



Welcome to the December Short Breaks Update!



We have several Christmas events & fundraisers, coffee mornings, yoga, football, panto, cycling, music, football and more!







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Dec 2021



*** Exciting news - our autumn newsletter has arrived! ***

Click the link below for Oxfordshire SEND news including our new feature of local parent carers including the lovely Ana Louise Bonasera sharing their personal SEND journeys...

https://www.flipsnack.com/.../oxpcf-newsletter-autumn...

Want to be one of the first to receive Oxfordshire SEND News from Oxfordshire Parent Carers Forum, sign up to our mailing list here:-

https://mailchi.mp/a009b7e9d735/oxpcfmailinglistsubscribe



Alexandra House of Joy are fundraising to build a day service for adults with learning disabilities in Oxfordshire. If you'd like to know more, please email:-

alexandrahouseofjoy@gmail.com

December Workshops...



Cooking mince pies

Saturday 4th December, 11am Come and cook with us, it's December - it had to be mince pies!

Christmas Roast Dinner Day

Sunday 5th December
Our accessible roast days are very
popular. This one includes all the
trimmings!

Christmas Party Day

Saturday 11th December
Father Christmas will be on site
with presents, plus LOTS of
Christmas themed activities.

Breakfast with Father Christmas

19th, 20th, 21st and 22nd December An accessible treat for all the family this Christmas - lovely cooked breakfast, activities and a visit from the big man himself!

Snow machine fun!

Wednesday 22nd December
The snow machine will deliver,
even if the weatherman won't!
Sensory snow fun for all.

Mentos Explosions!

Wednesday 29th December
A very firm favourite, especially
when the staff get soaked in the
process of letting the rockets off!

PLUS LOTS more happening in January, including:

Glitter tattoos, curling, face painting, sensory bottles, Lego workshops, silent discos and more!

Please contact Thomley direct for more information on all of their activities:Thomley, Menmarsh Road, Worminghall, Buckinghamshire HP18 9JZ
01844 338380; www.thomley.org.uk; www.facebook.com/FriendsOfThomley

A Thomley Christmas Dinner!

Sunday 5th December

Site will be open from 11am until 3pm, but as the day is about the roast dinner we won't be taking bookings unless you are booking a meal. The normal menu will not be on offer on this day.

Book for 12pm or 1:30pm. We do provide a vegetarian alternative, so please let us know when you book.



Several Thomley families have suggested that going out for one of the most pleasurable of dinners (a roast) can be quite a stressful and rare event which they would love to be able to do more often. We are offering the disability friendly venue you have been looking for! This special Christmas roast will come with all the trimmings.

Join us on Sunday 5th December and book in for the 12pm or 2pm sitting. We will serve the adults a roast dinner and a pudding for £12. Children (up to 15) will get a free roast after paying their entry donation of £12.

We will be serving roast chicken, potatoes, vegetables, Yorkshire puddings, pigs in blankets and a selection of puddings.

Please book by calling: 01844 338380 Or by emailing us: bookings@thomley.org.uk Thomley



To book, please email us - bookings@thomley.org.uk



Rapunzel has been stuck in a castle tower for eighteen years, imprisoned by a witch's magical powers. But she's not the sort of girl to let that defeat her! With the help of her Nanny, a charming yet cheeky Prince, and an awful lot of hair, she's going to escape into the big wide world. Knights and maidens, sword fights and sea-storms, sweeties and singalongs — this joyful reimagining of the classic tale has it all!

So let your hair down and enjoy the latest and greatest adventure from Chipping Norton Theatre.

For more details & booking, please go to the website:-

https://www.chippingnortontheatre.com/whats-on/rapunzel

Additional Needs

The Chipping Norton Theatre are offering audio described, British Sign Language (BSL) & relaxed* performances for those with additional needs. The audio described & BSL performance is on Saturday 4th Dec at 2.00pm. Relaxed Performances* on Wednesday 5th Jan at 10.30am. Relaxed performance tickets are £10 each & carer goes free.

*Auditorium lights will be kept on low throughout the performance, the doors remain open & audience members can feel free to come in and out as they please. Move around, make noise, do whatever makes you feel comfortable.

JIGSAW Oxford Coffee Mornings

- 1. Tuesday 7th Dec @ Blackbird Leys Adventure Playground (BLAP)
- 2. Tuesday 14th Dec @ Barton Park
 Primary School

Venue address details on individual posters. For more info, contact via their Facebook page
@Jigsaw Oxford





COME JOIN US...

EVERYONE WELCOME!





** A free event - donations welcome for Hearing Dogs for the Deaf **

Please wrap up warm, we may overflow onto the patio area & we shall have doors open for ventilation.

If you need more information, please contact Judith Sawyer on judithsawyer2010@hotmail.com or text her on 07557 940801.



CARTERTON COFFEE MORNING

Come and meet our Family Practitioner (under 14's), Vicky Crawley and other parents/carers for friendly support and advice.

We will be at Carterton Library between **09.00** and **12.00** on the following dates:

Wednesday 22nd September 2021

Wednesday 20th October 2021

Wednesday 17th November 2021

Wednesday 15th December 2021

Wednesday 19th January 2022

Wednesday 16th February 2022

Autism Family Support Oxfordshire (AFSO) are pleased to announce that they are restarting their Carterton Coffee Mornings in September! This will take place at the Carterton Library (6 Alvescot Road, Carterton, OX18 3JH).

This is a chance for parents/carers to meet our Family Practitioner, Vicky Crawley, as well as have a coffee and a chat with other parents/carers.

Dates for the next 6 months are as above.

No need to book ahead, just turn up!



Breakfast with Father Christmas

Sunday 19th, Monday 20th, Tuesday 21st and Wednesday 22nd December, 8am - 10am Booking essential

A breakfast with Father Christmas is a popular event locally, so we want to offer a version for our disabled visitors to access the same in a familiar venue to them. Limited tables available.



£ 10 for parents or carers £ 15 for children (£ 10 for members)

Full English breakfast, tea, coffee or juice included for both the adults and children.

The event will be hosted in the pavilion and you will be allocated a table. There will be Christmas crafts and decorate your own gingerbread man.

After breakfast and the activities Father Christmas will enter the room to deliver presents (also included in the price).

Please book your places on our online calendar: https://thomley.org.uk/calendar

Where are we? Thomley, Menmarsh Road, Worminghall, HP189JZ



A breakfast with Father Christmas is a popular event locally, so we want to offer a version for our disabled visitors to access the same in a familiar venue to them. Last year was such a success, so here we are again in 2021! Limited tables available on all four dates.

Please book here, select your date from the dropdown menu: -

https://buff.ly/3k1cPKl



Rhyming Multisensory Stories connect individuals with special educational needs and disabilities to literature, culture and topics in a fun and engaging way that is meaningful to their lives.

Multisensory stories are told through the senses using sensory stimuli (story props) that are low budget items found around the home. Their fully resourced, step-by-step format make them accessible to Parents, Carers, Teachers and anyone with an interest in storytelling through the senses.

Each story includes themed, sensory extension activities linking to areas of the curriculum making the resources ideal for use in Early Years, Primary settings, EAL and Speech and Language students as they are tailored to meet the needs of a range of abilities from curious pre-schoolers to adolescents with complex needs.

The website is packed with sensory ideas and inspiration. There is a blog that includes a monthly teaching ideas calendar. Visit the Story Library on the website for your free story downloads.

New Release - Dear Santa - A Magical Christmas Multisensory Story!
www.rhymingmultisensorystories.com/story-library-ipad-mobile-compatible



Your questions, queries, comments, and feedback are always welcome!

Please do get in touch. Happy Exploring!

Victoria:)

Website: www.rhymingmultisensorystories.com

email: rhymingmultisensorystories@outlook.com

Facebook: Rhyming Multisensory Stories Twitter: @RhymingStories

www.linkedin.com/in/rhyming-multisensory-stories-6bbb71208/

Pinterest: Rhyming Multisensory Stories



I am a children's mental health practitioner and yoga teacher working in Oxford.
I passionately believe children from all abilities and background should have equal access to tools that help them grow in life. I think yoga is a wonderful practice that can help children and young people throughout life.

I am currently offering 1:1 yoga sessions for SEND children and young people in Oxford. Group classes will be starting in the Spring. If you would like to find out more please drop me a message or email, I look forward to hearing from you.

sarah@accessiblechildrensyoga.co.uk



SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



We are the Mixed U16 Warriors, come and join our regular Cerebral Palsy Football sessions. Open to males and females aged 5 and over who would like to play football and be part of our fun and friendly team. No experience is necessary.

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.

REGULAR BI-WEEKLY SESSIONS

FREE TO ATTEND

PLAY PARTICIPATE ENJOY







CONTACT

enquiries@summertownstars.org

Sarah - 07947 624354

For more info, contact Sarah on 07947 624354 or

email - enquiries@summertownstars.org



Being part of the Tower Hill Inclusive Team gives players confidence, new skills, friendships and plenty of smiles! The team has a great group of players and four dedicated coaches. They can support a range of physical and learning disabilities, everyone is welcome to come and see if they would enjoy joining the team. Training is on Monday evenings at Witney ATP, 6pm-7pm.

For more info, contact Sue Newport on 07966 153797 or sue@rsbjn.co.uk



Inclusive cycling for your child to ride a bike in a safe, supportive environment.

For ages 2-16. Family members welcome.

Every Saturday 10am-2pm.

£3 per session.



Website - <u>www.windrushbikeproject.uk</u> Email:- wheelsforall@windrushbikeproject.uk

Become a Member...

Part of the Thomley family





- Sign up today at reception
- * Show your membership card on every visit to gain entry and book your extras
- * Show your card at the cafe to take advantage of your member benefits

£30 a month per child

£25 a month if you are in receipt of income support or DLA

Member Benefits:

Day ticket entry in the school holidays
Day ticket entry in term time
Day ticket entry on Saturdays
Entry to both sensory rooms
Entry to Trunk or Treat event
Entry to Mothers Day event
Entry to Fathers Day event

10%

off of venue hire off of all cafe purchases

Please contact Thomley direct for more information:-

01844 338380; www.thomley.org.uk; www.facebook.com/FriendsOfThomley



We are now taking bookings for our Camping pods for the 2022 peak season...

We have started taking bookings for peak season 2022, with lots of bookings already coming in.

The peak season begins in April and runs until the end of October. We are specifically getting lots of enquiries for April, May half term and the summer holidays.

From April 2022, it will be a minimum two night stay in the pods.

Month	Sunday to Thursday	Friday or Saturday	
January – March	£90 per night	£110 per night	
April – October	£110 per night	£140 per night	
November - December	£90 per night	£110 per night	



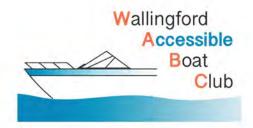
"Staying in the pods was an amazing experience for us as a family. It was actually the first time we have stayed anywhere other than our own home or at the Grandparents. My husband and I actually felt as though we had a break, even though it was only one night away, it meant the world.

Thank you Thomley, the pods are just lovely!"

TO BOOK or for more information please visit the website: www.thomley.org.uk/visit-us/camping-pods/

To book or for more information, please visit our website:-

www.thomley.org.uk/visit-us/camping-pods/



Getting disabled and elderly people out on the River Thames







For nature watching, picnicking, fishing or just leisure boating on the Wallingford stretch.



Come and enjoy. Meet our Staff Team – they couldn't be friendlier. A big welcome awaits you and a trip on the glorious River Thames.

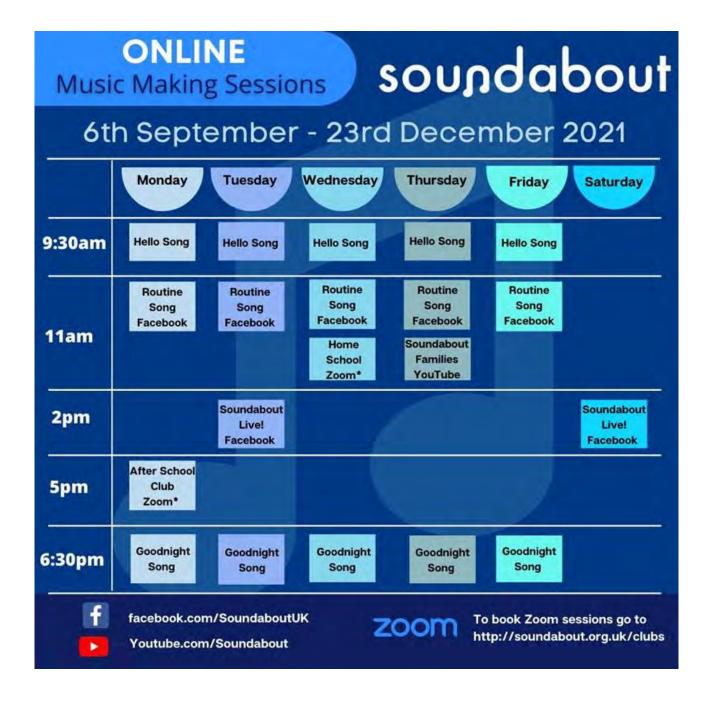
All outings are free of charge – but donations large or small welcomed.

Email: enquiries@wabc.org.uk
Tel: 0300 365 3655
Our season: April to September

(Weather & river conditions permitting).



Although "out of season" now, the poster is mainly for info & if you wish to find out more...



To find out more about what we do, please go to our website - www.soundabout.org.uk OR https://www.facebook.com/SoundaboutUK

We also run lots of free virtual groups online for both adults and children throughout the week, so do check out our Facebook page or website for more information on those:-

https://www.facebook.com/SoundaboutUK OR www.soundabout.org.uk

soundabout

New Soundabout Inclusive Choirs!

If you fancy being part of a uniquely welcoming musical community, join us! From September we'll be in these areas:

Birmingham

Bristol*

Coventry

Leicester*

Peterborough
Oxford & Beyond*

Oxford Youth Choir

Sandwell

Solihull Wiltshire

Worcestershire

West Midlands (online)



- The choirs celebrate that everyone has their own way of sharing their "voice" - including using soundmakers and movement
- Most choirs will be run as a combination of face to face and virtual sessions (if safe to do so).
- Choirs marked with a * are for all ages, the others for children and young people and their families.
- They are all FREE to attend but a suggested donation of £5 to the charity Soundabout is welcomed.

Sign up now at: soundabout.org.uk/soundabout-inclusive-choir/

To join the Oxford and beyond choir:-

https://www.soundabout.org.uk/inclusive-choir-oxford/

And the Oxford Youth choir

- https://www.soundabout.org.uk/inclusive-choir-oxfordyouth/

To find out more about the other things we do, please go to our website - www.soundabout.org.uk OR https://www.facebook.com/SoundaboutUK



Autism friendly cinema screenings are back!

There will still be some Covid adjustments in place and these will be dependent on each cinema...so do check with them what these are before attending if you're unsure.

On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

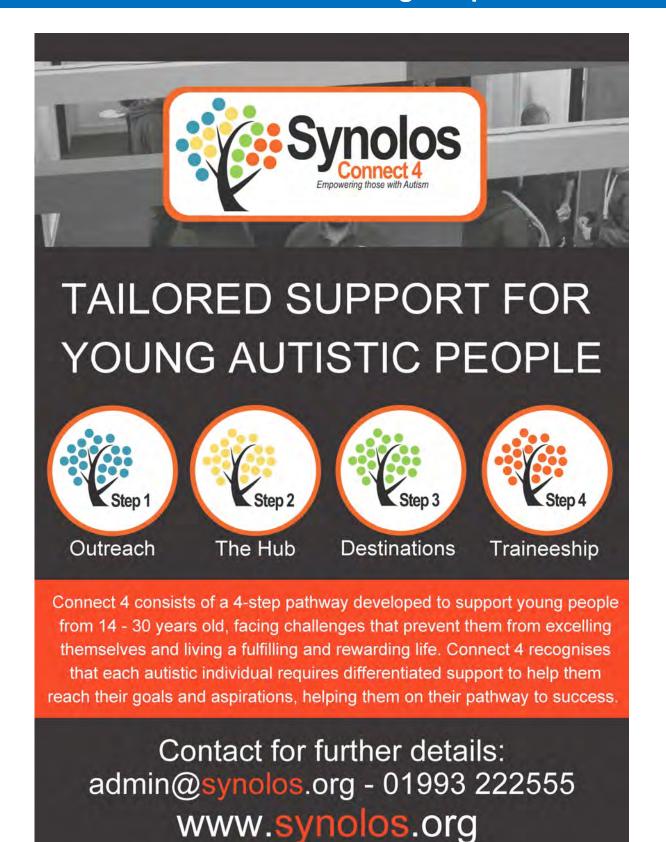
- * **Cineworld** are showing Encanto on Sunday 5th December at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * Showcase are showing A Boy Called Christmas on Sunday 12th December at 10.00am in Reading.
- * **Picturehouse** don't yet have autism friendly screenings on as yet but when they do, these are usually shown at The Phoenix in Oxford & The Regal in Henley-on-Thames.
- * **Odeon** don't yet have autism friendly screenings on as yet but when they do, these are usually shown at Oxford, Aylesbury & Milton Keynes Stadium.
- * **Vue** haven't specified what their autism friendly screening will be this month. Usually shown on the last Sunday of the month at Bicester, Newbury, Oxford & Reading.

The Dimensions website has details of these screenings. Please go to their website:https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/ should you wish to find out more.

Have you got a CEA card yet? This card enables a disabled cinema go-er (aged 8 yrs +) to receive a complimentary ticket for someone to go with them to participating cinemas. Please go to their website for more info:https://www.ceacard.co.uk/







admin@synolos.org OR www.synolos.org

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Contact for further details: admin@synolos.org - 01993 222555 www.synolos.org

admin@synolos.org OR www.synolos.org



Our mission is to spread awareness of the realities of life on the autism spectrum and support the development of autism services, especially those provided by Autistic professionals. We do this through our blended team of peer support practitioners, nurses, speech and language and occupational therapists. Using lived experience alongside trained professionals knowledge is a powerful source of support!

We offer training and service development support, to ensure autistic people needs are understood and adjustments are made to mainstream settings. We also offer autism assessments, support and interventions to all ages and their support networks. The blend of our multi-disciplinary team ensure we are able to support various needs.

We are also very lucky to have some brilliant speakers and expert trainers working with us. They are able to provide unique perspective of what life is like being autistic and also share practical strategies and evidence based approaches along the way. Our training team is made up of autistic individuals, expert family members and people that have developed in-depth knowledge and expertise in autism through work and academia.

To find out more about us, please go to our website -

<u>Autism assessments- Support- Training- Attwood and Garnett- Conference</u>

(autismoxford.org.uk)

To find out more about our upcoming training, please go to the Eventbrite website for details:- Autism Oxford Events | Eventbrite

Autism Training...

Eating & Autism	Wed 1/12	8pm	Access
Sensory Processing & Autism	Fri 3/12	8pm	our
Anxiety & Autism Workshop	Mon 6/12	8pm	from you phone,
Emotions & Autism	Thurs 9/12	8pm	PC or
Understanding what it's like to be autistic	Mon 13/12	8pm	laptop!
Socialising & Autism	Wed 15/12	8pm	
A day in Reception class (film + discussion 90 mins)	Fri 17/12	8-9.30pm	

The Curly Hair Project (CHP) is an award-winning social enterprise founded by autistic author and entrepreneur Alis Rowe. CHP resources are used by individuals, families and professionals worldwide. All our work is based on personal, real-life examples and experiences.

For further information & to book, please visit www.thegirlwiththecurlyhair.co.uk/events

For more information & to book, please visit:-

www.thegirlwiththecurlyhair.co.uk/events



Makaton training with Hands Aloud

Libby Lumley Stafford is a Makaton Ambassador and Makaton Tutor fully licenced to deliver all Makaton training either face to face or online via Zoom

The Makaton Taster Session is designed to support family members, professionals and carers of children and adults with communication difficulties

Spring 2022 public dates to be appounced.



Spring 2022 public dates to be announced In-house sessions arranged on request Twilight, evening, day time and weekends

Taster Session Objectives

A basic overview of what Makaton is

How Makaton can be adapted/implemented/used/by who

Learn 30+ signs and symbols

Over view of session

Makaton Taster

- An introduction 'What is Makaton?'
- Who uses Makaton?
- How do we communicate
- Adapting to different needs of Makaton users
- Teach 20 concepts in sign and symbols
- Identify key words in phrases
- Teach 12 additional concepts (personalised)
- Inform where to get further Makaton training

Other points to note

- 1. 90-minute session
- 2. Minimum of 4 and maximum of 12 participants per session
- 3. Each participant to be 16 years of age +
- 4. Each participant given a pdf via email of all concepts taught
- Each participant to attend from their own device so individuals can be clearly seen in order to receive feedback on signing techniques
- 6. Certificate of attendance emailed after session
- 7. Cost is £10 per participant, inclusive of £3 booking fee
- 8. You will be sent a link to join this event online

For more details, book training or enquire about in-house booking see contact details below

Contact: LlbbyMakatonTutor@gmall.com Book on fraining at www.flcketsource.co.uk/hands-aloud





Makaton with Hands Aloud

Dates for all sessions are now open for booking Weekdays, evenings and weekend dates all available Tasters, Using Makaton With Singing, Levels 1, 2, 3 & 4 also available as in-house training at a date and time that suits

Learn online via zoom with Hands Aloud, Libby Lumley Stafford is a Makaton Ambassador and licensed Makaton Tutor offering a full range of Makaton training. Booking links at www.ticketsource.co.uk/hands-aloud



Makaton at Christmas with Hands Aloud



Makaton Christmas Vocabulary (open to everyone so spread the word to friends, family and colleagues) Wed 1st Dec 7:00pm - 9:00pm / £15

www.ticketsource.co.uk/hands-aloud/t-rmadax

Using Makaton for Stories: The Christmas Story (open to those who have attended at least Level 2 Makaton) Tuesday 7th December 7:00pm - 8:30pm / £10 www.ticketsource.co.uk/hands-aloud/t-gkrnlz

A selection of traditional adult and children Christmas Songs (open to everyone) Wed 8th Dec 7:00pm - 9:00pm / £15

www.ticketsource.co.uk/hands-aloud/t-grzgda

Contact: LibbyMakatonTutor@gmail.com https://www.ticketsource.co.uk/hands-aloud









December courses

Essentials for the Chair in Effective Development & Planning

As Chair, you are responsible for guarding your organisation and its strategy and guiding the Board and Management to achieve its aims. Your role is becoming increasingly challenging due to the unique requirements of the charity sector. Development and Planning are the interlinked pillars on which all organisations stand and straightforward skills in these areas will transform results. Whether you are experienced and want more ideas, new to the role and needing support or a potential Chair looking for successful techniques, this online workshop focuses on practical solutions to achieve positive results for growth and delivery.

Wednesday 1st December (2 hours). 10.00am - 12.00pm; £30 - £60

An Introduction to Volunteering & the Law

An essential session for those responsible for managing volunteers. This informative and engaging workshop will highlight the key areas to be aware of, and tips to make sure you are adhering to your responsibilities in protecting volunteer's rights. This course is a basic introduction to volunteering and the law. The session will help you to clarify the legal position in relation to volunteers. How do you ensure that you are supporting and developing volunteers while avoiding the risk of creating contracts and falling foul of employment law?

Tuesday 7th December (2 hours). 1.00pm - 3.00pm; £40 – £70

Fundamentals of GDPR: Staff Awareness for those new to GDPR or needing a refresher

In the four years since the General Data Protection Regulation (GDPR) came into force on the 25th May 2018, the UK has left the European Union and a small number of companies have been penalised for breaching the law. But what else has changed? Does the GDPR still apply to the UK?. The UK Government are looking to reform the UK's data protection legislation in the very near future, therefore it is beneficial to be aware of the current legislation, the impact of future changes on your organisation and understand what you can do today to reduce the risk of breaching the law.

The training session will be practical, with relevant examples to charities, 3rd sector organisations and privacy sector businesses in the Oxfordshire area. The 2hr session will talk through the core principles of the law and how they apply to you

Wednesday 8th December (2 hours). 2.00pm - 4.00pm; £60 - £90

More information and bookings taken on the OCVA website - OCVA - current courses

training@ocva.org.uk or call 01865 251946