

**W**elcome to this final newsletter of the school term from Southwark's Autism Support Team.

Whilst schools will soon be closing their doors for the summer holidays, the Autism Support Team will still be available over the holidays via our weekday 9am-5pm telephone support service. We invite parents/carers to contact us should they wish to talk to a member of the team and receive advice or support related to their child.

Contact details for the telephone support service can be found: [here](#).

## Training

We have developed our training courses to be fully accessible on line.

- **Cygnets - parents of children over 5 years**
- **Next Steps - parents of pre-school children**
- **Toileting workshop— no age specific criteria**

**Should you wish to find out more, or request a place on a forthcoming course, please contact us on:**

[AutismSupportTeam@southwark.gov.uk](mailto:AutismSupportTeam@southwark.gov.uk)

## Visuals

[Here](#) is a link to Do2Learn that has visuals to support leisure activities

[Here](#) is a link to Twinkl with a free resource to make a daily schedule for home

[Here](#) is a Twinkl free visual fairy cake recipe—there are lots more free ones on the site

[Here](#) is a list from Twinkl of 100 fun indoor activities—how many can you get done?!

Salt dough is fun to make, use to make shapes, dry and paint [here's](#) a visual recipe

[Here](#) is a social story about returning to school



## Question Corner...

**Q:** Can I get some financial support with toys, equipment, outings, family breaks?

**A:** It's worth looking into the Family Fund

<https://www.familyfund.org.uk/>

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Family Fund provides grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers.

Read more about the eligibility criteria:

<https://www.familyfund.org.uk/FAQs/our-disability-criteria>

Moneysaving expert has a link to other grants and charities that can support [here](#)

Information of Southwark Foodbanks [here](#)

[Here](#) is a link to Buttle UK is a charity dedicated to helping children and young people who are in crisis reach their potential by providing small but targeted and effective interventions via our Chances for Children Grants

To be added to our newsletter mailing list [AutismSupportTeam@southwark.gov.uk](mailto:AutismSupportTeam@southwark.gov.uk)

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, use the email above.

# Outdoor fun!

## Ice cube melting game.

You each have an ice cube, you roll a dice and have different instruction to follow, quickest to melt their ice cube wins! [Here](#) is a print out for the game

## Sponge Relay Race

To play this game you need two big sponges, two buckets of water, two jars or beakers and two teams. Mark a fill point on the jars, and have each player dip the sponge in the water, run over to the jar and squeeze the sponge out to empty its water into the jar. The first team to fill their jar to the fill point wins.

## Water Balloon Spoon Race

This game is played like the classic egg-and-spoon relay race, only a bit more tricky by balancing a full water balloon on a wooden spoon.

## Scavenger Hunt

There are loads of free printable ideas for different scavenger hunts where children have to find all the items on their list for indoors and outdoors e.g. [here](#)- indoor and [here](#) - outdoor. You can go around taking photo of things in your house or local environment for the child to hunt. Older children can write a list of what they are going to try to find before they go out.

## Super Seven



Here are some fun activities to try at home and out and about!

- Have a picnic, either at the park, in the garden or on the carpet at home! Get the child involved planning and making the food
- Cooking together - links to kid recipes [here](#)
- Make ice paints: [here](#) is a link
- Outdoor phonics activities [here](#)
- Ideas on Sensory play [here](#)
- Set up an obstacle course, indoors or outdoors
- Towel toss games



## Links to other resources

PE and schools Network handout with lots of ideas for physical activities with children [here](#)

They also have a [YouTube](#) channel with videos

[Here](#) is a link to Families South East magazine with lots of ideas

BBC Bitesize Guide to lockdown for parents with SEND children [here](#)

### Lambeth and Southwark Summer Food and Fun

There will be 85 programmes for children of different ages and with different interests for an inclusive and holistic programme of nutritious meals and fun activities for children and young people (4-19 years old), their families and/or carers. The programmes will be held at local hubs or delivered remotely to accommodate social distancing guidance. Programme guide [here](#)

You can register for the programme [here](#)

Information on Free School Meals and who is eligible can be found [here](#)

Resources of Autism ideas for parents [here](#)