



Summer Guide for Parent Carers 2011

The summer holidays can be a challenging time for any parent, but if your child has additional needs then summer can feel like a long time. This is where the *Summer Guide for Parent Carers* comes in; it lists events and activities in Croydon that are taking place during the summer holidays and are either especially for children with additional needs, or accessible to them. We hope that this guide will enable you and your child to have the most enjoyable summer possible. This guide is also available online at www.carersinfo.org.uk where it will be constantly updated, so do check regularly for updates and additions.

Access

Artsline (www.artsline.org.uk) has accessibility information on arts and entertainment venues in London, as well as details of any concessions available.

DisabledGo (www.disabledgo.info) lists the accessibility of leisure and entertainment venues in Croydon (and elsewhere), including restaurants, cinemas, shops and sports facilities.

Transport for London (020 7222 1234, www.tfl.gov.uk) can give information about all buses, tubes, trains and trams and can advise on accessible stations if you are travelling in London with a child with mobility problems.

VocalEyes (020 7375 1043, www.vocaleyec.co.uk) is a nationwide audio description charity, providing access to the arts for blind and partially sighted people.

Advice & Information

Croydon Family Information Service (0845 1111 100, www.croydonchildcare.com) provides lists of summer holiday play activities and can give details of childminders who are able to look after children with a disability or special needs.

Surrounding boroughs have their own family information services that may be useful if you live on the outskirts of the Croydon borough:

- Bromley (020 8464 0276, www.bromleyfamilies.info)
- Lambeth (0845 601 5317, www.younglambeth.org)
- Merton (020 8545 3800, www.merton.gov.uk/familyinfo)
- Surrey (0300 200 1004, www.surreycc.gov.uk)
- Sutton (020 8770 6000, www.suttonchildren.org.uk). This website is currently under construction.

The website www.netmums.com has a wealth of information on all matters of parenting and includes detailed listings of activities for children in Croydon (and elsewhere). Many of these schemes welcome children with special needs but it is advisable to call them to discuss your child's particular needs first.

Additional information on mainstream activities for children in Croydon will be available in the Croydon Council publication, *Summer Activities 2011*, which will be delivered to every household in Croydon before the start of the school holidays, or can be downloaded from www.croydonyouthservice.org.uk.

Financial Support

Many outings and activities incur a cost, but it is always worth checking to see if discounts are available for carers or people with disabilities (you may need to provide proof of your child's disability or your caring status). For example, the National Trust (www.nationaltrust.org.uk) gives carers free entry when the cared for person buys their ticket, to all of its properties such as stately homes, castles and gardens across the UK. Many NT properties have children's playgrounds, wide open spaces, picnic areas, fun trails, activities for children and can provide a fun day out for very low cost.

The **'I Count' Card** (020 8410 3466, www.i-count.org) can be used as proof that your child has a disability, and can also lead to discounted entry to some attractions.

The **Cinema Exhibitors' Association Card** (0845 123 1292, www.ceacard.co.uk) costs £5.50 per year and enables people receiving Attendance Allowance or Disability Living Allowance to get one free ticket for someone accompanying them to the cinema.

The **Family Fund** (01904 621115, www.familyfund.org.uk) gives grants to low-income families who have a severely disabled child aged 17 or under, and this can include money for day trips and other activities.

Croydon Libraries (020 8276 6900, libraries@croydon.gov.uk) are free and have a range of free activities over the summer (25 July to 3 September) for babies, pre-schoolers, toddlers and young people.

Book Trail: choose from a fantastic selection of books on offer and enjoy reading lots of great stories. It's free to take part and there are rewards as you go such as badges, pencils and Circus Munglers trump cards! Pop into your local library and ask to join the Book Trail at any time during the dates above.

Bookstart Bear Club mornings: these are special mornings at the library with rhymes, stories and activities. It's free to join the Bookstart Bear Club to receive your passport, welcome certificate, bookmark and door hanger. Paw prints are stamped on the passport each time a child takes part in a Bear Club activity and there are more certificates to collect!

For more information on any of these activities visit your local library or call the number above.

Outings

Croydon Carers Centre (020 8688 7219, www.croydoncarers.org.uk) runs regular minibus trips for carers and the people they care for (charges apply). Parent carers are welcome to bring their child with them but should be aware that wheelchair users need to be able to transfer to access the coach, and the minibus is not able to take wheelchairs at all. The cost is £10 per person and departure is from outside Croydon Town Hall, leaving at 10am and returning at 5pm. Trips will be run on the following dates:

- 7 July, Southend
- 14 July, Kew Gardens
- 21 July, Eastbourne
- 28 July, Knole Park
- 4 August, Dover
- 11 August, Brighton
- 18 August, Portsmouth
- 25 August, Camber Sands.

Croydon Contacts (020 8645 9448, www.croydoncontacts.com) provides supported leisure for people with disabilities or additional needs. In order to take advantage of these clubs, you must become a member. This is easily done by calling the above number or by email to croydoncontacts@cornerstonehouse.org.uk. To book any of the outings, call the number above.

- **All Stars Drama Club** presents their show "We're All Going On A Summer Holiday" on Saturday 23 July at 7 pm. The show will take place at Cherry Orchard Grove, 171 St James' Road, Croydon CR0 2BY. Tickets are free but you must be a member and book in advance.
- **Cinema Club**, Sunday 3 July. Call the Thursday or Friday before the date shown by 2 pm to book a place. Discount available with a Freedom Pass.
- **Bowling Club**, 17, 19 July and 21 Aug 12 pm – 2.30 pm at Tenpin, Valley Park Leisure Complex, Hesterman Way, Croydon CR0 4YA. The cost of bowling is £4 but refreshments are extra.
- **Cycling Club** will be held on Saturday 16 and 20 August, 10.30 am – 12 pm at Croydon Sports Arena, Albert Road, South Norwood, SE25 4QL. Whether you are a beginner or a pro, there are bikes for you! Tricycles for wheelchair users will be provided.

Play Schemes & Sessions

Aiming High Saturday Club (020 8688 7560) is for children and young people aged 5-19 who have profound and multiple learning disabilities and/or complex medical needs. The club meets at Rutherford School, South Croydon, 10 am – 3 pm, and sessions may be available on Saturday 13 and 20 August. These dates are only provisional, so please call for more details.

Crossroads Care Croydon (020 8688 4499, www.croydoncrossroads.org.uk) runs a Saturday Club for children and young people with disabilities that will continue to run over the summer. The club offers a 10 am – 3 pm session for children aged 8 -18 who have physical disabilities, and an evening session from 6 - 9 pm, for 11 -18 year olds with learning disabilities. Sessions are £5, up until 20 August 2011.

Croydon Children's Club (07958 468 611) offers a four week programme commencing on Monday 25 July from 8.30 am – 6 pm. Activities include days out, arts & craft, sporting activities and cooking. It costs £20 a day or £80 a week. For more information please call the number above.

Croydon Housing Department (07788 718 678) has commissioned Summer Schemes to deliver a range of activities and play sessions for children over the school holiday. Staff will be experienced in working with children who have special needs.

- Play Rangers delivers play sessions in and around the Croydon area for one day a week.
- Summer Schemes will be running in the first two weeks of August. Mondays, Tuesdays, and Wednesdays, comprising of two sessions a day from 10 am – 12 pm and 1 pm – 3 pm. Sessions will include arts & craft, and outings culminating in a trip to Chessington on 17 August.

Please call Chris on the above number for more details on location and activities.

Croydon Playzone in Broad Green (020 8649 8441 ext 206) runs three play sessions a day for families with a child aged seven or under – if the child has a disability then the age limit is more flexible. The sensory room is open Mondays to Fridays (9.30 am – 11.30 pm), Saturdays (12 – 2 pm) and Sundays (2.30 – 4.30 pm). There will be a charge of £1 per session.

Horizon Care and Welfare Association (020 8665 0921, horizoncareandwelfare@hotmail.com) is offering free activities (mostly held at Cornerstone House) for children with disabilities aged 5-18 and their families this summer:

Thursday 27 July, day outing to Thorpe Park
 Tuesday 2 August, play activities 10 am – 1pm
 Thursday 11 August, play activities, 10 am – 1pm
 Saturday 13 August, picnic day, 12 pm – 3 pm
 Tuesday 30 August, children's party play zone at Kidspace, 12 pm – 2 pm.

National Play Day is on Wednesday 3 August and Croydon Council will be running an event, but at the time of publication the details had not been confirmed. Please refer to our website www.carersinfo.org.uk for updates, or call the Carers' Information Service on 020 8649 9339.

Selhurst Extended Schools Cluster (07825 899 564 or 0750 788 9148, esc@broadmead.croydon.sch.uk) is running a summer holiday programme of events for 5 – 12 year olds. Children with special needs are welcome – call to discuss your child's needs and to book a place for your child, you will need to request an application form and return it by Friday 15 July.

- **Art and crafts.** 10 am – 12 pm, Selhurst Children's Centre, 23 Dagnall Park SE25 5PL.
 - Week 1, Wednesday 27 to Friday 29 July at £10
 - Week 2, Wednesday 3 to Friday 5 August at £10
 - Week 3, Wednesday 10 to Friday 12 August at £10.

- **African Drumming.** 10 am – 12pm, Selhurst Children's Centre, 23 Dagnall Park, SE25 5PL.
 - Week 1, Wednesday 27 to Friday 29 July at £10
 - Week 2, Wednesday 3 to Friday 5 August at £10
 - Week 3, Wednesday 10 to Friday 12 August at £10.
- **Jewellery Workshop.** 10 am – 12 pm, Broadmead Primary School, 366 Sydenham Road CR0 2EA.
 - Week 1, Monday 25 to Wednesday 27 July at £10
 - Week 2, Monday 1 and Tuesday 2 August at £6.

Treetops Children's Centre (020 8689 8170) offers play sessions to children aged 6-12 with learning disabilities. To be eligible children need to have a statement of special educational needs, but do not need to attend a special needs school. Treetops will be open Monday to Friday over the school holidays: Tuesdays and Thursdays will be trips off-site (9.30 am – 4 pm) and Mondays, Wednesdays and Fridays will be play sessions at the centre (10 am – 3 pm). Before attending any sessions or trips with Treetops, children will need to be assessed, and the deadline for assessments for children wanting to attend sessions over the summer is Friday 15 July. There is a charge for play sessions and trips: the 9.30 am – 4 pm session is £15 and the 10 am – 3pm session is £12.

Sports & Leisure

Croydon has five main leisure centres:

- **Monks Hill Sports Centre**
Farnborough Avenue, South Croydon CR2 8HD, 020 8651 0984
www.fusion-lifestyle.com/centres/Monks_Hill_Sports_Centre
- **New Addington Leisure Centre**
Central Parade, New Addington CR0 0JB, 01689 842553
www.fusion-lifestyle.com/centres/New_Addington_Leisure_Centre
- **Purley Leisure Centre**
50 High Street, Purley CR8 2AA, 020 8668 7251
www.fusion-lifestyle.com/centres/Purley_Leisure_Centre
- **South Norwood Leisure Centre**
164 Portland Road, South Norwood SE25 4PT, 020 8662 9464
www.fusion-lifestyle.com/centres/South_Norwood_Leisure_Centre
- **Thornton Heath Leisure Centre**
100 The High Street, Thornton Heath CR7 8LF, 020 8689 5300
www.fusion-lifestyle.com/centres/Thornton_Heath_Leisure_Centre

Children under 16 can swim for free as part of the free swim initiative "Free Swim 4 Life" across all of Croydon's leisure centres, provided it is outside of school hours or during school holidays. There is a range of summer activities. Children will need a membership card - application forms are available from the leisure centres.

Cycling for All (020 7346 8482, www.wheelsforwellbeing.org.uk) offers children and adults with disabilities the opportunity to use tricycles and adapted bikes in a safe environment. During the summer, sessions will be held every Tuesday 10 am – 12.30 pm and Saturday 9.30 am to 12.30 pm at Croydon Sports Arena, apart from the following dates:

Tuesday 5 and 19 July 10 am – 12.30 pm at Brockwell Park

Saturday 9 July 9.30 am - 12.30 pm at Brockwell Park.

The following extra summer holiday sessions are specifically for disabled children, young people and their siblings from ages 4 to 19:

- Tuesday 26 July 2 pm – 4 pm
- Tuesday 2, 9, 16, 23 and 30 August, 2 pm – 4 pm.

The sessions are free and there is no need to book. To check if a session is running on the day call Croydon Sports Arena on 020 8654 3462 or 07806 334 770 at least 15 minutes before the session is due to start.

Croydon Sports Development Team (020 8760 5592) arranges activities throughout the summer period. At the time of publication, dates and venues have not yet been confirmed. Please do check our website www.carersinfo.org.uk for updates or call the Carers' Information Service on 020 8649 9339.

Saturn V Association of Gymnastic & Trampolining Clubs (07764 760 408, email: anti-gravity@saturnv.co.uk) offers a wide range of activities, from the ages of 2 years to adults. They have a Kindergym, Funfit classes and special needs trampolining for children, as follows:

Funfit combined gymnastic and trampolining classes for children from 4 years:

Wednesdays: 4 pm – 5 pm

Saturdays: 9 am – 10 am and 10 am – 11 am.

Kindergym combined gymnastic and trampolining classes for pre-school children from 2 ½ years:

Tuesdays: 12.45 pm – 1.15 pm, 1.15 pm – 1.45 pm and 1.45 pm – 2.15 pm

Wednesdays: 12.45 pm – 1.15 pm, 1.15 pm – 1.45 pm, 1.45 pm – 2.15 pm and 2.15 pm – 2.45 pm.

Trampolining from the age of 4 to adults:

Mondays: 4.30 – 5.30 pm and 8.30 – 9.30 pm for adults

Tuesdays: 4.30 – 5.30 pm and 5.30 – 6.30 pm

Wednesdays: 5 pm – 6 pm

Thursdays: 5.30 – 6.30 pm and 8.30 – 9.30 pm for adults

Fridays: 4 – 5 pm, 5 – 6 pm and 6 – 7 pm

Saturdays: 11 am – 12 pm, 12 pm – 1 pm and 1 – 2 pm.

Special needs classes for children; siblings are welcome:

Mondays: 5.30 pm – 6.30pm and 7.30 pm – 8.30pm

Wednesdays: 6 pm – 7 pm

Saturdays: 2 pm – 3 pm.

These activities take place in two venues in Caterham over the summer period: The Rebound Hall, William Road and de Stafford Sports Centre, Burntwood Lane.

Under Fives

There are over 20 children's centres in Croydon and all offer activities and services for children under five and their families. Children's centres are open during the summer, but the usual timetable of activities and services on offer may change, and some stay and play sessions may be open to children older than five. To find your local children's centre and for more information on what they offer call the Family Information Service (0845 1111 100, www.croydoncc.com).

Bourne Children's Centre Stay 'n' Play (020 8660 2714 or 07957 758 768) will be held from Wednesday 27 July to Friday 29 July 10.30 am – 12.30 pm at Roke Primary School, 51 Little Roke Road, Kenley CR8 5NF. Parents and carers can enjoy fun activities with their children (up to the age of 11) and explore some fantastic outdoor areas. Activities include arts and crafts, cooking, fun with computers, gardening, pond dipping, face painting, music and dance. Parents must be in attendance. There is no charge for this event.

Gingerbread Corner Stay 'n' Play (020 8683 3322, familysupport@gingerbreadcorner.co.uk) is held every Monday and Friday and the first Saturday of the month from 10am – 12pm. They have soft play areas, an outside area and a playroom. This event is free of charge and caters for babies and children up to the age of 8.

Oasis Academy Shirley Park Children's Centre (020 8655 5680) has a Chill, Chat and Play session for children under five with special needs. During the summer this will be on Fridays, 10 am – 12 pm. They also have a Stay and Play session on a Monday, Tuesday and Wednesday. This must be with parental supervision.

Toys To You (07800 777 037, www.pre-school.org.uk/croydon/toys-to-you) loans toys for free to Croydon families with pre-school age children. Over the summer, Toys To You will be hosting craft activities and play sessions at parks throughout Croydon (all sessions are from 10.30 am – 3 pm) on the following dates:

- Monday 25 July, Coulsdon Memorial Park
- Wednesday 27 July, Selsdon Recreation Ground
- Friday 29 July, Recreation Ground, Corner of Coombe Lane and Melville Avenue, South Croydon
- Tuesday 2 August, Ashburton Park
- Wednesday 3 August, Duppas Hill Recreation Ground
- Friday 5 August, Canterbury Road Recreation Ground
- Tuesday 9 August, Selsdon Recreation Ground
- Wednesday 10 August, Coulsdon Memorial Park.

Friday 12 August, Recreation Ground, Corner of Coombe Lane and Melville Avenue, South Croydon.

Workshops

AYDA Community Music (020 8239 0009, www.aydacentre.org) is running music workshops for children aged 8-18 with special educational needs. The workshops are held every Tuesday and Wednesday, 2 – 4 pm, at Day Lewis House, Thornton Heath, and sessions cost £5.

Centrepoint (020 8253 7064, www.centredon.org) will be running arts and crafts workshops for children aged 6-18 and 18+ with additional needs over the summer. The workshops will be held on selected afternoons (2.30 – 4.30 pm) at the CVA Resource Centre, and cost £5 each.

Young People

Club Soda (020 8253 1037, www.clubsoda.org.uk) will be presenting a Pirate Shipwreck Party on Friday 22 July 2011, 7 – 11 pm. This is a club night produced by and for people with learning disabilities, featuring the world's first Pop-Up Bubble Tea Cocktail Bar. Tickets are £7 on the door only, at Stanley Halls, South Norwood Hill SE25.

Champions Youth Club (07976 912915) is for children and young people aged 16 and over who have additional needs. Champions meet at the Timebridge Youth Centre, New Addington, and will be holding activity sessions and day trips over the summer.

Phab (01825 749 826, www.phab.org.uk) is a club that welcomes all 12 – 18 year olds at Croydon Youth Phab Club at Gingerbread Corner on fortnightly Saturdays, between 10 am – 4 pm. They offer a wide range of activities including arts & crafts, ICT, computer games, days out, drama, music, dance, cooking and the chance to take part in regional and national Phab events. If your child requires special care then you will need to stay with them. Phab also offers life-changing holidays. For more details please contact Janine Williams on the number above.

Whizz Kidz in Croydon (0800 151 3350 ambassadors@whizz-kidz.org.uk). Croydon Whizz-Kidz Ambassadors Club has been set up to offer young people aged 10 – 18 who have physical disabilities the chance to take part in a range of activities designed to be fun and to improve independence. The next meeting will take place on Saturday 27 July.

Zoom! (07906 276 202, zoom@spectrumarts.org) offers leisure opportunities for children and young people with additional needs, and has a range of activities running over the summer. It costs just £25 to take part in as many of the movie and drama club activities as you can fit in.

- Movie Club (9-13yrs): Saturday 9, 16 July, 10.15 am – 11.30 am
- Movie Club (14 – 19yrs): Saturday 9, 16 July, 2 pm – 3.15 pm
- Drama Club (9 – 13yrs): Saturday 9, 16 July, 11.45 am – 1 pm
- Drama Club (14 – 19yrs): Saturday 9, 16 July, 3.30pm – 5 pm
- Performance Group: Thursday 7, 14, 21 July, 4 – 6 pm
- Time Tunnel Show: Saturday 23 July at 3.30 pm
- Trip to The Tower of London: Saturday 27 July at 10 am.

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Written by the Carers' Information Service, July 2011.