



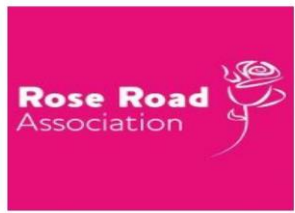
For Southampton Parents/Carers of Children  
with disabilities/special needs

# Buzz Network Newsletter Winter into Spring 2017



**In this winter into spring edition of the Buzz Newsletter we offer you our latest Fun Activities to enjoy over the February half term and beyond as well as News and Highlights of up and coming events!**

## The Southampton Parent Carer Forum By Claire Pritchard, Forum Coordinator



I'm over the moon to say that the forum is going from strength to strength. We currently have 35 official forum members and a provisional steering group ready to go with upcoming projects and work streams. All members of the steering group have had their "Participation Training" and the majority have now been issued with their induction packs and name badges.

All of the training we are organising is based around the participation side of the forum and to encourage parents and carers to join us and make a difference. From our recent session alone, we signed up another 6 parent/carers to the forum 😊 As this was such a popular session, we are hoping to hold a second one in the next 4-6 weeks.

I share regular updates on Facebook and Twitter so make sure you are connected with us to keep in the loop.

Email us:  
[clairepritchard@roseroad.org.uk](mailto:clairepritchard@roseroad.org.uk)



<https://twitter.com/sotonpcf>



<https://www.facebook.com/southamptonparentcarerforum/>



## Social Media – Join the Buzz Network Facebook



The Buzz Network is on Facebook! More and more of you are joining and sharing information. Check us out at <https://www.facebook.com/groups/sccbuzznetwork/members> and keep up with current and new activities, offers and events!

**Full details of services running over the winter into Spring Period are given in the Activity List attached to this Newsletter.**

You can also search for the Buzz Network or short break activities on the Southampton Local Offer website at: <http://sid.southampton.gov.uk/>

# Play Schemes and Community Based Activities

Find out more from a few of our Community Based Providers offering Short Breaks for your children during 2017/18.

## Fluid Motion Theatre Company

### *Southampton Showstoppers Youth Theatre*

We are dedicated to providing fun and interactive drama sessions, particularly aimed for members of Buzz Network. We aim to develop the creativity of each child, build confidence and create high quality arts experiences that inspire and engage. Our youth theatre has given young people in Southampton the chance to work practically to express and develop their passion for theatre. Our workshops have also helped to develop participant's social and communication skills as well as offering an exciting extension to their education within drama and performing arts. Youth Theatre runs on Tuesdays (during term time) from 4.00pm - 5.30pm for children aged 8-13. Sign up now to become part of this unique and beneficial programme.



# Avon Tyrrell Buzz Family Fun Days and Buzz Family Residentials

## Summary of Activity

Join us at Avon Tyrrell for one of our Buzz Fun days and experience a whole range of exciting outdoor activities with the whole family. We welcome all ages and have dates over the February half term (20<sup>th</sup> 23<sup>rd</sup>, 25<sup>th</sup> and 26<sup>th</sup>) and through-out 2017!

Our supportive environment and friendly staff will encourage you to take on new activities from our high ropes course and climbing wall for the more adventurous, or if you would prefer to keep your feet on the ground we have a whole range of options including Archery and Bush craft.

Enjoy a hot lunch together with the chance to meet new people and make new friends before heading back out for more activities.

Our staff are on hand throughout the day to offer support and advice, so gain confidence, improve communication, achieve something new and share your experience. Your day at Avon Tyrrell is just that – your day and we guarantee you will make lasting memories.

We have fun days throughout the year as well as residential weekends for the whole family, where you can really relax, enjoy and immerse yourself into the Avon Tyrrell experience.

## Cost:

Fun Day – is just £15 per child (1 x adult free)

Residential stay is just £55 per person (various budgeting solutions are available so please discuss when you enquire).

## Transport:

Pick up offered from train station

**Please contact** Helen Smith on direct dial 01425 672347 or email her on [Helensmith@ukyouth.org](mailto:Helensmith@ukyouth.org)



## Other Groups and News

### Re:minds



A parent-led support group for families of children with autism or mental health Issues

Founded with mutual support in mind, our aim is to allow people whose children face similar issues to meet up in an informal setting to share knowledge and talk about any issues they are facing.

You can email Gill Waring at [re.mindssouthampton@gmail.com](mailto:re.mindssouthampton@gmail.com) for more information.

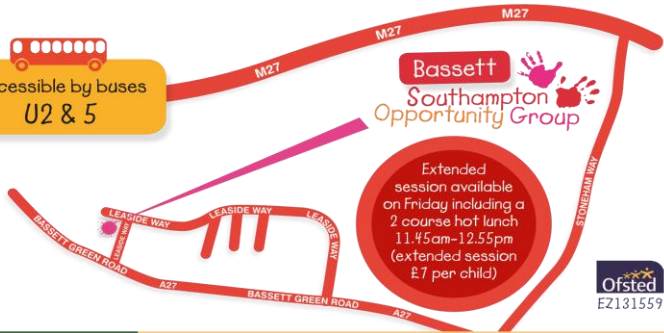
Please come along to: St James Road Methodist Church, St James Road, Southampton, SO15 5HE on 17<sup>th</sup> February, 31<sup>st</sup> March, 28<sup>th</sup> April, 26<sup>th</sup> May and 30<sup>th</sup> June for a chat over tea and coffee.

BASSETT

Hardmoor Early Years Centre, Leaside Way, SO16 3EP  
Wed & Fri morning 9.15am - 11.45am

Contact Ann Waterman on 023 8055 2220  
or admin@southamptonopportunitygroup.org

Accessible by buses  
U2 & 5



Bassett  
Southamptton  
Opportunity Group

Extended session available on Friday including a 2 course hot lunch 11.45am-12.55pm (extended session £7 per child)



THORNHILL

Thornhill Sure Start Centre, Byron Road, SO19 6FH  
Mon 9.00am - 11.30am

Contact Jeni Griffith on 07503 559691  
or admin@southamptonopportunitygroup.org

Accessible by buses  
3 & 18



Thornhill  
Southamptton  
Opportunity Group



# Southampton Opportunity Group

Helping children with additional needs and their families  
Aged 0-5 years



[www.southamptonopportunitygroup.org](http://www.southamptonopportunitygroup.org)

Charity no: 1095448

"We love it. It's a godsend, the workers are very welcoming. It's just brilliant."

Parent reporting to Ofsted inspector, Ref No. 302238 URN EY445629.

"He has great support here and so do I. It is the best place in the world, he is making such a lot of progress."

Parent reporting to Ofsted inspector

## Saturday Club

Every other Sat  
9.15am - 12.15pm

Booking is required and will cost £5 per child per session

## Cost

A small charge (£3 per child) is made to help the cost of running the group, which is mostly met by charitable donations.

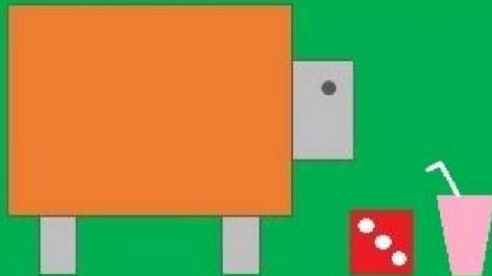
Southampton Opportunity Group is a registered charity set up to support parents and provide activities for babies and children aged 0-5 years, with additional and special needs. Based at Hardmoor Early Years Centre in Bassett Green, Millbrook and Thornhill. At Bassett Green children can access:

- a large well equipped play area
- a multi sensory room
- soft play
- extensive outdoor grounds and facilities

The Group is staffed by experienced and qualified staff and a team of volunteers.

Parents and carers will find a friendly welcome and can get advice and support from other parents, staff and visiting professionals on such issues as learning, communication, behaviour, sleeping, toileting and assessing your child's learning needs. You can also leave your child at the Opportunity Group, for a much needed short break or to try different activities in a safe space.

Southampton Opportunity Group



MINECRAFT AND MELTDO

WNS

# FUN FRIDAYS

Bring your whole family for a coffee and meet members of **Aspergers Adventures –Minecraft and Meltdowns**.

Plus, from Dobble to Warhammer, the expert Games Masters from Board in the City will help you rediscover how fun board games can be.

Only £1 each to access the huge games library.

**6 - 8 PM AT BOARD IN THE CITY**

38 - 40 Onslow Road, Southampton, SO14 0JG



Barista style coffee

\*

WIFI

\*

Meepcraft demos

\*

Homemade food and drinks

\*

Gluten-free and vegan options

\*

Quiet room

\*

Be yourself!

## UPCOMING DATES

2017

17<sup>th</sup> Jan (4-8pm)

3<sup>rd</sup> March

17<sup>th</sup> March

31<sup>st</sup> March

14<sup>th</sup> April (4-8pm)

28<sup>th</sup> April

12<sup>th</sup> May

## Southampton City Council – Central Library offers Autism Friendly “Chill Out” sessions

Southampton Libraries were successful in a bid to the Autism Innovation Fund for a number of things which included; improvements to the environment in our Seminar Room to make it more attractive, welcoming and accommodating for group activities for people with autism, large format books, story sacks and sensory equipment.

We have just started an initial programme of Autism Friendly “Chill Out” sessions at Central Library, the first session was held on the 5<sup>th</sup> November.

For the Chill Out Sessions we set up the Seminar Room on the first floor, with low lighting, blinds are drawn and we utilise our large piece of Sensory Equipment which has a bubble tube, projector and fibre optics, other portable equipment, Bean Bags, books, story sacks are laid out in an informal way to create a comfortable calm space for families to use, either to stay in or dip in and out of as they use the full range of library resources and services elsewhere in the building.



Information is available through our Webpages, City News, the Libraries Facebook and Twitter account. The Chill Out Sessions in the Seminar Room are drop in and scheduled for the following dates:

Saturday 4<sup>th</sup> March      11.00 -1.00

Saturday 1<sup>st</sup> April      11.00 -1.00

We will also welcome chewys, ear defenders, pushchairs and any other aids. A social story and shoe park will be available. For more information please do not hesitate to contact Siobhan McGarrigle - Reading, Young People and Area East Manager, **Southampton City Council** on Tel: 023 8083 2595 or [siobhan.mcgarrigle@southampton.gov.uk](mailto:siobhan.mcgarrigle@southampton.gov.uk)





# Café Down the Lane

187A Portswood Rd, Southampton SO17 2NF. Telephone 023 8058 4088

[www.southamptonmencap.org](http://www.southamptonmencap.org)

A social enterprise run by local people with learning disabilities

Superb  
service

Serving scrumptious  
snacks and scones,  
delicious coffee and a  
range of teas

Guest entertainment  
Occasional craft stalls  
New ideas welcomed

Wednesdays  
12.00pm to  
3.30pm

Regular special offers  
Carers Card discounts



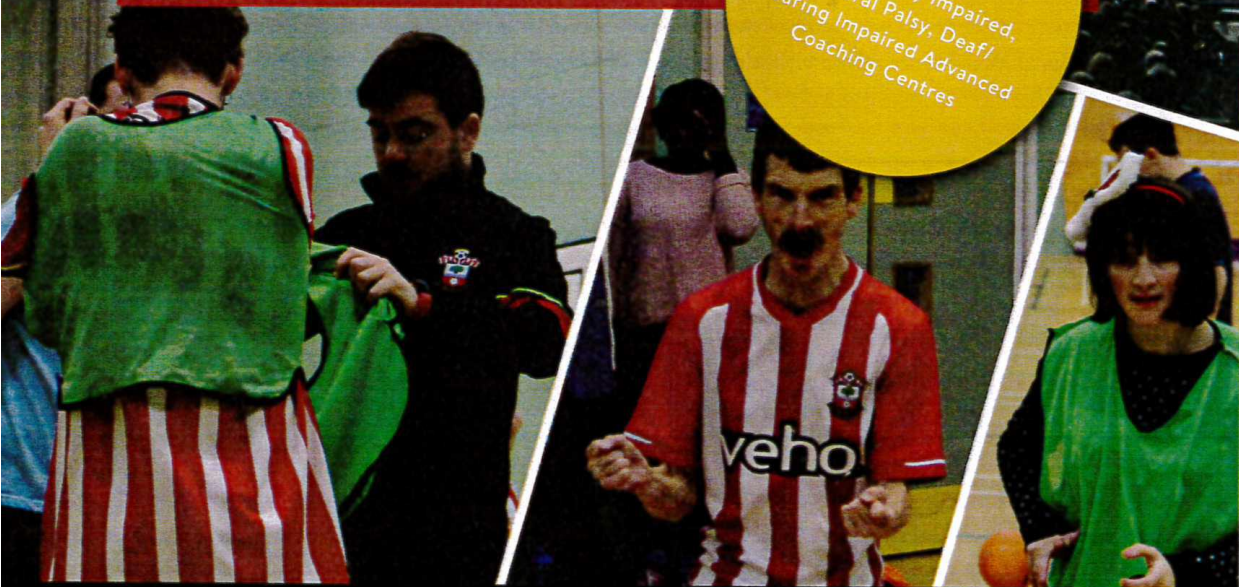
# SAINTSABILITY INCLUSIVE COMMUNITY SESSIONS

Engaging activities for young people and adults with disabilities and/or additional needs. All abilities welcome.

Open to all ages and abilities

**COMING SOON**

Blind, Visually Impaired,  
Cerebral Palsy, Deaf/  
Hearing Impaired Advanced  
Coaching Centres



WE DO MORE THAN FOOTBALL. FIND OUT ABOUT OUR PERSONAL  
DEVELOPMENT PROGRAMME INTO EMPLOYMENT.

For more information please call Mike Pink on 02380 711923 or email [mpink@saintsfc.co.uk](mailto:mpink@saintsfc.co.uk)

# Accessible Adventure

Do something great this February!

**Mon**  
20 Feb

**Wed**  
22 Feb

**Sat**  
25 Feb

**Sun**  
26 Feb

Archery  
Shelter Building  
High Ropes  
Bushcraft  
Pioneering  
Low Ropes  
Problem Solving  
Climbing



## Day Includes

3 x Activities  
Hot Lunch

Pick ups from Hinton Station



**£15**pp  
1 x FREE  
Parent place

**For more information, please contact Helen**

info@ukyouth.org | 01425 672347 | avontyrrell.org.uk

Avon Tyrrell Outdoor Centre, Bransgore, BH23 8EE



for Southampton Parents/Carers of Children with disabilities/special needs

## BUZZ NETWORK SHORT BREAK ACTIVITY LIST Winter into Spring 2017



### One2One Service

<b>One2One Providers:</b>	<b>Kids Direct, Rose Road, Smile Support &amp; Care and Rainbow Trust</b>
<b>Activity Name:</b>	One2One Service
<b>Summary of activity:</b>	<p>Short breaks provide children and young people with disabilities/additional needs an opportunity to spend time away from their parents/carers, engage in fun activities, and enjoy time with their friends. These breaks can provide positive experiences for children and young people, by encouraging friendships, participation in social activities, new experiences and nurtures relationships with parents and carers.</p> <p>The above named providers offer parents/carers a break from their caring responsibilities and time to spend with other family members and to catch-up on daily tasks.</p> <p>Everyone receives the same allocation of 52 hours per year. 26 hours can be used between April 2016 and the end of September 2016, a further 26 hours can be used between October 2016 and the end March 2017.</p>
<b>Location:</b>	In home setting or in the community
<b>Date/time:</b>	As agreed with your chosen provider
<b>Age groups:</b>	0-19 years
<b>Disabilities supported:</b>	All disabilities or additional needs
<b>Cost:</b>	The buzz network pays for the support works time however if any activities are accessed or transport provided then parents/carers will be asked to pay for this.
<b>Transport:</b>	Providers usually offer transportation but parents/carers will need to pay for this. Where needed car child seats should be provided by parents/carers
<b>Contact Name and information:</b>	<p><b>If you are not accessing the One2One service and you would like to do so please contact the Buzz Network Co-ordinator, Julie Le Marquand.</b></p> <p><b>Kids Direct (for all children with disabilities or special needs)</b> Tel: 01329 242952 or email <a href="mailto:Kate.Ellis@kids.org.uk">Kate.Ellis@kids.org.uk</a></p> <p><b>Rose Road (for children with multiple and complex health needs)</b> Tel: 023 8072 1221 or email <a href="mailto:ClaireFisher@RoseRoad.org.uk">ClaireFisher@RoseRoad.org.uk</a></p> <p><b>SMILE Support and Care (for all children with disabilities or special needs including those with complex health needs)</b> Tel: 023 8061 6215 or email <a href="mailto:julie.bishop@smilesupport.org.uk">julie.bishop@smilesupport.org.uk</a></p> <p><b>Rainbow Trust (for children with a life threatening or terminal illness)</b> Tel: 023 8023 2129 or email <a href="mailto:Dawn.pond@rainbowtrust.org.uk">Dawn.pond@rainbowtrust.org.uk</a></p>

## Play-schemes

<b>Organisation Name:</b>	<b>Southampton Mencap</b>
<b>Activity Name:</b>	Southampton Mencap FairPlay
<b>Summary of activity:</b>	Saturday clubs and holiday playschemes situated at the Mencap Centre. We provide a variety of fun activities differentiated to the needs of our members.
<b>Location:</b>	Mencap Centre, Portswood, SO17 2NF
<b>Date/time:</b>	<p><b><u>FairPlay Saturday Club</u></b></p> <p>Alternate Saturdays during term time: Fairplay Junior Club (9.30am-1.30pm) and Fairplay Teen Club (2.30pm-6.30pm).</p> <p><b><u>FairPlay Holiday Schemes</u></b></p> <p>Various play scheme days taking place during the school holidays</p> <p>Our February Half Term playscheme is now full but we can still take reservations in the event of cancellations. We are also taking bookings for the Easter Holidays, and there are plenty of spaces still available for these days.</p> <p><b>Mixed Ages (5-17) February Half Term Dates</b> Monday 20<sup>th</sup> February – 9.30-4.30pm plus breakfast club from 8.30am</p> <p><b>Junior Scheme Easter Dates:</b> Monday 10<sup>th</sup> April– 9.30am-4.30pm plus breakfast club from 8.30am Tuesday 11<sup>th</sup> April – 9.30am-4.30pm plus breakfast club from 8.30am Tuesday 18<sup>th</sup> April– 9.30am-4.30pm plus breakfast club from 8.30am Wednesday 19<sup>th</sup> April – 9.30am-4.30pm plus breakfast club from 8.30am</p> <p><b>Teen Scheme Easter Dates:</b> Wednesday 12<sup>th</sup> April – 9.30am-4.30pm plus breakfast club from 8.30am Thursday 13<sup>th</sup> April – 9.30am-4.30pm plus breakfast club from 8.30am Thursday 20<sup>th</sup> April– 9.30am-4.30pm plus breakfast club from 8.30am Friday 21<sup>st</sup> April – 9.30am-4.30pm plus breakfast club from 8.30am</p> <p>We will be providing plenty of fun and physical activities to mark Spring and Easter during these sessions. Your child will enjoy cooking, messy play, arts and crafts, sensory activities and sports and games in our lovely garden and sensory activities in a supportive environment.</p>
<b>Age groups:</b>	FairPlay Junior: 5-11 years FairPlay Teen: 11-17 years (school transfer age to senior school)
<b>Disabilities supported:</b>	Moderate to severe learning disabilities and associated physical, sensory, behavioural or complex health needs.
<b>Cost:</b>	Fairplay Saturday Club - £6 per session

	FairPlay Holiday Schemes - £10.50 per day. We now run a breakfast club service from 8.30am for an additional £5 per session, should you wish to use this.
<b>Transport:</b>	Considered in exceptional circumstances only in full consultation with care managers at a cost of £2 per journey.
<b>Contact Name:</b>	Elly Iles Activities Manager
<b>Contact Number and email:</b>	Tel: 02380 584088 Email: <a href="mailto:activities@southamptonmencap.co.uk">activities@southamptonmencap.co.uk</a> or <a href="mailto:e.iles@southamptonmencap.co.uk">e.iles@southamptonmencap.co.uk</a>

<b>Organisation Name:</b>	<b>The Rose Road Association</b>
<b>Activity Name:</b>	The Bradbury Holiday Scheme
<b>Summary of activity:</b>	The Activity schemes run throughout the year during the school holidays with a wide range of free flow play, structured activities and fun trips out.
<b>Location:</b>	Bradbury Centre, 300 Alder Moor Road, Southampton, SO16 5NA
<b>Date/time:</b>	The Bradbury schemes are running over the December break on the following dates:  <b>Ages 6-16 years</b> 20 <sup>th</sup> Feb 21 <sup>st</sup> Feb <b>Ages 16-19 years</b> 22 <sup>nd</sup> Feb 23 <sup>rd</sup> Feb
<b>Age groups:</b>	6 - 16 years & 16 - 19 years.
<b>Disabilities supported:</b>	All children and young people with disabilities and additional needs welcome.
<b>Cost:</b>	9am – 5pm: £24 10am – 3pm: £18.00 10am – 4pm (trips out): £40
<b>Transport:</b>	Not available
<b>Contact Name:</b>	Claire Headington – Services Coordinator
<b>Contact Number and email:</b>	Tel: 02380 721210 Mobile: 07823 353887 Email: <a href="mailto:claireheadington@roseroad.org.uk">claireheadington@roseroad.org.uk</a>

<b>Organisation Name:</b>	<b>The Rose Road Association</b>
<b>Activity Name:</b>	The Cedar Saturday Club
<b>Summary of activity:</b>	The Activity schemes run throughout the year during term-time with a wide range of free flow play, structured activities and fun trips out.
<b>Location:</b>	Redbridge Lane, Nursling, Southampton, SO16 0XN
<b>Date/time:</b>	Saturdays – fortnightly  11 <sup>th</sup> Feb 25 <sup>th</sup> Feb Session Times: 10am to 4pm
<b>Age groups:</b>	6 - 16 years
<b>Disabilities supported:</b>	All children and young people with disabilities and additional needs welcome.
<b>Cost:</b>	10am – 4pm: £18
<b>Transport:</b>	Not available
<b>Contact Name:</b>	Claire Headington – Services Coordinator
<b>Contact Number and email:</b>	Tel: 02380 721210 Mobile: 07823 353887 Email: <a href="mailto:activities@roseroad.org.uk">activities@roseroad.org.uk</a>



## Community Activities

<b>Organisation Name:</b>	<b>No Limits</b>
<b>Activity Name:</b>	Time 4U
<b>Summary of activity:</b>	A weekly Young People's Youth group. Activities include a focus on the challenges of teenage life, fun and creative games including cooking, art, music and drama, off site visits and team games and sports.
<b>Location:</b>	No Limits 13 The High Street Southampton SO14 2DF
<b>Date/time:</b>	Monday evenings 5.30 – 7.30pm
<b>Age groups:</b>	11 – 18 years old
<b>Disabilities supported:</b>	Available to young people on the Autistic Spectrum, who have learning difficulties or display challenging behaviour.
<b>Cost:</b>	£2 per session
<b>Transport:</b>	Not available to the group.
<b>Contact Name:</b>	Leanne White, Team Leader or Jayne Reeves, Manager
<b>Contact Number and email:</b>	Tel: 02380 224 224  <a href="mailto:Leanne.white@nolimitshelp.org.uk">Leanne.white@nolimitshelp.org.uk</a>  <a href="mailto:Jayne.reeves@nolimitshelp.org.uk">Jayne.reeves@nolimitshelp.org.uk</a>

<b>UK Youth (Avon Tyrell)</b>	
<b>Activity Name:</b>	Buzz Family Fun Days Buzz Family Residentials
<b>Summary of activity:</b>	<p>Join us at Avon Tyrell for one of our Buzz Fun days and experience a whole range of exciting outdoor activities with the whole family.</p> <p>Our supportive environment and friendly staff will encourage you to take on new activities from our high ropes course and climbing wall for the more adventurous, or if you would prefer to keep your feet on the ground we have a whole range of options including Archery and Bush craft.</p> <p>Enjoy a hot lunch together with the chance to meet new people and make new friends before heading back out for more activities.</p> <p>Our staff are on hand throughout the day to offer support and advice, so gain confidence, improve communication, achieve something new and share your experience. Your day at Avon Tyrell is just that – your day and we guarantee you will make lasting memories.</p> <p>We have fun days throughout the year as well as residential weekends for the whole family, where you can really relax, enjoy and immerse yourself into the Avon Tyrell experience.</p>
<b>Location:</b>	Avon Tyrell Outdoor Activities Centre, Bransgore
	Winter into Spring sessions (9am – 3:30pm) Feb 2017: 20 <sup>th</sup> , 23 <sup>rd</sup> , 25 <sup>th</sup> 26 <sup>th</sup> Various Dates throughout 2017
<b>Age groups:</b>	All ages
<b>Disabilities supported:</b>	All young people with disabilities are welcomed.
<b>Cost:</b>	Fun Day = £15 per child (1 x adult free) Residential = £55 per person (various budgeting solutions are available)
<b>Transport:</b>	Pick up Pick up from train station
<b>Contact Name:</b>	Helen Smith
<b>Contact Number and email:</b>	Helensmith@ukyouth.org Direct Dial 01425 672347

<b>Organisation Name:</b>	<b>Fluid Motion Youth Theatre</b>
<b>Activity Name:</b>	Southampton Showstoppers!
<b>Summary of activity:</b>	<p>GET IN ON THE ACT!</p> <p>If you have a yearning to be creative and develop your drama skills - our exciting and interactive Youth Theatre is perfect for you.</p> <p>Mime, mask, puppetry, script writing and costume design are just some of the many activities you will get to take part in.</p> <p>As well as gaining confidence and team work skills, our weekly sessions give you the opportunity to work alongside experienced performers to produce high quality, imaginative and original productions.</p> <p>Our Youth Theatre runs on Tuesdays (during term time) from 4.00pm - 5.30pm for children aged 8-13. Sign up now to become part of this unique and beneficial programme.</p>
<b>Location:</b>	Kanes Hill Primary School, Thornhill
<b>Date/time:</b>	Every Tuesday (during term time) 4pm – 5:30pm
<b>Age groups:</b>	8-16 Year Olds
<b>Disabilities supported:</b>	These activities will be targeted mainly at children and young people with autism, ADHD and/or challenging behaviour.
<b>Cost:</b>	£4 per session (first session is free)
<b>Transport:</b>	Not available.
<b>Contact Name:</b>	Josh Dixon
<b>Contact Number and email:</b>	<p>Tel: 01256 423836 or 07540079897</p> <p>Email: <a href="mailto:josh@fluidmotiontheatre.co.uk">josh@fluidmotiontheatre.co.uk</a></p>

<b>Organisation Name:</b>	<b>SoCo Music Project</b>
<b>Activity Name:</b>	Sonic Explorers!
<b>Summary of activity:</b>	Come and make some noise with SoCo Music Project! We'll be providing a range of music making activities including song writing, performance and music technology. No experience necessary to join in the fun.
<b>Location:</b>	Various locations across the city including Thornhill, Woolston, Central Southampton and Cedar School.
<b>Date/time:</b>	Autumn Half Term, Easter and Summer Holidays. Dates will be confirmed very soon but you can get in touch now to register your interest. Sessions will run for 2 hours in the morning and 2 hours in the afternoon.
<b>Age groups:</b>	Juniors - Morning Sessions Teens - Afternoon Sessions
<b>Disabilities supported:</b>	Additional needs including mild to moderate learning disabilities. We do not offer 1:1 personal care but welcome carers and family members to attend.
<b>Cost:</b>	£3 per session
<b>Transport:</b>	Not available
<b>Contact Name:</b>	Marie Negus
<b>Contact Number and email:</b>	Tel: 07988 683544 Email: <a href="mailto:marie@socomusicproject.org.uk">marie@socomusicproject.org.uk</a>

<b>Organisation Name:</b>	<b>Active Nation</b>
<b>Activity Name:</b>	Buzz Network Swimming Club
<b>Summary of activity:</b>	The session is aimed at children with a disability and families to access recreational swimming and water activities. Coaching is provided by an ASA level 2 swim teacher for those who are unable to swim or lack water confidence. Free refreshments will be provided at the end of each session for participants and parents to access in a social setting.
<b>Location:</b>	Quays Swimming & Diving Complex, 27 Harbour Parade, Southampton, SO15 1BA.
<b>Date/time:</b>	Tuesdays, 4pm - 5pm (term time only)
<b>Age groups:</b>	5 years old and over.
<b>Disabilities supported:</b>	We can offer all children with a disability the opportunity to try swimming. We have radar changing rooms & a chair hoist to help participants enter the water.  There may be a restriction on those we can accommodate on a regular basis if one to one support is required when in the water. If one to one support is required we ask that participants bring their support with them to each session.
<b>Cost:</b>	£3 per session - first session is FREE.

<b>Transport:</b>	Not available
<b>Contact Name:</b>	Max Bradbury-Knight, Partnerships & Projects Manager
<b>Contact Number and email:</b>	Tel: 07760 880 917 Email: <a href="mailto:max.bradbury-knight@activenation.org.uk">max.bradbury-knight@activenation.org.uk</a>

<b>Organisation Name:</b>	<b>Active Nation</b>
<b>Activity Name:</b>	Buzz Network Active Adventure
<b>Summary of activity:</b>	Why not come and join us for an Active Adventure. This multi activity programme provides a range of different adventurous activities each session. We run the Active Adventure days during all school holidays throughout the year.
<b>Location:</b>	Woodmill, Woodmill Lane, Swaythling, Southampton, SO18 2JR
<b>Date/time:</b>	Various School Holidays and weekends throughout the Year – get in touch to find out more!
<b>Age groups:</b>	5 years old and over.
<b>Disabilities supported:</b>	We can offer all children with a disability the opportunity to try adaptive sessions.
<b>Cost:</b>	Just £5 per session - first session is FREE.
<b>Transport:</b>	Not available
<b>Contact Name:</b>	Max Bradbury-Knight, Partnership Lead Pre-booking is essential.
<b>Contact Number and email:</b>	Tel: 07760 880 917 Email: <a href="mailto:max.bradbury-knight@activenation.org.uk">max.bradbury-knight@activenation.org.uk</a>

<b>Organisation Name:</b>	<b>Active Nation</b>
<b>Activity Name:</b>	Inclusive Ski Club
<b>Summary of activity:</b>	Our inclusive Ski sessions are a great opportunity to participate in skiing whatever your child's ability. Sessions are all geared around strapping on some ski's and having a go. Our qualified instructors tailor the sessions to the needs/abilities of our supporter's. We have Beginner and Improver groups out on the slopes Monday afternoons from 4.30pm.
<b>Location:</b>	Southampton Alpine Snowsports Centre, Thornhill Road, Bassett, Southampton, SO16 7AY.
<b>Date/time:</b>	Mondays 4.30-6.00pm (term time only)
<b>Age groups:</b>	5 years old and over
<b>Disabilities supported:</b>	We can offer all children with a disability the opportunity to try an adaptive ski sessions. Please contact us to discuss your child's needs.
<b>Cost:</b>	£6 per session
<b>Transport:</b>	Not available

<b>Contact Name:</b>	Karen Platt Pre-booking is essential.
<b>Contact Number and email:</b>	Tel: 0300 0200135, option 1 Email: <a href="mailto:Karen.platt@activenation.org.uk">Karen.platt@activenation.org.uk</a>
<b>Contact Number and email:</b>	Tel: 07760 880 917 Email: <a href="mailto:max.bradbury-knight@activenation.org.uk">max.bradbury-knight@activenation.org.uk</a>

<b>Organisation Name:</b>	<b>Action for Blind People</b>
<b>Activity Name:</b>	Living with Sight Loss Workshops and Actionnaires Club
<b>Summary of activity:</b>	The monthly Actionnaires events are open to any child and young person aged 5-16 years who is a resident or schools in Southampton, Portsmouth or Hampshire, with a vision impairment and their families. The events include sports, independent living skills and arts and crafts and are all chosen by the children and young people who attend. The events are often free or a small donation is requested.
<b>Location:</b>	Roaming within Hampshire but with guaranteed events taking place in Southampton on a regular basis.
<b>Date/time:</b>	Typically 3 <sup>rd</sup> Saturday of the month. Times vary but typically a morning start.
<b>Age groups:</b>	5-16 years.
<b>Disabilities supported:</b>	Children and young people with vision impairment.
<b>Cost:</b>	The event is part of the Hampshire Actionnaires and is free to attend for any visually impaired child or young person aged 5-16. There are limited spaces and so will be filled on a first come first served basis, although siblings or a friend are welcome at all actionnaires events priority will be given to visually impaired children and young people.
<b>Transport:</b>	Not available (assistance is available for vision impaired parents of children with sight loss).
<b>Contact Name:</b>	To book a place for your child at the Actionnaires events please call or email Activity Co-coordinator, Rebecca Bartlett
<b>Contact Number and email:</b>	Tel: 07889 644817 or <a href="mailto:Rebecca.bartlett@actionforblindpeople.org.uk">Rebecca.bartlett@actionforblindpeople.org.uk</a> to book your place.