



SEN NEWSLETTER

Autumn Term
2023
Half term 2

End of term

The Autumn term has whizzed by and Christmas is fast approaching. With that in mind, this newsletter includes some advice on how to support your child through the holidays, as well as details about upcoming events in the new year and places to go for help or guidance.

Christmas special



ASD

If your child has **Autism**, they may find the holidays extra difficult to manage. The following website contains some useful tips to ensure you all have a happy Christmas:
<https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas>

ADHD

Colin Foley, National Training Director from the ADHD Foundation neurodiversity charity, will present a free live webinar exploring practical ways to support your young person with self-regulating strategies this Christmas.

Supporting Parents and Carers

Date: Tuesday 12th December

Time: 10-11am (Including Q & A)

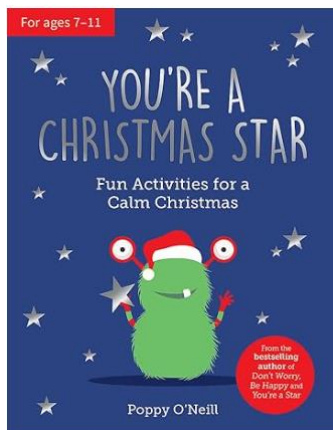
In this webinar, Colin will explore why neurodiverse children face challenges over the festive season, identifying how these challenges might present in your child, how we can support emotional regulation and top tips for regulating behaviour during the holiday period.

Register here: <https://pages.witherslackgroup.co.uk/strategies-to-support-self-regulation>

Book Look

Does your child get easily upset, angry or too excited around Christmas? Perhaps they find it quite difficult to calm down in the lead up to the big day? Do they seem out of control of their feelings?

Aimed at 7-11 year olds, this practical guide combines cognitive behavioural therapy methods used by child psychologists with simple activities to help your child cope with big feelings around Christmas time.



SEN Friendly Christmas Events

Norwich Theatre Royal has a 'relaxed' production of its pantomime, Sleeping Beauty, on Friday 5th January 2024 at 5pm. This is not bookable online so ring the box office on 01603 630000.

King's Lynn Corn Exchange has a 'relaxed' performance of Dick Whittington on Thursday 28th December. You can book online or ring 01553 764864.

For lots of up to date information about SEND friendly activities and events running in the Norfolk area, please visit the facebook page: <https://www.facebook.com/UKSENDevents>

Here are some of the highlights:

-Dereham Windmill. There will be a quiet sessions from 11-12, with no flashing lights or music for Autistic and other SEN children that might prefer a quieter experience with Santa. This has limited availability and must be booked in advance. To book, please email info@derehamwindmill.co.uk Cost is £8 per child including a present and £2 for an adult.

- Thetford Garden Centre; Sensitive Santa

- Bounce into Christmas (Quiet session 9-11am on Thursday 21st December). Book at:

[https://events.mhtickets.com/browse?filter\[schedule\]=2949&fbclid=IwAR3IJ55M5WrmvmFLPIIGvVExI5r204WiZsO8JuJ-uoGU4LV9RhE_uncmQkA](https://events.mhtickets.com/browse?filter[schedule]=2949&fbclid=IwAR3IJ55M5WrmvmFLPIIGvVExI5r204WiZsO8JuJ-uoGU4LV9RhE_uncmQkA)



Sensitive Santa

8th December & 15th December,
3 P.M. - 7.50 P.M.

£8.50
per child



We will be hosting a sensitive Santa's Grotto for children with autism and (SEN) Special Educational Needs.

Our sessions include a 10 minute slot to tell Santa what they would like for Christmas and a special gift from the magic man himself! Tickets must be booked in advanced and children must be accompanied by adults.

To book your tickets please call: 01842 763267
or purchase in-store at Customer Information

Dereham Windmill Quiet Sessions

2nd,3rd,9th,10th
December
11am till 12pm

£8.00 per Child and
includes a present
£2 per Adult





Bounce into Christmas

Friday 17th - Wednesday 22nd December
The Space, Roundtree Way, Norwich, NR7 8SQ

Activities include:

- Inflatable Castles, Slides & Assault Courses
- Christmas Sing Along & Family Fun
- Live Music
- Meet Father Christmas
- Snowball Fight with The Naughty Elves
- Christmas Street Food Vendor
- Mulled Wine & Cider
- Character Meet & Greet

3 HOUR Unlimited Access Sessions!