



What's On?

Play and leisure for children and young people with additional needs in and around the Enfield Area

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Our Voice

The information in this guide has been collated by Our Voice, the Parent Carer Forum for the London Borough of Enfield.

We are a parent-carer-led team, who work with parents and carers, as well as the statutory (Local Authority and Health Services) and voluntary sectors to improve services for children and young people with disabilities or special educational needs (SEND), aged 0 -25, in the London Borough of Enfield. You can see more information about what we do on our website at https://www.ourvoiceenfield.org.uk/about_us

We also run our own programme of events including family fun days (usually once a term) and other family events, as well as information and discussion events for parents and carers. Our most popular events are usually booked very quickly after opening, by the members of our mailing list.

If you are the parent carer of a child or young person with SEND we recommend that you sign up to our mailing list to be kept up to date with the latest news and developments – including our own events and other SEND-specific or inclusive play and leisure opportunities. You can do this either by emailing us at info@ourvoiceenfield.org.uk (please include your full name as well as your email address) or signing up via our website https://www.ourvoiceenfield.org.uk/contact_us

Introduction

In this update, we give you news of some of the events and activities for children and young people with SEND, in (or close) to the Enfield area as well as some days out in London and nearby.

This guide covers activities that are normally ongoing throughout term time. Some but not all continue during school holidays, but we normally publish a separate guide before each holiday to highlight any activities happening then, including one-off holiday specials.

We have included information about activities and days out. Some of these are specifically aimed at children and young people with additional needs and others are more general but may be suitable for some. Please do check individual websites and talk to the venues/organisers if you are not sure whether something may be suitable.

Whilst every effort has been made to ensure that this information is accurate, we would recommend that you check with individual venues and providers in advance of any visit. Our website also includes some [activities to keep your child entertained at home](#) which may be useful.

We will update this guide with any other relevant information, so if you do hear of something that you think would be useful for other families, do let us know (contact details are at the end of this update).

‘Local Offer’ information

The Local Offer is the Local Authority website bringing together information about all aspects of provision for children with Special Educational Needs and Disabilities (SEND). It contains a section on [activities and things to do](#) and information about [‘Short Breaks’](#)

More information is in the attached [Enfield Children and Young Person’s Service Guide for parents and carers](#) on local free and affordable activities. There is also information about [accessible toilets and changing facilities](#).

General Guidance

Visiting a new venue can be a daunting experience if you have children with either physical disabilities or sensory impairments. From issues around wheelchair access and accessible toilets to combating your child's anxieties over an unfamiliar environment, the relevant information isn't always easy to find. The [AccessAble](#) website gives detailed (and free) information about the accessibility of thousands of venues in the UK - including more than 200 in the Borough of Enfield. The information is available in an easy-read format (often useful if you want to look at it with your child/young person) as well as a variety of different languages. Please do note however that some information may have changed as a result of the pandemic, so do check directly with the venue as appropriate. You may also find these guides useful: London attractions: [Accessible attractions - London Attraction - visitlondon.com](#) Rough Guide to Accessible Britain <https://www.motability.co.uk/news/rough-guide-to-accessible-britain/> Accessible days out Disability Horizons [10 accessible days out across the UK for disabled people \(disabilityhorizons.com\)](#)

School holidays - Playschemes and other activities

The Local Authority publishes a booklet setting out playschemes and activities for the school holidays. The most recent version of this can be found on the Local Offer [here](#) (entitled Holiday Play and Leisure activities booklet) along with additional information about playschemes and after-school clubs.

The booklet includes specialist playschemes (including ALWA, Centre 404 VIP and Cheviots), inclusive playschemes like Endorphins, and other activities. You can see presentations from some of these providers on our website [here](#) as well as an overview from the Joint Service for Disabled Children, who manage 'Short Breaks' in Enfield.



The next dates will be during the Easter school holidays

The HAF Programme



The HAF Programme is generally open to any children who qualify for free school meals and provides free activities and meals during the Easter, Christmas and Summer school holidays. Details [here](#).

It is not a SEND-specific programme, and only a very limited number of activities are described as suitable for children with disabilities, although we are in discussions with the programme organisers to try to improve this.

However, it is possible to add a filter to show activities 'suitable for those with a disability'. To do this, go to the website, click the 'Find Activity' button, click 'show filters' and on the 'about the activity' drop-down menu you will see a box marked 'suitable for those with a disability'.

The next dates will be for one week during the Easter holidays and HAF vouchers will be sent out to parents and carers of eligible Enfield Children and Young people. Contact your child's school if you think you are eligible but have not previously received vouchers

Sensory play



Sensory room at Enfield Town Library

Enfield Town Library has a small sensory space for children which is open to the public on Mondays from 10 am to 12 pm, as well as being available to book for private use. For details of sessions see <https://www.facebook.com/enfieldlibrary> or email enfieldtownlibraryhub@enfield.gov.uk

Sensory play for under 5s at the Barbican Centre

‘Squish space’ is a sensory play space at the Barbican for children aged 5 and under, and their families. Sessions take place on selected days from 10 a.m. to 2 or 3 p.m.

Squish Space is currently closed will be returning towards the end of March – check the website for details.

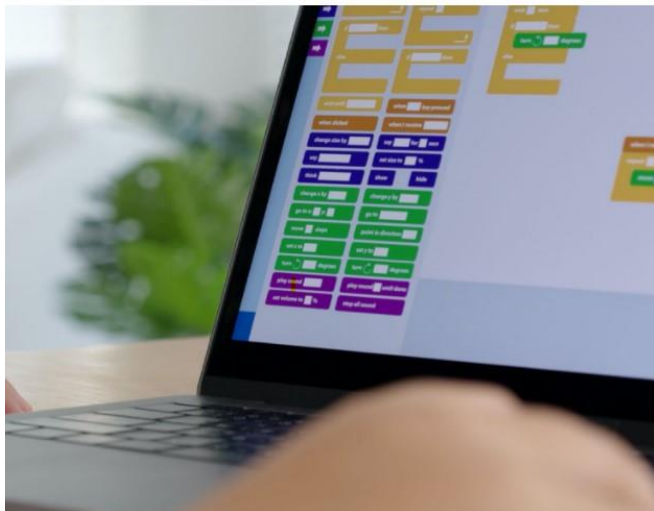
For more details and to pre-book your free space, see the website [here](#). Places are limited and pre-booking is essential.

For any questions, contact Creative.learning@barbican.org.uk



SEND Coding sessions

Ignite Hubs is a volunteer-run charity providing hubs and online learning platforms for children and young people.



Their online SEND sessions teach coding using Scratch. The sessions are for young people with SEND between ages 7 and 13 and are designed and developed by SEND professionals and staffed by specially chosen and trained volunteers, and the sessions operate in small groups (5-6 maximum) and enable learning at your child’s pace, with the flexibility to take breaks. Parents are welcome to sit in and play an active part in the sessions.

Sessions are every Tuesday from 6 – 7 pm. Your child can attend a single taster session with no obligation to continue.

More information and registration link [here](#).

Sports

Leisure services in Enfield have recently been taken over by a new provider and they are currently looking at their provision, including SEND specific activities. Our Voice has met with them, and encouraged them to broaden their SEND provision, and we await more information on what will be provided.

Concessionary membership rates are available for children and young people with disabilities – the Junior Inclusive rate for under 18s is £15 per month, and the Inclusive Rate (for 18 and over) is £25 per month. Details and joining [here](#) (scroll down to the bottom of the page).

Swimming sessions

Disability-friendly family swimming sessions, where the whole family can swim with the young person with disabilities currently take place:



- o At the Albany Leisure Centre every Saturday 2.45 to 3.45 pm. Further details [here](#) and book via [this page](#) (select the correct date to see the booking link)
- o At the Southbury Leisure Centre starting from 10th March, Sundays 3 -4 pm. Further details and the booking link [here](#) (booking will be live from 29th February).

The cost is £3.60 per session per person (adult or child) or free as part of a Better HF membership.

The leisure centres are looking at adding inclusive swim lessons to their offering, but do not yet have a date for this.

(Note: Edmonton Leisure Centre is currently closed for health and safety reasons, so their disability-friendly swim sessions on Sunday mornings are currently suspended)

Supported gym sessions

Inclusive gym sessions will be available at Southbury Leisure Centre from 7th March.

Adults and young people will be able to exercise with the support needed from one of the Centre's dedicated fitness instructors.

Sessions start at £3.30 per session or free as part of a Better HF membership.

Further details and the booking link [here](#) (booking will be live from 29th February).



Disability Tennis

WANT TO PLAY TENNIS?

Disability Tennis
for teens and adults
An opportunity for anyone with a disability; visible or not to play tennis.

Come and join us

Kenmare Gardens
Palmers Green
N13 5DR
Saturdays 12:30 - 1:30pm



We have adaptive equipment and our club is wheelchair friendly.

WANT TO KNOW MORE:
Text Anne 0780 395 2180

SATURDAYS 12:30 - 1:30 pm (restarting 19th Jan 2024)
Mayfield Tennis Club, Kenmare Garden, Palmers Green, N13 5DR

Are you neurodiverse or have a visible disability and fancy trying your hand at tennis?

No racket needed; we have them.

No experience needed; we have coaches.

You don't need to be able to play tennis; we have volunteers to meet your needs;

No worries about access; we have wheelchair access and accessible bathrooms.

We have brand new fabulous astro turf courts. Great for wheelchairs, safe and good for knees!!!

Tea, coffee, and cake for afterwards These sessions are FREE.

Not sure if it's for you? Why not pop down and take a look, have a chat or give Anne a call to find out more: tel 0780 395 2180

All-ability cycling

Drop-in, all-ability cycling sessions take place at Bush Hill Park on Mondays from 10 am to 3 pm next to the Public Outdoor Gym in the Park, closest entrance on Cecil Avenue EN1 1 PA.

The sessions are designed for people from age 5 upwards with learning, physical and/or sensory disabilities to enjoy cycling on a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles. After being shown how to use the cycles by the friendly volunteers and staff, attendees are free to cycle around the park or green space with their friends, family or carer. Please note that one-to-one support is not available, but parents and carers are encouraged to ride alongside the people they are supporting. As sessions are popular and there are only a limited number of bikes (particularly those suitable for children) you may have to wait for the bike that you want to use to become available. If possible, you may prefer to visit in the afternoon which is normally quieter. Full details on the Enfield tab at <https://www.bikeworks.org.uk/all-ability-clubs/> New dates are awaited. If you have any questions, please email all.ability@bikeworks.org.uk



You might also want to check out Charlotte's tandems at <http://charlottestandems.weebly.com/> - they provide free tandem 'hire' for people with disabilities or additional needs, who are unable to ride a bike safely on their own. Tandems can be collected from Potters Bar (and many other locations) and are usually hired for around 2 months (sometimes more)

Sports at home

The NHS Change4Life activities website includes a page [here](#) on sports and games for disabled children that you can do at home or in the garden.

Trampolining relaxed sessions

SEND sessions at Jump In Trampoline Park currently run on Monday evenings from 6 – 7 pm

See our flyer on the left and the Jump In website [here](#) for more information and booking.



Trampolining - relaxed sessions

Our Voice in conjunction with ENAS

Every **Monday 6 – 7 pm** (exclusive SEN session).

Venue: Jump In, 22, Lumina Park, Lumina Way, Enfield, EN1 1 FS

Cost £12 per child (siblings welcome at the same price) and carers go free (show ID at check in).

Please pre-book your place at

<https://gojumpin.com/adventure-park-enfield/trampoline-park/sen-trampoline-session/>



**Every Monday
6 – 7 pm**

**At: Jump In, 22,
Lumina Park, Lumina
Way, Enfield, EN1 1 FS**

**Parents are
responsible for their
own children at all
times.**

**Please contact Jump In
directly with any
queries at
01926 356290 or
hello@gojumpin.com**

[Book here](#)

Relaxed sessions are designed specifically for children with additional needs and their families. Numbers are capped and there is no music and reduced lighting to avoid glare.

You will need to fill in a waiver form (which you can do online before arrival), and your child will need to watch the safety video before the session.

Inclusive football

PAN-DISABILITY & INCLUSIVE FOOTBALL

Come and join the fun at Omonia Youth FC's Pan Disability and inclusive football sessions! Our qualified coaches are dedicated to providing a positive and inclusive experience for all players, regardless of ability. At our sessions, you'll have opportunity to learn new skills, make new friends, and be a part of a team. Don't miss out on this opportunity to enjoy the beautiful game with us at Omonia Youth FC!

Boys & Girls Ages 8-16

Contact Mary on 07973135285 or Email: info@omniayouthfc.com

EVERY TUESDAY 6.00PM - 7.00PM

omniayouthfc.com @omniayouthfc @omniayouthfc1994

ACCREDITED CLUB PART OF ENGLAND FOOTBALL wildcats GIRLS FOOTBALL CLUB NIKE PARTNER CLUB The FA FOR ALL

Omonia Youth Football Club are looking for more players to join their pan-disability football sessions every Tuesday at Southgate School Hall.

Contact Mary on 07973 135285 or email info@omniayouthfc.com for more information.

Enfield Town Disabilities Football Club also run free sessions every Saturday from 10 am to 12 pm at the 3G pitches, Enfield Playing Fields, Donkey Lane, EN1 3PL.

For more information see etfcommunity.co.uk or contact Paul Busson on 07908 776150 or Alfie Russell on 07843 816244

Enfield Town Disabilities Football Club

Free sessions at the 3G Pitches on Enfield Playing Fields, Donkey Lane, EN1 3PL

Saturday Mornings 10am-12pm

All Disabilities Welcome. Ages 14 and upwards

For further information, contact Paul Busson on 07908 776150 or Alfie Russell on 07843 816244

@fc_enfield @etdfc etfcommunity.co.uk

Cinema

Use your CEA card when visiting the cinema with a disabled child, to get a free ticket for an accompanying adult – see [here](#) for information.

Both Cineworld Enfield and Odeon Lee Valley offer regular relaxed showings of current films, which are featured in the Our Voice weekly ‘What’s New’ update. You can also see details of showings coming up on the [Dimensions website](#)

To find audio-described or subtitled showings of films at Cineworld Enfield, click [here](#) and select either audio-described or subtitled.

Next relaxed (and audio-described) session at Cineworld Enfield will be a showing of Kung Fu Panda 4 (PG) on Saturday 6th April at 11 am. Bookings [here](#)

Inclusive Theatre

Go live theatre projects provide access to theatre visits, drama workshops and stage tours for individuals who are disabled and/or neurodiverse. These include:

[Envision](#) – a multisensory theatre experience for blind and partially sighted young people aged 6 – 25 and their carers/parents (or teachers).

[Bespoke theatre for D/deaf and hard of hearing](#) young people including drama workshops, stage tours and captioned or BSL interpreted performances of leading productions.

[Relaxed performances](#) specially adapted for people with autism, learning difficulties and other communication needs.

There are frequent offers for a wide range of popular London shows, usually at significantly discounted prices. Tickets often sell out quickly, but you can sign up for their regular briefing emails using any of the links above, to make sure that you hear about new events as quickly as possible.

Chickenshed

Chickenshed is an Inclusive theatre company with a strong focus on supporting individuals with SEND. For details of all their current events and activities see the Chickenshed events page [here](#). Venue: **Chickenshed**, Chase Side, Southgate, N14 4PE, UK. Programmes usually include:

- Sunday Shed – inclusive workshops in acting, dance, art and more for all ages.
- ‘Tales from the Shed’ – 40-minute shows aimed at children aged 0- 6 years. These are lively interactive shows aimed at children aged 0 -6.
- Planet Play - fun and interactive sensory sessions aimed at babies and toddlers aged 0-3 years.

Face Front (inclusion through Theatre)

Face Front is an inclusive theatre group that runs art projects and workshops for disabled (physical, sensory and learning impairments, invisible disabilities and mental health issues) and non-disabled young people and adults to improve confidence, reduce isolation and gain arts and social skills.

- [Bridge](#) acting group – open to families and adults of all abilities, drama, dance and music – acts as a bridge to the other groups below. Tuesdays 5 – 7 p.m. at Face Front Studio, Edmonton Green.
- [DDM](#) performing arts group for disabled young people age 14 -18 Weds 4-6 pm, Market Square, Edmonton
- [Broken Silence](#) disabled adults drama group, Wednesdays term-time 1 -3 pm at Park Avenue
- [Interaction](#) – all ages group for disabled and non-disabled individuals Thur 5 -7.30 Ponders End UFC Hall – learn music and theatre skills and write and perform shows.

SEND Youth Club for ages 11+

The SEND Youth Club at Bell Lane Youth Centre (Enfield EN3 5PA) is a free Youth Club, exclusively for young people with SEND aged 11 and over. It runs from 6.30 to 8.30 pm every Tuesday evening (normally including during school holidays).

There are a range of fun activities, sports and workshops covering topics like personal safety and healthy relationships as well as developing life skills.

To book a place go to the Youth Enfield website [here](#) and on the 'filter by activities' select SEND – you will then see the booking link for this club.

Before your child attends you will need to register [here](#) – you will need to wait for a confirmation email before you are able to book (this may take 24 hours). There is a box for additional information and medical needs which you should use to let them know about your child/young person's additional needs.



Come and join us...

SEND Youth Centre

- Healthy relationship workshops
- Personal safety
- Support to develop life skills
- Sports sessions

We welcome children and young people with a wide range of differences and we typically have a staff to young person ratio of 1:5

BELL LANE YOUTH CENTRE, EN3 5PA

EVERY TUESDAY
6.30pm - 8.30pm

Sign up online today
to register your interest please see website below
www.youthenfield.taptub.co.uk

Youth Enfield
ENFIELD
Council

Museums and London landmarks

Many of the London Museums offer special relaxed sessions aimed at Autistic children and young people.

The 'Autism in Museums' website has a useful calendar of relaxed and sensory-friendly/autism-friendly events [here](#).

Museums with regular programmes of events include:

The Tower Bridge Experience

The **Tower Bridge Experience** runs relaxed sessions on the second Saturday each month, with various sessions available to book between 9.30 and 11.30. For more information including booking arrangements see [here](#).



The next relaxed opening will be Saturday 13th April
The next BSL interpreted tour will be 4th April

Natural History Museum

General information about visiting times and other details at the **Natural History Museum** can be found [here](#) and information about accessibility be found on their website [here](#).

It's useful to be aware that any disabled children/young people and their accompanying family members and personal carers can jump the queues (which can be long at peak times) to enter the museum – please approach a member of staff on arrival.

The Natural History Museum runs a programme of events called 'Dawnosaurs' - information is available at [Dawnosaurs: Relaxed Morning Visit | Natural History Museum \(nhm.ac.uk\)](#) when the museum opens early so visitors can enjoy the museum in a quieter environment, before the general public is admitted. The events are supported by experienced Autism-aware facilitators and are aimed at children aged 5-15 (siblings welcome)

At the Tring Natural History Museum there is a programme of events known as SENDsational, aimed at neurodiverse children and young people – information at [SENDSational Mornings at Tring | Natural History Museum \(nhm.ac.uk\)](#)

Alternatively, their 'Dawnosaurs' programme has an online section at [Dawnosaurs Online | Natural History Museum \(nhm.ac.uk\)](#)

The next Dawnosaurs event is on Saturday 23rd March [here](#).
SENDSational Mornings at Tring 26th May 10 am to 12 noon – tickets on sale from 1st December

The Science Museum

General information about visiting times and other details at the **Science Museum** are found here [Visit | Science Museum, London](#) Information about accessibility can be found on their website [Accessibility | Science Museum](#). including information about visitors with visual or hearing impairments, and wheelchair users. This page gives information on busy and quiet times which you may also find useful. [When to visit The Science Museum: Tips to avoid the queues \(waitamoment.co.uk\)](#)



The Science Museum runs three programmes of free relaxed events:

Early Birds: the museum opens early, from 8 a.m. to 10 a.m. on selected Saturdays and Sundays during the year. These events are aimed at children aged 4- 15 (including siblings) and all places must be pre-booked. More information is available [here](#).

Night Owls: sensory-friendly evenings for autistic individuals aged 16 and over, who need a quieter environment to enjoy the museum. The museum opens exclusively after hours and there will be a variety of fun activities as well as opportunities to explore the galleries. Details of the next session [here](#).. The sessions normally take place on Saturdays from 6.30 – 9.30 pm



SENsory Astronights relaxed after-dark exploration of the museum – from science shows to camping in one of the galleries, including breakfast and more activities the next morning.

You can sign up for their '[Accessible Newsletter](#)' to hear about events coming up.

Next Night Owls session Saturday 5th May- Details and booking link [here](#).
Next Early Birds session Saturday 23rd March & 13th April– Details and booking link [here](#)
Next Astronights session date to be advised – Details and booking link [here](#)

The London Transport Museum



The London Transport Museum frequently runs Early and Evening Explorer Events for families with SEN including Autism. The museum is opened outside their regular hours to allow families to enjoy the museum at a quieter time, free from the general public and with many of the gallery sounds turned off.

Details of their events for families with SEND [here](#).

They also provide concessionary annual pass rates for visitors with disabilities plus an additional free companion ticket.

More information including general accessibility information on their website [here](#). as well as a [Social story](#) which may be useful for preparing your child/ren/young person for their visit.

We await details of the next SEN event – information [here](#)

Zoos

London Zoo has a programme of inclusive activities including relaxed visits, audio-described tours and BSL Tours – see [here](#).

For more information on all aspects of accessibility at the Zoo see [here](#). Note the [Penguin Pass](#) which enables families with additional needs to avoid the queues. Additionally, there is a programme of regular events for individuals with additional needs. For each of these, a disability concession ticket entitles the holder to a free companion or carer place with each ticket.

Relaxed opening tours are available either early opening 8.30 to 10 am or after the Zoo has closed starting at 6.15 pm, whilst the Zoo is closed to the general public) giving an opportunity to visit part of the zoo whilst it is quiet and calm enough to be a comfortable experience for autistic and neurodivergent children and adults, as well as other people who can benefit from this relaxed environment. Relaxed openings are free to book, but you will need tickets to access the zoo which can be booked online. Information and details of how to book [here](#).



The next relaxed opening tours will be on Tuesday 2nd April, 28th May 8.30 – 10 am
June 6.15 to 7.45 pm 25th June, 30th July and 20th August
Details and booking [here](#)

Audio Described Tours take place monthly - [see here for details](#) and information on how to book. This 2-hour tour of the Zoo starts from 10.45 a.m. Audio Description to support blind and partially sighted people to get up close and personal with the animals, guiding the group around the Zoo on a route that includes some tactile models of the animals and, when available, an animal experience.



The next Audio described tours will run on 3rd April 2024, 26th May & 21st August –
information and booking [here](#)

British Sign Language Days take place monthly throughout the year, with two 2-hour, tours - delivered in British Sign Language - exploring different areas of the zoo, starting at **11.15 am** in the morning, and **2.15 pm** in the afternoon. The presentations are delivered by deaf presenter John Wilson and will help you learn more about the animals at London Zoo and ZSL's global conservation work. Information and booking [here](#).



The next BSL days will be on Friday 31st May and Friday 16th August. Information and booking [here](#).

Whipsnade Zoo

If you are going further afield Whipsnade Zoo has a useful page on [Accessibility and Inclusivity | Zoological Society of London \(ZSL\)](#) This includes information about disabled parking, accessible toilets, wheelchair access and more. Note the '[Penguin Pass](#)' for visitors with additional needs, which can be downloaded to allow you to avoid any queues.

Whipsnade Zoo runs regular relaxed early openings on the last Sunday of each month from 9 am to 10 am (although this will sometimes differ due to link into other Zoo events). Dates and booking links are added to the 'Accessible Activities and Relaxed openings' page [here](#)

See [here](#) for details and to book.

The next relaxed openings will be on Sunday 31st March and 28th April.
Information and booking [here](#)

Heertfordshire Zoo (previously known as Paradise Park) have an accessibility page (including information about discounted tickets) at [Disabled Access to the zoo & play area | Hertfordshire Zoo](#)
The Zoo has sensory bags available for rental which include figet tools and noise cancelling headphones.

Siblings

Enfield Carers Centre has a programme of support for [young carers](#) including the brothers and sisters of children with additional needs. You can see more about the programme [here](#), including activities during term time and other support available, and there is a brochure with more information on their term-time activities [here](#). You will need to register them using the form on [this page](#) first, and then book the session.

We hope that you have found this update useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know. Our contact details are:

Telephone 07516 662315 Email: info@ourvoiceenfield.org.uk

Website: www.ourvoiceenfield.org.uk

You can also follow us on our Facebook page at

<https://www.facebook.com/ourvoiceenfield/> on [Twitter@EnfieldOurVoice](#) and on

Instagram at <https://www.instagram.com/ourvoiceenfield/>



If you no longer wish to receive these emails, and/or would like us to remove your details from our database, please email us and we will remove your details from our mailing list and/or database