

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the April Short Breaks Update...

We have several “open” events this month, fun days, cinema, ceilidh, camping, museum, sports & more! We also have training & webinars...

Happy Easter everyone!



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Contact details:-

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

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

Short Breaks Update for Families with Disabled Children and Young People

**** Coming up @ Thomley ****

Easter Holidays

NEW Inflatable assault course will be out for the majority of days over the Easter Holidays

Weather permitting

Our brand new assault course will challenge the whole family!

Magician Thomas Dixon!

Monday 1st April, 1:30pm

Book in to this magic workshop and have a go yourself!

Buckets for Bongos workshop

Tuesday 2nd April, 1:30pm

Can you feel the rhythm! Drumming workshop for all to join in with.

Face painting

Tuesday 2nd April

Wednesday 10th April

Have something little on your cheek or perhaps a full face! Our staff will make sure you leave looking awesome!

Lionel the Train rides

Wednesday 3rd April, 2pm

Friday 5th April, 2pm

Wednesday 10th April, 2pm

Roll up and ride around the Thomley site on our very own Lionel the Train!



Horticultural gardening

Saturday 6th April

Wednesday 9th April

Join one of the team as we do some general gardening and planting in our horticultural area.

Feed the ducks & chickens

Sunday 7th April

Come down to the horticultural area and bring some feed with you for our animals, they're always hungry!

Birds of Prey

Friday 12th April, 1:30pm

A fantastic chance to see some amazing birds up close, learn about them and even touch them.

Mon 6th May - Open for all

We are open for the bank holiday, additional activities for the day include: cricket, tug of war, feed the ducks!

Spring Open Day

Saturday 4th May, 10am-3pm

FREE entry, open to the whole community. A great chance to see what Thomley has to offer!

Campers only!

Friday 24th May, from 4pm

Join us from 4pm and pitch your tent anywhere on Thomley's field. It's a great option to try camping for the first time or for a more accessible experience.

To find out more or to book, please go to:-
bookings@thomley.org.uk

Short Breaks Update for Families with Disabled Children and Young People

DISABILITY OPEN MORNING

Join us to celebrate the opening of the new Changing Places facility at Chipping Norton Leisure Centre.

Taking place on **Friday 5th April** from **10am–12pm**, the event features a range of free, fun-filled activities including:

- Swimming session
- Facilitated boccia
- New age kurling
- ...and more!

Reserve your space for the activities by **emailing chippingnorton@gll.org**, giving us a **call on 01993 861564** or **speaking to a team member** in centre.

**FREE
ACTIVITIES**



BETTER

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: X843398.

For more information or to reserve a space, please call 01993 861564 or email - chippingnorton@gll.org

Short Breaks Update for Families with Disabled Children and Young People



Autism Friendly Opening

Saturday 6th & Friday 12th April, 9am-10am

A relaxed and quiet morning opening at the **Oxford University Museum of Natural History & Pitt Rivers Museum**. A chance for families with members on the Autism spectrum to visit the Museum when it is less busy.

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



Short Breaks Update for Families with Disabled Children and Young People



Join us!

INCLUSIVE FAMILY

HALF TERM

FUN DAY

FREE EVENT OPEN TO CHILDREN & YOUNG PEOPLE WITH SEMH NEEDS, SEND AND LOW-INCOME FAMILIES. SIBLINGS WELCOME

MONDAY 8TH APRIL 2024

9.30AM -13.30PM

COME AND ENJOY:
FLORAL THEMED FUN,
CAMPFIRE, MUD KITCHEN
& NATURE ACTIVITIES

LOCATION: WITNEY, OXFORDSHIRE

TO BOOK CONTACT VICKY:

TEL: 01993 893 560 OR

EMAIL: VBOND@GUIDEPOSTS.ORG.UK

Supported by **BBC Children in Need**

Guideposts

Please note: Parents & Carers must attend, & remain with their children throughout the event.

Open to low-income families, children & young people with SEMH AND SEND needs. Siblings welcome. To book, contact Vicky on 01993 893560 or vbond@guideposts.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS

10AM – 12PM

2nd Saturday of the Month

13th April, 11th May, 15th June & 13th July 2024

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

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





2024 Events at Barracks Lane Garden



Sunday 14th April
11 - 3pm
Seed and Plant Swap:
planting and propagation
workshop for all ages



Between
Cumberland Road
and Kenilworth Avenue
off the Cowley Road

Sunday 15th September 11 - 3pm
Harvest Festival: pizzas, art activities,
music and singing

Sunday 3rd November
2 - 6pm
Festival of Fire & Light
lantern making, soup,
storytelling and
pizza-making



Sunday 16th June 12 - 3pm
Welcome Summer: composting and wormery
workshops, storytelling, make flower crowns
and pizza-making

 [barrackslanecommunity](#)

More details on our website:  info@barrackslanegarden.co.uk

 www.barrackslanegarden.org.uk 

For more information:-

info@barrackslanegarden.co.uk OR www.barrackslanegarden.org.uk

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.

For parents/carers with SEN children (no diagnosis necessary)
You can attend with or without children, siblings welcome.

**MONDAYS TERM TIME
4TH MARCH TO 20TH MAY
10:00 - 13:00
SEACOURT HALL, BOTLEY,
OX2 9TH
PAY WHAT YOU CAN £5/10/15**

2 hours Free parking, disabled toilets
Follow us on Instagram and Facebook for up to date information @cafelias

Sensory play
Music
Crafts
Meet
Massage
Space to remember loved ones

No need to book ahead. Play, sing a long and limited café. * Back on Monday 15th April *
A free 15 min head + neck massage included in entry cost for SEN carers or £20 for a 30 min treatment/nails.

Want to volunteer? Drop us a message and tell us a little about yourself - hello@cafelias.co.uk

Short Breaks Update for Families with Disabled Children and Young People

**** NEW - Banbury ****

Anjali Open Classes return to The Mill, Banbury

Have you got a passion for dance and want to learn more? **NEW** dance classes for people who have learning disabilities and associated conditions, aged 16-30 years, with some prior dance experience.

Join us for intermediate, inclusive dance sessions where you will work on your:

- ✓ Dance technique
- ✓ Creative and choreography skills
- ✓ Performance training
- ✓ Fitness and health

You will also get chance to meet other people, socialise and build a community together. Sessions will be led by an industry professional dance artist with a support worker. (personal care is not provided)

Mondays, 5.30 – 7pm,
The Mill, Banbury

Starting Monday
15 April for 6 sessions

£51 per 6-week block
(£8.50 per session)

Limited places so we
advise booking early

For more information:
info@anjali.co.uk

To book, follow this
link or scan below:

www.shorturl.at/drjv7



Romy Whai



Romy Whai

Anjali
dance company

[Anjali Dance Company](http://www.anjalicompany.co.uk) are starting dance classes at The Mill for young people aged 16-30 years, specifically for people with learning disabilities. The classes will be focused on building dance, performance and creative skills, with a further focus on health, wellbeing and building a community.

Classes will be starting Monday 15th April at 5.30pm.

Book or find out more here: <https://lght.ly/jehn88g>

Short Breaks Update for Families with Disabled Children and Young People



TIPS ON TEETH CLEANING FOR PARENT CARERS OF PEOPLE WITH SEND

1.00pm - 2.00pm (online)

Tuesday 16th April



Do you struggle to clean your relative's teeth? Does your relative have sensory issues around teeth cleaning?

The community dental services provide dental care for people who are unable to access care from a general dental practitioner due to specific needs.

In this online presentation they will cover advice and support on cleaning and maintaining healthy teeth for people with sensory issues.

YOU CAN BOOK BY SCANNING THE QR CODE OR BY VISITING - www.ticketsource.co.uk/oxfordshire-family-support-network



We would love to hear from you with your questions prior to the event around teeth cleaning and hygiene so they can include them in their presentation. Please email kathy.liddell@oxfsn.org.uk

To book, please go to www.ticketsource.co.uk/oxfordshire-family-support-network. To send your questions prior to event, please email kathy.liddell@oxfsn.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Sat 20th April, 10.30am
family & SEN ceilidh with



Family Ceilidh Oxford



Refreshments available

St Barnabas Church, Oxford, OX2 6BS

Tickets from buytickets.at/oxfolkceilidhs or info@oxfolk.org.uk

Sat 20th April, 10.30am-12.00pm - Family & SEN ceilidh in Oxford.

Fun and easy folk dances. Absolute beginners welcome.

£6 adults, £4 5-16s, free for under 5s.

Part of Oxford Folk Festival - full details from:-

<https://linktr.ee/oxfordfolkfest>

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Short Breaks Update for Families with Disabled Children and Young People

HENLEY DISABILITY OPEN DAY

Henley Leisure Centre



Date: Sunday 21st April

Time: 10am – 2pm

Cost: Free

Join us for an open day with a range of disability friendly activities, completely free of charge at **Henley Leisure Centre**. This event is brought to you in partnership with the Regatta for the Disabled, with special offers on continued activity at the leisure centre available on the day. Opportunities to tour the gym and facilities will also be available as well as learning more about the Regatta for the Disabled in Henley. Our facility has accessible parking spaces, changing rooms and toilets.

TIME	ACTIVITY	DETAILS
10:00 -11.00	Learning Disability Tennis with Better leisure coaches	For children and adults.
10:00 -11.00	Boccia & New Age Kurling with the Active Communities team	For children and adults.
11:00 -12.00	Pan Disability Football with Henley YMCA	For children aged 8-11 years.
12:00 -13.00	Wheelchair Rugby with CH Rugby	For children over 8 and adults with a physical impairment. Not solely for wheelchair users.
13:00 -14.00	Swimming	For children and adults. Pool hoist available to assist with pool entry and exit.



For more information, email henley@gll.org

To book, please scan the QR code.



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For more information email - henley@gll.org

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Short Breaks Update for Families with Disabled Children and Young People

OxFSN are able to run this event thanks to funding by the National Lottery Community Fund who have funded us to run Embolden 2

Money Matters Planning Ahead

A free information event for all family or sibling carers to help them plan ahead for their relative with a learning disability and /or autism who need support to manage their finances.




Oxfordshire County Council will talk about mental capacity & decision making

DWP will be attending to talk about claiming Universal Credit

Freeths will discuss wills, trusts, power of attorney & deputyship

About the Event

10.00am - 15.00pm Tuesday 23rd April 2024
Didcot Civic Centre, Didcot 

We know many family carers worry about how their relative is going to manage their finances when they become an adult or they themselves are no longer able to support them.

At this event you will hear from speakers who will talk about what steps you can take to start planning for the future, including mental capacity and your relative's ability to make decisions, claiming benefits including Universal Credit, wills and trusts and power of attorney and deputyship.

This is also a great opportunity for you to meet and have a chat with other family carers. There will be breaks throughout the session so that you have time to socialise.

You can register for your free space through Eventbrite or by scanning the QR code.

Refreshments will be available but we will not be able to provide lunch




Questions? Contact Kathy on 07821 987080
or kathy.liddell@oxfsn.org.uk




To book - <https://www.eventbrite.co.uk/.../money-matters-planning...>

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

 funded by the **COMMUNITY FUND**

 **Oxfordshire family SUPPORT NETWORK**

Events for 2024

<p>The Care Act - Key duties and top tips</p> <p>Thursday 1st February 10.30 - 12.30</p> <p>Understanding the Care Act & how it relates to your future & planning for the future</p> <p>Online</p> <p>Book here</p>	<p>Maintaining Friendships & getting a social life</p> <p>Wednesday 21st February 12.30 - 2.30</p> <p>How do you help your relative maintain friendships & social life as they get older?</p> <p>Online</p> <p>Book here</p>
<p>Q & A with Adult Social Care</p> <p>Wednesday 13th March 10.00 - 12.30</p> <p>Your opportunity to meet professionals from different departments across ASC</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p>Book here</p>	<p>Money Matters - Planning Ahead</p> <p>Tuesday 23rd April 10.00 - 3.00</p> <p>Covering Wills and Trusts, Applying for Deputyships, Mental Capacity and Deprivation of Liberty, Universal Credit Migration</p> <p>Didcot Civic Centre, Didcot</p> <p>Book here</p>
<p>Planning for Supported Living using Person Centred Planning Tools</p> <p>9th and 16th May 10.00 - 2.00</p> <p>2 day course using the person centred planning approach to plan ahead for supported living.</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p>Book here</p>	<p>Supported Living for family carers by family carers</p> <p>Thursday 20th June 10.00 - 3.00</p> <p>Hear from family carers who have gone through the process of finding supported living & meet with & hear from support providers</p> <p>Seacourt Hall, Botley</p> <p>Book here</p>

If you would like to book on to any of these, please go to their eventbrite page:-

<https://www.eventbrite.co.uk/.../oxfordshire-family...>

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Short Breaks Update for Families with Disabled Children and Young People

Nurture • Enable • Inspire

Q&A with
Vicky & Claire



AUTISM
FAMILY
SUPPORT®
OXFORDSHIRE

Q&A with Vicky and Claire are live online sessions to meet our knowledgeable and supportive Family Practitioners, Vicky Crawley and Claire Glasgow.

Vicky is our Family Practitioner who supports parents/carers of children aged 13 and under; and Claire is our Family Practitioner who supports parents/carers of young people aged 14 – 25.

...it was amazing to
talk to you and other
parents.
From a parent



Vicky



Claire

Thank you so much
for creating space
that means we no
longer have to feel
alone.
From a Parent

During our general sessions, you can ask Vicky or Claire a question – or simply attend to listen and hear from other parents.

We recommend you attend these sessions to start receiving support from AFSO, and to hear from other parents.

We encourage you to attend as many sessions as possible.

The sessions give you the opportunity to ask Vicky and Claire any questions you might have regarding your child/young person. It is also an opportunity to listen to other parents and share your own experiences if you wish.

We aim to run the sessions twice a month, via zoom.

How to attend

Please use the zoom link provided in your welcome email.

Alternatively, please email Vicky (vicky@afso.org.uk) or Claire

(claire@afso.org.uk) and they will send you the zoom link via email.

When you log in, please ensure your zoom screen name is YOUR name and your CHILD'S name in brackets. For example, *John Smith (Rosie Smith)*. This will allow us to keep a record of who has attended the session.

How to ask a question

In general sessions, questions are asked during the session. Simply ask your question either verbally or type it via the Chat. For a Themed Session, please send your questions to us in advance.

Upcoming sessions

Thursday 25th April 2024 @ 12:30-2pm

Monday 13th May 2024 @ 7-8:30pm

www.afso.org.uk

Registered charity 276494

<https://www.afso.org.uk> or vicky@afso.org.uk or claire@afso.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



DISCOS 2024

JANUARY 26TH
FEBRUARY 23RD
MARCH 29TH
APRIL 26TH
MAY 31ST
JUNE 28TH
JULY 26TH
AUGUST 30TH
SEPTEMBER 27TH
OCTOBER 25TH
NOVEMBER 15TH

One Friday every month

LANGDALE HALL- OX28 6AB

£6 on the door - 6:30pm - 9pm

**If you would like any additional support please contact us on
01993 846 240**

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly/relaxed cinema screenings

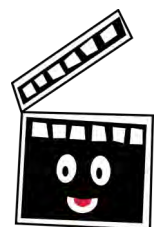
Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation & create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory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

- * **Cineworld** are showing Kung Fu Panda 4 on Sunday 7th April at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light**, Banbury are showing Kung Fu Panda on 3rd April @ 10.15am; Luca on 7th @ 10.00am; Ghostbusters: Frozen Empire on 8th @ 7pm & Combat Wombat on 14th April @ 10.00am.
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 2nd Sunday of the month in Oxford, Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- * **Showcase Reading** are showing Godzilla x Kong: The New Empire on 7th April; Thomas & Friends: Blue Mountain Mystery on 14th April; Butterfly Tale on 21st April and Scareygirl on 28th April, all at 10.30am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing Wish on Sunday 21st April at 11.00am in The Phoenix in Oxford.
- * **Vue** haven't released what their autism friendly screening is yet but is usually on the last Sunday of each month in Bicester, Newbury, Oxford & Reading. Tickets are usually bookable 5 days in advance.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA](#) (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



Thomley Spring Open Day

A chance to try us out - activities include:

*All day hot food - Ice Creams - Soft play areas - Giant bubbles
Face painting - Tug of War - Bouncy Castle - Archery
NEW Inflatable Assault Course - Sensory Rooms - Trampolines
Fundraising Games - Football - Park - and LOTS more!
Activity wristband available on the day until 1pm.*



Saturday 4th May, 10am-3pm

Worminghall, between Aylesbury and Oxford, HP18 9JZ
FREE ENTRY and booking is not necessary, everyone welcome.
Join us at Thomley, Menmarsh Road, Worminghall, HP189JZ for
a fun-filled day of endless activities for children of all abilities.

A guaranteed good day for all the family!

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

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

To book, please go to - bookings@thomley.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



£2.50
donation
per person

Watlington Hill Farm Sanctuary
Neigh

Sunday 5th May
11am-3pm

WWW.NEIGH.ORG.UK

OPEN
DAY

For more info, please go to the website - www.neigh.org.uk

Neigh operates from Watlington Hill Farm Sanctuary

Short Breaks Update for Families with Disabled Children and Young People



Flexicare Community Walk

Sunday 19th May 2024

Walk, run or cycle your choice of circular routes of varying lengths across the Ridgeway. A wheelchair/buggy accessible route is also available. Dogs on a lead are welcome.

Refreshments will be provided

**Starting at Snells Hall, East Hendred, OX12 8LA
from 9:00am**

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

**Register at www.flexicare.org/events
or to donate visit www.flexicare.org/donate**

Registered Charity Number: 1172635

flexicareoxford



Register for the walk - www.flexicare.org/events

Or to donate, visit www.flexicare.org/donate

Thomley Camping!

Friday 24th May - Saturday 25th May

One-night camp

Friday 2nd - Sunday 4th August

One or two night camp

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy our facilities for longer than usual! The whole site is closed to visitors other than campers and you can pitch up anywhere you would like to go on our large field.

It is £10 per person to camp at Thomley. The cafe and food will be available until 9pm and will re-open at 8am on the following morning.

You can purchase snacks, drinks (including alcohol), dinner and breakfast. There will also be activities throughout your stay such as marshmallows around the fire-pit, archery and giant bubbles.

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

YOU CAN UPGRADE to a camping pod or camping pitch in our designated area, which includes a fenced in area with electric and water points.



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

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



There are a few nights every year we close the whole site to offer camping, where you can only come to play if you camp with us. You can either book a pod, a pitch at our camping area OR pitch up a tent anywhere across site.

You can book a pod here: <https://buff.ly/3uZhr6m>

You can book a camping pitch here: <https://buff.ly/3og0fw8>

You can book your tent or camper van here: <https://buff.ly/3RXLdpl>

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

Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE PLAY ASSOCIATION

OPA PLAY AND ACTIVITY DAYS 2024

Oxford – Littlemore	Saturday 15 th June
Vauxhall Barracks / Didcot	Saturday 22 nd June
RAF Benson / Benson	Saturday 29 th June
South Abingdon	Saturday 6 th July
Wheatley & Holton	Saturday 13 th July
Oxford – Rose Hill	Saturday 20 th July
Eynsham	Friday 26 th July
RAF Brize Norton / Carterton	Saturday 27 th July
Bicester Elmsbrook	Monday 29 th July
Banbury Peoples Park	Wednesday 31 st July
Witney	Thursday 1 st August
Faringdon	Friday 2 nd August
Heyford Park	Saturday 3 rd August
Berinsfield	Tuesday 6 th August
Henley	Tuesday 13 th August
Banbury Princess Diana Park	Wednesday 14 th August
Bicester Garrison / Ambrosden	TBC
Chipping Norton	TBC

- ALL Events will offer both FREE Entrance and FREE Activities
- NO Childcare is provided, these are Family based events
- Individual event posters will be issued prior to each event
- Play Days will run from 11am until 3pm
- If you would like to be involved in any of these events to promote your organisation please e-mail martin.gillett@oxonplay.org.uk (NB: these are not for profit, Community events)

For more information, please email OPA on - martin.gillett@oxonplay.org.uk

Short Breaks Update for Families with Disabled Children and Young People

CHILDREN'S COURSE:

Learn to Ride a Bike

THIS COURSE IS SUITABLE FOR:

Children with motor co-ordination difficulties (DCD/dyspraxia) aged 7-16 years who have struggled to learn to ride a two-wheeled bike.

The course includes up to 12 children, so it is only suitable for children who do not have behavioural or emotional difficulties that would impact on their ability to work in a group setting and with different volunteers helping them learn to ride during the course.

WHAT DOES IT INVOLVE?

The course takes place indoors, in a large event space. See this link to the '[Learn to Ride a Bike](#)'* video that we made a few years ago that shows our approach.

COST?

The course is free of charge to participants.

WHO RUNS THE COURSE?

Mainly experienced volunteers, with leadership from the Fire Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust, Oxford Brookes University, and the Oxford Dyspraxia Foundation group.

IMPORTANT INFORMATION

Children on the course must bring their own bike and helmet and be accompanied by an adult at all times.

FOR FURTHER INFORMATION AND BOOKING

Email: learntrabike@gmail.com



Next date:

Mon 29th July to Fri 2nd Aug

(1-2 hours every morning)

Venue:

MINI Plant Visitor Centre,
Cowley, Oxford, OX4 6NL
(Free parking in MINI Plant car park)



*Learn to Ride a Bike video
QR Code and webpage
www.youtube.com/watch?v=vZ6BHC-W5Q0



For more information & booking, please email:- learntrabike@gmail.com

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

Short Breaks Update for Families with Disabled Children and Young People

Free webinar introducing **my WILD Life**

24TH APRIL

@ 4pm

Heads, SENCOs, Teachers, TAs, Educators,
Parents, Carers, & Virtual Schools...

Are you searching for:

- ✚ Ways to support the **SEMH & SEND needs** of your pupils?
- ✚ A cost effective and impactful option for your **EHCP** and **Pupil Premium** budgets?
- ✚ Resources which engage, educate and inspire children who are '**On or Off Curriculum**' or in nurture groups?
- ✚ An **early intervention** framework which **measures progress**?



Join outdoor learning and SEMH specialists
Wild for Life to learn about the new nature-themed pupil
wellbeing programme, **my WILD Life**.

BOOK YOUR Free PLACE TODAY:

www.wildforlife.co.uk/mywildlife#webinar



www.wildforlife.co.uk
01234 887 871
info@wildforlife.co.uk

If you are working with primary children with SEN or those who have EHCPs and are struggling to remain in school OR if you are the parent of a child with ASD or additional needs, then this might be of interest to you. Learn about our exciting curriculum and range of resources that can help to improve children's mental and physical health and school attendance and attainment.

Sign up by clicking here www.wildforlife.co.uk/mywildlife#webinar

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



The poster features a light blue background with a large, stylized 'S' shape. Inside the 'S', the text 'Stay & Play' is written in large, bold, blue letters, and 'SEND Sessions' is written in bold, yellow letters below it. To the right of the title, there are three logos: 'The Sunshine Centre' with a sun icon, 'COMMUNITY FUND' with a hand icon, and 'Cherwell DISTRICT COUNCIL NORTH OXFORDSHIRE' with a green leaf icon. Below the title, the text '1-2pm on Mondays' is written in a simple black font. Underneath that, a paragraph states: 'A group for children under 5 with additional needs and/or disabilities and their families.' Below this, another line of text says 'No diagnosis needed.' Further down, it says 'Booking required. Limited spaces available.' In the bottom left corner, a purple speech bubble contains the text '£2 per session'. In the bottom right corner, the text 'To book call: 01295 276769' is written. At the very bottom, in small text, it says 'The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714'. The poster is decorated with illustrations of children: a boy on the left, a girl on the right, a girl in a wheelchair at the bottom, and a girl standing at the bottom left. There are also small handprints scattered around the text.

**Stay & Play
SEND Sessions**

1-2pm on Mondays

A group for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed.

Booking required. Limited spaces available.

£2 per session

To book call:
01295 276769

The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714

Please book if you wish to attend!

The Sunshine Centre, Edmunds Road, Banbury, OX16 0PJ. Tel:- 01295 276769;
community@sunshinecentre.org; www.sunshinecentre.org; www.facebook.com/SunshinecentreBanbury;
www.instagram.com/sunshinecentrebanbury

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@peeples.org.uk

Tuesdays 9:30-11am

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



people



This group 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@peeples.org.uk

Short Breaks Update for Families with Disabled Children and Young People



£2 per Family!

SEN Social Family Club
Every Wednesday
5.30 – 7.30pm
The Hill Community Centre
Dover Avenue, Bretch Hill, OX16 0JJ

All Children must be accompanied by an Adult.

Refreshments available.



If you have any questions or would like more information about this session, please don't hesitate to reach out to Carol at [SEN social family club](#)

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



New Silent Disco Session!

Style Acre is starting a new session for anyone who likes listening to music and having a boogie!

It is at The Junction, Didcot (42 Lydalls Road, OX11 7HX) 1pm-2pm every Tuesday and costs £3.

How does a silent disco work?

Everyone wears headphones which play the same songs. There are two music channels to choose from and you can switch between the two. We'll have disco lights and refreshments!

For more info contact Anita on 07760 527 610 or apowell@styleacre.org.uk

Short Breaks Update for Families with Disabled Children and Young People

SEND DRUM LESSONS

Drumming down barriers to learning the drums



Drum kit lessons bespoke for the physical and sensory requirements of each student.

Contact:
07983651098/felixbartlett.com

Express. Empower. Engage

If you have any questions or would like more information, please contact Felix on 07983 651098 or go to www.felixbartlett.com

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

Short Breaks Update for Families with Disabled Children and Young People



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

A colorful poster for 'SEN SQUIRRELS'. At the top is a logo featuring a central blue building icon with 'KIDLINGTON' written above it, surrounded by seven hands in red, orange, yellow, green, blue, purple, and pink. Below the logo, the text 'SEN SQUIRRELS' is written in large, bold, green letters. Underneath, in smaller green text, it says 'Drop-in group for children with additional needs, aged 0-5 years and their families (with or without a diagnosis)'. A list of activities follows in multi-colored capital letters: 'CRAFTS QUIET ROOM BOOK CORNER', 'OUTDOOR PLAY SENSORY TOYS SNACKS', and 'TEA & COFFEE SINGING-TIME FRIENDS!'. At the bottom, three colored shapes (orange, green, and yellow) contain the text: 'Fridays 10am-11.30am', '£2', and 'St John's Church Hall'. At the very bottom, contact information is listed: 'email: kidlington.communityhub@gmail.com', 'www.facebook.com/kidlinksuk' with a Facebook icon, and 'www.kidlinks.org.uk'. The poster has a white background with large blue and green wavy shapes on the sides.

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

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



inclusive dance school

FREE* DANCE CLASSES

Specialist dance classes for children and young people with SEND and Wheelchair users

Available for 26 weeks starting 04/11/2023

Wheelchair Dance Classes

Saturdays 3pm—4pm
Wychwood School,
Milton Under Wychwood



Boys Musical Theatre Class

Wednesdays 4pm—4:45pm
The Life Centre,
Milton Under Wychwood



Girls Contemporary Class

Tuesdays 4pm—4:45
The Life Centre, Milton Under Wychwood



Please email info@sunraedance.co.uk for more information
or to book a place.



*With thanks to Active Oxfordshire and YouMove we can now support children from low income families in receipt of benefit related free school meals. £30 a month if you don't qualify.



Sun-Rae Inclusive Dance School welcome disabled and non disabled children in their classes (and also have classes for adults). They also have some funding for some free dance classes for children in receipt of benefit related free school meals, or £30 per month if you don't qualify.

For more information, email info@sunraedance.co.uk

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

Short Breaks Update for Families with Disabled Children and Young People

SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

Designed to help a children over 4 years old who have a disability to develop valuable skills and gain confidence in the water.

Our qualified instructors are on hand to deliver these inclusive lessons for people with different disabilities, impairments and access needs.

When: Monday 5pm - 5.30pm
Tuesday 4pm - 4.30pm

Book now at better.org.uk/lessons. If you would like to discuss any individual needs then please contact abbey@gll.org



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. 277936. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SL. Inland Revenue Charity no: X843398

The Abbey Sports Centre is in Berinsfield. To book, go to - www.better.org.uk/lessons or to discuss individual needs, please email - abbey@gll.org

Short Breaks Update for Families with Disabled Children and Young People

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.

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. 2779396). Registered office: 103 Steegate House, The Royal Arsenal, London, SE18 6SX (Inland Revenue Charity no. 20643398).

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 onwards.

Family members welcome.


£3 per session.


Wood Green School,
Witney, OX28 1DX





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

07554 363635

 @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](#)

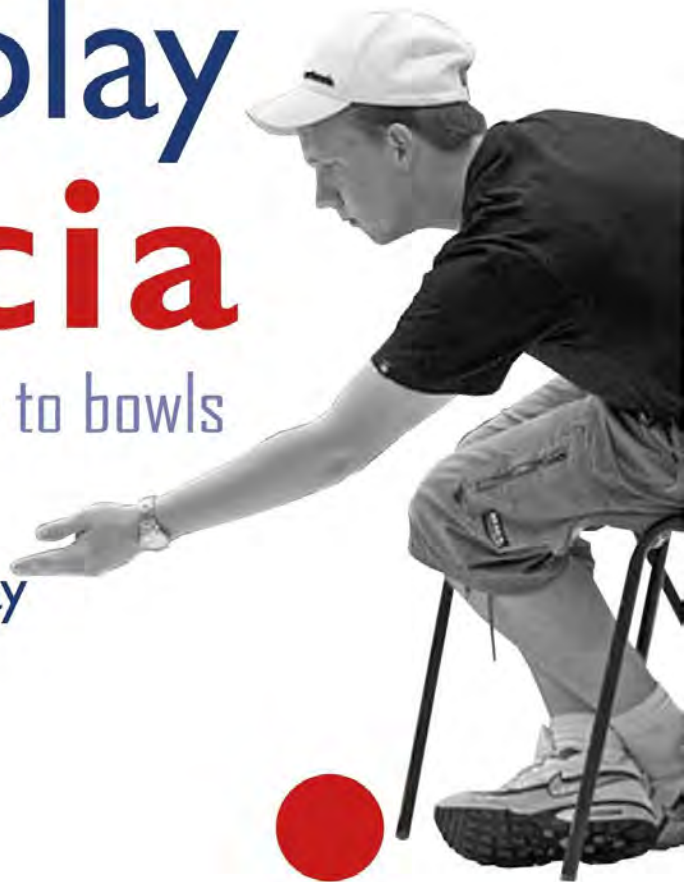
Let's play **Boccia**

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



BURE PARK FC INCLUSIVE FOOTBALL AGES 16+



-BE ACTIVE - HAVE FUN - MAKE NEW FRIENDS - PLAY FOOTBALL-

We are a friendly adult (16+) football team looking for new men and women to join our pan disability team. All abilities are welcome!

Date - 8th January 2024 (Every Monday from this date)

Time - 17:45-18:45

Location - Cooper School, Churchill Road, Bicester, OX26 4RS

Bus Route - 17, S5 & X5

Train Station - Bicester North (12 minute walk/4 minute cycle)

Team manager - Paul Fellows

Email - disability@bureparkjuniors.co.uk

Telephone - 07831 123183 (Call, Text or WhatsApp)

For more info, please email - disability@bureparkjuniors.co.uk
or call, text or Whatsapp - 07831 123183

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****



Your place to play

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

Just be you!



Scan here to see Comets in action!

Time and Date: Fridays, 5-6pm. From Friday 5th April 2024

Location: Witney ATP: (end of) Gordon Way, Witney OX28 4EH

Contact: Mat Berry or Steve Bott Phone: 07973 844306

Email: mathewjamesberry@hotmail.co.uk or bott6@hotmail.com



Get in touch to book your first session

For more info - mathewjamesberry@hotmail.co.uk or bott6@hotmail.com

To book your sessions, please go to:- <https://play.EnglandFootball.thefa.com/Comets/BureParkFC/Summary/47428d92-caf9-4418-b5aa-36e0d817d76d>

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



play



happy



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



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

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



SEND RUGBY SESSIONS

**** NEW ****

NON-CONTACT RUGBY ACTIVITIES FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES AND THOSE LACKING CONFIDENCE IN SPORT

**FUN
SAFE
FRIENDLY**

**SUPPORTED BY
THE NATIONAL LOTTERY
SUPERVISED BY
EXPERIENCED, QUALIFIED COACHES
VOLUNTEERS WANTED**

BANBURY RUFC
GRAF UK STADIUM, OXFORD ROAD,
BODICOTE, BANBURY, OX15 4AF

STARTING APRIL 2024

 **RFU**
Accredited Club

EMAIL: MATT.GOOD@BANBURYRUC.CO.UK
TEL: 07503 712903

 **THE
NATIONAL
LOTTERY**

Starting in April 2024!! For more info, please email Matt Goode - matt.goode@banburyruffc.co.uk or call on 07503 712903

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](https://www.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



AT HOME SENSORY SESSIONS - WITH SOPHIE



WHAT IS THIS SERVICE?

A UNIQUE AND INDEPENDENT HOME MASSAGE THERAPY AND SENSORY INTEGRATION SERVICE FOR CHILDREN WITH SEND. COVERING AREAS IN WOKINGHAM, WEST BERKS, HAMPSHIRE AND OXFORDSHIRE.



MEET SOPHIE



Hi! I'm Sophie.

I left school and started a Massage Therapy Apprenticeship at Reading Borough Council. Fast forward to now, I have worked as a Massage and Sensory Therapist, and with children and young people with SEND for over 10 years. This is my first and only job!

I have a Level 3 NVQ, Diploma in Massage, Anatomy and Physiology and have a fully enhanced DBS check.

WHAT DOES THIS SERVICE OFFER?

- Massage and sensory therapy sessions for children and young people with SEND within their family home.
- Support and advice to parents/carers regarding sensory regulation techniques and opportunities to learn massage techniques to support your child day to day.

WHO WOULD BENEFIT?



- Does your child have a diagnosed or undiagnosed special educational need?
- Does your child benefit from deep pressure?
- Does your child seek touch/tactile input?
- Does your child display sensory needs?
- Does your child need dedicated calming time after school, at the weekend or during holidays?



HOW TO FIND OUT MORE AND MAKE CONTACT



Please search for my Facebook page below to find out more information and to get in touch!



WHAT ARE THE BENEFITS?

- HELPS TO IMPROVE QUALITY OF SLEEP
- HELPS TO REGULATE SENSORY NEEDS AND PROVIDES SENSORY INPUT
- THE OPPORTUNITY TO LEARN SELF-REGULATION TECHNIQUES TO SUPPORT EMOTIONAL WELL-BEING
- THE OPPORTUNITY FOR DEDICATED CALMING AND RELAXATION TIME
- HELPS TO IMPROVES MOTOR, BALANCE AND CO-ORDINATION SKILLS



AT HOME SENSORY SESSIONS - WITH SOPHIE



sensoryandmassagetherapy@hotmail.com OR [Facebook - At Home Sensory sessions](https://www.facebook.com/AtHomeSensorySessions)

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

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



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

Toddlers with a connection to autism or ADHD

Join our study for the chance to take part in START:
FREE expert-led fun parent-child sessions with
songs, games and stories



Is START for my toddler?

- ☒ Born between April-October 2022
- ☒ Suspected to be autistic OR
- ☒ has a parent or sibling with confirmed or suspected autism or ADHD

South Oxford Family Room
47 Whitehouse Road, OX1 4QH

10 - 11am on Thursdays

12 week programme

SCAN



START is an inclusive,
safe space for parents
and children

All communication
styles are welcome

We celebrate the
strengths and
individuality of
each child

✉ start@psy.ox.ac.uk 🌐 www.startproject.info ☎ 073108 76421

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

people

 Principal Investigator:
Dr Alex Hendry
Ethics approval ref:
R0115/RE005

 NIHR National Institute for
Health and Care Research

There is still an opportunity to take part in the next START study. It's a 12 week course, running on Thursday mornings from 18th April. Help with travel and childcare is also available for those selected to take part.

You can find out more about START and apply for the study here: buff.ly/376Xg0g

Short Breaks Update for Families with Disabled Children and Young People

Institute of Education
UCL

SEEKING AUTISTIC 13-21 YEAR OLDS FOR RESEARCH

Are you an autistic adolescent or young adult who has experience of taking part in Social Skills Groups in school?



My name is Imogen Russo. I am a Trainee Educational Psychologist at UCL Institute of Education and I am interested in finding out about autistic young people's experiences of taking part in school-based Social Skills Groups and the perceived impact of such groups.

I am looking for the following individuals:

- Autistic* adolescents (aged 13-18) who are currently taking part in a school-based social skills group or autistic young people aged 13 to 21 years who have previously taken part in a school-based social skills group
- Parents/carers of autistic young people who are participating/have participated in a school-based social skills group.

What is involved?

- Autistic adolescents/young adults will take part in either an interview or a focus group (up to 6 participants) conducted using an online 'chat' medium.
- Parents/carers will take part in either an interview (conducted via phone or Zoom) or a focus group conducted via an online 'chat' medium.

***Participants will have a diagnosis of autism and be able to provide their date of diagnosis.**

If you are interested in taking part in this research or would like more information, I would love to hear from you! Please email **imogen.chandler.21@ucl.ac.uk** Or scan the QR code:



Your participation will provide a valuable contribution to knowledge that can help support other autistic students.

For more information, please email - imogen.chandler.21@ucl.ac.uk

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

Short Breaks Update for Families with Disabled Children and Young People

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

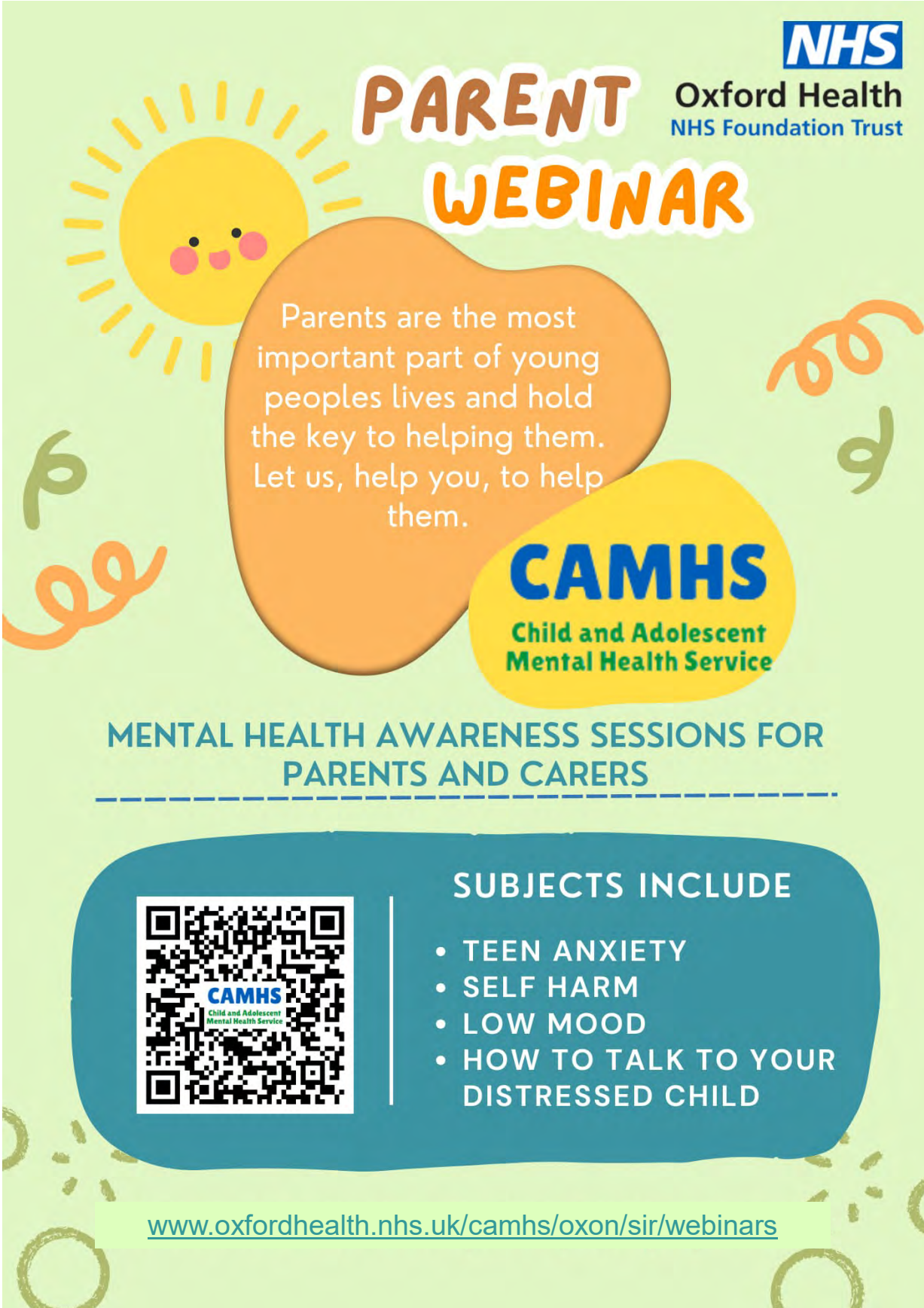
The recruitment poster has been created by Cherice Edwards using www.canva.com. The free account privileges have been used. All images are from Canva's library (with the exception of Newcastle University's logo). The QR code has been generated directly from Qualtrics.



https://nclpsych.eu.qualtrics.com/jfe/form/SV_3Jh7pXleS1vYQsK - read & click on arrow at bottom right of the page. If you have 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



NHS
Oxford Health
NHS Foundation Trust

PARENT WEBINAR


Parents are the most important part of young people's lives and hold the key to helping them. Let us help you, to help them.

CAMHS
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

SUBJECTS INCLUDE

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD


CAMHS
Child and Adolescent Mental Health Service

www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars

Short Breaks Update for Families with Disabled Children and Young People

**** One date remaining ****



Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

~~Thursday 29th February 12:30 to 13:30~~

~~Friday 29th March 12:30 to 13:30~~

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."-
Libby Scott, Autistic Author (at age 11)



To book, scan the QR code or go to www.theautismtrainingnetwork.com/training

Short Breaks Update for Families with Disabled Children and Young People



Charity no: 1171446 aspens.org.uk



Autism Central
For parents and carers

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.

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
- Help you navigate to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support by scanning the QR code or emailing autismcentralsoutheast@aspens.org.uk





The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic people, parents and carers and subject matter experts, and follow the most recent research and guidance. Families do not need to have a diagnosis to access support through us.

Scan the QR code above or email us—autismcentralsoutheast@aspens.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Autism Training...

The **Curly Hair Project** Autism Webinars **APRIL 2024**

© The Curly Hair Project 2017

Emotions & Autism	Tues 2nd 8pm
Social Anxiety & Autism	Thurs 11th 8pm
Meltdowns & Shutdowns	Tues 16th 8pm
Females & Autism	Thurs 25th 8pm

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

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

Online workshop



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.

Tuesday 16th April 2024 10am-1pm

£25 per person (+ booking fee)

Tickets available from Eventbrite

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

**** Please note- This workshop will NOT be recorded. ****

Tickets are available to purchase here - <https://www.eventbrite.co.uk/e/814186653197...>

Short Breaks Update for Families with Disabled Children and Young People

For professionals...

Perinatal Mental Health and Autism Online Workshop



Delivered by Nicky, our Neurodevelopmental Nurse Specialist and Verity with valuable lived experience of autism and perinatal mental health difficulties who is also a PhD student studying the experiences of autistic women and perinatal services.

The learning outcomes are as follows:

- Understanding what it might be like to be an autistic mum and the challenges of being an autistic parent.
- Consider ways in which you can adjust your practice when working with an autistic mum.
- Ideas of practical things to help an autistic mum with mental health difficulties survive the perinatal period including hospital admissions for delivery or mental health.
- Legal duties towards autistic women.

This workshop is open to staff working in community perinatal mental health teams, maternal mental health services, mother and baby units or as mental health midwives.



Wednesday 22nd May 2024
10am-1pm
£29.99 per person (+ booking fee)
Tickets available from Eventbrite



“ This has been such a valuable and interesting presentation. I have one patient in particular that I am now thinking differently about. Thanks for sharing your experience Verity - this has been so helpful. ”

“ The training was balanced with a shared lived experience that was very powerful and the training as a whole was thought provoking. ”

“ We felt that this should be mandatory training for all trusts. Fantastic and thank you again. ”

“ The training was excellent - a great balance between formal teaching, thought provoking lived experience and useful ways to improve our own service. ”

To find out more please email training@autismoxford.org.uk

If you are a professional interested in this training, we invite you to join us for this workshop tailored specifically to individuals working in these services.

Tickets available here- <https://www.eventbrite.co.uk/.../perinatal-mental-health...>

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



Advanced Microsoft Excel

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 course is ideal for those who have experience of using Excel but would like a more in-depth knowledge of how to use spreadsheets more efficiently. This is an in person course at OCVA.

Tuesday 9th April (3 hours). 9.30am - 12.30pm; £35 – £65

Effective People Management

Are you new to management? Or would you like to refresh your management skills? This course is designed to help you develop your knowledge, understanding and skills for managing employees in the workplace, as required by a current or potential first line manager. This course will introduce you to managing employees. It will give you the tools to develop your communication and management skills to confidently manage employees effectively and efficiently. This is an in person course at OCVA.

Tuesday 23rd April (2.5 hours). 10.00am - 12.30pm; £45 – £75

Effective Management of Grants & Multi-Funding Streams

Most organisations are financed through grants and other external funding sources. This course is designed to enable those involved with managing grants and external funding to become more efficient and effective in the financial management of such funds. This course is designed to equip the participants with best practices and essentials skills in effective grants/external funding management. This is an online course via Zoom.

Thursday 25th April (3 hours). 9.30am - 12.30pm; £45 – £75

Recruiting and Retaining Volunteers

This interactive session will guide you through the world of volunteer recruitment. It will include practical suggestions, a toolkit to take away and plenty of opportunities to share ideas on how to recruit volunteers and keep hold of them! Volunteer recruitment is a constant challenge for many organisations. This workshop will explore the volunteer journey and how your organisation can recruit. Equipped with this knowledge you will have the chance to critique current volunteer recruitment campaigns, consider different ways of working and learn about current developments in the sector in Oxfordshire and how OCVA can help. This is an in person course at OCVA.

Tuesday 30th April (3 hours). 10.00am - 1.00pm; £35 – £65

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