

Kentish Town C. E. Primary School Autism Resource Base

Quick Guide to:

Days Out

The parents and carers of children in our Autism Resource Base have compiled this list of days out in and around London that have proved to be really successful:

We have often gone to Aldenham Country Park. It has an adventure playground, a petting and feeding farm. A tree climbing and other climbing areas. Picnic areas and a lovely lake. A Winnie the Pooh trail great for the younger children. A pony area too. Finally a playground especially for children with SEN though we have never used it, it does look great. <http://aldenhamcountrypark.co.uk/>

One of our favourite places is Cassiobury Park in Watford. It may be in Hertfordshire but is only 15 minutes on the M1 to get there. Over the summer it has 3 large open paddling pools with fountains. There is a miniature ride on steam train which is only £1 a ride. There is access to the stream by designated picnic areas. There is also a playground, and in the summer they have bouncy castles and large slides also (not free but quite cheap) The park covers quite a vast area if you want to take push bikes, and it has a canal path running through it. There is a small cafe in the park so you can buy a burger or hot dog, but avoid the ice cream van as it is extortionate. You can easily take a picnic and spend

We've also been to autism friendly cinema showings (Rio cinema in Dalston but I know lots of other places do them).

<http://www.odeon.co.uk/accessibility/autism-friendly-cinema-screenings/>

<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

The science museum do 'early bird' sessions when they open at 8.30am for children/adults on the spectrum on a Saturday, once every few months. It's great as we have the place to ourselves until around 11 and it and completely avoids the queues/crowds.

http://www.sciencemuseum.org.uk/visitmuseum/Plan_your_visit/events/other/early_birds_event.aspx.

The Science Museum also run Sensory Science sleepover nights for children with special needs: science.night@sciencemuseum.ac.uk

It's really worth looking out for autism friendly shows. The National Autistic Society is working with lots of theatre companies now to bring relaxed performances to kids like ours. We have seen a couple at the Royal Opera House and The Little Angel Theatre (call 020 7226 1787 to book relaxed performances) and are going to see Matilda in June. I know the Lion King has been done but will probably do so again. Tickets are way cheaper and you can bring your friends along too!

The Discover centre in Stratford have a 'mighty mega' Saturday club on Saturday mornings for kids with SEN and siblings. It's a storytelling theme, with lots of interactive things to play with. Again, no crowds and there are always activities laid on.

<http://www.discover.org.uk/whatson/event/mighty-mega-saturday-club>

The Regent Street Cinema, 309 Regent Street, London , W1B 2UW

It's north of Oxford Circus, on the left side of Regent Street opposite Little Portland Street. It's a newly refurbished old style cinema with steep seating (good views and less concern about kids moving about) and they run a Kids Club on Saturday mornings. £1.75 per child and £1.75 for an accompanying adult. Lots of classic kids films rather than new releases.

<https://www.regentstreetcinema.com>

Had a great day out? Please contact the Autism Resource Base so we can add it to our list:

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