SEN activities in the Lewisham Borough and beyond;

- AirThrill London have a quiet/sen session Sunday mornings 10.30am. Great physical activity. The lights are on, music off and numbers limited.

- Oxygen Freejumping (O2) have peaceful play sessions:

Term Time

Wednesday’s 3.00pm – 5.00pm (Pay for a 1 hour session, can enjoy as much of that 2 hours as you wish)

Sunday’s 5.00pm – 6.00pm <https://oxygenfreejumping.co.uk/activities/peaceful-play-autism-friendly/>

- Gravity Bluewater SEN sessions on Sundays at 9am and Thursdays at 4pm. “The lights come up and the sounds go down at our relaxed SEN sessions when the whole Gravity park is open exclusively for members of recognised disabled groups.”

<https://www.gravity-uk.com/bluewater-dartford/activities/sen-sessions>

- AIM, Autistic Inclusive Meets, is a not-for-profit organisation created by autistic people to enable families with autistic children, and autistic individuals to get out into the community and socialise in an accepting, inclusive environment with like-minded peers. They hold groups from toddlers to adult, find them on their website.

<https://autisticinclusivemeets.org>

-Youth first 8yrs+, youth club, here’s a link to the locations and how to contact <https://www.youthfirst.org.uk/work/open-access>

- Drumbeats Tom Tom group- Term time Tuesdays 9.30am-11.10am under 5’s;

<https://s3-eu-west-1.amazonaws.com/production-eu-west-1/user_store/2539768/user/9n8XmBaUPw?AWSAccessKeyId=AKIAXSFB2UMTD5BGZCOE&Expires=1642059432&Signature=kph0K05z4230ry4GqQa1%2BKyiTwE%3D>

- National Maritime Museum Greenwich;

•SENsory Sailors, once a month sensory play session for children with special educational needs <https://www.rmg.co.uk/whats-on/national-maritime-museum/sensory-sailors>

•Saturday art club for 13-16yrs: <https://www.rmg.co.uk/whats-on/national-maritime-museum/saturday-art-club> (not sen specific but all abilities welcome)

•Young advisors group 14-18yrs <https://www.rmg.co.uk/schools-communities/young-advisors-group> (not sen specific but all abilities welcome)

- Tower Bridge, relaxed opening once a month on a Saturday 10.30/10.50/11.10am start times (we’ve done this and highly recommend it, lovely day out and super friendly staff). <https://www.towerbridge.org.uk/your-visit/whats-on/relaxed-opening>

- Hollywood Bowl Surrey Quays & o2 Greenwich. No change in environment but they have a reduced rate for disabled customers and carers, all day Monday/Tuesday/Wednesday, before 6pm Thursdays and Fridays. Only available between 9am-11am during February, October and December School Holidays. <https://www.hollywoodbowl.co.uk/concessions>

- Cinema

•Vue - Autism Friendly screenings

“We host autism friendly screenings on the last Sunday of every month at all sites except West End. These autism friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in autism friendly cinema.” <https://www.myvue.com/legal/accessibility>

•Odeon, various dates/times dependant on the venue location <https://www.odeon.co.uk/accessibility/autism-friendly/>

• Showcase Cinema, 2nd Sunday of every month <https://www.showcasecinemas.co.uk/events/autism-friendly>

•Greenwich Picture house, Autism-Friendly screenings run on the third Sunday of each month and tickets are £3 per person. <https://www.picturehouses.com/cinema/greenwich-picturehouse/accessibility>

- Science Museum, they run an inclusive session (a very early one mind 🤦🏻‍♀️) suitable for ages 4-15yrs, various dates that get confirmed (sign up for updates). <https://www.sciencemuseum.org.uk/see-and-do/early-birds>

- Natural History Museum London: Dawnosaurs, relaxed  morning visit 8-10am. Dates available a few times a year <https://www.nhm.ac.uk/events/dawnosaurs.html>

- London Transport Museum, they run sen focused sessions but it’s not entirely clear how to book as they don’t specify the dates or time so definitely ring to book (children under 18 are free and a carer goes free too so it’s a great free day out) 😊 <https://www.ltmuseum.co.uk/visit/families/families-send>

- 20th Forest Hill SEN Scout group 8-18years <https://join.southlondonscouts.org.uk/map/20th-forest-hill-scout-group>

- The Albany Theatre, this theatre prides its self in being accessible for all <https://www.thealbany.org.uk/accessibility/>

- If you like theatre then this is a fab website to find accessible dates for all shows in London 😊 <https://officiallondontheatre.com/access/>

- Legoland, ride access pass. This is a brilliant pass which allows families with disabled children to visit without the stress of queues. You can apply for the pass which allows you to go straight onto a ride without the queuing (you do then have a hold on the next use for the amount of time the queue was for). Also carers go free with a disabled guest 😊 <https://www.legoland.co.uk/plan-your-day/before-you-visit/accessibility/theme-park-accessibility/ride-access-pass/> Once accepted this pass is for use at LEGOLAND Windsor Resort, Thorpe Park Resort, Chessington World of Adventures Resort and Alton Towers Resort for 2 years.

- I’ve found a great discount website, full of money off codes and other savings <https://discountsforcarers.com>

- The Cinema Society; gives discounts of up to 40% off! Using discount for carers website you can copy the access code then go to the website to register [https://discountsforcarers.com/offer?offer=carers-cinema-tickets-up-to-40-carers-discount-20319&listingPosition=1&reveal\_code=SsppphRbG2XPEUHL1CYjOdhl0vuEHGvFIHLR344v&offer\_variant=null#](https://discountsforcarers.com/offer?offer=carers-cinema-tickets-up-to-40-carers-discount-20319&listingPosition=1&reveal_code=SsppphRbG2XPEUHL1CYjOdhl0vuEHGvFIHLR344v&offer_variant=null)

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