

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the April Short Breaks Update!



It's another bumper edition - lots going on!

Swings & Smiles and Play Days are back!

Open Days, coffee mornings, coding, fundraising events, museums, rugby, cricket...

Free carers workshops & other training too.



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Contact details:-

Pauline MacKinnon - 07554 330244; Email - cdsredesign@oxfordshire.gov.uk

**** If you'd like to receive these newsletters, please email us! ****

Short Breaks Update for Families with Disabled Children and Young People

THOMLEY CAR BOOT SALE



AND INDOOR MARKET

BOOK YOUR SPACE NOW!

WHEN
Sunday 3rd April
Sunday 3rd July
10am - 2pm

WHERE
Thomley
Menmarsh road, Worminghall
HP18 9JZ

WHAT'S GOING ON • Bouncy castle • face painting •
Multisports • Ice creams • Name the bear • Cake sale •
Bookable sensory slots • Café open for food

WWW.THOMLEY.ORG.UK

ALL AGES EVENT

£10 per car boot
£12 per van
£15 Indoor stall
All sellers must book
ahead. Contact:
Bookings@thomley.org.uk
01844338380

AT THE GATE

£1 per adult entry &
children free

MARKET STALLS

Thomley bric-a-brac
Cake stall
Craft stalls
Kids Tombola
Plus more!

SUPPORTING THOMLEY

All profits from the event
go to Thomley

Last year, we hosted our first car boot. We were packed with stalls inside and out & there were certainly lots of bargains to be had! We have added two car boots to our calendar for this year and you can book for either date online here: <https://buff.ly/3r1ob4P>

There are a limited number of indoor stalls available for both days. There will be hot food and drink available plus some activities for the children, including the bouncy castle, trampolines, sensory rooms and the soft play area. Entry is just £1 per person for those visiting to play or buy. **We hope to see you there!**

Short Breaks Update for Families with Disabled Children and Young People



SNYE
South Northants
Youth Engagement

Towcester Recreation Ground Play & Activity Day

**Wednesday, 6th April
11am-3pm**

**Free
Entry &
Activities**

**Football Soft Archery Bungee Run
Tricky Trail Mountain Biking Drumming
Face Painting Space Hoppers
Picnic Area Rodeo Bull Smoothie Bike**

Refreshments available at an extra cost
(pizza & ice cream)

Visit the SNYE Facebook page for more details



Short Breaks Update for Families with Disabled Children and Young People



SAVE THE DATE

The Alexandra House of Joy are fundraising to build an inclusive day time support & respite centre for adults with learning disabilities in Oxfordshire and we need your support but we also want you to have fun at the same time....so we've planned some exciting events throughout the year. Please save the date & join us at the upcoming events. Further details for each event including how to book will be released nearer to the event.

All events will take place at or start from Chesterton Community Hall, near Bicester. If you have any questions, please email alexandrahouseofjoy@gmail.com

To find out more about the charity go to [our Website: http://alexandrahouseofjoy.co.uk](http://alexandrahouseofjoy.co.uk)
Registered Charity: 1176900

Friday 8th April

The Alexandra House of Joy Indian Cultural Evening

7.00 – 10.30 pm. Tickets £20 per person

Bring along your friends. Enjoy some delicious Indian food & watch some classical Indian dancing. Tickets £20 per head available on [Eventbrite](https://www.eventbrite.co.uk). Last day for purchasing tickets is the 27th March. Bar available

Saturday 7th May

The Alexandra House of Joy Mission Mystery

2.00 pm start. Tickets £20.00 per car

Enjoy driving through the beautiful Oxfordshire Countryside & searching for Cryptic Clues. Street food & Bar available

Friday 10th June

A Fish & Chips Quiz Supper

7.00 - 10.00 pm. Tickets £15 per person

Get a team together & check out your general knowledge Bar available

Sunday 17th July

Afternoon Tea with the 'Cloud 9' 1940's band

3.00 – 6.00 pm. Tickets £15.00 per person

Enjoy a delicious afternoon tea whilst listening to live music from the 1940's

Friday 9th September

A Quiz and Food Evening

7.00 – 10.00 pm. Tickets £15.00 per person

Put your general knowledge to the test & enjoy some tasty comfort food. Bar available.

Saturday 22nd October

Antiques, Vintage and Collectables Fair

10.00 am – 3.00 pm. £2.00 entry fee

Light lunch & refreshments available

Friday 11th November

Quiz and Street Food

7.00 – 10.00 pm. Tickets £15.00 per person

A firm favourite – a general knowledge quiz served with tasty street food

Saturday 3rd December

Christmas Craft and Food Fair

10.00 am – 2.00 pm. 50p per entry

Just in time for Xmas – come & do your Xmas shopping Refreshments available

**To find out more, please email - alexandrahouseofjoy@gmail.com
or go to the website - <http://alexandrahouseofjoy.co.uk>**

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People



FUZE CODING & GAMING WORKSHOPS

Based in Thame, Oxfordshire, The FUZE Centre is a centre of excellence for teaching digital skills. With a fully equipped, 'hi-tech' classroom, the Centre offers Digital Learning Workshops including coding, basic electronics, music, creative writing, gaming and games development.

The FUZE Centre is available to the general public, schools and local community projects. Public workshops are open to those aged 7 to 14 years.

For more information or to check availability, please go to our website - <https://www.fuze.co.uk/>

Next available workshops

Monday 11th April

Friday 22nd April

Saturday 14th May

EASTER EGG TRAIL

13th & 14th April

10:00 AM - 4:00 PM

Windrush Leisure Centre to Witney &
District Musuem.



We are excited to be holding an Easter Trail with [Witney Museum and Historical Society](#) across Witney town centre on the 13th & 14th April. Booklets can be purchased for £4 from our Witney Café (1st Floor, Windrush Leisure Centre) and proceeds go towards both the Museum and Yellow Submarine!

Short Breaks Update for Families with Disabled Children and Young People

A yellow poster for Soundabout's Easter Holiday Timetable. The title 'soundabout' is in large, dark, rounded letters, and 'EASTER HOLIDAY TIMETABLE' is in smaller, white, rounded letters below it. The poster features four white boxes with event details. A background image shows a hand playing a xylophone with colorful beads.

soundabout
EASTER HOLIDAY TIMETABLE

Tuesday 12th April | 11am
Easter Dance Party Special
with our friends the Flamingo Chicks

Thursdays | 11am
Soundabout Families
free access music making session on YouTube

Mondays & Wednesdays | 2pm
Easter Holiday Clubs
Small group music making on Zoom
£10 a session

Saturdays | 2pm
Soundabout Live
Access Live through our Family Membership or catch up for free

For bookings please visit:
www.soundabout.org.uk/easter

To make a booking for the above events, please visit -

www.soundabout.org.uk/easter

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

Short Breaks Update for Families with Disabled Children and Young People



**On Thursday 14th, Friday
22nd April and Tuesday
31st May**

Time 10am—12pm

**At Northcourt Centre,
Northcourt Road,
Abingdon, OX14 1NS**

Free to attend

School holiday fun with Swings & Smiles

Swings & Smiles will be visiting Abingdon to run a fun-packed outreach session for Oxfordshire SEND pupils and their families.

Swings & Smiles is a charity providing support, friendship and play for children with special needs and their families. We have a specialist centre in Thatcham, but are excited to be bringing the joy of Swings & Smiles to Abingdon in the school holidays.

This session is suitable for any child with special needs and their families. We'll be bringing along lots of fun activities including sensory play and sensory stories.

Spaces for this session are free but should be booked in advance. If you would like book your place or find out more please email office@swingsandsmiles.co.uk

Registered Charity Number 1120598



**** Spaces are free but must be booked in advance! ****

To book your place or find out more, please email:-

office@swingsandsmiles.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Autism Friendly Opening Tuesday 19th April, 9am-10am

A relaxed morning opening in a quiet environment at the **Oxford University Museum of Natural History & Pitt Rivers Museum**. A chance for families to visit the Museum when it's less busy.

Booking essential, email: education@oum.ox.ac.uk



Short Breaks Update for Families with Disabled Children and Young People



part of the Fortune Centre of Riding Therapy

invites you to an

Open Day

at the FCRT Avon Tyrrell location, BH23 8EE

on Thursday 28th April 2022

10.30 am to 3.30 pm



Specialist Education for those who love horses

Teaching life skills through active learning, in an outdoor environment with likeminded students

Meet staff, students, and horses. Refreshments available

Tel: 01425 673297

www.fortune.ac.uk

Email: admissions@fcrt.ac.uk

Please come and join us for Fortune College's Open Day on Thursday, 28th April 2022 from 10.30am to 3.30pm at the Avon Tyrrell location in the New Forest, Hampshire. (Website - <https://www.fortune.ac.uk/>)

Also on the day is an **Education Law Seminar** relating to understanding education health and care plans, held by Shoosmiths solicitors at 12 noon. This invite is open to anyone who may benefit from this information regardless of their future college/school plans.

The Open Day provides an opportunity to look around the stables, education provision and residential accommodation. You can meet our staff team and see our current students at work. A free minibus service will be available to transport you between FCRT sites (limited spaces, booking may be required). You will be able to observe a variety of sessions throughout the day, including vaulting sessions (mounted gymnastics), group mounted sessions and literacy, numeracy and communication sessions. Light refreshments will be provided throughout the day. A member of the Staff Team will be available to meet with you to discuss potential student referrals.

If you would like to attend the Open Day please help us by emailing your attendance details to:-

admissions@fcrt.ac.uk

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Workshops April-May



Giant Bubbles

2nd, 15th & 19th April and 14th May

The parents always enjoy our giant bubbles as much as the children!

Crazy Colin Show

Tuesday 12th April - 1:30pm

Join us for a Thomley first, entertainer 'Crazy Colin' is putting on a show!

Paul's wood workshop

Wednesday 13th & Thursday 14th April

Get creative and design your own woodwork, then paint it and take it home!

Easter Egg Hunt

14th, 15th, 16th, 17th, 18th April

Can you find the clues? Chocolate rewards for everyone who completes the hunt!

Birds of Prey workshop!

Tuesday 19th April

A fascinating workshop learning about some birds of prey. If we are lucky, we may also get to see one fly!

Bouncy Castle

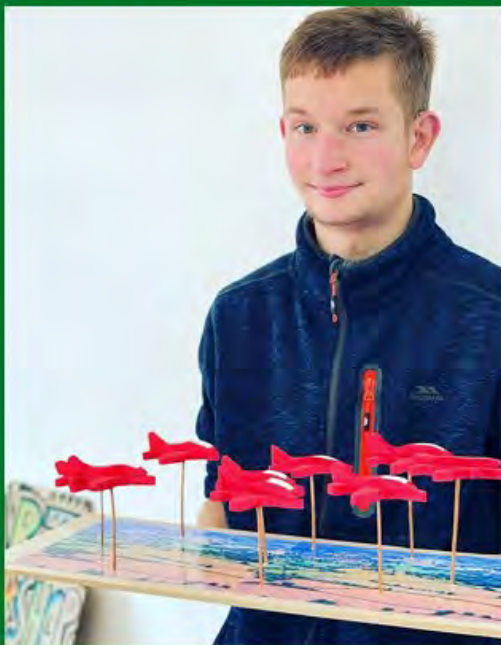
15th, 20th and 21st April

Always popular, get bouncing on our very own Thomley bouncy castle!

Roast Dinner Day

Sunday 1st May

Our accessible roast days are very popular, enjoy a roast in a safe, familiar and secure setting.



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

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Roast Dinner Day

Sunday 1st May 2022 - open 11am-3pm

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 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!

Join us on Sunday 1st May and book in for the 12pm or 1:30pm 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. Children who have an active membership will receive their meal for £6.

We will be serving roast pork, potatoes, vegetables, Yorkshire puddings, cauliflower cheese, apple sauce and a sweet chocolate mini pudding.

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



Thomley

Make a booking here - <https://buff.ly/36jLGye>

Thomley Spring Open Day



A chance to try us out for **FREE**, activities include:

All day hot food - Ice Creams - Lionel the train - Soft play areas

Giant bubbles - Face painting - Tug of War

Inflatable assault course - Archery - Sensory rooms

Football - Trampolines - Park - Sumo suits and LOTS more to see!



Saturday 7th May 2022 10am-3pm

Free entry and booking is not necessary, everyone welcome.

Join us at Thomley, Menmarsh Road, Worminghall, HP189JZ for a fun-filled day of endless activities for children of all abilities.

A guaranteed good day for all the family!

Please note that our gates will not be locked on this day like they usually are

www.thomley.org.uk 01844 338380 bookings@thomley.org.uk

The Thomley mens 6 a side football fundraising tournament

Sunday 8th May 2022 11am-4pm

Our annual 6 a side tournament is a great way to raise funds for Thomley, whilst inviting local teams and people enjoy football at our lovely facilities.

Teams are a maximum of 8 per side. £80 per team to enter.

To enter a side please email:
fundraising@thomley.org.uk
Limited spaces



Photo: Previous winners



For more info, please email - fundraising@thomley.org.uk

To book in a team - <https://buff.ly/3hxotuM>

All funds raised from the day go directly to supporting our visitors.



Flexicare Community Walk

Sunday 8th May 2022

Cycle, run or walk circular routes of varying lengths across the Ridgeway. A wheelchair/buggy accessible route is also available. Refreshments will be provided en route.

Starting at Snells Hall, East Hendred, OX12 8LA

Raising money to support Flexicare, an Oxfordshire based charity providing a free, specialised sitting service for families with a severely disabled child.

Register at www.flexicare.org

Registered Charity Number: 1172635

flexicareoxford



**** Register at www.flexicare.org ****

Short Breaks Update for Families with Disabled Children and Young People



On Saturday 14th May, we will be holding a fundraising event: -

'Walk the Walk for Yellow Submarine'

The event will help us raise funds for our future Abingdon Community Hub! It's a family event with everyone welcome - members, families, supporters...we'd love to see you all! We'll be walking from our Oxford site to Abingdon, heading along the Thames Path - a total of 10 miles! There'll even be some Life Changing Bakes to help keep your energy up.

It's £10 to sign-up, then raise as much as you can to support Yellow Submarine!

**** Please email Ella - ella@yellowsubmarine.org.uk to sign up ****

Short Breaks Update for Families with Disabled Children and Young People



**On Saturday 21st May
and 18th June**

Time 2—4pm

**At Northcourt Centre,
Northcourt Road,
Abingdon, OX14 1NS**

Free to attend

Outreach with Swings & Smiles

Swings & Smiles will be visiting Abingdon to run a fun-packed outreach session for Oxfordshire SEND pupils and their families.

Swings & Smiles is a charity providing support, friendship and play for children with special needs and their families. We have a specialist centre in Thatcham, but are excited to be bringing the joy of Swings & Smiles to Abingdon each month.

This session is suitable for any child with special needs and their families. We'll be bringing along lots of fun activities including sensory play and sensory stories. During some sessions will also be running a SIBSupport workshop for siblings that attend, where we discuss the highs and lows of life as a sibling.

Spaces for this session are free but should be booked in advance. If you would like book your place or find out more please email office@swingsandsmiles.co.uk

Registered Charity Number 1120598



**** Spaces are free but must be booked in advance! ****

To book your place or find out more, please email:-

office@swingsandsmiles.co.uk

Short Breaks Update for Families with Disabled Children and Young People

Thomley Camping!

Friday 27th May - Saturday 28th May

3:30pm Friday arrival and 3:30pm close on the Saturday

Saturday 9th July - Sunday 10th July

4pm Saturday arrival and 3:30pm close on the Sunday

It is £10 per person, per night, to camp at Thomley. The cafe (including pizza oven!) is open until 8pm and will re-open at 8am on the following morning. where you can purchase snacks, drinks, dinner and breakfast. There will also be activities throughout your stay such as marshmallows around the fire-pit, archery and giant bubbles.

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy staying with us for longer than you usually would.

No alcohol, disposable BBQs / fires and no hot food are to be brought on site by visitors due to licensing and health & safety.



Please book on the website:
www.thomley.org.uk/calendar

Bookings are to be paid for
upfront and are non-refundable



Thomley

Yes that's right campers, bookings are now being taken for the first two camping sessions of 2022. The pizza oven will be back out and lets hope for sunshine! The camping pods are currently available on those weekends, if you would prefer to not stay in a tent!

To book your tents, please follow this link: [Calendar - Thomley](http://www.thomley.org.uk/calendar)

To book a pod, please follow this link: <https://buff.ly/3uZhr6m>

Short Breaks Update for Families with Disabled Children and Young People



THE LEYS PLAY AND ACTIVITY DAY 2022

TUESDAY 31ST MAY 2022 — 11AM UNTIL 3PM

FRYS HILL PARK, GREATER LEYS,

OXFORD. OX4 7WQ

FREE ENTRANCE AND FREE ACTIVITIES!!



Go Kart Party, Junk Modelling, Fire Play, Bright Sparks Science, Giant Bubbles, Drumming, Body Zorbing, Climbing Wall, DIY Face Painting, Smoothie Bike, Orinoco Oxford and Homestart Oxford

BUILDING COMMUNITIES THROUGH PLAY



Please note that NO Childcare is provided - Food and Refreshments will need to be purchased or please do bring a picnic—There is NO parking on site—This event will be photographed and / or filmed.

**Contact—www.oxonplay.org.uk / 07436 270267 /
martin.gillett@oxonplay.org.uk**



Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE PLAY ASSOCIATION

OPA PLAY AND ACTIVITY DAYS 2022

Towcester	Weds 6 th April
Greater / Blackbird Leys	Tues 31 st May
Witney	Weds 1 st June
RAF Brize Norton / Carterton	Thurs 2 nd June
Vauxhall Barracks / Didcot	Sat 18 th June
RAF Benson / Wallingford	Sat 25 th June
Dalton Barracks	Sat 2 nd July
South Abingdon	Sat 9 th July
Wheatley	Sat 16 th July
Cutteslowe	Sat 23 rd July
Bicester Elmsbrook	Tues 26 th July
Banbury Peoples Park	Weds 27 th July
Eynsham	Thurs 28 th July
Wantage & Grove	Sat 30 th July
Berinsfield	Tues 2 nd August
Brackley	Weds 3 rd August
Bicester Garrison	Thurs 4 th August
Faringdon	Fri 5 th August
Kidlington	Sat 6 th August
Deanshanger	Tues 9 th August
Banbury Princess Diana Park	Weds 17 th August
Kings Sutton	Sat 27 th August
Towcester (Oct Half Term)	Weds 26 th October

Armed Forces Day = Saturday 25th June / National Playday = Wednesday 3rd August

For more information, please visit Oxfordshire Play Association's (OPA) website - <http://www.oxonplay.org.uk/>

Short Breaks Update for Families with Disabled Children and Young People



Wallingford Rugby Club

Wallingford Wolves Special Needs Tag Rugby

The Wolves, part of Wallingford RFC, are a special needs tag rugby team for boys and girls aged 7 and upwards and young adults.



Tag rugby is a safe, fun and exciting variation of non-contact rugby. Players wear belts around their waist and two Velcro tags are attached to each hip.

We welcome new faces so come and join us and have some fun at Wallingford Rugby Club on Sunday mornings 11.00 (season September to May).

We are currently building a member base of people who have a range of disabilities from Down's syndrome, cerebral palsy, autism and learning difficulties. Wallingford Wolves cater for all needs and abilities to provide children and adults with opportunities to grow in confidence, develop social skills, get fit and make friends.

The Wolves are led by volunteer coaches who have experience of working with people with special needs, are RFU-qualified and DSB-checked.

If you are interested in joining us and would like to come down for a taster training session please contact John Peel at johndpeel64@gmail.com.



Wallingford Wolves Special Needs Tag Rugby

"The Wolves, part of Wallingford RFC, are a special needs tag rugby team for boys and girls aged 7 and upwards and young adults..."

Please contact John Peel at [Johndpeel64@gmail.com](mailto:johndpeel64@gmail.com)

Short Breaks Update for Families with Disabled Children and Young People

Join
the

Super is

Free cricket sessions!

All disabilities welcome | Ages 8-25

MONDAYS: 4PM - 5PM - ABINGDON HUB

TUESDAYS: 5PM - 6PM - OXFORD HUB

WEDNESDAYS: 4.30PM - 5.30PM - WITNEY HUB

FRIDAYS: 4PM - 5PM - BICESTER HUB

For more information contact:
Richard Giles
rgiles@oxoncb.com
07482 577424
or visit www.lordstaverners.org
Registered Charity No. 306054 | OSCR No. SC046238



LORD'S TAVERNERS
Giving young people a sporting chance

For more info, please contact Richard at - rgiles@oxoncb.com or phone 07482 577424 or visit the website - www.lordstaverners.org

Short Breaks Update for Families with Disabled Children and Young People

After School Yoga Club

www.accessiblechildrensyoga.co.uk

Yoga for all children
including additional needs and
neurodiversity.

Mondays in East Oxford

3:45pm - 4:30pm 5-7 years

4:30pm - 5.15pm 8-11 years

£10 a class



The Old Schoolhouse
Hertford Street OX4 3AJ

If you want to book or are curious to find
out more I welcome all messages

sarah@accessiblechildrensyoga.co.uk

Bookings now open for After School Yoga Class (previously known as Accessible Children's Yoga Classes). £10 a class, paid for termly. For more information and registration form please email:-

sarah@accessiblechildrensyoga.co.uk

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People



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 The Bad Guys (tbc) on Sunday 3rd April at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **Showcase** haven't released what their autism friendly screening is yet but is usually on 2nd Sunday of the month at 10.00am in Reading.
- * **Picturehouse** haven't released what their autism friendly screening is yet but is usually on 3rd Sunday of the month at 11.00am at The Phoenix in Oxford.
- * **Odeon** are showing Sonic the Hedgehog 2 on Sunday 3rd April at 10.15am in Oxford, Aylesbury & Milton Keynes Stadium.
- * **Vue** haven't released what their autism friendly screening is yet but is usually shown on the last Sunday of the month at Bicester, Newbury, Oxford & Reading.

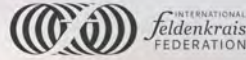
The Dimensions website has details of these screenings. Please go to their website:- <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/> should you wish to find out more.

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/>



Short Breaks Update for Families with Disabled Children and Young People



***Hi, I am Alessandro Bombardi,
Scientist and Feldenkrais practitioner:***

**As part of my outreach program, I am offering
a series of pro bono Individual Functional Integration
to help children with developmental issues**

*We: the therapist, the parents and the child
recognize that your Infant has an unique Developmental journey*

We always start with your child where he is.

*We use a unique way of touching (very different from baby massage) to guide,
explore movements and lead attention*

*We play and we have your child do things "wrong" in many different ways
creating small random variations on purpose.*

You will be offered one free session to experience directly the method .



**Contact
ale@mail.eumov.com**

*"The benefits of The Feldenkrais Method for Isaac,
for me, for anyone – neuro-typical or not, are endless.*

*We are all in a position to learn more, find more, access more, be more at ease with our movement,
our mind, and even our reason for being."*

*Rose Mitchell
blogger & mother of Isaac*

*Offer is limited to one or two family for a maximum of 12 free sessions on a first come first served basis.
Sessions will be given in Oxford or Abingdon.*

**To find out more, please contact Alessandro -
ale@mail.eumov.com**

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks
and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People



Walking With You (WWY)

is a parent led support group open to anyone caring for children and young people, up to the age of 25, experiencing mental health difficulties.

This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

Sessions take place on-line using Microsoft Teams.

You can join and leave the session at any point.

Mental Health Professionals from CAMHS will be on-hand to support and answer any questions you may have.

Upcoming meetings...

1st April: 11-12 & 2-3

Communication & difficult conversations

6th May: 11-12 & 2-3

Managing Transitions

3rd June: 11-12 & 2-3

Going on Holiday

1st July: 11-12 & 2-3

Looking after Parents Well-Being

If you would like to join any of these sessions or would like information please contact: Diane Statham, Participation Lead, Oxfordshire CAMHS at

diane.statham@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email



Walking With You



For more info or to join in any session, please contact Diane on:-

diane.statham@oxfordhealth.nhs.uk

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People

JIGSAW Oxford Coffee Mornings

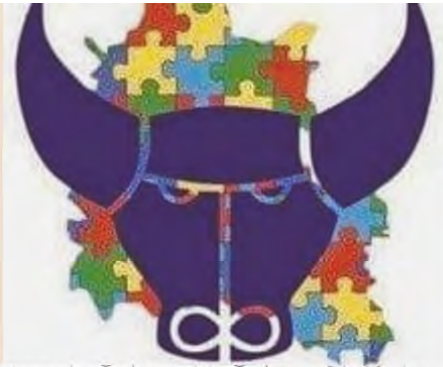
1. Tuesday 5th April @ Blackbird Leys Adventure Playground (BLAP)
2. Tuesday 26th April @ Barton Park Primary School

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

@Jigsaw Oxford or email us on:-

jigsawteam@yahoo.com or
jigsawoxford@gmail.com

TUESDAY
5TH
APRIL
2022
FROM
10.15AM
-12.00



Jigsaw Oxford
a SEN parent / carers support group
Would like you to join us for a

Coffee & chat for Parents / Carers of
children with Special Educational Needs
just drop in between 10.15-12.00
@ BLAP Blackbird Leys Adventure
Playground
Blackbird leys Rd
OX4 6HW
Refreshments available
Everyone's welcome
Come meet new people share support and
information with other parents/carers
For more info contact us on Facebook
@JigsawOxford or
jigsawoxford@gmail.com

TUESDAY
26TH
APRIL
2022
10.15AM
-12.00



Jigsaw Oxford
a SEN parent / carers support group
Would like you to join us for a

Coffee & chat for Parents / Carers of
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@ Barton Park Primary School
Barton Field Rd Barton Park
Refreshments available
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COME JOIN US...
EVERYONE
WELCOME!



Short Breaks Update for Families with Disabled Children and Young People



SHIFT is a support group for parents and carers of children with SEND in Abingdon and the surrounding area. We meet regularly both in person and online to support each other, share information and advice from our own experience and chat about the joys and challenges of caring for our children.

All our sessions are run on a drop-in basis. Upcoming dates are:-

Thursday mornings in person

Barns Cafe in Northcourt Road, Abingdon

Between 9.00am and 11.15am

7th & 28th April

12th & 26th May

9th & 23rd June

7th July

Wednesday evenings on Zoom

Between 8.00pm and 9.30pm

4th May & 15th June

For more information, to join our mailing list or for Zoom links, please email us on:-

info@shift-abingdon.org.uk

Short Breaks Update for Families with Disabled Children and Young People



**AUTISM
FAMILY
SUPPORT®**
OXFORDSHIRE

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 19th January 2022~~
~~Wednesday 16th February 2022~~
~~Wednesday 16th March 2022~~
Wednesday 18th May 2022
Wednesday 15th June 2022
Wednesday 20th July 2022

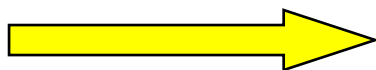
Nurture • Inspire • Enable

www.afso.org.uk

Registered charity 276494



To ensure that the group can go ahead, whilst maintaining the safety and wellbeing of our staff & attendees, we will be adhering to these safety measures...



COVID-19 safety measures

Our staff will:

- Take lateral flow tests twice a week.
- Wear a face covering.
- Regularly sanitise the library surfaces and high touch point areas.
- Ensure the environment is well ventilated.
- Will be taking contact details from all attendees.

We kindly request that you:

- Take a lateral flow test prior to your attendance (if possible)
- Wear a face covering unless you are exempt.
- Use the hand sanitiser provided on arrival.
- Please dress warmly, we will have the window(s) open at all times.
- Please ensure that all contact details provided are correct.

Do not attend this group if you or anyone in your household, has any of the following symptoms of COVID-19:

- High temperature
- New persistent cough
- Loss of smell Loss of taste
- Do not attend if you are self-isolating.

Thank you in advance for your cooperation.

Short Breaks Update for Families with Disabled Children and Young People



COFFEE COACHING MORNINGS

Bicester

Save these Dates
April 27th
Bicester Golf and
Spa

May coffee mornings
4th
11th
18th
25th

Coffee Coaching Mornings!

Workshops coming too...

To be held at the Bicester Golf & Spa,
Chesterton, Bicester OX26 1TE

For more info, contact Michelle via email:-

coachingwithmichelletownsend@gmail.com

or call her on - **07725 320016**

Michelle Townsend is a life coach and parent coach. She has twins with autism, ADHD and other learning difficulties and a great deal of experience dealing with special needs children in schools and social care centres. Her aim at the coffee mornings is to bring parents together, have a chat and meet other parents. The coffee mornings will be fun and very relaxed! Michelle believes coaching can help parents in a group setting or individually...

What is Coaching? Supporting you in areas of your life you are finding difficult; listening to you; asking you questions around the subject; perhaps you have a goal or a circumstance that you would like help with? A coaching session is all about you and what you want and don't want. We will also look at what we can control and cannot control.

These coffee mornings are unique with the coaching included and workshops will also be added, starting in June. The plan is to have coffee & workshop sessions in Oxford, Witney & Banbury. Please come to the scheduled April & May coffee coaching mornings above as Michelle would like to know from parents what kind of workshops they would like to explore.

Do you want to meet other SEN parents in Oxfordshire? Are you interested in workshops that are just for you? Yes...then come join us! If you would like to have a taste of coaching, Michelle is happy to have a 15 minute chat.
To book in, please contact Michelle via email or phone - details above.

Short Breaks Update for Families with Disabled Children and Young People

**Oxfordshire
Adult
Learning**



Managing Meltdowns

Course Code UCKS102P

Friday, 9:30 - 11:00 29 April to 27 May 2022

(5 sessions online via Zoom)

A short online course that offers a toolkit of ideas for parents caring for children with additional needs

- ❖ If you are looking after a child with additional needs and find it difficult to manage some of their more challenging behaviours and emotions, this short course aims to help.
- ❖ Identifying triggers early to prevent things escalating and exploring ways to respond effectively to manage some challenging situations.
- ❖ The course includes some practical ways, exercises and activities that could help children manage their emotions and behaviour more successfully.



To enrol please click on the link below

[A Carer's Journey - Managing Meltdowns! - Abingdon & Witney College \(abingdon-witney.ac.uk\)](https://abingdon-witney.ac.uk/A-Carer's-Journey-Managing-Meltdowns/)

or: Phone 01235 216278 Email: OALNorthandWest@abingdon-witney.ac.uk

PLEASE NOTE

- These courses are provided by Oxfordshire Adult Learning which is a Faculty of Abingdon and Witney College.
- The college is subject to Ofsted regulation, and it is a requirement that all learners understand Government initiatives around Safeguarding, Prevent and Fundamental British Values.
- Information on these matters will be shared with you during your course.
- You will also be asked to complete monitoring paperwork, which helps us to deliver course content to the highest quality.

Thank you in advance for your help and cooperation in complying these requirements

To enrol, click on the link below or contact Carers Oxfordshire:-

[A Carer's Journey - Managing Meltdowns! - Abingdon & Witney College \(abingdon-witney.ac.uk\)](https://abingdon-witney.ac.uk/A-Carer's-Journey-Managing-Meltdowns/)

Tel: 01235 216278 Email: OALNorthandWest@abingdon-witney.ac.uk

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People

**Oxfordshire
Adult
Learning**



Reclaiming Me

Course Code UCKS115P

Friday, 10 June to 1 July 2022

2-3pm via Zoom (4 sessions)

A short online course that can support the practical and emotional challenges associated with change and life after caring

- ❖ Explore ways of managing feelings of guilt and loss
- ❖ Living with 'Option B'
- ❖ Self-compassion and kindness

To enrol on this course please click on the link below

[A Carer's Journey – Reclaiming Me – Abingdon & Witney College \(abingdon-witney.ac.uk\)](https://abingdon-witney.ac.uk/A-Carer's-Journey-Reclaiming-Me)

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Tel: 01235 216278 Email: OALNorthandWest@abingdon-witney.ac.uk

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Autism Training...

The **Curly Hair Project** Autism Webinars April 2022

© The Curly Hair Project 2017

Developing Resilience	Mon 4/4	8pm
Autism in the workplace (90 mins video & discussion)	Wed 6/4	8pm
Understanding what it's like to be autistic	Tues 12/4	8pm
Supporting autistic students in education	Tues 19/4	8pm
Emotions & Autism	Wed 20/4	8pm
Anxiety & Autism	Tues 26/4	8pm
Communication & Autism	Wed 27/4	8pm

Access our events from your phone, PC or laptop!



All webinars last one hour unless otherwise stated.
Each are recorded & you will be given 3 days access after the webinar – just buy a ticket and it will be sent automatically!

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

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 more information & to book, please visit:-

www.thegirlwiththecurlyhair.co.uk/events

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Short Breaks Update for Families with Disabled Children and Young People



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



Makaton is a language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression

Next training dates

Level 1 - Monday 11th April

Level 2 - Thursday 28th April

For more details, please see the booking link below.
www.ticketsource.co.uk/hands-aloud

In-house sessions arranged on request.

Twilight, evening, day time and weekends available

The Makaton Language Programme has 450+ concepts in the Core Vocabulary taught across the 4 Levels. Please see details of different Levels.

Other points to note

1. Each level lasts approx. 8 hours, can be delivered in one day or split over shorter sessions.
2. Minimum of 6 and maximum of 11 participants per session
3. Each participant to be 16 years of age +
4. Each participant given a manual and resources ahead of training
5. 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 issued after session
7. Cost is £84 per participant, for each Level plus postage & booking fee

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

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



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



An overview of each Level

Makaton Level 1 Workshop

- Level 1
- What is the Makaton Language Programme
- Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
- Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
- Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
- **Finger Spelling**
- Tips for effective signing
- Makaton's place in the Signing World
- Three formal levels of Makaton Use
- Multi-Modal Communication
- Signing for Comprehension and Expression
- How are Makaton Symbols used?
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 2 Workshop

- Level 2
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
- Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
- Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
- Research Support for Signs and Symbol Use
- Makaton Symbols Design Themes
- Teaching Procedures
- Signing for Comprehension and Expression
- Practical Applications of Makaton
- Sequencing Events
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 3 Workshop

- Level 3
- Revision of signs and symbols from Levels 1 & 2
- Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
- Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
- Conveying meaning accurately by choosing the right signs & symbols
- Talking about people
- Signing for Comprehension and Expression
- Talking about possession
- Analysing Sign production
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 4 Workshop

- Level 4
- Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
- Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
- **Additional IT** signs and symbols.
- Time concepts
- Keeping things simple (core)
- Interpreting and Translating more detailed information
- The power of Symbols
- Integrating and extending personal Signing and Symbol skills
- Using Signs and Symbols; developing techniques, position, movement & direction

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



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@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



April 2022

Just the one course available this month...

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

A two hour data protection staff awareness online training
Ideal for anyone new to data protection, as part of a new starter training programme or those needing a refresher of GDPR.

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.

Tuesday 5th April (2 hours). 2.00pm - 4.00pm; £60 – £90

More information and bookings taken on the OCVA website - [OCVA - current courses](https://www.ocva.org.uk/courses)
training@ocva.org.uk or call 01865 251946