


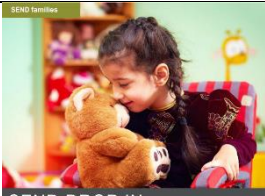





## SIGNPOSTING

	<p>The Local Offer lets parents and young people know what special educational needs and disability services are available in Hertfordshire, and who can access them. <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a></p> <p><a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a> Short breaks offers disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, and activities range from canoeing and computer skills to logo. You will need to register for Short Breaks (<a href="https://www.hertfordshire.gov.uk">hertfordshire.gov.uk SBLO Application Form</a>) See if you qualify : <a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a></p>
	<p>Hertfordshire Additional Needs Database</p> <p>Voluntary register of disabled children and young people aged 0-25. By joining you can get discounts at places around the county (and beyond) <a href="https://www.hertfordshire.gov.uk">Hertfordshire Additional Needs Database (HAND)</a></p>
	<div data-bbox="524 662 788 909">  <p>SEND Drop In</p> <p>1<sup>st</sup> Thursday in every month - 10.00 - 11.30am</p> <p>Chestnut Tree Family Centre, C/O Garden City Academy, Redburn Way, Letchworth Garden City SG9 9JZ</p> </div> <p>Hertfordshire Family Centre Service</p> <p>1<sup>st</sup> Thursday of each month, 10am to 11:30am Chestnut Tree Family Centre, Letchworth</p> <p><a href="https://www.hertsfamilycentres.org">North Herts Family Centre (hertsfamilycentres.org)</a></p>
	<p><a href="#">Services for Young People</a> Youth projects for young people with learning difficulties and/or learning disabilities.</p> <p>Services for Young People runs projects across Hertfordshire specifically for young people with mild to moderate learning difficulties and/or learning disabilities. See website for current information.</p>
<p><b>Phoenix Group for Deaf Children</b></p>	<p><a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a></p> <p><a href="#">About Us - The Phoenix Group for Deaf Children</a></p>
<p><b>Up on Downs</b></p>	<p><a href="#">Front Page - Up On Downs</a> A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters</p>
<p><b>Sibs</b></p>	<p><a href="#">YoungSibs - Sibs</a> For brothers and sisters of disabled children and adults</p> <p>Advice and support</p>

[Home \(nhdspl.org.uk\)](https://www.nhdspl.org.uk)

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<b>Herts Sports Disability Foundation</b>	<p>Various Activities - Lots of locations - Small Charge  <a href="https://hdsf.co.uk">Find an Activity - Herts Disability (hdsf.co.uk)</a></p>
<b>Mixed Ability Rugby Hertford RFC</b>  <a href="#">Hertford RFC Mixed Ability Rugby</a>	<p>Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby's sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.  For more information contact <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072</p>
<b>Junior Ability Counts Football</b>  Football – more dates coming soon – see website for details	<p>Open to any child 7-16 years old with a disability or special education need who is able to walk.  Mondays 5 to 6pm, 6 week course £18  5 June to 10 July  Book online: <a href="http://www.northhertsarena.co.uk">www.northhertsarena.co.uk</a>  Our Junior Ability Counts Courses for 7-16 year olds will start back up again in September, 5-6pm on Mondays (term-time only) and will be open to booking via our website closer to the time.</p>
<b>Letchworth Garden City Eagles Football</b> <a href="#">Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk)</a> Hertfordshire County Ground, Letchworth SG6 2EN <a href="#">Home (nhdspl.org.uk)</a> 07788 391 609	<p>Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. 7 to 15 Years. Wednesdays 4pm to 5pm FREE</p>
<b>FLYERZ HOCKEY</b> <a href="http://stalbahshc.co.uk">St. Albans HC Flyerz (stalbahshc.co.uk)</a> <a href="mailto:flyerzsahc@gmail.com">flyerzsahc@gmail.com</a>	<p>St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions, supported by St Albans Hockey  St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA  Sessions are Free of charge, FUN, relaxed, supportive, open to all abilities from age 5 upwards, Run on Sunday mornings during the club jnr training sessions</p>

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## ACTIVITIES, OUTDOOR AND LEISURE

	Charity based on Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children/young People (Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome amongst other conditions)	<a href="#">Welcome to Potential Kids - Potential Kids</a>
  See Eventbrite for all courses – these do get booked quickly	Supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions) Summer Holiday Activities: <a href="#">SPACE HERTFORDSHIRE Events   Eventbrite</a>	<a href="#">Events – SPACE Hertfordshire (spaceherts.org.uk)</a>
	<a href="#">Online Lego Club Tickets, Wed 2 Aug 2023 at 18:00   Eventbrite</a>	Online Lego Club
	<a href="#">Children's Pottery Painting Tickets, Thu 3 Aug 2023 at 10:00   Eventbrite</a>	Pottery Painting
	<a href="#">Children's Online Art - At The Beach Tickets, Fri 4 Aug 2023 at 17:00   Eventbrite</a>	Online Art
	<a href="#">SPACE to Drive Tickets, Sat 5 Aug 2023 at 11:30   Eventbrite</a>	SPACE to Drive
	<a href="#">SPACE Introduction to Golf Tickets, Sun 6 Aug 2023 at 16:15   Eventbrite</a>	Introduction to Golf
	<a href="#">Junior Online Cooking Tickets, Mon 7 Aug 2023 at 17:30   Eventbrite</a>	Jnr Online Cooking
	<a href="#">Teens Online Cooking Tickets, Mon 7 Aug 2023 at 18:45   Eventbrite</a>	Teens Online Cooking
	<a href="#">Children's Pottery Painting Tickets, Thu 10 Aug 2023 at 10:00   Eventbrite</a>	Pottery Paining
<b>Herts Disability Sports Foundation</b>	2 Wheel cycling 1-1 lesson – Baldock Limited spaces 24 July 10am to 11am or 1pm to 2pm Knights Templar Sports Centre (1 space left at 3/7/23). <a href="#">Find an Activity - Herts Disability (hdsf.co.uk)</a>	1-1 Cycling

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## ACTIVITIES, OUTDOOR AND LEISURE


<a href="#"><u><b>Aldenham Country Park</b></u></a>	Our Adventure Playground is open every weekend from 11:00-4:00pm for the general public with an exclusive SEND only session from 9:00-11:00am! There is so much to swing on, climb up, balance on, crawl through and zip down! Surrounded by nature it is the perfect place to visit. Either book online or pay at the door!	<a href="https://aldenhamcountrypark.co.uk/">https://aldenhamcountrypark.co.uk/</a>  <a href="#"><u>Welcome</u></a> <a href="#"><u>(aldenhamcountrypark.co.uk)</u></a>
<b>SEND Pavilion &amp; Playground</b> <a href="#"><u>SEND Pavillion</u></a> <a href="#"><u>(aldenhamcountrypark.co.uk)</u></a>  When open the outside Adventure Playground is reserved 9am to 11am for SEND exclusive play, other times are open to the general public. Parking not included.	To continue our support of the SEND community following free use during the school holidays, marking 10 years of Aldenham Renaissance managing the Country Park, we are offering half price sessions, 3 sessions daily lasting 2 hours, for up to 3 families, these can be booked <a href="#"><u>here</u></a> . <b>The SEND Pavilion is open on weekends and every day during school holidays! Opening of the Adventure Playground is subject to assessment of ground conditions. Opening times are updated <a href="#"><u>here</u></a> regularly.</b>	<b>SEND Play Session</b> A SEND play session at the Pavilion and Adventure Playground includes use of the inside <b>play centre</b> with sensory rooms, arts and crafts and lots of different toys. Plus the <b>outdoor adventure</b> play area (exclusive until 11am) with sand pits, a hobbit tunnel, climbing frames, a zip wire and more all for £6 per child. Our <b>indoor</b> facilities include a large main hall with arts and crafts, a reading area, toy boxes and soft play mats for children to enjoy and have fun in an unstructured environment. The main hall provides a versatile space which can accommodate a variety of possibilities including free play, creative activities and chill out area. The lighting allows different ambiances including coloured lights, bright work light and a softer option. Smaller rooms of the main hall provide a range of experiences, including sensory play and chill out space.
<b>PARADISE WILDLIFE PARK/ZOO</b>	Partnered with KultureCity® to enhance ability to assist and accommodate guests with sensory needs. Sensory bags containing special KCVIP badges, feeling thermometer, fidget tools and noise-cancelling headphones are available. Quiet areas.	

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## ACTIVITIES, OUTDOOR AND LEISURE

<b>GRAVITY TRAMPOLINE PARK - STEVENAGE</b>	<a href="#">SEN Sessions   Stevenage   Gravity Global (gravity-global.com)</a> Trampolining has been shown to help with a wide range of sensory, developmental and physical disabilities. The SEN session the whole park and it's facilities are made exclusively available to members of recognised disabled groups and societies and caters for a wide range of disabilities. Use code COMPCARER at the checkout for the 1x free carer with every SEN session.
<b>360 PLAY - STEVENAGE</b>  <a href="#">Children with SEND - 360 Play</a>	Does a child in your care have additional needs? Join in our exclusive fun sessions to meet new people and make new friends Sessions run from 3.30 to 5.30pm ( <i>this session is not exclusive but SEND children are welcome to come early and stay for the evening session for the same price</i> ). Evening session is exclusive and runs from 5.30 to 7.30pm. £8.95 per child, adults free – now booking online  Brothers, sisters and friends are all welcome to join in the fun with the freedom and comfort of knowing that the time is suited to them. Full use of all the facilities will keep even the most energetic children occupied. We accept Short Breaks Vouchers in Milton Keynes only. (These can be used on the day).
<b>Bury Lane Farm Fun Barn</b>	<div> <a href="#">SEN Sessions - Bury Lane</a> <a href="#">Sensory Room - Bury Lane</a> </div> <div> Selected Dates (not during Summer Holidays) Sensory Room See website for details and how to book </div>
<b>Train and Track Play</b>	<div> Large track, trains and cars. Train and Track Play is an organised session for children to integrate and socialise with other children though playing with toy trains and cars. <a href="#">Train and Track Play   Ware   Childrens play</a> </div> <div> See Website for dates and venues. </div>
	<div> Geek Retreat Stevenage  GR Stevenage is a safe space for all. Send a message about current events. Early July included Pokemon Kids Club, Dungeons and Dragons. <a href="mailto:stevenage.manager@geek-retreat.com">stevenage.manager@geek-retreat.com</a> </div> <div> Café Unit C1, Mulberry House, Park Place Plaza, Stevenage  01923 951153 </div>

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Delivering Special  
Provision Locally

## DRAMA & DANCE



### Heroes & Villains! (Youth) - Herts Inclusive Theatre ([hit-theatre.org.uk](http://hit-theatre.org.uk))

Heroes & Villains (Youth)  
Ages 12-18 – 14 August 2023 10am to 3pm

An action-packed day of drama!  
Inspired by your favourite heroes and villains, create characters, explore stage combat, and have fun!  
Brittain Way, Sheppall, Stevenage  
SG2 8UT  
Booking Essential



### Imagine & Move (Age guidance 3+)

Sensory movement classes using props, music and dance-based activities to improve social interaction and expand a child's imagination. Suitable for children who need to improve their social skills and awareness of self.

### Magic Movers (Age guidance 7+)

Creative dance classes using movement to explore dance styles and improve children's confidence in performing. Perfect for those who love to dance and express themselves!

Stevenage: Tuesdays Hampson Park Community Centre Imagine & Move: 4:30-5pm Magic Movers: 5:15-6pm	Hitchin: Wednesdays Westmill Community Centre Imagine & Move: 4-4:30pm Magic Movers: 4:45-5:45pm	Hertford: Thursdays Hertford Well-being Hub Imagine & Move: 3:45-4:10pm Magic Movers: 4:10-4:50pm	Biggleswade: Fridays Saxon Pool & Leisure Centre Imagine & Move: 4:30-5pm Magic Movers: 5-5:30pm
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BOOK: [info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com) | 07394 934911

## Biggleswade Summer Workshops



Tuesday 1st August & 22nd August  
Stratton Upper School, Biggleswade, SG18 8JB



### Sensory Movement | 10 - 10.45am (3+)

These workshops involve props, music, movement and sensory exploration. Aimed at those who need support from a carer/parent to participate



### Dance & Activity | 11.30 - 1.30pm (7+)

These workshops include dance, drama, games and arts and crafts! Participants must be able to participate independently without parent/carers present

All workshops  
FREE  
to attend!  
Limited spaces  
available

Book: [info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com) | 07394 934911



## Dance & Activity Workshops

Dance and Activity Workshops for ages 7-13  
Participants must be able to participate independently  
without parent/carers present

Just £5 per day

Free spaces for  
children in receipt of  
free school meals

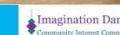
Hertford Wellbeing Hub | 27th July & 3rd August | 10am-12.30pm

Hampson Park Community Centre | 10th August | 10am-12.30pm

Pixmore Junior School | 17th & 24th August | 10am-12.30pm



Book: [info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com) | 07394 934911



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## SUMMER HOLIDAYS

**WEEK 1**

**INFORMATION AND BOOKING AT**  
**WWW.PHOENIXGROUP.ORG.UK**

**WEDNESDAY 26TH JULY**  
HARRY POTTER STUDIO TOUR: WATFORD  
FAMILIES OR OVER 8'S CAN  
ATTEND INDEPENDENTLY

£10 per member\*  
Please visit our website for more details regarding costs

**THURSDAY 27TH JULY**  
EARLY BIRDS (0-7)  
FRUIT PICKING & ACTIVITIES: GRAVELEY

£2 per member\*  
Siblings paid for on day - more details on our website

**FRIDAY 28TH JULY**  
PHOENIX PLUS (17+)  
OUTDOOR SWIMMING: HITCHIN  
WE MAY BE ABLE TO HELP WITH TRANSPORT, PLEASE ENQUIRE

£2.50 per member\*  
Please see our website for more details

\*A MEMBER IS DEFINED AS A HARD OF HEARING OR DEAF CHILD OR YOUNG PERSON AGED 0-30 YEARS

## SUMMER HOLIDAYS

**WEEK 2**

**INFORMATION AND BOOKING AT**  
**WWW.PHOENIXGROUP.ORG.UK**

**WEDNESDAY 2ND AUGUST**  
8-17 YEARS  
INDOOR CLIMBING: WATFORD

£5 per member\*  
Siblings £14.50 more details on our website

**WEDNESDAY 2ND AUGUST**  
YOUTH (11+)  
ESCAPE ROOM: WATFORD

£5 per member\*  
more details on our website

**THURSDAY 3RD AUGUST**  
PHOENIX PLUS, 17+  
MUDDY OBSTACLE COURSE: BALDOCK

£5 per member\*  
Transport support may be available please enquire

**FRIDAY 4TH AUGUST**  
FAMILIES OR OVER 8'S CAN ATTEND INDEPENDENTLY  
LIVE ANIMAL EXPERIENCE: STEVENAGE

£2 per member\*  
more details on our website

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## SUMMER HOLIDAYS

**WEEK 3**

**INFORMATION AND BOOKING AT**  
**WWW.PHOENIXGROUP.ORG.UK**

**WEDNESDAY 9TH AUGUST**  
8-17 YEARS  
MUDDY OBSTACLE COURSE

£5 per member\*  
more details on our website

**THURSDAY 10TH AUGUST**  
FAMILIES (SUITABLE FOR 0-11 YEARS)  
POOL & GAMES IN THE PARK: ST ALBANS

FREE! Bring picnic lunch. More details on our website

**FRIDAY 11TH AUGUST**  
PHOENIX PLUS 17+  
FRUIT PICKING AND SMOOTHIES GRAVELEY

£5 per member\*

WE MAY BE ABLE TO HELP WITH TRANSPORT, PLEASE ENQUIRE

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## SUMMER HOLIDAYS

**WEEK 4**

**INFORMATION AND BOOKING AT**  
**WWW.PHOENIXGROUP.ORG.UK**

**TUESDAY 15TH AUGUST**  
5-14 YEARS  
TRAMPOLINING CAMP: POTTERS BAR

£5 per member\*  
see website for more details

**WEDNESDAY 16TH AUGUST**  
CHESSINGTON WORLD OF ADVENTURE  
FAMILIES OR OVER 8'S CAN ATTEND INDEPENDENTLY

£10 refundable deposit per person, for activities see website for more details

**FRIDAY 18TH AUGUST**  
5-14 YEARS  
ST ALBANS - SKATEPARK & OTHER ACTIVITIES TO BE CONFIRMED

£3 per member\*  
see website for more details

**SATURDAY 19TH AUGUST**  
FAMILIES  
SPORTS IN THE PARK @ RIDLINS PARK, STEVENAGE

FREE! Bring picnic lunch. More details on our website

\*A MEMBER IS DEFINED AS A HARD OF HEARING OR DEAF CHILD OR YOUNG PERSON AGED 0-30 YEARS

## NEW LGBTQ+ ONLINE SESSIONS

**SAFE SPACE TO MEET  
LIKEMINDED PEOPLE**

**AGED 13-17 @ 5PM**

**AGED 18-30 @ 5.30PM**

**SESSIONS EVERY THURSDAY**


**BOOK ONLINE:  
WWW.PHOENIXGROUP.ORG.UK**

Home ([nhdspl.org.uk](http://nhdspl.org.uk))

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## SHOPPING

<b>M&amp;S Sensory Clothing</b> <a href="#">Adaptive Clothing for Kids   Assisted Dressing   M&amp;S (marksandspencer.com)</a>	<p>Our specially made Easy Dressing range includes hip dysplasia clothes, feeding tube clothing and zip-up bodysuits. With thoughtfully placed poppers and super-soft materials, our collection is all about comfort. Find sizes starting from newborn, going up to 16 years. There are pretty patterns and a variety of colours on offer, as well as handy multi-packs too</p>
<b>ASDA Adaptive Clothing</b> <a href="#">Adaptive Clothing For Kids   Adaptive School Uniform   George at ASDA</a>	<div>  <div> <b>SENSORY-KIND FABRICS</b>  <small>DESIGNED TO HELP KIDS WITH INDEPENDENT DRESSING</small> </div> </div> <p>You spoke and we listened, our Easy On Easy Wear clothing is designed to support independent dressing and sensory needs, keeping them happy and comfortable all day long</p>
<b>ASDA Quieter Hour</b>	<p>Stevenage offer this currently between 11am and 12pm Tuesdays.</p>
<b>Tesco Hidden Disabilities</b> <a href="#">Hidden disabilities – help with shopping in Tesco stores</a>	<p>In-store quiet hours            9am to 10am every Wednesday and Saturday, quiet hour in all stores. Reduced lighting in larger stores. See website for up to date information.            Shopping aids for autistic people, autism-friendly visual guide to shopping at Tesco, can be downloaded.</p>
<b>Morrisons Quieter Hour</b> <a href="#">Quieter Hour - Morrisons</a>	<p>Quieter Hour Saturdays 9am to 10am            Dim lights, music off, avoid tannoy announcements, reduce movements of trolleys/baskets, turn checkout beeps and other electrical noises down, poster for customers. Check with store for up to date information.</p>
<b>Smyths Toys – Autism &amp; Sensory Shopping Hour</b>	<p>Autism Friendly Shopping Hour            All stores 19 July 5pm to 6pm  <a href="#">In Store Events - Smyths Toys</a></p>
<p><b>Please check with the store you are visiting for up to date information.            Other stores may also offer this – check their websites and social media.</b></p>	

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