**SOME FUN PLACES TO GO:**

1. REFLEXIONS:

SUNDAY DROP IN PLAY SESSIONS (EVERY ALTERNATIVE SUNDAY)

WHERE: Hounslow Urban Farm  Faggs Road, Feltham Middlesex TW14 0LZ

Contact: 020 8893 2429

1. REDLEES:

SUNDAY DROP IN PLAY SESSIONS (EVERY ALTERNATIVE SUNDAY)

WHERE: Worton Road, Isleworth, TW7 6DW

Contact: 02085683650

1. Heathrow Gym:

PLAY AREA WITH SEPARATE SENSORY ROOM

WHERE: Heathrow Gymnastics Club, Green Lane, Hounslow, Middlesex TW4 6DH

Contact: <http://www.heathrowgymnastics.org.uk/>

 0208 569 5069

1. LOG CABIN:

CHILDRENS CENTRE FOR CHILDREN WITH SPECIAL NEEDS

WHERE: 259 Northfield Avenue Ealing, London, W5 4UA

Contact: 020 8840 3400, <http://www.logcabin.org.uk/>

1. HEATHROW SPECIAL NEEDS CENTRE:

HORSE RIDING FOR SN CHILDREN

WHERE: Bath Road, Longford, Middlesex, UB7 0EF

Contact: <http://www.heathrowspecialneedscentre.org/>

 01753 680330

Also check out these riding schools:

<https://www.wormwoodscrubsponycentre.org/>

and

<https://ealingridingschool.biz/>

1. Coral Reef Swimming Pool:

Not specifically SN but bound to be fun for most kids with or without SN

Where: Bracknell's Water World, Nine Mile Ride. Bracknell, Berkshire RG12 7JQ

Contact: <http://www.bracknell-forest.gov.uk/corallreefswimmingpools>

01344 862525

1. ZOOS/FARMS:

WHIPSNADE ZOO/London Zoo

Not specifically for SN but they have regular SN days

Odds Farm (great play area, open fields, manageable size)

Paradise Wildlife Park

Howletts Zoo/Port Lymph (has camping/glamping facilities

Woburn Safari Park (great play area)

1. Northala Fields

Fishing lessons are available for SN kids here!

1. Oxygen Free Jumping in Acton do SEN sessions, visit <https://oxygenfreejumping.co.uk/locations/acton/>
2. Vue Acton also have special shows at various times, visit [www.myvue.com](http://www.myvue.com)
3. British Transport Museum run special days and are generally great. Also watch out for special showings of various shows such as Aladdin and Lion King and at local theatres
4. 1Other Parks and areas include Black Park, Richmond Park, Dukes Meadow and Ravenscourt Park have paddling pools and the Ruislip Lido has a great artificial beach and water play area.

**SOME USEFUL SERVICES**

1. Contact a Family: Advise and support service

Contact a Family Ealing and Southall, St. Georges Community Centre, 8-12 Lancaster Road, Southall, UB1 1NW, 020 8571 6381, Fax: 020 8571 6400, ealingandsouthall@cafamily.org.uk
Contact a Family Ealing and Southall, Lido Centre, 63 Mattock Lane, W13 9LA

<http://www.cafamily.org.uk/advice-and-support/in-your-area/offices/ealing-and-southall/?s=w13+0ra&t=pc>

1. PESTS: Play and support group. They organise lots of training, activities and days out. See further details on <http://www.pests-ealing.org.uk/contact.htm> or call 020 8571 9954
2. Family Links service: Carers and sitting service designed for short breaks. Requires a referral. For further information see <http://www.ealing.gov.uk/info/200046/fostering_and_adoption/208/family_link_scheme>
3. Ealing Help: Useful local information website. See http://ealinghelp.org.uk/
4. I SAID: advocacy, information and support. This body can help you through the statement process, guide you on your rights and accompany you to meetings/appeals if needed. See <https://www.family-action.org.uk/isaid/> or call 020 8280 2251. Located at 63 Mattock Lane, London W13 9LA.
5. Nordoff Robbins: Music charity providing music therapy and classes. See <http://www.nordoff-robbins.org.uk> or call 020 7267 4496. Located in 2 Lissenden Gardens, London NW5 1PQ (Camden)
6. Ealing Music Therapy: Ealing based music charity offering classes every Saturday. See <http://www.ealingmusictherapy.org/>
7. Ealing Parent and Carer Forum: <http://www.epcf.org.uk/>
8. Ealing Local Offer , also on facebook under the same title
9. Ealing Carers Centre:

<https://www.carersuk.org/help-and-advice/get-support/local-support/ealing-carers-centre/>

**SOME OTHER RESOURCES AND INFORMATION**

1. National Autistic Society: Their helpline is amazing and their website has a whole host of great resources on it including information on various techniques, courses and shared examples. See <http://www.autism.org.uk>
2. Gina Davies Autism Centre: Courses, guidance and advice. See <http://www.ginadavies.co.uk/>
3. Peach: Support and advice along with a great helpline! See <http://www.peach.org.uk/index.php/about-peach/contact-peach/> or call 01344 882248
4. Get FREE passes for theme parks at [www.merlinsmagicwand.org](http://www.merlinsmagicwand.org)

REMEMBER most theme parks are able to give special passes to SN children so they do not have to wait in a queue AND one carer per child usually goes FREE. It is best to make such arrangements in advance though so always call ahead!

1. Apply for a CEA card to get free movie tickets for carers accompanying children with SN or disabilities. See <https://www.ceacard.co.uk/> for further details and how to apply.
2. If you are struggling to be able to afford private therapy or care for your child you may be able to obtain a grant from the Caudwell Charity. Visit <http://www.caudwellchildren.com/> or call 0845 300 1348 for further information.
3. The Family Fund provide grants for all sorts of things, including white goods and ipads, visit <https://www.familyfund.org.uk/>
4. Max Cards – lots of discounts available, apply via Ealing Parents and Carers Forum
5. Happy Days charity: fund trips and days out. Visit: <https://www.happydayscharity.org/>

**NOTES:**

* Most places will have a special queue so ask! Major attractions will usually allow the carer to go free (including cinema tickets!) upon production of a DLA letter.
* CONTACT and PESTS can help with completing DLA forms so do contact them if you need help with this.

*This document was produced by the Castlebar Parent Support Group and is intended for information only. Contact details for various organisations may have changed since the production of this document. Brentside has been given permission to use this document to share with parents.*