



Lets Unite for Autism Play Schemes(LUFA)

Play scheme must be arranged via the Short Breaks Co-ordinator and are subject to an assessment to ensure the project can meet individual needs.

Lets Unite for Autism playschemes are about having fun, trying new experiences, and spending time with friends. Playschemes also help children maintain skills and confidence that may be affected by being away from school.

Prospective young people and carers are invited to visit our centre before the playscheme starts. This will help us to know more about what your child needs to be able to come along safely and for you to understand how we will support your child and keep them safe.

Our specialist staff are happy to support the children and young people with any activities they would like to do.

For all young people the benefits of engaging in regular physical activity are well established. This is more important for children with additional needs who, in general, experience poorer physical health outcomes than other children of the same age. For young people who have a disability or disorder they are most likely isolated from their peers. This isolation has a direct knock-on effect on young minds, health, and wellbeing. There is also evidence pointing towards a relationship between physical activity and improved mental well-being, the development of problem-solving skills, and increased concentration and academic achievement among children with SEND. Young people explore, discover, and create as they play, developing social skills, learning to express their emotions, and gaining confidence in their own abilities at the same time. This session aims to stimulate and engage young people through fun and appropriate physical and sporting activities. We will work on improving strength, balance, co-ordination, and gross motor skills. Our sessions are varied to meet the needs of the children who attend.

Young people will get to enjoy a wide range of activities and games.
The activities will include centre based and community activities such as •Art •Drama
•Cookery •Music •Games•Theatres •Swimming •Local Sports Centres

Key information

Our playschemes run at the Round wood Youth Centre, 49 Longstone Ave, London NW10 3UN. Brent. London

SATURDAY CLUB

We run a Saturday Club for young people with Autism aged 7-16 years every Saturday during term time from 10am to 3pm.

If you would like your child to attend the Saturday Club, please register your interest by contacting us.

HOLIDAY PLAY SCHEME

We offer a play scheme for children with Autism aged 7-16 yrs, from 10 am to 3pm during the School Holidays and Half Terms.

Playscheme is open to all young people in Brent with learning disabilities and additional needs, including those without a diagnosis.

Bookings open for each playscheme 4 to 6 weeks before the start date.

Please bring a packed lunch, drink and any spare clothes, medicine and personal care supplies needed.

Ages

7 to 16 years old

Support levels

20 spaces are available for young people with one-to-one support and with two-to-one support.

The Play scheme runs 10 am to 3pm from Round wood Youth Centre, 49 Longstone Avenue London NW10 3UN. Brent

Costs

£55 per day, £27.50 for half day

£75 per day. (1:1) Support if needed

To secure a place for your child, advance booking and full payment is required.

Times and Dates

Monday to Friday 10:00am to 3:00pm

Easter holidays – 2 weeks

May half-term – 3 days

Summer holidays – 4 weeks

October holidays – 1 week

Activities across all three schemes include:

1. Dance/Drama workshops
2. Arts workshops
3. Music workshops
4. Story telling workshops
5. Dressing up
6. Sports with coaches
7. Cooking
8. Independent and life skills
9. Mental health and wellbeing sessions
10. Museums
11. Cinema
12. Parks
13. Adventure playgrounds
14. Farm visits
15. Swimming
16. Seaside trips

Healthy snack

A healthy snack and refreshments are provided during the lunchbreak

Enquiries:

Phone: 07525481655

Email: info@letsuniteforautism.org

Website: www.letsuniteforautism.org