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Our Voice



## What's on at half-term?

24<sup>th</sup> October 2020

## Introduction

At the moment London, including the Borough of Enfield is on high alert for Covid which means we all need to take precautions to minimize the spread of the virus. See the government guidance [here](#).

Although [travel](#) should be kept to a minimum, many venues remain open so you may wish to visit one or two places with your children during half-term, or you may prefer to find online activities which can be done from your home.

In this short guide we have listed a few options that you might like to look at, including details of our own online party for members this Friday.

## Our Voice Halloween zoom party with Mr Marvel – this Friday

Our next Mr Marvel Zoom party will take place this Friday 30<sup>th</sup> October, 4.30 – 5.30 pm, and will have a Halloween theme.

This event is exclusive to members of the Our Voice Mailing list, and gives children a great opportunity for some fun and entertainment from the safety of their own homes. The ever-popular Mr Marvel will be giving us a live, interactive show with magic and games. Fancy dress is optional.

You can join the event using a computer/laptop, tablet or smartphone.

**The event is free but is only open to Our Voice members – please email or phone us to join (see contact details at the end of this booklet)**



# Half-term Play-scheme



**ALWA Specialist Play Scheme**

**OCTOBER HALF TERM PLAY SCHEME-**  
Fun filled activity sessions for children aged 8-15 yrs with Autism & SEND: Outdoor play, soft play, arts, games, sensory play and much more..

Contact  
07306403908

**£55 Per day**

**Monday 26th to Thursday 29th October 2020 10am-3pm**

[www.abundantlivingwithautism.org.uk](http://www.abundantlivingwithautism.org.uk)  
[info@abundantlivingwithautism.org.uk](mailto:info@abundantlivingwithautism.org.uk)

RUSSET HOUSE SCHOOL  
11 AUTUMN CLOSE  
EN1 4JA

**PLACES AVAILABLE!**

## At home and Online activities

There are many additional organisations providing online activities – you can find links to some useful options including activities aimed at children with disabilities/special needs on our website [here](#).

BBC Bitesize has a useful SEND toolkit which <https://www.bbc.co.uk/bitesize/articles/zh9v382> which includes resources to support wellbeing and mental health, a ‘calm zone’ tools for relaxation and managing emotions, multisensory activities to do at home, SEND music activities, Makaton, Magic Hands (British Sign Language), top tips for lockdown with an autistic child and more.

You can also find a range of other inclusive / SEND focused educational resources and activities for children on [The Sensory Projects](#) website.

Music Therapy Tree have provided accessible music therapy resources, suitable for children with autism and learning difficulties in the new [Self-Isolation](#) support area of their website.

[GoNoodle](#) - music and mindfulness

[Cosmic Kids](#) - Yoga and mindfulness for children

[Stop Breathe Think](#) - mindfulness and meditation for children

[Just Dance](#) - dance along to your favourite songs and follow the movements on the screen

[Singing Hands](#) on YouTube has a wide range of videos of songs signed in Makaton.

[PBS Kids Music Games](#) - educational games and activities related to music.

[imoves](#) - a range of fun activities to keep children happy, healthy and focused including Worry Monster, Pilates and meditation for mental health and well-being

[Tate Paint](#) - a tablet-friendly online paint game

Great Ormond Street [The Power of Play](#) has a range of fun games and activities provided by their team of play experts.

Natural History Museum is running its 'Dawnosaurs' programme online. The programme is aimed at children with neurodiverse conditions including autism and other sensory processing difficulties - see [here](#) for details. You can also have a virtual tour of the museum [here](#).

The [Royal Society for Blind Children](#) (RSBCP) offers an online programme of events for children and young people with visual impairments, and their families. Their programme for half term, and details of their 'Sensory Spooktacular' event on Friday are below –more details and registration [here](#) (tickets £4.95 per person). See our website [here](#) for more details and RSBC enrolment form.



**Join us on Friday 30th October 2020**  
for the  
**RSBC Sensory Spooktacular**

**A sensory storytime for all children of all ages**  
Each £4.95 ticket gives you three interactive sessions of ghoulish family fun:

- Terrifying Tots!** - for preschool-aged children aged up to 5 years
- Ghastly Goblins** for children aged 5-13 years
- Frightful Fiends** for older children aged 13 years+

Each session includes scary stories, costume competitions, fun games and more!

All proceeds will be in support of blind and partially sighted children in England and Wales.

Get your tickets here:  
[www.crowdcast.io/e/rsbc-sensory-spooktacular](http://www.crowdcast.io/e/rsbc-sensory-spooktacular)



	26	27	28	29	30	31
<b>WK 5</b>						
<b>Half</b>						
<b>Term</b>	<ul style="list-style-type: none"> <li>* Disability Sports Coach Guest Deliverer 8 - 25yrs 11am - 12pm</li> <li>* Assistive Tech 3pm - 5pm</li> <li>* Audio Book Club 11 - 25yrs 5pm - 6pm</li> </ul>	<ul style="list-style-type: none"> <li>* Palace for Life Guest Deliverer 8 - 25yrs 2pm - 3pm</li> <li>* Sisterhood 11 - 25yrs 5pm - 6pm</li> <li>* Creative 8 - 25yrs 5:30pm - 6:30pm</li> </ul>	<ul style="list-style-type: none"> <li>* Audio Book Club 11 - 25yrs 5pm - 6pm</li> </ul>	<ul style="list-style-type: none"> <li>* Disability Sports Coach Guest Deliverer 8 - 25yrs 11am - 12pm</li> <li>* Open Mic 8 - 25yrs 2pm - 3pm</li> <li>* Supper Club 16 - 25yrs 5pm - 6pm</li> </ul>	<ul style="list-style-type: none"> <li>* Quiz Time 8 - 25yrs 10am - 12pm</li> <li>* Parents Assistive Tech 3pm - 5pm</li> </ul>	<ul style="list-style-type: none"> <li>* HAWB Work Out 8 - 25yrs 11am - 11:45am</li> <li>* Creative 8 - 25yrs 12pm - 2pm</li> </ul>

## Out and about

As London (including Enfield) is now on high alert for Covid, there are strict restrictions in place, which mean that [travel](#) should be kept to a minimum. See latest advice for our area [here](#). Face-coverings are now mandatory on public transport and most indoor venues, but there are exemptions to this rule which include children under 11 and those with medical conditions which make it difficult to wear a mask. See more information [here](#) including [exemption cards](#) which you may wish to print off and carry with you. If you do decide to go out and about, many venues have now reopened, although few are currently offering SEND specific sessions.

### Museums

Most museums are now open again. Very few are running adapted or relaxed sessions although some of you may find that the restricted numbers at venues make them more manageable for your children. Generally, you will need to pre-book your tickets for a timed entry slot and face-masks will be mandatory unless you have an exemption (see above). See the individual websites for full details of the current arrangements, and to book your slot.

The [London Transport Museum](#) are running a special Early Explorer morning on Sunday 31<sup>st</sup> October 8.30 to 10 am – see [here](#) for details and to book.

[Science museum](#)

[Natural history museum](#)

## Cinema

Some cinemas are now open again including the Everyman Cinema in Barnet and the Odeon at Picketts Lock, although there are currently no relaxed sessions available.

## Trampolining - relaxed sessions

Our Voice in conjunction with ENAS

Every **Sunday morning 9 – 10 am**

**Venue:** Jump In, 22, Lumina Park, Lumina Way, Enfield, EN1 1 FS

**Cost** £8.50 per child (siblings welcome at same price) plus £1 Transaction fee. Carers go free.

You must pre-book your place. Book at [www.gojumpin.com](http://www.gojumpin.com) – go to 'Book Now' and select 'Enfield' and 'Relaxed SEN session'



Every Sunday

9am to 10 am

**At:** Jump In, 22, Lumina Park,  
Lumina Way, Enfield, EN1 1 FS

**Parents are responsible for their own children at all times.**

**Please contact Jump In directly with any queries at**

**01926 356290 or**

**hello@gojumpin.com**

**Relaxed sessions are designed specifically for children with additional needs and their families. Music is turned down, the party lights are turned off and a quiet space is set aside for anyone needing some time out.**

**Carers are encouraged to enter the trampoline arena.**

We hope that you have found our newsletter useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know. Our contact details are:

Telephone **07516 662315** Email: [info@ourvoicenfield.org.uk](mailto:info@ourvoicenfield.org.uk)

Website: [www.ourvoicenfield.org.uk](http://www.ourvoicenfield.org.uk)

If you no longer wish to receive these emails, and/or would like us to remove your details from our database, please email us and we will remove your details from our mailing list and/or database.

