

Spa Camberwell, Southampton Way, SE5 7EW
A special school for autistic pupils



12th June 2026

Dear Parents and Carers,

It was great to see so many of you at Thursday's Occupational Therapy, Autism and Anxiety drop-in session. Our Occupational Therapist, Lina, does wonderful work with our pupils to work toward their Education Health Care Plan Targets and address sensory needs, enabling them to access all aspects of school life more consistently. The session was an opportunity for families to benefit from her expertise and develop their understanding of how autism affects children's anxiety daily and how to support them to regulate and teach them to self-regulate, in order for them to be happier, healthier and more independent.

News and highlights from the week

Steel Pan Workshops

On Monday, the warm, joyful sounds of steel pan drums filled our school.

It was wonderful to see so many of our pupils expressing themselves through music and benefiting from a calming, sensory-rich outlet.



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Year 5 Transition Information Session

On Wednesday we offered an information session for parents and carers of Year 5 pupils. Any change or transition can be a worry, and we hope the information you received helped clarify the process. Do please get in touch if you have any further questions.

Visit to Burgess Park

On Thursday, the 3F students braved the weather to make the most of our local green spaces. The learning focus for the visit was to develop independence by following directions. All the students did well to follow visual directions, putting into practice what they learned in humanities lessons.



Key Stage 4 Careers Assembly

On Friday morning we welcomed guests from the Arc Group, a construction, property services, and mechanical & electrical company. They spoke to the Key Stage 4 students about a wide range of career opportunities within the building sector. It was another great opportunity for our students to expand their 'interest horizon' and expose them to possibilities and opportunities they would not otherwise have known about.



Online safety

WhatsApp for Under 13's

With the exception of YouTube, WhatsApp has always been one of the most popular messaging apps, including for children under 13. This has always been a concern for many reasons. Meta has now created a parent-managed service which can really help to keep our pupils safe online.

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Similar to other parent-managed accounts, a parent will pair their device/account to the child's device/account, which then gives a lot of flexibility such as:

- No 'view once' messages.
- No location sharing.
- Messages and group invites from unknown contacts sent to the parent for approval.
- Parent notifications, such as new contact added.

Click on the links to find out more:

[WhatsApp parent-managed accounts - explained.](#)

[How to set up a parent-managed account.](#)

Looking Ahead

- **National Autistic Society - Earlybird Plus Parent Training Programme** – Friday, 19th June at 9.45 am (first session)
- **Sports Day** – Thursday, 2nd July
- **Parents Evening** – Monday, 6th July
- **Spa Camberwell Carnival** – Friday, 10th July
- **Year 11s Leavers Event** – Wednesday, 15th July
- **Last Day of Term** – Friday, 17th July

As always, thank you for your continued support. We wish you and your family a restful and enjoyable weekend.

A handwritten signature in black ink that reads 'Steph Lea'.

Steph Lea
Executive Headteacher

Support and activities for families



DO YOUR OWN THING

HEART N SOUL

FUN!

FREE!

Illustrations include a person at a desk, musical notes, a microphone, and a person at a computer.



Contact us

takingpart@heartnsoul.co.uk

020 8694 1632

www.heartnsoul.co.uk/dyot

find out more and watch videos here

Never been before?
Call or email for a chat!

HEART N SOUL

ARTS COUNCIL ENGLAND

For a full list of funders, please visit www.heartnsoul.co.uk
Charity reg no: 1023467 // Company Ltd no: 2830733
Artwork by: Danielle, Ella and Samir

Image of a group of people celebrating.



YOUNG STARS DO YOUR OWN THING

FOR AGES 10 - 16

FOR AGES 10 - 25

Creative sessions for young people with learning disabilities and autistic people

One Saturday a month on Zoom for younger artists

One Saturday a month on Zoom for everyone to hang out together

Art Music DJing Radio Video

Images of children engaged in art, music, DJing, radio, and video activities.

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Sport and Physical Activity

There are lots of fantastic opportunities for disabled young people and adults in Southwark to live an active and healthy lifestyle. Keeping active has many health benefits for both your body and mind. Taking part in regular physical activity can help to reduce feelings of anxiety and depression.

So why not try one or more of these fun activities to help build physical activity into your daily life. Even a small change can boost your confidence and give you a sense of achievement.

Please contact clubs directly for further information.

Sailing – Tideway Sailability		
Day and time	Information	Location
Wednesday, Thursday and Sunday 1pm to 4pm	All welcome. Cost: various membership fees	Surrey Docks Water Sports Centre Greenland Dock Rope Street SE16 7SX
✉ info@tidewaysailability.org.uk		☎ 020 7237 9001

London PE Schools Sports Network – Saturday Sports Club		
Day and time	Information	Location
Saturday Time: 10.30am to 12pm Primary School age. 12pm to 1.30pm Secondary School age and above.	All disabled young people welcome. Cost: £25 membership for the year	Bacons College Timber Pond Road Rotherhithe SE16 6AT
Glyn Davies		☎ 07904 978 241

Cambridge House – Swimming (Hydrotherapy)		
Day and time	Information	Location
Friday 3.45pm to 5pm (Term time only)	Mixed gender session. Age 11 to 25 years with a range of needs. Cost: £2 per session	Peckham Pulse Healthy Living Centre Hydrotherapy Pool 10 Melon Road SE15 5QN
✉ Rachel Zipfel rzipfel@ch1889.org		☎ 020 7358 7716

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A black poster with white text and logos. The text reads: "Save the Date! For the Lewisham Disability Sports Network Multi-Sport SEND Festival, open to all abilities, aged 5-25! Saturday 27 June 2026 The Alex Yee Ladywell Arena, SE6 4QX 14.00 - 16.00". Logos include GLL, Lewisham, South East London Tennis, NHS, and Disability Sports Coach. The right side of the poster features a grid of images: a child in a wheelchair playing tennis, a child with a tennis racket, a child playing tennis, and a child playing tennis. The grid also contains geometric shapes: a black diamond on a purple background, a black circle on a pink background, a black butterfly shape on a yellow background, and a black four-petaled flower on an orange background.

Spectrum Socials: Autistic and Neurodivergent Children from 4 to 18 years old

Spectrum Socials runs therapist-led social events for autistic children and their families, focused on building friendships, connections and social skills.

- Children are placed in small groups, based on age and communication level, to ensure social compatibility.
- We offer therapeutic girls groups for adolescents who are struggling with social anxiety, involving a combination of online and in-person sessions.
- Subsidised places are provided for lower-income families to make our activities accessible to all.
- We support parents and carers by fostering community, connection, and peer support at events and through online platforms.

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Examples of events: Trampolining and play, bowling and pizza, Paradox Museum and lunch, soft play and lunch, Hyde Park pizza and pedalos.

Where: Events around London

When: School holidays and weekends

Who for: Autistic and neurodivergent children from 4 to 18 years old.

What happens: Each event typically accommodates around 6 children and is run by a therapist or a behaviour analyst. Event helpers with training and experience in working with autistic children will also be present. Social stories are sent to children before the events to ensure they feel prepared. Parents are invited to join a WhatsApp group with those coming to help build lasting connections.

Website: <https://spectrumsocials.co.uk/>

Register with us here: [Booking Form](#)

Girls Group: <https://spectrumsocials.co.uk/girls-group>

Instagram: www.instagram.com/spectrumsocials.cic

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PLAY LIKE A GIRL

PAN-DISABILITY FOOTBALL



Fridays

Ages 5-11

1700 - 1800

**Prendergast
Ladywell School
SE4 1SA**

SIGN UP & PLAY!

 girlsunitedfa.org/londonclub
or email lee@girlsunitedfa.org

 **GIRLS UNITED**

Supported by  **Access Sport** 

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Disability Sports Coach - Hoopz Inclusive Basketball at Burgess Park

Thank you for your interest in Disability Sports Coach - Hoopz Inclusive Basketball sessions at Burgess Park. Please read the following information and complete the form below. If you are registering on behalf of somebody else to attend the session (such as your child), please fill the below form with their details.

These sessions are for D/deaf, disabled and neurodivergent young people aged 8 - 25.

- Where: Burgess Park Basketball Court, Cobourg Road, SE5 OJB
- When: Thursdays 17.00 - 18.00. Restarting from 7th May 2026.
- Ages: 8 - 25
- Cost: FREE

Book tickets [HERE](#)

A colorful poster for a WhatsApp group. At the top center is a heart with the text "SENDING LOVE TO ALL OUR ADHDERS". Below this is the title "Southwark SEN Parents/Carers WhatsApp Group" in large blue font. Underneath is the subtitle "Connect with other Southwark parents and carers" in a smaller blue font. On the left, there is a list of benefits: "Information sharing of SEN services", "Signposting to SEN services within the borough (local offer, SIAS)", "Free SEN related virtual training", and "Life experience support from other parents/carers." To the right of the list is a QR code with a WhatsApp icon in the center, surrounded by a rainbow border. Below the QR code is the text "Scan the QR code to join!". The background is light blue and green with decorative elements like stars and cartoon characters.

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STEPPING FORWARD

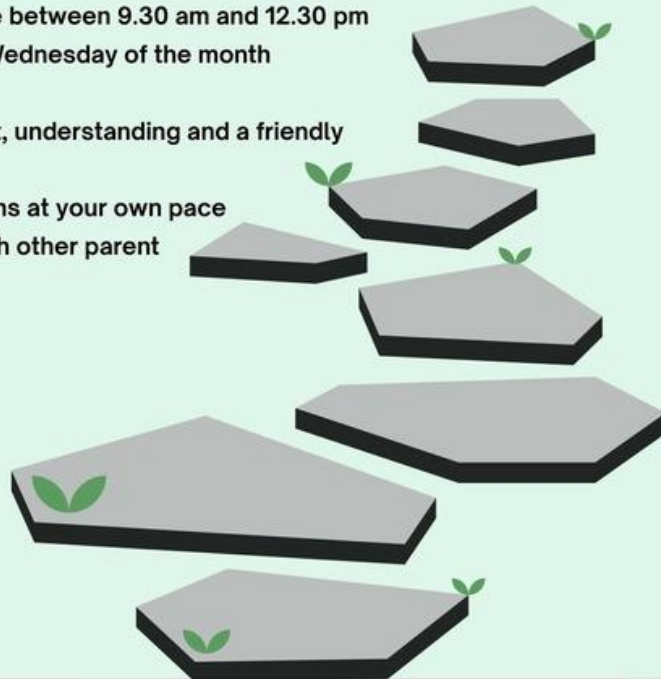
A friendly drop in for parents with learning needs or neurodiversity

Location:

Rye Oak Best Start Family Hub
Whorlton Road,
Southwark,
London, SE15 3PD

Drop in any time between 9.30 am and 12.30 pm
Every second Wednesday of the month

- Find support, understanding and a friendly chat
- Ask questions at your own pace
- Connect with other parent



FOR MORE INFORMATION, PLEASE VISIT RYE OAK BEST START FAMILY HUB
OR EMAIL: PARENTING@SOUTHWARK.GOV.UK



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DEBT & WELFARE ADVICE

DROP-IN SESSIONS

FREE, CONFIDENTIAL ADVICE IS AVAILABLE ACROSS BEST START FAMILY HUBS

THE FAMILY FINANCIAL RESILIENCE PARTNERSHIP PROGRAMME (FFRP) IS A GLA FUNDED PROGRAMME TO HELP FAMILIES WITH CHILDREN ACCESS FREE, HIGH-QUALITY SOCIAL WELFARE ADVICE

SPECIALIST ADVISORS FROM CITIZENS ADVICE & CAMBRIDGE HOUSE CAN HELP WITH: MAXIMISING YOUR INCOME, ISSUES SUCH AS IMMIGRATION, EMPLOYMENT, CHILDCARE SUPPORT AND HOUSING

POP IN TO A BEST START FAMILY HUB OR CONTACT THEM FOR MORE INFORMATION OR BOOK AN APPOINTMENT

BEST START FAMILY HUB DULWICH WOOD & CRAWFORD CENTRE ALTERNATING MONDAYS- ALL DAY CALL: 0207 525 2017 EMAIL: CDCFCOFFICES@DULWICHWOOD.COM	COIN STREET NEIGHBOURHOOD CENTRE TUESDAYS- 10:00 AM TO 12:00 PM CALL: 020 7021 1600 EMAIL: F.CENTREENQUIRIES@COINSTREET.ORG
BEST START FAMILY HUB RYE OAK WEDNESDAYS- 9:30 AM TO 12:30 PM CALL: 020 3848 5790 EMAIL: CHILDRENSCENTRE@RIVYDALE.SOUTHWARK.SCH.UK	BEST START FAMILY HUB SOUTH BERMONDSEY FRIDAYS- 10:00 AM TO 4:00 PM CALL: 0207 358 2878 EMAIL: FAMILYHUB@FYLGRIMSWAY.SOUTHWARK.SCH.UK

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TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.
Join us with Thinking About Parenting and TAP in to.....

All sessions held online - link will be sent out 1-2 days before session via email

Monday 27th April 10am - 12 MS Teams Parenting and Autism	Thursday 30th April 10am - 12 MS Teams Parenting and ADHD	Monday 18th May 10am - 11.30 MS Teams Ages and Stages
Monday 1st June 10am - 11.30 MS Teams Parenting Foundations	Monday 8th June 10am - 11.30 MS Teams Parental Emotional Wellbeing	Monday 15th June 10am - 11.30 MS Teams Bullying Awareness
Monday 22nd June 10am - 11.30 MS Teams Emotional Based School Avoidance	Monday 29th June 10am - 11.30 MS Teams Digital Safety	Tuesday 6th July 10am MS Teams Parenting and ADHD
Thursday 16th July 10am MS Teams Parenting and Autism		 <p>To register: Scan the QR code</p>
Contact: Beth Gilbey Email: bethany.gilbey@southwark.gov.uk parenting@southwark.gov.uk Or call: 07394 865 980		

