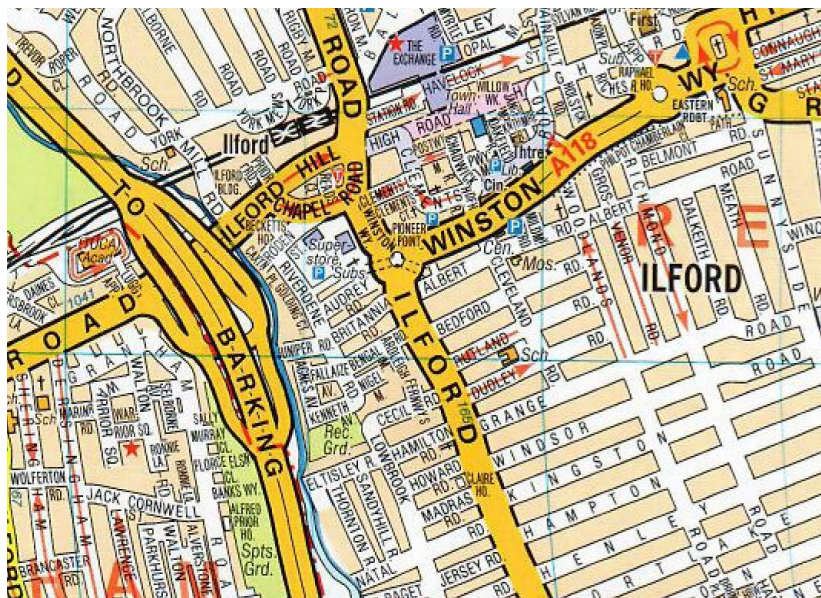


MAP OF HOW TO FIND US



Contact us for more information!

Sonia Anderson-Cunningham
Children and Families Project Manager- Butterflies Project

Email: sonia@redbridgeforum.co.uk

Tel: 07442038730

I work Mon, Wed and Thurs 10.00 -16.40

Redbridge Forum

98-100 Ilford Lane, Ilford, Essex, IG1 2LD

Tel: 020 8478 7571

Email: Redbridgeforum@hotmail.co.uk

Web: www.redbridgeforum.co.uk

Charity no: 1090850

Company No: 4295370

Information regarding parents and families is treated as confidential. Any confidential information brought to the attention of the Project Manager and/or sessional workers may not be disclosed to any other person without the expressed permission of the parent(s). **However, where it is considered necessary for the protection of a child, information will be shared with the appropriate**

Redbridge Forum



Butterflies Project

What is the Butterflies Project"?

Butterflies Project aim to promote the health and wellbeing for families with a child or young person with a learning disability and/or on the autistic spectrum and are aged 0-19 years. For those living in the London Borough of Redbridge, Barking and Dagenham and Havering.



Project offer:

The project offers support and activities for the immediate family.

- Information on benefits and fill out their forms online via zoom or by telephone. Offers signposting, grants and other services available to you and your family.

Activities including;

- Gardening and maintaining the allotment, joining in group work and the chance to practice teamwork. You will learn about life cycles and growing and the preparation needed.
- Our allotment sessions will include planting and harvesting our crops, along with making bug houses, meeting the bees, and recycling. Young people will have the opportunity to use garden tools and we will have raised beds so the area is more accessible.
- Visits to the forest, farms and nature parks help to get us away from the TV and computers. Phones and games will be forgotten once the fun starts.



- The animal encounters will also encourage physical activity by walking dogs, pony riding and grooming along with farm activities such as feeding and caring for animals.



- For children, we know that animal encounters can help to overcome speech and emotional difficulties. Animals can help children focus better, provide a non-stressful, non-judgemental experience and increase self confidence, reduce self consciousness (pets don't criticise or answer back).
- Trips to local parks for wildlife sessions and nature walks will include pond dipping and bug hunting.
- There will be indoor creative sessions plus an annual visit to places such as Kew Gardens and the British Wildlife Centre.
- These activities will help our families to meet and make friends in a supportive environment. Trying new activities will help us to gain in confidence and explore further on our own or in a friendship group.