

Short Breaks Update for Families with Disabled Children and Young People

3 of 4



Includes information about various groups, research opportunities, training events, webinars, therapies and support.

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

Did you know there's a voice for
SEND parent carers in Oxfordshire?



WHO ARE WE?

A dedicated group of parent carers of children and young people with Special Educational Needs and disabilities.

WHAT DO WE DO?

As an independent group, we gather the lived experiences of families in Oxfordshire. We share this feedback with the local authority, education settings, and health providers. The forum aims to help your voice be used to shape and improve services in Oxfordshire, to better meet the needs of children and young people with SEND and their families.



HOW CAN YOU GET INVOLVED?

Sign up to our mailing list: bit.ly/OXPCF

Relevant news and events, updates on our work, and opportunities for feedback and participation - for parent carers and professionals

Join our SEND Room: facebook.com/groups/oxsendroom

A private peer support group on Facebook to connect with other parent carers

Volunteer: oxpcf.org.uk/volunteer

A range of opportunities to make a real impact for SEND families in Oxfordshire

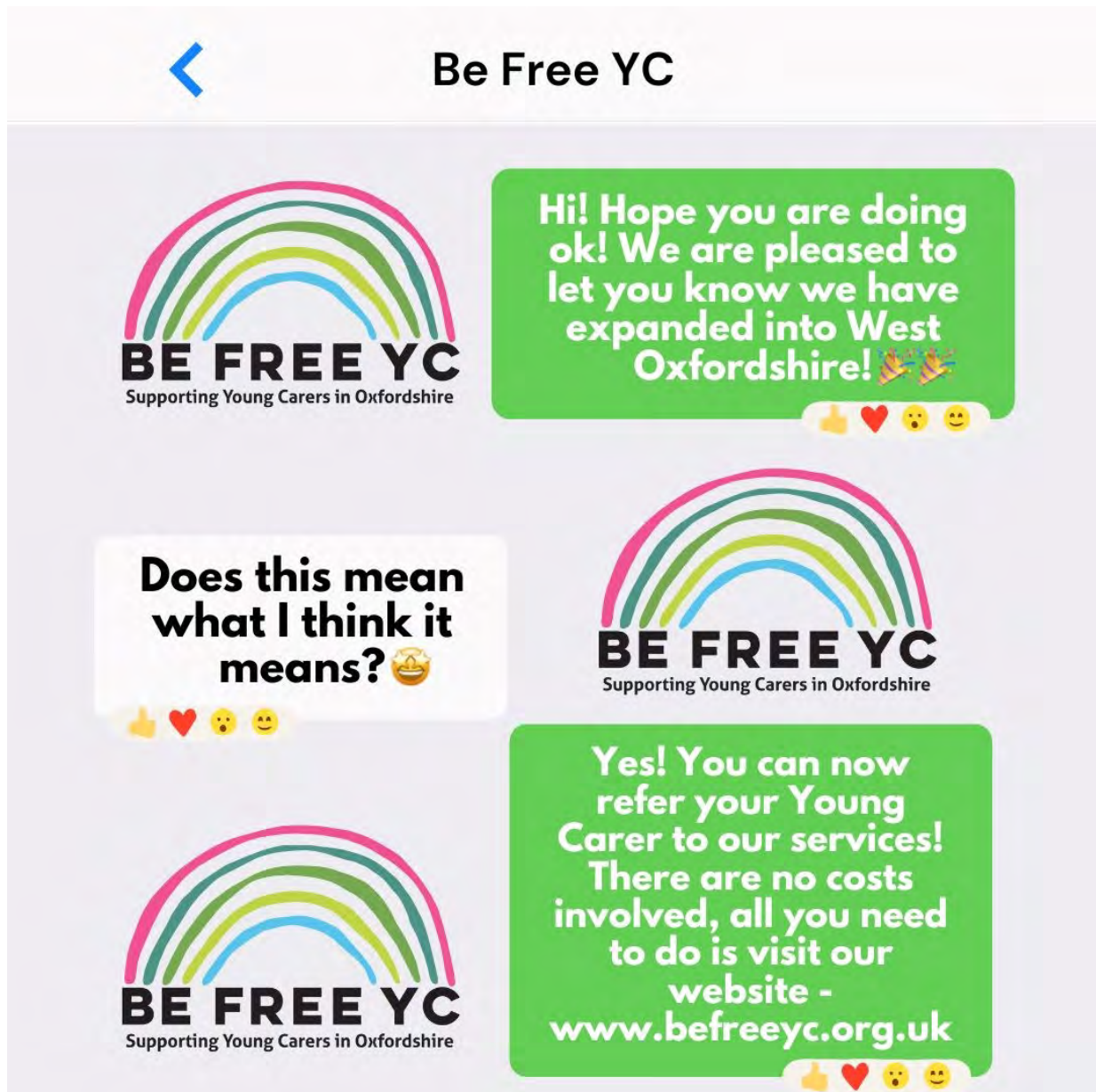
Connect:  oxpcf.org.uk  bit.ly/whatsapp-oxpcf  [/ox_parentcarers_forum](https://www.instagram.com/ox_parentcarers_forum)
 [/oxpcf](https://www.facebook.com/oxpcf)  [/company/oxfordshire-parent-carers-forum](https://www.linkedin.com/company/oxfordshire-parent-carers-forum)



TOGETHER EVERYONE ACHIEVES MORE

Mailing list – www.bit.ly/OXPCF Website – www.oxpcf.org.uk
WhatsApp – www.bitly.whatsapp-oxpcf Facebook – www.facebook.com/oxpcf
Instagram – www.instagram.com/ox_parentcarers_forum
SEND Room – www.facebook.com/groups/oxsendroom
Volunteer – www.oxpcf.org.uk/volunteer

Short Breaks Update for Families with Disabled Children and Young People



Be Free Young Carers supports young people aged between 8-17 years old, with caring responsibilities. We offer FREE respite trips in the school holidays to theme parks and trampoline parks as well as many other exciting places. We also provide a bespoke befriending service, 121 emotional support, counselling and more! Do you know a young carer? Do you think our services can help you and your family? To register a young carer in West Oxfordshire, please head over to our website and fill out a referral form - <https://befreeyc.org.uk/>

Need more info? Contact our West Oxfordshire YC Youth Workers Carly & Tabitha at westox@befreeyc.org.uk

Short Breaks Update for Families with Disabled Children and Young People



BICESTER AUTISM

Magical Minds
✨ Magical Minds ✨
A safe, welcoming space for SEN families to come together, share, and connect.
✿ Meet others who get it
😊 Build friendships
💛 Feel supported

Teen Sessions
Looking for a fun, relaxed space to hang out, make friends, and be yourself? Join us for an evening of gaming, crafting, and chill time. Whether you love video games, creative crafts, or just chatting with like-minded people, we've got something for you. Bring your ideas, your hobbies most importantly, yourself! 💙

SENshine
Parenting a child with ASD, ADHD or other additional needs can be rewarding - but it can also be exhausting. This evening is just for YOU. Come and relax with others who truly understand your journey. No need to explain, no judgement - just friendly conversation, shared experiences, and a supportive space.

Rainbow Tots
🌈👶 Rainbow Tots - Stay & Play 🌈👶
A friendly space for preschool children with additional needs and their parents.
✨ Play, explore & make friends
✨ Connect with parents who get it
✨ Share tips & support over a cuppa

Bright Minds
💡 Bright Minds - A friendly space for school-age children who don't attend school due to SEN.
✨ Play, learn & connect at your own pace
✨ Meet like-minded families
✨ Be accepted just as you are

Stepping Stones
☕ & Chat - Life After School
For parents of adults with SEN, navigating the move into adulthood can bring both challenges and joys. Join us for a relaxed morning to:
✨ Share experiences
✨ Swap ideas & advice
✨ Connect with others who understand

SEN Hub
💡 Our SEN Hub - Drop-In Support 💡
A friendly, safe space for parents to get personalised advice and guidance. Book a 1:1 session with Bicester Autism or a professional from the SEN world. Whether you need practical support, information, or just someone to listen - we're here for you.e

Made with PosterMyWall.com

Groups on offer from [Bicester Autism/ADHD Members Only Chat group](#).

If you live in the Bicester or surrounding area, feel free to join. All information needed is on our Facebook page - <https://www.facebook.com/groups/508705116127966>

Short Breaks Update for Families with Disabled Children and Young People



HELP US TO AIM HIGH

Ambition starts with you: can you be a part of Aim RDA's continued progress and success?

VOLUNTEER We are always looking for volunteers aged 14+, no experience required: just passion

FUNDRAISE We would love to become your next worthy cause: every £ makes a difference

DONATE Visit our Crowdfunder at bit.ly/aimgroupnda

PARTICIPATE Aim RDA considers participant applications from disabled people aged 8+

STAY IN TOUCH

- bit.ly/aimgroupnda
- [@aimgroupnda](https://www.instagram.com/aimgroupnda)
- [@aim_rda](https://www.instagram.com/aim_rda)
- www.aimrda.co.uk
- trustees@aimrda.co.uk

AIM RDA

Connecting disabled people in Berkshire, Wiltshire and Oxfordshire with horses, opportunity, and life-changing support

A MEMBER GROUP OF THE RIDING FOR THE DISABLED ASSOCIATION (RDAUK)



WHO ARE WE?

Aim RDA is a member group of the Riding for the Disabled Association (RDA), founded in 2024 by a group of passionate, experienced volunteers. We are named after our core values of "ability, independence, motivation", which are present in all of our accessible equestrian activities.

WHO ARE WE FOR?

Aim RDA works with disabled participants aged 8+, with no upper age limit. We prioritise those who would otherwise struggle to access mainstream riding provision. Our approach is participant-focused, empowering and progressive: RDA can be so much more than most people realise.

WHERE ARE WE?

Shrivenham Equestrian Centre, SN6 8LA: Wednesday evenings & Sunday afternoons (coming 2025)
Lambourn RDA, RG17 0TJ: Friday daytime (unmounted sessions only) & Saturday afternoons

WHAT DO WE DO?

Aim RDA connects disabled participants with horses, through accessible riding and unmounted equine-assisted activities. Our sessions are as diverse as our participants, and range from therapeutic to technical and competitive. Riding and spending time with horses can provide unmatched, life-changing benefits to mental and physical well-being, social, motor, and coordination skills. We have experience of a diverse range of disabilities. RDA's motto is "it's what you can do that counts". Aim RDA wants to "make it count" for every participant in its family.



AIM GROUP RDA IS A REGISTERED CHARITY NO. 1208952 WWW.AIMRDA.CO.UK

Find out more about us today www.aimrda.co.uk

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



BIG FISH PROJECT

A THERAPEUTIC CARE FARM

Big Fish Project is based in Abberley Farm, Alvescot. We are a care farm, providing therapeutic placements, farm-based activities and work experience for people from 10 years old to adults, including those with learning disabilities, autism, ADHD, SEND and mental health challenges.

We are open Mondays, Tuesdays and Fridays from 9 AM to 3 PM and offer bespoke sessions, from one hour to full-day experiences.

We offer both one-off and regular placements.

For more information visit www.bigfishproject.com call or text 0750 302 6679 email info@bigfishproject.com

**Email - info@bigfishproject.com; Text - 0750 302 6679
Web - www.bigfishproject.com**

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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



Low cost and free activities for families to enjoy together!

Enjoy a fantastic range of activities, including

- Swimming
- Badminton
- Activity packs
- Stay and Play sessions
- Soft Play
- Children's holiday activities & so much more!

Find out more here:



YOU MOVE

YouMove is here to offer free and low cost activities for children 0-17 and their families on benefit related free school meals or Universal Credit, refugee children, young carers, and children supported by early help services.

If you are a family with 0-18 year olds and are in receipt of benefits related free school meals, Personal Independence Payment, Universal Credit or have Strength and Needs assessment or are young carers or refugees...you can apply for a YouMove card. To find out more or apply, contact your local Activator today:-

Oxford City - Ben 07485 311346


Cherwell - Harry—01295 221980

West Oxfordshire - Nicole 01993 861570

Vale of White Horse - Marc 07801 203571

South Oxfordshire - Kayleigh 07717 225679




Short Breaks Update for Families with Disabled Children and Young People



Free Audiobooks for kids

who struggle to read as a result of:


- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions

Free Audiobooks for under 25s

who struggle to read as a result of:

- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions



Calibre Audio is a charity registered in England and Wales (286614) and Scotland (SC051461).



Calibre Audio offers a lifetime of free audiobooks for those under 25 who struggle with reading printed materials.

BENEFITS OF AUDIOBOOKS:

- Improve reading and comprehension skills
- Boost confidence
- Increase enjoyment in reading
- Support emotional intelligence and mental wellbeing
- Develop a life-long love of reading

MEMBERSHIP INCLUDES:

- Free and unlimited access to thousands of new and classic titles
- Educational texts covering Key Stage 1-4, GCSE and A-Level
- Listen anywhere via download, streaming and Alexa
- New titles added every week



@calibreaudio

calibreaudio.org.uk



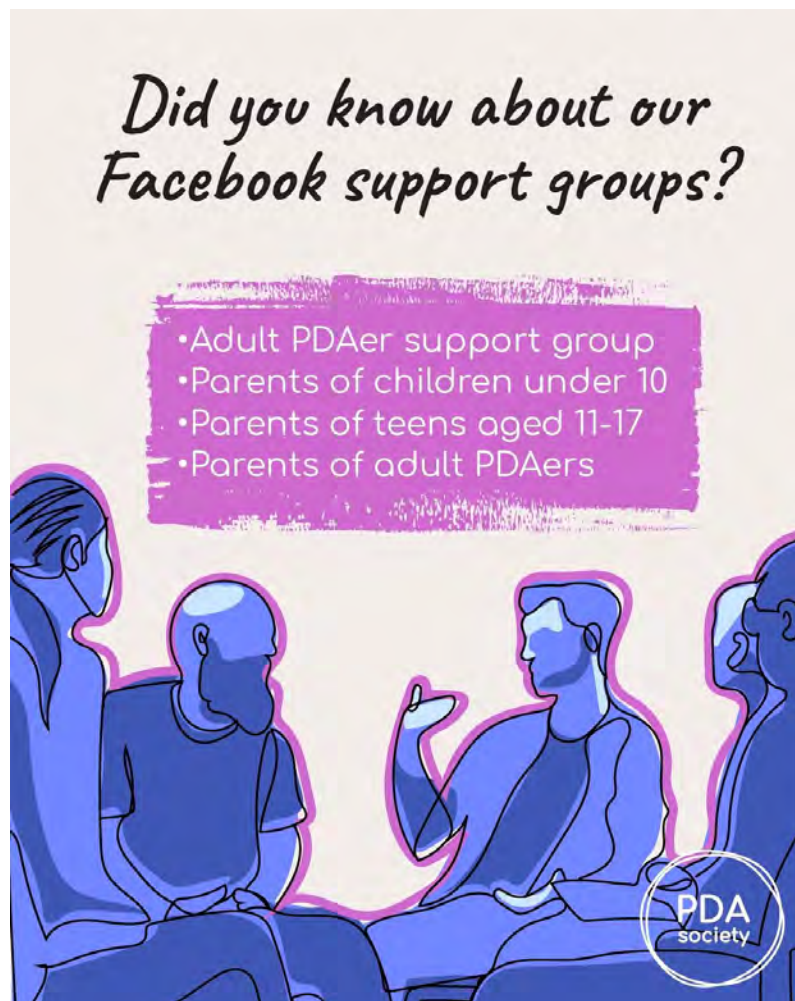
Calibre Audio is a charity registered in England, Wales (286614) and Scotland (SC051461)

National charity, **Calibre Audio** offer free audiobook memberships to children and young adults (0-25 years) with SEND giving them unlimited access to over 18,000 titles. We believe that everyone deserves to enjoy a good book, but we know not everyone enjoys reading, and our audiobook service aims to make books accessible to all.

The charity is on a mission to encourage as many eligible young people as possible to join and use audiobooks to support their education and relaxation. The collection is full of leading contemporary children's authors, including Michael Morpurgo, Jacqueline Wilson, J.K Rowling, Malorie Blackman, David Walliams, Phillip Pullman – as well as classics. Calibre also ensures titles that support the GCSE, A Level and PSHE national curriculum are available.

Calibre Audio supports anyone with a print disability, that is any special educational need, health condition or disability that impacts on the ability to read print. No referral is needed, and no medical evidence is required to create a membership. Find out more about membership by visiting

Short Breaks Update for Families with Disabled Children and Young People



Our Facebook support groups are a safe space to connect with likeminded people. Whether you're looking to chat with others who understand, or just want to listen and learn, you're very welcome to join us.

Adult PDAers: <https://ow.ly/gIAK50WPCE3>

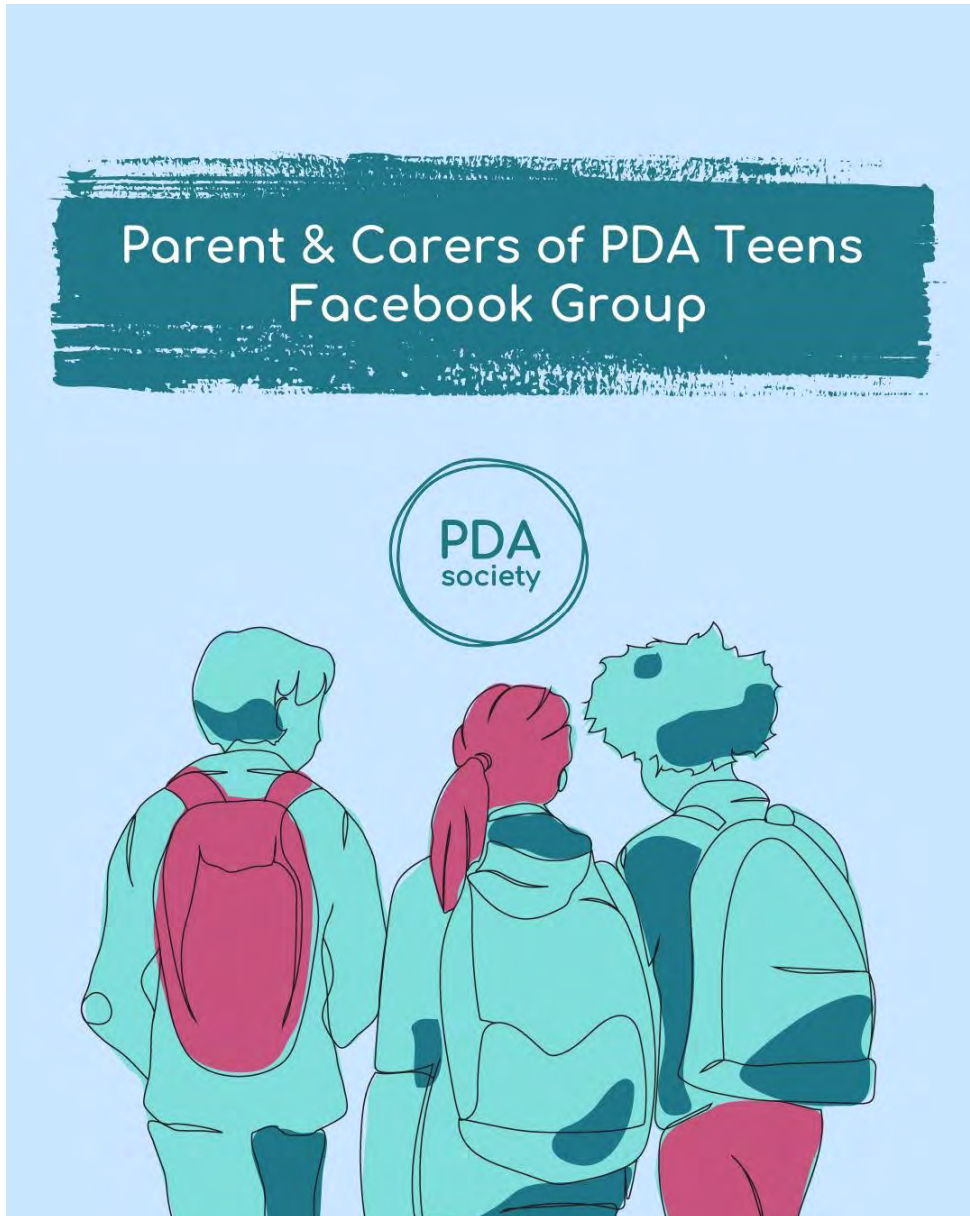
Parents of children up to 10: <https://ow.ly/M7hO50WPCCY>

Parents of teens: <https://ow.ly/mOKn50WPCCW>

Carers of PDA adults: <https://ow.ly/Yfyt50WPCE1>

Short Breaks Update for Families with Disabled Children and Young People

Parent & Carers of PDA Teens Facebook Group

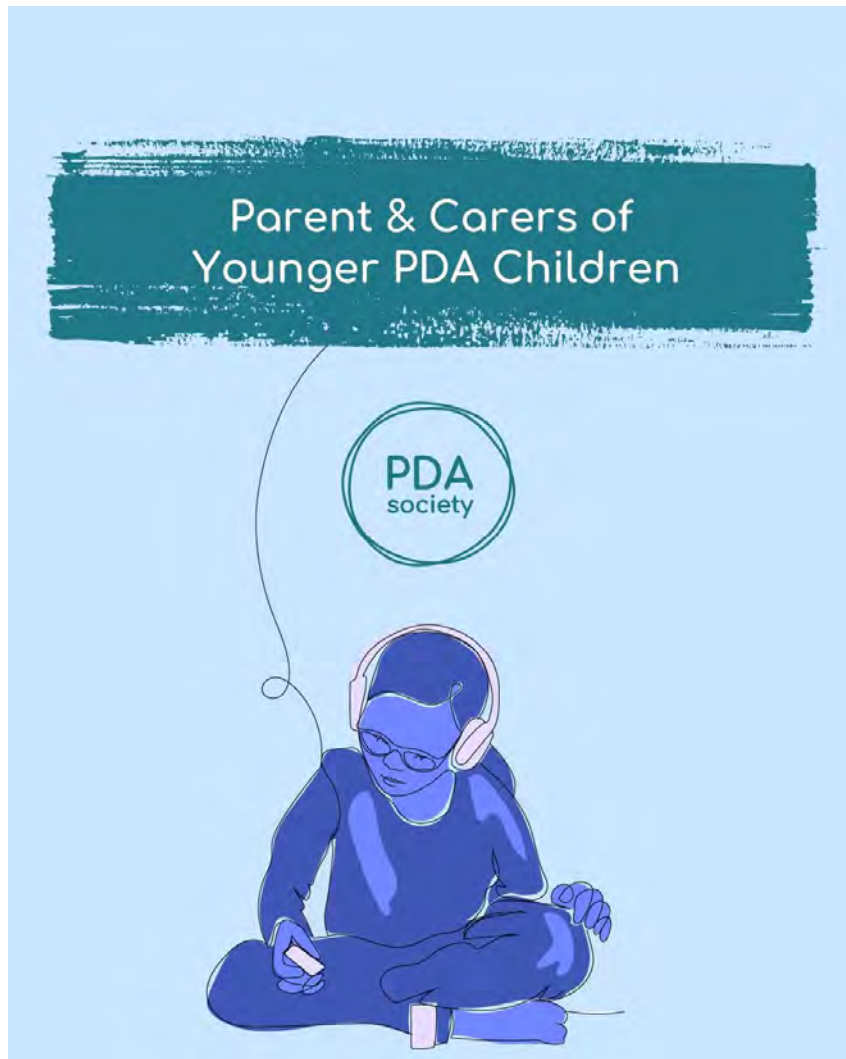


This is a safe, supportive space to connect with others, share experiences, offer peer-to-peer support and exchange helpful information. The group is private, which means only members can see what's posted, helping to keep things safer and more personal. Whether you're looking to connect with others who understand, or just want to listen and learn, you're very welcome to join us.

You can join the group here: <https://ow.ly/Rv9550WihYq>

If you'd prefer individualised support, you can always contact our Support Service team:-
<https://ow.ly/vr5w50WihYt>

Short Breaks Update for Families with Disabled Children and Young People



We're excited to launch a new Facebook group for parents and carers of younger children (age 10 & under) who experience PDA and demand avoidance. This is a safe, supportive space to connect with others, share experiences, offer peer-to-peer support and exchange helpful information. The group is private, which means only members can see what's posted, helping to keep things safer and more personal.

Whether you're looking to connect with others who understand, or just want to listen and learn, you're very welcome to join us.

You can join the group here: <https://ow.ly/FPho50WlsgN>

If you'd prefer individualised support, you can always contact our Support Service team: <https://ow.ly/owcN50WlsgM>

Short Breaks Update for Families with Disabled Children and Young People



Do you want a job?

If you are 18 years or over and have a disability or a long-term health condition, looking for employment, then we could support you to gain employment.

What we can do:

- Find out what type of job you might like to do.
- Find out what skills and abilities you have that employers need.
- Work with you to write your CV and apply for jobs.
- Help you to prepare and practice for interviews.
- Talk to employers about your needs and give them training around how they can support you at work.
- Support you to learn and develop the skills you need in your new job.
- Support you with travel.
- Help you to access support with managing your earnings and benefits.
- Work with you to solve any problems you may have at work.



To find out more contact us on:

T: 01865 815 809

E: OxfordshireEmploymentService@Oxfordshire.gov.uk



To find out more, please contact us on - 01865 815809 or email us on

oxfordshireemploymentservice@oxfordshire.gov.uk

Short Breaks Update for Families with Disabled Children and Young People



LSE

Oxfordshire Local Supported Employment

Do you want a job?

If you are a person with a learning disability or autism, looking for work, then we can help you!

What we can do:

- Find out what type of job you might like to do.
- Find out what skills and abilities you have that employers need.
- Work with you to write your CV and apply for jobs.
- Help you to prepare and practice for interviews.
- Talk to employers about your needs and give them training around how they can support you at work.
- Support you to learn and develop the skills you need in your new job.
- Support you with travel.
- Help you to access support with managing your earnings and benefits.
- Work with you to solve any problems you may have at work.



To find out more contact us on:

T: 01865 815 809

E: OxfordshireEmploymentService@Oxfordshire.gov.uk



base



Department
for Work &
Pensions



**OXFORDSHIRE
COUNTY COUNCIL**

To find out more, please contact us on - 01865 815809 or email us on

oxfordshireemploymentservice@oxfordshire.gov.uk

Short Breaks Update for Families with Disabled Children and Young People

PARTICIPANTS NEEDED!

Investigating Sensory Reactivity in Autistic Preschoolers (SNAP)



We are looking for parents of autistic children to take part in our research project investigating sensory differences, development and mental health in children.

This study aims to further understand the processes involved in children's engagement with the sensory environment and the relationship between this and their development.



What will the study involve?

Participation will involve completing online questionnaires and interviews. Your child will complete interactive game like tests with a member of the research team. Two tablet games, and sensor tasks while we measure their brain activity with non-invasive and pain free brain imaging device electroencephalogram (EEG). The visit will take around 4-5 hours total, including breaks between tasks.

The study has been reviewed and approved by the University of Reading ethics committee.

Interested?

To express interest or questions/queries please contact a member of the research team

Zelal Gulbahce
z.gulbahce@reading.ac.uk

Who can participate?

We are looking for parents of children aged 3 to 6 years and 11 months with or awaiting a diagnosis of autism.

What will you receive?

You will receive a £50 amazon voucher for your involvement. Your child will also receive a gift (sensory toy) for their participation.

Study Location

Centre for Integrative Neuroscience and Neurodynamics
School of Psychology and Clinical Language Sciences

University of Reading
Reading, Berkshire RG6 6AL

+

School of Psychology and Clinical Language Sciences **Harry Pitt Building University of Reading Earley Gate Reading RG6 6ES**

If you would like to take part or have any questions, email Zelal Gulbahce on z.gulbahce@reading.ac.uk

Short Breaks Update for Families with Disabled Children and Young People

Volunteers Needed!

- ✓ Are you the parent or guardian of a child who is 11-17 years old?
- ✓ Does your child have autism?
- ✓ Does your child also have tics?
- ✓ Do you think they would be interested in being part of a research study?

What are we looking at?

We would like to understand the experience of the **Tic Signal (or 'the feeling before a tic')** for autistic young people with Tourette syndrome or a chronic tic disorder.



What will it involve?

You will be asked to complete questionnaires online. This will take about **10 minutes**.

Your child will also be asked to complete questionnaires online. This will take about **10 minutes**. You can help them with this.

I'm interested?

If you are interested in taking part please:

- scan the QR code or
- follow the link (link below)



https://psychiatryoxford.qualtrics.com/jfe/form/SV_72LKvE7SOkJoRxA

Please email Sophie Clegg if you have any questions on sophie.clegg@worc.ox.ac.uk



Oxford Institute of Clinical Psychology Training and Research

Full study title: Does the Premonitory Urge differ in those with Chronic Tic Disorder with and without Autism and is this related to Interoception?

Central University Research Ethics Committee (CUREC) Reference: MS IDREC 599679
Recruitment Poster version 1.0_final

Interested? Find out more here:

https://psychiatryoxford.qualtrics.com/jfe/form/SV_72LKvE7SQkJoRxA?

Short Breaks Update for Families with Disabled Children and Young People



CUREC Ethics REF: MS IDREC 1722973

Project Title: Character Strengths in Autistic Young People:

A Zine-Making Workshop Study

Version 1.0 Sept 2025

EXPLORE YOUR STRENGTHS THROUGH **Z**INE-MAKING!

We are looking for **AUTISTIC YOUNG PEOPLE AGED 12-21** to help us explore and **celebrate strengths through ZINE-MAKING** - a fun, creative way to tell your story.

In small groups of up to 5 young people, you will each:



Join an **in-person workshop** (3 hours) to talk about how Autism is shown on TV/Films/Media, and explore STRENGTHS and ZINE-MAKING.



Chat to us individually (online or at University of Oxford, 60 minutes) to explore your OWN STRENGTHS.



Join a second **in-person workshop** (3 hours) to create ZINES and showcase your STRENGTHS!



Complete **online questionnaires** (20 minutes) before Workshop 1 and after Workshop 2.



Receive a **gift voucher** to say thank you!

WATCH A VIDEO ABOUT ZINE-MAKING HERE



REGISTER HERE



Link: <https://t.ly/F2mc9>

Any Questions?
Email Dr. Jledi Lei
jledi.lei@psych.ox.ac.uk

Learn more about the study - watch this short video:-


<https://drive.google.com/.../11HbM9oPI62ARUNs0Ney.../view...>

More information about Zines - https://youtu.be/AAyYHMldD_0?feature=shared

Register your interest at - https://oxfordxpsy.az1.qualtrics.com/.../SV_bQM3lO2c8CNdWjs

Short Breaks Update for Families with Disabled Children and Young People

Open for input
until 2026



Care on the move

How can we better understand everyday journeys for children with SEND?

Are you a family in Oxford or Swindon with children aged 4-11 who have special educational needs or disabilities (SEND)?

Take part in this new research project and help us shape the conversation.




Choose your preferred involvement from:

- Interview
- Keeping a diary
- Group workshop

[Find out More](#)

Contact:
careonthemove@ouce.ox.ac.uk
07874 944 294

Research approved by the University of Oxford Central University Research Ethics Committee (Reference no RB3467/RE001)



Please contact careonthemove@ouce.ox.ac.uk if you would like more information or wish to participate.

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

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

Short Breaks Update for Families with Disabled Children and Young People



Volunteering Good Practice and 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.

Wednesday 4th February (3 hours). 10.00am - 1.00pm; £40-70

Introduction to Excel

This interactive course introduces beginners to the Microsoft Excel software and explains how it can be used to enhance your work. It is ideal for learners and refreshers as it covers all the basic elements of Excel in a practical, hands-on format.

Thursday 12th February (3 hours). 10.00am - 1.00pm; £40-70

Disability Awareness Training

The Disability Awareness Training is a full-day workshop offering practical insights into the realities of living with severe disabilities. It is open to all and equips attendees with knowledge and understanding of different types of disability and its impact and how to better support individuals with disabilities in everyday life.

Wednesday 4th March (6 hours). 10.00am - 4.00pm; £100-130

Fire Marshalling Course

The Fire Marshal course is specifically designed for anyone who has a specific responsibility for fire safety in the workplace, such as designated fire wardens/fire marshals. Delegates will learn about causes and effects of fires, as well as how to prevent their spread and implement necessary emergency procedures.

Wednesday 11th March (3 hours). 10.00am - 1.00pm; £75-105

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!

Wednesday 25th March (3 hours). 10.00am - 1.00pm; £40-70

**These courses will run in-person at The Source (OX1 1SS)
located next door to OCVA's offices in Oxford.**

We deliver a variety of training courses online and in-person to those working in the community and voluntary sector. More information and bookings taken on the OCVA website - [OCVA - current courses](#)

training@ocva.org.uk or call 01865 251946

Short Breaks Update for Families with Disabled Children and Young People

**** For teachers/professionals in education ****

Sibs talk

Training for primary schools

Support your pupils who have a **brother or sister** with Special Educational Needs and Disabilities (SEND).

Join our **online training** and discover how to deliver **Sibs talk**, a one-to-one support intervention for pupils in Key Stage 2.

Visit our website for training dates and to make a booking.

Sibs



[sibs.org.uk/SibsTalkTraining](https://www.sibs.org.uk/SibsTalkTraining) ✨



Next date - 2nd February 2026

<https://www.sibs.org.uk/sibs-workshops-and-training/sibs-talk-primary-school-intervention-open-training>

PDA for Parents & Carers

3rd & 10th Feb 2026
6.45pm - 9.30pm
Online

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings



You can book today through the PDA Training Hub:-

<https://ow.ly/agIC50XMBeg>

Short Breaks Update for Families with Disabled Children and Young People



CARTERTON SEND EVENT

Join us for a relaxed, supportive drop-in session:

Tuesday 3rd February
11:00am - 1:00pm
Brownes Hall
Alvescot Rd, Carterton OX18 3JH



**OCC SEND Improvement
Strategic Communications &
Engagement Session**

Rachel Edwards from Children, Education & Families at Oxfordshire County Council will join to speak with parent carers and hear about their lived experiences.

This drop-in session will offer an opportunity to share experiences that can help inform Oxfordshire County Councils's SEND communications and engagement with parent carers.

Rachel Edwards from Children, Education & Families at OCC will join to speak with parent carers and hear about their lived experiences. Pop in for a warm drink and a biscuit or two.

If you need further information or support to attend, please email info@oxpcf.org.uk

Short Breaks Update for Families with Disabled Children and Young People

DLA DID YOU KNOW?

IT'S NOT MEANS TESTED & YOU CAN GET THIS BENEFIT EVEN IF YOU'RE IN RECEIPT OF OTHER BENEFITS

YOUR CHILD DOES NOT NEED A DIAGNOSIS

CERTAIN ELEMENTS OF DLA APPLY FROM BIRTH DEPENDING ON THE ILLNESS/ DISABILITY



IT CAN BE PAID FOR ILLNESS OR DISABILITY THAT IS PHYSICAL, MENTAL OR BEHAVIOURAL

IT'S FOR CHILDREN WHO HAVE DIFFICULTIES WALKING OR NEEDS MUCH MORE LOOKING AFTER THAN A CHILD OF THE SAME AGE WHO DOES NOT HAVE A DISABILITY

DESIGNED BY SUNSHINE SUPPORT
Using information from gov.uk
www.sunshine-support.org

Our brilliant Alyson Collins, ALN Consultant here at Sunshine Support, will guide you through:-

- What DLA and PIP actually are
- Who can claim and how to apply
- What evidence helps your case
- Common mistakes and how to avoid them

DLA & PIP Webinar - 10th February | 8pm Online

Book your place here: <https://www.eventbrite.com/e/1848269496819>

This session could make all the difference - to your finances, your stress levels, and your family's quality of life. Don't miss it.

Short Breaks Update for Families with Disabled Children and Young People



ADHD

A talk by
Blanka Kellermayer

**Why Parenting a Child with
ADHD Feels So Hard - and What
Actually Helps.**

Thursday 19th February 2.30 - 3.30pm
Wantage Library



This introductory talk by Blanka Kellermayer, PhD, peaceful parenting coach, will help parents and carers better understand ADHD and why everyday situations can feel so challenging at home. Blanka will explain what's happening for children with ADHD, why some common approaches don't work, and share practical ways to support behaviour and emotional regulation more effectively.

**** This talk is FREE but booking is essential ****

Please contact Wantage Library by phone - 01865 815197
or email: wantage.library@oxfordshire.gov.uk

Short Breaks Update for Families with Disabled Children and Young People



AUTISM
FAMILY
SUPPORT
OXFORDSHIRE

ONLINE SESSION
FOR PARENTS/CARERS



Safety planning

Reducing risks of self-harm and suicide



**NAI'S
HOUSE**

Guest speaker:
Amber, Nai's House

24th Feb
12:00 -
1:30pm

To book your FREE place visit
bookwhen.com/afsoqanda

AFSO are delighted to welcome Amber Knewman from Nai's house to their next Q&A session and will be looking at:

What are the signs to look for?

What services can support us?

How can I support an autistic young person with self-harming?

This is a great opportunity for parents and carers to learn about self-harm, ask questions, and understand ways to support your young person.

Book via: <https://bookwhen.com/afsoqanda>

Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE
PARENT CARERS FORUM
A Voice for Parent Carers in Oxfordshire

CAMHS
Child and Adolescent
Mental Health Service

CAMHS WEBINAR SERIES

All webinars: **Wednesdays** | 12:00-1:30 PM

To register for a webinar visit: <https://oxpcf.org.uk/webinars>

Upcoming webinars...

25 February 2026

**Understanding, preventing, and supporting
meltdowns**

25 March 2026

**Support in the community for young adults
(post-18)**

These sessions, presented in partnership with CAMHS, aim to provide insights, expert guidance, and discussions on key topics related to SEND.

To learn more or register for a webinar please visit: oxpcf.org.uk/webinars

All webinars are on Microsoft Teams. To find out more or to sign up for a webinar, please visit www.oxpcf.org.uk/webinars

Short Breaks Update for Families with Disabled Children and Young People



**ONLINE SESSION
FOR PARENTS/CARERS**

“What I've learnt about ADHD

**through many years of Parenting,
Coaching & Support groups**”

ADHD Oxfordshire
Understanding & Support

Guest speaker: Mary,
ADHD Oxfordshire

**5th Mar
12:00 -
1:30pm**

To book your FREE place visit
bookwhen.com/afsoqanda

We're delighted to welcome Mary Austin from ADHD Oxfordshire to our March Q&A session. We will be looking at:-

What is happening in an ADHD brain?

What services can support us?

How can I support a young person with ADHD?

This is a great opportunity for parents and carers to learn about ADHD, ask questions, and understand ways to support your young person.

Book via: <https://bookwhen.com/afsoqanda>

Short Breaks Update for Families with Disabled Children and Young People



📢 APPLYING FOR AN EHCNA 📢

SENDIASS Oxfordshire's next online information session covering everything you need to know about applying for an Education, Health and Care Needs assessment (EHCNa) will be held on:-


Wednesday 18th March, from 12:00 – 1:30pm.

Please email sendiass@oxfordshire.gov.uk to register!

This is a FREE session but you do need to book.

Information and guidance, along with our form to access support can be found on the SENDIASS website: <https://www.sendiass-oxfordshire.org.uk>

Short Breaks Update for Families with Disabled Children and Young People



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

No webinars currently listed but there's lots of advice on the website - link below...

[Resources for parents and carers | Oxford Health CAMHS](#)

Short Breaks Update for Families with Disabled Children and Young People



Online Course and Live Workshop



**** Next course starts 2nd Feb ****

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



- 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



- Level 2**
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
 - Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
 - Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
 - Research Support for Signs and Symbol Use
 - Makaton Symbols Design Themes
 - Teaching Procedures
 - Signing for Comprehension and Expression
 - Practical Applications of Makaton
 - Sequencing Events
 - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 3**
- 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



- 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

Bright Journeys SEND Advocacy - SEND & EHCP support



Join our private Facebook support group for parents and carers of children with SEND.

Connect with others, ask questions, and find guidance on topics like SEN support, EHCPs, transport and more.

Peer support and free general guidance from an independent SEND advocate are available.*

Join us! ❤️

Search for Bright Journeys SEND Advocacy on Facebook and request to join the group.

*There is also an option of bespoke, fee-based support if needed.

To register - <https://www.facebook.com/groups/761180559587856>

Short Breaks Update for Families with Disabled Children and Young People

SCAN
ME! >>>



Growing strong roots together



We are committed to supporting families and their young people every step of the way. Working in partnership with other professionals to build a plan that works. We know the SEND journey can be challenging, and no family should have to face it on their own.

Our Services



Family Support Worker

Supporting parent carers to navigate the SEND system.



Alternative Learning Support

We can support young people who are home educated or struggling to attend and need an alternative. Including being part of an EOTAS package.



Care Support Practitioners

Supporting young people with everyday life skills and independence.



Brick by Brick

Lego sessions 1:1 or in small groups. Supporting emotional regulation, social skills and language development.



Advisory Services

We offer an advice clinic for parent carers to get the vital support they need. We can also extend our services to professionals and offer various training.

Why Choose Us

- ✓ We are parent carers ourselves and have navigated the system.
- ✓ Our offer is completely bespoke for each family.
- ✓ We are trauma informed and mental health youth first aiders.
- ✓ We are passionate about everything we do.
- ✓ We believe in meeting the family where they are now, then supporting them to reach where they want to be.



Get in touch with us

01993 659025

www.rainbowtreespathway.co.uk

Contact for further details - 01993 659025 or www.rainbowtreespathway.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Charity no: 1171446 aspens.org.uk



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

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](http://www.ariseyouthsupport.org)

Short Breaks Update for Families with Disabled Children and Young People

Thame Music Therapy



thamemusictherapy.co.uk
info@thamemusictherapy.co.uk



1:1 Music Therapy
Specialist Music Lessons
Inclusive Workshops



Hugh Anderson
Music Therapist
BAMT Member & HCPC Registered



For more information, contact Hugh on info@thamemusictherapy.co.uk

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

Short Breaks Update for Families with Disabled Children and Young People



**Hi,
I'm Emma Polin.**

**I am your community connector
for the National Deaf Children's
Society in Oxfordshire.**

**I'm here for you – offering support,
sharing my experience, and helping
you access local resources and
services, including those from the
National Deaf Children's Society,
while also connecting you with
other parents and deaf children in
your community.**

As a parent of a deaf child myself,
I know how important it is to have the
right support and people around you.

Our connection is on your terms – at
your pace, in the way that works best
for you. Whenever you need support,
I'm here, and I look forward to
connecting with you.

Email address:
Emma.Polin@ndcs.org.uk

Phone number:
07974363483



For more information, please contact Emma on emma.polin@ndcs.org.uk

Short Breaks Update for Families with Disabled Children and Young People

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](#)

Short Breaks Update for Families with Disabled Children and Young People



Delia the OT
Advanced Sensory Integration Practitioner

Occupational Therapy (OT) helps children to engage with their daily activities, develop their skills and build their independence.



OT can help with:

- Fine Motor Skills: pencil control, handwriting, scissor skills
- Posture and gross motor skills
- Sensory regulation: supporting attention, concentration and accessing learning
- Sensory processing, recognising sensory needs and strategies
- Supporting body awareness and skill development
- Motor Planning: learning new skills, coming up with ideas, sequencing and problem-solving
- Sleep: supporting getting to sleep and reducing night wakings using routines and strategies
- Daily skills: meal time strategies, toileting, self care, dressing, buttons, zips and tying shoes



OT CAN BENEFIT:

- Classroom Routines
- Self Confidence
- Independence
- Teacher Knowledge
- Access to Learning
- Academic Success



07737 336723

deliatheotoxford@gmail.com

Contact Delia on - deliatheotoxford@gmail.com or 07737 336723