



SNAP Parent Carer Forum

Summer 2026

SEND-Friendly Activities

Central Bedfordshire & Nearby

Looking for fun, inclusive activities for your child or young person?
SNAP PCF has searched and found a snap shot of events locally

Outside Adventures

Parks & Outdoor Fun

Swimming & Leisure

MUSEUMS and DISCOUNTS

Other SEND Friendly Activities

Theatre SEND Friendly Tips

Support for Parent Carers

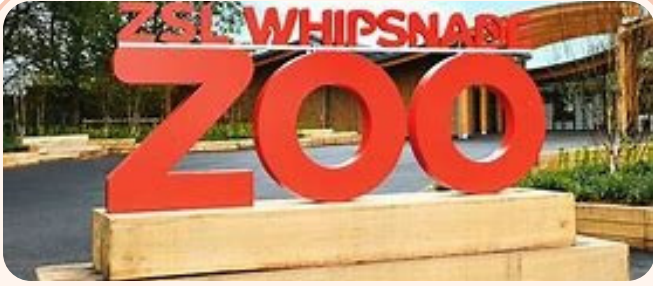
Your guide to inclusive fun this summer!



Please note: SNAP PCF has gathered this information to help families discover activities and events, but we have not personally quality checked any venue or session. As event details can change, we recommend contacting the organiser before you travel to confirm that the activity is running, if booking is required and any costs. If your child or young person has specific accessibility, sensory or support needs, it's always a good idea to speak to the venue in advance to make sure they can meet your family's needs.

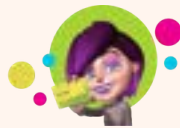
This is just a snap shot of what is available, check out local social media, neighbourhood publications and adverts locally to find out what else is available to you.

Outside Adventures



Whipsnade Zoo

- Accessible pathways
- Changing Places toilet
- Wheelchair hire
- Quiet outdoor spaces
- Max Card discounts available



For accessibility information please visit
<https://www.whipsnadezoo.org/plan-your-visit/accessibility>



Dunstable Downs

Why SNAP families love Dunstable Downs!

- Accessible route through Chute Wood
- SEND Sensory garden
- Great for those who love being outdoors.
- Easy wheelchair access.
- Borrow a Trumper or wheelchair.
- Blue Badge Parking
- Café, toilets and picnic areas all close together.

Summer of Play at Dunstable Downs

20 July – 31 August | 10:30am–4:30pm

Enjoy free family activities including football, cricket, tennis, archery, frisbee golf and nature games. No booking needed for most activities, with equipment provided.

Kites Connect Festival: a celebration of culture and kites

Grab your kites and join us for an exhilarating two-day festival 01/08 - 02/08: 10:00 am - 5:00 pm. No booking required.

Parks & Outdoor Fun



Please check with the venue before you visit, especially if your child needs specific accessible equipment, as facilities may occasionally be unavailable

Accessible countryside spaces in or near to Central Bedfordshire

Ampthill Park

Baulk Wood (near Henlow)

Biggleswade Riverside Path **however, this is currently closed as being refurbished**

Blue Waters and Plaiters Way (near Houghton Regis)

Flitwick Wood

Forest of Marston Vale

Rushmere Country Park - Rushmere entrance (near Leighton Buzzard)

Rushmere Country Park - Stockgrove entrance (near Leighton Buzzard)

Stockwood Park Luton

Totternhoe Knolls

Totternhoe Lanes

Wendover Woods

Many parks have accessible paths, cafes, picnic areas and quieter spaces. They also run activities over the summer so check out their websites for information

Accessible Parks & Inclusive Play

Looking for an accessible place to play?

Here are a few favourites across Bedfordshire:

- Russell Park, Bedford – Inclusive playground with wheelchair-accessible equipment, sensory features and a Changing Places toilet.
- Houghton Hall Park, Houghton Regis – Accessible roundabout, inclusive play equipment and wide paths.
- Ampthill Great Park – Modern play area with accessible paths and inclusive equipment.
Parson's Close, Leighton Buzzard – Large playground with accessible pathways and open spaces.
Harrold-Odell Country Park – Accessible paths, nature walks and picnic areas

Swimming and Leisure



Swimming & Leisure



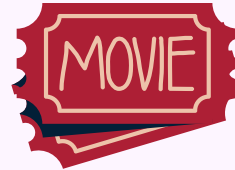
Many local leisure centres also offer concessions, SEND-friendly sports and activity sessions. For example, Houghton Regis includes a wide range of accessibility features, including accessible parking, step-free access, lifts, accessible changing facilities, a Changing Places toilet, pool hoists, hearing induction loops



Libraries are running a Summer Reading challenge

Many libraries offer:

- Story times
- LEGO clubs
- Crafts
- Board games
- Holiday activities
- Robotics Sessions



LIBRARY

Leighton Buzzard Library Theatre has cinema screenings and shows

find out what is on and when please visit <https://beds-arena.culturalservices.net/web/arena/events>

Children's Centres

To find your local Children's Centre and find out what is on over the summer visit:

<https://cbc.cloud.servelec-synergy.com/SynergyFIS/NS-Childrenscentres.aspx>

A snap shot at what is on...

Tuesday

Dunstable Childrens Centre

Session	Time	Date	Location	For information and booking	Information
Stay and Play in Our Own Way	09:30-10:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message £1 Donation	For children with SEND Siblings welcome. No need of a formal diagnoses; a safe space where you can meet

Thursdays

Flitwick Childrens Centre

Session	Time	Date	Location	For information and booking	Information
Stay and Play in Our Own Way	1.30pm-2.30pm	Every Thursday Weekly	Flitwick Children's Centre, Malham Close, Flitwick, MK45 1PU	No need to book, just drop in! £1.00	Free sessions for children with SEND—no diagnosis needed. Safe, enclosed space with no pressure to join in. Connect with other parents.



Houghton Regis Childrens Centre

SEND Stay & Play in Your Own Way	Every Friday 10.30-11.30am	Relaxed stay & play for children with SEND or emerging needs, no formal diagnosis needed. Talk with other parents and professional support available from Children's Centre & EY SEND workers. No booking necessary	Tithe Farm
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Sandy and Biggleswade Children's Centre,

Tuesday 28th July 1:30-3 PM SEND Stay and Play Forest Fun, Laburnum Forest School SG19 1HQ Booking Essential

Remember to also look at

Shefford and Stotfold Children's Centre and Leighton Buzzard Children's Centre

Museums, Discounts & More



Natural History Museum

SENDSational Mornings **Natural History Museum, Tring** **Sunday 16 August, 10:00–12:00**

Exclusive quieter openings for neurodivergent children and their families. Enjoy crafts, specimen handling, gallery trails and a dedicated sensory space before the museum opens to the public. Free, booking required.

<https://www.nhm.ac.uk/events/sendsational-mornings-at-tring.html>

Book a free tactile tour or a hands-on workshop designed for adults with additional needs. Get up close to real specimens, enjoy crafts or take an audio-described highlights tour.

Helpful Discounts

Many places offer discounts, look online and see if you can apply for

[Max Card](#)

[CEA Cinema Card](#)

[Nimbus Accessibility Card](#)

Remember you can always ask venues about any concessions or accessibility support, such as blue badge parking, quiet spaces, accessible changing etc.



Go Live Theatre

Families - Go Live Theatre

West End Shows

Go Live Theatre is a charity that helps make theatre more accessible for families.

They offer:

- £10 theatre tickets for eligible families through their Family First Nights programme.
- Relaxed Performances, with adjustments such as softer lighting and sound, a welcoming atmosphere where moving around or making noise is okay, and quiet spaces if needed.
- Inclusive Family Days, giving deaf, disabled and neurodivergent children and young people the chance to enjoy workshops, backstage experiences and theatre visits in a supportive environment.

Find out more or register your interest at:

[Go Live Theatre Families](#)



Find More SEND-Friendly Activities

The Central Bedfordshire SEND Local Offer is updated regularly with information about:

- Clubs and groups
- Family activities
- Holiday events
- Parent support
- Leisure opportunities

Visit the
Central Bedfordshire Local Offer
website to discover what's
happening near you.



Central Bedfordshire SEND Local Offer

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/advice.page?id=MYJCIHHwAk>

Kids Eat Free or for a £1

PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

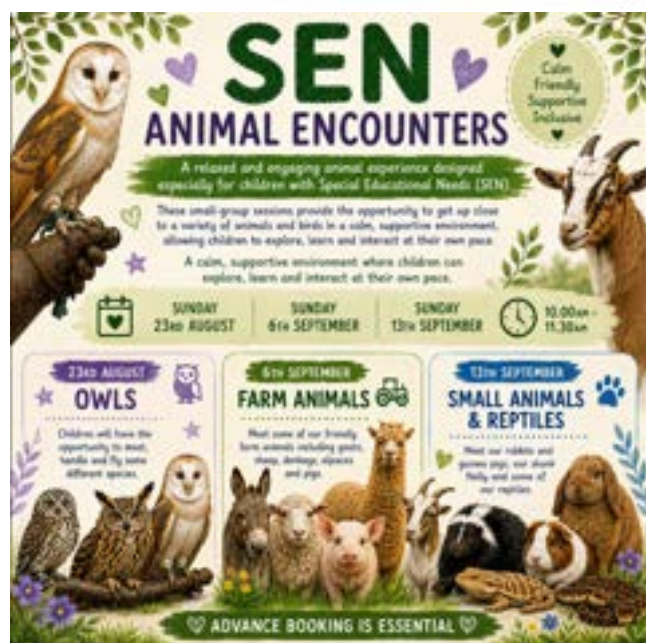
YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

Copyright of MONEY SAVING CENTRAL



SEN ANIMAL ENCOUNTERS

A relaxed and engaging animal experience designed especially for children with Special Educational Needs (SEN).

These small-group sessions provide the opportunity to get up close to a variety of animals and birds in a calm, supportive environment, allowing children to explore, learn and interact at their own pace.

A calm, supportive environment where children can explore, learn and interact at their own pace.

SUNDAY 23rd AUGUST
10.00am - 11.30am

SUNDAY 6th SEPTEMBER
10.00am - 11.30am

SUNDAY 13th SEPTEMBER
10.00am - 11.30am

23rd AUGUST OWLS
Children will have the opportunity to meet, handle and fly some different species.

6th SEPTEMBER FARM ANIMALS
Meet some of our friendly farm animals including goats, sheep, donkeys, alpacas and pigs.

13th SEPTEMBER SMALL ANIMALS & REPTILES
Meet our rabbits and guinea pigs, see some really cool snakes and lizards.

ADVANCE BOOKING IS ESSENTIAL

Other SEND Friendly Events



£14.00 per child and includes one free adult, additional adults £8.00 per person (additional adults can pay on the day)

Each session includes admission into the farm and bird of prey centre for the day.

Advance booking is essential

<https://birdsofpreycentre.co.uk/.../sen-bird-animal.../>

Other SEND Friendly Events

HEAR2LISTEN
TALKING THERAPISTS

Central Bedfordshire Council

ONLY 12 Spaces Per Day

Ages 8-16

SEND friendly activities in a safe, inclusive environment

Hot Lunch Included

DATES

- ✓ Wednesday 29th July & Friday 31st July
- ✓ Wednesday 5th August & Friday 7th August
- ✓ Wednesday 12th August

TIMES

9.00am – 1.00pm

VENUE

St Andrews Church
Shortmead Street
Biggleswade
SG18 0AT

VENUE FOR SENSORY ROOM & AERIAL HAMMOCKS

The Studio
30A High Street
Biggleswade
SG18 0UL

SEND FRIENDLY HAF
(HOLIDAY ACTIVITIES AND FOOD)

SUPPORTIVE, INCLUSIVE & FUN!

Our SEND friendly HAF is a safe, welcoming space where every child/young person can have fun, build confidence and feel included.

- Supportive staff with SEND experience
- Activities adapted to meet individual needs
- A calmer environment with sensory breaks
- All activities are free for any eligible young people and a hot lunch and water will be provided.
- Please ensure they are sent with a reusable water bottle.

AWESOME

- Sensory Room – explore, relax & regulate
- Aerial Hammocks – gentle movement & fun
- Creative Activities – art, crafts & music

SUPPORTIVE

- Quiet / Chill Out Space
- Sensory Breaks
- One to one support where needed
- Visual timetables and clear routines
- Kind, trained staff

FUN & INCLUSIVE

- Team & group games
- Obstacle courses
- Music & movement
- Choice & individual interests
- Make new friends!

A SPACE WHERE EVERYONE FEELS SAFE, SUPPORTED AND INCLUDED

- Calmer Environment
- Sensory Friendly
- Individual Support
- Choice & Flexibility
- Communication Support
- Emotional Wellbeing
- Confidence
- Fun
- Friendships
- Aerial Hammocks
- Sensory Room
- Belonging

01767 319 505 | www.hear2listen.org.uk | /hear2listen

SEND friendly • Inclusive • Supportive • Safe • Fun

GROW WILD OUTREACH PRESENTS

S.E.N.D

SUMMER HOLIDAY club

BEDFORDSHIRE

AN OUTDOOR HOLIDAY CLUB FOR CHILDREN AND YOUNG PEOPLE WITH ADDITIONAL NEEDS.

STEP AWAY FROM SCREENS AND CLASSROOMS – ENJOY A SUMMER OF ADVENTURE, NATURE AND NEW EXPERIENCES IN A SAFE, SUPPORTIVE, OUTDOOR ENVIRONMENT.

Book Now! SPACES LIMITED

VISIT OUR LINKTREE FOR MORE INFORMATION & BOOKING

GROW WILD OUTREACH

Imagination Dance Sensory Movement Workshops

These workshops involve props, music, movement and sensory exploration. There are two types of session running, suitable for different abilities:

Suitable for 3+, for those who need support from a parent/carer to participate

- Wednesday 30 August, 10am to 10:45am at Flitwick Football Club, Amptill Road, Flitwick, MK45 1BA

Free to attend but booking is required. Call 07394 934911 or email info.imaginationarts@yahoo.com

Suitable for 7+, participants must be able to participate independently without a parent/carer present

- Tuesday 22 August, 10am to 1:30pm at Stratton Upper School, Biggleswade, SG18 8JB
- Wednesday 23 August, 11:30am to 1:30pm at Flitwick Football Club, Amptill Road, Flitwick, MK45 1BA

Suitable for 7+, participants must be able to participate independently without a parent/carer present

- Tuesday 22 August, 10am to 1:30pm at Stratton Upper School, Biggleswade, SG18 8JB
- Wednesday 23 August, 11:30am to 1:30pm at Flitwick Football Club, Amptill Road, Flitwick, MK45 1BA

Free to attend but booking is required. Call 07394 934911 or email info.imaginationarts@yahoo.com

Imagination Dance Workshop Learning a Dance Routine

Designed for children over 7 years old who can follow instruction and participate independently. Booking is essential as places are limited. To book please call: 0300 300 8114.

Wednesday 30 August, 11:30am to midday, Sandy Scout Hut, Sunderland Road, Sandy, SG19 1QT

Other SEND Friendly Events



The DJ's Play Company | DJ's Play

DJ's Play Jungle
info@DJ'sPlay.co.uk

DJ's Play Jungle, 156 St. Albans Road, St. Albans, , AL4 9LP



Join us for a quieter, calmer play session | Available at DJ's Play Jungle - St. Albans

SEN sessions are exclusive play times for children with Special Educational Needs and their families. During these quiet times our music is off and the rules of which age-appropriate area to play, can be waived. All customers are expected to be understanding and patient with each other - making a welcoming environment for all.

We offer half price entrance during these exclusive sessions, for use with a HAND, MAX or Carer's Pass.

Your discount should be applied by using the code SEN50 when booking.

1st Sunday of every month 3.30pm - 5pm

(welcome to stay until 6pm but there may be a party arriving at 5pm)



Children with Special Educational Needs and Disabilities

Does a child in your care have additional needs?

Join in our exclusive fun sessions to meet new people and make new friends

Sessions run every first Friday of the month from 6.30 to 8.30pm

£10.95 per child, adults free - now booking online

360 Play Milton Keynes - 360 Play



MILTON KEYNES

SEN Sessions

All of our sessions are designed to be inclusive, but these are for children who would benefit from a less crowded environment. They run with reduced capacities in place and are suitable for children up to 16 years. Sessions run Wednesdays, 4pm-4.45pm during term time and Wednesday 11am-11.45am during school holidays. Splash 'n' Play | Willen Lake

Please note these sessions offer no extra support from staff, and parents/carers are required to accompany children at all times. Sessions during school holidays are followed by a general session, so please note there will be other customers arriving as your session ends.

Willen Lake
MILTON KEYNES

Splash 'n' Play

Splash 'n' Play | Willen Lake

Other SEND Friendly Events

Families United Network: Summer Holiday Club

Tue 4th Aug 10:00am - 4:00pm



Families United Network – Summer Holiday Club

- Time:** Join anytime between 10 am – 4 pm
- Audience:** Members only (SEND children and families)
- Cost:** Free for Luton families: £7 per child/ £18 per family for those living outside Luton
- Location:** Unit 5, Britannia Estate, Leagrave Road, Luton LU3 1RJ
- Contact:** 01582 420800 | info@familiesunitednetwork.org.uk
- Website:** www.familiesunitednetwork.org.uk (Familiesunitednetwork.org.uk in Bing)
- Registration:** Luton families – please register your SEND child/children in advance (scan QR code on poster)
- Description:** Fun, inclusive sessions for SEND children and families. Hosted by Families United Network in partnership with Luton/Energise Holiday Camps.

Weekly Highlights

- Week 1** – Pizza making, memory boxes, sack races, and Wycomb Farm animals

What's on?

- Week 2** – Treasure maps, fidget spinners, cinnamon rolls, and Teaching Talons animal visit
- Week 3** – Balloon science, slime making, sensory play, and Inclusive United sports
- Week 4** – BeachFUN, tacos, chocolate mug cakes, and Graham's Magic Show

Week 1

- Tue 4 Aug:** Pizza making & Tetris games | Glass décor & frisbee making
- Wed 5 Aug:** Memory box & Jam tart baking | Sack races & Meet the Animals (Wycomb Farm)
- Thu 6 Aug:** Summer banner & Egg & spoon races | FUN games + Inclusive United Sports

Week 2

- Tue 11 Aug:** Treasure map & Time capsule | Loom bands & Ocean jar
- Wed 12 Aug:** Fidget spinners & Cinnamon rolls | MJ glove & music
- Thu 13 Aug:** Sunglasses & Pebble painting | Teaching Talons animal visit

Week 3

- Tue 18 Aug:** Balloon science & Water gun painting | Adams Magic Show
- Wed 19 Aug:** Sock puppets & Rainbow science | Make your own slime
- Thu 20 Aug:** Lava lamp & T-shirt design | Sensory play + Inclusive United Sports

Holiday Club

FUN holiday clubs run every school holiday offering children and young people with additional needs or disabilities, a safe and non-judgemental environment to play, learn and interact with others. Full disabled changing facilities with overhead hoist and full sized changing table are available.

FUN offers a huge range of different activities onsite including:

- Sensory room (with overhead hoist)
- Music & media room
- Computers and multi-media
- Table games – pool/snooker table, air hockey, table football
- Separate play areas offering – Books & stories, Lego play, train/vehicle play, dressing up/theatre area, home corner, sensory play area, wildlife/soft animal area, arts & crafts
- Large activity hall offering ball pool, bouncy castle and much more
- Full disabled changing facilities with overhead hoist
- Coffee shop/café



The Holiday Club is designed so that the whole family can attend together, including parents and siblings. Sessions run from 10am – 4pm throughout the school holidays.



Perfect Playland, Unit 8D Old Bridge Way, Shefford, SG17 5HQ

SEND ONLY SESSIONS

Join us for a SEND Only Session in our play area — a calm, supportive environment designed for children with Special Educational Needs and Disabilities to explore, play, and have fun at their own pace.

Friday 31st July + Friday 28th August 4-6pm



SEND Session

From £6.50 per person

SEND Provision at SALTO Gymnastics Club

Creating inclusive, welcoming spaces for every child to thrive.

At SALTO, we believe gymnastics should be accessible to all. That's why we're proud to offer dedicated **SEND (Special Educational Needs and Disabilities) Stay and Play sessions** – designed to support children with additional needs in a safe, relaxed, and fun environment.

What to Expect:

- Sensory-friendly sessions tailored for children aged 6–11 years
- A calm and supportive atmosphere with reduced noise and fewer participants
- Opportunities to explore, play, and move at their own pace
- Staff on hand to ensure safety, while adults actively participate alongside their children

Session Availability:

- We run sessions on the first Saturday of every month 3:00pm–4:00pm
- Excluding Easter Weekend and Saturday 7th November (We will run on Saturday 14th November as an alternative)

Family-Friendly:

- Siblings are welcomed
- We recommend a maximum **adult-to-child ratio of 1:3** to ensure a positive experience for everyone

Please note: All SEND sessions must be pre-booked and all forms filled in prior to attendance. Children will remain in your care at all times



Bennett's Splash Park in Dunstable features inclusive, sensory-friendly water features suitable for children with SEND (Special Educational Needs and Disabilities). The site offers a designated, fully accessible play park.

Action and Adventure Send Session Thurs
20/08/2026 10 - 11am

SEND Session

GYMNASTICS



www.snappcf.org.uk

Other SEND Friendly Events

freddie & friends SEND Summer Family Session

For children with SEND and their siblings aged 4-14 years
(Various dates suitable for different ages)



Tuesdays and Thursdays from 10 a.m. to 1 p.m.
Starting Thursday, 23rd July

Food included, activities, arts and craft and soft play.
Police liaison sessions, Food making, Sports and other visitors too

**£5 for 1 Child
£3 per Sibling**

Central Bedfordshire

HAF Program
"Free to those who are entitled to free school meal" Please use your code through the Central Bedfordshire Council booking system

info@freddieandfriends.org

freddie & friends FAMILY MEET

For local families with Additional Needs and Disabilities



Sunday 5th July 10am - 12 pm
The Picture House - Leighton Buzzard

**Breakfast Sandwich included,
Sensory toys and games available
and TVs will be on.**

£5 for 1 adult/child or £8 per family

<https://www.freddieandfriends.org/upcoming-events>
Contact us via message or
info@freddieandfriends.org if you would like any more information

Summer Holiday Sensory Story Exploration Workshops Summer 2026

WEEK 1 - TIDDLER

	Tuesday 18th of August	Wednesday 19th of August	Thursday 20th of August
10.00 am - 12.00 pm	Ages 4 - 7	Ages 8 - 12	Ages 4 - 7
1.30 - 3.30 pm	Ages 8 - 12	Ages 13 - 17	Ages 13 - 17

£10 per participant | 6 spaces per session
Parent/Carers to stay in the workshop and actively support participants.

WEEK 2 - DOWN IN THE JUNGLE

	Monday 24th of August	Tuesday 25th of August	Wednesday 26th of August
10.00 am - 12.00 pm	Ages 4 - 7	Ages 13 - 17	Ages 4 - 7
1.30 - 3.30 pm	Ages 8 - 12	Ages 8 - 12	Ages 13 - 17

£15 per participant | 8 spaces per session
Each participant will be given a Spectrum 1:1 member of staff.
Parent/Carers must stay on site but can use the parent/carer chill out space.

Head to www.spectrumca.co.uk/sensoryexplorationworkshops or scan our QR Code to find out more & Sign up!

www.spectrumca.co.uk | admin@spectrumca.co.uk | [@spectrum_community_arts](https://www.instagram.com/spectrum_community_arts) | Spectrum Community Arts

SUMMER Activities

Suitable for ages 3 to 10 years
Parental supervision required for under 16s

Our Summer Activities Programme returns!

Love Parks Eco-Explorer Trail
Suitable for all ages
Collect your pack from Monday 27 July from Grove Corner, Bennett's Café, Priory House or Grove House, or scan the QR code to find out more.

National Playday
Wednesday 5 August
SEND session: 10.30 am to 11.30 am
Main event: 11.30 am to 2.30 pm
St. Augustine's Academy

Inflatable Day
Friday 31 July
SEND session: 11 am to 12 noon
Main event: 12 noon to 4 pm
Grove House Gardens
Wristbands £6

Action & Adventure Day
Thursday 20 August
SEND session: 10 am to 11 am
Main event: 11 am to 3 pm
Bennett Memorial Recreation Ground

Art Attack / STEM Day
Tuesday 25 August
11 am to 3 pm
Priory Gardens

All activities are turn up on the day.

grovecorner@barnet-hills.gov.uk | 01832 891434 | GroveCorner | GroveCorner

Other SEND Friendly Events



Call: 01525 630783

Email: info@fullhouse.org.uk

Address: 12 Kings Arms Yard, Church Street, Ampthill,
Bedfordshire, MK45 2PJ

SENSORY ADVENTURES

SEND SESSIONS FOR AGES 3-18 THIS AUGUST AT FULL HOUSE THEATRE STUDIO, AMPHILL

Join us for an exciting sensory adventure this summer! Embrace your inner explorer on a wild expedition, or blast-off on an exhilarating voyage to space. Our fun-filled sensory SEND sessions are best suited to children and young people with severe learning disabilities, profound and multiple learning disabilities (PMLD) and Autism.

Each session is run by three Full House Creative Practitioners for a single participant, so experiences will change and adapt for each child taking part. Siblings and family members are welcome to observe or join in. Sessions are available for more than one SEND child at a time if required.

WILD FRONTIER: VARIOUS TIME SLOTS AVAILABLE 31ST JULY – 5TH AUGUST



Look out for SEND friendly screenings at cinemas and check for concessions [Accessible Screenings UK](#) | [Inclusive Cinema Experiences](#)



How to find autism friendly screenings

To find out about autism friendly screenings at your local cinema, simply select the 'Autism friendly' filter when looking for films and showtimes at your cinema.

If no performances are displayed, there may not be any autism-friendly screenings that week. If that's the case, please contact our Disability and Accessibility Helpline who will be able to help you further. Or speak to one of the team at the cinema.

You can also visit the [Accessible Screenings website](#) to find full listings of suitable performances at ODEON and other cinemas.

[Accessible Screenings UK](#) | [Inclusive Cinema Experiences](#)



Adult Services – Summer Socials 2026 (you do need to be a member)

We are excited to launch our Adult Services Summer Socials 2026, featuring a wide range of enjoyable trips and activities throughout the summer.

The programme includes picnics, zoo visits, seaside trips, museum visits, Pride events and theatre, offering something for everyone to enjoy.



www.snappcf.org.uk

Other SEND Friendly Events



Autism-friendly and SEND Climbing Session

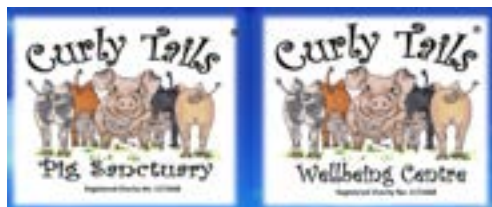
A calm and supportive climbing session. Runs at specific times on Sundays and school holidays. For climbers 4yrs+, including siblings. 60 min session.



Booking and payment required

[Climb Quest](#)

[Climb Quest](#)



Curly Tails Milton Keynes recommend by a SNAP PCF member
Booking essential

[Curly Tails](#)

Essential Companion Tickets



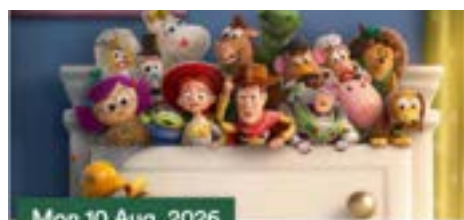
The Grove Theatre offer complimentary or, in some cases discounted Essential Companion tickets to customers who require additional support due to a disability or long-term health condition, as defined by the Equality Act (2010). Eligibility is assessed and administered by Nimbus Disability's Access Card.

They also have a range of family shows on as well as cinema screenings

[Grove Park, Court Drive, Dunstable, Bedfordshire, LU5 4GP](#)

Box Office: 01582 60 20 80.

grovetheatreinfo@everyoneactive.com

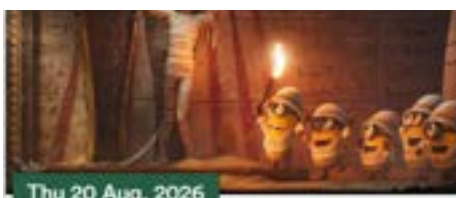


Mon 10 Aug, 2026

Film

Film: Toy Story 5 (Relaxed Screening)

The toys are back in Disney and Pixar's "Toy Story 5," and this time around it's Toy meets Tech. Buzz,



Thu 20 Aug, 2026

Film

Film: Minions & Monsters (Relaxed Screening)

Fresh off the worldwide blockbuster success of summer 2024's funniest comedy, Despicable Me 4, Illumination expands its joyful animated universe with a riotous new chapter...



Tue 25 Aug, 2026

Film

Film: Moana (Relaxed Screening)

In Disney's live-action adaptation of the beloved Oscar®-nominated animated adventure, Moana (Catherine Laga'aia) answers the Ocean's call and, for the first time, voyages beyond the...

The Grove also has a variety of live shows and performances



Tue 4 Aug, 2026

Film

Film: Hitpig! (Relaxed Screening)

A bounty hunter pig is hired to return a prized dancing elephant to a circus in this animated comedy adventure.



Sat 25 Jul, 2026

Family

Tom Gates EPIC Stage Show

Based on the bestselling books by Liz Pichon, and brand new for 2026, Tom Gates EPIC Stage Show comes to our Theatre bringing alive the...



Sun 9 Aug, 2026

Family

Fireman Sam Live: The Lost Pirate Treasure

Seamus Price is determined to win the Portuguese Treasure Hunt, but when he discovers clues to a real pirate treasure, he goes exploring deep into...

© Grove Theatre



Thu 13 - Sun 16 Aug, 2026

Variety

Surinderella

"A delightful blend of storytelling, music, dance and humour!" (Theatre View) Back by popular demand for 2026, Rites presents an evening of laughter, romance, and...

© Grove Theatre



www.snappcf.org.uk

Theatre SEND Friendly Events



[Submit a request – ATG Tickets - United Kingdom](#)

ATG TICKETS



Many theatres offer free companion tickets, (you need to check eligibility on their website) and support such as relaxed performances. ATG has many theatres locally and further afield and offers many ways to support SEND. Below are a few ways that they can support

Wherever possible we provide a chill out or quiet space in our theatres. This may be particularly beneficial for patrons with additional needs. If patrons would like to leave the auditorium during the performance, they can always use the bars or foyer spaces to watch the show on monitors, if these are available.

Dedicated chill out areas will be provided for every Relaxed performance.

Touch Tours give those who are visually impaired the opportunity to go up on stage and touch parts of the set and any major pieces of scenery, props and costumes.

Orientation or familiarisation visits are aimed at those with conditions that may cause anxiety ahead of their visit, such as those with an autism spectrum condition. They enable patrons to have a tour of the theatre prior to their visit, ask any questions, and learn a bit more about what they can expect from the theatre environment. They will cover a typical patron's 'journey' from booking and collecting tickets to visiting the auditorium, the bars, [chill out areas](#) and accessible toilets. Please note that this is not the same as a theatre tour.

Anyone attending an upcoming performance and who feels they'd benefit from an Orientation Visit can attend or request one – simply [contact the venue's Access Champion](#) ahead of your visit.

Delivered At Seat service can be provided for any patrons with Access requirements. Our friendly Front of House staff can arrange for refreshments to be brought to your seat, both before the performance and during the interval. They will take your order for drinks, ice cream, merchandise or kiosk items and can bring it to you in your seat.

You do not need to book Delivered At Seat service in advance. Please request this on arrival with a member of staff at the performance you attend. We do not charge for this service; prices are the same as if you had visited the kiosk or bar yourself.

Involuntary Sounds Policy

We will support patrons who make involuntary sounds to watch our performances, access [chill-out spaces](#), leave and re-enter the auditorium if needed, and endeavour to offer any other support you may require. Please speak to any member of staff during your visit.

Content Warnings

Many of our productions may include smoke, strobe or pyrotechnic effects, or content that may be concerning for some of our audience members. If you are concerned please check the show's web page for content warnings or [contact the venue's Access Champion](#) for advice.

You can request a **visual story** which acts as a guide for anyone who feels worried or anxious ahead of their visit and explains what to expect when you visit the theatre.

[Go Live Theatre](#)

[Go Live Theatre is a charity that helps make theatre more accessible for families.](#)



Aylesbury
Theatre





Top Tips for Days Out

Prepare a Visual Schedule: Build a visual timetable using pictures or simple text outlining the steps of the day (e.g., travel → activity → lunch → home). This helps your child know exactly what to expect. Some places have this on their website for you to adapt.

Confirm Carer Tickets: Many venues, including zoos and theme parks, admit carers for free or at a discounted rate. Be prepared to bring official documentation (such as a Blue Badge, DLA/PIP letter, or Access Card) with you.

Find out before you visit what is available to support, such as a quiet area, accessible toilets, quieter times to visit. Websites often contain this information but you could also phone or email the venue and also confirm that any activity or event is going ahead, check if you need to book and pay.

Pack favourite sensory items, snacks and drinks.

Plan for breaks during your visit.

It's perfectly okay to change your plans or leave early.

SNAP Parent Carer Forum will be sharing other send friendly activities posting support on our social media and via email over the summer holidays

A Gentle Reminder...

Your child/young person doesn't need a perfect summer.
They need you—feeling as supported as possible.

Please remember... you don't have to make every day perfect. Simply getting through the day is enough.

Be kind to yourself, celebrate the little moments, and remember... you are doing better than you think.



Looking After You This Summer

At SNAP PCF, we know that while the summer holidays can bring lots of opportunities for fun and making memories, they can also be exhausting and overwhelming for many parent carers. Changes to routine, finding activities, juggling appointments and meeting your child's needs can leave little time to look after yourself.

Please remember that your wellbeing matters too. Looking after yourself isn't selfish—it's an important part of being able to care for your family.

Small Things Can Make a Big Difference

Try to:

Lower expectations – not every day has to be filled with activities.

Spend time outdoors, even if it's just a short walk or sitting in the garden.

Take a few minutes for yourself with a favourite drink, book or podcast.

Reach out to another parent carer—you are not alone.

Rest when you can and celebrate the small wins.

Remember to eat, drink and take any medication you need.

Build in quieter days between busier outings.

Be kind to yourself. Some days will be harder than others, and that's okay.



If You Need Support

If you're finding things difficult, please don't struggle on your own. Support is available.

Speak to your GP if you're worried about your mental wellbeing.

Contact NHS 111 (select the mental health option where available) if you need urgent advice.

If you or someone else is at immediate risk of harm, call 999 or go to your nearest Accident & Emergency (A&E) department.

Reach out to trusted family members, friends or other parent carers.

Remember, asking for help is a sign of strength, not weakness.

Practical support.

Trusted advice.

A space for carers.

Blue Sky provides support for unpaid carers who look after a family member, friend or loved one. Whether you're new to caring or have been supporting someone for years, we're here to help you feel informed, confident and supported.



Blue Sky
Carers Support

Blue Sky Carers Support – Practical support. Trusted advice. A space for carers.

01234 673810

info@blueskycarerssupport.uk



SNAP
PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

USEFUL CONTACTS & WEBSITES

Information, support and events for parent carers
of children and young people with SEND.



SNAP Parent Carer Forum

Information, events, training and support
for parent carers in Central Bedfordshire.



www.snappcf.org.uk



Central Bedfordshire SEND Local Offer

Your one-stop guide to local SEND services,
activities, education, health, leisure and family support.



www.localoffer.centralbedfordshire.gov.uk



Children's Centres

Find Stay & Play sessions, family activities,
parenting support and holiday events.



<https://cbc.cloud.servelec-synergy.com/SynergyFIS/NS-Childrenscentres.aspx>



Bedfordshire Libraries & Events

Discover free holiday activities including
crafts, LEGO clubs, story times, robotics
sessions and family events.



<https://beds-arena.culturalservices.net/web/arena/events>



Blue Sky Carers Support

Practical advice, wellbeing support
and information for unpaid carers.



www.blueskycarerssupport.org.uk



Keep checking websites and social media pages
over the summer for the latest events and activities.

Have a wonderful summer!



Help Us Share More SEND-Friendly Activities

Do you know of any SEND-friendly activities, events or groups that other families would love? If so, we'd love to hear from you! Please let the SNAP Parent Carer Forum team know so we can share them with other families. Thank you for supporting us.

We're hoping to create more "What's On" guides for future school holidays and would love your suggestions to help make them as useful as possible.

Email us: admin@snappcf.org.uk

Together, we can help more families discover great SEND-friendly opportunities across Central Bedfordshire and beyond.

