



## **AWARE School Holiday Guide 2022**

The summer holiday can be a difficult time for autistic people and their families. Whether going away for some of the summer or staying at home, the change in routine can be a challenge. For those going away, everything from travelling to a holiday destination to using public transport and getting used to a new place and routine can prove difficult and create a great deal of anxiety.

The NAS (National Autistic Society) have produced a guide, Preparing For the Summer Holidays, which can be found [here](#):-

Take a look at this AWARE School Holiday guide for 2022. All the information provided is correct at the time of publishing but you will need to contact each service direct for further information. There are so many different activities, and you may need to find out if the services are suitable for your child; all the contact details are in this guide! Take your time! Happy holidays!!

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## Stay and Plays

### 1) AWARE Summer Scheme - Stay and Play

[www.aware-uk.org](http://www.aware-uk.org)

**n.b: You need to be a member of AWARE to join in our activities; to join AWARE, please go to: <https://aware-uk.org/aware-membership/>**

If you are already a member, please contact Rachel at [rachel.aware@outlook.com](mailto:rachel.aware@outlook.com) or 07826 926150 for this summer's programme. We will have further information in AWARE newsletter and on social media, with details of the activities. All sessions run from 10am to 3pm but you do not have to come for the full day.

**Addingham** – Addingham youth Centre, Bolton Rd, Addingham, LS29 0NR

**Green Lane** - Orchard Building, Green Lane Primary, BD8 8HF

1<sup>st</sup> August Addingham

2<sup>nd</sup> August Green Lane Primary

3<sup>rd</sup> August Green Lane Primary

8<sup>th</sup> August Addingham

9<sup>th</sup> August Green Lane primary

10<sup>th</sup> August Green Lane Primary

15<sup>th</sup> August Addingham

16<sup>th</sup> August Green Lane Primary

17<sup>th</sup> August Green Lane primary

22<sup>nd</sup> August Addingham

23<sup>rd</sup> August Green Lane Primary

24<sup>th</sup> August Green Lane Primary

### 2) Chellow Heights Special School Stay & Play

<https://localoffer.bradford.gov.uk/service/599-chellow-heights-special-school-stay--play>

#### **What is on offer?**

Chellow Heights Holiday activities include summer and holiday activities for children with additional needs. Activities may include using the swimming pool, hydrotherapy, sensory room, arts and crafts, rebound, soft play bikes and bouncy castles.

### **Who is it for?**

Children with additional needs up to the age of 11 and their siblings.

### **How do I access this?**

Stay & Play sessions run during the summer; the cost is £5 per child. Contact the school directly for further information or to book a place.

Telephone 01274 484242

Address Chellow Heights Special School, 147 Thorn Lane, Bradford, BD9 6RY

Email [julia.warren@chellowheightsschool.co.uk](mailto:julia.warren@chellowheightsschool.co.uk)

### **3) Beckfoot Phoenix School Stay & Play**

<https://localoffer.bradford.gov.uk/service/708-beckfoot-phoenix-school-stay--play>

### **What is on offer?**

Beckfoot Phoenix Stay and Play schemes offer children, siblings and families the chance to have fun using the sensory room, soft play room, hydrotherapy, rebound room, sensory garden, bicycles and track, outdoor play equipment, food technology, quiet spaces and other activities including messy play and arts and crafts.

### **Who is it for?**

Open to all families from Keighley and the surrounding area who have a child or children of any age who have special needs and their siblings.

### **How do I access this?**

Stay & Play sessions run during February, Easter, May and Summer school holidays. Each play session costs £4 for one child and £1 extra for any other child you bring. There is a £5 yearly membership cost. If you would like to do popular activities such as rebound, hydrotherapy sessions and swimming, then it is advisable to book early. Families can buy food and drinks from the café area or are welcome to bring a packed lunch.

Telephone 01535 607038

Address: The Phoenix Special School, Braithwaite Avenue , Keighley, BD22 6HZ

Email [jason.patefield@phoenixschool.org.uk](mailto:jason.patefield@phoenixschool.org.uk)

## **Short Breaks**

### **4) Specialist Inclusion Project - Bradford Families**

<https://localoffer.bradford.gov.uk/service/699-specialist-inclusion-project>

### **What does the Specialist Inclusion Project do?**

The Specialist Inclusion Project is a team that specialises in researching, identifying, running and monitoring *Short Breaks* services for young people with disabilities aged 8 to 18 years throughout the Bradford District. These include after school, evening, weekend and half term short breaks. The team offer their own short breaks services including popular after school clubs themed around dance and drama, supported swimming sessions and the Pineapples Summer Camp - a 4 night residential during the summer holidays.

The team also run the *Link Work* service which focuses on finding suitable and sustainable short breaks activities for young people with disabilities. These activities are based on each young person's choice made through a link work assessment which identifies their likes and hobbies. The team work closely with a wide selection of short breaks providers in the Bradford district to identify different activities and monitor their work to ensure a high level of service.

### **Who is the Specialist Inclusion Project for?**

The Specialist Inclusion Project will accept referrals for young people aged 8 to 17 ½ years, but work with young people aged 8 to 18. To find out if your child or young person is eligible and for further information, please contact the team on 01274 438744, or register your interest below:

[https://onlineforms.bradford.gov.uk/ufs/SPECIALIST\\_INCLUSION\\_INFORMATION.eb?ebd=0&ebz=1\\_1654601618303](https://onlineforms.bradford.gov.uk/ufs/SPECIALIST_INCLUSION_INFORMATION.eb?ebd=0&ebz=1_1654601618303)

## **5) Short Breaks - Information, Criteria & Application**

*Short Breaks* give disabled children and young people the opportunity for an enjoyable experience with or without their primary carers. Short breaks also allow parents and families a break from their caring responsibilities. For more information on short breaks please read our short breaks statement here:

<https://localoffer.bradford.gov.uk/public/images/images/1577976075.pdf>

### **Who is eligible?**

Our criteria for Tier 2 Short breaks are as follows, young people must:

Have a diagnosed disability

Be aged 8-18

Must not currently have a social worker involved

Not be currently accessing any other after school/ evening club or group unless wanting to change their current one

Not be in receipt of any Direct Payment or Personalised/Individual budget unless wanting to change this

### **How do I access this?**

To apply for a short break, please visit this page and register your interest:

<https://localoffer.bradford.gov.uk/service/1443-short-breaks--information-criteria--application>

#### **6) Nell Bank Outdoor Education Centre & Adapted Lodge**

<https://localoffer.bradford.gov.uk/service/610-nell-bank-outdoor-education-centre--adapted-lodge>

##### **What is on offer?**

Nell Bank is an Outdoor Education Centre for children and young people of all ages and abilities. In partnership with the Specialist Inclusion Project. Nell Bank offer short break weekends for families who meet the Bradford short breaks criteria. The centre has a specialist, inclusive residential lodge as well as a mobility vehicle, to ensure visitors can really get the most of their stay. The centre offers outdoor activity programmes from its 20 acre site on Denton Road, Ilkley. Activities are varied and can be tailored to meet families'/groups' specific needs – from programmes that follow the story of the Gruffalo and pond dipping to team building sessions and family fun days, the centre has something to offer everyone.

##### **Who is it for?**

Children and young people with disabilities/additional needs

How do I access this?

To discuss the needs of your family or group: Contact:

Tracey McPhee [tracey.mcphee@bradford.gov.uk](mailto:tracey.mcphee@bradford.gov.uk), 07929 747390.

Nell Bank 01943 602032 [nell.bank@bradford.gov.uk](mailto:nell.bank@bradford.gov.uk)

### **Support Groups, Services and Charities offering Holiday Activities**

#### **7) BIDS - Bradford Inclusive Disability Service**

<https://www.bradfordinclusivedisabilityservice.co.uk/>

##### **About us**

We are a registered charity (charity # 503944), established in January 1975 and based in St Luke's Hospital. The charity employs two members of staff, Emma Fawcett and Michelle Neale.

New families wishing to access our services can call and make an appointment for either a Monday or Wednesday; you can receive advice on benefits access, daily living help and

access to other services (occupational therapy, physiotherapy, speech and language therapy and consultant support).

You may even get a cuppa and a massage! 😊

### **How do I access this?**

Our number is 01274 365463 - feel free to give us a call, or alternatively, use the contact form on our website. We look forward to welcoming you and your family.

We aim to provide 4 weeks of fun within the school 6 week holidays. During other school holidays we offer theme days and family get together's; information will be posted when available on our website.

<https://www.bradfordinclusivedisabilityservice.co.uk/>

## **8) ASAS Aireborough Supported Activities Scheme**

<https://www.aireborough-scheme.co.uk>

Aireborough Supported Activities scheme provides services to enhance the health and wellbeing of children and young people with additional needs in Aireborough and Leeds, by providing leisure activities and short breaks to improve their quality of life.

### **How do I access this?**

Call 07764 43293

Email [jo.galasso@aireborough-scheme.co.uk](mailto:jo.galasso@aireborough-scheme.co.uk)

## **9) SELFA**

<https://www.selfa.org.uk/>

SELFA run a full programme of activities for school-age children (4-19) who live or attend school in North Yorkshire. This includes health and wellbeing programmes, peer support groups, targeted holiday workshops and trips & residential.

Our current programmes are available here:

<https://www.selfa.org.uk/wp-content/uploads/2022/05/SELFA-Term-time-Programme-May-22.pdf>

### **How to I access this?**

To access activities your child/children must be referred to SELFA by a professional working with them or their family. This can be a class or head teacher, social worker, support worker, health visitor or other agency such as Carers' Resource or Child and Adolescent Mental Health Services (CAMHS).

All referrals are made online using the link at the top of the page. The form must be completed in full, giving the reason for referral. Providing full information helps us give appropriate support and gauge the level of need.

Once registered with us, the parent/carer will be added to our mailing list and receive details of planned activities. Professionals: please note that we do not have the resources to send information by post or contact each parent directly so please provide an email address.

### **10) Zig Zag Leeds Autism Support Group**

<https://www.zigzagautismservices.co.uk/>

#### **What is on offer?**

- One to one parent/carer support
- Monthly day and evening parent support group meetings
- Online support via our private facebook group
- Book lending library
- DLA form assistance
- Low cost autism awareness training
- Monthly soft play sessions
- Twice weekly trampoline sessions
- Holiday activity specials

Our services are always expanding to meet the needs of the many families we support.

#### **How do I access this?**

Email [zigzagautismservices@gmail.com](mailto:zigzagautismservices@gmail.com)

Telephone 07981 201005/07749 98471

### **11) International Mixed Ability Sports (IMAS)**

<https://localoffer.bradford.gov.uk/service/663-international-mixed-ability-sports-imas>

#### **What is on offer?**

A range of activities designed to be fun and healthy and to encourage wellbeing through exercise, sport and membership, for individuals or groups in clubs or classes. Mixed ability sports in Bradford include: football, cricket, rugby, rowing, archery, boxing (non-contact), wheelchair basketball, tennis, golf, bowls, dance and swimming

#### **Who is it for?**

For people of all abilities and ages! Coaches are aware that many participants may have been inactive or face barriers to participation through inactivity, long term health problems or disability. Women or men only groups/teams, archery and football. Rugby is full contact

for males 17+ although there is provision for non-contact 'touch' rugby for juniors and women.

### **How do I access it?**

Classes are open to all and run at various locations throughout the district. There is usually a sessional charge or membership fee.

An educational class for adults with intellectual impairment or for people on the autistic spectrum is available for those members who take up a mixed ability activity in the region. The organisation (International Mixed Ability Sports) exists to promote fully inclusive community activities and those members have the opportunity through this class to share their experiences and become part of the IMAS training team.

Sports activities are open to people of any ability or disability. The educational class is primarily to promote the mixed ability model and we require students to be members of mixed ability activities or clubs.

Telephone 07914 345004

Address: International Mixed Ability Sports, 63 Nesfield Street, Bradford, BD1 3ET

Email [contact@mixedabilitysports.org](mailto:contact@mixedabilitysports.org)

## **12) The School of Rock & Media Ltd**

<https://localoffer.bradford.gov.uk/service/678-the-school-of-rock--media-ltd>

### **What is on offer?**

The School of Rock & Media is a social enterprise & a community recording, rehearsal, performance and activity centre. SORM studios has a unique approach to music delivery, SORM uses a unique blend of social enterprise and *pay it forward* ideology, which with the power of music helps bring people together people from all walks of life and abilities. SORM is not just a studio, it is a learning centre and helps teach valuable skills such as music, arts, team work, communication and problem solving skills. SORM encourages and teaches citizen skills, community action and volunteering. SORM offer all our young people opportunities to get involved and volunteer at many of our events across the country, offering valuable experience in the music industry and beyond.

### **Who is it for?**

SORM studios work with people from all walks of life from young people aged 5 to 24 years, we work with children, young people & adults with learning & physical disabilities, and the general public.

### **How do I access this?**

You can contact us via email or telephone using the details below; SORN is an open access service.



Tony Saunders/ John Bolton  
Mobile: 07504 561713 / 07957 192923  
5 Cater Street, Little Germany, Bradford, BD1 5AS  
Email [sormstudios@virginmedia.com](mailto:sormstudios@virginmedia.com)

### **13) The Light of the World Community Centre**

<https://localoffer.bradford.gov.uk/service/1345-the-light-of-the-world-community-centre->

Are you struggling to find someone or somewhere to leave your child while you are working or training, during the school holidays? Then look no further!

The Holiday Care Club is Ofsted registered and is run by our qualified play care staff team. The Holiday Care is Ofsted Registered GOOD.

The scheme caters for children aged 5 - 13 (4 years old if attending primary school), and is open from 8:30am - 5:30pm, Monday to Friday every school holiday including the 6 weeks summer holidays, except for Bank Holidays.

#### **What is on offer?**

Activities are varied, and are based around the children`s observed interests.

Trips and Outings - throughout Holiday Care the children go on different trips such as visits to local parks, museums, galleries and theme parks and local places of interests, such as bowling alley, ice skating, and the media museum. The children access these trips via walking, public transport or coach.

#### **How do I access this?**

For more information please call the community centre and ask to speak to the play leader, or admin team on 01274 730640.

Address: Gaythorne Road, West Bowling, Bradford, BD5 7ES

Email [info@lightoftheworldbradford.org.uk](mailto:info@lightoftheworldbradford.org.uk)

### **14) Bradford Stronger Together**

[https://www.facebook.com/Bradford-Stronger-Together-102284729059562/about/?ref=page\\_internal](https://www.facebook.com/Bradford-Stronger-Together-102284729059562/about/?ref=page_internal)

Bradford Stronger Together is a parent led group aiming to provide advocacy and support around autism and special needs and they run a summer holiday programme.

#### **Who we are**

Bradford Stronger together is a new community group set up in Bradford. It was founded by 6 mothers, all of whom have special needs children, and who were concerned about the lack of services and resources available to them.

## **What do we do?**

We aim to offer stay and play sessions during the holidays and sibling support in the form of respite. We aim to organise outings and trips for the whole family during term time and holidays.

Contact [bradfordstrongertogether@gmail.com](mailto:bradfordstrongertogether@gmail.com) for further information.

### **15) Bradford PHAB Club**

Bradford PHAB Club runs every Wednesday evening during school term time and we organise many events/trips during the summer months. Contact for further details.

<https://localoffer.bradford.gov.uk/public/images/images/1558697556.pdf>

Telephone 07850 964864

Address Mappa Building, Community Centre, 1 Coates Street, Bradford, BD5 7DL

Email [aky.khan@hotmail.co.uk](mailto:aky.khan@hotmail.co.uk)

### **16) LS29 Special Needs Support Group**

<https://www.ls29group.co.uk/>

LS29 provides activities, support and trips for families who have a child with additional needs living in the LS29 area (or within an 8 mile radius). We also run LS29 Time, a holiday club for children with additional needs.

#### **How do I access this?**

Telephone 07976 015134

Email: [ls29groups@yahoo.co.uk](mailto:ls29groups@yahoo.co.uk)

### **17) Bradford Disability Sport and Leisure**

<https://localoffer.bradford.gov.uk/service/634-bradford-disability-sport-and-leisure>

#### **What is on offer?**

BDSL offer a variety of sports clubs and activities especially for people with a disability across the district; activities available include swimming, basketball, cricket, karate, athletics, cycling and more.

#### **Who is it for?**

Children and young people of all various ages (groups have different age ranges, visit the website or telephone directly for further information)

Our services are for anyone with any kind of disability. Our aim is to make sport and leisure activities accessible for everyone. To provide 'Equality Through Sport' in a fun and enjoyable setting.

### **How do I access this?**

Telephone 01274 437093

Address BDSL, Shipley Town Hall, Shipley , BD18 3EJ

Email [info@bdsl.net](mailto:info@bdsl.net)

## **18) The Friends & Family Hubs - Thinking BIG**

<https://www.thinkingbiguk.org/>

The Friends & Family Hubs are supported by The National Lottery and run by Thinking Big; they are a place for the friends and family members of children and young people with SEND to connect, share information and learn new skills. We get together monthly for presentations by guest speakers on a variety of topics, and group meetings. We have the occasional social event too. We know that the best-connected families have the best outcomes, so let's get together!

We would like to invite you to join our Summer Celebration Event for The Friends and Family Hub on:

Tuesday 16th August 2022 – 12pm-2pm at Victoria Hall, Victoria Road, Shipley, BD18 3JS.

As part of our programme of events, we hold an annual social event to celebrate our wonderful members and the journey we've all been on over the year. During the pandemic we held our summer social event virtually, but we are excited to return to a face-to-face event. We're looking forward to seeing parents and carers join us for food, family entertainment, music, a raffle and more.

It would be great if you could join us!! Booking is essential, so please get in touch

### **Contact us:**

Email – [friendsandfamily@thinkingbiguk.org](mailto:friendsandfamily@thinkingbiguk.org)

## **19) West Yorkshire ADHD Support Group**

### **Who is it for?**

Adults with ADHD and parents/carers of children with ADHD.

### **What is on offer?**

We are a peer-led voluntary support group offering a wide range of support to both adults with ADHD and parents/carers of children with ADHD (with or without a diagnosis). We

have two meetings a month (one in Wakefield and one in Dewsbury) and arrange social activities during school holidays.

You/your child does not need a diagnosis to join our group. If you suspect that you/your child may have ADHD, you are very welcome to join us. The support we offer is tailored to the individuals needs and includes listening to concerns and providing moral support, providing information on ADHD and co-morbid conditions and giving practical advice on coping strategies.

Due to having first-hand experience of the condition we are able to offer an understanding, which can often be lacking, leaving parents feeling very isolated. We also work closely with other groups, offering advice on ADHD, which enables us to signpost effectively where appropriate, thus maximising the help available to clients and enabling people to get in touch with each other.

### **How do I access this?**

Add yourself to our Facebook page- no referral is necessary:

<https://www.facebook.com/groups/216488425852125>

## **20) Special Needs Objective Outreach Project (SNOOP)**

<https://www.snoopcharity.org/>

### **What is on offer?**

SNOOP (Special Needs Objective Outreach Project) is a registered charity based in Eccleshill and welcoming families from across the Bradford Metropolitan District. We provide a wide range of services to support children and young adults with additional needs and disabilities aged 0-25 years + and give support and information to their parent/carers. Open 50 weeks of the year and offering flexibility to parent/carers to support them to work or further their education and training. We have a team of highly qualified and experienced staff who are happy to meet with you, show you around and discuss your needs and the needs of your child.

### **Who is it for?**

We provide a wide range of services for children and young adults of all abilities between the ages of 2 – 25+ years. All our services for children use play work and early years foundation skills aiming to help a child to develop their social skills and friendships. As your child matures, we provide transition services to support a young adult to learn social skills, life and independence skills through a range of activities both during the day and in the evening in our Young Adults Service for those with learning disabilities. We aim to offer a varied and stimulating range of activities based on a person centred approach, encouraging the aspirations of the young people we support, whilst also being aware of the need for relaxation. Our range of services include

- After school sessions and holiday play schemes (2 – 16 years)
- Day time and evening support for young adults with learning disabilities (16 -25+ years)
- ASDAN Accredited Awards for life and independence skills
- support for parents / carers at education, health and social care reviews and or assessments for their child / young adult \* Youth Club – The ‘Chillin Zone’ (13-25 years) for young people with additional needs and their siblings
- Stay and Play sessions (pre-5’s); sensory room, sensory integration swings and soft play centre
- Indoor climbing wall facilities (equipment and qualified staff provided)
- Tadpoles Nursery (2-5 years) offering universal 15 hours and extended 30 hours places and fee paying places
- Bradford’s Safe Places Scheme – The ‘*Help I’m Lost Card*’ free training and information packs), support planning for parent/carers – Preparation for Adulthood 16+.

#### **How do I access this?**

Your child or young adult does not have to have referral from a professional to access our services, you can contact us direct. SNOOP operates from our own purpose built, fully accessible centre, the building is all on one level and has ample parking facilities. SNOOP also has a fully accessible personal hygiene room with changing table, hoist and tracking to ensure the privacy of children and young adults with disabilities when intimate care is being provided. You can pay for the service yourself or use your personal budget, direct payments, short breaks or Individual Service Funds to purchase your place.

Telephone 01274 292126

Address SNOOP , Newlands House One, Inspire Bradford Business Park, Eccleshill, Bradford, BD10 0JE

Email [carol.amery@snoopcharity.org](mailto:carol.amery@snoopcharity.org)

## **21) Get Out Get Active Bradford**

### **What is on offer?**

Get Out Get Active Bradford

Provides fun and sociable activity that supports disabled and non-disabled people to be active together. We run low cost and accessible sessions in the communities of Manningham, Keighley and Holmewood. Activities include: cycling, swimming, archery, kickboxing and much more

### **Who is it for?**

All activities are for all ages and abilities and are ideal for those wanting to get more active. We have local forums where we get together and try to understand the best needs of the community, and we plan to get the offer right

### **How do I access this?**

You can try any of our activities free for the first time and you can see all of our activities on <http://www.getoutgetactive.co.uk/about-us/partners/9-bradford-disability-sport-and-leisure> Or call, text or email Karla Burton who will be more than happy to talk you through any of our opportunities

Telephone 07835 766383

Address BDSL, Shipley Town Hall, Kirkgate, Shipley, Bradford, BD18 3EJ

Email [goga@efds.co.uk](mailto:goga@efds.co.uk)

## **Places to visit**

### **22) Airbounce**

<https://www.airbounce.co.uk/activity/trampoline>

Airo Trampoline

Have you ever wanted to feel what it's to be airborne? Now's your chance! Airbounce offers you a trampoline park that is designed for kids of all ages. What's more, this park is far better than your everyday trampoline park: it has lots of different features that will keep you and your kids hooked.

#### **What is on offer?**

We work towards enriching your experience as a whole. Having access to a trampoline will cost you £8.99; however, if you plan on spending additional time on a trampoline, you'll be required to pay an additional £2.00. How about an additional pack? If you're looking for something more exciting, then you should check out our additional pack. You can have access to laser tags, inflatables, soft play, and a trampoline for just under £13.89.

We also have dedicated SEN sessions!

For more information, visit: <https://www.airbounce.co.uk/contact-us>

### **23) The National Science and Media Museum - Bradford**

<https://www.scienceandmediamuseum.org.uk/whats-on/early-birds>

National Science and Media Museum, Bradford, BD1 1NQ

General enquiries and box office:

Email us at [info@sciencemuseumgroup.ac.uk](mailto:info@sciencemuseumgroup.ac.uk) or call us on 033 0058 0058 (line open 09.00–17.00 daily).

Early Birds is a special event for families with children who have an Autism Spectrum Condition, an anxiety disorder, or a Special Educational Need that means they would benefit from a quieter, more relaxed museum opening.

The museum will open early, at 08.30am, and will be available exclusively for our Early Birds guests until 10.00, when we open our doors to the general public.

Entry and activities are free. Early Birds visitors can also enjoy an autism friendly film screening at reduced ticket prices. Early Birds is a great way to explore the museum at a quiet time, away from crowds:

Wonderlab is full of amazing sights and sounds, and there will be a sensory play area in the Wonderlab Studio

Most of our other galleries will be open for families to explore and play with interactive exhibits

The Kodak Gallery will have screens and sounds turned off to ensure a quieter space

The Café will be opening early to serve breakfast

After 10.00, families are of course welcome to stay and continue to enjoy their visit to the museum.

Film Screening - as part of the event, there will be an autism friendly film screening. Details will be confirmed when the next event date is announced.

Useful information - the museum staff working on the day have received training from Specialist Autism Services.

Our special access guide can help you prepare for your visit. You can find more information about access and facilities at the museum on our accessibility page:

<https://www.scienceandmediamuseum.org.uk/whats-on/early-birds>

## **24) Harewood House**

<https://harewood.org/visit/access/>

Harewood has joined the Sunflower Lanyard scheme (see item 36) for people with hidden disabilities. Not all disabilities are visible. If you have a hidden disability and feel that you would benefit from wearing a Hidden Disabilities Sunflower product while on-site, please pick one up from Visitor Information or Visitor Reception.

Carers: our admission policy enables essential carers for adults to access Harewood free of charge, whilst the normal membership or admission fee applies to the disabled visitor. All

you need to do is pre-book your ticket online and then your carer's ticket will be issued at the gate.

[info@harewood.org](mailto:info@harewood.org)

### **25) Bradford Theatres**

Bradford Theatres also have a discount scheme that people can sign up for, which gets half price tickets for the person and the carer. You will need to contact the box office on Contact Bradford Theatres:

[www.bradford-theatres.co.uk/about/contact-us](http://www.bradford-theatres.co.uk/about/contact-us)

### **26) Eureka!**

We are proud to be the first museum and visitor attraction in the UK to join the Sunflower Lanyard Scheme for visitors with hidden disabilities! (See item 36 for more information about the scheme.)

At Eureka!, disabled visitors can access a range of free support and services including fast-tracked admission, free admission for essential carers, use of a changing places facility and chill out room, loan of ear defenders and regular free clubs for disabled children. And don't forget that we launched our online sensory guide website earlier this year to help visitors with sensory conditions prepare for their visit:

<https://www.eureka.org.uk/blog/eureka-joins-sunflower-lanyard-scheme-for-people-with-hidden-disabilities/>

### **27) The best UK family days out for families of children with autism**

Do you feel overwhelmed by the summer holidays? Do you want a day out with the kids but need some inspiration?

Filling six weeks can seem a bit overwhelming but you've come to the right place. "A Curious Journey" have put together a summer guide for days out in the UK which are suitable for families of children with additional needs.

This blog contains ideas for days out across Yorkshire as well as Merseyside, Norfolk, Cornwall, Cheshire, Northumberland, Tyne and Wear, plus Edinburgh and Thomas Land. The blog is updated regularly so keep checking:

<https://acuriousjourney.com/the-best-uk-family-days-out-for-families-of-children-with-autism/>



## **28) 50 Things To Do Before You're Five**

<https://localoffer.bradford.gov.uk/service/593-50-things-to-do-before-youre-five>

### **What is on offer?**

A free project, developed in Bradford for all parents of children aged 0-5 across the Bradford and Keighley district. A smart phone app offers 50 activities, that will support communication development, access to the outdoors and a growing understanding of the world by having fun!

### **Who is it for?**

The project was funded by the youth charity, Big Change and developed by St Edmund's Nursery School and Children's Centre in Girdlington, to be universally accessible. We have worked with partners, Delius Special School to include developmentally appropriate guidance on the free app for children who are disabled. Each activity has a section that supports families of children who are visually and hearing impaired, have a physical impairment, or are living with autism.

### **How do I access this?**

Download the app for free from the App Store or from Google Play Store, by searching for 50 Things Bradford

Telephone 01274 543282

Email [andrea.layzell@stedmundsbradford.org.uk](mailto:andrea.layzell@stedmundsbradford.org.uk)

## **Money Saving Tips and Resources**

### **29) DLA Days out Facebook group**

This open group was started by parents to enable other parents and carers to write about their days out for children with special needs around 7 years ago; simple and to the point!

There are good discounts and benefits available from many theme parks, zoos etc. to make the day extra special. Many places offer free carers' places too, when accompanying your child who receives DLA

Please join via this link and add any information you may think would be of help to others e.g. cost, queues and general tips etc. for others:

<https://www.facebook.com/groups/DLAchildrensDaysOut/>

### **30) Carers go free at theme parks**

With the right support, theme parks can be fantastic autism-friendly days out. The person with the disability or additional need will usually pay the full entrance fee – unless you have a discount voucher – with a free carer ticket/concession for the main carer. Some parks offer more than one concession if extra support is required. Contact each venue direct to ask for the concessions as these are subject to change.

### **31) Relaxed cinema screenings**

The main cinema chains offer special screenings for people with autism, where special adjustments are made; low lights, low sound levels, no trailers or adverts, and guests are allowed to move around and make noise. Some charities such as Mencap, also run occasional free film screenings throughout the year, which can make for a great autism-friendly day out.

These cinema chains all offer autism-friendly screenings: [Cineworld](#), [Everyman](#), [Odeon](#), [Picturehouse](#), [Showcase](#), [Vue](#).

### **32) Family Fund**

#### **What is it?**

Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided over 150,000 grants or services worth over £48 million to families across the UK.

Our purpose is to improve the lives of low-income families raising disabled or seriously ill children and young people.

Our mission is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access, and that help improve their quality of life, realise their rights, and remove some of the barriers they face.

Our vision is that all families raising disabled or seriously ill children have the same choices, quality of life, opportunities and aspirations as other families.

#### **What is on offer?**

We provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

Click on the link below for more information, and how to apply.

<https://www.familyfund.org.uk/>

### **33) Max Card (Discounts)**

#### **What is on offer?**

AWARE issues Max Cards to AWARE members who have children with additional needs. Families simply show their Max Card upon entry to a venue in order to obtain free or discounted admission, or occasionally you may need to book ahead.. The scheme is designed to help these families save money on great days out at castles, zoos, bowling alleys and more. The Max Card Scheme aims to provide a sense of community through stimulating learning experiences and enjoyable days out for everyone. See the Max Card website, [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk), for details about the different attractions that offer discounts with the card. New attractions are often added, so keep checking.

#### **Who is it for?**

AWARE families who have a child(ren) with a disability or additional need in receipt of DLA or PIP at any level to qualify. Cards can be used for young adults up to 25, so you may apply until your young person reaches their 23rd birthday.

#### **How do I access this?**

Apply online or by emailing Rachel at [rachel.aware@outlook.com](mailto:rachel.aware@outlook.com) and paying £3.80 (inc p&p) or just £3 if collected in person from our sessions.

<https://mymaxcard.co.uk/>

### **34) The Cinema Exhibitors Association Card**

#### **What is on offer?**

The card is part of a national card scheme accepted by UK participating cinemas. The card allows you to obtain one free ticket for any person with additional needs to the cinema. One full price ticket for a film needs to be brought at the same time to use the card.

#### **Who is it for?**

To qualify a young person needs to be over eight years of age, and be getting Disability Living Allowance (DLA), Personal Independent Payment (PIP) or be registered as blind.

#### **How do I access this?**

You can apply online by going to the website below, or ask about the card at your local cinema where you can pick up an application form. There is a £6 fee and the card lasts for one year from the date of issue.

<https://www.ceacard.co.uk/>

Telephone 01244 526016

Email [Annette.Swift@ceacard.co.uk](mailto:Annette.Swift@ceacard.co.uk)

### **35) Bradford Leisure Card**

#### **What is on offer?**

The Bradford Leisure Card entitles you to reduced admission for a wide range of leisure activities including:

- reduced price admission to all normal public swimming sessions
- free admission and equipment hire and half price activity charge with up to seven days advance booking at sports centres
- half price for games of bowls, tennis, putting and pitch and putt
- discount at Doe Park Water Activities Centre
- discount at the Alhambra Theatre and St George's Hall
- Bradford Leisure Card is the new name for Passport to Leisure.

How much does a Bradford Leisure Card cost?

Adults: £3 per year

Children: £1.50 per year, for dependent children of adults who have a Bradford Leisure Card

Over 60's: £6 for 3 years

Check out the link below to see terms and conditions

<https://leisurememberships.bradford.gov.uk/introduction.aspx>

### **36) Sunflower Lanyard Scheme**

#### **What is it?**

The Sunflower Lanyard Scheme

The Sunflower is a globally recognised symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities.

Not all disabilities are visible – some are not immediately obvious: including autism, chronic pain, and learning difficulties as well as mental health conditions, mobility, speech impairments, and sensory loss such as speech, sight loss, hearing loss, or deafness. They also include respiratory conditions as well as chronic conditions such as diabetes, chronic pain, and sleep disorders when these significantly impact day-to-day life. Although you may not be able to see these invisible impairments and conditions, they are still there.

People living with these often face barriers in their daily lives including a lack of understanding and negative attitudes, so some choose to wear the Sunflower Lanyard to

discreetly identify that they may need support, help, or just a little more time in shops, transport, or public spaces.

**Shop Lanyards and much much more here:-**

<https://hiddendisabilitiesstore.com/shop.html>

### **37) Radar Key**

#### **What is it?**

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

<https://shop.disabilityrightsuk.org/products/radar-key>

### **38) Disability Grants**

Charities and Trusts provide funding towards the high cost of disability equipment, holidays and days out among others. Disability Grants is here to help YOU, your family or anyone you're supporting with a disability.

Check out the Disability Grants website to see what you can claim for:

<https://www.disability-grants.org>

### **39) Sky Badger**

Are you looking for a grant? Help at school? Advice about finding support for your other children? Need an accessible family holiday? Want to find out what else is out there for your special needs or disabled child? Then you've come to the right place!

Sky Badger is an award winning charity that finds help and adventure for disabled children and their families all over the UK. We do this by building bridges between disabled children and the charities and services available to help. We find everything from disabled sports clubs to sibling groups to help at school to 'make a wish' charities and tell families about them through our website, social media platforms, videos, information packs and helpdesk. We help about 1,000 families every day and we are completely free to use.

Sky Badger is a UK wide charity providing help through our online platforms and helpdesk 24 hours a day and 365 days a year.

We support children and young people with all disabilities and special needs from autism to eating disorders to epilepsy.

We support siblings, parents, grandparents and friends; teachers, medical staff and social care staff.

All Sky Badger services are free to use and children do not have to qualify to get our support.

Sky Badger also runs a disability awareness programme for primary schools.

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

Email Helpdesk: [team@skybadger.co.uk](mailto:team@skybadger.co.uk)

Facebook: <https://www.facebook.com/SkyBadger/>

Telephone Helpdesk: 0845 609 1256

## Holidays for families

### **40) Equality Together**

Holibreak+

Are you a carer or a disabled person? Would you like the choice of a variety of day trips, accessible holidays, and activities?

Equality Together is excited to announce our fantastic new venture, HoliBreak+.

Whether you enjoy a leisurely long weekend on a canal barge, a sun-filled holiday of relaxation, or an action-packed skiing adventure, this venture will have something for you.

HoliBreak+ offers the choice to take the break you want with the accessibility you need. It's not just holidays we offer: we've also got activities and day trips, there really is something for everyone.

If you'd like to know more and be kept up to date with our latest offers, follow us on Facebook, or give us a call. We all need a little *Me Time*, let us help you make it memorable.

Latest offer, free boat trips for carer and disabled person!

Tel 01274 594173, option 6, or 07538 24062

To find out more:

<https://equalitytogether.org.uk/get-support/holibreak/>

### **41) AWARE in association with Carefree Holidays**

AWARE is excited to announce a new partnership with the organisation Carefree, who offer breaks for unpaid carers.

Carefree organises breaks for carers aged 21+ who are classed as full-time carers.

98% of Carefree's recipients of their breaks report an improvement in their wellbeing after using their services, while 86% would not have had a break without their help.

AWARE members can refer themselves directly or be referred via our staff.

The accommodation is free on each break; you will need to pay a £25 administrative fee and cover costs such as transport and food while you are on your break.

You will also need to organise childcare/respite care unless you are going on the break with a friend or other family member and have a partner who can provide care while you are away.

You can sign up for a break here: <https://carefreespace.org/take-a-break/> and contact Rachel on [rachel.aware@outlook.com](mailto:rachel.aware@outlook.com) for more details.

<https://carefreespace.org/>

## **42) Assistance at the Airport**

### **How do I request help?**

Airlines, travel agents and tour operators should provide a free method of requesting assistance when you book (or at later stage). You may be asked about special assistance during the booking process but this isn't standard practice so you may need to make a request - preparation is key!

If you are booking on a website, look out for a special assistance link for information on how to get the type of help that you need.

Your travel service provider may ask you to telephone them or their agent or complete a web form. Many airlines provide a Freephone or local rate number for you to call to notify them of your assistance needs; some airlines also offer a free call-back option.

Request and keep written or printed confirmation of your assistance booking.

### **What can I ask for?**

It is important that you are clear about the type of help that you need; this will help avoid delays and ensure that you receive appropriate support. Many airports also provide additional information tailored specifically to people with hidden disabilities.

This could include:

- transfer from a designated point, such as car park or bus stop, to the terminal building
- the use of an airport wheelchair to get to the gate
- extra help getting through security searches
- assistance with boarding the aircraft and getting seated
- specific seats on the aircraft

Airlines will need to know if:

- You are taking an electric mobility aid (e.g. an electric wheelchair or mobility scooter)
- Your condition means that you need extra care and attention

Questions that you may wish to consider in advance include:

- Are on-board wheelchairs available on all aircraft? These are used to move people to the toilet during the flight.
- What are the walking distances to departure gates? Airports should provide this information on their websites.
- Does the airport use air bridges or steps for passengers to board aircraft?
- The number and type of accessible toilets at the airport and on board aircraft.
- What restrictions (e.g. safety, weight, space, battery type) apply to the carriage of electric mobility aids.
- The airline's policies in relation to compensating for damaged mobility equipment.
- The types of seats available and how the airline allocates these.
- Restrictions on medication at security searches (especially relating to liquids).

## **Jet 2**

Jet2 have recently introduced this form to request special assistance. Please only complete this form if you (or a passenger in your party) need mobility assistance, to disclose any medical conditions or have any additional medical or assistance needs we need to be aware of:

[https://www.jet2holidays.com/request-special-assistance?fbclid=IwAR0Bq83pPdFH6J\\_pURmgBtkJwGkasTC24EkWHLDL7ocotyvbYEjddY\\_ljk](https://www.jet2holidays.com/request-special-assistance?fbclid=IwAR0Bq83pPdFH6J_pURmgBtkJwGkasTC24EkWHLDL7ocotyvbYEjddY_ljk)  
[w](#)

## **Invisible Disabilities at Manchester Airport**

We are working on ways to identify how we can improve the airport experience for our vulnerable passengers who may not want to share details of their invisible disabilities or use our assistance service.

If this applies to you or someone you're travelling with, we can offer you a special lanyard to wear on your journey through our airport. This will identify you to staff as someone who may need additional support or understanding. Our staff have been specially trained to recognise the lanyards and act accordingly. Please note this lanyard permits access to our family and priority lanes at security as well as the use of our special assistance lanes at the UK Border on arrival into Manchester Airport.

To pick up a lanyard at Manchester, please go to one of our Assistance Reception areas. These are available within our Check-in halls in Terminal 1 A and B, Terminal 2 and Terminal 3. We will be happy to give you a lanyard, even if you haven't requested or need special assistance.



Please note, due to high demand, we are unable to post a lanyard to your home address in any circumstance. Please collect a lanyard from our assistance desk in the departure hall on your day of travel (or see below re the Lanyard scheme)

### The Sunflower Room

The Sunflower Room in Terminal 1 is to aid Special Assistance Guests who need to break away from the noise, bright lights and crowds of the main Departure Lounge to help them relax and feel calm in a quieter environment.

Guests who require use of the room will be guided here as part of the Special Assistance Service.

<https://www.manchesterairport.co.uk/help/special-assistance/invisible-disabilities/>

## Quick links to everything in this guide, in alphabetical order

### **Airbounce**

<https://www.airbounce.co.uk/activity/trampoline>

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### **ASAS Aireborough Supported Activities Scheme**

<https://www.aireborough-scheme.co.uk>

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### **AWARE in association with Carefree Holidays**

<https://carefreespace.org/>

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### **AWARE Stay and Play**

<https://aware-uk.org/events-and-groups/>

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### **Beckfoot Phoenix School Stay & Play**

<https://localoffer.bradford.gov.uk/service/708-beckfoot-phoenix-school-stay--play>

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### **BIDS- Bradford Inclusive Disability Service**

<https://www.bradfordinclusivedisabilityservice.co.uk/>

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### **Bradford Disability Sport and Leisure**

<https://localoffer.bradford.gov.uk/service/634-bradford-disability-sport-and-leisure>

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### **Bradford Leisure Card**

<https://leisurememberships.bradford.gov.uk/introduction.aspx>

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### **Bradford PHAB Club**

<https://localoffer.bradford.gov.uk/public/images/images/1558697556.pdf>

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### **Bradford Stronger Together**

[https://www.facebook.com/Bradford-Stronger-Together-102284729059562/about/?ref=page\\_internal](https://www.facebook.com/Bradford-Stronger-Together-102284729059562/about/?ref=page_internal)

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**Bradford Theatres**

[www.bradford-theatres.co.uk/about/contact-us](http://www.bradford-theatres.co.uk/about/contact-us)

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**Chellow Heights Stay and Play**

<https://localoffer.bradford.gov.uk/service/599-chellow-heights-special-school-stay--play>

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**DLA Days out Facebook group**

<https://www.facebook.com/groups/DLAchildrensDaysOut/>

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**Disability Grants**

<https://www.disability-grants.org>

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**Equality Together**

<https://equalitytogether.org.uk/get-support/holibreak/>

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**Eureka**

<https://www.eureka.org.uk/blog/eureka-joins-sunflower-lanyard-scheme-for-people-with-hidden-disabilities/>

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**Family Fund**

<https://www.familyfund.org.uk/>

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**Get Out Get Active Bradford**

<http://www.getoutgetactive.co.uk/about-us/partners/9-bradford-disability-sport-and-leisure>

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**Harewood House**

<https://harewood.org/visit/access/>

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**International Mixed Ability Sports (IMAS)**

<https://localoffer.bradford.gov.uk/service/663-international-mixed-ability-sports-imas>

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**Invisible Disabilities at Manchester Airport**

<https://www.manchesterairport.co.uk/help/special-assistance/invisible-disabilities/>

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**Jet2**

[https://www.jet2holidays.com/request-special-assistance?fbclid=IwAR0Bq83pPdFH6J\\_pURmgBtkJwGkasTC24EkWHLDL7ocotyvbYEjddY\\_ljk\\_w](https://www.jet2holidays.com/request-special-assistance?fbclid=IwAR0Bq83pPdFH6J_pURmgBtkJwGkasTC24EkWHLDL7ocotyvbYEjddY_ljk_w)

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**LS29 Special Needs Support Group**

<https://www.ls29group.co.uk/>

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**Max Card (Discounts)**

<https://mymaxcard.co.uk/>

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**Nell Bank Outdoor Education Centre & Adapted Lodge**

<https://localoffer.bradford.gov.uk/service/610-nell-bank-outdoor-education-centre--adapted-lodge>

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**Radar Key**

<https://shop.disabilityrightsuk.org/products/radar-key>

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**SELFA**

<https://www.selfa.org.uk/>

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**Short Breaks**

<https://localoffer.bradford.gov.uk/public/images/images/1577976075.pdf>

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**SkyBadger**

<https://www.facebook.com/SkyBadger/>

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**Specialist Inclusion Project - Bradford Families**

<https://localoffer.bradford.gov.uk/service/699-specialist-inclusion-project>

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**Special Needs Objective Outreach Project (SNOOP)**

<https://www.snoopcharity.org/>

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**Sunflower Lanyard Scheme**

<https://hiddendisabilitiesstore.com/shop.html>

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**The best UK family days out for families of children with autism**

<https://acuriousjourney.com/the-best-uk-family-days-out-for-families-of-children-with-autism/>

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**The Cinema Exhibitors Association Card**

<https://www.ceacard.co.uk/>

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**The Friends & Family Hubs - Thinking BIG**

<https://www.thinkingbiguk.org/>

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**The Light of the World Community Centre**

<https://localoffer.bradford.gov.uk/service/1345-the-light-of-the-world-community-centre->

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**National Science and Media Museum - Bradford**

<https://www.scienceandmediamuseum.org.uk/whats-on/early-birds>

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**The School of Rock & Media Ltd**

<https://localoffer.bradford.gov.uk/service/678-the-school-of-rock--media-lt>

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**West Yorkshire ADHD Support Group**

<https://www.facebook.com/groups/216488425852125>

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**Zig Zag Leeds Autism Support Group**

<https://www.zigzagautismservices.co.uk/>

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**50 Things To Do Before You're Five**

<https://localoffer.bradford.gov.uk/service/593-50-things-to-do-before-youre-five>

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