

# Short Breaks Update for Families with Disabled Children and Young People



## Welcome to the June Short Breaks Update...

Lots of Play & Activity Days coming up, carers week, new football groups, **pop-up's, swimming,** a country fair, cycling, karting, trampolining...

There are also many support groups, some webinars & training events too.



## What's in this edition...

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P2	Cafelias SEN Playgroup Pop Up	P21-22	South Abingdon & Northway/ Marston Play Days
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P8	Youth disability football Henley	P30	Rugby - Bicester
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P12	Inclusive Family Swim	P34	Autism friendly cinema
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P16	Didcot/Vauxhall Barracks Play Day	P38-48	Parent Support Groups
P17	Thomley's Accessival - festival	P49-54	Autism webinars, workshops & Makaton training
P18	Bicester Autism/ADHD Summer Fair	P55	OCVA training
P19	RAF Brize/Carterton Play Day		

## Contact details:-

Pauline MacKinnon - 07554 330244; Email - [cdsredesign@oxfordshire.gov.uk](mailto: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

A photograph of a young child with dark hair, wearing a blue apron over a yellow shirt, focused on painting at a table. The background is slightly blurred, showing other art supplies and a colorful environment.

**Thursdays**

**SEN**

**Play-group**

**0-5 years**

**12:00 - 14:00**

**Beckley Village Hall**

**OX3 9UZ**

**Begins 27th April**

**Full dates and booking on our website**

**[www.cafelias.co.uk/book-here](http://www.cafelias.co.uk/book-here)**

**CAFÉLIAS**  
THE INCLUSIVE, ACCESSIBLE SPACE

Our new SEN sessions are a weekly chance to meet new friends, chat through issues, share triumphs and find a safe space to let the kids find some stimulation and maybe even a moments peace for you! You don't need a diagnosis to join us. One-off sessions are welcomed, come and see us.

We will have some play and chill out zones and provide some light refreshments.

Book on our website and see all the dates - <https://www.cafelias.co.uk/>

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



# Short Breaks Update for Families with Disabled Children and Young People



## Autism Friendly Opening Friday 2nd June, 9am-10am

A relaxed morning opening in a quiet environment at the **Oxford University Museum of Natural History & Pitt Rivers Museum**. A chance for families to visit the Museums when they are less busy.

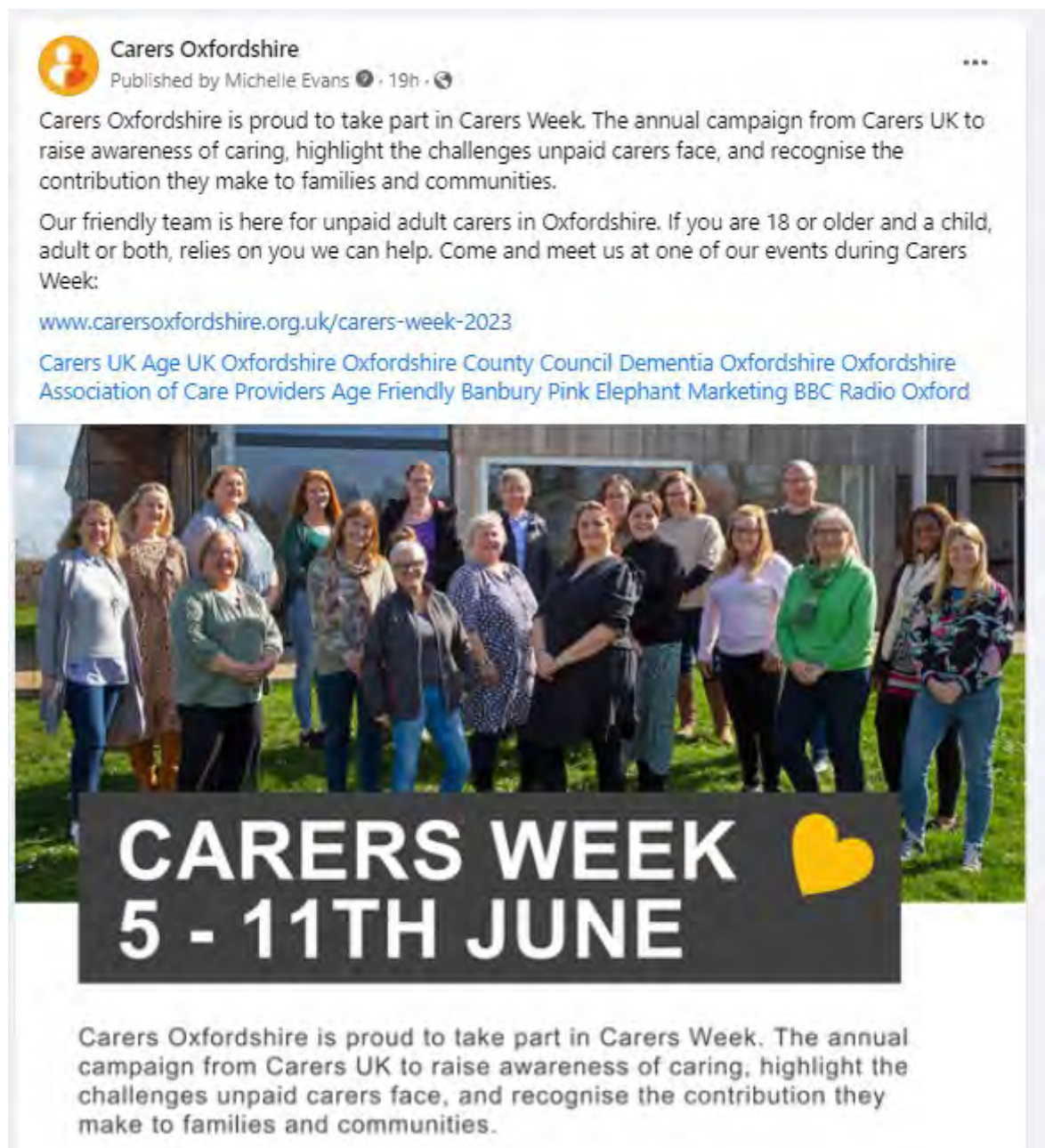
Booking essential, email: [education@oum.ox.ac.uk](mailto:education@oum.ox.ac.uk)





# Short Breaks Update for Families with Disabled Children and Young People

## CARERS WEEK...



**Carers Oxfordshire**  
Published by Michelle Evans · 19h · 🌐

Carers Oxfordshire is proud to take part in Carers Week. The annual campaign from Carers UK to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities.

Our friendly team is here for unpaid adult carers in Oxfordshire. If you are 18 or older and a child, adult or both, relies on you we can help. Come and meet us at one of our events during Carers Week:

[www.carersoxfordshire.org.uk/carers-week-2023](http://www.carersoxfordshire.org.uk/carers-week-2023)

Carers UK Age UK Oxfordshire Oxfordshire County Council Dementia Oxfordshire Oxfordshire Association of Care Providers Age Friendly Banbury Pink Elephant Marketing BBC Radio Oxford



**CARERS WEEK** ❤️  
**5 - 11TH JUNE**

Carers Oxfordshire is proud to take part in Carers Week. The annual campaign from Carers UK to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities.

To find out more, please go to:-

[CARERS WEEK 2023: 5 -11TH JUNE - Carers Oxfordshire](http://www.carersoxfordshire.org.uk/carers-week-2023)

# Short Breaks Update for Families with Disabled Children and Young People

## CARERS WEEK - event in Oxford (7th June)

### CELEBRATING OXFORD'S UNPAID CARERS

7th June  
10 am to 7 pm

Barracks Lane  
Community Garden  
OX4 2AP



Carers Oxfordshire and Rethink Mental Illness Oxfordshire are holding a day of talks, treats, support and information for unpaid carers in Oxford City. This event is part of Carers Week (5 – 11th June), the annual campaign to raise awareness of caring.

Discover the support available for unpaid carers in Oxford, enjoy the peaceful gardens, and have lunch on us. You are welcome to bring your cared-for with you. All activities are open to both carers and their cared for. There will be free creative activities available throughout the day.

A limited number of gift bags for carers will be available on the day. To make sure you get one email [rebeccacox@carersoxfordshire.org.uk](mailto:rebeccacox@carersoxfordshire.org.uk) or call 07827235443 and let us know you are coming.

- |          |  |
|----------|--|
| 10.00 am | Hot drinks and cakes (free)  |
| 10.30 am | Pauline Mackinnon from OCC discusses the support for parent carers   |
| 11.30 am | Training session on managing depression, stress and anxiety  |
| 12.00 am | Joyful Choir - Dementia Friendly Community Choir   |
| 12.30 am | Lunch (free light buffet)  |
| 1.00 pm  | Training session on managing depression, stress and anxiety  |
| 2.00 pm  | Afternoon tea, coffee and cakes with drop in support group session.  |
| 3.00 pm  | Short mindfulness session on how to look after yourself  |
| 4.00 pm  | Short mindfulness session on how to look after yourself  |
| 5 – 7 pm | Working carers social. Drop by for information, drinks and snacks with people in the same situation and a mindfulness session. |

Organisations attending include Dementia Oxfordshire, Age UK Scams awareness, Parkinson's UK Oxford branch, Bellevie Care, Meet Me at the Museum and Unlimited Oxfordshire.





# Short Breaks Update for Families with Disabled Children and Young People



[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

## ADHD course: Oxon, Bucks, Hants & surrounding areas

**Online 7pm to 9pm - see link below for dates**

A course for parents of children pre & post assessment for ADHD

### KEY THEMES:

Topics Covered Include:

- Week 1: Introduction to ADHD: What is ADHD? Challenges & Concerns, Strengths and Opportunities, Signposting to Support
- Week 2: ADHD and Anxiety: What is Anxiety? What is the relationship between ADHD and Anxiety, Coping Strategies for children/young people and parents/carers
- Week 3: ADHD and Behaviour: Attention Deficit Behaviours, Hyperactive Behaviours, Impulsive Behaviours, Behaviour Management Strategies
- Questions & Answers
- Opportunity to talk to other parents and carers
- Facilitators with lived experience of ADHD

### TIME

7pm to 9pm

### DATES AND BOOKING

<https://bit.ly/ADHD-COURSE>



### VENUE

Online via Zoom

### COST

£50.00 + £4.88 Eventbrite Fee

### CONTACT

Phone: 0118 9863532

Email:

[admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)

**Next course dates are - 6th, 13th & 20th June**  
**TO BOOK - [ADHD Course: Bucks, Hants and Oxon Registration, Tue 6 Jun 2023 at 19:00 | Eventbrite](#)**

Parenting Special Children is a charity working with families of children and young people with special needs in Berkshire and surrounding areas

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

Email - [admin@parentingspecialchildren.co.uk](mailto:admin@parentingspecialchildren.co.uk)

Web:- [www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## Food and Skill Share

**Free lunch for OX4 folks every other Tuesday**

Lunch is served around 12.30pm on the following days:

[www.barrackslanegarden.org.uk](http://www.barrackslanegarden.org.uk)

**June 6<sup>th</sup> + Home Composting Workshop** 10am – 12.30pm  
**June 20<sup>th</sup>**  
**July 18<sup>th</sup> + Meditation** 10am – 12.30pm

**Details:** [barrackslanegarden.org.uk/news\\_events.php](http://barrackslanegarden.org.uk/news_events.php)



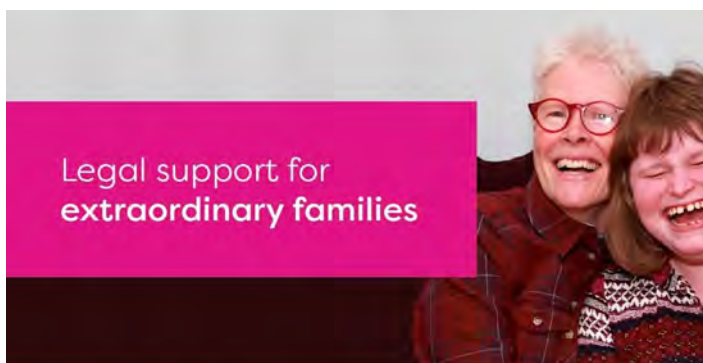
*Barracks Lane*  
*Community Garden*  
Between Cumberland Road and Kenilworth Avenue off the Cowley Road



**Jul 18<sup>th</sup>**  
**August 1<sup>st</sup> + Make Your Own Pizza & Dough** 10am – 12.30pm  
**August 15<sup>th</sup>**  
**August 29<sup>th</sup>**  
**Sept 12<sup>th</sup>**  
**Sept 26<sup>th</sup> + Fingerless Mittens Workshop** 1.15pm – 4pm



**www.barrackslanegarden.org.uk**



Legal support for extraordinary families

Renaissance Legal have just announced a **free** “Planning for the Future with Wills & Trusts” webinar on Zoom. More information & tickets can be found here - <https://www.eventbrite.co.uk/e/free-zoom-planning-for-the-future-with-wills-trusts>

**Free Zoom Planning for the Future with Wills & Trusts Webinar**

[Thursday, 29 June 2023 at 10:00](#)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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

Starts  
Wed 7th  
June 23



Here for young people  
Here for communities  
Here for you

**HENLEY YMCA,  
2 LAWSON ROAD,  
HENLEY-ON-THAMES,  
RG91NZ.**



**come join us !**

**SIGN UP NOW -SIGN UP NOW - SIGN UP NOW- SIGN UP NOW- SIGN UP NOW- SIGN UP NOW**



**youth disability  
football sessions**

**U12 (AGES 8 - 11 YEARS)**

**WEDNESDAYS ● 5PM - 6PM**

**£3.00**

**CONTACT: 01491 411849**  
**EMAIL: PHIL@HENLEYYMCA.ORG.UK**



The Henley YMCA in partnership with Oxfordshire FA are pleased to announce that we are now running JUSTPLAY Youth Pan Disability Football sessions for children aged 8-11, all disability groups are welcome! Only £3 a session. Youth Pan Disability Football - every Wednesday, 5-6pm - starting on **Wednesday 7th June**. If interested, please fill out the form - <https://forms.office.com/e/8t5ZAwGa1x>  
For more info, email [phil@henleymca.org.uk](mailto:phil@henleymca.org.uk)

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

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



# Short Breaks Update for Families with Disabled Children and Young People

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

## SUPPORTED LIVING & PLANNING AHEAD

A free information event for all family or sibling carers to help them plan ahead for their relative with a learning disability and/or autism who may need support with where they will live in the future.



**oxfsn**  
Oxfordshire family  
SUPPORT NETWORK

**Thursday  
June 8th  
2023  
10.00 am -  
2.00 pm**

### About the Event

*Family carers may worry about where their relative will live in the future and not know what the options are. At this event speakers will discuss how to go about setting up a placement that will best suit their relative.*



### What will be covered?

- **Reside with Progress - A Housing Provider** will give an overview of different Supported Living options.
- **Fitzroy - Support Provider** will talk about the kind of support they provide.
- **Shared Lives** will talk about living with families, friends, and siblings.
- **OCC professionals** will give an overview of Supported Living and what is happening in Oxfordshire.

There will be the opportunity to ask questions & the speakers will be available throughout the event

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

#### Where:

Seacourt Hall, 3  
Church Way, Botley  
OX2 9TH  
Parking free for 2  
hours

Refreshments will be available but we will not be able to provide lunch.  
Questions? Contact Kathy on  
07821 987080 or  
Kathy.liddell@oxfsn.org.uk

<https://www.oxfsn.org.uk>



This event will give an overview of supported living and how it can work for your son, daughter or sibling. It is a free event but booking is essential:-

<https://www.eventbrite.co.uk/.../supported-living...>

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## Just be you

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







Scan here to see Comets in action!

**Time and Date:** Every Thursday - 5pm to 6pm (from 25th May until 27th July)

**Location:** Southern Town Park, Lambrick Way, Abingdon OX14 5TJ

**Contact:** Jonathan Coles **Phone:** 07554 129781

**Email:** jonathan.coles@thefa.com



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/AbingdonYouth/Summary/5393c39e-7201-4174-b638-6dc2e7757d0f>



# Short Breaks Update for Families with Disabled Children and Young People

Abingdon & Witney College

OPEN FARM SUNDAY AND

# COUNTRY FAIR

**Sunday 11<sup>TH</sup> June**

10:30am-4:00pm

 **Entry: £7 PER ADULT** | **Sat Nav: OX29 9UU**  
**CHILD UNDER 3 - FREE\*** | **CHILDREN (3-16 YEARS OLD) £5 EACH**  
**COMMON LEYS FARM • HAILEY • WITNEY**



**KIDS UNDER 3 FREE\***

**Archery Dog Show**  
**Have-a-go Dog Agility**  
**Craft Stalls Pony Rides**  
**Farm Shop Plant Sales**  
**Sheep Shearing Feed the Animals**  
**and much more...**

**FOOD STALLS**

MEET THE ANIMALS • PRACTICAL ACTIVITIES AND DEMONSTRATIONS  
SHEEP AND LAMBS • MARES AND FOALS • CATTLE • DONKEYS  
ALPACAS • BABY GOATS • MEERKATS • REPTILES

\*CHILDREN UNDER 3 - FREE WITH A PAYING ADULT



# Short Breaks Update for Families with Disabled Children and Young People



## Inclusive Family Swim

Sunday 11<sup>th</sup> June 2023

Didcot Wave are hosting an inclusive family swim from 5:30-6:30pm.

For any families with a child with SEND needs.

Pay on entry or book on the BETTER App £3.50 per person

For more information please email [didcot@gll.org](mailto:didcot@gll.org)



**Please do put the date in your diary and come along!**

**For more info on the session, please email - [didcot@gll.org](mailto:didcot@gll.org)**



# Short Breaks Update for Families with Disabled Children and Young People



## Blast off with Comets!

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



**Belong**



Scan here to see Comets in action!

**Time and Date:** Starting Saturday 17th June 2023 from 9-10am

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

**Contact:** Adam Robinson **Phone:** 07831 123183

**Email:** [adz@flying-fields.co.uk](mailto: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

## Wallingford / RAF Benson Play & Activity Day

Saturday 17th June 2023—Midday—4pm



Kine Croft, Wallingford, Oxon, OX10 0DT  
alongside Wallingford Carnival celebrations

Smoothie Bike \* DIY Face Painting \* Fire Play \* Ride on Time  
\* Junk Modelling with Art Avalanche \* Go Kart Party \* Body  
Zorbing \* Fabric Upcycling with Groovy Su \* Bright Sparks  
Science \* Giant Bubbles \* Climbing Wall \* Muzo Academy II  
\* Got2B Teen Zone \* Oxf Uni Chemistry Team and more...



Free Entrance & Free Activities for Families,  
Children and Young People of all ages

Bringing Armed Forces Families and Local Communities Together

No Childcare Is Provided — This Event will be Photographed  
For Further Information Please Contact the Oxfordshire Play Association;  
T = 07436 270267 / W = [www.oxonplay.org.uk](http://www.oxonplay.org.uk) /  
E = [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

**THE ARMED FORCES  
COVENANT FUND TRUST**



**OXFORDSHIRE  
COUNTY COUNCIL**



**South Oxfordshire  
District Council**  
Listening Learning Leading

For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

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and respite care services for disabled children in Oxfordshire



# Short Breaks Update for Families with Disabled Children and Young People

## Sunday Pop-ups



**CAFÉLIAS**  
THE INCLUSIVE, ACCESSIBLE SPACE

18th June

**Eat!  
Play!  
Relax!**

**09:00AM - 12:00PM**

**Beckley  
Village Hall  
OX3 9UZ**



*Book a spa therapy while the children play.  
Join us for puppet theatre and other group sessions, with  
free-play and a sensory dome.  
Sugar and salt free child-friendly food, as well as a full  
English breakfast.  
Full details online: [www.cafelias.co.uk/pop-ups](http://www.cafelias.co.uk/pop-ups)*

**Full details online - <https://www.cafelias.co.uk/>**

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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

**Saturday 24th June 2023 11.00am–3.00pm**

## **Didcot / Vauxhall Barracks Play & Activity Day**

**Edmonds Park, Didcot, Oxon. OX11 8QX**

**FREE Entrance and FREE Activities for Children and Young People of all ages and their Families**



**ARMED FORCES  
PLAYDAYS**

**Bright Sparks Science / Go Kart Party / Muzo Academy II / Body Zorbing /  
Fire Play / Art Avalanche / Fabric Upcycling / Toddler Ride on Vehicles /  
Giant Bubbles / Tots of Mess / 11 EOD / Didcot Community P'Ship /  
Smoothie Bike / DIY Face Painting / Climbing Wall / Got2B Teen Zone /  
Oxford University Chemistry Outreach Team and more!!**

### **Bringing Armed Forces Families and Local Communities Together Through Play**

**For further details please contact - Oxfordshire Play Association**

**Tel: 07436 270267 / [www.oxonplay.org.uk](http://www.oxonplay.org.uk) / [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)**

**This is an Open Access event - Please note that NO Childcare is provided / There is very limited  
Parking on site / Food and Refreshments will need to be purchased although you are most welcome  
to bring a picnic / This event will be Photographed**

**This event is funded and supported by:**

 **THE ARMED FORCES  
COVENANT FUND TRUST**

 **OXFORDSHIRE  
COUNTY COUNCIL**



 **soha**

 **South Oxfordshire  
District Council**  
*Listening Learning Leading*



**For more information, please contact Oxfordshire Play Association**

**Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)**



# Short Breaks Update for Families with Disabled Children and Young People



For more information, please contact Bicester Autism/ADHD - <https://www.facebook.com/BicesterAutism> or email - [bicesterautism@gmail.com](mailto:bicesterautism@gmail.com)



# Accessival

## *Accessible Festival for the whole community*

**Saturday 1st July 2023 - 11am-10pm**  
**Music - Beer - Food - Play**



**Thomley's first festival is an opportunity for the whole community to experience the best of all the local festivals.**

We will have various food stalls; alcohol stalls; live local bands on stage plus the best of Thomley for children and young people.

Bouncy castles, jumping pillow, archery, giant bubbles are just a handful of activities on offer to keep the younger generation entertained for the day. Early bird wristbands are now on sale: £12 per adult (which includes a glass) and £12 a child (which includes access to all the activities on the day). There is also limited camping availability and three camping pods available to book.



**Would you like to volunteer on the day, perform on stage, or have a food / alcohol stand? Please get in touch to book: [festival@thomley.org.uk](mailto:festival@thomley.org.uk)  
Book your wristbands here: [www.thomley.org.uk/events/festival/](http://www.thomley.org.uk/events/festival/)**

**Book here - [www.thomley.org.uk/events/festival/](http://www.thomley.org.uk/events/festival/)**



# Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE PLAY ASSOCIATION



**ARMED FORCES  
PLAYDAYS** 

## RAF Brize Norton / Carterton Play & Activity Day

**Saturday 1<sup>st</sup> July 2023, 11am – 3pm**  
Alvescot Road Recreation Ground  
Carterton, Oxon. OX18 3BS

### FREE ENTRANCE AND FREE ACTIVITIES



OXFORDSHIRE PLAY ASSOCIATION







**Junk Modelling / Go Kart Party / Bright Sparks Science / Body Zorbing  
Smoothie Bike / DIY Face Painting / Tricky Trails Biking / Airplay  
Giant Bubbles / Fire Play / Messy Church / Ride on Time / Climbing Wall /  
Groovy Su / Muzo Academy II / Got2B Teen Zone plus more!!**

**Bringing Armed Forces Families and Local Communities Together**

**This is an open access event & NO childcare is provided / The event will be photographed & filmed.  
There is NO parking on site / Food & Refreshments will need to be purchased or please do feel to  
bring a picnic.**

**For further information please contact - ☎ 07436 270267 / ✉ [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)  
/ 🌐 [www.oxonplay.org.uk](http://www.oxonplay.org.uk)**

**THIS EVENT IS FUNDED AND SUPPORTED BY**



THE ARMED FORCES  
COVENANT FUND TRUST



OXFORDSHIRE  
COUNTY COUNCIL



Carterton Town Council

SUPPORTED BY



Royal Air Force  
Benevolent Fund



ROYAL  
AIR FORCE  
COMMUNITY  
SUPPORT

For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)



# Short Breaks Update for Families with Disabled Children and Young People



The poster for the Parallel Windsor 2023 festival features a background image of a park with a long path leading to a large building. At the top left are logos for 'PARALLEL WINDSOR' and 'Sure NONSTOP PROTECTION'. At the top right is the 'soundabout make music change lives' logo. The main title 'PARALLEL WINDSOR' is in large white letters, with '2 JULY 2023' in a blue banner below it. Four photos show participants: a girl running, a group in wheelchairs, a woman playing guitar, and a woman with a child. Below these are labels: 'DISABILITY POWER 100M SUPER SENSORY 1K', '1K, 5K, 10K', 'MUSIC, SPORT, ART, STORYTELLING & SKILLS', and 'FOOD, DRINK, PLAY & WELLBEING'. A blue banner at the bottom reads 'THE FESTIVAL OF INCLUSIVITY WITH CHALLENGE EVENTS FOR EVERYBODY OF ALL AGES, HEALTH CONDITIONS & ABILITIES'.

**Soundabout are SO excited to be partnering with [Parallel Lifestyle](#) at their Festival of Inclusivity in Windsor!**

Parallel Windsor has a range of fully accessible challenge events for everybody; welcoming all ages, health conditions and abilities. Walk, push or run – there are no cut off times, highlighted by the slogan 'Start Together, Finish Whenever'. Choose from a selection of distances: 100m, 1k, 5k, 10k & SuperSensory1K. Everybody who starts gets a medal, t-shirt, water & goody bag.

Soundabout has a limited number of Charity Places for you to get involved in this fantastically inclusive event and fundraise for us.

**Register your interest here:** [www.soundabout.org.uk/help/fundraise/parallel](http://www.soundabout.org.uk/help/fundraise/parallel)

**Find out more here -** <https://www.parallellifestyle.com/>

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



# Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE PLAY ASSOCIATION

**FREE ENTRANCE**  
**AND FREE**  
**ACTIVITIES!**

[www.oxonplay.org.uk](http://www.oxonplay.org.uk) / 07436 270267

## **SOUTH ABINGDON PLAY AND** **ACTIVITY DAY 2023**

**SOUTHERN TOWN PARK, LAMBRICK WAY, OFF**  
**PRESTON ROAD, ABINGDON. OX14 5TJ**

**SATURDAY 8TH JULY 2023**  
**11AM UNTIL 3PM**



**Bright Sparks Science \* Go Kart Party \* Muzo Academy II \* Art  
Avalanche \* Tricky Trails Biking \* Giant Bubbles \* Smoothie  
Bike \* DIY Face Painting \* Churches Together In Abingdon \*  
Fire Play \* Tots of Mess \* Body Zorbing \* Ride on Time \*  
Abingdon Carousel \* Climbing Wall \* Oxford Wood Recycling \*  
Oxf Uni Chemistry Team \* Neighbourhood Police and more!!**

### **BRINGING COMMUNITIES TOGETHER THROUGH PLAY**

**For further details please contact - Oxfordshire Play Association**  
**Tel: 07436 270267 / [www.oxonplay.org.uk](http://www.oxonplay.org.uk) / [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)**

**This is an Open Access event. Please note that NO Childcare is provided. There is NO Parking on site. Food and Refreshments are being provided by Inspiring Minds and will need to be purchased, you are most welcome to bring a picnic.**



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

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



# Short Breaks Update for Families with Disabled Children and Young People



**FREE ENTRANCE**  
**AND FREE**  
**ACTIVITIES**

**NORTHWAY AND MARSTON**  
**PLAY AND ACTIVITY DAY**  
**SATURDAY 15TH JULY 2023**  
**11AM UNTIL 3PM**  
**NORTHWAY RECREATION GROUND,**  
**OXFORD. OX3 9RU**



**Tricky Trails Biking \* Go Kart Party \* Groovy Su \*  
Body Zorbing \* Giant Bubbles \* Bright Sparks Science \*  
Smoothie Bike \* DIY Face Painting \* Ride on Time \* Art  
Avalanche \* Climbing Wall \* Tots of Mess \* Muzo  
Akademy II \* Science Oxford \* Parasol Project \*  
City Council Sports & Communities Teams \* 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](http://www.oxonplay.org.uk) / 07436  
270267 / [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)**



**OXFORDSHIRE  
COUNTY COUNCIL**



**Green  
Square  
Accord**



SUPPORTED BY

**UNIVERSITY OF  
OXFORD**

COMMUNITY GRANT

**OLD MARSTON PARISH COUNCIL**



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

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and respite care services for disabled children in Oxfordshire



# Short Breaks Update for Families with Disabled Children and Young People



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

# DISCO'S 2023

~~JANUARY 27TH~~  
~~FEBRUARY 24TH~~  
~~MARCH 24TH~~  
~~APRIL 28TH~~  
~~MAY 26TH~~  
JUNE 23RD  
JULY 28TH  
AUGUST 25TH  
SEPTEMBER 29TH  
OCTOBER 27TH  
NOVEMBER 17TH

**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



## FUN DAY

**Sunday 23rd July 2023**

**11am-5pm**

South Oxford Adventure  
Playground, Whitehouse Road,  
Oxford OX1 4PA



BBQ from 12pm-3pm

**£3 ENTRY INCLUDES VOUCHER FOR:**

**Burger/hotdog ▪ Candy floss ▪ Popcorn ▪ Ice cream**

BOUNCY  
CASTLE

GAMES  
WITH  
PRIZES

FACE  
PAINTING

RAFFLE

TOMBOLA

**Tickets available** (best purchased in advance)

<https://www.eventbrite.co.uk/e/oasis-fun-day-tickets>

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



# Short Breaks Update for Families with Disabled Children and Young People

## **BICESTER ELMSBROOK** **PLAY AND ACTIVITY DAY**

Back by  
Popular  
Demand for a 2nd  
Year!

**Building Communities Through Play!**

**FREE ENTRANCE AND**  
**FREE ACTIVITIES**

**TUESDAY 25TH JULY 2023—11AM UNTIL 3PM**

**Gagle Brook Primary School, Rear  
Playground / Field, Cranberry  
Avenue, Bicester. OX27 8BD**



Junk Modelling with Art Avalanche, Muzo Akademy II, Fabric  
Upcycling with Groovy Su, Climbing Wall, Giant Bubbles, Body  
Zorbing, DIY Face Painting, Smoothie Bike, Go Kart Party,  
Homestart and more!...

Please note that **NO** Childcare is provided / There is **NO** parking on site /  
Please do bring a picnic / This event will be photographed and / or filmed  
07436 270267 / [www.oxonplay.org.uk](http://www.oxonplay.org.uk) / [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

This event is funded and supported by

**a2dominion**

**Cherwell**  
DISTRICT COUNCIL  
NORTH OXFORDSHIRE



**BICESTER**  
TOWN COUNCIL

**SPARK**  
FUNDING

For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

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



Sanctuary



Cherwell  
DISTRICT COUNCIL  
NORTH OXFORDSHIRE



# Short Breaks Update for Families with Disabled Children and Young People



**THE OXFORDSHIRE PLAY ASSOCIATION PRESENTS...**

Back By  
Popular  
Demand

## **EYNSHAM PLAY AND ACTIVITY DAY 2023**



**THURSDAY 27<sup>TH</sup> JULY – 11AM TO 3PM**

**FREE ENTRANCE AND FREE ACTIVITIES – FUN  
FOR ALL THE FAMILY AND FOR ALL AGES**

Go Kart Party \* Body Zorbing \* Muzo Akademy II \* Homestart \* Climbing Wall \*  
Junk Modelling with Art Avalanche \* Smoothie Bike \* DIY Face Painting \* Fabric  
Upcycling with Groovy Su \* Giant Bubbles \* Got2B Youth Zone \* Toddler Corner with  
St Leonards Church \* Toddler Ride on Vehicles \* Thames Valley Police and more!

**OXFORD ROAD PLAYING FIELD (PAVILION  
SIDE), EYNSHAM, OXON. OX29 4HG**

Please be advised that NO childcare is provided at the event and this event  
will be photographed / There is NO parking on site / Food & Refreshments will  
need to be Purchased or Please feel free to bring a picnic. T = 07436 270267 /  
E = [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk) / W = [www.oxonplay.org.uk](http://www.oxonplay.org.uk)



**This event is funded and supported by:**



**BLenheim**



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; [www.oxonplay.org.uk](http://www.oxonplay.org.uk)  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People

## absolutely Together *Together* KARTING

**A unique, free way for your family to experience the thrill of high speed go karting - exclusively for families with children with additional needs**

Our Karting Together program is exclusively for families with children or young adults with additional needs



- One of our expert drivers will drive you around the track in our two-seater go kart
- Control as much of the kart as you are comfortable with
- Two other karters can join on track - ie parents or siblings
- Users must be at least 6 years old
- Parents or guardians must be able to help the child in and out of the kart where necessary
- Must be booked in advance

These amazing sessions are available for free at:

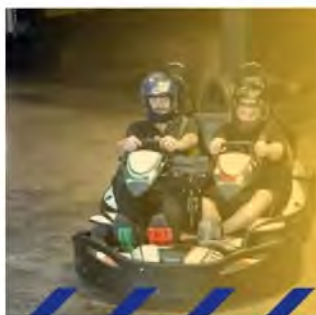
Absolutely Karting Maidenhead: Saturday Mornings  
Absolutely Karting Bristol: Sunday Mornings  
Rogue Racing Aylesbury: Sunday Mornings



*Rogue*  
Leisure

  
Wooden Spoon  
The children's charity of rugby

absolutely   
KARTING



For more information or to book a session please email-  
**[smiles@absolutely-group.co.uk](mailto:smiles@absolutely-group.co.uk)**

[www.absolutely-together.org](http://www.absolutely-together.org)

For more information or to book a session, please email:-

[smiles@absolutely-group.co.uk](mailto:smiles@absolutely-group.co.uk)

[www.absolutely-together.org](http://www.absolutely-together.org)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



Cerebral Palsy Sport  
\*\*\*\*\*

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

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.

REGULAR  
BI-WEEKLY  
SESSIONS



FREE TO  
ATTEND



PLAY  
PARTICIPATE  
ENJOY



CONTACT

[enquiries@summertownstars.org](mailto:enquiries@summertownstars.org)

Sarah - 07947 624354

[enquiries@summertownstars.org](mailto:enquiries@summertownstars.org) Sarah - 07947 624354

# 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](mailto:youth@gosfordrugby.com) - tel: 0753 111 8213  
[www.gosfordrugby.com](http://www.gosfordrugby.com)

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

**3 free taster sessions!!** If you're interested in coming for a taster session, please email - [youth@gosfordrugby.com](mailto:youth@gosfordrugby.com)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



This is in Bicester & is fun for the whole family...mum's & dad's included - what's not to like! Jump-Inc is an ultra play park - trampolines, inflatables, swings & more. For more info, please go to - <https://www.jump-inc.uk/locations/bicester/>

More info on the SEN sessions here:-  
<https://www.jump-inc.uk/activities/sen-sessions/>

# 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 - 16 yrs. Family members welcome.  
1pm - 2pm for 16+ yrs.

£3 per session.

**Wood Green School,  
Witney, OX28 1DX**

Book by  
phone, email or website:  
<https://windrushbikeproject.uk>  
07766 829296

 @windrushbikepro  
 @windrushbikeproject  
 @windrushbikeproject  
 wheelsforall@windrushbikeproject.uk  
[www.windrushbikeproject.uk](http://www.windrushbikeproject.uk)



Every Saturday at Woodgreen school, try a bike, borrow a bike,  
ride in a safe space - book your place here:-

<https://bookwhen.com/windrushbikeproject?tag=wfa...>



# Short Breaks Update for Families with Disabled Children and Young People

## Bardwell School Nursery Stay and Play Sessions



We are a community-based special school nursery catering for 2-4 year olds. We have a wealth of experience in supporting students with a range of needs. Using a bespoke curriculum where outcomes are tailored specifically to the needs of the students, we plan for meaningful next steps for each child based on their needs. All of our learning is play-based, with children acquiring new skills through exciting multi-sensory activities.



We are running stay and play sessions from 1-2.30pm on Wednesdays, these are for families who may need some extra support in a small setting, allowing the opportunity to see what we do here at Bardwell. There will be space for four families per week and we will be booking for blocks of 6 weeks to give families the opportunity to come and play. If you would like more details or to book a place please contact Rachel Nash, our Nursery Lead at [racheln@bardwell.oxon.sch.uk](mailto:racheln@bardwell.oxon.sch.uk).

Please contact Rachel for more information & to discuss further -  
[racheln@bardwell.oxon.sch.uk](mailto:racheln@bardwell.oxon.sch.uk)

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

# Short Breaks Update for Families with Disabled Children and Young People



## Autism friendly 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 and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

- \* **Cineworld** are showing The Little Mermaid movie on Sunday 4th June at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month in Banbury.
- \* **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month at 11.00am in Oxford, Aylesbury & Milton Keynes Stadium. Find out what's on by calling their Disability & Accessibility helpline; 10am-5pm on 03330 151208.
- \* **Showcase** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month at 10.00am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for times & booking.
- \* **Picturehouse** are showing Puss in Boots: The Last Wish on Sunday 18th June at 11.00am in The Phoenix in Oxford.
- \* **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month at 11.00am at Bicester, Newbury, Oxford & Reading.

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

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

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



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# Short Breaks Update for Families with Disabled Children and Young People

## SAVE THE DATE...



**A Charity Music Festival for Wallingford's Wheelyboat**

### **What:**

A live music event featuring rock & country bands, solo artists and local jammers. A variety of Headliners include Definitely 90's, Funky Funks, Cover Buoys and Kennet Delta Cowboys.

### **When:**

Sunday 24<sup>th</sup> September 2023, 2pm-9pm.

### **Where:**

Wallingford Sports Park, Hithercroft Road, Wallingford OX10 9RB.

### **Why:**

Wallingford Accessible Boat Club's objective is to enable disabled & less mobile people to get out on our River Thames on our Wheelyboat WOW-one free of charge. Our annual costs of £13,000 however, have to be covered which is why our club has to raise funds through initiatives such as WheelyFest.

### **How:**

Ticket only – Adults £10.00, Under 12's £5.00, Under 5's Free. Available from July.

### **Extras:**

Hog Roast, food & drink from the Bar, and a selection of fundraising games, star prize raffle, silent auction. All Donations welcome!

All proceeds for the benefit of Wallingford Accessible Boat Club

Further information will be available from [www.wabc.org.uk](http://www.wabc.org.uk) at a later date.

John Jenkins MBE, Chair of Trustees

Wallingford Accessible Boat Club

Mobile - 07976 297835

# 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](http://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](mailto:Stacey.howard@befreeyc.org.uk) 07845628559

[Lorraine.nicholls@befreeyc.org.uk](mailto:Lorraine.nicholls@befreeyc.org.uk) 07769387309



# Short Breaks Update for Families with Disabled Children and Young People



**When** Wednesdays  
during term time

**Time** 4-5pm and  
5.30-6.30pm

## Sibling Support Online Workshops

**Swings & Smiles is very excited to be offering our SIBSupport workshops online so that all siblings can access our support, even if they can't make it to our centre.**

The workshops aim to support children with disabled siblings in their relationships and understanding of others as well themselves. We will encourage them to grow in confidence and resilience, and improve their overall wellbeing.

Swings & Smiles is a charity that supports disabled children and their families. We understand just how different life can be as a child with a disabled sibling, and our SIBSupport work is an important part of the services we offer.

These workshops will be a great opportunity for children to make new friends and spend time with peers who can relate to some of the highs and lows that come with having a disabled sibling. There is never a dull moment with plenty of activities and games on offer during each session. We'll be running the following sessions on Wednesdays during term-time:

**Children in Years 3 to 6 - 4-5pm**

**Children in Year 7 and above - 5.30-6.30pm**

If you would like to book onto one of our courses or find out more about our SIBSupport services please email [sibsupport@swingsandsmiles.co.uk](mailto:sibsupport@swingsandsmiles.co.uk) with the name and age of your child. We will then be in touch with a registration form to get you signed up and ready to go.

Registered Charity Number 1120598



To find out more or to book your place, please email:-

[sibsupport@swingsandsmiles.co.uk](mailto:sibsupport@swingsandsmiles.co.uk)

# Short Breaks Update for Families with Disabled Children and Young People



This group meets every Monday evening so why not pop along if you are a parent of children with additional needs.

Baptist Church, Lombard Street, Eynsham, OX29 4HT

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



# Short Breaks Update for Families with Disabled Children and Young People



**APCAM**

Thursdays from... **12TH JAN 2023**

# CLINIC

<b>PARENTS</b>	<b>9:30 - 4:00</b>
<b>YOUNG PEOPLE</b>	<b>4:00 - 6:00</b>
<b>PARENTS (EVE SESSION)</b>	<b>7:00 - 9:00</b>

**SUPPORTING PARENTS AND CHILDREN AFFECTED BY MENTAL HEALTH DIFFICULTIES AND SEN NEEDS**

Carterton Family Centre  
The Allandale  
Carterton  
OX18 3AA

[apcamgroup.org.uk](http://apcamgroup.org.uk)  
[info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk)

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

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

# Short Breaks Update for Families with Disabled Children and Young People



## SPACE

**Come join us at SPACE**

### **Where & When does SPACE meet?**

**Friday's - Term time only**

**Time - 10am to 12.30pm**

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

**6AB**

**Parking in public car park**

**Wheelchair & pushchair accessible**

### **Who is SPACE for?**

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

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

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

### **What is SPACE for?**

**Contact Jo on 07875890775**



# Short Breaks Update for Families with Disabled Children and Young People



**For families supporting children  
on the autistic spectrum**

Please come and join us on  
**Friday 26th May**  
for a friendly cuppa and chat.

All families welcome, with or  
without a diagnosis.

Welcome Church, High St,  
Witney OX28 6HL

10am - 12noon

To confirm attendance, or just to  
ask any questions, please email  
[chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.com)

Upcoming dates: Friday May 26th and Friday June 30th

**For more information, please message us:-**  
[chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.com)

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

# Short Breaks Update for Families with Disabled Children and Young People



## SEN Support Group Banbury

### About us

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

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

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

Sessions are held every other week on a Monday & the next session is on 15th May 2023 due to the bank holidays. Please do come along, everyone is welcome.

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



# Short Breaks Update for Families with Disabled Children and Young People



**£2 per Family!**

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

**Every Wednesday**  
**6-8pm**

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

All Children must be  
accompanied by an Adult.



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

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

# Short Breaks Update for Families with Disabled Children and Young People



## ALL THINGS SEND

### Family SEND Support Group

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

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

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

**WHERE:** Hill View School Community Bungalow, OX16 1DN



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

To find out more please contact Emma Ford at [eford@hillview-school.co.uk](mailto:eford@hillview-school.co.uk) or Emma Jeavons at [ejeavons@hillview-school.co.uk](mailto:ejeavons@hillview-school.co.uk)



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

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

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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

## Parent/ Carer Drop Ins

Is your child or teenager struggling with attending, enjoying or transitioning schools?

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

2- 3pm Thursdays term time  
@Abingdon Carousel Family Centre



## Secondary School Groups

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

Contact us confidentially for information about our next groups.



## Year 6 Child and Parent Groups @ Abingdon Carousel Family Centre

Groups for children and their parent/ carer to support with transitioning to secondary school. Using art and design experiences to promote positive mental health and wellbeing.

Contact us for information and booking.  
Free resources and refreshments.



[www.mentalhealthnatters.org](http://www.mentalhealthnatters.org)



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

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

# Short Breaks Update for Families with Disabled Children and Young People



The dates for this term are:-

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

9<sup>th</sup> June (Pauline, Disability Info Officer, Family Information Service is attending) & 7<sup>th</sup> July

**Online** Monday evenings (Zoom) between 8.00pm and 9.30pm (3<sup>rd</sup> of the month)

19<sup>th</sup> June & 17<sup>th</sup> July

To join our mailing list, please email  
[info@shift-abingdon.org.uk](mailto:info@shift-abingdon.org.uk)

Or for more information, please go to our website -  
[www.shift-abingdon.org.uk](http://www.shift-abingdon.org.uk)



# Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE  
**AUTISTIC  
SOCIETY**  
Information & Support

## Coffee & Chat Abingdon

Our informal drop-in Coffee & Chat groups are a great way to meet others that are caring for people on the Autistic spectrum. We offer a warm friendly welcome, coffee, and cake. Pre-school children and babies are more than welcome to attend with their parents.

**Abingdon Wellbeing Centre Crabtree Place,  
Abingdon, OX13 3GD**

**9:30am – 11:30 am on the following Fridays:**

~~10<sup>th</sup> February 2023~~

~~10<sup>th</sup> March 2023~~

~~12<sup>th</sup> May 2023~~

**9<sup>th</sup> June 2023**

**14<sup>th</sup> July 2023**

(Please note these dates may change due to unforeseen circumstances – please visit our facebook page *OASIS Autism* for updates)

For further information about OASIS Coffee and Chat  
Email: [admin@oasisonline.org.uk](mailto:admin@oasisonline.org.uk)

For more information, please email:-  
[admin@oasisonline.org.uk](mailto:admin@oasisonline.org.uk)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## Parent Coffee Morning

**OXFORD CREATORS**  
EDUCATION

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

**VENUE**  
Unit 7  
Hawksworth Road  
Didcot  
OX11 7HR

[OxfordCreators.co.uk/parents](https://OxfordCreators.co.uk/parents)



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



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



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

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

Don't forget to book your ticket! More info here - [www.OxfordCreators.co.uk/parents](https://www.OxfordCreators.co.uk/parents)

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



# Short Breaks Update for Families with Disabled Children and Young People

## Autism Training...

© The Curly Hair Project 2017

## The Curly Hair Project Autism Webinars June 2023

Females and Autism	Tues 6 June	20:00 -21:00
Understanding Challenging Behaviour in Autism	Mon 19 June	
Meltdowns & Shutdowns	Wed 21 June	
Developing Resilience with Autism	Thurs 29 June	

Access our events from your phone, PC or laptop!



All webinars last one hour unless otherwise stated.  
Each are recorded & you will be given 3 days access after the webinar – just buy a ticket and it will be sent automatically!

For further information & to book, please visit [www.thegirlwiththecurlyhair.co.uk/events](http://www.thegirlwiththecurlyhair.co.uk/events)

The Curly Hair Project (CHP) is an award-winning social enterprise founded by autistic author and entrepreneur Alis Rowe. CHP resources are used by individuals, families and professionals worldwide. All our work is based on personal, real-life examples and experiences. For more information & to book, please visit:-

[www.thegirlwiththecurlyhair.co.uk/events](http://www.thegirlwiththecurlyhair.co.uk/events)



## Online workshop

### Parenting an autistic young person with a PDA profile

Pathological Demand Avoidance (PDA) is an autistic profile when an individual experiences high levels of anxieties associated with everyday demands and expectations either placed by society or themselves.

Individuals with this profile will typically utilise social strategies and other sophisticated ways to avoid demands

During this training you will learn what PDA is and what you can do as a parent or carer to adopt a PDA 'friendly' approach to parenting to enable your young person to thrive.

**Tuesday 13th June 2023**

**10am-1pm**

**£20 per person (+ booking fee)**

Tickets available from Eventbrite

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

Tickets available here  

<https://www.eventbrite.co.uk/.../parenting-an-autistic...>



# Short Breaks Update for Families with Disabled Children and Young People



The poster is for a workshop by Oxfordshire Child Psychology. It features a large white circle in the center on a teal background. The text 'OCP' is at the top in red, teal, and green. Below it is 'OXFORDSHIRE CHILD PSYCHOLOGY'. The word 'WORKSHOP' is in large teal letters, followed by 'FOR PARENTS OF GIRLS ON THE SPECTRUM' in a teal box. Below that is 'IN MARSH GIBBON...' with a red dashed circle and a red lightning bolt. A central dark blue circle contains a calendar icon and the date 'WED 28 JUNE 9.45AM - 2PM'. Two circular images show a building and a meeting room. The bottom section is divided into two columns: the left column has a photo of Dr. Natalie Briant and text about the workshop's purpose; the right column lists benefits like 'MEET OTHER PARENTS' and 'GET IDEAS TO HELP', along with the cost '£70 per person including lunch'. A dark blue footer contains contact information.

**OCP**  
OXFORDSHIRE CHILD PSYCHOLOGY

## WORKSHOP

FOR PARENTS OF GIRLS ON THE SPECTRUM

IN MARSH GIBBON...

  
**WED 28 JUNE**  
9.45AM - 2PM

WITH



**DR NATALIE BRIANT**  
CLINICAL CHILD PSYCHOLOGIST

**MEET OTHER PARENTS**

**GET IDEAS TO HELP**

**SHARE THE MENTAL LOAD**

**This workshop is for you if you parent a girl on the Autistic Spectrum (or you think your daughter might be)**

**£70 per person including lunch**

For more information and to register contact:  
[info@oxfordshirechildpsychology.co.uk](mailto:info@oxfordshirechildpsychology.co.uk)

To find out more & to register, please email:-

[info@oxfordshirechildpsychology.co.uk](mailto:info@oxfordshirechildpsychology.co.uk)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## Advocating for autistic adults

### a webinar with Sarah and Mike

Advocacy for autistic adults is the taking of action to help vulnerable autistic people say what they need and want, to secure each of their individual rights, represent their best interests and welfare and to enable them to access the services they need.

Advocates are often the people we know, who will listen and help individuals to be heard and in turn listened to.

Sarah, our Neurodevelopmental Social Worker and Mike, Peer Support Practitioner will discuss ways you can advocate for autistic adults, including the legalities which are in place.

This webinar is aimed at parents/carers and family members of autistic individuals and support workers who are actively working alongside autistic individuals.



**Wednesday 28th June**  
**11am-12pm**

**£10 a ticket (+ booking fee)**  
Tickets available from Eventbrite



\* All our webinars are recorded and will be available to view at your convenience after the event for up to 14 days. An email containing the link to the recording will be sent to you within 48 hours of the live event ending.

Tickets available here  

[Advocating for Autistic Adults Webinar Tickets, Wed 28 Jun 2023 at 11:00 | Eventbrite](#)



# Short Breaks Update for Families with Disabled Children and Young People



## Online Course and Live Workshop



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

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

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

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Don't worry if the course has already started - you can easily catch up.

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

**Dr Lucy Russell, Clinical Psychologist, Everlief**  
**Dr Marcelina Watkinson, Clinical Psychologist, Everlief**  
**Dr Cassie Coleman, Consultant Community Paediatrician, [www.drcassie.co.uk](http://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](mailto: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



## **Fundamentals of GDPR: Staff awareness for those new to GDPR or needing a refresher**

A data protection staff awareness online training Ideal for anyone new to data protection, as part of a new starter training programme or those needing a refresher of GDPR.

The training session will be practical, with relevant examples to charities, 3<sup>rd</sup> sector organisations and privacy sector businesses in the Oxfordshire area. The session will talk through the core principles of the law and how they apply to you.

The training session will be held online using Zoom.

Tuesday 20th June (1.5 hours). 9.30am - 11.00am; £60-90

## **How to be a Good Trustee**

This course is for new trustees, those thinking about joining a board or existing board members wanting a refresher and update.

It aims to provide an overview of the key things you need to know as a trustee. The session will equip you with the knowledge of your responsibilities as a trustee and confidence to know where to go to find out more after the course.

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

This course will be held in person at OCVA offices.

Monday 26th June (3 hours including a tea break). 9.45am - 12.45pm; £50 - £80

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