



February Edition



Parent/carer training

UNDERSTANDING AUTISM

The first in a series of
parent/carer training
events

Places are free of charge, but
must be booked in advance.

Email
enquiries@sycamoretrust.org.uk
to reserve your place



Venue:
Sycamore Trust
27/29 Woodward Rd
Dagenham
RM9 4SJ

Tuesday
4th March
10am-2pm

Parent/carer
training

www.sycamoretrust.org.uk
enquiries@sycamoretrust.org.uk
020 8517 9317 / 020 8262 5330

To support Sycamore Trust UK,
scan the QR code



Local Clubs and Activities

GAME CLUB

Monthly Game Club

When- Monday 17th February, 3:30pm - 4:30pm

Where- Thames Community Hub

Age: 5-13 years

Come and join a free family game club on the 3rd
Monday of every month.



Portage Play & Learn

For Children aged 0-5 with Complex Needs

When- Thursday 27th February, 10:30am - 11:30am

Where- Thames Community Hub

Drop in for parents and children aged 0-5 years with
complex needs.

Reading Beez

When- Thursday 27th February, 4pm-5pm

Where- Dagenham Learning Centre

For children aged 5-13-year-old

Reading scheme for children aged 5 -13 years. This is a
fun opportunity to improve your reading skills and
collect prizes along the way. You will also learn about
endangered animals and how you can help save them by
taking part in fun activities.



SMART- Internet Safety

SMART tips for children & families.



S is for **Safe**.

Keep your own and other people's information safe. Don't share information such as your name, age, address or school.

M is for **Meet**.

Be careful of people you talk to or meet online, even if they say they're also a child. If they ask to meet you, you should tell a trusted adult straight away.

A is for **Accepting**.

Before accepting friend requests, adverts or link pop ups, **ask a trusted adult first**.

R is for **Reliable**.

Unfortunately, not everything you see or read online is reliable. Some things are untrue or fake. When looking for information, it's best to check this in a few places first to see if it is true. You can ask an adult for help too.

T is for **Tell**.

If something **online**, on a **computer**, a **game**, or **video** makes you feel scared, sad, unsure or worried, you should tell a **trusted adult**, straight away.

GET SENSORY PACK

Caudwell Children- Sensory Pack

About the Autism Sensory Pack

Processing everyday sensory information can be extremely challenging for autistic children, as any of their senses may become over or under stimulated by their surroundings. That's why Caudwell Children's Autism Sensory Packs are specifically designed to support these children with affordable, fun, educational, and durable tools that help manage sensory experiences.

For eligible families, Caudwell Children will cover 80% of the pack's cost, requiring only a £22 contribution from the family. These packs provide great value and support for children on the autism spectrum, offering both enjoyment and sensory relief.

Eligibility Criteria

- Each application must be made on behalf of an individual young person.
- The child you are applying for must be less than 19 years old. The whole application process must be completed before their 19th birthday.
- The child and their parents or guardians must be living legally in the United Kingdom.
- The child must have a chronic illness or disability.
- We will ask for a copy of a letter stating the name of your child's condition from your doctor, hospital or clinic.
- You will be considered for our support if you can demonstrate that either: You are in receipt of means tested benefits OR your household income is no more than £60,000 excluding benefits.

To apply, please click on the [link](#).



KIDS EAT FREE

This half term, children can eat free (or for £1) at selected places!

Here are some restaurants and café's that are offering this.

- Morrisons Café- Spend £5 from the hot menu and get one children's meal all day, every day.
- Asda Café- Kids eat daily for £1. No adult spend required.
- TGI Friday's- Kids eat free when any adult meal is purchased through the TGI Friday's app.
- Burger King- From Friday 14th- Friday 21st February, kids eat free with any adult meal purchased via the Burger King app.
- Harvester- From Monday 10th February- Friday 28th February, kids eat for £1 with every adult meal purchased (must download their app)
- Beefeater & Brewers Fayre- Two children under 16 can get a free breakfast every day with one paying adult.

BALLERZ

MULTI-SPORTS HOLIDAY CLUB

FEBRUARY HALF - TERM

MONDAY 17TH - FRIDAY 21ST FEBRUARY 2025

BOXING



BARKING

NORTHBURY PRIMARY
NORTHBURY CLOSE,
BARKING,
IG11 8JA.

ARCHERY



www.ballerz.uk 8:30am - 4:15pm

BOOK NOW ONLY £12 PER DAY

5 - 11 YEAR OLDS
ballerz.uk@hotmail.com
07482468659