



Welcome to the September Short Breaks Update!



Bit of a smaller edition this month...we have singing, swimming, roller skating, activities for those with a vision impairment, theatre, workshops, webinars, conference & other training...





What's in this edition...

	P1	Welcome	P15	VICTA Circus Starr
•	P2	START - ASD research	P16	VICTA MK Gallery
	P3	Autism Alert card	P17	Odie's Odd Odyssey
	P4	Growing Wellbeing	P18	We're Going on a Bear Hunt
	P5	Inclusive Family Swim	P19	The Naughty Fox
	P6	Fairytale Festival	P20	Dick Whittington
	P7	Soundabout Equity - new!	P21	Autism friendly cinema
	P8	Active on 8	P22	Get involved with Thomley
	P9	Fire Station Open Day	P23	Living Well with Neurodiversity
	P10	Flyerz Hockey	P24-26	Autism training
	P11	Boccia	P27	Autism Oxford Conference
	P12	Inclusive Athletics	P28	Makaton Training
\	P13	Alexandra House of Joy - dates	P29	OCVA training opportunities
	P14	VICTA Nature Day		
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Supporting Toddlers with a family connection to autism or ADHD to develop strong Attention, Regulation and Thinking skills

Free parent and toddler play sessions for families with a connection to autism or ADHD

Monday 12 September – Monday 5 December 10.00–11.00am in Headington, Oxford



We're looking for families to pilot a new programme designed to support toddlers with a family connection to autism or ADHD to develop strong Attention, Regulation and Thinking skills.



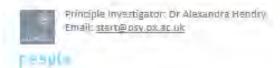
The programme is based around parent-child play sessions, using games and songs to provide fun opportunities for toddlers' skill development. The sessions are designed to be inclusive and accessible, and to encourage parents to support and share ideas with each other.

- √ travel costs covered
- ✓ share ideas and experiences with other parents
- √ free resources for your child to take home

To be eligible for this study you must:

- have a child born between June 2020 and December 2020 whose mum, dad, brother or sister is autistic or has ADHD (diagnosed / suspected).
- be willing and able to attend weekly 1-hour parent-child sessions in Oxford.
- be able to understand spoken English (so you can take part in the sessions).

To find out more, and sign up to take part visit www.startproject.info
email start@psy.ox.ac.uk or call 073108 76421





To find out more, and sign up to take part, please visit www.startproject.info; email start@psy.ox.ac.uk or call 07310 876421.

Thames Valley Autism Alert Card



The aim of the Thames Valley Autism Alert Card scheme is to provide a simple way for autistic children, young people and adults, or a parent or carer, to quickly & easily explain their condition to others, giving cardholders more confidence to go out and about.

Autism Berkshire issues the Alert Card free of charge to anyone with a diagnosis of autism in Berkshire, Buckinghamshire, Oxfordshire and Milton Keynes.

The card is intended to be shown if the cardholder finds themselves in a situation where they need to indicate they are autistic, need support or cannot easily explain their behaviour to people around them or to the emergency services.

Please note that all applications MUST be accompanied by a copy of documentation showing proof of a diagnosis. Proof can include a diagnosis letter, or a statement letter from a professional, such as a doctor, paediatrician, psychologist, social worker or school, or a medical report or assessment.

Applications can be made using the online form on the Autism Berkshire website or by downloading and completing a printed form, which should be posted to the Autism Berkshire office or scanned and emailed to admin@autismberkshire.org.uk

It's free - apply for one today!





Unfortunately Barracks Lane Community Garden in Oxford had to suspend their original schedule of dates but the sessions are resuming. Holly Taylor-Zuntz who ran their singing workshops at the Jubilee Joy event will lead the singing sessions in the garden.

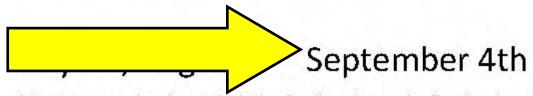
Three sessions are remaining - 10am to 12 noon on:

1st, 8th and 15th September

Everyone is welcome. Don't worry if you can't attend all sessions, just come to what you can. We look forward to singing with you!

www.barrackslanegarden.org.uk

Inclusive Family Swim



Didcot Wave are hosting an inclusive family swim on the first Sunday of everything month 5:30-7pm.

For any families with a child with SEND needs.

Pay on entry £3.50 per person

For more information please email didcot@gll.org



** LAST ONE ** If these sessions are well attended, the hope is that they will continue to be offered. If not, they will not be rescheduled so please do use them so they can become a regular slot on the pool's schedule.

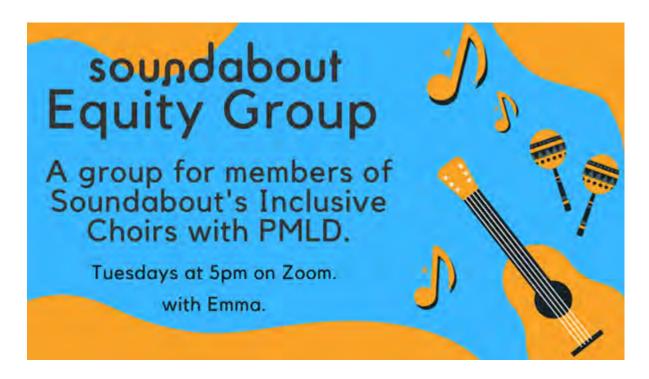
For more information, please email—<u>didcot@gll.org</u>



Our Fairytale Festival is now up and running every day until 4th September. We have a packed and varying programme of games, shows and activities running all day long, all designed for you to join in with. They're great fun! Our Fairytale Festival hosts are friendly and waiting to meet you.

More here: https://www.fairytalefarm.co.uk/.../fairytale-festival-2022/

soundabout



Soundabout's new Equity Group offers weekly sessions for members of Soundabout's Inclusive Choirs with profound and multiple learning disabilities. Fortnightly Tuesdays, our Choir Director Emma will host a session on Zoom, focusing on the same songs as the main choirs, but exploring them in a tailored way.

The group is open to members across any of the Soundabout Inclusive Choirs, of any age. If someone is not yet a choir member but would like to join the Equity Group to start accessing choirs, this is also very welcome! Sessions will be on Tuesdays at 5pm (starting 13th September). Sessions are free, but booking is required and will be offered in half-term blocks.

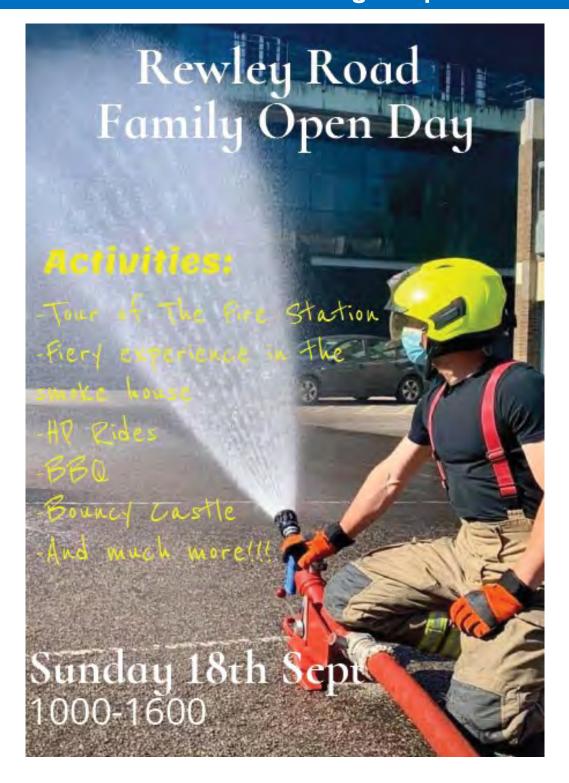
Please contact Hollie, Family Support Coordinator, for more information and booking:-

holliehunt@soundabout.org.uk or 07951 28997



Contact us for all the latest in roller skating events!

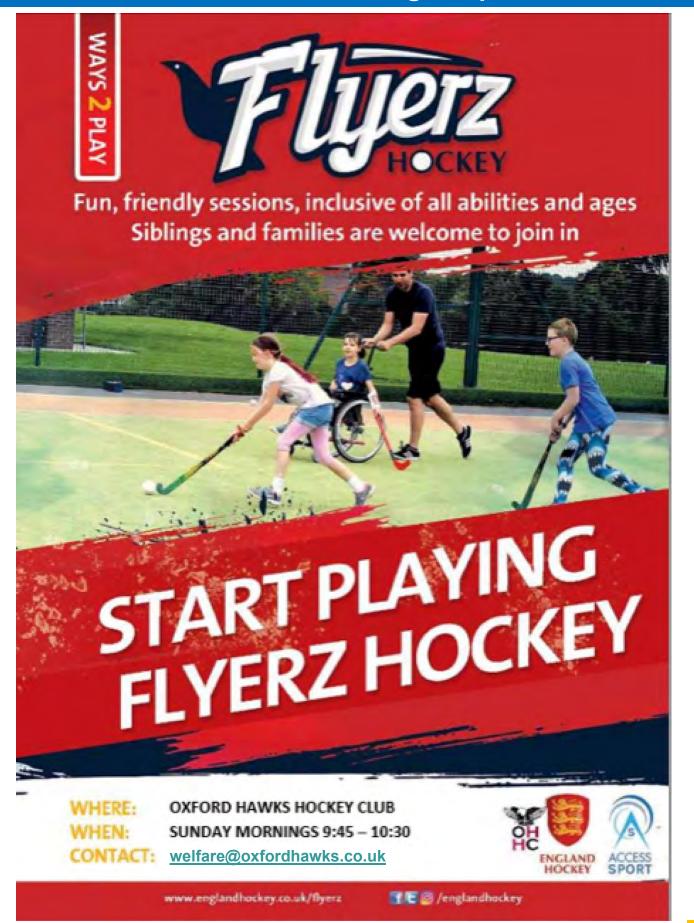
activeon8ox@gmail.com



Activities include hydraulic platform rides, children's bouncy castle, fiery experience of the smoke house, static displays of equipment, BBQ and much more!

We look forward to seeing you there!

Venue - Rewley Road Fire Station, Rewley Road, Oxford, OX1 2EH





Fun, friendly classes for all ages and abilities

Wednesdays 11am—12 noon

Windrush Leisure Centre For more information:

201993 861564







Inclusive Athletics for Under 18s



Wednesdays @ 5pm

Oxford City Athletics Track
Oxford Road, Horspath, OX4 2RR

Sessions cost £1

All abilities! Friends and family welcome

CONTACTS



Club Secretary - Anett admin@oxfordcityac.com



For more information, contact Coach Bryan Walker on:-

bryan.walker@oxfordcityac.com or 07429 854267.

Club Secretary – Anett - admin@oxfordcityac.com



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 <u>our</u> Web site: https://alexandrahouseofjoy.co.uk
Registered Charity: 1176900

Activities to come...



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

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

Nature Day with The Ernest Cook Trust - VICTA







Date: Saturday 8 October 2022, 10am – 2:30pm

Venue: Fairford Park, Fairford, GL7 4JH

Cost: Free!

Who: 14-17 year olds with vision impairment

Closing Date: 9th September 2022

Join VICTA at The Ernest Cook Trust's site in Fairford, Gloucestershire for a day filled with nature-based activities including arts and crafts, sensory exploration and a campfire. Develop your passion for nature, conservation and the countryside, and get hands-on at Fairford Park, a 4,200 acre estate in the southern Cotswolds.

To find out more and to apply, please go to our website:-

Nature Day with The Ernest Cook Trust – VICTA

There's further details of all the activities VICTA have on offer on their website, so do have a look:- Activity calendar – VICTA

Circus Starr with VICTA

(for those with vision impairment)



Date: Sunday 2nd October 2022, 1:30pm

Venue: Whaddon MX, Barnhill Farm, Whaddon, Milton Keynes, MK17 0NQ

Cost: Free!

Who: 5-17 year olds with vision impairment plus immediate family

Closing Date: Sunday 18th September 2022

Circus Starr are proud to present a brand new show that will make you feel like 'You're A Starr'! Created for children who are new to the spectacle of live performance or struggle to sit and concentrate, this friendly and relaxed circus show is funded by generous donations from local businesses. Their show is filled with circus skills such as footjuggling, low wires, spring-boarding, aerial skills and much more!

To find out more information about Circus Starr, please visit: Circus Starr | (circus-starr.org.uk). To apply for tickets, please go to our website:-

<u>Circus Starr Tickets for Families – VICTA</u>

There's further details of all the activities VICTA have on offer on their website, so do have a look:- Activity calendar – VICTA



Sensory Tour at MK Gallery with VICTA



Date: Saturday 12th November 2022 10am – 12pm

Venue: MK Gallery, 900 Midsummer Boulevard, Milton Keynes, MK9 3QA

Cost: Free!

Who: 4 to 17 years plus with vision impairment and immediate family

Closing Date: 14th October 2022

MK Gallery's Sensory Tours bring the exhibitions to life through playful activities and interactions with the artworks, which appeal to all the senses. Expect music to move to, scents to smell, unusual objects to hold and imaginative storytelling!

This tour has been specially designed for VICTA and will incorporate audiodescription, as well as sensory play and is ideal for children and young people with sight loss. We hope to meet you there!

To find out more and to apply, please go to our website:-

Sensory Tour at MK Gallery – VICTA

There's further details of all the activities VICTA have on offer on their website, so do have a look:- Activity calendar - VICTA



Odie's Odd Odyssey



Big shout out to the The Orpheus Centre! Their students had key roles in Odie's Odd Odyssey. Watch the FREE film to see Emily in a professional role as Athena! Other Orpheus students involved are Annabel and Joss as the Muse voices, and Archie who was running sound during filming. Many other Orpheus students joined us during the live tour as part of our work experience programme as either actors, front of house or stage management.

Thank you to all the Orpheus students and volunteers for helping to bring Odie's Odd Odyssey to the screen!

Head over to YouTube to watch it now for free:-

FREE TO WATCH - Odie's Odd Odyssey! A 50-minute multi-sensory & interactive adventure - YouTube

"We're Going on a Bear Hunt..."



Little Angel Theatre return to Chipping Norton Theatre with their magical puppetry performance of "We're Going on a Bear Hunt". Experience the classic story through a beautiful combination of live music and expert puppeteering. A perfect show for younger audiences (recommended 2yrs +).

Wednesday 21st Sept, 10.00am & 1.30pm

Thursday 22nd & Friday 23rd Sept - 1.30pm & 4.00pm

Saturday 24th Sept - 11.00am, 2.00pm & 4.00pm (4.00pm - relaxed performance)

Tickets £13; £11 for under 16s.

For more information and tickets, please go to our website - Tickets - Bear Hunt



The North Wall, (South Parade, Oxford) are delighted to be welcoming <u>Toucan Theatre</u> this Autumn with their show - The Naughty Fox. Toucan Theatre help everyone to play & be creative. Their shows are often little one's first experience of theatre. They are interactive & multisensory. Toucan Theatre tell our stories in an accessible and inclusive way for the development and bonding of all.

The Naughty Fox - 22nd October 2022 @ 3pm

Snuggle up in a magical den with comfy creatures – Honk, Splash and TaWit TaWoo – as they teach The Naughty Fox a very important lesson: it's better to share. Experience a world of puppetry, music, light projection and bubbly energy as our two storytellers bring household objects to life.

The Naughty Fox is an immersive, multi-sensory journey of friendship and play. All performances are relaxed and fully accessible with creative captioning.

This special performance for audience members with profound & multiple learning difficulties & their assistant. Capacity is limited to twelve audience members, with additional seating also reserved for individuals interested in PMLD arts & those working in the care sector.

Age Guidance: 0 - 5 (physical/cognitive)

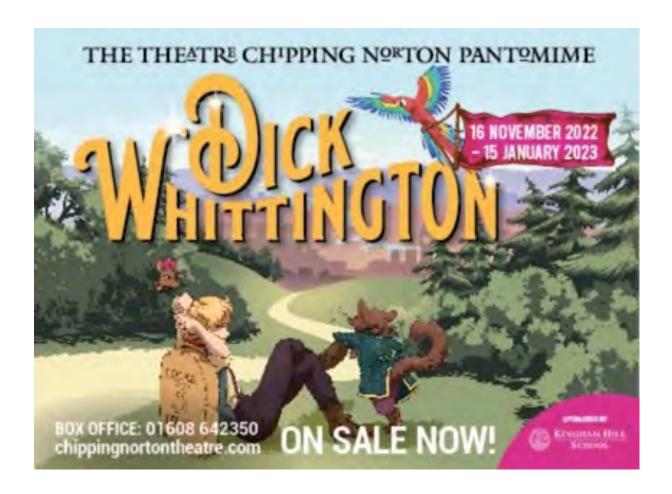
More information: https://www.thenorthwall.com/whats-on/the-naughty-fox-for-pmld-audiences/

Tickets: £10 (entry for one audience member with PMLD and their assistant)

To book: please email waltona@thenorthwall.com

There is limited capacity for each show so please book early.

They also offer a digital version of The Naughty Fox so that you can play-a-long at home on their website The Naughty Fox | Toucan Theatre



Dick Whittington Pantomime - Relaxed Performances

This year, the Chipping Norton Theatre are very lucky to be supported by the Albion Charity, and with their support they are offering free tickets to two of their relaxed performances! These performances are on - Wednesday 30th November at 10.00am & Thursday 12th January at 12.30pm.

If you would be interested in booking, please contact the Box Office on - 01608 642350. Please note, there are a limited number of wheelchair spaces, so please let the box office know how many you will need.



Autism friendly cinema screenings

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 DC League of Super-Pets on Sunday 4th September at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** haven't released what their autism friendly screening is yet but it is usually shown on the 1st Sunday of the month at 10.00am in Banbury. <u>Autism-friendly screenings Banbury The Light</u>
- * **Odeon** are showing Top Gun: Maverick (12A) on Sunday 4th September at 5pm/5:30pm (timings depends on individual cinema so please check!). Showing at Oxford, Aylesbury & Milton Keynes Stadium.
- * **Showcase** are showing Tad the Lost Explorer and the Curse of the Mummy on Sunday 11th Sept at 10.00am & E.T. the Extra Terrestrial on Tuesday 27th September at 4:15pm in Reading.
- * **Picturehouse** haven't released what their autism friendly screening is yet but it is usually shown on the 3rd Sunday of the month at 11.00am at The Phoenix in Oxford.
- * **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:







Info from Thomley...

BALL TICKETS & FIREWORKS NIGHT

Two of our most popular events last year were the Charity ball and the reduced sound fireworks display, both hosted at Thomley. We will be offering both events again this year. Tickets will be on sale in August for the ball and in September for fireworks night.

Tickets will be advertised on our social media channels and our website. The dates for your diary are: Fireworks on Saturday 29th October and the Charity ball on Saturday 12th November.





Be a part of Thomley...

Buy a paver for Thomley and have your name added to the walkway in our sensory garden

This is an exciting opportunity for our families to have their names fixed permanently within Thomley's grounds. Contact Greta to get your name added to our sensory garden: greta.shurrock@thomley.org.uk





Join our visitor voice forum...

We are looking for just a few more people to join our forum. Help shape specific future plans or projects. If you would like to come along or join the forum then please contact Joe: joekitchen@thomley.org.uk





Waiting to see Oxfordshire CAMHS NDC or Neuropsychiatry Services?

Living Well with Neurodiversity

A new support service for you

We are pleased to announce a support service in collaboration with Oxfordshire CAMHS NDC and Neuropsychiatry Services and Autism Oxford.

This service is for young people and families who are on the waiting list for assessment or accessing treatment with Oxfordshire CAMHS NDC and Neuropsychiatry services.

We are offering a range of support including:

Monthly "parents evening" style advice for parents pre and post assessment

Support groups for parents who are waiting for a diagnostic assessment

Post-diagnostic workshops Post-diagnostic peer led group for young people

https://autismoxford.org.uk/commissioned-services/living-with-neurodiversity/

Visit the above website to access our dedicated portal for more information, to book events and access resources.

For the access code please email the NDC Service on NDC.OxonCAMHS@oxfordhealth.nhs.uk
who will confirm you are eligible.

If you have any issues with accessing or have any questions about this support service, please email us on Youngpeoplesupport@autismoxford.org.uk

We look forward to meeting you

Is your child/young person on the waiting list or accessing treatment with the Oxfordshire CAMHS NDC & Neuropsychiatry services? Autism Oxford UK are running a support service in collaboration with Oxfordshire CAMHS. A dedicated portal has been set up with access to resources, information and events.

Please email NDC.OxonCAMHS@oxfordhealth.nhs.uk to obtain the code to access the portal.

Autism Training...

The Curly Hair Project Autism Webinars September 2022

Autism & Gender Dysphoria	Thurs 1/9	8pm
Females & Autism	Mon 5/9	8pm
Emotions & Autism	Wed 7/9	8pm
Recognising Emotions as an autistic child	Sat 10/9	10am
Understanding what its like to be autistic	Mon 12/9	8pm
Understanding Challenging Behaviour in Autism	Thurs 15/9	8pm

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

Access our

events

from your

phone, PC

or laptop!





Parenting an Autistic young person with a PDA profile

Pathological Demand Avoidance (PDA) is an autistic profile when an individual experiences high levels of anxieties associated with everyday demands and expectations either placed by society or themselves.

Individuals with this profile will typically utilise social strategies and other sophisticated ways to avoid demands

During this training you will learn what PDA is and what you can do as a parent or carer to adopt a PDA 'friendly' approach to parenting to enable your young person to thrive.

> Friday 16th September 2022 18:00 - 21:00

£20 per person + £2.15 Eventbrite fee Delivered online via Zoom

** Please note: Due to the privacy of the attendees, this event will NOT be recorded.

Tickets available from Eventbrite



Find us on:-









Pathological Demand Avoidance...what can you as a parent/carer do to support your young autistic child with a PDA profile? Come along to our online workshop on Friday 16th September at 6pm to gain support and further information on this complex profile.

Tickets available here - https://www.eventbrite.co.uk/e/269508867277

Paul Isaacs

Autism Expert & Thomley Patron



Thursday 30th September

"Sensory perception in the context of Autism"

Join us for an informal conference with Paul Isaacs in the Thomley Pavilion, arrive from 6pm for a 6:30pm start, with an 8pm finish. It is £5 per person to attend the talk.

The cafe will be serving dinner and drinks for you to purchase too.

Please share this with your contacts who may benefit from hearing Paul's fantastic talk.

Booking is essential, email us on: bookings@thomley.org.uk Or, call: 01844 338380

Venue - Thomley Families, Menmarsh Road, Worminghall, HP18 9JZ

Booking Fee - £5 per person

Email - bookings@thomley.org.uk OR Telephone - 01844 338380



Our theme is 'Neurodiversity and the Diversity of Autism' and we have lots of informative & inspiring talks throughout the day.

To purchase your ticket visit our website here: https://autismoxford.org.uk/



An overview of each Level



- 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
- 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

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

Level 3



workshop

- 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 /
- 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



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



@HandsAloudMakaton









Emergency First Aid in the Workplace - in person at the OCVA Training Room

The Emergency First Aid at Work course meets the requirements of the HSE (Health and Safety Executive) and is nationally recognised, designed for those who have a specific responsibility at work to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities.

During this 1-day course, learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds & bleeding and minor injuries.

Tuesday 20th September (6.5 hours incl 2 tea breaks & short lunch break - please bring your own lunch). 9.30am - 4.00pm; £70 – £100

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

training@ocva.org.uk or call 01865 251946