



Christmas survival guide tips

Activities to access over the Christmas holidays: The below organisations are offering clubs and activities to access during the school Christmas holidays.

Diddi Dance has a Christmas Party in Colchester on Thursday 20th December 2018 and Clacton on Friday 21st December. See flyer for details. <https://www.snapcharity.org/wp-content/uploads/2018/11/Diddidance-Combined.pdf>

ZINC is holding their monthly SEN Disco on 2nd Jan, for young people with disabilities aged 14+. For more information visit: <https://zincarts.org.uk/event/sendisco/2019-01-02>

BOSP offers their Whizzy Woodland Away Days in December. <http://www.bosp.co.uk/community/bosp-brighter-opportunities-through-supported-play-13333/activity-schedules/>

InterAct will be running several festive activities throughout the month of December. You can find more details at: http://www.interact.org.uk/uploads/inner-page-images/InterAct_Activity_Programme_Oct-Dec_2018.pdf

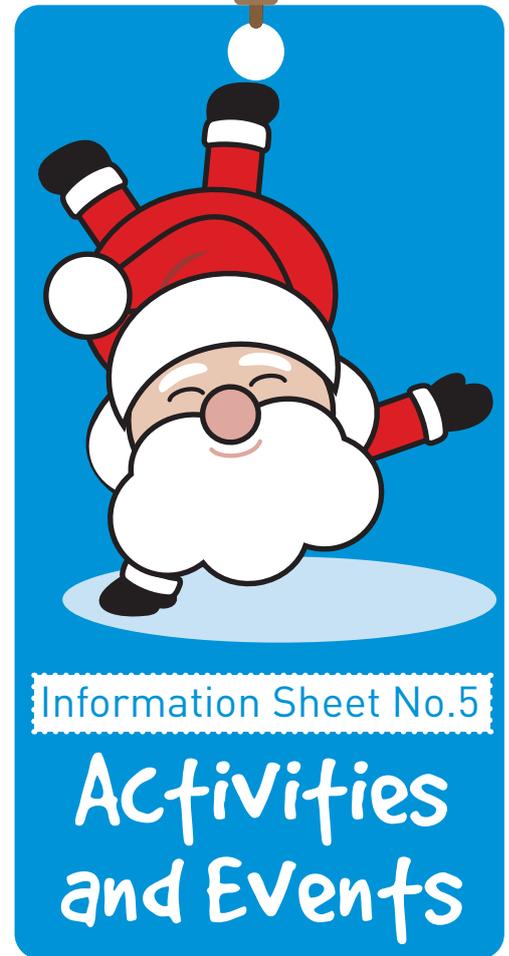
Dimensions Relaxed Cinema The Grinch at Cineworld cinemas in Essex on Sunday 2nd December at 11am. Odeon Cinemas autism friendly screening of The Grinch on Sunday 16th December at 10.15am and Mary Poppins Returns on Sunday 30th December at 10.15am. <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>

Colchester Castle Relaxed Sessions On Sunday 2nd December, visitors with ASD will be offered an opportunity to visit the museum at a quieter time, between 10am and 12noon, with various adaptations to make the visit more comfortable. <https://www.facebook.com/events/346122682822256/>

Christmas at Colchester Zoo The Royal Association for the Deaf will be at Colchester Zoo on Sunday 2nd December. A special BSL signed performance of the Christmas panto will be available along with other Christmas activities and a special entry price is offered to RAD registered families from Essex. <https://www.snapcharity.org/wp-content/uploads/2018/11/ColchesterZooRAD.jpg>

Aspire Club Night for 7 to 18 year olds with additional needs and disabilities, at Abbey Field Centre Colchester, on Friday 21st December 6.30pm to 8.30pm. <https://www.snapcharity.org/wp-content/uploads/2018/11/AspireClubNightsnovdec.jpg>

SHARE in Basildon has a Holiday Club, **Sam's Place** in Harlow has a Christmas Playscheme and **Mistley Kids Club** in Manningtree has a Winter/Holiday Programme. See the Essex Short Breaks Winter Newsletter for details. <http://www.snapcharity.org/wp-content/uploads/2018/11/Essex-Short-Breaks-Clubs-and-Activities-Winter-Newsletter-2018-2019.pdf>



Sensory Christmas activities

If your child or young person is overwhelmed by the thought of accessing clubs and events over the festive holidays, why not try sorting some activities for them to try at home? Produced by the company Twinkl, below is a link to a selection of Sensory Christmas Activities you could consider incorporating into your child's Christmas routine. When looking for sensory activities on the Twinkl website, make sure to type Sensory Christmas in to the search bar.

* Please be aware there is a subscription charge to access all of the resources produced by Twinkl. We would suggest asking your child's school if they are subscribed to their services as they may be able to share some of the resources with you.* <http://www.twinkl.co.uk/search>





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Information Sheet No.5

Relaxed performances

A Relaxed performance is designed to make the theatre experience more comfortable for children and young people with additional needs. Changes may be made to the lighting or sound, and there can be an increased capacity for wheelchair users. During relaxed performances, if a child is struggling, they are able to leave the theatre and re-enter as they please.

Snow White, Towngate Theatre Basildon – Monday 10th December 2018 at 5.00pm. <https://towngatetheatre.co.uk/snow-white/> Box Office: 01268 205300



Aladdin, Cliffs Pavilion Southend – Monday 31st December 2018 at 10.30am. <https://southendtheatres.org.uk/Online/panto-southend-essex-pantomime> Box Office: 01702 351135

Cinderella, Civic Theatre Chelmsford – Wednesday 2nd January 2019 at 2pm. <https://www.chelmsford.gov.uk/theatres/whats-on/children-and-families/relaxed-performance-of-cinderella/> Box Office: 01245 606505

Jack and the Beanstalk, Mercury Theatre Colchester – Sunday 2nd December 2018 at 12.00pm, Tuesday 4th December 2018 at 2.00pm, Thursday 17th January 2019 at 7.00pm. <https://www.mercurytheatre.co.uk/event/jack-and-the-beanstalk/> Box Office: 01206 573948

Legends of King Arthur, Brentwood Theatre – Thursday 13th December 2018 at 6.00pm. <http://www.brentwood-theatre.co.uk/brentwood-theatre-company/relaxed-performance/> Box Office: 01277 200305

Aladdin, Zinc Arts in Ongar - Thursday 13th December 2018 at 6.00pm. <https://zincarts.org.uk/aladdin> Box Office: 0333 666 3366

Aladdin, Thameside Theatre Thurrock – Monday 17th December 2018 at 6.30pm. <https://thameside.ticketsolve.com/shows/1173587449/events/428193636> Box Office: 01375 413 981

Santa's Grottos

Below is a selection of Santa's Grottos and Christmas Events that can be accessed in the Essex area. We have recommended some specific experiences based on their accessibility and sessions for children with additional needs, however you can find a wider selection of Santa's Grottos on Essex Mum's Festive Fun page. <http://www.essexmums.com/seasonal/christmas-meet-father-christmas/>

Fully accessible Christmas Grotto Experiences: The Father Christmas Experience at Marsh Farm

Marsh Farm has a Father Christmas Experience on throughout the month of December that can be accessed by all the family. They have good accessible facilities including a Changing Places room, and accompanying carers are able to go in for free. Call 01245 321552 to book. <https://www.marshfarm.co.uk/events/father-christmas-experience/>

[marshfarm.co.uk/events/father-christmas-experience/](http://admiticket.com/bluewater) Santa's Grotto and skate at Bluewater

Bluewater Shopping Centre is offering a Santa and Skate experience located by the lakes at the West Village. The grotto is fully wheelchair accessible and wheelchair users are also able to go on to the ice. When booking online, make sure you mention your child's additional needs in the comments box so that staff are aware, and can make adjustments if necessary.

<http://admiticket.com/bluewater>

Perrywood Garden Centre in Tiptree has a Santa's Grotto for children with additional needs on Friday 14th December between 2.00pm and 5.00pm. Tickets bookable via their website: <https://perrywood.digitickets.co.uk/category/15544>

The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.