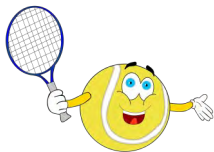


Short Breaks Update for Families with Disabled Children and Young People



Welcome to the December Short Breaks Update...

This month we have several Santa events, panto, Christmas Fayre, rugby, football, cinema, tennis & events for 2024!

We also have some training & webinars.

What's in this edition...

- | | | | |
|-------|---|--------|---|
| P1 | Welcome | P20 | Bicester Clip 'n Climb |
| P2 | Camp Mohawk | P21-22 | LD Beginners & Improvers Tennis |
| P3 | OxFSN All about Health | P23 | Wheels for All |
| P4 | Kidlinks & Kidz to Adultz 24 | P24 | Let's Play Boccia, Witney |
| P5 | Drayton Christmas Market | P25-29 | Football |
| P6-76 | Thomley - Santa's Grotto & Christmas Dinner | P30 | Rugby - Bicester & Wallingford |
| P8 | Dear Father Christmas | P31-32 | SEND Jump - Carterton & Bounce Christmas - Didcot |
| P9 | Christmas Fayre | P33-34 | START & Research opportunity |
| P10 | SEND Saturday Club | P35 | SOFEA Post-16 Options evening |
| P11 | Breakfast with Santa | P36 | Rapunzel |
| P12 | Cafélias - inclusive space | P37 | A-Fest |
| P13 | Thomley's Breakfast with Santa | P38 | Frozen Light on Tour - Spring |
| P14 | Autism Oxford Festive Forest Fun | P39 | Autism Central |
| P15 | Jack & the Beanstalk Panto | P40 | Be Free Young Carers |
| P16 | Autism friendly cinema | P41 | Support from Sense |
| P17 | SEND group - Rose Hill | P42-49 | Webinars, workshops & more |
| P18 | Wellbeing Pickleball | P50 | OCVA training |
| P19 | SEN Squirrels | | |

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



Camp Mohawk

The Woodland Centre Trust

For children and young people with special needs

Camp Mohawk is a day centre for children with special needs and their families, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Throughout the year the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Our facilities include adventure playgrounds, swings, sensory garden, play village, soft play and sensory rooms, art / craft room, music room, play lounge and, in the summer months, an outdoor, heated play pool. All this is set in approximately 5 acres of natural woodland.

What we offer:

- **Family Days** in school holidays and on Saturdays in term time – children / young people need to be accompanied by a parent / carer but we have a team of staff and volunteers on hand to provide support and assistance
- **Short Breaks** activities for children / young people aged 8 to 25 who have High Functioning Autism / Asperger's Syndrome
- **Special events** including sensory sensitive fireworks displays and Christmas parties
- **Group sessions** / days for SEND support groups, schools and groups of families



Registration is mandatory for all services and advance booking is necessary for all sessions. Fees / charges for families are all voluntary but contributions from our service users are an important source of income so we do have suggested contribution levels. Please visit our website or get in touch for more information:

Web: www.campmohawk.org.uk
Email: info@campmohawk.org.uk
Tel: 0118 940 4045

THE WOODLAND CENTRE TRUST, Highfield Lane, Crazies Hill, Wargrave, Berks. RG10 8PU. Registered Charity No. 1202580

To find out more, please go to our website:- www.campmohawk.org.uk

Short Breaks Update for Families with Disabled Children and Young People



All about health easy read website



Locally and nationally available easy read healthcare information for people with a learning disability, their families, carers, professionals, and anyone who supports them.



<https://allabouthealth.oxfsn.org.uk>



You can scan the
QR code here



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

<https://allabouthealth.oxfsn.org.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



KIDLINKS
Kidlington's Community Hub for Children & their Families!

MON	TUES	WED	THURS	FRI
11.30am - 1pm TODDLER CLUB Term-time course for ages 2 & 3 years Book via email at St John's	10 - 11.30am LITTLE ACORNS Stay & Play for ages 0-5 years at St John's COMING SOON: PARENT COURSES	10 - 11.30am BOUNCING BABIES For babies aged 0 - 12 months at St Mary's 12.30 - 2.30pm OBS Oxfordshire Breastfeeding Support By appointment at St John's	9.30 - 11am ST MARY'S TODDLER GROUP Stay & Play for ages 0 - 5 years at St Mary's	10 - 11.30am SEN SQUIRRELS Stay & Play for children with additional needs ages 0-5 years at St John's



CONTACT US

 kidlington.communityhub@gmail.com
 www.facebook.com/kidlinksuk
 www.kidlinks.org.uk
 OBS appointments: www.oxbreastfeedingsupport.org

VENUES

St John's Church Hall The Broadway Kidlington OX5 1DD	St Mary's Church Refectory 88 Church Street Kidlington OX5 2BB
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www.kidlinks.org.uk or www.facebook.com/kidlinksuk

Save the date...

Kidz to Adultz
Exhibition dates for your diary
with more dates to be announced shortly

Middle	South	Wales & West	North
Thursday 14th March '24 Coventry Building Society Arena Coventry	Thursday 2nd May '24 Farnborough International Farnborough	TBA Details coming soon	TBA Details coming soon

Short Breaks Update for Families with Disabled Children and Young People



An OASIS (Oxon Autistic Society Info & Support) member has organised this event so do pop along if you're in the area!

Short Breaks Update for Families with Disabled Children and Young People



*** Visit the Thomley Grotto ***

Father Christmas is at Thomley on the following days and times. Just go to book in for the day and then it will give you the option to add on a visit to see the big man in his "Camping pod Grotto"...

2nd December, 11.00am - 1.30pm. Book here: <https://buff.ly/3SLTPBD>

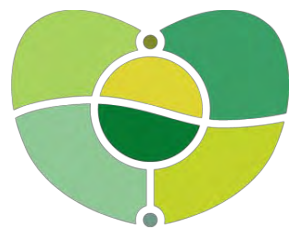
3rd December - Christmas Dinner Day - FREE on this day, included with your entry/meal tickets. Book here: <https://buff.ly/3RaoN5h>

9th December, 11.00am - 1.30pm. Book here: <https://buff.ly/3uuP3yr>

16th December, 11.00am - 2:30pm - Christmas Party Day. Book here: <https://buff.ly/3SLTkrf>

23rd December, 11am - 1.30pm. Book here: <https://buff.ly/46vsmay>

All visits include a gift for every child. Ho Ho Ho 🍷



Christmas Dinner with Santa!

Sunday 3rd December 2023

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 a 12pm or 1:30pm sitting. We do provide a roast for all dietary needs, including vegetarians.



Enjoying a roast dinner or meal out can be quite a stressful and rare event for many of our visitors. Join us for an accessible Christmas dinner with all the trimmings! Our chef Nikki will ensure you have an amazing Christmas dinner, in a familiar and disability-friendly setting.

Join us on Sunday 3rd December and book in for the 12pm or 1:30pm sitting. We will serve the adults a roast dinner and a pudding for £13. Children (up to 15) will get a roast dinner, a present from Santa and their entry for the day for £13. Child members will only pay £6 to cover the cost of their roast dinner. (Please email for a discount code).

We will be serving turkey, 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

LIMITED SPACES so book ASAP here: <https://buff.ly/3R9ltGi>

or phone us on 01844 338380

Short Breaks Update for Families with Disabled Children and Young People



There's a spot of bother at the North Pole. All the presents have been muddled up, a sack of letters has gone astray, the elves are misbehaving and now a polar bear has knocked over the Christmas tree. Father Christmas needs your help!

Could you be an elf and play your part in getting things back on track? Join us in the festive post-room for stories, songs and decoration making with Father Christmas and his elves ahead of the most important day of the year!

An interactive show for ages 3-6 and their family and friends. All of these performances are relaxed, interactive and last 50 mins!

To get your tickets, please go to:-

<https://www.oxfordplayhouse.com/events/dear-father-christmas>

** Don't forget – you can also write to Father Christmas c/o the Playhouse and post your letters in the post box in The Oxford Playhouse main foyer.

Short Breaks Update for Families with Disabled Children and Young People

Come and visit... **Abingdon & Witney College**

CHRISTMAS FAYRE

Join Santa and the animals on the farm

Common Leys Farm Campus | Pitts Lane | Hailey
Witney | OX29 9UU | 01993 208 148

Festive fun for the family

Wednesday 6th December
3.30 – 6.30pm

Santa's Grotto | Animal Handling
Christmas Market | Refreshments

£5 child admission
free admission for accompanying adults

Pre-booking essential!
Call: 01993 208 148 | 9:00am- 5:00pm
to book and pay

 **Stalls available £5 per table**
To book a stall please email Penny:
penny.kent@abingdon-witney.ac.uk
www.abingdon-witney.ac.uk 

Come and visit our animals & bring your children to visit Santa!
Pre-booking essential due to limited parking.

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS
10AM – 12PM
2nd Saturday of the Month

Last one for 2023...

9th Dec

SEND SATURDAY CLUB **CARTERTON FAMILY CENTRE**

Come and join P.A.C for our SEND Saturday Club.

Parents/Carers with diagnosed and undiagnosed children, young people and adults are welcome, along with siblings and any other family members who'd like to come along.

Meet some other parents/carers and families in similar situations, allow your children, young people or adults to play/chill in a relaxed environment and seek support and advice should you need it.

Suggested Donation: £3.50

Carterton Family Centre, The Allandale, 8 Burford Road,
Carterton, OX18 3AA. Info@cartertonfamilycentre.com

Short Breaks Update for Families with Disabled Children and Young People

Breakfast with Santa

Santa is coming to The Mulberry....

Join us for our 2 hour Santa experience including an all you can eat buffet breakfast, Reindeer food making and story time with Santa in the lounge after.

Saturday 2nd - 16th and 23rd December 2023

Adults £16.00
Children £14.00
9-11am

SEN Session Saturday 9th December 2023

SEN session on Saturday 9th December at The Mulberry in Didcot. For more info, please contact them direct:-
[Live Music | The Mulberry | Didcot \(mulberrypubdidcot.co.uk\)](https://www.mulberrypubdidcot.co.uk)
Or on FB - <https://www.facebook.com/themulberry>

Short Breaks Update for Families with Disabled Children and Young People

Cafélias Ltd presents

The Inclusive, Accessible Space

An inclusive play space for 0-5 years, designed for complex needs, open for all.

Medical and early years development expertise.
Run by carers.

TUESDAYS, NOV 7TH - DEC 19TH

09:30AM TO 11:00AM SEN SESSION (NO DIAGNOSIS NECESSARY)

11:00AM TO 1:00PM OPEN TO ALL

SEACOURT HALL, BOTLEY , OX2 9TH
PAY WHAT YOU CAN
£5/£10/£15
FOR 1 ADULT + 2 CHILDREN

2 hours Free parking, disabled toilets

See website for full details of what's on:
Cafelias.co.uk/pop-ups

Sensory play
Music
Crafts
Meet
Massage
Space to remember loved ones

9.30am - 11.00am for SEN families (no diagnosis needed). A quieter session and with experts attending when possible. We also offer a free 15mins head/neck massage for carers and a coffee/tea included in the price. Our DBS checked volunteers will be at hand to distract the little ones for the duration. Book online or drop in - www.cafelias.co.uk/book-here

From 11.00am all families are welcome for our events and play activities, including music, puppet theatre, singing and more.

See website for full schedule ahead of each session - www.cafelias.co.uk/pop-ups

Breakfast with Father Christmas

Saturday 16th, Sunday 17th, Thursday 21st and Friday 22nd December, 8am - 10am

Booking essential

Breakfast with Father Christmas is an incredibly popular way to see Father Christmas at Thomley, with the added bonus of activities, a lovely breakfast and maybe even some snow! Limited tables available.



An accessible and fun way to celebrate Christmas for all abilities.

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 activities to do on your table.

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

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

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

***Please note only the pavilion is open for this event**

**Thomley, Menmarsh Road,
Worminghall, HP189JZ**



Thomley

Available on four different dates leading up to Christmas! All four sittings are the same and are from 8am-10am only.

Book here: <https://buff.ly/45ScoaK>

Short Breaks Update for Families with Disabled Children and Young People



**Join us for our forest school Christmas Special on
Wednesday 20th December from 1:30pm-3pm**

Why would this session benefit my autistic child?

It provides a rich sensory experience; many opportunities for calming input to support self-regulation; promotes child-led play and exploration; person-centred - each child is in control and can choose which activities to engage in and how to spend their time; gives opportunity for child-led social interaction with peers and parents/caregivers in a positive and low-demand environment.

Why would this session benefit you as a parent?

Access to a specialist occupational therapist to provide information and advice; a space to ask questions about your child's sensory profile or to discuss their strengths and any challenges; opportunity for connection and play with your child, based on child-led interaction; to gain ideas for sensory-rich activities you can replicate and use outside of the session; to meet other parents and share experiences.

Open to autistic children & those awaiting diagnostic assessment, as well as their siblings! £15 per child. As a guide this session is designed for primary school-age children, but please contact us with any questions.

To book your space on this “one-off” Christmas special, please email:-

therapies@autismoxford.org.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



JACK & THE BEANSTALK

Fri 24 Nov 2023 – Sun 7 Jan 2024

Get ready for a GIGANTIC panto experience!

Poor Jack can't seem to help getting into trouble with his mum. Now he's really landed himself in it by selling the family cow to a stranger for a handful of old beans. But hang on a minute! Those mysterious beans have started to grow...and grow... and GROW!

Join Jack and his friends on an adventure of a lifetime, as they scale the beanstalk and take on a Giant. Full of infectious laughter, brilliant storytelling, singing, dancing, cheering for the goodies and booing for the baddies, an **Oxford Playhouse** pantomime is fabulous festive fun for everyone aged 5 to 105!

For more info & tickets, please go to - [Jack & the Beanstalk at Oxford Playhouse](#)

Audio described - 2nd Dec @ 4pm & 6th Jan @ 6pm

BSL - 14th Dec @ 6pm

Relaxed performance - 4th Jan @ 11am

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly cinema screenings

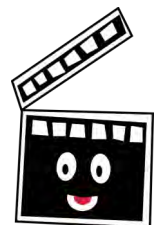
Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory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

- * **Cineworld** are showing *Wish* on Sunday 3rd December at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** are showing the CBeebies Christmas Panto - Robin Hood at 10.15am on Sunday 3rd December in Banbury.
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 3rd Sunday of the month in Oxford, Aylesbury & Milton Keynes Stadium. Check time with your local cinema. Need more info, call their Disability & Accessibility helpline; 10am-5pm on 03330 151208.
- * **Showcase Reading** are showing *Wish* on Sunday 3rd December & *Wonka* on Sundays 10th & 17th December at 10.00am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing *The Muppet Christmas Carol* on Sunday 17th December at 11.00am in The Phoenix in Oxford.
- * **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month at 11.00am at Bicester, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA](#) ([accessiblescreeningsuk.co.uk](https://www.accessiblescreeningsuk.co.uk/)) 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



****NEW** SEND Group**

SEND Group - Rosehill

We are excited to offer a new weekly SEND group for anyone with a child with an additional need, age 0-4 years. The child does not need to have any formal diagnosis. There will be the opportunity for play and support from other families and professionals.

To register, scan the QR code below or contact becky.young@peeple.org.uk

Tuesdays 9:30-11am

For anyone with a child with an additional need aged 0-4 years



people



Started on **2nd November** and is primarily aimed at families in the catchment areas of Littlemore, The Leys and Rosehill in Oxford. Venue details will be sent once you've registered. You can sign up here: <https://forms.office.com/e/7Sx6Z6FZzJ> or click on the QR code to register.

For more info, please email - becky.young@peeple.org.uk

Short Breaks Update for Families with Disabled Children and Young People

WELL-BEING PICKLEBALL

YMCA
Here for young people
Here for communities
Here for you

Every Thursday 1pm - 2pm
Henley YMCA
2 Lawson Road,
Henley-On-Thames,
RG91NZ.



£5 per session
Adults 18+

Our community well-being sessions are designed to be fun, engaging and affordable. These sessions allow those in the community who would like to improve their wellbeing, those that are experiencing mental health issues or at risk of ill mental health, the opportunity to socialise and enjoy sport, whilst improving your mental health and keeping you healthy and active.

YMCA 

All abilities are welcome!

If you are part of the **YOU MOVE** family, please provide us with your unique code to access these sessions for **FREE**!





COME JOIN THE FUN!
Contact: Phil 01491 411849
Email: phil@henleymca.org.uk
Or just come along on the day!

New Community Well-Being Pickleball Session is NOW AVAILABLE! (18+)

Our community well-being sessions are designed to be fun, engaging and affordable. These sessions allow those in the community who would like to improve their wellbeing, those that are experiencing mental health issues or at risk of ill mental health, the opportunity to socialise and enjoy sport, whilst improving your mental health and keeping you healthy and active. All abilities are welcome!

A massive thank you to South Oxfordshire District Council for supporting us with this fantastic project to help those in the community who need it most!

For more info, contact Phil on 01491 411849 or email phil@henleymca.org.uk

Short Breaks Update for Families with Disabled Children and Young People



This group is aimed at 0-5 year olds who have additional needs, whether they have a diagnosis, are starting on that journey, or if parents/carers feel they just need a little extra support. We will enjoy lots of fun activities, crafts and sensory play, using St John's Hall & garden as a safe and supportive space for children and their families. We will have snack time for children and hot drinks and biscuits will be available for the grown ups!

Please note: The age range is a rough guide as we know that age isn't always a determining factor for a child's needs or abilities when it comes to SEN, so please feel free to get in touch with us if you are unsure.

kidlington.communityhub@gmail.com

www.kidlinks.org.uk

www.facebook.com/kidlinksuk

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



For those with who would benefit from a quieter session, with less climbers and quieter music, we recommend our family session.

Throughout school holidays - 9.00am.

Term Time - Fridays 4:30pm & Saturdays 9.00am.

Clip & Climb, Unit 3 Bessemer Close, Bicester, OX 26 6QE

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

01869 814098 info@clipnclimbbicester.co.uk

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****

LEARNING DISABILITY TENNIS FOR BEGINNERS

A fun and relaxed session in a small group for those new to tennis aged 6-10 years. Join our coach Sue to learn the tennis basics and make some new friends.

Location: White Horse Leisure & Tennis Centre

Time: Wednesday, 5pm - 6pm (term time only)

Cost: £2.95

For more information please contact sue.auger@gll.org or discover more at better.org.uk/white-horse

**STARTING
WEDNESDAY
10TH JANUARY**



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277938). Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SS. Inland Revenue Charity no. 104-13398.



BETTER

More info - sue.auger@gll.org or www.better.org.uk/white-horse

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS IMPROVERS

Join our fun and engaging lessons, where players with foundational tennis skills can develop their techniques in friendly matches. The session is open to adults and juniors with any type of learning disability.

Location: White Horse Leisure & Tennis Centre

Time: Saturday 10am - 11am

Cost: £2.95

For more information please contact sue.auger@gll.org or discover more at better.org.uk/white-horse



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277939). Registered office: 103 Steegle House, The Royal Arsenal, London, SE18 6SX (Inland Revenue Charity no. 2043398).

More info - sue.auger@gll.org or www.better.org.uk/white-horse

Short Breaks Update for Families with Disabled Children and Young People



Wheels for all: Witney

recumbents • trikes • wheelchair carriers



Supportive, safe and inclusive cycling sessions for those with additional needs.

Every Saturday:
11am - 1pm, ages 2 yrs - 16 yrs. Family members welcome.
1pm - 2pm for 16+ yrs.

£3 per session.

Wood Green School,
Witney, OX28 1DX



Book by phone, email or website:
<https://windrushbikeproject.uk>
07766 829296

 @windrushbikepro
 @windrushbikeproject
 @windrushbikeproject
 wheelsforall@windrushbikeproject.uk
www.windrushbikeproject.uk

Try a bike, borrow a bike, ride in a safe space - book your place here:-

[Book cycle training, bike maintenance courses, DIY workshop and Junior Wheels for All - Booking by Bookwhen](#)

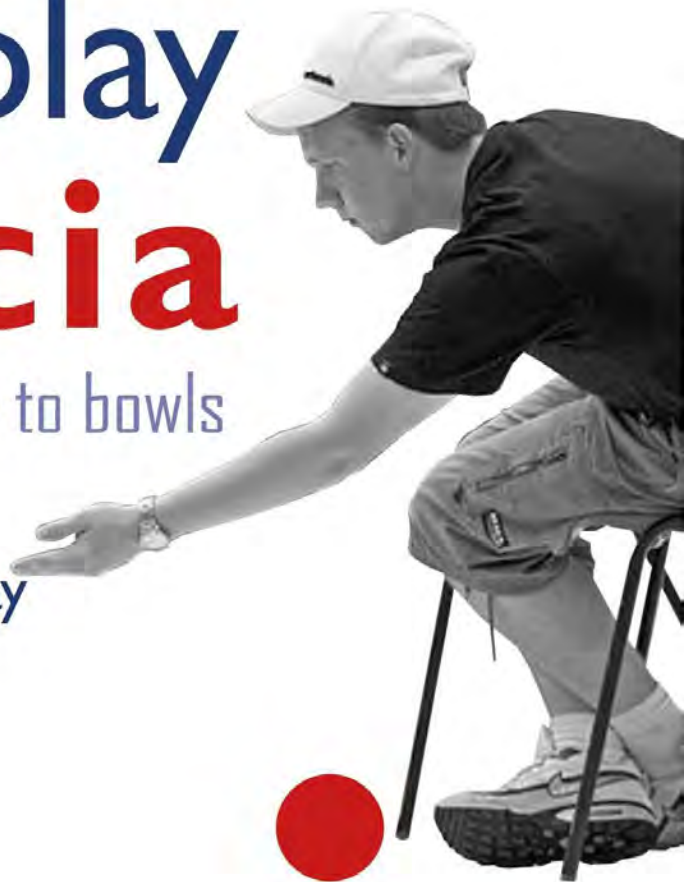
Let's play **Boccia**

A ball sport similar to bowls

£3 per session

Just turn up and play

ALL WELCOME



Fun, friendly classes for all ages and abilities

Wednesdays 10.45am—11.45am

Windrush Leisure Centre in Witney

For more information:

 01993 861564



WEST OXFORDSHIRE
DISTRICT COUNCIL

Working
together with

BETTER
the feel good place

Short Breaks Update for Families with Disabled Children and Young People



Blast off with Comets!

A safe space for disabled children aged 5 - 11 to kickstart their football journey



Belong



Scan here to see Comets in action!

Time and Date: Saturday - all available dates can be seen & booked on the website...

Location: Whitelands Farm Sports Ground, Whitelands Way, Bicester, OX26 1AJ

Contact: Adam Robinson **Phone:** 07831 123183

Email: adz@flying-fields.co.uk



Get in touch to book your first session

You can find out more & sign up online using the link below or scan the QR code above:-

<https://play.EnglandFootball.thefa.com/Comets/BureParkFC/Summary/47428d92-caf9-4418-b5aa-36e0d817d76d>

Short Breaks Update for Families with Disabled Children and Young People



The poster features a collage of six photographs showing children and young adults playing football on a green field. The photos are arranged in a circular pattern around the central text. The top-left photo shows a girl in a red and blue kit kicking a ball. The top-middle photo shows a boy in a red and blue kit kicking a ball. The top-right photo shows a boy in a red and blue kit kicking a ball. The bottom-left photo shows a boy in a red and blue kit kicking a ball. The bottom-middle photo shows a boy in a red and blue kit kicking a ball. The bottom-right photo shows a group of children and young adults playing football on a green field.

**WITNEY ATP
MONDAY 6-7PM**

**COME AND
JOIN US!**

TOWER HILL INCLUSIVE TEAM

We are a friendly team that aims to create a nurturing, supportive environment. Several coaches work with the team at each session, building self confidence and social skills as well as footballing talent!

Children over 8 and young adults all welcome. Please contact Sue Newport on 07966 153797 or sue@rsbjn.co.uk



For more information, please contact Sue Newport on 07966 153797 or via email - sue@rsbjn.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Here for young people
Here for communities
Here for you

**HENLEY YMCA,
2 LAWSON ROAD,
HENLEY-ON-THAMES,
RG91NZ.**



come join us !

SIGN UP NOW -SIGN UP NOW - SIGN UP NOW- SIGN UP NOW- SIGN UP NOW- SIGN UP NOW



**youth disability
football sessions**

U12 (AGES 8 - 11 YEARS)

WEDNESDAYS ● 5PM - 6PM

£3.00

CONTACT: 01491 411849

EMAIL: PHIL@HENLEYYMCA.ORG.UK



The Henley YMCA in partnership with Oxfordshire FA are pleased to announce that we are now running JUSTPLAY Youth Pan Disability Football sessions for children aged 8-11, all disability groups are welcome! Only £3 a session. Youth Pan Disability Football - every Wednesday, 5-6pm. If interested, please fill out the form - <https://forms.office.com/e/8t5ZAwGa1x>
For more info, email phil@henleymca.org.uk

Our sessions are social drop-in sessions, that are inclusive, fun filled, exciting and affordable. They are designed for the participants to enjoy, improve their physical and mental health, reduce stress and help the community to socialise, as well as staying active and healthy!

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



SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



Cerebral Palsy Sport

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

enquiries@summertownstars.org Sarah - 07947 624354

BURE PARK FC INCLUSIVE FOOTBALL

Are you a young adult aged 16-19 who would like to play inclusive football? Do you know anyone who might like to give it a try?

We offer football for all, regardless of learning disability, physical disability or any other traditional barrier to playing fun and educational football

We are hoping to enter a new U20's team into the BOBi League for the 23/24 season

**- DISABILITY@BUREPARKJUNIORS.CO.UK -
- FACEBOOK.COM/BICESTERDISABILITYFOOTBALL -**



Why not try this new session run by the amazing Adam from
[Bure Park FC - Disability/Inclusive Football](#)

Short Breaks Update for Families with Disabled Children and Young People



THERE'S A TEAM FOR YOU

AT GOSFORD ALL BLACKS RFC

SEN-friendly family group sessions
Sundays 10-11am - Ages 4 to 17

All sessions are non-contact with the primary focus on a safe and inclusive environment to offer a diverse range of fun and engaging games for all.

All coaches DBS checked and with RFU training and safeguarding

email: youth@gosfordrugby.com - tel: 0753 111 8213
www.gosfordrugby.com

Book your spot on <http://bit.ly/GAByouth> or scan the QR code



If you're interested in coming for a taster session, please email - youth@gosfordrugby.com

Also , check out Inclusive Tag Rugby at Wallingford Wolves...

<https://youtu.be/zgjEuXYuJ74>

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

SEND JUMP SESSIONS

Our dedicated jump sessions create a safe and inclusive environment for individuals with Special Educational Needs and Disabilities and includes use of both the Trampoline Park and Soft Play.

When: the last Sunday of the month - 3.30pm - 5pm

Cost: £6.70 per child

Please note that there is no additional charge for one accompanying adult/carer for this session.

For more information email carterton@gll.org, book via the app or at better.org.uk/book



Carterton Leisure Centre - carterton@gll.org
<https://www.better.org.uk/book-activity>

BETTER

The session will run at a reduced capacity and is for children aged over 18 months. Supervision ratio for under 8's apply: 18 months - 4 years = 1 adult : 1 child, 5 years - 7 years = 1 adult : 10 children and over 8 years = no ratios apply. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XRA3398

Short Breaks Update for Families with Disabled Children and Young People

A festive poster for The Bounce Park Christmas Schedule. The background is purple with a pattern of white dots. At the top, there's a garland of red and white gift boxes with red bows. The Bounce Park logo is in the center, featuring a red Santa hat on the 'B'. Below the logo, the words 'CHRISTMAS SCHEDULE' are written in large, bold, yellow letters with a black outline. The schedule is presented in a grid of six rounded rectangular boxes, each representing a day. The first three boxes are on the left, and the last three are on the right. A large yellow arrow points to the box for Sunday 31st. At the bottom, there's a row of Christmas-themed illustrations including trees, Santa Claus, reindeer, and gifts. The website address 'www.TheBouncePark.com' is written in white text in the center.

Day	Time	Activities
FRIDAY 22	10 AM - 5 PM	Open Bounce Sessions, Parties, Exclusive Hires
FRIDAY 29	10 AM - 5 PM	Open Bounce Sessions, Parties, Exclusive Hires
SATURDAY 23	10 AM - 5 PM	Open Bounce Sessions, Parties, Exclusive Hires
SATURDAY 30	10 AM - 5 PM	Open Bounce Sessions, Parties, Exclusive Hires
SUNDAY 24	9 AM - 1 PM	Open Bounce Sessions, Parties, Tots Sessions
SUNDAY 31	9 AM - 1 PM	Open Bounce Sessions, Parties, SEN Sessions

www.TheBouncePark.com

** SEN sessions are on Sunday 31st December, 9am-1pm **

The Bounce Park is located at Willowbrook Leisure Centre,
Bowmont Water, Didcot, OX11 7AF

www.thebouncepark.com

Short Breaks Update for Families with Disabled Children and Young People



Supporting Toddlers with a connection
to autism or ADHD to develop strong
Attention, Regulation and Thinking skills

Recruitment open for a trial of a new programme to support
toddlers with a connection to autism or ADHD

Researchers will play
with your child to
collect information
about their strengths
and difficulties.

Scan for information



or visit startproject.info

You may be invited to
take part in the
12 week START
programme, which
aims to help parents
provide toddlers with
additional support.

■ travel costs covered ■

■ online voucher after completion of questionnaires ■

■ BabyLab gift after each assessment ■

■ toys and activity ideas to take home after each START session ■

To be eligible for the study you must:

- have a child born from November 2021 who is suspected to be autistic OR whose mum, dad, brother or sister is autistic or has ADHD (diagnosed or suspected).
- be willing to attend weekly 1 hour parent-child sessions located in the South Oxford Family Room OX1, over a 3 month period.
- be able to understand spoken English.



people



Principle Investigator: Dr Alexandra Hendry
Email: start@psy.ox.ac.uk
073108 76421

www.startproject.info

run by

NIHR

National Institute for
Health and Care Research
Ethics approval reference: R6115/RE001

Your child can take part in this programme if they are within the age range and:-
You know or suspect they are autistic (no formal diagnosis needed) OR You know or suspect that
your child's older siblings are autistic or have ADHD (no formal diagnosis needed); You know or
suspect you are autistic (either parent) or have ADHD (no formal diagnosis needed). Your child
must be under 22 months old when the trial starts in January 2024.

Location: South Oxford Family Room, 47a Whitehouse Rd, Oxford OX1 4NA

More info: Visit www.startproject.info or email start@psy.ox.ac.uk

Short Breaks Update for Families with Disabled Children and Young People

STUDY OPPORTUNITY

WHAT DO YOU SEE? PARENTAL INSIGHTS INTO CHARACTERISTICS OF AUTISTIC CHILDREN.



What do we want to do?

We would like to move away from the traditional focus on deficits in autism research, to get a wider picture of the characteristics, strengths and struggles of autistic children, and understand:

- How these differ based on individual characteristics.
- How these change over time.
- Support needs across all stages and areas of development.



What do we hope to achieve?

We hope this research will bring the focus back to the whole person and help combat negative stereotypes to ensure children, young people, and their families receive the right support.



Why are we asking parents?

Parents can offer unique insights into their children and where more support is needed to meet changing needs.



Participate now!

Complete our survey about your child when they were under 18 years of age, and have a chance to win a £50 voucher.

https://nclpsych.eu.qualtrics.com/jfe/form/SV_3Jh7pXleS1vYQsK



Any questions? Still unsure?

Contact us via any of the following emails:
c.c.edwards1@newcastle.ac.uk
a.wood3@newcastle.ac.uk
Sinead.Mullally@newcastle.ac.uk

The recruitment poster has been created by Cherice Edwards using www.canva.com. The free account privileges have been used. All images are from Canva's library (with the exception of Newcastle University's logo). The QR code has been generated directly from Qualtrics.



https://nclpsych.eu.qualtrics.com/jfe/form/SV_3Jh7pXleS1vYQsK

Any questions, please contact us:-

c.c.edwards1@newcastle.ac.uk : a.wood3@newcastle.ac.uk : H.Moore12@newcastle.ac.uk

Short Breaks Update for Families with Disabled Children and Young People



POST 16 OPTIONS OPEN EVENING



**Attend our open evening to find out more about SOFEA's
post 16 options for school leavers**

Wednesday 17th January 2024

- 5:15pm- Arrival and refreshments
- 5:45pm- Overview of SOFEA by Richard Kennell, CEO
- 6:00pm- Overview of SOFEA's post 16 options including the pre-apprenticeship programme
- 6:15pm- Our approach
- 6:30pm- Tour of facilities/warehouse and meet the staff
- 7:00pm- Close

**REGISTER TO
ATTEND NOW
BY SCANNING
THE QR CODE
BELOW**



SOFEA is holding a Post 16 options open evening at its Didcot site on Wednesday 17th January 2024! Register now, for free, to find out more about our alternative provision for post 16 learners including our brand new pre-apprenticeship programme.

<https://www.eventbrite.co.uk/.../sofea-post-16-options...>

Short Breaks Update for Families with Disabled Children and Young People

Save the date...

The poster is for a pantomime titled 'Rapunzel' by Launton Village Players. It features a large illustration of a tower with a red roof and a yellow dragon on the left. The title 'Rapunzel' is written in a large, stylized font. The text 'Launton Village Players present their 37th pantomime' is at the top. Below the title, it says 'A traditional family pantomime'. The dates 'Weds 14th to Sat 17th Feb 2024' are prominently displayed, followed by the venue 'In Cooper School Performance Hall, Bicester, OX26 4RS'. A table lists the performance times and ticket prices. There are several callouts: 'Early Bird Discount! Quote EARLYBIRD and get 10% off if you book before 1st Jan!', '*Relaxed Performance Thursday at 10:30am', and 'Family Tickets available at discounted prices!'. A QR code is provided for ticket scanning. At the bottom, it states 'All profits donated to Bicester Autism' with the Bicester Autism logo, and the website 'www.launtonvillageplayers.org.uk'.

Launton Village Players present their 37th pantomime

Rapunzel

A traditional family pantomime

Weds 14th to Sat 17th Feb 2024
In Cooper School Performance Hall, Bicester, OX26 4RS

Date	Performance Times	Adult (18+)	Child (1-17)
Weds 14 th Feb	7:30pm	£12	£6
Thurs 15 th Feb	10:30am* 2:30pm	£12	£6
Fri 16 th Feb	2:30pm 7:30pm	£14	£7
Sat 17 th Feb	2:30pm 7:30pm	£14	£7

*Relaxed Performance Thursday at 10:30am

Family Tickets available at discounted prices!

Early Bird Discount! Quote **EARLYBIRD** and get 10% off if you book before 1st Jan!

Scan here for tickets!

Tickets available from www.ticketsource.co.uk/lvp
(or call 07864 715708 for assistance)

All profits donated to Bicester Autism

BICESTER AUTISM

www.launtonvillageplayers.org.uk

Get your tickets for Bicester's award-winning family panto from www.ticketsource.co.uk/lvp, (or call 07864 715708 for assistance).

All profits will be donated to [Bicester Autism/ADHD](http://BicesterAutism/ADHD) and we are super excited to be able to offer a Relaxed Performance this year.

Family discounts are available, and use the code EARLYBIRD at the checkout to get an extra 10% discount if you book before 1st January!

Short Breaks Update for Families with Disabled Children and Young People



A-Fest

A-Fest 2024: A Festival Celebrating Autism and Autistic Individuals

Tuesday 20th February 2024

9am-3pm

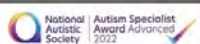
The Springfields Academy, Calne, SN11 0DS

Come and join us for A-Fest 2024. A day to celebrate autism and autistic individuals and share effective practice.

A-Fest 2024 is a day to learn about, share and celebrate effective autism practice. A limited number of Early Bird tickets for A-Fest 2024 are now available until 31st December 2023. You will then be sent a full programme in January when you can select your session choices.

Early Bird tickets are just £60pp, including refreshments at break and lunch. Previous sessions include: Autism and Social Motivation, Structured Teaching, Supporting Anxious Learners, Autism Therapy Provision, Visually Supported Conversations, Developing a Semi-formal Curriculum, Encouraging Independence and Designing Inclusive Provision.

To book your place, please contact:
autismsupport@springfields.wilts.sch.uk



Springfields
Autism
Support

Paul Isaacs will be speaking at this event about "Autism as a Fruit Salad"

(<https://www.facebook.com/PaulIsaacsAutieAdvocate>)

To book, please contact - autismsupport@springfields.wilts.sch.uk

Short Breaks Update for Families with Disabled Children and Young People

The Bar at the End of Time...

Multi-sensory theatre for people with PMLD





The ever popular Frozen Light is bringing us their new show and interactive experience for audiences with PMLD. **The Bar at the Edge of Time** is going on tour in 2024! Get ready to join us at [The Bar at the Edge of Time](#), where you'll be transported to a world of wonder and sensory delight.

Frozen Light creates exciting and original multi-sensory theatre for audiences with profound and multiple learning disabilities (PMLD) and tours it to theatre venues and arts centres nationwide. This show allows people with PMLD to be transported to a bar where time doesn't exist, you'll even get a mocktail out of it!

Although some of the venues may not be on sale yet, you can always check our website for the latest updates:-

[Spring '24 - The Bar at the Edge of Time — Frozen Light \(frozenlighttheatre.com\)](#)

Short Breaks Update for Families with Disabled Children and Young People



Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

Autism Central is here to help!


Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.
Autism Central is here to help!

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
 - Navigate you to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support



Charity number: 1171446

aspens.org.uk

For more information, please contact Laura Morgan on laura.morgan@aspens.org.uk; 07719087770 or autismcentralsoutheasthub@aspens.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Be Free young Carers is an Oxfordshire based charity.

We support **young carers aged 8-17** who help to take care of a family member (parent, grandparent or sibling) that has a physical illness or disability, a mental health problem or is dependant on drugs or alcohol.

We offer **free respite trips** to places such as Chessington, Legoland and Ninja Warrior. This allows our young carers to have a much needed break away from their caring responsibilities and the chance to socialise and build friendships with other young people that are in a similar situation.

We also **offer 121 emotional support**, a bespoke befriending service and workshops in things such as first aid and cookery.

We currently support around 600 young carers in **South Oxfordshire and The Vale of White Horse** and are now expanding and offering our support to young carers living in **Oxford**.

If you feel that your child or young person is a young carer please get in touch via our website, BeFreeYoungCarers.org, email us at the addresses below or have a look at our facebook and instagram pages.

The Oxford Youth Workers

Stacey.howard@befreeyc.org.uk 07845628559

Lorraine.nicholls@befreeyc.org.uk 07769387309

Short Breaks Update for Families with Disabled Children and Young People



Make a friend online with Virtual Buddying

Sense's Virtual Buddying is for disabled people of any age in the UK. Video call, phone, text, or email with your buddy once a week from the comfort of your home. Together, you can learn a new skill, build your confidence, do your favourite activities – or simply have a chat and a laugh together!

It's really simple to get started and totally free! Once you register your interest and complete an application form, one of our team will be in touch to learn more about you and your interests. We'll match you with a volunteer who's a similar age, personality and who shares your interests and then we'll introduce you to each other. Call or message your new buddy for an hour a week, when it suits you. We'll check in with you regularly to see how you and your Buddy are getting on.

Find out more and sign up by visiting our website <https://www.sense.org.uk/our-services/meeting-people/virtual-buddying-befriending-service/>

If you have any questions get in touch with virtualbuddying@sense.org.uk

Support for young carers and siblings of disabled people

Sometimes, we all need space to relax and share our experiences with people who understand us. That's why we offer support and activities to young carers and siblings aged 5-18, of people with disabilities. Your child could attend one of our virtual book clubs or games nights, or come along to a wellbeing session if they'd like to talk. The choice is theirs!

Most of our work with siblings and young carers happens online. This means you can access our sessions from wherever you are in the UK. We send out free activity packs in the post, so you can try your hand at something new! We'll also email you each month with a timetable of online activities. We can provide iPads and IT support to help you access these.

Depending on where you live in the UK, you might also be able to come along to one of our monthly meet-ups – right now we have groups in Birmingham and Bristol. These events give siblings and young carers the chance to spend time together, chat and have fun.

Find out more and sign up by visiting our website <https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/>

If you have any questions get in touch with siblingsandyoungcarers@sense.org.uk

For everyone living with complex disabilities. For everyone who is deafblind. Sense is here to help people communicate and experience the world.

Sense, 101 Pentonville Road, London, N1 9LG
www.sense.org.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



UPCOMING WEBINARS

with the

CAMHS NDC (Neuro Developmental Conditions Pathway)



**OXFORDSHIRE
PARENT CARERS FORUM**
A Voice for Parent Carers in Oxfordshire

JOIN US

These webinars are a collaboration between Oxfordshire Parent Carers Forum and CAMHS Neuro Developmental Conditions Pathway (NDC). The sessions will be online via Teams. To join the session, please click on the link for the particular session you want to join.

Sensory Challenges - Friday 8th December: 12.30pm - 2.00pm

Delivered by Kathryn Stevenson (Lead Specialist Occupational Therapist) and Sarah Wilcock (Specialist Occupational Therapist).

Click [here](#) to join the meeting

Challenges with Eating - Friday 19th January 2024: 12.30pm - 2.00pm

Delivered by Sarah Wilcock (Specialist Occupational Therapist) and Sally Burne (Dietician).

Click [here](#) to join the meeting

Any queries, please do email info@oxpcf.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Upcoming online courses October - December 2023



We still have limited spaces available on these courses for parents and carers...

Last events for 2023

4 December
7pm - 9.30pm

What is PDA for male
parents and carers

1 & 8 December, 10am - 12.45pm

Understanding PDA for parents and carers

For prices and course details:
www.pdasociety.org.uk/training



www.pdasociety.org.uk

Events & Training

Are you a parent or carer wanting to understand more about PDA?

We run a number of courses every month to provide insight & guidance on how best to support PDA people. Our courses are specifically for parents & carers. You'll find all the details in the picture & then you can book via our training pages:-

<https://www.pdasociety.org.uk/courses-events-for-parents.../>

Short Breaks Update for Families with Disabled Children and Young People

Autism Training...

© The Curly Hair Project 2017

The **Curly** Hair Project Autism Webinars December 2023

Understanding Challenging Behaviour	Friday 1 Dec
Anxiety & Autism	Wed 6 Dec
Socialising & Autism	Tues 12 Dec
Understanding Masking	Thurs 14 Dec

Access our events from your phone, PC or laptop!



*All sessions last 1 hour unless otherwise stated.
All 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



Autism & Sleep

a webinar with Jo and Conall

In this webinar hosted by Jo, our Occupational Therapist and Conall, one of our Peer Support Practitioners, we will explore the challenges of achieving quality sleep for neurodivergent individuals, with a particular focus on autistic individuals.

We will move beyond conventional sleep hygiene approaches, which often prove insufficient. Instead, we will provide practical insights and evidence-based strategies to help autistic individuals experience restful nights and smoother days.

Join us to discover effective solutions for better sleep in the context of neurodiversity.

This webinar is aimed at parent/carers, autistic individuals and anyone interested in exploring this topic further.



Wednesday 13th December
2pm-3pm

£10 a ticket (+ booking fee)

Tickets available from Eventbrite



* All our webinars are recorded and will be available to view at your convenience after the event for up to 14 days. An email containing the link to the recording will be sent to you within 48 hours of the live event ending.

Tickets - [Autism and Sleep Webinar Tickets, Wed 13 Dec 2023](#)

Short Breaks Update for Families with Disabled Children and Young People



Understanding & supporting Stimming

a webinar with Emily and Hannahlore

Join Emily, Neurodevelopmental Nurse Specialist, and Hannahlore, Peer Support Practitioner for this webinar on stimming.

We will discuss what stimming is, why people do it, and why it is so important. Gain insights from both a professional and lived experience perspective into its positive impact on self-regulation and emotional well-being.

Explore effective approaches to address instances where stimming may lead to individual distress or pose safety concerns, especially involving self-injurious behaviour.

This webinar is aimed at neurodivergent individuals, parents/carers and professionals but all are welcome.



Tuesday 9th January 2024
11am-12 noon
£10 a ticket (+ booking fee)
Tickets available from Eventbrite


* All our webinars are recorded and will be available to view at your convenience after the event for up to 14 days. An email containing the link to the recording will be sent to you within 48 hours of the live event ending.

** IF YOU CANNOT LOCATE THIS EMAIL IN YOUR INBOX, PLEASE CHECK YOUR SPAM/JUNK FOLDERS.

Tickets - [Understanding and Supporting Stimming Webinar Tickets](#)

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



Being Autistic and ADHD (AuDHD)



a webinar with Chloe and Hannahlore

Join Peer Support Practitioner, Hannahlore and Assessment Lead, Chloe, for this webinar focusing on the overlapping traits of being autistic and ADHD.

Discussion will cover:

- The diagnostic criteria associated with autism and ADHD
- The similarities and differences between these two conditions
- An insight into the lived experience of living with both autism and ADHD
- Strategies you can use to support someone with both conditions.

This webinar is aimed at autistic and ADHD individuals, and anyone interested in gaining valuable insights into supporting neurodivergent people.



Thursday 25th January 2024
2pm-3pm
£10 a ticket (+ booking fee)
Tickets available from Eventbrite

* All our webinars are recorded and will be available to view at your convenience after the event for up to 14 days. An email containing the link to the recording will be sent to you within 48 hours of the live event ending.

** IF YOU CANNOT LOCATE THIS EMAIL IN YOUR INBOX, PLEASE CHECK YOUR SPAM/JUNK FOLDERS.

Tickets - [Being Autistic and ADHD \(AuDHD\) Webinar Tickets](#)

Short Breaks Update for Families with Disabled Children and Young People



Online Course and Live Workshop



Embracing Autism is an online 8 week course for parents of recently diagnosed children of any age including teens. It covers all the information you will need, to understand and support your child in the early weeks and months after diagnosis.

Coping and Behaviour at School and Home
Sensory Processing (including Eating)
Social Communication and Interaction
Anxiety & Stress
Sensory and Emotional Regulation

Register here: <https://courses.theyarethefuture.co.uk/embracing-autism-parent-course>

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Don't worry if the course has already started - you can easily catch up.

In the final (8th) week we invite you to attend a Live Online Workshop on Zoom. The course is an exciting collaboration between Everlief and other autism professionals:

Dr Lucy Russell, Clinical Psychologist, Everlief
Dr Marcelina Watkinson, Clinical Psychologist, Everlief
Dr Cassie Coleman, Consultant Community Paediatrician, www.drcassie.co.uk
Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd
Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy

To register, please go to our website - [Embracing Autism Online Course](#)

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>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



**** There are no courses running in December ****

Microsoft Excel Refresher Course

Do you want to develop your Microsoft Excel skills?

This course is ideal for those with some Excel knowledge as it covers all the basic elements of Excel in a practical, hands on format, allowing you time to practice the techniques in the session.

This interactive and practical course introduces participants to the advanced techniques and how these can be used to enhance your work.

This is an in person course at OCVA.

Tuesday 23rd January (3 hours). 9.45am - 12.45pm; £35 – £65

Good Governance for Small Charities

It's easy for good governance to fall to the bottom of the list of priorities when you're running a small charity. When you're working or volunteering with a small charity your to-do list is long and there is often minimal time, resource and capacity to get through it. Sometimes, the good governance basics are dropped.

In this interactive workshop Vic will talk you through the essential responsibilities of a Trustee, the foundations of good governance and how to manage the juggle of governance versus operational responsibilities.

You'll also get to meet and share learning with your peers through interactive activities and Q&A.

This training is an online course using Zoom.

Thursday 25th January (3 hours). 10.00am - 1.00pm; £50 – £80

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