Summer holiday support for children and families 2024

By Jia Shah

PMHT

Mole Valley Cluster

Inspiration for the whole family

Helpful tips for ASD and holidays:

- **Preparing for change:** Think about the physical environment, how this will change; describe what will be involved on the day; could some things stay the same as lunch options?
- **Using visual supports:** Look online for photos and on the website to show how it will look at the place and what you will do. Some museums have social stories that you can download.
- **Sensory sensitivities in the summer:** Bring with you some tools to help with sensory overload, for ear defenders to block out noise.
- **Daily timetables:** Write down a daily routine so that they know what is going to happen every day.
- **Sequencing:** This can be difficult for an autistic person - that is, putting what is going to happen in a day in a logical order in their mind. Use a timer to help transition between activities. Use a now-and-next board, this can be very simple just a few post-it notes and pen. Use simple language – 'then' and 'now'.
- **Be aware of anxiety:** You could offer a worry book or box where they can write or draw any concerns they have. Explain the good things about the change, for example if you are going on holiday. Create a social story to explain what they could do if they are anxious. Consider using NAS Brain in hand autism support app. Take a comfort item with you to help with anxiety, for example weighted teddy bear – Website: https://www.barnfabrics.co.uk/cuddly-toys
- **Letting your holiday company know your requirements:** For flights you can book special assistance and board beforehand so that your child will have a time to settle before the plain gets too noisy or busy.
- **Gatwick airport** have a sensory room you can book before a flight to help with anxiety. See website: https://www.gatwickairport.com/passenger-guides/special-assistance.html
- **Autism alert cards:** While on holiday, you may find it useful to carry an autism alert card that gives a brief explanation of autism. Get your Sunflower lanyard at: https://hdsunflower.com/

Out of Hours Service for Neurodiversity

- Advice line for parents and carers of children and young people who have neurodevelopmental needs including Autism and ADHD.
- Urgent support, advice or guidance available from 5pm-11pm, 365 days a year.
- **Tel: 0300 222 5755**
- Option 3: ASD Helpline
- Option 4: ADHD Helpline
- Website: https://www.mindworks-surrey.org

Mindworks Surrey

CYP HAVEN drop-in Centre

- The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment.
- It is based in four different locations around Surrey; Redhill, Shepperton, Ash and Epsom.
- You can also call them 6 days a week, Monday to Friday between 3.30pm and 7.30pm and Sunday 1-4pm
- **Tel: 01483 519436.**
- Website: https://www.cyphaven.net/

CYP HAVEN

Next Steps Holiday Schemes

- A fun programme of activities to support young people during the holidays.
- These sessions are inclusive and for everyone no matter their needs or disability. With a range of onsite and offsite activities, there is something to engage everyone.
- Next Steps holiday schemes provide opportunities for teens to grow their independence and build friendships.
- Onsite you can expect a mix of fun activities like arts and crafts, baking, discos, sensory activities, movies, visits from therapy dogs and crocodile encounters (!) and more.
- Offsite activities can be anything from bowling, laser quest, lunch out, visits to the park, picnics, cinema, trampoline parks, minigolf, farms and more.
- To attend our holiday schemes, you need to be registered with LinkAble. Costs £30 per session.
- See website: https://www.linkable.org.uk/pages/next-steps-holiday-schemes

Museum Makes - Free Family craft activity

- Date: 3 Aug 2024 join Museum makes on the 1st Saturday of the month - 1:30pm to 3:30pm for a fun family craft activity where imagination meets history in a hands-on experience for all ages!
- FREE DROP IN SESSION
- Website: https://www.chertseymuseum.org.uk/?location_id=149&item=1507&itemoffset=

Surrey Fire and Rescue open days and events

- Fire Stations across the county regularly open their doors to the public. This gives Surrey residents an insight into the activities of their local fire station.
- These events are a great opportunity to see the range of activities involved with being a modern firefighter, to learn about our crews, see our fire engines, and learn about fire safety!
- **Leatherhead Fire Station** open day is on Sunday 8 September. 10am to 11am (Special Educational Needs). 11am to 4pm for All.
- Website: https://www.surreycc.gov.uk/community/fire-and-rescue/fire-stations-and-events/open-days#fireopenday

SURREY
FIRE & RESCUE SERVICE

Elysian Summer Events

They are running a range of sessions across summer such as:

- Neurodiverse Play Sessions
- Tackling Anxiety Workshop
- Self Esteem Sessions
- Art on the Farm
- Pony Play
- Location:
  Westland Farm,
  Shamley Green,
  Guildford,
  GU5 0TL
- Tel: 07944 875155
- Website: https://elysianuk.org/

Elysian

Animal Assisted Therapy & Learning

YMCA East Surrey

YMCA Lego club - Mole Valley Family Centre

- **Lego Club**
  A therapy group for children in mainstream education with Social Communication difficulties (no diagnosis needed) aged 6-11.
- We are running some sessions in the summer holidays, please call for further information.
  £10 per session, payable in advance.
- Booking is essential to secure your place. For more information or to book a place, please call the Family Centre on 01306 740095.

TRANSITION TO SECONDARY SUPPORT FOR YOUNG PEOPLE 2024.

- Do you have a Year 6 child who's feeling anxious about starting secondary school? Learning Space and YMCA are offering 1:1 sessions over the summer holidays. These sessions aim to address worries, celebrate strengths, and build resilience. They can take place either in Redhill or online, and each young person can participate in 1-2 sessions. Places offered on first come first serve basis. Any questions please email jo.f@learningspace.org.uk.
- Parents/Carers can refer sign up via QR code.

Transition Support Referral Form.

YMCA EAST SURREY

Open Hands Foodbank - Reigate

- Foodbank located inside Reigate Baptist Church
- Address

  Sycamore Walk

  Reigate

  Surrey

  Postcode

  RH2 7LR
- Email: foodparcels@openhandsreigate.com
- Website: https://www.openhandsreigate.com/

OPEN HANDS REIGATE

Banstead Foodbank

- Trussell Trust foodbanks provide a minimum of three days emergency food and support to people experiencing crisis.
- Address:

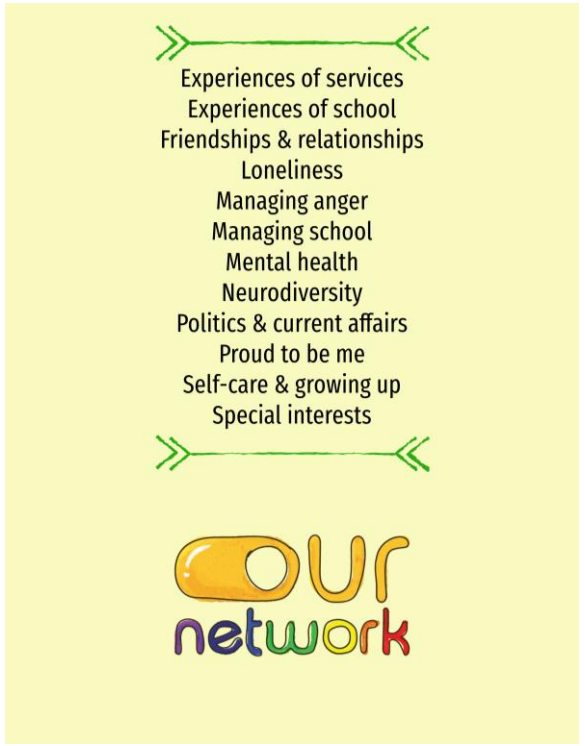
  High Street

  Banstead

  Surrey

  SM7 2NG
- Tel: 0208 786 8221
- Email: foodbank@goodcompany.org.uk
- Website: www.epsomewell.foodbank.org.uk

Learning space in Redhill



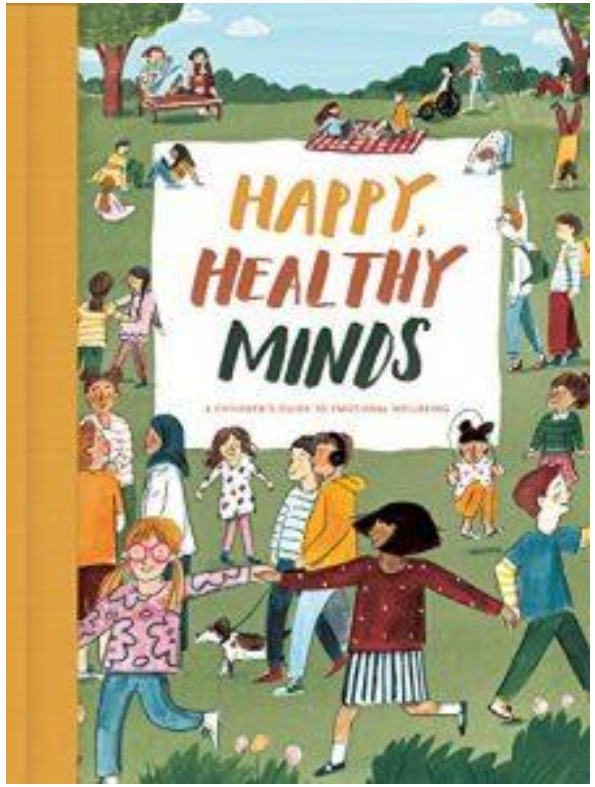
Learning space in Dorking

My time for young carers (Epsom branch)

- We run youth clubs and holiday activities for young people aged between 7 and 16 in and around Epsom, Ewell, and the Mole Valley whose lives are adversely affected by the disability or ill health of family members, or who have additional caring responsibilities because their families are in crisis.
- Website: https://www.mytime4youngcarers.org/

Book of the Month

- **Happy, Healthy Minds** by The School of Life, Lizzie Stewart.
- Linked to the theme of **Inside Out 2**, this book helps you become more aware of your feelings.
- It looks at a range of situations that might feel tricky, and helps you think about how to deal with them.



Finding online and phone support

- **Family Lives**

  Helpline: 0808 800 2222.

  This service offers a 24-hour helpline, extensive advice on its website, live chat services, befriending services, and parenting/relationship support groups.

  Website: www.familylives.org.uk

- **Young Minds**

  Helpline: 0808 802 5544

  A helpline and webchat service for parents and carers who are concerned about their child's mental health up to the age of 25. Open 9.30am - 4pm, Monday to Friday.

  Website: http://www.youngminds.org.uk/for_parents

- **IF URGENT MEDICAL ATTENTION IS NEEDED OR IF YOU FEEL UNABLE TO KEEP YOUR CHILD SAFE FROM THEMSELVES OR OTHERS, PLEASE PHONE 111 OR GO TO YOUR NEAREST A&E DEPARTMENT.**

- **Kooth.com** is an online service for young people aged 11-18 in Surrey that provides free and confidential counselling services via webchat provided by qualified counsellors.
- Website: https://www.kooth.com
- **Childline**: 0800 1111 (24 hours 7 days a week). Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.
- Website: www.childline.org.uk