

Summer Special – July 2021



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Introduction

This short guide sets out some possible activities and days out for children and young people with disabilities and special needs and their families, in or within a short distance of the Enfield area.

We have included playschemes, and a wide range of activities and days out. Some of these are specifically aimed at children and young people with additional needs and others are more general but may be suitable for some. Please do check individual websites and talk to the venues/organisers if you are not sure whether something may be suitable.

We have featured a number of activities that are described by the venues as autism friendly (or relaxed). Many of these will of course work well for children and young people with a range of other additional needs including other sensory issues and learning disabilities.

Please note also that as a result of the pandemic venues may close at relatively short notice, so whilst every effort has been made to ensure this information is accurate, we would recommend that you check with individual venues/providers in advance of any visit, in case changes have been made.

Playschemes

The Local Authority have produced a booklet which you can see [here](#) and which sets out the different playschemes available across the school summer holidays.

At the time of writing places were still available at Sportworks, Endorphins, Brighter Light Support, Centre 404 and VIPs



‘Local Offer’ information

The Local Offer is the Local Authority website bringing together information about all aspects of provision for children with SEND.

It contains a section on [activities and things to do](#), about [holidays](#) which has a list of organisations that provide specialist holidays or fund holidays for families with disabled children. There is also information about [‘Short Breaks’](#)

More information is in the attached [Enfield Children and Young Person’s Service Guide for parents and carers](#) on local free and affordable activities. There is also information about [accessible changing facilities](#) in Enfield.

Thinking of visiting a new venue?

Visiting a new venue can be a daunting experience if you have children with either physical disabilities or sensory impairments. From issues around wheelchair access and accessible toilets to combating your child’s anxieties over an unfamiliar environment, the relevant information isn’t always easy to find.

The [AccessAble](#) website gives detailed (and free) information about the accessibility of over thousands of venues in the UK - including more than 200 in the Borough of Enfield. The information is available in easy - read format (often useful if you want to look at it with your child/young person) as well as a variety of different languages.

General Guides

London attractions: [Accessible attractions - London Attraction - visitlondon.com](#)

Rough Guide to Accessible Britain <https://www.motability.co.uk/news/rough-guide-to-accessible-britain/>

Accessible days out Disability Horizons [10 accessible days out across the UK for disabled people \(disabilityhorizons.com\)](#)

Cycling

SUMMER CYCLING FUN FOR CHILDREN AND YOUNG PEOPLE WITH SEND

Bring your own bike, or use one of our specially adapted bikes. Two of our qualified bike instructors will be on hand to help and support you to get the most from these sessions.

All children and young people must be accompanied by a parent/carer

**2nd Aug, 9th Aug,
16th Aug, 23rd Aug**

**10am - 12pm:
Children aged 8 - 11
years**

**1pm - 3pm:
Young people aged 11 -
25 years**

**Bush Hill Park,
Lincoln Road,
Enfield, EN1 1PS**



To book your FREE place please email

jim.blakemore@bikeworks.org.uk

Places are limited so please book early to avoid disappointment



Active Enfield Summer 2021

FREE Family Outdoor activity & goodie bag

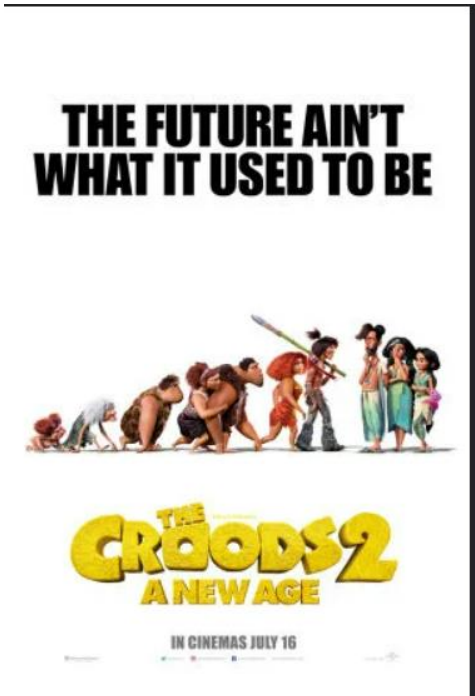
We have teamed up with London Sport and other local partners to offer FREE family activity sessions in Ponders End Rec on Saturdays throughout the summer. Sessions start on Saturday 24 July at 10:30am.

Families who attend the fun activity session – will receive a free sports goodie bag, that will keep the family entertained throughout the summer. The bag includes, tennis racket, foam tennis ball, football, skipping rope & Frisbee – available while stocks last.

If you have any further queries, please email Sport@enfield.gov.uk or find us on social media: Instagram, Facebook & Twitter: @ActiveEnfield

Cinema

Autism friendly showings take place locally at Cineworld, Odeon and Everyman cinemas.



Enfield Cineworld have an autism friendly screening of 'The Croods 2: A New Age' on Saturday 31st July at 11 am

Book here: [Autism Friendly Screening: The Croods 2: A New Age](#)
[| Book tickets at Cineworld Cinemas](#)

This website gives details of films coming up – or check individual cinema websites.

[Find Autism Friendly Cinema Screenings Near You | Dimensions \(dimensions-uk.org\)](#)

What makes a cinema screening autism friendly?

Sometimes you might also see an autism friendly screening being described as a relaxed screening or a sensory friendly screening. This means there are some adjustments in place to help reduce the stress and sensory input people with autism and other sensory sensitivities can experience.

Some autism friendly adjustments include:

- There are no trailers
- The lights and volume are turned down
- You can take your own food and drink
- Staff are trained in autism understanding
- [Carers can get free entry with a valid CEA Card.](#)

Theatre

Chickenshed's Summer Workshops for Young People

[The Summer Scratch](#)

Monday 2 August – Friday 6 August

A summer theatre project for young people who are interested in sharing and developing a passion for writing, performance, movement and music.

For ages 12-18yrs | £70

[Summer Shed](#)

Week 1: 26 July – 30 July

Week 2: 9 August – 13 August

Week 3: 16 August – 20 August

Week 4: 23 August – 27 August

As the Summer Holidays begin and the children are full of excitement and hope for the weeks ahead, get them along to Chickenshed for lots of drama, dance, story-making, music and fun.

For ages 5-11yrs | £150 per participant (25% discount for siblings)

For further information please contact Susan Jamson, telephone 020 8216 2733 | 07736 956662, email susanj@chickenshed.org.uk

Festival of Fun

Shows and events for children aged 0-11yrs Friday 31 July – Sunday 8 August

Visit: www.chickenshed.org.uk or telephone Chickenshed's Box Office 020 8292 9222

[Chickenshed shows for Children this summer](#)

The Tigon and the Liger

Saturday 31 July – Saturday 7 August at 9.30am and 11.15am (45mins)

Tickets £7.50 | Free to babies under 12 months For ages 3-7yrs

How to Make a Better World

Wednesday 4 August – Saturday 7 August at 1.30pm (50mins) Tickets £7.50 For ages 7-11yrs

Venue: Chickenshed Theatre, Chase Side, Southgate, London N144PE

To book: telephone the Chickenshed Box Office on 020 8292 9222,

email bookings@chickenshed.org.uk or visit <https://www.chickenshed.org.uk/festival-of-fun-2021>

The Tigon and the Liger - Based on the book by Keilly Swift, Adapted and directed by Pete Dowse
Tyler the tigon was terribly rare. A big cat like him isn't found everywhere. Unique from his ears to his tail to his tum, his dad was a tiger, a lion his mum...

The return of 2019's summer smash! The Tigon and the Liger is a stage adaption of Keilly Swift's rhyming picture book which celebrates diversity and encourages us all to love the skin we are in.

Told using many styles to engage all the senses including mime, rhyme, sign and song alongside puppet characters The Tigon and the Liger will leave you with a warm feeling inside and the assertion that it takes all sorts to make a world.

With brand new additions to the script, The Tigon and the Liger promises to be even bigger and better this year – a brilliant show for inquisitive minds. *"It's simply incredible"* says Keilly Swift.

How to Make a Better World Inspired by Keilly Swift's book. Directed by Pete Dowse
Chickenshed is very proud to premiere a brand-new show inspired by Keilly Swift's best-selling book *How to Make a Better World*. This show takes the themes of Keilly's book and translates them to the stage with Chickenshed's trademark creativity and passion.

The show follows the adventures of a group of young people as they join together and raise their voices to change the world for the better, tackling obstacles and facing forces of evil along the way.

Each and every show will have its own unique secret ingredient – and that's YOU! We want to hear all of your ideas and inspiration as we create your very own manifesto for a better world. Young people are leading the way – the future (and this show) is yours to shape!

Online show – *Sleeping Beauty*

If you prefer to watch online with your family, you can head for Chickenshed's YouTube channel to watch their '*Sleeping Beauty*' performance, any time up to 28th October. Viewing is free but donations are requested. For more details see [here](#).

Millfield Theatre



Millfield Theatre will be showing a new ballet this summer from the wonderful company *Let's All Dance*. ***The Ugly Duckling*** is a great show for the whole family, especially children aged 2-12, including people with special needs.

The *Ugly Duckling* performs at Millfield Theatre on Saturday July 31st, 2021, at 1pm and 3pm. You can [Book Online Here](#) or call the box office on **0208 807 6680**

Feeling different, teased by his friends and not accepted by his family, the Ugly Duckling is sad and lonely. Through a series of adventures, he soon learns who he really is, and his family realises it doesn't matter what you look like but how good your heart is. With the crystal-clear storytelling, larger than life characters and gorgeous costumes you'd expect from this innovative company, *The Ugly Duckling* tackles themes of social acceptance and liking yourself in a child-friendly, humorous manner. From the creators of *The Princess & the Frog*, *Teddy Bears' Picnic*, *The Owl & the Pussycat*, *Alice in Wonderland*, *The Nutcracker* and *Sleeping Beauty* comes this lovely new ballet for the whole family

Museums

Many London museums provide relaxed sessions which can make it easier for the families of children with disabilities, particularly Autism or sensory issues to access them. The [Autism in museums](#) website has a useful calendar of autism-friendly events in museums across the UK, including many London museums.

We have listed some SEND friendly sessions below. Please check accessibility sections of the museum website as appropriate, as well as the [‘Accessible’](#) site for information about other access issues.

London Transport Museum

The London Transport Museum has generally good access facilities for disabled visitors with ramps and lifts on every floor, magnifiers, audio described tours, induction loops subtitles and BSL interpreters. Go to the [Transport Museum’s website](#) for more information about accessibility.

The museum also offers quieter sessions for families with Special needs [What's on | London Transport Museum \(ltmuseum.co.uk\)](#)

Family SEND Explorer time - Explore the Museum at a quieter time

For families with Special Educational Needs, including Autistic Spectrum Disorder, the Museum opens outside its regular hours on certain special days. Enjoy the Museum at a quieter time, free from the general public, and with many of the gallery sounds turned off.

Explore the ‘All Aboard’ family spaces in peace, have a go at the holiday activities, get hands-on with genuine parts of transport history, or make use of the sensory bags to support exploring the collection.

Advanced booking is essential as places are limited. [Family SEND Explorer Events | London Transport Museum \(ltmuseum.co.uk\)](#)

The next date with places still available is Saturday 21st August 18.15 – 19.45 pm

SEND Explorer time at the Depot (Acton)

Join us this Summer at the Museum’s Depot in Acton, for our Family SEND Explorer Time on Saturday 14 August, 10 – 10.30 am

We are reserving our 10am entrance time slot on this morning during our [Go Green!](#) August opening, for families with Special Educational Needs and Disabilities, to ensure a quiet and warm welcome to the Depot. Explore the Museum’s stores (over 320,000 objects!) in peace, have a go at our Go Green trails or visit our activity mezzanine for a hands-on activity.

Advanced booking is essential as places are limited and must be booked online. [SEND explorer time at the Depot | London Transport Museum \(ltmuseum.co.uk\)](#)

Tickets for the 10.30 timeslot are available to the general public to book.

Natural history museum

The museum allows disabled people and their accompanying family members and personal carers to jump the queues to access the museum. Please see the website [here](#) for more information, plus information on access arrangements.

Dawnosaurus is a free event for children with neurodiverse conditions (including autism and other sensory processing difficulties) to enjoy the Museum with their families and siblings, free from the hustle and bustle of the general public. Visitors have access to a wide range of galleries and activities, supported by experienced, autism-aware facilitators.

This event is best for children aged five to 15, and siblings are welcome. The next session takes place **on Sunday 15th August 8 – 10 am**

It's essential that all visitors book a free ticket online in advance. You can book online three weeks before each event. See the website for details and to book: [Dawnosaurus: Relaxed Morning Visit | Natural History Museum \(nhm.ac.uk\)](#)

If you prefer, or cannot make it to the museum, online activities are also available at [Dawnosaurus Online | Natural History Museum \(nhm.ac.uk\)](#)

RAF London museum

The [RAF Museum London](#) is especially welcoming to disabled young visitors, and has good accessibility including good wheelchair access, quiet rooms and Changing places toilet facilities. There is a comprehensive accessibility page [here](#). Including a useful easy read style visitor guide [here](#) and a [trail](#) and [checklist](#) which children /young people may enjoy. There is also an [outdoor playground](#) which many children will enjoy.

Tower Bridge

Tower Bridge hosts a monthly [Autism friendly opening](#) with the next session taking place on Saturday 21st August and Saturday 18th September (and other dates after the school holidays) for children with autism and other needs and their families. You can book a session starting at 10.30, 10.50 and 11.10 am and stay as long as you wish. Tower Bridge will open to the general public at 11.30. am. All places must be pre-booked [here](#). Only a few places are available for the August date, so do book up as soon as possible if you are interested. Information about Access arrangements is [here](#).

The Science Museum

General information about visiting times and other details are found here [Visit | Science Museum, London](#)

Information about accessibility can be found on their website here including information about visitors with visual or hearing impairments, and wheelchair users. [Accessibility | Science Museum](#)

The Science Museum is not currently running any of its autism friendly activities (Early Birds, Night Owls and SENSory Astronights). However this page gives information on busy and quiet times which you may find useful. [When to visit The Science Museum : Tips to avoid the queues \(waitamoment.co.uk\)](#)

Workshop at Foundling Museum with BSL

The Foundling Museum are offering a 'Sun Print adventures' workshop on Friday 30th July, with British Sign Language interpretation available for the 2-3 pm session. You can make a sun print to take home using organic materials and photographic paper. It is free for children and up to two adults. Places must be pre-booked. For full details and booking information see [here](#).

Trackplay event



Trackplay are running an event at Forty Hall school on Wednesday 18th August. Children get the opportunity to play with a giant layout of trains and tracks. There are four 90 – minute sessions with places currently available at 1.20 pm and 3 pm. Cost is £9 per child for each session (accompanying adults free). Booking and further information [here](#). Please note that these are general sessions open to the public (not exclusive or relaxed sessions).

We are also planning an exclusive Trackplay session during October half-term, in conjunction with ENAS, which will be for Our Voice and ENAS members only – details to be announced nearer the time.

Giant Lego trail & London Wetlands Centre

For children who love Lego but may find Legoland a bit overwhelming, the [London Wetlands Centre](#) has a [Giant LEGO® Brick Animal Trail | WWT](#) which is included with entry to the Wetlands Centre. You will need to pre-book your place [here](#), even for those entitled to free entry including carers and under 4's. There is also a children's play area – and of course lots of wildlife to see in the nature reserve.



Zoos

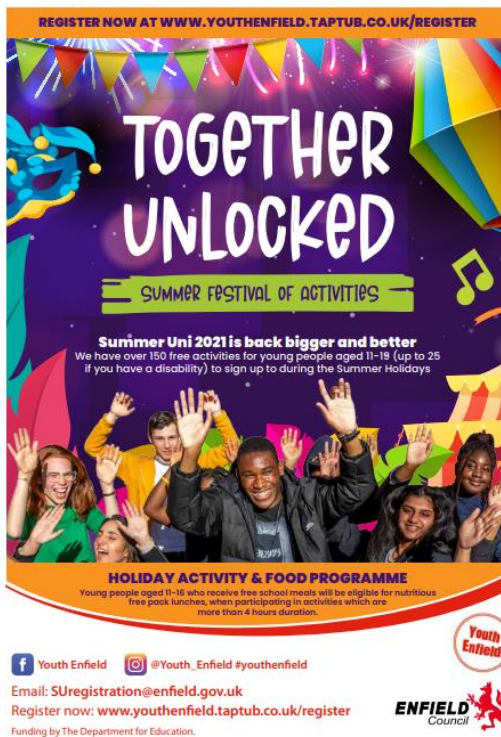
London Zoo - Accessibility Guide [10 accessible days out across the UK for disabled people \(disabilityhorizons.com\)](#)

Whipsnade Zoo [Accessibility and Inclusivity | Zoological Society of London \(ZSL\)](#)

Paradise Park [Disabled Access to the zoo & play area | Paradise Wildlife Park \(pwpark.com\)](#)

Things to do at home

We have gathered a range of resources on our website [here](#) for activities to do at home or online. You might also want to look at 'Virtual Keen' for their programme of inclusive virtual events across the summer holidays see [here](#) for details of what is coming up, and how to sign up.



Summer Uni - activities for age 11 - 25

The 'Together Unlocked' programme of activities for the summer holidays is aimed at young people aged 11 – 19, or **up to 25 for young people with disabilities**. All the courses are open to young people with learning difficulties or minor disabilities – see the brochure attached for full details of all the activities available. However, there are also specific courses which are just open to young people with disabilities – these are shown in the booklet by the wheelchair symbol and also listed below.



Strike Back – Martial Arts Workshops: A chance to try Kung Fu, Tai Chi, Chi Kung and meditation sessions plus mindfulness workshops to help to improve mental wellbeing. Taking place at Ponders End Youth Centre, 10 am to 1 pm on Wed 28th July, Mon 2nd & Wed 4th Aug, Mon 9th & Wed 11th Aug, Mon 16th & Wed 18th Aug & Wed 25th Aug.

Dance 4 fun: This fun dance course teaches new skills, techniques and moves in routines which will be performed to parents and friends at the end of the week. Wed 4th – Fri 6th Aug, 10 am – 1 pm (venue tbc)

Drama for all: These fun drama workshops take a new look at mindfulness giving young people tools to manage everyday challenges through acting and improvisations. Wed 11th – Fri 13th Aug 11 am - 3.30 pm venue tbc. Age 11-16.

Eat Fresh – plant-based food and cooking: This course aims to teach young people about plant-based cooking and how to eat a healthy, balanced diet, and guide and inspire them to produce delicious healthy meals. Dates Thu 19th & Fri 20th Aug, 2 – 4 .30 pm venue tbc.

The first step is for parents / young people to register, before they are able to book onto the activities: [Register Here - Youth Enfield & Inspiring Young Enfield \(taptub.co.uk\)](https://www.youthenfield.taptub.co.uk/register) Please note that there is a box on the form headed 'any additional notes or medical issues' which you can use to give information about any support they will need to participate in the activity.

The bookings go live tomorrow (Friday) 9th of July at 5pm, and so, if your young person is interested in any of these, please **register as soon as you can**. The Summer Uni team then email you your login details, etc, which you can use to book onto the relevant courses (Limit of 3 courses per young person) when the courses go live. If you are booking on to one of the general (non-SEND specific) activities, these will be booked on a first-come-first-served basis and you can email the team at SUregistration@enfield.gov.uk to discuss your young person's support needs.

Siblings

The Enfield Carers Centre runs [Enfield Young People in Caring \(EyPIC\)](#) which provides support for young carers, including the siblings of children and young people with disabilities, and gives them an opportunity to spend time with other young people with similar experiences. They have a useful page [here](#) which explains what a young carer is (as not all siblings will recognise that as a description of themselves).

They have a busy programme of events which continues during the summer holidays including outdoor activities, photography, crafts, visual arts, wildlife tour and adventure golf – details [here](#).