

# COSY UP



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

## SUMMER SMILES, NOT SUMMER STRESS: *Holiday Planning for Neurodiverse Families*

**Rob Emery** (*Autism Specialist Teacher*)

With summer just around the corner, many families are starting to think about holidays – travel, hotels and a break from the usual routine. But for some families, changes in routine, unfamiliar places, and sensory demands can sometimes lead to increased anxiety or distress.

With a little extra planning and preparation, holidays can be made more enjoyable and manageable for everyone. In this article, we explore practical strategies to help your neurodiverse child feel more confident and comfortable during your time away.



### Preparation is the Passport

The more a child understands about what to expect, the more secure they're likely to feel. It's a good idea to start preparing early – even a few weeks in advance if possible.

- **Talk about past experiences:** Look at photos from previous holidays and talk through the activities – where you stayed, what you did, how the journey went.
- **Create a visual countdown:** Use calendars, charts or timers to help your child see how many days until the holiday, how long you'll be away, and when their regular routine will resume.
- **Explore the journey together:** Look at maps, transport routes, or videos of road trips, train rides or flights. You could also check live departure boards and look at images of airports or train stations to make things more familiar.
- **Get to know your destination:** Show photos of where you'll be staying, and leaflets or websites for attractions or activities. Knowing what to expect can be very reassuring.

### Plan Ahead for Peace of Mind

Creating structure and planning your time away in advance can help maintain a sense of routine – even in a new environment.

- **Make a simple daily schedule:** Include activities, meals, and bedtime to help your child understand what each day will look like.
- **Let others know about your child's needs:** Inform airline or resort staff ahead of time if you think support might be helpful – many places have systems in place for families.
- **Do a practice run:** If possible, visit the airport or transport hub in advance to familiarise your child with the environment.
- **Pack familiar items:** Bring along any specific foods, comfort objects, or sensory tools your child may need.
- **Use rewards:** A holiday-themed reward chart can offer positive reinforcement and motivation throughout the trip.
- **Plan for downtime:** Make sure to include quiet moments in your itinerary to help with sensory regulation and avoid overwhelm.

### Returning Home

Just like going away, coming back home can also be a transition that needs some support.


- **Use a countdown:** Mark off the days until the journey home so your child knows when to expect the change.
- **Look ahead to familiar things:** Talk about people, pets, and routines they'll be returning to, and show photos of home.
- **Prepare for the journey:** Just like on the way out, reviewing the travel plan home can help make things smoother.

Whatever your plans are this summer – whether you're going abroad, taking a day trip, or enjoying time at home – taking a little time to prepare can go a long way in making the experience more positive for everyone. For more tips and support, visit the [National Autistic Society website](#).

# INCLUSIVE FOOTBALL

**Come and join us for inclusive football sessions for young people with disabilities and additional needs!**

**Pitch 3, Powerleague, Peterborough Road, Farcet, PE7 3BW.**  
**All sessions are for 9 - 16 Year Olds**  
**Tuesdays 17:00pm - 18:00pm**  
**Contact Gary.Marheineke@Huntsfa.com**



## JOIN THE Super 1s

**All disabilities welcome**  
**Ages 12-25**

**CHALLENGE YOURSELF  
 BE MORE ACTIVE  
 IMPROVE YOUR SKILLS  
 MAKE NEW FRIENDS**

**Free inclusive cricket sessions!**

**LOCATION:**  
 Peterborough Hub:  
 Peterborough Town Cricket Club,  
 Dalrod Sports Ground, Bretton,  
 Peterborough, PE3 9UZ

**SESSION DATES:**  
 Starting 19th May:  
 Every Monday, from 7PM to 8PM

**CONTACT:**  
**Coaches:**  
 Tariq Aziz - 07307 999 008  
 Coach Ghafoor - 07883 066 339  
**Chairman:**  
 Brian Howard - 07793 535 683  
**Disability Development Officer:**  
 Mohammed Qamar - 07375 325 705  
 mohammed.qamar@cricketeast.co.uk

[www.lordstaverners.org/super1s](http://www.lordstaverners.org/super1s)



**LORD'S TAVERNERS**  
 Empowering young people through cricket  
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 CRICKET EAST:  
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 EPPER VAY,  
 ST ALVES,  
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 PE19 6SL  
[www.cricketeast.co.uk](http://www.cricketeast.co.uk)

## Out & About

**Dragon Boat Festival:**  
 Nene Park, 25th June  
[Click Here](#)

**Dr Who at  
 Peterborough  
 Museum,:**  
[Click here](#)

**Nature Detectives at  
 Flag Fen**  
 May Half Term  
[Click Here](#)

**Meadowguard Trail:**  
 Join the trail with the  
 protectors of the meadow  
 at yveden New Bield  
[Click here](#)

**VIVACITY**  
 Short breaks for children and  
 young people aged 7-19 with  
 SEND.  
[Click here.](#)  
**Railworld:**  
[Click here](#)

## Rainy Days

### Try these...



**Spectrum Gaming** is  
 an online community  
 for autistic young  
 people. Check  
 out their [YouTube  
 channel](#) and on  
 the [Spectrum Gaming  
 website](#)

**Great Indoor Games:**  
[Click here](#)

**Music/Beatboxing:**  
 Interested in music  
 and Beatboxing?  
 Check out  
 incredibox: [Click here](#)

**Messy Art Fun:**  
**Bubble Painting:**  
[Click here](#)  
**Marble Painging:**  
[Marble Painting](#)

## NOTICE BOARD

### To do:

- Consider how to prepare for transition between settings.
- Consider how to best prepare for upcoming holidays (see overleaf for advice).

### Upcoming events:

**Monthly SEND Tii Hub:**  
 Organised by PinPoint for  
 more information [click  
 here.](#)

### Farewell and Best Wishes to Jazmin

We're saying a fond farewell to Jazmin, who will be leaving us at the end of this term to take on an exciting new role within The Meridian Trust.

Jazmin has been a valued member of our team, bringing dedication, and a deep commitment to supporting our children and families. Whether it was through her 'New Diagnosis' sessions, or direct work with children and families. Jazmin has left a lasting impact.

We wish Jazmin every success in this next chapter. We know she will continue to touch many more lives.

Please join us in thanking Jazmin for everything she's brought to our community.