

The Federation of Heathfield and St Francis Schools



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Dear Parents and Carers

I regularly receive emails from Parent Voice - an information and advice service for parents and carers of disabled children aged 0-25 in Hampshire. I have copied a few articles from this month's newsletter that you might find interesting.

A free CAMHS (child and adolescent mental health) support day at Fernham Hall on 8th February.

Details of Autism friendly screenings at Vue, Cineworld and Odeon cinemas. These screenings can also be of benefit to people who have anxiety, hypervigilance and hallucinations or other conditions as the atmosphere at these screenings is more relaxed and quieter.

New Fun Fit Ability Disability Sports Sessions at Meadowside LC (Sports Hall), Whiteley Way, Whiteley

If you are not already a member of Parent voice and would like to receive the newsletters go on the Parent Voice website:
<http://www.parentvoice.info>

Best Wishes



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P.A.C.E. FREE Events for all Parents & Carers: the information events are being hosted by **CAMHS** throughout Hampshire providing help, advice and support to increase confidence and knowledge in managing potential concerns covering: Challenging behaviour • Eating difficulties • Crisis & self-harm • Anxiety management • And so much more! There will be information stalls there from local and national organisations and agencies and workshops to attend. Parent Voice will be there so pop along and meet us and see how we can help you. The events are free to attend but booking is required, click here or call 01962 831044. The first of these events are taking place as follows:

- **Tuesday 30 January**, 11am-7pm, at Winchester Guildhall, **Winchester**.
- **Thursday 8 February**, 11am-7pm, at Fernham Hall, **Fareham**.

Dimensions Autism Friendly Screenings: Dimensions work with Odeon, Cineworld, Vue and Showcase cinemas to screen films in a sensory friendly environment for people of all ages to enjoy the cinema.

Cineworld host an autism friendly cinema screening on the first Sunday of every month, 11am.

Showcase host theirs every second Sunday of the month, 10am.

Odeon host theirs every month on a Sunday, 10.15am. At a select number of cinemas, they are trialling screenings for older audiences. Note: Tickets for the latest releases may come with a small Blockbuster charge of £1 on top of the normal ticket price.

Vue host theirs on the last Sunday of every month, 10.15am, from £1.99.

Dimensions website or call 03003 039001. These screenings can also be of benefit to people who have anxiety, hypervigilance and hallucinations or other conditions as the atmosphere at these screenings is more relaxed and quieter.

New Fun Fit Ability Disability Sports Sessions: Fun Fit Ability is expanding and **from Monday 19 February**, 11am-1pm, they will be running a weekly two hour multisports/skills session at Meadowside LC (Sports Hall), Whiteley Way, **Whiteley**, Fareham, PO15 7LJ. A range of Disability Sports including: Walking Football • Tennis • Cricket • Low Impact Multisports Games • Challenges • And much more. A mixture of fun group multisport/skill games and chance to relax and catch up with friends. All ages and abilities welcome – NO upper age range limit! The cost is £5 per person, per session. Feel free to take along a buddy. For more information, please email funfitability@gmail.com or telephone 07720 841352 or Facebook Messenger Fun Fit Ability. So what are you waiting for? Get along to Fun Fit Ability • Have Fun • Get Active.