

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the May Short Breaks Update...

Activities this month include a rugby festival, open days, country fayre, fundraisers, camping, sports, cinema & other events!

We also have some training...



What's in this edition...

P1	Welcome	P24-26	SEND Stay & Play/Family groups
P2	Equilore - horse therapy	P27	Silent Disco for 16+
P3	St Edmund's FC - Abingdon	P28	SEND Drum Lessons
P4	Walk & Talk in Oxford	P29	Camp Mohawk
P5	Lions Inclusive Cricket	P30	SEN Squirrels
P6-7	Energise from Endorphins	P31	Bicester Clip 'n Climb
P8	Cafelias - group on hold	P32	Sun Rae Inclusive Dance
P9-10	Open Days - Thomley & Neigh	P33	Dance classes 16+
P11	Country Fayre	P34	SEND swimming lessons
P12	Autism friendly cinema	P35-36	LD Beginners & Improvers Tennis
P13	OxFSN events	P37	Wheels for All
P14	SEND Saturday Club	P38	Let's Play Boccia, Witney
P15	Barracks Lane Garden events	P39-46	Football & Rugby
P16	Katie Peel SEND Rugby Festival	P47	SEND Jump - Carterton
P17	Flexicare Community Walk	P48	Learn to Ride a Bike
P18	SEND Scout Event - Bracknell	P49	ICE Centre Summer Party
P19	Camping at Thomley	P50	At Home Sensory Sessions
P20	ICE Centre Discos	P51-52	Young Carers & Sense support
P21-22	OPA Play & Activity Days	P53-57	Webinars, workshops & more
P23	Living Well with Neurodiversity	P58	OCVA training

Contact details:-

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

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

Short Breaks Update for Families with Disabled Children and Young People



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



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

Oxford

WALK AND TALK

A chance to meet other neurodivergent adults, or parents of neurodivergent children.



No pressure - Just turn up, walk and talk.

Being neurodivergent or supporting neurodivergent children can be a challenging and often a isolating journey.

So come get some fresh air, exercise, and share lived experiences to support each other

Every Tuesday

Meet: Sunnymead Park,

OX2 7SX

Time: 5:45pm

Approx 1hr long

Starts
9th
April

All abilities welcome.



Whilst on the walk participants are responsible for their own safety and wellbeing. Neurodiuniverse - we are who we are hold no responsibility for individuals. If you are concerned please seek medical advice before 😊

Every Tuesday! Come and join us for a chat. If attending, please look out for me with our mascot bear Rodi.

We Are Who We Are - <https://www.facebook.com/Neurodiuniverse>

Short Breaks Update for Families with Disabled Children and Young People



B&E SKIP HIRE
01993 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

 @MinsterLovellCricketClub

 @minsterlovellcc

 @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



Fun and Inclusive SEND sessions in Thame!

FIRST
SESSION
FREE

Join us during term time at our Saturday sessions & school holidays
John Hampden Primary School,
Park Street,
OX9 3HU

JOIN US AT ONE OF OUR GROUPS TO:

Have fun with activities and games for all abilities.

Build new friendships and socialise.

Play, move and learn important life skills.



Booking is essential

For more information contact our team:

T: 0330 1332642 E: bookings@endorphins.uk

Web: endorphins.uk



Short Breaks Update for Families with Disabled Children and Young People



Take a look at the scheduled sessions we have running this year!

Saturday Sessions:

May: 4th, 11th, 18th

May Half Term:

Wednesday 29th
&
Thursday 30th

Saturday Sessions:

June: 15th, 22nd,
29th
July: 13th, 20th

Summer Holidays:

July: 31st
August: 1st, 7th,
8th, 14th, 15th, 21st,
22nd

Saturday Sessions:

September: 14th,
21st, 28th
October: 5th, 12th
October Holidays:
30th, 31st

Saturday Sessions:

November: 9th,
16th, 23rd, 30th
December: 7th



Booking is essential

For more information contact our team:

T: 0330 1332642 E: bookings@endorphins.uk

Web: endorphins.uk



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

Short Breaks Update for Families with Disabled Children and Young People

Cafélias Ltd presents

The Inclusive, Accessible

GROUP CANCELLED until further notice

Sensory play

Music

Crafts

Meet

Massage

Space to remember loved ones

MONDAYS TERM TIME
4TH MARCH TO 20TH MAY
10:00 - 12:00
SEACOURT HALL, BOTLEY,
OX2 9TH
PAY WHAT YOU CAN £5/10/15

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

Not the end, but a pause. We are very sorry to announce that Cafélias group on Mondays at Seacourt Hall will not be carrying on until further notice. Ongoing expenses and also the pending operation for my son have meant that it is not possible to continue group after the Easter/Eid holidays.

HOWEVER if you would like to be part of informal meetups with other SEN parents and babies send me a DM and we can add you to the community group. Our families will continue to keep in touch with each other for casual meetups and Cafélias will be back before you know it. hello@cafelias.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Thomley Spring Open Day

A chance to try us out - activities include:

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



Saturday 4th May, 10am-3pm

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

A guaranteed good day for all the family!

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

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

To book, please go to - bookings@thomley.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Sunday 5th May
11am-3pm



WWW.NEIGH.ORG.UK

OPEN
DAY

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

Neigh operates from Watlington Hill Farm Sanctuary

Short Breaks Update for Families with Disabled Children and Young People

Abingdon & Witney College

COMMON LEYS FARM CAMPUS

COUNTRY FAYRE

Monday 6TH May

10:30am-4:00pm

Entry: £5 ^{PER ADULT} | Sat Nav: OX29 9UU
CHILD UNDER 3 - FREE* WITH A PAYING ADULT

COMMON LEYS FARM • HAILEY • WITNEY



KIDS UNDER 3 FREE*

Dog Show

Have-a-go Dog Agility

Farm Shop **Pony Rides**

Craft Stalls **Plant Sales**

Bouncy Castles **Feed the Animals**

and much more...

FOOD STALLS

MEET THE ANIMALS • PRACTICAL ACTIVITIES AND DEMONSTRATIONS
SHEEP AND LAMBS • MARES AND FOALS • CATTLE • DONKEYS
ALPACAS • GOATS • CHICKS • MEERKATS • REPTILES **AND MORE...**

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly/relaxed cinema screenings

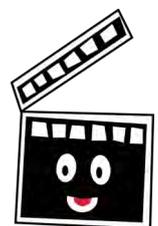
Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation & create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory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

- * **Cineworld** haven't released what their autism friendly screening is yet but it's usually shown on the 1st Sunday of the month at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** are showing Super Wings the Movie: Maximum Speed on Sunday 12th May @ 10.00am; Kingdom of the Planet of the Apes on Monday 13th May @ 7.00pm & Minions on Sunday 26th May at 10.00am, all in Banbury.
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 2nd Sunday of the month in Oxford, Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- * **Showcase Reading** are showing Super Wings the Movie: Maximum Speeds on Sunday 5th May; IF on 12th & 19th May & the Garfield Movie on 26th May, all at 10.30am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing Migration on Sunday 19th May at 11.00am in The Phoenix in Oxford.
- * **Vue** haven't released what their autism friendly screening is yet but 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 \(accessiblescreeningsuk.co.uk\)](#) should you wish to find out more.

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

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



Short Breaks Update for Families with Disabled Children and Young People



oxfn Oxfordshire family
SUPPORT NETWORK

Events for 2024

Planning for Supported Living using Person Centred Planning Tools

9th and 16th May
10.00 - 2.00

Scan to
book 9th May



**Dean Court Community
Centre, Pinnocks Way, Botley**

A two day course using the
person centred planning
approach to plan ahead for
supported living.
BOTH DATES TO BE ATTENDED

Scan to
book 16th May



Supported Living for family carers by family carers

Thursday 20th June
10.00 - 3.00

Seacourt Hall, Botley

Hear from family carers who have
gone through the process of finding
supported living & meet with & hear
from support providers who provide
the support



To book on an event, scan the QR code, or visit:

<https://www.eventbrite.co.uk/o/oxfordshire-family-support-network-38975007553>

If you would like to book on to any of these, please scan relevant QR code above or go to their eventbrite page:- <https://www.eventbrite.co.uk/.../oxfordshire-family...>

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS

10AM – 12PM

2nd Saturday of the Month

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

SEND SATURDAY CLUB **CARTERTON FAMILY CENTRE**

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

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

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

Suggested Donation: £3.50

Carterton Family Centre, The Allandale, 8 Burford Road,
Carterton, OX18 3AA. [Info@cartertonfamilycentre.com](mailto:info@cartertonfamilycentre.com)

Short Breaks Update for Families with Disabled Children and Young People

2024 Events at *Barracks Lane Garden*



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



Between
Cumberland Road
and Kenilworth Avenue
off the Cowley Road

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

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



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

Sunday 24th Nov 10 - 12pm & 1 - 3pm
Seasonal Wreath-making workshops

Instagram: [barrackslanecommunity](#) More details on our website: info@barrackslanegarden.co.uk

 www.barrackslanegarden.org.uk 

Open Days in 2024 at Baracks Lane Community Garden

Visit our beautiful garden with
our Community Engagement
Gardener on hand:

- ★ Help out with garden tasks
- ★ Bring a picnic or a newspaper
- ★ Learn new garden skills
- ★ Meet friends for a catch-up
- ★ Under 15s must bring an adult

Starting:
★ Saturday 18th May 2024
from 9.30am until 2.30pm



Between Cumberland Road
and Kenilworth Avenue
off the Cowley Road

And then 10am to 4pm on:

- ★ Sunday 30th June
- ★ Sunday 21st July
- ★ Sunday 11th August
- ★ Sunday 29th September
- ★ Sunday 20th October

For news of our other events:
 [barrackslanecommunity](#)
 [BarracksLaneCommunityGarden](#)
or visit our website:

 www.barrackslanegarden.org.uk 

For more information:-

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

Event...

The Katie Peel SEND Family Friendly Festival of Rugby



10AM - 2PM, SUNDAY 19TH MAY
AT GOSFORD ALL BLACKS RFC

- Mixed ability games for all
- Bouncy castles
- Refreshments on site
- Mixed ability tag rugby
- 'Quiet' sensory room available
- Medals for everyone taking part

All coaches are DBS checked and with RFU training and safeguarding

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

Book your spot on bit.ly/GABKatiePeel or scan the QR code



Email - youth@gosfordrugby.com; Telephone - 07531 118213

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

Short Breaks Update for Families with Disabled Children and Young People



Flexicare Community Walk

Sunday 19th May 2024

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

Refreshments will be provided

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

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

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

Registered Charity Number: 1172635

flexicareoxford



Register for the walk - [Flexicare Walk: 19th May 2024 - Flexicare](#)

Or to donate, visit <https://flexicare.enthuse.com/donate>

Short Breaks Update for Families with Disabled Children and Young People

SEND Scout Group Open Event

Join the adventure!

scouts.org.uk
#SkillsForLife

Want to have an adventure and make new friends? Come along to our Open Event

Who

All young people aged 4 to 17 years old

When

Sunday 19th May, 2-4pm

What

Open Event activities for all

Where

Brackley Baptist Church, Brackley

Contact

Sarah at sarah.watton@gdscouts.org.uk
07980 460355

We ask that parents/carers stay for the event to find out further information. Volunteers will be available to chat, answer questions and register young people, whilst their child is having fun!!



Please contact Sarah at - sarah.watton@gdscouts.org.uk
or 07980 460355

Thomley Camping!

Friday 24th May - Saturday 25th May

One-night camp

Friday 2nd - Sunday 4th August

One or two night camp

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

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

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

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

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



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

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



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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



DISCOS 2024

~~JANUARY 26TH~~

~~FEBRUARY 23RD~~

~~MARCH 29TH~~

~~APRIL 26TH~~

MAY 31ST

JUNE 28TH

JULY 26TH

AUGUST 30TH

SEPTEMBER 27TH

OCTOBER 25TH

NOVEMBER 15TH

One Friday every month

LANGDALE HALL-OX28 6AB

£6 on the door - 6:30pm - 9pm

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

Short Breaks Update for Families with Disabled Children and Young People



FREE ENTRANCE
AND FREE
ACTIVITIES

LITTLEMORE
PLAY AND ACTIVITY DAY
SATURDAY 15TH JUNE 2024
11AM UNTIL 3PM
OXFORD ROAD RECREATION GROUND,
LITTLEMORE, OXFORD. OX4 4PF



**Tricky Trails Biking * Go Kart Party * Groovy Su *
Body Zorbing * Giant Bubbles * OCC/TYSS Youth Zone *
Smoothie Bike * DIY Face Painting * Ride on Time * Art
Avalanche * Climbing Wall * Tots of Mess * Muzo
Akademy II * Fire Play * Home Start * NSPCC Talk
Pants * Thames Valley Police * Oxford
University Chemistry Outreach Team and more!!!**

This is a Family themed event and as such NO Childcare is provided /
Please do feel free to bring a picnic although food will be available to
purchase on site / Please walk or use Public Transport for the event as
there is NO parking on site / This event will be photographed and
filmed.

**For further information contact - www.oxonplay.org.uk / 07436
270267 / martin.gillett@oxonplay.org.uk**



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

Short Breaks Update for Families with Disabled Children and Young People



OPA PLAY AND ACTIVITY DAYS 2024

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

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

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

Short Breaks Update for Families with Disabled Children and Young People

LIVING WELL with NEURODIVERSITY

NHS
Oxford Health
NHS Foundation Trust

A new support service
from **Oxfordshire CAMHS** in collaboration with **AutismOxford UK Limited**



Is your family open to/involved with CAMHS services?

Is your young person either suspected or diagnosed as neurodiverse (autism/ADHD)?



FREE COURSES AND SUPPORT FOR YOU!

A range of sessions available covering different topics.
Informal spaces for parents/carers to safely share experiences/tips.
Facilitated by professionals and lived experience practitioners.

Scan the QR code to access the events and resources!

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

If you have any questions, please email us on youngpeoplesupport@autismoxford.org.uk



Working together to deliver the best for our communities, our people & the environment



Outstanding care by an outstanding team

| Caring | Safe | Excellent | VALUES

This service is open to families involved with CAMHS/NDS. Any questions please email - youngpeoplesupport@autismoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People



The poster features a light blue background with a yellow sun icon at the top right. The title 'Stay & Play SEND Sessions' is written in large, bold, blue and yellow letters. Below the title, there are illustrations of a boy on the left, a girl on the right, and a girl in a wheelchair at the bottom right. There are also small handprints scattered around the text. Logos for 'The Sunshine Centre', 'COMMUNITY FUND', and 'Cherwell DISTRICT COUNCIL NORTH OXFORDSHIRE' are in the top right corner. A purple shape at the bottom left contains the price '£2 per session'. A yellow shape at the bottom right contains the booking phone number '01295 276769'. At the very bottom, there is a small line of text: 'The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714'.

**Stay & Play
SEND Sessions**

The Sunshine Centre
SUPPORTING & ENCOURAGING COMMUNITIES

COMMUNITY FUND

Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE

1-2pm on Mondays

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

No diagnosis needed.

Booking required. Limited spaces available.

£2 per session

To book call:
01295 276769

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

Please book if you wish to attend!

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

Short Breaks Update for Families with Disabled Children and Young People



Tuesdays
9:30-
11am

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@people.org.uk



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

people



This group is primarily aimed at families in the catchment areas of Littlemore, The Leys and Rosehill in Oxford. Venue details will be sent once you've registered. You can sign up here: <https://forms.office.com/e/7Sx6Z6FzZj> or click on the QR code to register.

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

Short Breaks Update for Families with Disabled Children and Young People



£2 per Family!

SEN Social Family Club
Every Wednesday

5.30 – 7.30pm

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

- All Children must be accompanied by an Adult.
- Refreshments available.



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

Short Breaks Update for Families with Disabled Children and Young People



New Silent Disco Session!

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

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

How does a silent disco work?

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

For more info contact Anita on 07760 527 610 or

apowell@styleacre.org.uk

Short Breaks Update for Families with Disabled Children and Young People

SEND DRUM LESSONS

Drumming down barriers to learning the drums



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

Contact:
07983651098/felixbartlett.com



Express. Empower. Engage

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

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



SEN SQUIRRELS

Drop-in group for children with additional needs, aged 0-5 years and their families (with or without a diagnosis)

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

Fridays
10am-11.30am

£2

St John's Church Hall

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

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

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

kidlington.communityhub@gmail.com

www.kidlinks.org.uk

www.facebook.com/kidlinksuk

Short Breaks Update for Families with Disabled Children and Young People



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

Throughout school holidays - 9.00am.

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

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

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

01869 814098 info@clipnclimbbicester.co.uk

Short Breaks Update for Families with Disabled Children and Young People



inclusive dance school

FREE* DANCE CLASSES

Specialist dance classes for children and young people with SEND and Wheelchair users
Available for 26 weeks starting 04/11/2023

Wheelchair Dance Classes
Saturdays 3pm—4pm
Wychwood School,
Milton Under Wychwood

Boys Musical Theatre Class
Wednesdays 4pm—4:45pm
The Life Centre,
Milton Under Wychwood



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



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

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



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

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

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

Short Breaks Update for Families with Disabled Children and Young People

**** NEW - Banbury ****

Anjali Open Classes return to The Mill, Banbury

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

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

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

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

Mondays, 5.30 - 7pm,
The Mill, Banbury

Starting Monday
15 April for 6 sessions

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

Limited places so we
advise booking early

For more information:
info@anjali.co.uk

To book, follow this
link or scan below:

www.shorturl.at/drjv7



Romy White



Romy White

Anjali
Dance Company

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

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

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

Short Breaks Update for Families with Disabled Children and Young People

SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

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

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

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

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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SQ. Inland Revenue Charity no: X843308

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

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS FOR BEGINNERS

STARTING
WEDNESDAY
10TH JANUARY

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



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. 27793K. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SQ. Inland Revenue Charity no. 1044339E.

BETTER

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

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS IMPROVERS

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

Location: White Horse Leisure & Tennis Centre

Time: Saturday 10am - 11am

Cost: £2.95

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



Better is a registered trademark and trading name of GLL (Greenwell Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277939). Registered office: 103 The Regent House, The Royal Arsenal, London, SE18 6SX. Ireland Revenue Charity no. XFN3398.

BETTER

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

Short Breaks Update for Families with Disabled Children and Young People



Wheels for all: Witney

recumbents • trikes • wheelchair carriers



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

Every Saturday:
11am - 1pm, ages 2 yrs onwards.

Family members welcome.

£3 per session.

Wood Green School,
Witney, OX28 1DX



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

07554 363635

 @windrushbikepro

 @windrushbikeproject

 @windrushbikeproject

 wheelsforall@windrushbikeproject.uk

www.windrushbikeproject.uk

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

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

Let's play

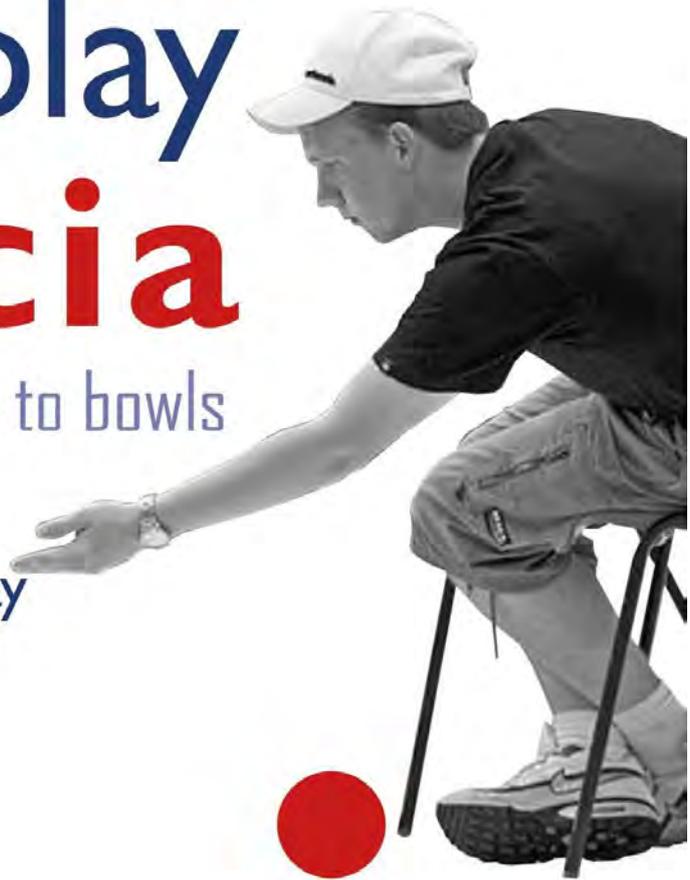
Boccia

A ball sport similar to bowls

£3 per session

Just turn up and play

ALL WELCOME



Fun, friendly classes for all ages and abilities

Wednesdays 10.45am—11.45am

Windrush Leisure Centre in Witney

For more information:

 01993 861564



WEST OXFORDSHIRE
DISTRICT COUNCIL

Working
together with

BETTER
the feel good place

Short Breaks Update for Families with Disabled Children and Young People



BURE PARK FC INCLUSIVE FOOTBALL AGES 16+



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

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

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

Time - 17:45-18:45

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

Bus Route - 17, S5 & X5

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

Team manager - Paul Fellows

Email - disability@bureparkjuniors.co.uk

Telephone - 07831 123183 (Call, Text or WhatsApp)

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

Short Breaks Update for Families with Disabled Children and Young People



Your place to play

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

Just be you!



Scan here to see Comets in action!

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

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

Contact: Mat Berry or Steve Bott **Phone:** 07973 844306

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



Get in touch to book your first session

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

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

Short Breaks Update for Families with Disabled Children and Young People



Blast off with Comets!

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



Scan here to see Comets in action!

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

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

Contact: Adam Robinson Phone: 07831 123183

Email: adz@flying-fields.co.uk



Get in touch to book your first session

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

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

Short Breaks Update for Families with Disabled Children and Young People



The poster features a collage of images showing people playing football on a green field. A woman in a red and blue kit is in the foreground on the left. In the center, a man in a red and blue kit is using a four-wheeled walker while playing. Other images show people in similar kits running and playing football. The background is a mix of red and blue geometric shapes.

**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



The logo is circular with a red border. Inside, there's a blue shield with a white castle tower in the center. Two soccer balls are on either side of the shield. The words 'TOWER HILL' are at the top and 'FOOTBALL CLUB' is at the bottom of the circle.

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

Short Breaks Update for Families with Disabled Children and Young People



SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



Cerebral Palsy Sport

We are the Mixed U16 Warriors, come and join our regular Cerebral Palsy Football sessions. Open to males and females aged 5 and over who would like to play football and be part of our fun and friendly team. No experience is necessary.

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.

REGULAR
BI-WEEKLY
SESSIONS



FREE TO
ATTEND



PLAY
PARTICIPATE
ENJOY



FOR ALL

CONTACT

enquiries@summertownstars.org

Sarah - 07947 624354

enquiries@summertownstars.org Sarah - 07947 624354

Short Breaks Update for Families with Disabled Children and Young People

**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** **£3.00**
U12 (AGES 8 - 11 YEARS)
WEDNESDAYS ● 5PM - 6PM

CONTACT: 01491 411849
EMAIL: PHIL@HENLEYMCA.ORG.UK

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

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

Short Breaks Update for Families with Disabled Children and Young People

SEND RUGBY

SESSIONS



**** NEW ****

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



**FUN
SAFE
FRIENDLY**



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

VOLUNTEERS WANTED

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

STARTING APRIL 2024



RFU
Accredited Club

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



**THE
NATIONAL
LOTTERY**

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

Short Breaks Update for Families with Disabled Children and Young People



THERE'S A TEAM FOR YOU

AT GOSFORD ALL BLACKS RFC

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

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

All coaches DBS checked and with RFU training and safeguarding

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

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



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

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

<https://youtu.be/zgEuXYuJ74>

Short Breaks Update for Families with Disabled Children and Young People

SEND JUMP SESSIONS

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

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

Cost: £6.70 per child

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

For more information email carterton@gll.org, book via the app or at [better.org.uk/book](https://www.better.org.uk/book)



Carterton Leisure Centre - carterton@gll.org

<https://www.better.org.uk/book-activity>



The session will run at a reduced capacity and is for children aged over 18 months. Supervision ratio for under 8's apply: 18 months - 4 years = 1 adult : 1 child, 5 years - 7 years = 1 adult : 10 children and over 8 years = no ratios apply. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398

Short Breaks Update for Families with Disabled Children and Young People

CHILDREN'S COURSE:

Learn to Ride a Bike

THIS COURSE IS SUITABLE FOR:

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

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

WHAT DOES IT INVOLVE?

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

COST?

The course is free of charge to participants.

WHO RUNS THE COURSE?

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

IMPORTANT INFORMATION

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

FOR FURTHER INFORMATION AND BOOKING

Email: learntrabike@gmail.com



Next date:

Mon 29th July to Fri 2nd Aug

(1-2 hours every morning)

Venue:

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



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



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

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

THE ICE CENTRE SUMMER PARTY

DJ | BBQ |  | PHOTO BOOTH
The Amazing Balloon Lady

Saturday 3rd August 2024

The ICE Centre, Langdale hall, Witney

7pm - Midnight

TICKETS £20
INCLUDES BBQ

burger/hotdog/vegetarian plus chips



Tickets to be purchased by
contacting info@ice-centre.co.uk
or call 01993 846 240

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



Be Free young Carers is an Oxfordshire based charity.

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

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

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

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

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

The Oxford Youth Workers

Stacey.howard@befreeyc.org.uk 07845628559

Lorraine.nicholls@befreeyc.org.uk 07769387309

Short Breaks Update for Families with Disabled Children and Young People



Make a friend online with Virtual Buddying

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

It's really simple to get started and totally free! Once you register your interest and complete an application form, one of our team will be in touch to learn more about you and your interests. We'll match you with a volunteer who's a similar age, personality and who shares your interests and then we'll introduce you to each other. Call or message your new buddy for an hour a week, when it suits you. We'll check in with you regularly to see how you and your Buddy are getting on. Find out more and sign up by visiting our website <https://www.sense.org.uk/our-services/meeting-people/virtual-buddying-befriending-service/>

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

Support for young carers and siblings of disabled people

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

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

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

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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People

NHS
Oxford Health
NHS Foundation Trust

PARENT WEBINAR

Parents are the most important part of young 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


CAMHS
Child and Adolescent Mental Health Service

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

Short Breaks Update for Families with Disabled Children and Young People



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

For professionals...



Perinatal Mental Health and Autism Online Workshop

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

The learning outcomes are as follows:

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

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



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



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

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

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

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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



Online Course and Live Workshop



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

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

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

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Dont worry if the course has already started - you can easily catch up.

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



An overview of each Level

- Makaton Level 1 Workshop**
- **Level 1**
 - What is the Makaton Language Programme
 - Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
 - Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
 - Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
 - **Finger Spelling**
 - Tips for effective signing
 - Makaton's place in the Signing World
 - Three formal levels of Makaton Use
 - Multi-Modal Communication
 - Signing for Comprehension and Expression
 - How are Makaton Symbols used?
 - Using Signs and Symbols; developing techniques, position, movement & direction
- Makaton Level 2 Workshop**
- **Level 2**
 - Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
 - Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
 - Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
 - Research Support for Signs and Symbol Use
 - Makaton Symbols Design Themes
 - Teaching Procedures
 - Signing for Comprehension and Expression
 - Practical Applications of Makaton
 - Sequencing Events
 - Using Signs and Symbols; developing techniques, position, movement & direction
- Makaton Level 3 Workshop**
- **Level 3**
 - Revision of signs and symbols from Levels 1 & 2
 - Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
 - Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
 - Conveying meaning accurately by choosing the right signs & symbols
 - Talking about people
 - Signing for Comprehension and Expression
 - Talking about possession
 - Analysing Sign production
 - Using Signs and Symbols; developing techniques, position, movement & direction
- Makaton Level 4 Workshop**
- **Level 4**
 - Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
 - Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
 - **Additional IT** signs and symbols.
 - Time concepts
 - Keeping things simple (core)
 - Interpreting and Translating more detailed information
 - The power of Symbols
 - Integrating and extending personal Signing and Symbol skills
 - Using Signs and Symbols; developing techniques, position, movement & direction

Contact: LibbyMakatonTutor@gmail.com <https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



**** There are no courses running in May ****

Financial Responsibilities of Managers & Trustees

The role of treasurers and other trustees in ensuring effective financial planning and safeguarding of voluntary organisations is vital.

This session will help trustees/treasurers to understand their role and come up with some practical actions they can take to ensure that they both safeguard the charity's assets and ensure they are used effectively. This session will be useful for new trustees, those who have taken on the role of treasurer or chair and those who wish to refresh their knowledge.

This is an online course via Zoom.

Tuesday 4th June (2 hours). 10.00am - 12.00pm; £45 – £75

Recruiting and Retaining Volunteers

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

This is an in person course at OCVA.

Wednesday 3rd July (3 hours). 10.00am - 1.00pm; £40 – £70

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

training@ocva.org.uk or call 01865 251946