

PARENT CARER SUPPORT GROUPS Oxfordshire

**** Please check in with groups direct to ensure that they're
running before you head along ****



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



SEN Support Group Banbury

About us

A support group that is run every other Monday to help support parents/carers of children with SEN, diagnosed or undiagnosed. Tea/coffee and refreshments will be provided. £1 donation per person.

Find us on Facebook: SEN Support Group Banbury or
message us 07432003645

**Cromwell Lodge Hotel, OX16 0TB. Every other
Monday 09.30am-11.00am.**

Sessions are held every other week on a Monday. Next face to face is a meet up for lunch on **Monday 11th December** at Pizza Express (contact us direct for more info). We're back at Cromwell Lodge Hotel on **8th January**. Please do come along...everyone is welcome.

<https://www.facebook.com/profile.php?id=100087505368087>

Short Breaks Update for Families with Disabled Children and Young People



£2 per Family!

**Family Drop In Session
for Children with SEN**

Every Wednesday
6-8pm

The Hill Community Centre
Dover Avenue, Bretch Hill, OX16 0JJ

All Children must be
accompanied by an Adult.



This family session runs weekly so why not pop along enjoy some free refreshments & meet new people.

All ages & abilities welcome, we look forward to meeting you all.

Short Breaks Update for Families with Disabled Children and Young People



ALL THINGS SEND

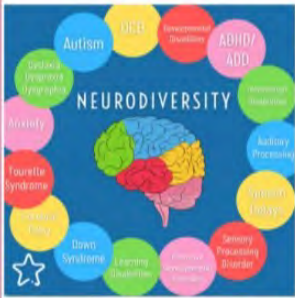
Family SEND Support Group

You are an amazing bunch who are working incredibly hard, day in day out, to support and nurture your children despite their challenges. You deserve an hour to yourselves to chat about your experiences over a cuppa and a biscuit!

Grab the time and opportunity to **chat freely** to each other in a **non-judgemental** space. There is no formal agenda, just the chance to talk about **what works well** and **what is tricky**.

WHEN: Friday mornings, drop in between 8:45am and 11am

WHERE: Hill View School Community Bungalow, OX16 1DN



If you would like to come along, just turn up!

To find out more please contact Emma Ford at eford@hillview-school.co.uk or Emma Jeavons at ejeavons@hillview-school.co.uk



When you are supporting a child with additional needs, it can be extra fun but extra tricky too! This is an informal group where you can come to share a cup of tea/coffee and a chat freely in a non-judgemental space. You might have tips you want or feel you can share. You might want to link up with others for play-dates out of school. There is no fixed agenda or regular 'talks' - just a chance for you to chat to others in a similar situation about what works well and what is tricky.

For more information, contact Emma Ford (eford@hillview-school.co.uk) or Emma Jeavons (ejeavons@hillview-school.co.uk) or check out our Facebook Page - <https://www.facebook.com/profile.php?id=100067604964138>

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

Kidlington area...

**Are you a parent or carer of a
child who struggles with
mental health issues and/or is
neuro-diverse?**

If so, you might be interested in joining one of the following support groups:

Mondays – 6.30pm-8.00pm A support group for parents or carers of dependent adults (18+)	Tuesdays – 9.30am-11.00am A support group for parents or carers of children aged between 11-18
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These will be facilitated groups where parents/carers can meet together to share experiences and get moral support in a safe space. The facilitator is a professionally accredited therapist (UKCP, MBACP).

There is no fee for attending.

Groups will start on Monday 9th /Tuesday 10th of October 2023 and will run for 10 weeks. It is expected that you will attend all ten sessions if possible.



This project is an initiative of the Anglican Church in Kidlington and the groups will meet on Church premises. Please contact Rev'd Felicity Scroggie in the first instance to express an interest: felicityscroggie@gmail.com. Places are limited.

If you'd like more info or to express an interest in attending, please email:-

felicityscroggie@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****

NEW:

Parent Support Group

A professionally facilitated group for parents whose secondary school aged children struggle with mental health or neurodiversity issues.

When?

Tuesdays

6-7.30pm

Starting New Year 2024

Where?

St Mary's Church Hall,
Church Street,
Kidlington
OX5 2AZ

Cost?

Free of charge

Supporting Parents who themselves Support Children

If you think this might be something of interest to you please don't hesitate to get in touch with us and have a chat.

We would love to hear from you.

Felicity: 07821 542182

felicityscroggie@gmail.com

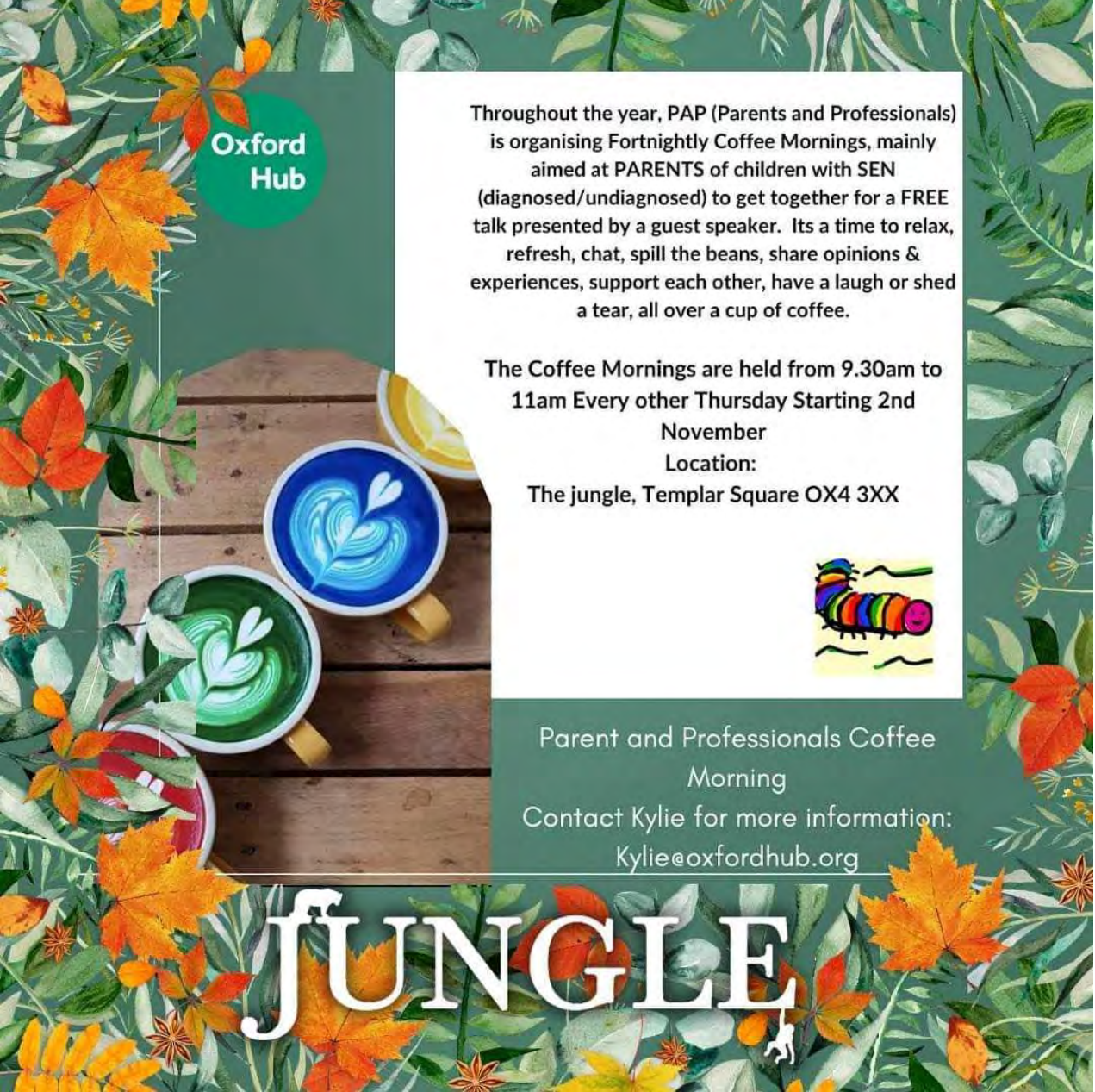
New group for parents of secondary aged young people starting early 2024.

For more information, please contact Felicity on:-

felicityscroggie@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Oxford area...



Oxford Hub

Throughout the year, PAP (Parents and Professionals) is organising Fortnightly Coffee Mornings, mainly aimed at PARENTS of children with SEN (diagnosed/undiagnosed) to get together for a FREE talk presented by a guest speaker. Its a time to relax, refresh, chat, spill the beans, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee.

The Coffee Mornings are held from 9.30am to 11am Every other Thursday Starting 2nd November
Location:
The jungle, Templar Square OX4 3XX



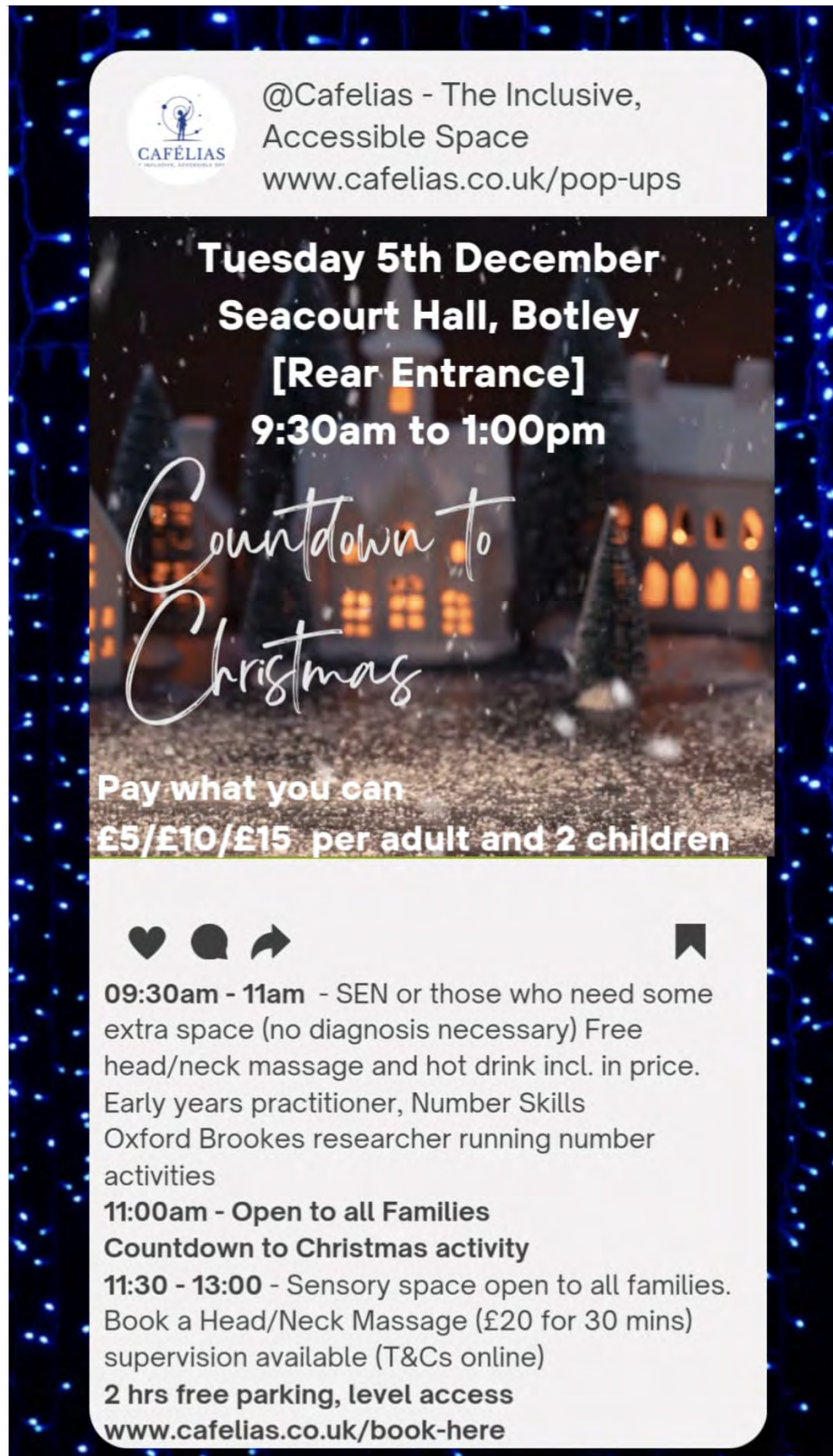
Parent and Professionals Coffee Morning
Contact Kylie for more information:
Kylie@oxfordhub.org

JUNGLE

A joint venture from [Parent Power](#) and [SENTipede](#) - working together to support our families. Started Thursday 2nd November - fortnightly thereafter.

Please contact Kylie for more info - kylie@oxfordhub.org

Short Breaks Update for Families with Disabled Children and Young People

The poster features a background of blue string lights and a central image of a miniature village with warm lights. The Cafelias logo is in the top left corner.

 @Cafelias - The Inclusive,
Accessible Space
www.cafelias.co.uk/pop-ups

Tuesday 5th December
Seacourt Hall, Botley
[Rear Entrance]
9:30am to 1:00pm

Countdown to Christmas

Pay what you can
£5/£10/£15 per adult and 2 children

♥ 💬 ➔ 📌

09:30am - 11am - SEN or those who need some extra space (no diagnosis necessary) Free head/neck massage and hot drink incl. in price. Early years practitioner, Number Skills Oxford Brookes researcher running number activities

11:00am - Open to all Families
Countdown to Christmas activity

11:30 - 13:00 - Sensory space open to all families. Book a Head/Neck Massage (£20 for 30 mins) supervision available (T&Cs online)

2 hrs free parking, level access
www.cafelias.co.uk/book-here

For more info or to book, please go to:- www.cafelias.co.uk/book-here

Short Breaks Update for Families with Disabled Children and Young People

Walking With You

A parent led support group hosted by Oxfordshire CAMHS



The chance to connect with like-minded people who have walked in your shoes

Walking with You is a parent led support group for anyone supporting children and young people (up to the age of 25) who are experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having mental health professionals from CAMHS on hand to support and answer any questions you may have.

The sessions are being run over Teams and you can join or leave at any point (meetings are not recorded).

If you would like to join our sessions or would like further info, please contact:
WWYoxon@oxfordhealth.nhs.uk

Please contact the team direct to find out when the next sessions are taking place...

NHS
Oxford Health
NHS Foundation Trust

If you'd like more info or to attend, please email:-

WWYoxon@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

We are delighted to announce
Growing Minds and John Henry Newman
have partnered with Jigsaw
to offer a new SEN parent peer support group.

Mondays from 9.15am to 10.30am

There will be a stay and play session for children,
a chance to chat and share some
of the challenges and delights of having
a child with additional needs.

If you have any questions, please contact Lucy on
07734389799 or
lucy@homestartoxford.org.uk

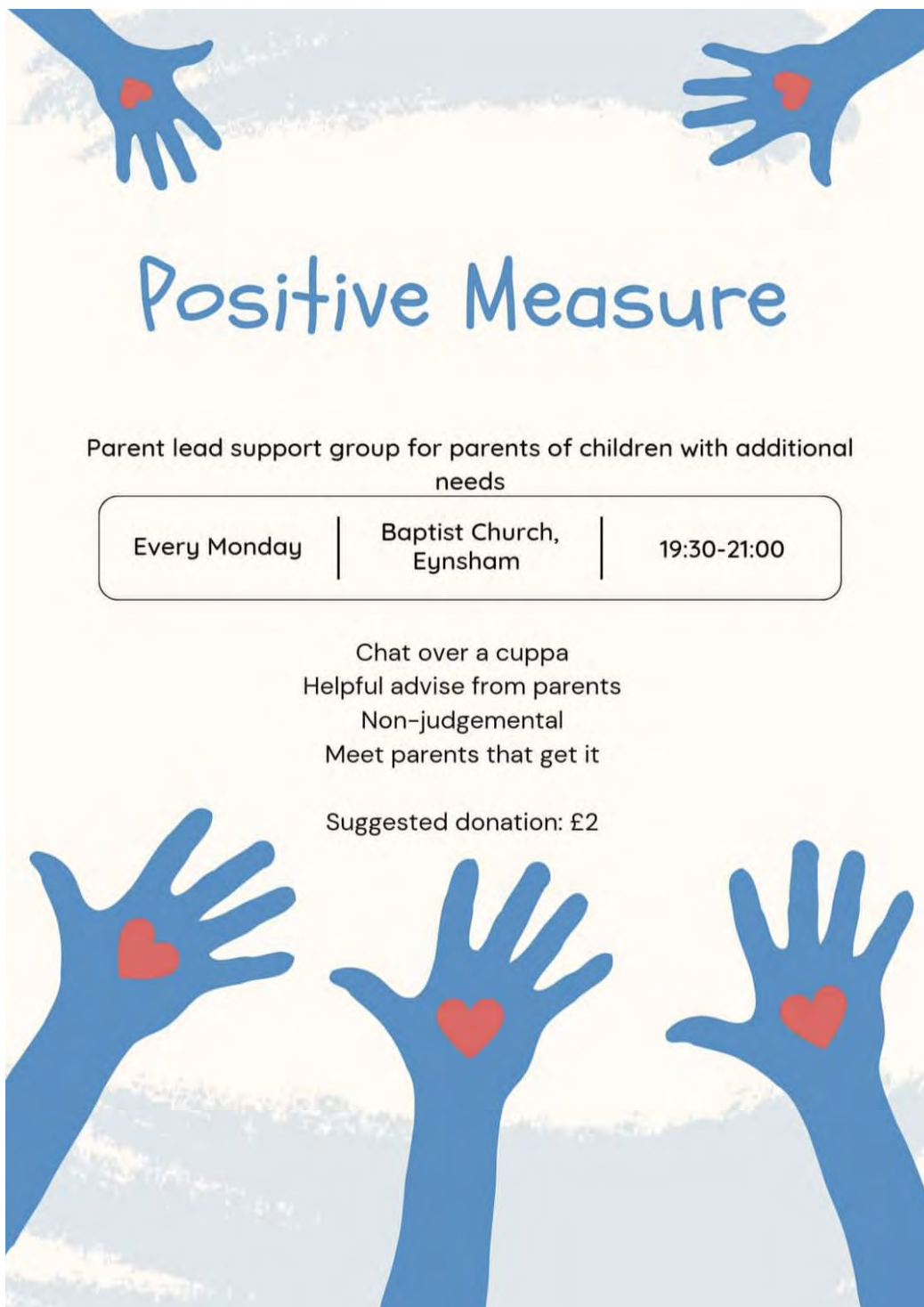


This SEN Parent Peer Support Group is a partnership between Growing Minds (find out more here: <https://buff.ly/3PyESzM>), John Henry Newman and Jigsaw.

It is free & will run weekly at the John Henry Newman Academy, Littlemore.

If you would like any information please contact Lucy - lucy@homestartoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Positive Measure

Parent lead support group for parents of children with additional needs

Every Monday	Baptist Church, Eynsham	19:30-21:00
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Chat over a cuppa
Helpful advice from parents
Non-judgemental
Meet parents that get it

Suggested donation: £2

Baptist Church, Lombard Street, Eynsham, OX29 4HT

If you'd like more information, please contact Emma on
07828 888064

Short Breaks Update for Families with Disabled Children and Young People



SPACE

Come join us at SPACE

Where & When does SPACE meet?

Friday's - Term time only

Time - 10am to 12.30pm

**Upstairs lounge @ ICE Centre,
Langdale Hall Witney OX28**

6AB

Parking in public car park

Wheelchair & pushchair accessible

Who is SPACE for?

**SPACE is for
parents/carers of
children or adults with
special needs**

**A place for parents and
carers to meet, chat and
feel included.**

**To share experiences,
information and support
with one another**

What is SPACE for?

Contact Jo on 07875890775

Short Breaks Update for Families with Disabled Children and Young People



For families supporting children on the autistic spectrum

Please come and join us on the
last Friday of the month
(term time only)
for a friendly cuppa and chat.

All families welcome, with or
without a diagnosis.

Welcome Church, High St,
Witney OX28 6HL

10am - 12noon

If you have any questions,
please email
chatandacuppa@yahoo.com

For more information, please message us:-
chatandacuppa@yahoo.com

Short Breaks Update for Families with Disabled Children and Young People



DROP IN SESSIONS THIS WEEK:



Parents:
9:30-4PM

Young people:
4-6pm



APCAM

Assisting Parents with Children Affected by Mental Health



Carterton Family Centre
The Allandale
Carterton
OX18 3AA

apcamgroup.org.uk
info@apcamgroup.org.uk

We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email info@apcamgroup.org.uk or come to our Facebook page - <https://www.facebook.com/apcamgroup>

Short Breaks Update for Families with Disabled Children and Young People

Abingdon...

Parent/ Carer Drop Ins

Is your child or teenager struggling with attending or engaging in school?

Free, friendly informal sessions for sharing experiences, support and guidance. Young children welcome.

1.45- 2.45 Thursday 9th November
1.45- 2.45 Thursday 14th December
@Abingdon Carousel Family Centre



Secondary School Groups

Safe, inclusive mental health support for young people aged 12- 16 struggling with school attendance.

Contact us confidentially for information about our next groups.



For more info - <https://www.mentalhealthnatters.org/young-people>

Facebook page - <https://www.facebook.com/mentalhealthnatters>

Short Breaks Update for Families with Disabled Children and Young People



Shift
SUPPORT · HELP · INFORMATION · FAMILIES · TOGETHER!
for all those caring for children with SEND

WHO ARE WE?
SHIFT are an informal support group that welcomes parents, carers and extended family members of any child with SEND (with or without a diagnosis)

WHAT DO WE DO?
SHIFT meet together in the Abingdon area for a friendly, supportive chat, offering help and advice to those in need.

WHEN DO WE MEET?
SHIFT meets monthly in person on the first Friday of the month for 'Coffee & Chat' from 10-12 noon.
We also hold online 'Virtual Shift' sessions via Zoom on the third Monday of the month from 8-9.30pm.

For more information visit: shift-abingdon.org.uk

The upcoming dates for this term are:-

In person at the Wells Café, Garden Room, Peachcroft Farm, Whites Lane, Abingdon, OX14 2HP between 10.00am and 12.00pm (1st of the month, term time only)

Friday 1st December

Online Monday evenings (Zoom) between 8.00pm and 9.30pm (3rd of the month)

18th December

To join our mailing list, please email
info@shift-abingdon.org.uk

Or for more information, please go to our website -
www.shift-abingdon.org.uk

Short Breaks Update for Families with Disabled Children and Young People

First get together Wednesday 1st
of November 9.30-11.30 at Bizzy
Bees Cafe, GWP.

Venue - Didcot



Coffee & Chat for Parents/
Guardians - Children welcomed!

A chance for your child to see,
meet other children and for you
to spend sometime with other
parents, get advice and support.

New parent support group started on 1st November in Didcot. For more
information if you need it, please contact:-

Terez Moore on 07816 586655 - text or WhatsApp.

Short Breaks Update for Families with Disabled Children and Young People



Parent Coffee Morning

 **OXFORD CREATORS**
EDUCATION

Is your child having difficulty accessing a full time education or mental health support? Pop along to our weekly group. Dates, times and directions can be found here:

VENUE
Unit 7
Hawksworth Road
Didcot
OX11 7HR

OxfordCreators.co.uk/parents



Talk to people that understand your situation & can support you without judgement



Parents, Carers & Grandparents are all welcome to join our positive & thriving community



Listen to guest speakers who will share their tips on getting through adversity

Oxford Creators are running weekly coffee mornings on Thursdays from 10.30am-11.30am at their offices in Didcot and look forward to welcoming you for a coffee and chat!

Don't forget to book your ticket! More info here - www.OxfordCreators.co.uk/parents

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