

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the June Short Breaks Update...

It's jam packed this month - ROAR Day, boccia, KEEN Olympics, dancing/discos, Have a Go Day, museums, sports, cinema, Play & Activity Days...

Also some training & webinars...



What's in this edition...

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P3	New Boccia Abingdon Club	P27-28	SportWorks - Summer
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P23	Rosehill Play & Activity Day	P72	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

**** 1st June ****

OP
OXFORD
PLAYHOUSE

&

pegasus
theatre

on behalf of The ROAR Collective are delighted to present

ROAR DAY

**A FREE DAY-LONG PROGRAMME OF EVENTS
CELEBRATING DISABILITY IN THE ARTS**

**AT PEGASUS ON SATURDAY 1ST JUNE
MAGDALEN ROAD, OXFORD.**

Formed in 2016, ROAR provides opportunities for people with additional needs to engage in the arts and aims to advocate for inclusive arts practice in Oxfordshire and beyond.

WORKSHOPS

- Junior Drama Workshop (ages 11-18) with Emma Webb
10.30-12.30pm, Studio.
- Junior Music Workshop (ages 11-18) with Hannah Fredsgaard-Jones
1.30-3.30pm, Theatre.
- Adult Music Workshop with Luke Newby-Smith (age 18+)
4-6pm, Theatre.
- Beginner BSL workshop with Christine DeBlase
4-5pm, Studio.

INTERACTIVE PRESENTATION

Join My Life My Choice for an interactive presentation for organisations and businesses to understand how they can become a disability friendly venue.
2-3.30pm, Studio.

FILM SCREENING (18+)

Come and watch Otto Baxter's Royal Television Society Winner *Not Another F****ing Horror Story* and it's accompanying documentary with a filmmaker Q&A.
7-9.30 pm, Theatre. BSL Signed.

Please book through ROAR partner Pegasus by visiting their website here:

<https://pegasustheatre.org.uk/roar-festival/>

In partnership with
film oxford
training | production | projects | cinema

**KEEP
OXFORD**

**My Life
My Choice**

**OLD FIRE
STATION**

Please book through Pegasus -

<https://pegasustheatre.org.uk/roar-festival/>

Short Breaks Update for Families with Disabled Children and Young People

SUNDAYS 1-2PM

White Horse Leisure Centre in Abingdon

Last free trial session is on 2nd June

Thereafter we meet fortnightly starting on Sunday 16 June,
£2 per family



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

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

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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly/relaxed cinema screenings

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

- * **Cineworld** are showing The Garfield Movie on Sunday 2nd June at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light, Banbury** are showing several relaxed viewings - [Relaxed Screenings - Banbury - The Light](#).
- * **Odeon** are showing The Garfield Movie on Sunday 9th June in Oxford, Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- * **Showcase Reading** have an autism friendly screening every Sunday morning at 10.30am. The Garfield Movie is on 2nd & 23rd June; Thomas & Friends: King of the Railway is on 9th June and Inside Out is on 16th & 30th June.
- * **Picturehouse** are showing Robot Dreams on Sunday 16th 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



EVERY SECOND THURSDAY

ALL INCLUSIVE NIGHTS!

Let's Light Up the Town!

THU 6TH JUNE 2024
THU 20TH JUNE 2024
THU 5TH JULY 2024

DJ ENJAY | DANCE FLOOR | BAR

7pm - 11pm
£5.00 Entry
(Carers Free)

Delaney's Club, 8-9 The Regents Shopping Mall, Newbury St, Wantage, OX12 8BU



Not suitable for wheelchair users

For those aged 18+ years. Delaney's is in Wantage.

Short Breaks Update for Families with Disabled Children and Young People



KEEN OLYMPICS

**SATURDAY
8TH JUNE
2-5PM**

Join us for sports, games and medal presentation at our 37th Annual Olympics, as well as some singing by our special guests from DSO Choir! Contact aisling@keenoxford.org for more information and to sign up!

New College Sports Ground, St Cross Road, OX1 3TJ



Contact Aisling for more info and to sign up:-
aisling@keenoxford.org

Short Breaks Update for Families with Disabled Children and Young People



We want to hear from you!

If you are a child or young person (up to the age of 25) that has engaged with the Special Educational Needs Information Advice and Support Service (SENDIASS), then we are inviting you to a focus group to tell us about your experience.

The focus group is on:
Monday 10th June 5-6pm

The focus group will be held on Zoom.
To sign up for the session, please email Adeeba:
Akhan@ncb.org.uk



What it's about:

The Council for Disabled Children are working with Oxfordshire County Council to help develop the SENDIASS. We want to find out from you what the service is doing well and what it could do better.

Who it's with:

The Council for Disabled Children will be running the focus group with Bex Foulsham, a young person that has lived experience of engaging with Oxfordshire's SENDIASS.

As a thank you for taking part, each person will receive a £15 voucher for taking part (either Amazon or Love2Shop).

If you have any questions about the focus group or the project, please email Ruby:
rstleger@ncb.org.uk

If you have any questions about the focus group or the project, please email Ruby - rstleger@ncb.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

'DEMAND AVOIDANCE' Q&A with AFSO and Anna Lawrence – Oxford Neurodiversity Education



Date: Monday 10th June 2024
Time: 7.00PM – 8.30PM



If you have made a referral, and your child or young person has an autism diagnosis, you can come along.

Please contact us with your questions by 5.00PM on Thursday 6th June

You can contact us on claire@afso.org.uk to share your questions and to receive the zoom link.

We hope you will be able to join us for our next online Q&A session where we will be joined by Anna Lawrence from Oxford Neurodiversity Education to talk about Demand Avoidance.

Please email claire@afso.org.uk with your question and for the Zoom link.

This is open to our parents/carers who have a child who has an autism diagnosis and is registered with us.

Short Breaks Update for Families with Disabled Children and Young People

Anjali Open Classes return to The Mill, Banbury

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

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

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

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

Mondays, 5.30 – 7pm,
The Mill, Banbury

Starting Monday
15 April for 6 sessions

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

Limited places so we
advise booking early

For more information:
info@anjali.co.uk

To book, follow this
link or scan below:

www.shorturl.at/drjV7



Romy What



Romy What

Anjali
Dance company

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

Classes are on Mondays in term-time from 5.30pm to 7.00pm. Next block of classes starts on **Monday 10th June**.

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

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

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS

10AM – 12PM

2nd Saturday of the Month

Remaining dates

for this term... 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

Saturdays

COMMISSIONED BY
OXFORDSHIRE COUNTY COUNCIL



OXFORDSHIRE SHORT BREAKS

Packed full of sport, games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic but do not have a learning disability.

play games

make friends

inclusive

have fun

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

DAY: SATURDAYS

TIME: 10.00AM - 3.00PM

LAUNCHING: 15TH JUNE

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

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



**** 1st & 3rd Saturdays of the month from 15th June (term time) ****

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

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

Short Breaks Update for Families with Disabled Children and Young People

Saturdays

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OXFORDSHIRE SHORT BREAKS

Packed full of sport, games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic but do not have a learning disability.

play games

make friends

inclusive

have fun

**LONG FURLONG PRIMARY SCHOOL, BOULTER
DR, ABINGDON OX14 1XP
TIME: 10.00AM - 3.00PM
LAUNCHING: 29TH JUNE**

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

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



**** 2nd Saturday of the month from 29th June (term-time) ****

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

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

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:
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



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

Father's Day at Thomley...

Sunday 16th June 2024, 11am-3pm

Come and join us between 11am and 3pm for a Father's Day meal where we will be cooking up a BBQ meal for you and the family. Including burgers, hot dogs, salad, coleslaw.

Father's Day is a day that some of our families struggle to celebrate. So take advantage of our accessible, familiar venue and celebrate it here at Thomley with us!



Join us on Sunday 16th June and book in for the 12pm or 1:30pm slot where we will serve the adults meal for £13. Children (up to 15) will also get a free meal included in their entry fee (children can have a hot dog and a burger plus unlimited salad). Child members enter for free and it's just £5 for their food.

We will also be having a game of football and tug of war for those wanting to join in! Please note, disabled families are still welcome to book in for the meal, even if Dad may not be able to make it.

Please book by visiting our online calendar, here:
thomley.org.uk/calendar/



Thomley

Make your booking here: <https://buff.ly/3UIHduD>

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

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 20th
2024
10.00 am -
3.00 pm**

About the Event

Many family carers worry about where their relative will live in the future, and how to go about organising and finding out about all the options.

At this event you will hear from a number of family carers who have already gone down this route who will discuss how they went about finding the right home for their relative.

ADVANCE Housing will talk about the role of a housing provider including tenancy agreements and HOLD Mortgages.

This will be followed by a Q and A session with a panel of Oxfordshire based support providers who will be able to answer your questions on support provision and the role of a support provider. They will also have stands at the event.



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

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

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

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



Venue - Seacourt Hall, 3 Church Way, Botley, OX2 9TH

To book - [Supported Living event OxFSN 20th June 24](#)

Any questions, contact Kathy on 07821 987080 or kathy.liddell@oxfsn.org.uk

Short Breaks Update for Families with Disabled Children and Young People



DISCOS 2024

~~JANUARY 26TH~~

~~FEBRUARY 23RD~~

~~MARCH 29TH~~

~~APRIL 26TH~~

~~MAY 31ST~~

JUNE 28TH

JULY 26TH

AUGUST 30TH

SEPTEMBER 27TH

OCTOBER 25TH

NOVEMBER 15TH

One Friday every month

LANGDALE HALL-OX28 6AB

£6 on the door - 6:30pm - 9pm

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

Short Breaks Update for Families with Disabled Children and Young People



Autism Friendly Opening

Saturday 6th July, 9am-10am

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

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

**** There will also be sessions on 3rd & 23rd August... ****



Short Breaks Update for Families with Disabled Children and Young People



13th July 11-3

WHEATLEY & HOLTON
PLAY & ACTIVITY DAY
WHEATLEY PLAYING FIELDS, OX33 1QG



FREE ENTRY & ACTIVITIES:
Go Karts, + Body Zorbing + Junk Modelling + Youth Zone + Toddler Ride on Vehicles + Science activities + Fire Play + DIY Face Painting + Giant Bubbles + Smoothie Bike + Maple Tree Centre + Fabric Upcycling + Sports Taster + Arts & Crafts + Go Karts + Muzo music + so much more

No childcare is provided at this event and photographs will be taken. Disabled parking on site, limited parking available opposite

Contact: Martin.gillett@oxonplay.org.uk www.oxonplay.org.uk
07436 270267



Grant & Stone



Supported by the Emma Wilson Memorial Trust

For more info, contact martin.gillett@oxonplay.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

**BICESTER
AUTISM**



**FREE
ENTRY**

**SUMMER
FAIR**

JULY 14TH 2024
11-3

FUN & CREATIVE OUTDOOR ACTIVITIES

The Littlebury Hotel
Kings End, Bicester OX26 6DR

For more info - bicesterautism@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Join us in celebrating DSO's 21st birthday with a glamorous evening featuring delicious food, dancing, and a red carpet arrival

DSO'S 21ST BIRTHDAY BALL

Worton Hall, Cassington, OX29 4SU

SATURDAY
20
JULY

7:00pm until 11:00pm

DRESS TO IMPRESS

Finger buffet · Bar · Photo booth · Chill out area
Award-winning entertainer DJ Dan Blaze
Fully accessible venue · Ample free car parking

£21 per ticket · Minimum age 16

For more information contact sonia@dsoxford.org.uk or michelle@dsoxford.org.uk or lucy@dsoxford.org.uk

For more information, contact sonia@dsoxford.org.uk; michelle@dsoxford.org.uk or lucy@dsoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People

ROSE HILL PLAY AND ACTIVITY DAY



BUILDING COMMUNITIES THROUGH PLAY

FREE ENTRANCE AND FREE
ACTIVITIES

**SATURDAY 20TH JULY 2024—11AM UNTIL
3PM @ ROSE HILL RECREATION GROUND,
ROSE HILL COMMUNITY CENTRE, OX4 4HF**



Art Avalanche, Tricky Trails Biking, Ride on Time, Giant Bubbles, Go Kart Party, Body Zorbing, Fire Play, Fabric Upcycling, Museum of Natural History, Climbing Wall, DIY Face Painting, Smoothie Bike, Muzo Academy II, Tots of Mess, OCC-TYSS Youth Zone, Oxford University Chemistry Outreach Team, Rose Hill Junior Youth Club and Lots Lots More...

Please note that **NO** Childcare is provided / There is **NO** parking on site / Food will need to be purchased or please do bring a picnic / This event will be photographed and / or filmed
07436 270267 / www.oxonplay.org.uk / 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

Adult learning disability event...



Have a Go! Festival

FREE ENTRY!

Tuesday 23rd of July

Fun for the whole family

Adult Learning Disability Event

Free tasters in football, cycling, dance, athletics and much more!

Horspath Athletics Track, Oxford
OX4 2RR

Come down to the 10th annual
Have a Go Festival

11:00 –15:00

For more information contact
Natasha Holmes - 07584 185 699
Natasha.Holmes@oxfordhealth.nhs.uk



For more information, please contact Natasha on 07584 185699 or email her on - Natasha.Holmes@oxfordhealth.nhs.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



THE OXFORDSHIRE PLAY ASSOCIATION PRESENTS...

Back By
Popular
Demand

EYNSHAM PLAY AND ACTIVITY DAY 2024



FRIDAY 26TH 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 * Climbing Wall * Junk Modelling
with Art Avalanche * Smoothie Bike * DIY Face Painting * Fabric Upcycling with
Groovy Su * Giant Bubbles * OCC-TYSS Youth Zone * Tricky Trails Biking * Toddler
Ride on Vehicles * Muddy Feet * Arts & Crafts 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 / W = www.oxonplay.org.uk



This event is funded and supported by:



BLenheim



The **Midcounties
Co-operative
Community Fund**

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

Short Breaks Update for Families with Disabled Children and Young People



**ARMED FORCES
PLAYDAYS**

RAF Brize Norton / Carterton Play & Activity Day

Saturday 27th July 2024, 11am – 3pm

Alvescot Road Recreation Ground
Carterton, Oxon. OX18 3BS

FREE ENTRANCE AND FREE ACTIVITIES



**Art Avalanche / Go Kart Party / Body Zorbing / Tricky Trails Biking /
Smoothie Bike / DIY Face Painting / Giant Bubbles / Arts & Crafts /
Ride on Time / Climbing Wall / Groovy Su / Muzo Akademy II / Tots of
Mess / OCC-TYSS Youth 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
/ 🌐 www.oxonplay.org.uk**

THIS EVENT IS FUNDED AND SUPPORTED BY



BLENHEIM



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

Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY
OXFORDSHIRE COUNTY COUNCIL



OXFORDSHIRE SHORT BREAKS HOLIDAY PROGRAM

Packed full of sport, games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic but do not have a learning disability.

- play games
- make friends
- inclusive
- have fun

THE COOPER SCHOOL, BICESTER, OX26 4RS
TIME: 10.00AM - 3.00PM
LAUNCHING: 29TH JULY

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

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



**** On Mondays, Wednesdays & Fridays from 29th July ****

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

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

Short Breaks Update for Families with Disabled Children and Young People



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play games

make friends

inclusive

have fun

**LONG FURLONG PRIMARY SCHOOL, BOULTER
DR, ABINGDON OX14 1XP
TIME: 10.00AM - 3.00PM
LAUNCHING: 30TH JULY**

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

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



**** On Tuesdays & Thursdays from 30th July ****

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

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

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

Thomley Camping!

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



**2ND & 3RD AUGUST
CARSWELL GOLF COURSE - SN78PU**

**J-FEST
2024**

THE FESTIVAL THAT'S ACCESSIBLE

**RAY KEITH
NICKY BLACKMARKET
THE RENEGADE LIVE FT RAY KEITH
DAVID BOOMAH
JILTED GENERATION - NODSTAR
PRETENDULUM - TICTAC
DAMO - OI OIDJ
ROYAL DUB COLLECTIVE
ROCK OF AGES
KNITTY GRITTY - DJ OLI - ZAIA
ZEN LEWIS WITH
JERRY SOBER & SANDMAN
PLUS MORE TBA**

**INTERACTIVE ACCESSIBLE ENTERTAINMENT INCLUDING:
DJ WORKSHOPS, CLIMBING WALL (FRIDAY ONLY),
STREET ART WORKSHOPS, ARTS & CRAFTS,
LOW NOISE PYROMUSICAL FROM ILLUSION FIREWORKS
SENSORY ZONE, AERIAL ACROBATICS**

WWW.J-FEST.CO.UK

For more info, go to - www.j-fest.co.uk

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



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

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



2024 Events at Barracks Lane Garden

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

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

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

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

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

Between Cumberland Road and Kenilworth Avenue off the Cowley Road

 [barrackslanecommunity](https://www.instagram.com/barrackslanecommunity) More details on our website:  info@barrackslanegarden.co.uk

 www.barrackslanegarden.org.uk 

For more information:-

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

Short Breaks Update for Families with Disabled Children and Young People

Starting again on 3rd June...



Stay & Play SEND Sessions

Mondays 1:00 - 2:00pm

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

No diagnosis needed.

Booking required. Limited spaces available.

£2
per
session

Call: 01295 276769 to book

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



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



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



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

SEND DRUM LESSONS

Drumming down barriers to learning the drums



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

Contact:
07983651098/felixbartlett.com



Express. Empower. Engage

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

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

Short Breaks Update for Families with Disabled Children and Young People



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



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



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



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

 @minsterlovelcc

 @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

SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

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

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

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

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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 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

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

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS FOR BEGINNERS

A fun and relaxed session in a small group for those new to tennis aged 6-10 years. Join our coach Sue to learn the tennis basics and make some new friends.

Location: White Horse Leisure & Tennis Centre

Time: Wednesday, 5pm - 6pm (term time only)

Cost: £2.95

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



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. 1044339.

BETTER

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

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

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS IMPROVERS

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

Location: White Horse Leisure & Tennis Centre

Time: Saturday 10am - 11am

Cost: £2.95

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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277939). Registered office: 103 Regent House, The Royal Arsenal, London, SE18 6SX. Ireland Revenue Charity no. XPK3398.

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

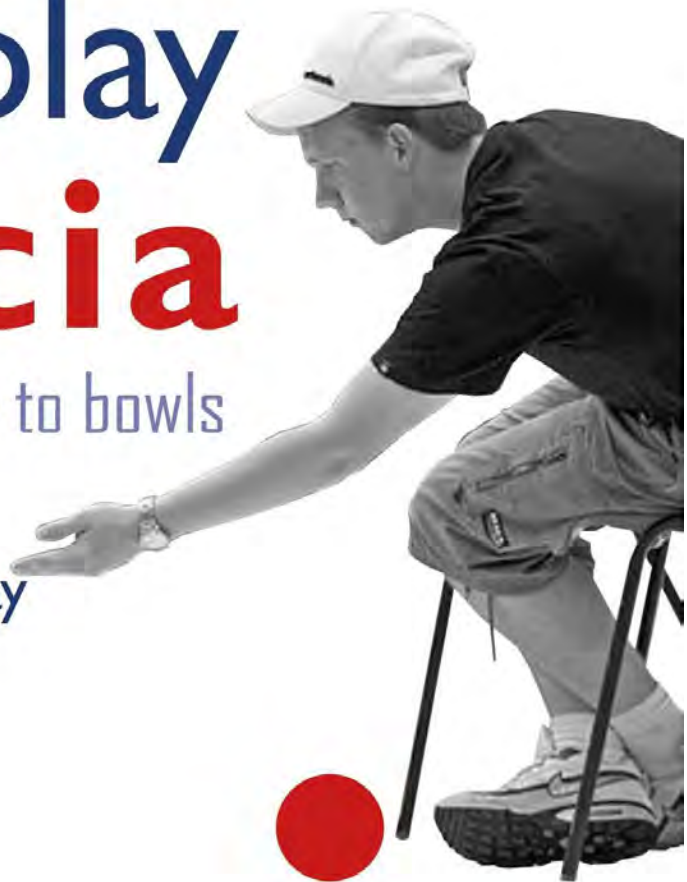
Boccia

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



Blast off with Comets!

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



Belong



play



happy



Scan here to see Comets in action!

Time and Date: Saturday mornings 8:45-9:30

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

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

Email: inclusive@bicesterparkfc.co.uk






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

Short Breaks Update for Families with Disabled Children and Young People



BICESTER PARK FC INCLUSIVE FOOTBALL AGES 5–15 YEARS

BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

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

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






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

Short Breaks Update for Families with Disabled Children and Young People



BICESTER PARK FC INCLUSIVE FOOTBALL AGES 16+

BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

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

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



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

Short Breaks Update for Families with Disabled Children and Young People



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.

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



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, and several other people, some using wheelchairs or walking aids, are playing in the background. A goal is visible in the distance. The text is overlaid on a red and blue background.

**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 is a blue shield with a white castle tower in the center. The words 'TOWER HILL' are written in a red arc at the top, and 'FOOTBALL CLUB' is written in a red arc at the bottom. Two soccer balls are positioned on either side of the shield.

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



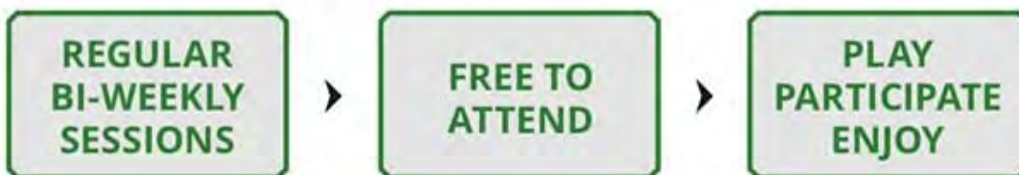
Cerebral Palsy Sport

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.



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@HENLEYYMCA.ORG.UK

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

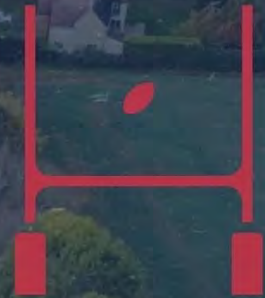
Our sessions are social drop-in sessions, that are inclusive, fun filled, exciting and affordable. They are designed for the participants to enjoy, improve their physical and mental health, reduce stress and help the community to socialise, as well as staying active and healthy!

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

Short Breaks Update for Families with Disabled Children and Young People

SEND RUGBY

SESSIONS



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**

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

AND...

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

<https://youtu.be/zgjEuXYuJ74>

Short Breaks Update for Families with Disabled Children and Young People

SEND JUMP SESSIONS

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

Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time

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

**Serving private clients
in North Hampshire and
Oxfordshire**

Offering support for children
who:

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

Take a look at my website for



further information:

www.sltwithlesley.co.uk



Contact me to discuss your child on:

07702 490377 or via email:

sltwithlesley@gmail.com

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

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

Short Breaks Update for Families with Disabled Children and Young People

AT HOME SENSORY SESSIONS - WITH SOPHIE

WHAT IS THIS SERVICE?

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

MEET SOPHIE



Hi! I'm Sophie.

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

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

WHAT DOES THIS SERVICE OFFER?

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

WHO WOULD BENEFIT?

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

HOW TO FIND OUT MORE AND MAKE CONTACT

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

WHAT ARE THE BENEFITS?

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



AT HOME SENSORY SESSIONS - WITH SOPHIE



sensoryandmassagetherapy@hotmail.com OR [Facebook - At Home Sensory sessions](#)

Short Breaks Update for Families with Disabled Children and Young People

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



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.

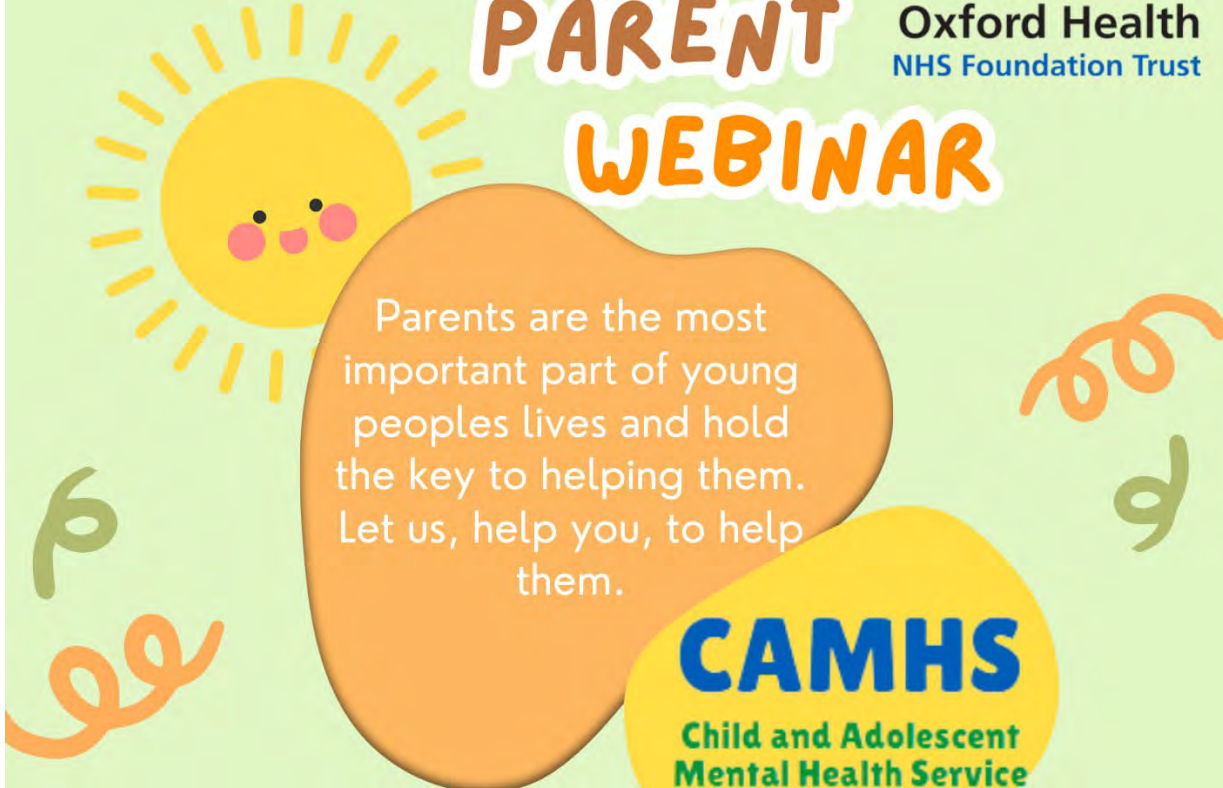
Sense, 101 Pentonville Road, London, N1 9LG
www.sense.org.uk

Short Breaks Update for Families with Disabled Children and Young People



PARENT WEBINAR


Oxford Health
NHS Foundation Trust



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

CAMHS
Child and Adolescent
Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS



SUBJECTS INCLUDE

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

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

Short Breaks Update for Families with Disabled Children and Young People



Charity no: 1171446 aspens.org.uk



Autism Central 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 teaching & support staff...



Accredited ADHD Programmes

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

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

Programme Summary:

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

For Primary School Aged Children:



For Secondary & Post-16 Aged Children:



www.theautismtrainingnetwork.com

Short Breaks Update for Families with Disabled Children and Young People



Exploring Sensory Assessments in Occupational Therapy

a webinar with Agnes and Sara

During this webinar, Agnes and Sara will walk you through the complex and fascinating world of sensory integration and the process of a sensory assessment by an Occupational Therapist.

In this webinar, we will explore:

- In one word, what is sensory integration
- Indicators that suggest the benefits of a sensory assessment for you
- A detailed look at what a sensory assessment entails
- The next steps following a sensory assessment

This webinar is aimed at individuals experiencing sensory integration differences, including both children and adults, as well as their parents/carers, support networks, professionals and those working in educational settings. However, we welcome anyone who feels attending would be helpful.



Tuesday 4th June

10:00-11:00

£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 2 working days of the live event ending.

** IF YOU CANNOT LOCATE THIS EMAIL IN YOUR INBOX, PLEASE CHECK YOUR SPAM/JUNK FOLDERS.

Tickets available here- <https://www.eventbrite.co.uk/e/888188474637...>

All our webinars are recorded so as long as you've purchased a ticket, you'll receive the recording within 2 working days of the live event ending. You may need to check your spam/junk folders.

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



- Level 1**
- What is the Makaton Language Programme
 - Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
 - Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
 - Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
 - **Finger Spelling**
 - Tips for effective signing
 - Makaton's place in the Signing World
 - Three formal levels of Makaton Use
 - Multi-Modal Communication
 - Signing for Comprehension and Expression
 - How are Makaton Symbols used?
 - Using Signs and Symbols; developing techniques, position, movement & direction



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



- Level 3**
- Revision of signs and symbols from Levels 1 & 2
 - Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
 - Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
 - Conveying meaning accurately by choosing the right signs & symbols
 - Talking about people
 - Signing for Comprehension and Expression
 - Talking about possession
 - Analysing Sign production
 - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 4**
- Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
 - Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
 - **Additional IT** signs and symbols.
 - Time concepts
 - Keeping things simple (core)
 - Interpreting and Translating more detailed information
 - The power of Symbols
 - Integrating and extending personal Signing and Symbol skills
 - Using Signs and Symbols; developing techniques, position, movement & direction

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



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



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