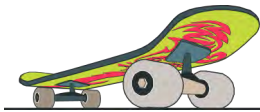


Short Breaks Update for Families with Disabled Children and Young People



Welcome to the October Short Breaks Update...

We have a few Halloween/pumpkin events this month, chess, skateboarding, theatre, fireworks, discos...even Christmas things!

Also some training & webinars...

What's in this edition...

P1	Welcome	P24	Thomley Christmas Market
P2	Chess Club	P25	Comic Con Banbury
P3	Feelings & Behaviour course	P26	Frozen Light Theatre
P4	Pegasus Taster sessions	P27	ICE Centre's Christmas Ball
P5	OxFSN All About Me Form Filling	P28	Clip 'n Climb SEND sessions
P6	Book Club	P29	Breakfast with Father Christmas
P7	ICE Centre Discos	P30	Learn to Ride a Bike
P8	Story Museum relaxed shows	P31	Broken Boards skating
P9	Learn to Play Ice Hockey	P32-33	Research opportunities
P10-11	Fun & Friendship Saturdays	P34-39	SEND Stay & Play/Family groups
P12	Energise After School Club	P40	Equilore - horse therapy
P13	Autism friendly cinema	P41	Camp Mohawk
P14	Autism Oxford Youth Club	P42-66	Various activities & sports
P15	SEND Saturday Club	P67	Speech & Language Therapy
P16	Energise October Half Term	P68-69	At Home Sensory & Workshop
P17	Thomley Trunk or Treat	P70	Being the Boss Workshops
P18	SEND Pick Your Own Pumpkin	P71	Arise Youth Support
P19	Thomley Fireworks	P72	Online Parent & Carer Clinics
P20	Dan's Halloween Disco	P73	Living Well with Neurodiversity
P21	RDA Treasure Hunt	P74-75	Young Carers & Sense support
P22	SEND Support Halloween event	P76-81	Training, webinars and more
P23	Autism Friendly at the Museum		

Contact details:- Pauline MacKinnon - 07554 330244
Email - shortbreaksfordisabledchildren@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

*** NEW ***

Chess Club



FRIDAYS
5.00 - 7.00 pm
Faringdon Library
ALL WELCOME !

Sheena
01367 240311

This is a FREE club, open to all ages and abilities. All are welcome.

Cats aren't provided but refreshments are!!

Any queries, please contact Sheena at Faringdon library on
01367 240311.

Short Breaks Update for Families with Disabled Children and Young People



**Free taster
sessions at
Pegasus for
14-18 year olds**

**Saturdays
10am-1pm**

studio
Saturdays
2024

**21st September - Sound/Music
19th October - Movement
23rd November - Drama**



Pegasus Theatre have 3 Studio Saturday sessions coming up this Autumn!

These interactive sessions for 14-18 year olds will be taking place on Saturdays 10am-1pm at Pegasus Theatre, Magdalen Road, Oxford, OX4 1RE

For more details or to book contact Chris on:-

community@pegasustheatre.org.uk

Short Breaks Update for Families with Disabled Children and Young People

**Oxfordshire
Adult
Learning**
A FACULTY OF ABINGDON & WITNEY COLLEGE



MANAGING CHILDREN'S FEELINGS AND BEHAVIOUR

Struggling to manage challenging behaviour? You are not alone!

This course aims to help you feel empowered at managing those tricky situations knowing you are doing the best for your child and yourself.

Topics covered include:

- Emotional Regulation
- Positive discipline and setting boundaries
- Considering Neurodiversity
- Meltdowns: Brain and Body
- Listening and Empathy

Where? Parent Power at Oxford Hub, Windale Avenue, OX4 6JD

When? Tuesdays 9:30am - 11:30am. You are welcome from 9am for teas and coffees. 6 sessions 17th, 24th September, 1st, 8th, 15th, 22nd October

Cost? None! It's free to families living in Oxfordshire.

**TO BOOK A PLACE OR ASK A QUESTION, PLEASE CONTACT FAMILY
LEARNING TUTOR PENELOPE LEA**



E: PENELOPE.LEA@ABINGDON-WITNEY.AC.UK



M: 07342 880 923

To find out more or book a place, email - penelope.lea@abingdon-witney.ac.uk

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

Short Breaks Update for Families with Disabled Children and Young People



oxfsn Oxfordshire family
SUPPORT NETWORK

Folder Filling Coffee Mornings

We are holding two coffee mornings after the summer holidays.

These will be for those who would like help with Filling in the 'All about Me', Planning Ahead folders. You can find these at <https://www.oxfsn.org.uk/?s=all+about+me>

You can download different sections from the OxFSN website, Embolden 2 section and bring them along to fill in.

The dates are:

10.30am - 12.30pm
Thursday September 26th
Northcourt Centre, Abingdon
OX14 1NS



10.30am - 12.30pm
Wednesday November 6th
Dean Court Community Centre,
Botley, OX2 9DG



Parking is available at both venues

To book on an event, scan the QR code, or visit:
<https://www.eventbrite.co.uk/o/oxfordshire-family-support-network-38975007553>

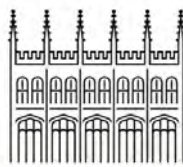
To download sections - <https://www.oxfsn.org.uk/?s=all+about+me>. Please let us know if you have any problems downloading them by contacting Oona at oona.bannister@oxfsn.org.uk

We hope this will be helpful, fun and a chance to meet up.

You can book here or by scanning the QR code on the poster - 26th September 2024, Northcourt Centre, Abingdon = <https://www.eventbrite.co.uk/e/948027354337...> and 6th November 2024, Dean Court Community Centre, Botley = [Eventbrite - Folder Filling Dean Court Nov 24](#).

We look forward to seeing you there!

Short Breaks Update for Families with Disabled Children and Young People



BODLEIAN
LIBRARIES
UNIVERSITY OF OXFORD

Join our Book Club For Adults with Learning Disabilities

Beyond Words Book Clubs are places to have fun, make friends and tell stories by reading word-free picture books together.

When: Thursday 26th September at 3pm

Where: Weston Library, Broad Street, Oxford, OX1 3BG

Contact: Email Hayleigh at outreach@glam.ox.ac.uk or
Call/text Hayleigh on 07704601999 / 01865 616998
to book your place.



A monthly book club! If you are interested in joining, please contact Hayleigh at outreach@glam.ox.ac.uk

Short Breaks Update for Families with Disabled Children and Young People



The poster features a dark, bokeh-style background with purple and blue light spots. At the top center is the logo for 'theicecentre' with the tagline 'inclusive care education' and the website 'WWW.ICE-CENTRE.CO.UK'. Below the logo, the word 'DISCOS' is written in large, bold, pink letters, followed by '2024' in the same style. A list of dates follows, each preceded by a pink starburst graphic and underlined. The dates are: JANUARY 26TH, FEBRUARY 23RD, MARCH 29TH, APRIL 26TH, MAY 31ST, JUNE 28TH, JULY 26TH, AUGUST 30TH, SEPTEMBER 27TH, OCTOBER 25TH, and NOVEMBER 15TH. At the bottom, there is a white torn-paper-like border containing the text: 'One Friday every month', 'LANGDALE HALL- OX28 6AB', '£6 on the door - 6:30pm - 9pm', and 'If you would like any additional support please contact us on 01993 846 240'.

theicecentre
inclusive care education
WWW.ICE-CENTRE.CO.UK

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



SHOWS TO COME...

Material Monsters, Fabric Friends

Friday 27 Sept, 12:30-13:05 – super sensory show for children with additional needs for ages 3-5

A super sensory show about the clothes we wear and the exciting places they take us. It's always washday at Lovely Laura's Laundrette. Who will she help with their smelly socks, dirty dungarees and grubby garments, and what adventures will those clothes take us all on today? Followed by stay and play time. Part of the Tiny Ideas Festival.



To book, call the Box Office on 01865 807600 or visit: [Tiny Ideas Festival: Material Monsters, Fabric... | The Story Museum](#)

The Girl and the Dragon

Friday 1 Nov, 11:00-12:00 & 14:30-15:30 – relaxed performance for ages 7+


Join Toral on the adventure of a lifetime as she swims uncrossable rivers, braves impassable forests and scales unclimbable mountains, all to fight a great and terrible dragon. A witty and subversive show to delight audiences young and old.



To book, call the Box Office - 01865 807600 or visit: [The Girl and the Dragon | The Story Museum](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050
www.storymuseum.org.uk

Short Breaks Update for Families with Disabled Children and Young People



ITS BACK! BIGGER & BETTER!

New format

New date and time

**LEARN TO PLAY
ICE HOCKEY**

Want to try a new sport?
Ice hockey encourages team work, confidence and respect as well as the physical benefits. At Oxford we have high level coaches who are part of the Junior England coaching team. Come train with the best!

OXFORD JUNIOR STARS

Basic equipment available for a deposit
4.45-5.45 Wednesdays
Fusion Ice rink, Oxpen road, Oxford
£60 for 6 week term time programme

Booking only!

There are some changes this season to enhance the training, plus you'll be training alongside our current U10s team and get to see the other age groups train after so you'll get to see what's to come! Everything you need to know is in this link:-

<https://docs.google.com/.../1r0DxzMm64Mo9HOcgClxckbs.../edit>

First Term dates are 18th September 2024 to 23rd October 2024. We are taking on ages 5+ although over the age of 12 is limited. Kit hire is available to stop any initial outlay of costs before your player has decided it's for them.

For more info, contact us - <https://www.facebook.com/profile.php?id=100054235550165>

Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY
OXFORDSHIRE COUNTY COUNCIL



FUN AND FRIENDSHIP

Delivered by SportWorks

OXFORDSHIRE SHORT BREAKS

Packed full of games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic or have a mild learning disability.

play games

make friends

inclusive

have fun

**GLORY FARM PRIMARY SCHOOL, BICESTER,
OX26 4YJ**

DAY: SATURDAYS

TIME: 10.00AM - 3.00PM

For more information contact: jake.ramshaw@sportworksltd.co.uk

To book, click the link or scan the QR code:
<https://bookwhen.com/sportworks/e/ev-seup-20240608100000>



**** Fortnightly - on 1st & 3rd Saturdays each month in term-time ****

For more info - jake.ramshaw@sportworksltd.co.uk

To book - [SportWorks Bicester Saturdays - Booking](#)

Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY
OXFORDSHIRE COUNTY COUNCIL



FUN AND FRIENDSHIP

Delivered by SportWorks

OXFORDSHIRE SHORT BREAKS

Packed full of games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic or have a mild learning disability.

play games

make friends

inclusive

have fun

**LONG FURLONG PRIMARY SCHOOL, BOULTER
DR, ABINGDON OX14 1XP
TIME: 10.00AM - 3.00PM
DAY: SATURDAYS**

For more information contact: jake.ramshaw@sportworksltd.co.uk

To book, click the link or scan the QR code:
<https://bookwhen.com/sportworks/e/ev-seup-20240608100000>



**** Once a month - on 2nd Saturday each month in term-time ****

For more info - jake.ramshaw@sportworksltd.co.uk

To book - [SportWorks Abingdon Saturdays - Booking](#)

Short Breaks Update for Families with Disabled Children and Young People

Energise

by Endorphins

After school sessions for children & young people with SEND!



Venue: Kingfisher School, Radley Road, Abingdon, OX14 3RR

When: Wednesdays @ 15:00 - 17:00

Costing: £10 per session

Age: 5 - 18

Activities will include arts and crafts, sports, sensory play and some time to unwind after school.

If you would like to find out more about the sessions we run please contact our team:

E: bookings@endorphins.uk

T: 0330 1332642

Email - bookings@endorphins.uk or call 0330 133 2642

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 Beetlejuice Beetlejuice on Sunday 6th October at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light, Banbury** are showing Big Bad Wolf and Wallace & Gromit: The Wrong Trousers on Sunday 6th October at 10.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- * **Odeon** are showing Transformers One on Sunday 13th October at 10.00am 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** have an autism friendly screening every Sunday morning at 10.30am. Please go to their website for more info - <https://www.showcasecinemas.co.uk/autism-friendly-screenings/>
- * **Picturehouse** haven't released what their autism friendly screening is yet but is usually shown on the 3rd Sunday of the month at 11.00am in The Phoenix in Oxford.
- * **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the last Sunday of each month at 10.30am. Tickets are usually bookable 5 days in advance and shown at Bicester, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA](#) ([accessiblescreeningsuk.co.uk](https://www.accessiblescreeningsuk.co.uk/)) should you wish to find out more.

Have you got a CEA card yet? This card enables a disabled cinema go-er (aged 8 yrs +) to receive a complimentary ticket for someone to go with them to participating cinemas. Please go to their website for more info:-

<https://www.ceacard.co.uk/>



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

Short Breaks Update for Families with Disabled Children and Young People



**Autism Oxford UK
Youth Club**

Tweens- Ages 8-11 years
Weekly from Wednesday
14th August 5:30-6:30pm
£12 per session

Teens- Ages 12+
Weekly from Wednesday
21st August 6pm-7:30pm
£15 per session

therapies@autismoxford.org.uk

At Autism Oxford UK, Abingdon

Sessions will be offered fortnightly for each age group with 8 sessions offered initially for each group - TWEENS - Ages 8 – 11yrs AND TEENS - Aged 12+

Tweens:- Where: Autism Oxford UK, The Grange, Abingdon
When: Wednesdays from 5.30pm – 6.30pm
Cost: £12 per session

Teens:- Where: Autism Oxford UK, The Grange, Abingdon
When: Wednesdays from 6pm – 7.30pm
Cost: £15 per session

Please contact therapies@autismoxford.org.uk to register your interest.

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care



SATURDAYS

10AM-12PM

12th Oct &
9th Nov 2024

11th Jan, 8th Feb, 8th March,
5th April, 3RD May, 14th June
& 12 July 2025

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 would like to come along. Meet others in similar situations, allow your children, young people, or adults to play/chill in a relaxed and safe environment. We can offer support and advice if needed.

Session Cost £3.50 per family

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

The poster has an orange background with autumn-themed graphics including yellow and green leaves and a string of green dots. The word 'Energise' is in large white font, with 'by Endorphins' in smaller white font below it. 'October Half Term' is written in large white font. A yellow banner contains the text 'Join us at our fun and inclusive holiday sessions for young people with SEND!'. Two circular photos show a child carving a pumpkin and a young person in a witch costume. At the bottom, 'BOOKINGS OPENING SOON!' is written in large white font.

Energise
by Endorphins

October Half Term

Join us at our fun and
inclusive holiday sessions
for young people with **SEND!**

**BOOKINGS
OPENING SOON!**

For more information, email - bookings@endorphins.uk
or call 0330 133 2642

Short Breaks Update for Families with Disabled Children and Young People

Trunk or Treat

Saturday 19th October, from 5pm-8pm

'Trunk or Treat' has been such a hit since we started offering this event several years ago. This trend started in America and we think it is a fantastic accessible activity to bring to you, which is a little bit different to the usual trick or treat! £8 per child / young person to attend - members can attend the event for free using their Member discount code



The activity involves the trunk of your car being open and displaying treats, sometimes games, and decorations. Take a trip around our site and visit the trunks! You can still attend even if you don't want to decorate your own trunk.

We will be serving pizzas or chili-con-carne with chips or cheesy chips and lots of Halloween treats from the pavilion. We will also be making Halloween slime, doing Halloween facepainting and spooky stories around the firepit!

Dressing up is optional and there will be a prize for the best car boot and outfit on the evening!

To book, visit: www.thomley.org.uk/calendar/

Book here: <https://buff.ly/3XbyxOr>

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



SEN Pick Your Own Pumpkin Sessions

Sunday 20th October & Monday 28th October from 9am-10am

Milletts Farm have been nurturing a huge number of pumpkins and squash in their fields again this year and can't wait to welcome you to pick a pleasingly plump one! Whether you want to cook or carve we have all sorts of shapes, sizes and colours to choose from.

There are lots of dates on offer but on Sunday 20th October & Monday 28th October, they're opening early at 9am on these days with the first hour exclusively reserved for SEN tickets only to allow for a quieter, lower capacity session. Carers tickets are free and can be booked to any of our specific SEN friendly sessions, along with your usual tickets. Proof of [valid carers ID](#) must be shown on arrival for any carers tickets. If you require multiple carers tickets for a large group booking, please email us on enquiries@millettsfarmcentre.com with your requests and we will get back to you with how to process this.

Tickets are £2.50 per person. Click on the link to book your place:-

<https://www.millettsfarmcentre.com/halloween-spooktacular/>

Short Breaks Update for Families with Disabled Children and Young People



Fireworks

Saturday 26th October, 5-8pm

All are welcome to join us at Thomley for our reduced sound firework display. Carefully selected fireworks that are amazing to watch but with less noise than most displays. The familiar surroundings of Thomley will hopefully help all visitors enjoy the night. We also have ear defenders for those who require them and the pavilion can be used to watch from inside, if again this is easier for some people. There will also be a lantern display on the night!

£26 for a family of four
£9 for a single ticket
(Members will receive a 10% discount)

Prices
* £26 per family (2 adults and 2 children)
* £9 single tickets
Members will get a 10% discount on tickets, email for discount code: mary.coleman@thomley.org.uk

Food & Drink
Beer/wine/prosecco/ gin
Pizzas
Chips
Hot dogs
Sticky toffee apple
crumble cups
Candy floss
Soft drinks

***** PUSH THE BUTTON *****
Raffle on the night to PUSH THE RED BUTTON and start the firework display!

BOOK TICKETS
Tickets are to be bought upfront for the event and can be purchased online on our online calendar: www.thomley.org.uk/calendar

Thomley

*** REDUCED SOUND FIREWORKS DISPLAY ***

Our reduced sound fireworks displays have offered those who may struggle attending fireworks events, the opportunity to now do so. We welcome the WHOLE community to attend this event. On the night there will also be a lantern display, a bar and hot food including freshly made pizzas!

BOOK TICKETS HERE: <https://buff.ly/3Mwol8Q>

Short Breaks Update for Families with Disabled Children and Young People



Dan O is hosting a Halloween Disco, and it's going to be a night of spooky Halloween dancing, great music, along with a raffle and fun games to take part in.

Dress up in your Halloween costumes (costumes optional).

Ticket Price: £5 a ticket (support workers get in free if supporting)

Sunday 27th October from 4pm – 7pm

Where: Marlborough Club, Didcot, OX11 8RU

To get your tickets or name on the door list head to the website

<https://styleacre.org.uk/events/dans-halloween-disco/>

Short Breaks Update for Families with Disabled Children and Young People



Abingdon RDA

Join us for a Treasure Hunt

Fun For All the Family

Sunday 27th October 2024

Find the answers to the clues by visiting our surrounding villages.

Entry Fee £10.00 per car.

Start at:
**Abingdon RDA
Lower Lodge Riding Centre
Charney Road
Southmoor
OX13 5HW**

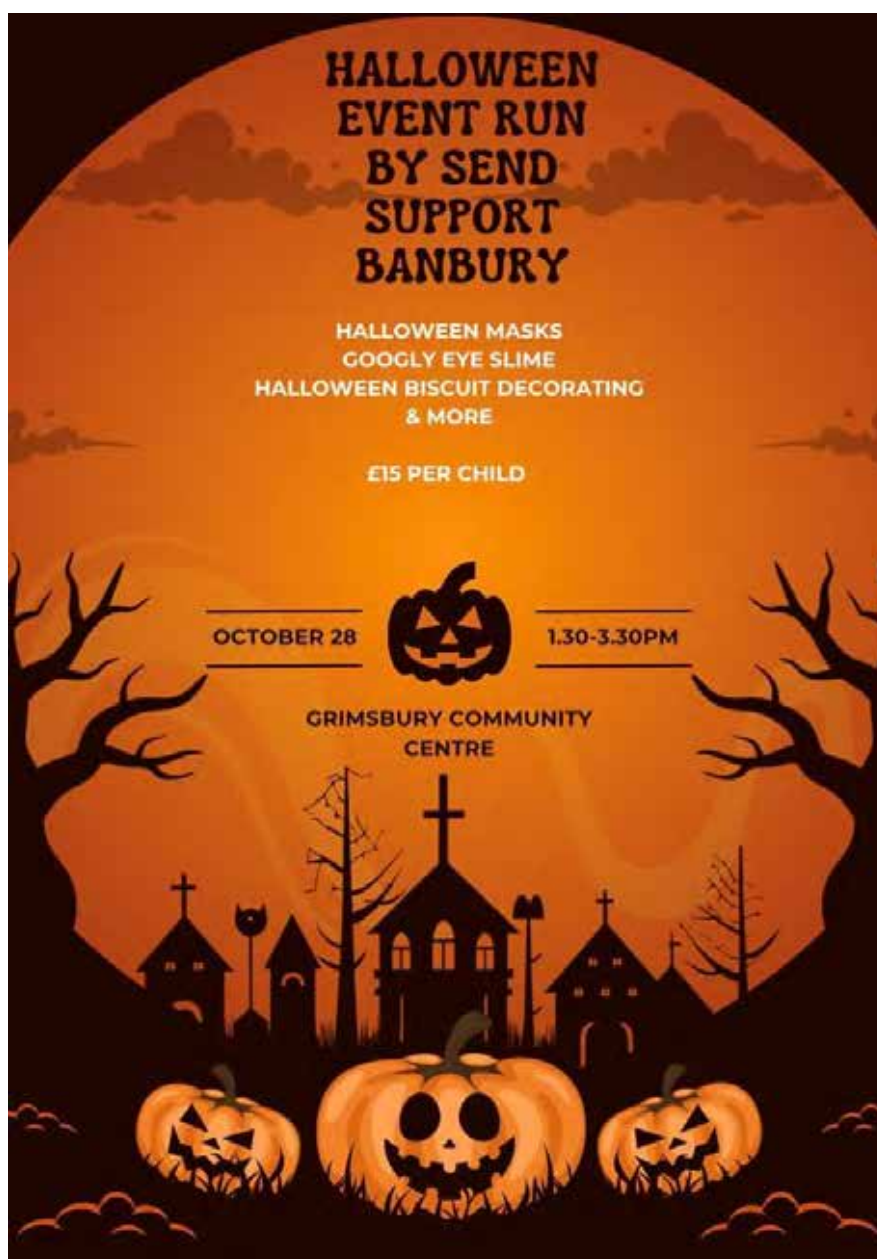
Registration between 12.00 and 14.00

Prize giving at 16.00 back at Abingdon RDA Yard,
along with a chance to meet our horses.

Cake and refreshments also available

If you would like any further information,
please contact Nikki on 07717 510410

Short Breaks Update for Families with Disabled Children and Young People



28th October from 1.30pm to 3.30pm - this event is open to all ages. Halloween can be hard for our children and they sometimes miss out on all the fun, which is why I wanted to put on an event adapted for them. There is no pressure to dress up but they can if they want to. There will be a zen den and sensory toys available if your child is feeling overwhelmed. All children will take away a goodie bag too.

All you need to do is reserve a ticket in the below link so I don't go over numbers!

<https://bookwhen.com/sendsupportbanbury>

Short Breaks Update for Families with Disabled Children and Young People



Autism Friendly Opening

Thursday 31st October, 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



Christmas Market

23rd November 10am - 3pm

FREE entry - No need to book

Join us for our very popular Christmas Market!

Shop for your Christmas goodies

Eat lovely festive food whilst the kids can play!

Buy tickets for our famous Christmas raffle!

Santas Grotto will be available (book on the day)

** Please note our gates will not be locked during the day **



To book a stall, please contact us:
fundraising@thomley.org.uk

Where are we?
Thomley, Menmarsh
Road, Worminghall,
HP189JZ



Thomley

We are now taking bookings for stalls, but hurry, we expect them to go quickly!

Booking links are on our website, here: <https://buff.ly/4cSPsv5>

Short Breaks Update for Families with Disabled Children and Young People



Advance tickets - Adults £10; Teen (13-17 yrs)/Student – Valid ID £8; Children (5 -12 yrs) £5; Family Ticket £26 (2 adults & 2 Children); Blue Light Card Holders £5; Under 5s FREE (booking fee applies; 10% discount on advance tickets).

For ticket holders with additional needs who may find it helpful to enjoy the event in a quieter atmosphere we offer a 9.30am entry so that gives some time before the main entry at 10am where the event is not crowded or loud. If you feel this would help you or someone in your party then please email us at zoe@bolt-events.com and we will add you to the early entry list.

Please go to the website to find out more & to purchase tickets:-
<https://bolt-events.com/>

FROZEN LIGHT



The Ancient Oak of Baldor

Cornerstone Arts Centre, Didcot

Thursday 28 Nov 2024 to Saturday 30 Nov 2024

The Ancient Oak stands strong in the Forest of Baldor, in the land of Earten. It has stood for millennia, rooted deeply to both the land and the people of the forest. On this day at the cusp of winter, the people of Baldor are celebrating The Great Cracking of the Ancient Oak.

Frozen Light is thrilled to unveil our new multi-sensory show for audiences with profound and multiple learning disabilities. The Ancient Oak of Baldor is a captivating narrative about love, loss, and the changing of seasons. You can expect live cello playing, trees, birds and Frozen Light's signature sensory magic.

We are embarking on a limited preview tour this autumn, and dates will shortly be released for an extensive tour in spring 2025.

Come and experience the collective power of shared stories!

Tickets are available now from:-

[Frozen Light: The Ancient Oak Of Baldor | Cornerstone \(cornerstone-arts.org\)](https://cornerstone-arts.org)

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



Our Christmas Ball 2024 tickets are available now!

Join us for a 2 course dinner, DJ, Entertainment and fun. This is a ticketed event and tickets must be purchased in advance. Get in touch for more info or to book:-

info@ice-centre.co.uk

Short Breaks Update for Families with Disabled Children and Young People



**** SEND SESSIONS - 17th Dec; 11th Feb; 1st Apr & 3rd June****

This one hour session, which includes the safety briefing, is suitable for those with additional needs whether neurological or physical and their siblings (minimum age of 4 years).

We create an environment which is as calm as possible, with reduced participant numbers, low music levels and multi-sensory climbing aids for those whom are visually impaired. For those with a physical need, who may need assistance to climb, please contact us beforehand so we can arrange suitable support. Please note that due to safety ear defenders and lanyards will not be permitted in the arena – we have put other measures in place to support those whom are sensitive to noise.

These sessions are a great opportunity for parents of SEND children to meet up and share their experiences over a complimentary hot drink in our arena side café (1 complimentary hot drink per booking).

Session times are - 4:30pm – 5:30pm & 5:30pm – 6:30pm

£10 includes climb and complimentary hot drink for the booking adult.

To book, go to our website - [Bicester Clip n Climb sessions](https://www.bicesterclipnclimb.co.uk)

Breakfast with Father Christmas

*20th, 21st, 22nd and 23rd December
from 8am - 10am. Booking is essential*

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



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

Full English breakfast, tea, coffee or juice included for both the adults and children.

The event will be hosted in the pavilion and you will be allocated a table. There will be Christmas activities to do on your table.

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

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

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

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

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



Thomley

***** BOOKINGS OPEN NOW *****

Book here: <https://thomley.org.uk/calendar/>

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 17th to Fri 21st Feb 2025

(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



BROKEN BOARDS

private sessions • group sessions • courses
events • home ed club • after school club
brokenboardscoach.com



Do you want to start your skateboarding journey? We run safe and inclusive sessions around West Oxfordshire.
Gear provided. All ages and levels welcomed.



To find out more, go to the website - [Broken Boards Ltd \(brokenboardscoach.com\)](http://Broken Boards Ltd (brokenboardscoach.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



CUREC Ethics Approval REF: R90304/RE001

Project Title: Strengths in Autistic Children and Young People (CYP)

Version 1.0 Mar 2024

ARE YOU A YOUNG PERSON AGED 12 TO 15?

CAN YOU TELL US WHAT YOU ENJOY
AND WHAT IS IMPORTANT TO YOU?

We are looking for AUTISTIC YOUNG PEOPLE to help us learn about
strengths in autism!

You will have two conversations with us (online or in person at Uni of Oxford) where we:

- Complete a questionnaire together about your strengths and you can tell us if the questions make sense (up to 90 min)
- Explore together how you will use your strengths in everyday life (up to 60 min)

You will receive a voucher to thank you for taking part!

WATCH VIDEO ABOUT
THE STUDY HERE



Any Questions?

Email Dr. Jiedi Lei

jiedi.lei@psych.ox.ac.uk

REGISTER
HERE



<https://t.ly/A5Kfw>

Questions? Email Dr Jiedi Lei at - jiedi.lei@psych.ox.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

AUTISTIC PEOPLE'S SCHOOLING & MENTAL HEALTH



What is it about?

We aim to better understand how **different types of schooling**, specifically mainstream versus special schools, affect the **mental health outcomes** of autistic people

Who can participate?

We are looking for people who:

- Are autistic (clinically or self diagnosed)
- Are 18 years or older
- Have gone to school in the UK

Chance to win a £10 voucher!

What's involved?

15-20 min online survey

Join the study!

Scan the barcode to join the study!

Email us at a.a.tambawala@sms.ed.ac.uk with any questions



THE UNIVERSITY of EDINBURGH
School of Philosophy, Psychology
and Language Sciences

Questions? Email us at - a.a.tambawala@sms.ed.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



Stay & Play SEND Sessions

Mondays 1:00 - 2:00pm

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

Call: 01295 276769 to book

Registers open at 9am on Tuesdays,
to book for the following week.



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

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

Spaces are limited so please book if you wish to attend!

The Sunshine Centre, Edmunds Road, Banbury, OX16 0PJ. Tel:- 01295 276769;
community@sunshinecentre.org; www.sunshinecentre.org

Short Breaks Update for Families with Disabled Children and Young People



****NEW** SEND Group**

SEND Group - Rosehill

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

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

Tuesdays 9:30-11am

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

people



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

Short Breaks Update for Families with Disabled Children and Young People



SEN Social Family Club at The Hill, Dover Avenue in Banbury has returned on Wednesdays from 5:30pm!

For those who are new to the session, our SEN Social Family Club is a volunteer led, safe and welcoming space for families with children on the SEN pathway to come together and connect with others who understand the unique challenges and joys of raising a child with special education needs. Our goal is to provide a supportive and inclusive environment where families can bond and create long-lasting friendships.

We have a variety of activities planned including arts and crafts and games.
There will also be snacks and refreshments available.

For more information - www.thehillbanbury.com or email Carol at - [SEN social family club](#)

Short Breaks Update for Families with Disabled Children and Young People



The Dovecote
S.E.N
Stay And Play

£1 Per Child
Healthy Snack Included

Thursday 9.30pm Untill 12pm

COMMUNITY FUND

Support For Families With Children
With Autism And Sensory Needs

The Dovecot Centre is on Nightingale Avenue, Oxford, OX4 7BU.
All welcome! For more info - jigsawoxford@gmail.com

Short Breaks Update for Families with Disabled Children and Young People



SEN SQUIRRELS

Drop-in group for children with additional needs and their families (with or without a diagnosis), and also families wanting a quieter session!

£2

CRAFTS QUIET ROOM BOOK CORNER
OUTDOOR PLAY SENSORY TOYS SNACKS
TEA & COFFEE SINGING-TIME FRIENDS!

Fridays
10am-11.30am

St John's Hall
Broadway

email: kidlington.communityhub@gmail.com
www.facebook.com/kidlinksuk 
www.kidlinks.org.uk

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



KIDLINKS

Kidlington's Community Hub for Children & their Families!



MON	TUES	WED	THURS	FRI
11.30am - 1pm TODDLER CLUB Term-time course for ages 2 & 3 years Book via email at St John's	10 - 11.30am LITTLE ACORNS Stay & Play for ages 0-5 years at St John's	10 - 11.30am BOUNCING BABIES For babies aged 0 - 12 months at St Mary's	9.30 - 11am ST MARY'S TODDLER GROUP Stay & Play for ages 0 - 5 years at St Mary's	10 - 11.30am SEN SQUIRRELS Stay & Play for children with additional needs and their families at St John's
	12.45 - 2.35pm PARENT COURSES 4-week course for parents/carers at West Kidlington Primary School	12.30 - 2.30pm OBS Oxfordshire Breastfeeding Support By appointment at St John's		

CONTACT US

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

VENUES

St John's Church Hall The Broadway Kidlington OX5 1DD	St Mary's Church Refectory 88 Church Street Kidlington OX5 2BB
---	--

If you have a 2 or 3 year old and would like to sign up to our Toddler Lunch Club on Mondays, please email Rachel at kidlington.communityhub@gmail.com

We'd also LOVE to have some more friends join us at our Friday SEN Squirrels drop-in group - please do pop along for a cuppa and a chat, and fun play time for your little ones!

For more information, please contact us - kidlington.communityhub@gmail.com;
www.facebook.com/kidlinksuk; www.kidlinks.org.uk

*Kidlinks is a charity based in Kidlington, providing a range of groups for 0-5's and their families. Everyone is welcome, whether you are based in Kidlington or further afield.

Short Breaks Update for Families with Disabled Children and Young People

WELCOME TO *Equilore*

DISCOVER THE BENEFITS OF THE HUMAN-ANIMAL BOND

Emotional Regulation: Horses provide honest and immediate feedback, helping children learn to manage their emotions in healthy ways.

Self-Esteem Boost: Through positive interactions with horses, children experience a sense of accomplishment and empowerment, boosting self-confidence.

Social Skills Development: Interacting with horses fosters communication, empathy, and teamwork, helping children improve their social skills and build meaningful relationships.

OUR THERAPEUTIC PROGRAMS



Barn Pals

Fridays 16:00-17:30 | £25 per child | max 6 children

Learn all about horses and how to care for them; from brushing, preparing feeds and haynets, mucking out, fencing, leading and tidying paddocks you will learn all about the job involved in taking care of horses.



Stable Relationships

Wednesdays 12:30-14:30; Fridays 10:00-12:00 | £65 per child | max 6 children

Our experienced facilitators arrange a series of engaging activities and exercises with horses with lessons on Respect, Trust, Boundaries and Communication in a fun and interactive way.



Equine Facilitated Psychotherapy

Daily sessions available | Times arranged with Therapist

These 1:1 sessions are psychotherapeutic in nature and led by our fully qualified facilitators. Working with the horses, we support those with mental health challenges by focusing on emotion regulation, trauma processing and mindfulness techniques.

BOOK NOW

 Park End, Croughton, NN13 5LX

 07787 402236 (Loes)

 www.equilore.co.uk



Please contact Loes direct to book - www.equilore.co.uk

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

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, [redacted]

Express. Empower. Engage

If you have any questions or would like more information, please contact Felix on 07983 651098.

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



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



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

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



Anjali
Dance Company

[Anjali Dance Company](#) are running dance classes at The Mill for young people aged 16-30 years. These sessions are for people who have learning disabilities and associated conditions, with some prior dance experience already. The classes will be focused on building dance, performance and creative skills, with a further focus on health, wellbeing & building a community.

Classes are on Mondays in term-time from 5.30pm to 7.00pm. Contact them direct for details and dates of the classes from September onwards.

To find out more - [Anjali dance classes info](#)

To book - <https://www.ticketsource.co.uk/anjalidance>

Short Breaks Update for Families with Disabled Children and Young People



The poster features a cartoon lion with a red mane and yellow body, wearing a white cricket shirt and trousers, holding a cricket bat. The background is a red-tinted image of a cricket field. At the top, there are logos for 'B&E SKIP HIRE', 'MINSTER LOVELL CRICKET CLUB', and 'Cherwell CRICKET LEAGUE'. The main text reads 'MLCC LIONS' in large white letters on a brown background. Below this, it says 'INCLUSIVE CRICKET CLUB', 'AGES 9-25', 'ALL ABILITIES WELCOME', and 'SESSIONS EVERY FRIDAY'. The time '6PM TO 7:15PM' is also listed. At the bottom, it says 'FOR MORE INFO, PLEASE VISIT OUR WEBSITE' and provides the website 'mlcc.play-cricket.com'. Social media icons for Facebook, Instagram, and Twitter are shown at the very bottom with their respective handles: @MinsterLovellCricketClub, @minsterlovelcc, and @MinsterLovellCC.

B&E SKIP HIRE
01893 775571

MINSTER LOVELL CRICKET CLUB

Cherwell
CRICKET LEAGUE

MLCC LIONS

INCLUSIVE CRICKET CLUB

AGES 9-25

ALL ABILITIES WELCOME

SESSIONS EVERY FRIDAY

6PM TO 7:15PM

FOR MORE INFO, PLEASE VISIT OUR WEBSITE

mlcc.play-cricket.com

f @MinsterLovellCricketClub **ig** @minsterlovelcc **tw** @MinsterLovellCC

Come and join our inclusive, disability-friendly team, the Minster Lovell Lions. Sessions run every Friday evening over the course of the summer, from 6pm-7:15pm at Wash Meadow, Old Minster.

For more information or to sign up, please contact Dave Mayers on - david.mayers@sky.com or 07791 303778.

Short Breaks Update for Families with Disabled Children and Young People



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 6SX. Inland Revenue Charity no. 33843398

New document outlining the disability provision at the leisure centres in West Oxfordshire. This includes swimming sessions, swimming lessons, accessible facilities and other activities.

Go here to look at the details - <https://shorturl.at/qVj1n>

Short Breaks Update for Families with Disabled Children and Young People

SEND SWIMMING SESSIONS

CARTERTON LEISURE CENTRE

Bring your little ones to our special SEND swim session designed for families with children with special educational needs and disabilities. Enjoy the comfort and safety of our small pool, perfect with its 1-meter depth.

When: Wednesdays, 11am to 12pm



For more information email carterton@gll.org or scan the QR code to book.

STARTING
21ST
AUGUST



For more information, please contact the leisure centre direct - carterton@gll.org

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. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. (Inland Revenue Charity no. 3041398)

Short Breaks Update for Families with Disabled Children and Young People

SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

Designed to help 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: X043398

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

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

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



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



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

Short Breaks Update for Families with Disabled Children and Young People



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](#)

Short Breaks Update for Families with Disabled Children and Young People

SUNDAYS 1-2PM

White Horse Leisure Centre in Abingdon

Meets fortnightly!

£2 per family



Abingdon Boccia Club offers a level playing field where everyone can succeed in sport and most importantly have fun. Play as a family or join in with others.

Boccia is a precision ball sport ball similar to bowls and pétanque. It was originally designed to be played by people with cerebral palsy but now includes athletes with other differences affecting motor skills.

We play boccia and boccia related games using different equipment and ball delivery techniques. All children, regardless of disability or none, are welcome and we will adapt the game to be accessible for each player.

abingdonboccia@gmail.com or find us on Facebook for more info

For more info, email us on abingdonboccia@gmail.com or visit our Facebook page - [FB Abingdon Boccia](#)

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

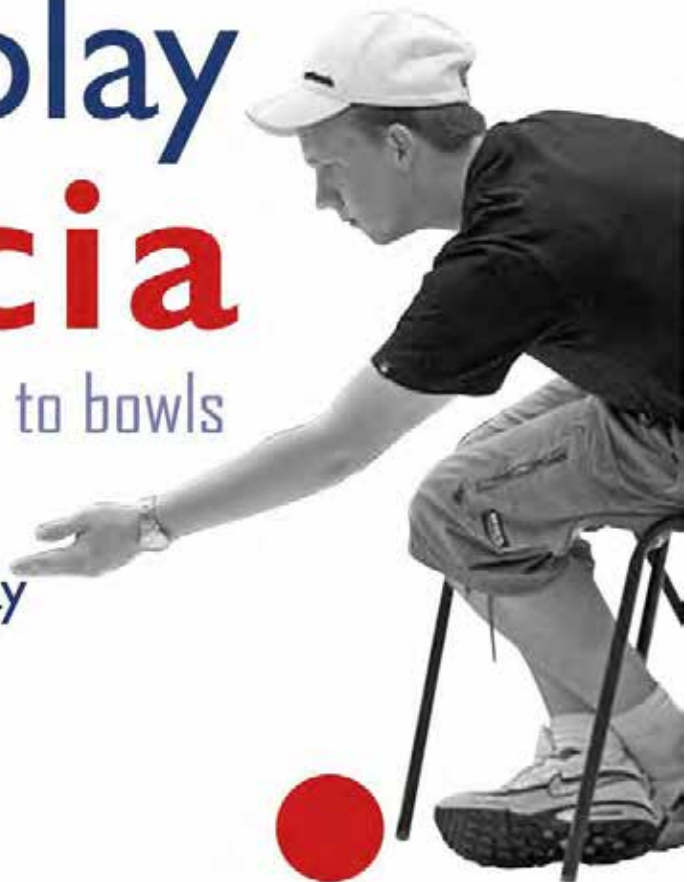
Let's play **Boccia**

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



BICESTER PARK FC INCLUSIVE FOOTBALL AGES 5–15 YEARS

BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

We are a friendly (5–15 years) football team looking for new boys and girls to join our pan disability team. All abilities are welcome!

DAY: Saturday mornings
TIME: 9:00am–10:00am
LOCATION: Whitelands Farm Sports Ground
Whitelands Way
Bicester
Oxfordshire
OX26 1AJ
TEAM MANAGERS: Graham Hill and David Barker
WEBSITE: www.bicesterparkfc.co.uk
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07990 990252 (Call, Text or WhatsApp)



For more info, please email - inclusive@bicesterparkfc.co.uk
or call, text or Whatsapp - 07990 990252

Short Breaks Update for Families with Disabled Children and Young People



BICESTER 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!

DAY: Monday evenings
TIME: 18:30–19:30
LOCATION: Whitelands Farm Sports Ground
Whitelands Way
Bicester
Oxfordshire
OX26 1AJ
TEAM MANAGER: Paul Fellows
WEBSITE: www.bicesterparkfc.co.uk
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07880 557490 (Call, Text or WhatsApp)



For more info, please email - inclusive@bicesterparkfc.co.uk
or call, text or Whatsapp - 07880 557490

Short Breaks Update for Families with Disabled Children and Young People

Bicester



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 mornings 8:45–9:30

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

Contact: Graham Hill **Phone:** 07990 990252

Email: inclusive@bicesterparkfc.co.uk



Email - inclusive@bicesterparkfc.co.uk or call 07990 990252

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

Abingdon



St Edmunds FC New Players Wanted Inclusive Football



Be active Have fun Make new friends Play football

We are a friendly youth football club looking for new players to join our pan-disability football teams (boys & girls). All abilities are welcome!

Days: **Friday Evenings (School Terms)** Time: **6pm-7pm**

Location: **Abingdon United, Northcourt Road, OX14 1PL**

Public Transport: **Boundary House Bus Stop**

Team Manager: **Gemma Samways** Ages: **From 5 to 55+**

Email: **stedmundsinclusive@gmail.com**



Scan this QR code to see our training venue.

For more information about our pan-disability teams, please contact our team manager, Gemma Samways via email.

Email - stedmundsinclusive@gmail.com

Scan QR code to see their training venue.

Short Breaks Update for Families with Disabled Children and Young People

Witney

A poster for the Tower Hill Inclusive Team. It features a collage of photos showing people of various abilities playing football on a grass field. The photos include a woman in a red and blue kit, a man in a red and blue kit, and several children and young adults. The text 'WITNEY ATP MONDAY 6-7PM' is at the top. The Tower Hill Inclusive Team logo is in the top right. The text 'COME AND JOIN US!' is in the center. The title 'TOWER HILL INCLUSIVE TEAM' is in large letters. Below the title, there is a paragraph about the team's aims and a contact information box.

**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

Oxford



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

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

Oxford



Blast off with Comets!

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



Belong



Scan here to see Comets in action!

Time and Date: 13:00, Sunday - next one is on - 14th July

Location: Leys Pools & Leisure Centre, Pegasus Rd, OX4 6JL

Contact: Kirsty Greenough **Phone:** 07803 877016

Email: oxfordblackbirdsdisability@gmail.com



Get in touch to book your first session

For more info - oxfordblackbirdsdisability@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

Henley



YMCA
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

Oxfordshire FA

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



**DOES YOUR CHILD HAVE A DISABILITY?
WOULD THEY LIKE TO PLAY FOOTBALL?**

Weekly inclusive sessions for children aged 5-12 years

Friday Evenings- 18:15-19:30pm

Location - Wendover

**To express interest and book a place,
please complete the online booking form**

<https://forms.gle/RAiuZ7B4F1fb7gVk9>

Booking confirmation and location will be confirmed by email

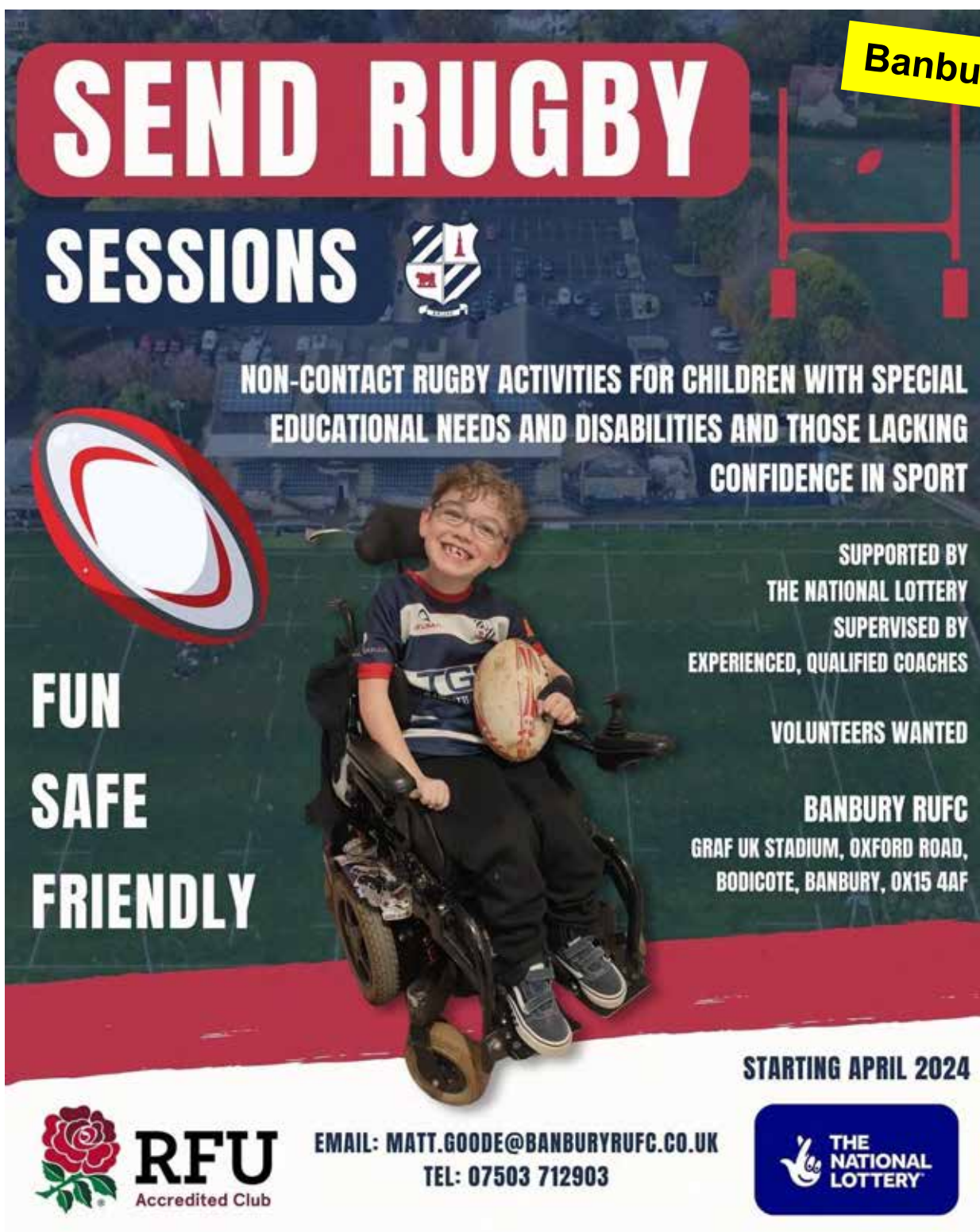
**For more information, please email
chiltern.comets@gmail.com**

**Our Clubs and Berks & Bucks FA are working collaboratively
to provide inclusive junior football in our local community**



These sessions start in September in Wendover, near Aylesbury. If interested or wish to book a place, please complete the online form:- <https://forms.gle/JhHVV9aTVP6cDyB37>

Short Breaks Update for Families with Disabled Children and Young People



SEND RUGBY

SESSIONS


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@BANBURYRUF.C.CO.UK
TEL: 07503 712903

 **THE NATIONAL LOTTERY**

Banbury

For more info, please email Matt Goode -

matt.goode@banburyrufc.co.uk or call on 07503 712903

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

Bicester



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

Wallingford

AND...

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

<https://youtu.be/zgjEuXYuJ74>

Short Breaks Update for Families with Disabled Children and Young People

SEND JUMP SESSIONS

Trial 2nd session added...

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: every 2nd & 4th Sunday of every Month - 3.30pm - 5pm Starting from 14th July

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 **Better UK app** or at better.org.uk/book



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

BETTER

The sessions will run at a reduced capacity and is for children aged over 18 months. Supervision ratio for under 8's apply: 10 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. 277938. Registered office: 1A Abingdon House, The Royal Arsenal, London, SE18 8SL. Island Revenue (Charity) no. 10843358.

Short Breaks Update for Families with Disabled Children and Young People

A colorful poster for 'Speech and Language Therapy with Lesley'. The background is light blue with abstract shapes and a faint image of a child. The text is arranged in a friendly, conversational style with various font sizes and colors. A speech bubble contains a list of conditions supported.

Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time

Every child is unique. I am dedicated to providing personalised and compassionate speech and language therapy for children aged 3-11 years.

Serving private clients in North Hampshire and Oxfordshire

Offering support for children who:

- have speech sound difficulties
- need help understanding spoken language
- struggle to follow instructions
- have limited vocabulary

Take a look at my website for further information:
www.sltwithlesley.co.uk

Contact me to discuss your child on:
07702 490377 or via email:
sltwithlesley@gmail.com

Lesley offers bespoke, tailored speech and language support service for 3-11 year olds in Oxfordshire and North Hampshire.

For more information, please go to the website - <https://sltwithlesley.co.uk/> or contact Lesley via Facebook - <https://www.facebook.com/sltwithlesley>

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

Understand more about sensory needs in children and young people and find useful techniques to help them to manage and self-regulate.



Sensory Processing Workshop

Monday 7th October 2024

7pm - 8pm

Online via Microsoft Teams

£5 (Parents and Professionals welcome)

Please contact Sophie or use link to Microsoft Forms to book.



By popular demand, I am pleased to announce my next online Sensory Workshop will be on Monday 7th October at 7pm. Please contact me for more information - sensoryandmassagetherapy@hotmail.com or use the link below to book a place:-

<https://forms.office.com/r/bECEW2yqGN>

Short Breaks Update for Families with Disabled Children and Young People

Being the Boss

Workshops for Individual Employers and those receiving Direct Payments

A series of FREE online sessions on Zoom delivered by Iggy Patel and Anne Pridmore, supported by Bringing Us Together and Adult Social Care Warriors.

for info and booking email: karen@bringingustogether.org.uk

~~- Understanding how the law works and using the Care Act for maximising your budget -~~

~~Thursday 26th September 2024, 1.00pm to 3.00pm~~

- PA recruitment, interviews, contracts -

Wednesday 30th October 2024, 1.00pm to 3.00pm

- Care planning for main carer/Guardian when they can no longer provide care -

Thursday 28th November 2024, 1.00pm to 3.00pm

- Personal Health Budgets -

Wednesday 29th January 2025, 1.00pm to 3.00pm

- Better working with the local authority - building confidence for meetings and reviews (the 'care net') -

Wednesday 26th February 2025, 1.00pm to 3.00pm

- Staying Well Whilst Being the Boss -

Wednesday 26th March 2025, 1.00pm to 3.00pm

Funded by Skills for Care, our bespoke workshops are designed to provide you with the information, knowledge and confidence to be the best boss whilst taking away some of the burden we all feel.

We will be sharing tips and ideas on looking after yourself whilst being the boss and managing PAs. Workshops are delivered by an experienced team of trainers who are all employers of Direct Payments and active in the world of independent living. We provide a safe place for you to share experiences, learn with others and find solutions.

All workshops are recorded for those unable to make the dates.



ADULT SOCIAL
CARE WARRIORS



Could be useful for those family carers employing or thinking of employing their own PA's.

All workshops are recorded for those unable to make the dates. For further information and booking email: karen@bringingustogether.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Support service for over 18s...

WHO WE ARE

Arise Youth Support is a specialist provider supporting young people 18+ who have been diagnosed with learning disabilities, physical disabilities, and/or Autism Spectrum, to achieve the best outcomes and independence whilst living in their own homes or community-based support.

Our focus is on working with young people who are transitioning into adulthood. Promoting independence, encouraging self-awareness, and building confidence.



WE PROVIDE

care and support
personal care
meal prep
medication
social activities
overnight care
24 live in care
respite care



ACCREDITATIONS



ADDRESS

F111 CHERWELL BUSINESS VILLAGE
SOUTHAM ROAD
BANBURY
OXFORDSHIRE
OX16 2SP

EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

OFFICE LINE

+44 1865 956285

**ARISE
YOUTH
SUPPORT**

CULTIVATING HAPPINESS

Please contact Arise Youth Support direct if you're interested in finding out more about their service - info@ariseyouthsupport.org or visit their website -

What we do – ariseyouthsupport.org

Short Breaks Update for Families with Disabled Children and Young People

FREE Online Parent and Carer Clinics

Autism Central is a new programme, providing high-quality and accessible autism information, education and coaching for families and carers, which is co-delivered by autistic people, families and carers. Aspens is the Regional Hub for Autism Central South East and we are offering FREE 1:1 clinics where parents, carers and family members of autistic people can talk to one of our peer educators.

Our peer educators are family members or carers of autistic people and/or autistic themselves. Peer educators are trained to coach, signpost and share their learning with other parents and carers of autistic people.

Seek advice from someone who is here to listen, offer guidance and tell you about services that are available in your local area.

Tuesdays 10:00-11:30
Wednesdays 16:30-18:00
Fridays 13:30-15:00



To book a clinic please, scan the QR Code or visit
autismcentralsoutheast.aspens.org.uk

Aspens is the Regional Hub for the South East for Autism Central, covering Sussex, Kent, Surrey, Hampshire/IOW, Berkshire, Buckinghamshire and Oxfordshire. This is a new programme, providing high-quality and accessible autism information, education and coaching for families and carers, which is co-delivered by autistic people, families and carers. Autism Central has been commissioned by NHS England's Workforce, Training and Education Team and is delivered nationally by nine not-for-profit organisations.

For more info, please scan QR code above or go to our website:-

www.autismcentralsoutheast.aspens.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



LIVING WELL WITH NEURODIVERGENCE

<https://onhs.autismoxford.com/>



- Do you live in Oxfordshire?
- Are you open to or waiting for a CAMHS Service?
- Do you think your young person is autistic and/or ADHD or have they recently received a diagnosis?

If yes to the above, then this is the service for you and your young person.



Brief 1:1 Advice sessions with one of our team



Workshops for parents



Just for Us peer group for young people



Workshops for young people



Essentials for young People



Parent Support Groups

If you would like to book a session, please complete an enquiry form through the 'Living Well with Neurodivergence' section on our website <https://onhs.autismoxford.com/> or alternatively, contact us at youngpeoplesupport@autismoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Be Free young Carers is an Oxfordshire based charity.

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

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

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

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

If you feel that your child or young person is a young carer please get in touch via our website, www.befreeyc.org.uk, 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/>

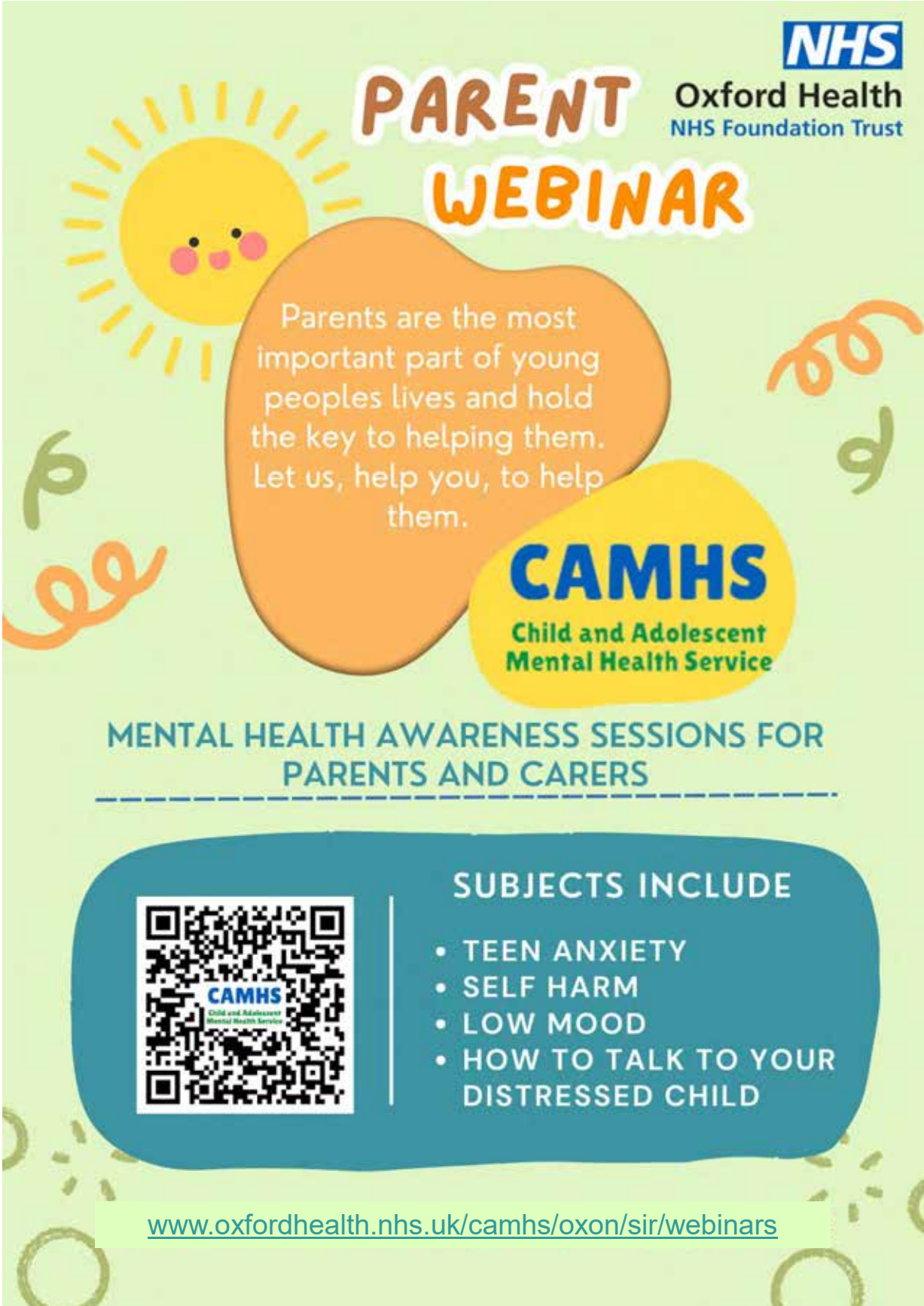
If you have any questions get in touch with siblingsandyoungcarers@sense.org.uk

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

A colorful poster for a parent webinar. At the top left is a smiling sun with a face. The background is light green with orange and yellow abstract shapes. The NHS logo is in the top right corner. The text 'PARENT WEBINAR' is in large, bold, orange letters. Below it, a quote in white text on an orange cloud shape says: 'Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.' To the right of the quote is the CAMHS logo, which includes the text 'CAMHS' in large blue letters and 'Child and Adolescent Mental Health Service' in smaller green letters below it. Below the quote, the text 'MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS' is written in blue. A dashed line separates this from a blue rounded rectangle at the bottom. Inside this rectangle, on the left, is a QR code with the CAMHS logo overlaid. To the right of the QR code, the text 'SUBJECTS INCLUDE' is followed by a bulleted list: 'TEEN ANXIETY', 'SELF HARM', 'LOW MOOD', and 'HOW TO TALK TO YOUR DISTRESSED CHILD'. At the very bottom of the poster, the website address 'www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars' is written in blue.

NHS
Oxford Health
NHS Foundation Trust

PARENT WEBINAR

Parents are the most important part of young peoples 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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People

For teaching & support staff...



Accredited ADHD Programmes

Our Accredited ADHD Programmes (for Primary School Aged Children and Secondary School Aged Children) are designed to empower Teachers and educational Support Staff with recognising and supporting school aged children within their school/education settings before, during and after an ADHD diagnosis.

Our programme doesn't just target the behaviour but offers in-depth knowledge on strategies for implementing change within the classroom. £99 per delegate.

Programme Summary:

- **Understanding ADHD** (symptoms, neurobiology and common misconceptions)
- **Recognising ADHD in the Classroom** (identifying symptoms, differences in gender, comorbid conditions)
- **Strategies for instruction** (adapting teaching methods, lesson planning, classroom management techniques)
- **Behavioural Interventions** (positive reinforcement, behaviour modification strategies, collaborative problem solving)
- **Academic Supports and Accommodations** (individualised supports, accommodations, organisational skills)
- **Social and Emotional Support** (fostering social skills, emotional regulation, building self-esteem)
- **Communication with Parents** (building partnerships, providing resources, engaging in the educational process)

For Primary School Aged Children:



For Secondary & Post-16 Aged Children:



www.theautismtrainingnetwork.com

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



All in-person courses
at OCVA offices

October 2024

Volunteering Good Practice & the Law

An essential session for those responsible for managing volunteers.

This informative and engaging workshop will highlight the key areas to be aware of regarding legal issues, good practice in volunteering and tips to make sure you are adhering to your responsibilities in protecting volunteer's rights.

This course is a basic introduction to volunteering and the law. The session will help you to clarify the legal position in relation to volunteers. How do you ensure that you are supporting and developing volunteers while avoiding the risk of creating contracts and falling foul of employment law?

Wednesday 2nd October (3 hours). 10.00am - 1.00pm; £40 - £70.

Microsoft Excel Intermediate

Do you want to develop your Microsoft Excel skills? This course is ideal for those with some Excel knowledge as it covers all the basic elements of Excel in a practical, hands on format, allowing you time to practice the techniques in the session. This interactive and practical course introduces participants to the advanced techniques and how these can be used to enhance your work.

This 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.

Tuesday 8th October (3 hours). 9.45am - 12.45pm; £40 - £70.

How to be a Good Trustee

This course is for new trustees, those thinking about joining a board or existing board members wanting a refresher and update. It aims to provide an overview of the key things you need to know as a trustee. The session will equip you with the knowledge of your responsibilities as a trustee and confidence to know where to go to find out more after the course.

The course covers the role of individual trustees and the nature of their collective responsibility, plus some practical tips about how to be effective and add value to the board. There will also be a chance to find out more about some of the latest developments in the sector.

Tuesday 15th October (2.75 hours). 9.45am - 12.30pm; £50 - £80.

More information and bookings taken on the OCVA website - [OCVA - current courses](#)

training@ocva.org.uk or call 01865 251946