### October Half-Term Activities:

### For a full menu of activities, see here [www.eequ.org/southwarkshortbreaks](http://www.eequ.org/southwarkshortbreaks)

**SEND Aqua Disco at Peckham Pulse!**

For ages 5-16

An inclusive disco… with a twist! Dance, splash and socialise in Peckham Pulse Leisure Centre’s hydro pool.

👉 [Find out more and book here](https://eequ.org/experience/11011)

**Sensory Cooking Experience!**

For ages 5-18

Join this hands-on activity, children will explore food through their senses, discovering new textures and vibrant colours.

👉 [Find out more and book here](https://eequ.org/experience/10997)

**Outing with Wheels for Wellbeing & Tuke School**
For ages 11-19
Enjoy an inclusive cycling session for all abilities at this iconic venue!
👉 [Find out more and book here](https://eequ.org/experience/10986)

**Music 4 All (RJ4All)**
For ages 4-18
Try different instruments, learn basic music techniques, and create music as part of a group. Perfect for beginners!
👉 [Find out more and book here](https://eequ.org/experience/10086)

**Drama 4 All (RJ4All)**
For ages 4-18
Explore storytelling through drama, role play, and fun activities to build confidence and creativity.
👉 [Find out more and book here](https://eequ.org/experience/10775)

**Dance 4 All (RJ4All)**
For ages 4-18
Led by the award-winning Synergy Dance, this session brings inclusive dance, yoga, and fitness activities to everyone.
👉 [Find out more and book here](https://eequ.org/experience/10776)

🌟  **SportWorks**– **New 3-hour sessions!**

We’re excited to announce that **SportWorks** is now offering **3-hour sessions** for children and young people aged **5 to 18** with an **EHCP** (Education, Health, and Care Plan)! These sessions are a great way for your child to stay active, have fun, and meet new friends in a supportive environment – and it’s completely **FREE**.<https://eequ.org/experience/6952>

**🌟 Endorphins Saturday Club at Spa Camberwell is back on 12th October!**

Endorphins will encourage your child to make friendships and flourish. They offer activities such as painting, colouring, building and have lots of fun in doing so! Endorphins offer 5 x 1 : 1 spaces & 15 1 : 3 spaces on each of their sessions. Please read details on their EEQU page for eligibility criteria.

**Where:** Spa School Camberwell, Southampton Way, London SE5 7EW

**Book:** [Here](https://eequ.org/experience/6895)

**NEXUS Tribe**(16/25 y/o)

**What:**A weekly social and career group
**Who: Young People 16-20 y/o (up to 25 for people with additional needs)
When:** Every Wednesday, 6:15-8:45pm
**Where:** [Bethwin Adventure playground](https://urldefense.com/v3/__https%3A/www.bethwin.co.uk/__;!!Ou-zFulSALS7ubxZ2oj45Dg!VLp6DFpyV-l92ITvEetkOSNNq1M69rD8XWH6iAwPb_BhIuBx6MHQTFGPB2IQn36tomZNmZTIxWm7nozpVxBnPR9jkT47R-DwJjvikhOe6GY0ihex9dVoDQ$)- SE5 0YJ
**How:** Please contact us on info@theneurodiversityfamilyhub.org
**More About It:** [Nexus Tribe | The Neurodiversity Family Hub](https://urldefense.com/v3/__https%3A/theneurodiversityfamilyhub.org/family-hub-youth/nexus-tribe__;!!Ou-zFulSALS7ubxZ2oj45Dg!VLp6DFpyV-l92ITvEetkOSNNq1M69rD8XWH6iAwPb_BhIuBx6MHQTFGPB2IQn36tomZNmZTIxWm7nozpVxBnPR9jkT47R-DwJjvikhOe6GY0ihejrv4v2w$)

**MTT & MJT**
**🎨 After School Club**Tribes -[5/10 y/o](https://urldefense.com/v3/__https%3A/theneurodiversityfamilyhub.org/family-hub-youth/mjt-my-junior-tribe__;!!Ou-zFulSALS7ubxZ2oj45Dg!VLp6DFpyV-l92ITvEetkOSNNq1M69rD8XWH6iAwPb_BhIuBx6MHQTFGPB2IQn36tomZNmZTIxWm7nozpVxBnPR9jkT47R-DwJjvikhOe6GY0ihei_Q1aag$) – [11/18 y/o](https://urldefense.com/v3/__https%3A/theneurodiversityfamilyhub.org/family-hub-youth/mtt-my-tribe-teens__;!!Ou-zFulSALS7ubxZ2oj45Dg!VLp6DFpyV-l92ITvEetkOSNNq1M69rD8XWH6iAwPb_BhIuBx6MHQTFGPB2IQn36tomZNmZTIxWm7nozpVxBnPR9jkT47R-DwJjvikhOe6GY0ihdOQwcbyQ$)
Every Thursday (Term Time)
Mint Street Adventure Play Ground – SE1 1QP - @3:30pm