/danson-splash-park-and-playground

## Kiddoadventures

A local blogger who shares lots of great days out and she has created a paddling pool/lido/splash park blog for around London and it’s full of great tips https://kiddoadventures.com/2023/06/23/where-to-find-paddling-pools-splash-padsfountains-lidos-more-in-london/

# Other handy info

## Access Card

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

This 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/helpfor-families/information-advice-services/social-care/short-breaks/ -

## 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/localcontact-offices/london-hub/lewisham-office/

## Lewisham Foodbank

help with food parcels https://lewisham.foodbank.org.uk/gethelp/how-to-get-help/ - List of all over food bank services in the Borough https://acrobat.adobe.com/link/review?uri=urn%3Aaaid%3Ascds%3AUS%3Ad74491e1- 2116-38ce-9b17-ac7915703028&\_ga=2.119056845.592470132.1689018975- 1280135265.1689018974

## Scope

Emotional support and advice on managing the stresses of looking after a disabled child from Scope <https://www.scope.org.uk/family-services/>