







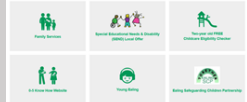


## P.E.S.T.S. TIMETABLE - APRIL - JULY 2021












All Play/Activity/Support Sessions currently online with Zoom

|   |   |
|---|---|
| <p>Tuesday 20<sup>th</sup> April<br/>10:30am-11:10am</p>  | <p><b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist</p>   |
| <p>Thursday 22<sup>nd</sup> April<br/>9pm-9:30pm</p>      | <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover inner peace &amp; soul in a relaxed atmosphere. Practice breathing techniques &amp; guided visualization to relax the body and calm the mind.</p>     |
| <p>Monday 26<sup>th</sup> April<br/>1:00pm- 2:15pm</p>    | <p><b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist.<br/>TOPIC - TBC</p>                  |
| <p>Tuesday 27<sup>th</sup> April<br/>10:30am- 11:10am</p> | <p><b>MUSIC THERAPY &amp; MAKATON STORYTIME WITH LUCY.</b><br/>TODAY'S SIGNED STORY - '<a href="#">Where's Spot</a>'</p>   |
| <p>Thursday 29<sup>th</sup> April<br/>9pm-9:30pm</p>      | <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Tuesday 4<sup>th</sup> May<br/>10:30am- 11:10am</p>    | <p><b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist</p>   |
| <p>Wednesday 5<sup>th</sup> May<br/>10:30 - 12pm</p>      | <p><b>COLOURFUL SEMANTICS</b><br/>An approach to support your child's communication and build sentences.</p>   |
| <p>Thursday 6<sup>th</sup> May<br/>9pm-9:30pm</p>         | <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Friday 7<sup>th</sup> May<br/>10:30 - 11:30am</p>      | <p><b>FAMILY INFORMATION SERVICE</b><br/>What is the Local Offer? Learn what information and support services are available in your local area</p>   |

To book, visit <http://www.pestscharity.org.uk/bookings/> or text 07914 311298

## P.E.S.T.S. TIMETABLE - APRIL - JULY 2021

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|   |  |
|---|--|
| <p>Monday 10<sup>th</sup> May<br/>1:00pm- 2:15pm</p>    |  <p><b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist - TOPIC - TBC</p>   |
| <p>Tuesday 11<sup>th</sup> May<br/>10:30am- 11:10am</p> | <p><b>MUSIC THERAPY &amp; MAKATON STORY TIME WITH LUCY.</b> TODAY'S SIGNED STORY - '<a href="#">Polar Bear, Polar Bear, What do you hear?</a>'</p>    |
| <p>Thursday 13<sup>th</sup> May<br/>9pm-9:30pm</p>      |  <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Friday 14<sup>th</sup> May<br/>10am-12pm</p>         | <p><b>INTENSIVE INTERACTION WORKSHOP-</b> An approach for teaching communication skills to children still at the early stages of their development.</p>  |
| <p>Monday 17<sup>th</sup> May<br/>10:00am - 12pm</p>    | <p><b>E.H.C.P's MADE EASY WITH ISAID</b><br/>Are you new to E.H.C.P's ? Need more information ? E.H.C.P's can be confusing. These series of workshops will breakdown each section for easier understanding.</p>   |
| <p>Tuesday 18<sup>th</sup> May<br/>10:30am- 11:10am</p> | <p><b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist</p>    |
| <p>Thursday 20<sup>th</sup> May<br/>9pm-9:30pm</p>      |  <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Monday 24<sup>th</sup> May<br/>1:00pm- 2:15pm</p>    |  <p><b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist. TOPIC - TBC</p>  |
| <p>Tuesday 25<sup>th</sup> May<br/>10:30am- 11:10am</p> | <p><b>MUSIC THERAPY &amp; MAKATON STORYTIME WITH LUCY.</b> TODAY'S SIGNED STORY - '<a href="#">Dinosaur roar</a>'</p>   |
| <p>Thursday 27<sup>th</sup> May<br/>9pm-9:30pm</p>      |  <p><b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |

**No Play and Support sessions - Half Term 31<sup>st</sup> May to 5<sup>th</sup> June**

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## P.E.S.T.S. TIMETABLE - APRIL - JULY 2021

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|   |  |
|---|--|
| <p>Tuesday 8<sup>th</sup> June<br/>10:30am - 11:10am</p>  | <p><b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist</p>          |
| <p>Weds 9<sup>th</sup> June<br/>10:00am - 12:00pm</p>     | <p><b>E.H.C.P. MADE EASY WITH ISAID</b><br/>Are you new to E.H.C.P ? Need more information ? E.H.C.P can be confusing, these series of workshops breakdown each section for easier understanding.</p>   |
| <p>Thursday 10<sup>th</sup> June<br/>9pm-9:30pm</p>       | <p> <b>CELEBRATING CARERS WEEK EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Friday 11<sup>th</sup> June<br/>10:30am - 12:30pm</p>  | <p><b>LEGAL ADVICE WORKSHOP.</b> (Appointments are in 20 minute slots)<br/>Advice on Benefits, Housing, Immigration, and other issues.</p>   |
| <p>Monday 14<sup>th</sup> June<br/>1:00pm-2:15pm</p>      | <p> <b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist. Topic for this week: TBC</p>  |
| <p>Tuesday 15<sup>th</sup> June<br/>10:30am - 11:10am</p> | <p><b>MUSIC THERAPY &amp; MAKATON STORY TIME WITH LUCY.</b><br/>TODAY'S SIGNED STORY - '<a href="#">123 to the Zoo</a>'</p>  |
| <p>Thursday 17<sup>th</sup> June<br/>9pm-9:30pm</p>       | <p> <b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |
| <p>Monday 21<sup>st</sup> June<br/>7:00 - 8:30pm</p>      | <p><b>E.H.C.P. MADE EASY WITH ISAID</b><br/>Are you new to E.H.C.P's ? Need more information ? E.H.C.P's can be confusing. These series of workshops breakdown each section for easier understanding.</p>   |
| <p>Tuesday 22<sup>nd</sup> June<br/>10:30am- 11:10am</p>  | <p><b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist</p>    |
| <p>Thursday 24<sup>th</sup> June<br/>9pm-9:30pm</p>       | <p> <b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind.</p>  |

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## P.E.S.T.S. TIMETABLE - APRIL - JULY 2021

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|   |   |  |
|---|---|--|
| Monday 28 <sup>th</sup> June<br>1:00pm- 2:15pm    |    | <b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist. Topic for this week:          |
| Tuesday 29 <sup>th</sup> June<br>10:30am- 11:10am | <b>MUSIC THERAPY &amp; MAKATON STORY TIME WITH LUCY</b>   |  |
| Thursday 1 <sup>st</sup> July<br>9pm-9:30pm       |    | <b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind. |
| Tuesday 6 <sup>th</sup> July<br>10:30am- 11:10am  | <br>Sing   | <b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist  |
| Weds 7 <sup>th</sup> July<br>10:00am - 12pm       | <b>E.H.C.P's MADE EASY WITH ISAID</b><br>Are you new to E.H.C.P's ? Need more information ?<br>E.H.C.P's can be confusing, these series of workshops breakdown each section for easier understanding. |  |
| Thursday 8 <sup>th</sup> July<br>9pm-9:30pm       |    | <b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind. |
| Monday 12 <sup>th</sup> July<br>1:00pm- 2:15pm    |    | <b>SUPPORT GROUP FOR PARENTS AND CARERS.</b> An opportunity to connect with other parents, carers for moral and practical advice, led by Roz, our trained therapist. Topic for this week: TBC      |
| Tuesday 13 <sup>th</sup> July<br>10:30am- 11:10am | <b>MUSIC THERAPY &amp; MAKATON STORY TIME WITH LUCY</b>   |  |
| Thursday 15 <sup>th</sup> July<br>9pm - 9:30pm    |    | <b>EVENING RELAXATION ONLINE WITH ZOOM</b> Discover your inner peace and soul in a relaxed atmosphere. Practice breathing techniques and guided visualization to relax the body and calm the mind. |
| Tuesday 20 <sup>th</sup> July<br>10:30am- 11:10am | <br>Sing   | <b>SING, SIGN &amp; PLAY</b> Support your child's communication through fun with Rosie, Speech and Language Therapist Lucy, Music Therapist  |

**No Play & Support sessions - Summer Holidays 21<sup>st</sup> July to 6<sup>th</sup> Sept 2021**

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