ACTIVITIES, SUPPORT AND EXTRA HELP

updated 25 July 2024

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.

n.allen@drumbeat.lewisham.sch.uk; s.aitcheson.labarr@drumbeat.lewisham.sch.uk

CONTENTS

Activity Groups	3
The Bridge SEND Active Play Group	
Pulse Social	
Planet Hoop	4
Bowling	5
Hollywood Bowl Surrey Quays & o2 Greenwich	
Lewisham lanes bowling	5
TenPin Bowling	
Cinema	
CEA Cinema Card.	
The Cinema Society	6
Accessible Screenings UK	6
Catford Mews independent cinema	
Bromley Picture House	6

Vue Cinema Bromley	6
Odeon	7
Showcase Cinema	7
Greenwich Picture house	7
Farms	7
Mudchute Farm	7
Surrey Docks farm	7
Godstone farm (Surrey)	7
Leisure Centres	8
Soft Play, Swimming and Bowling MyClub SEN Membership	8
Better Leisure centres	9
LIBRARIES	9
Museums	9
National Maritime Museum Greenwich	9
Tower Bridge	9
Science Museum	10
Natural History Museum London	10
London Transport Museum	10
The Postal Museum	10
The Horniman museum	10
Museum of London Docklands	10
The British Museum	11
OPEN SPACES	11
PARKS	11
Support and parent groups	11
SEN Parent 2 Parent	11
Signal Family Support	11
AIM, Autistic Inclusive Meets	11
Lewisham parent & carer forum	12
Youth First	12
Drumbeats OUTREACH - Tom Tom group	12
Drumbeat Outreach	12
Portage explorers	12
Trampoline/Jump parks	12
AirThrill London	12
Oxygen Freejumping (O2)	13
Gravity Bluewater	13
Theatre	13

The Albany Theatre	13
Official London theatre	13
The Southbank centre	13
Theme parks & Zoos	14
Battersea Park	14
Drayton Manor theme park (Thomas land)	14
Legoland	14
London Zoo	14
Merlin entertainment ride access pass	14
Paulton Park (Peppa pig world)	15
Sealife London Aquarium	15
Water play/other sensory experiences	15
Danson splash park and playground	15
GOOTOPIA	15
Kiddoadventures	16
SWANLEY SPLASH AND POOL	16
Other handy info	16
Access Card	16
CAUDWELL CHILDREN	16
Euans Guide	16
Discount for Carers	17
Short-breaks service	17
Family fund	17
Contact charity	17
Lewisham Foodbank	17
Scope	17

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

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

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

-020 7993 9883

info@planethoop.co.uk

BOWLING

HOLLYWOOD BOWL SURREY QUAYS & O2 GREENWICH.

Surrey Quays & o2 Greenwich. No change in environment but they have a reduced rate for disabled customers and carers, all week Monday-Sunday but discount varies on time of booking and centre. 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, CRO 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. They do run a kids club on Saturday mornings 10.30am, plays older films at a reduced rate.

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 and in our printed listings.

BROMLEY PICTURE HOUSE

Our 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/000000027/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*. You can also ask a member of our staff

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/000000027/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**

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.

LIBRARIES

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 holds 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://lewisham.gov.uk/myservices/libraries/branches

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. Fridays during term time 11am (online session) & 1pm (onsite session).

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

TOWER BRIDGE

Relaxed opening once a month on the 2nd 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 (we've done this and highly recommend it, lovely day out and super friendly staff).

https://www.towerbridge.org.uk/events/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, 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

LONDON TRANSPORT MUSEUM

They run an early explorers' sessions 8.30am-10am on Saturdays throughout the year. They now also offer a sensory space at these events they now also offer evening explorer sessions 6.30pm-8pm. 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 coproduced 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 £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

Holds 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/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 visiting at the usual quiet times 10-11am or after 4pm, pm (bearing in mind the museum closes at 5pm except Fridays where it's open until 8.30pm.

https://www.britishmuseum.org/visit/accessibility-museum

OPEN SPACES

PARKS

https://lewisham.gov.uk/inmyarea/openspaces

https://www.bromley.gov.uk/directory/26/parks-in-bromley

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

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

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 OUTREACH - 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 10.15am-11.30am. Great physical activity. 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 FREEJUMPING (O2)

Oxygen Freejumping (O2) have peaceful play sessions: Ticket cost includes entry for a parent or carer. Wednesday's 5pm-6pm Sunday's 5.00pm-6.00pm https://oxygenactiveplay.co.uk/activity/peaceful-play/

GRAVITY BLUEWATER

Trampoline SEN sessions on Sundays and Thursdays at 9am through the 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://gravity-global.com/active/activities/sen-sessions

30min SEN Rocks Climber - Rock climbing SEN session on Saturday mornings 9.00am-9.30am. "Our 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

THEATRE

THE ALBANY THEATRE

This theatre prides itself 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

BATTERSEA PARK

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/

https://www.batterseaparkzoo.co.uk/media/eepnpgd4/sensory-map.pdf

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.

https://www.draytonmanor.co.uk/plan-your-visit/accessibility

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. 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-accessibility/ride-access-pass/

https://www.legoland.co.uk/plan-your-day/before-you-visit/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)

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

MERLIN ENTERTAINMENT RIDE ACCESS PASS.

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 must book your ride access use for the day of your Merlin attraction visit. 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).

https://support.merlinannualpass.co.uk/hc/en-us/articles/4973629291037-What-is-a-Ride-Access-Pass-and-how-do-I-apply

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).

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

SEALIFE LONDON AQUARIUM

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/

WATER PLAY/OTHER SENSORY EXPERIENCES

DANSON SPLASH PARK AND PLAYGROUND

A great park with some accessible equipment and a fab splash park.

https://www.dayoutwiththekids.co.uk/attractions/danson-splash-park-40e9502b

GOOTOPIA

Gootopia 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 Saturday morning 10am. Around £17 per child.

https://www.gootopia.co.uk/service-page/quiet-calm-workshop-sen?referral=service list widget

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/

SWANLEY SPLASH AND POOL

Swanley splash and pool hold quiet sessions 9-10.30am with a change of £3 per child but the numbers are reduced significantly. Otherwise, it is free to go any other time but booking now required.

https://www.swanleypark.co.uk/ 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).

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

CAUDWELL CHILDREN

Caudwell Children offers 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.caudwellchildren.com/changing-lives/how-we-can-help/get-sensory-packs/

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

This 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/

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-and-recreation/

LEWISHAM FOODBANK

Help with food parcels. You can also contact Drumbeat's Family Liaison Team to help with this, they can issue vouchers.

https://lewisham.foodbank.org.uk/gethelp/how-to-get-help/

List of all over food bank services in the 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/myservices/cost-of-living/food-services

SCOPE

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