

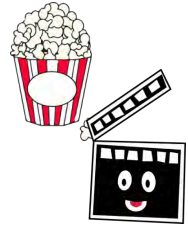
# Short Breaks Update for Families with Disabled Children and Young People



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

**There's lots happening this month with Easter** holiday activities, rugby, ultra play park, dance, singing, several Thomley events, theatre, fundraisers & lots more!!

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



## What's in this edition...

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P15-16	Swings & Smiles	P44	OCVA training
P17	Thomley Car Boot Sale		

## 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

## Volunteer Coaches needed for Witney Wolves SEN Tag Rugby Team



We are looking for people with tag and touch rugby coaching skills to provide a Sunday morning training session for a group of young people with a wide range of special needs, aged 8 upwards.

The Witney Wolves have been integrated into Witney Rugby Club for over 13 years and have both a Junior and a Senior squad

The qualified Level 2\* head coaches will be supported on pitch by a group of volunteer parent coaches supporting individuals.



\*training can be supplied

### Are you...?

- Enthusiastic
- Patient
- Keen to make a difference in the lives of people with Special Educational Needs.
- Experience of working with additional needs is not necessary, but a willingness to make reasonable adjustments is.
- Available on Sunday mornings at 11-1pm. (Hopefully role-sharing).
- Happy to attend a monthly meeting to represent the Wolves within Witney RFC.
- DBS checked or happy to be DBS checked.

**If you are interested, please contact:**

Matthew at  
MattRawlins82@gmail.com  
07584 570107

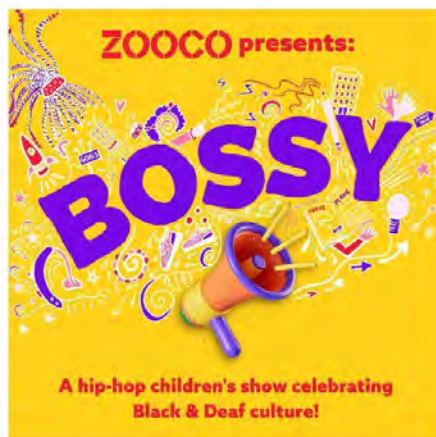
Find out more about  
Witney RFC and  
Wolves at  
<https://witneyrfc.rfu.club/>

If interested, please email Matthew on [MattRawlins82@gmail.com](mailto:MattRawlins82@gmail.com)



## Upcoming Accessible Shows at Cornerstone Arts Centre in Didcot

### Remaining shows this month...



#### BOSSY

Thu 6 Apr  
1pm

A show celebrating Black culture featuring a Caribbean soundtrack, and performed in BSL and English.

<https://www.cornerstone-arts.org/whats/bossy>



#### TO THE MOON AND BACK

Thu 20 Apr & Fri 21 Apr  
11am & 3pm

An intergalactic sensory theatre show exploring space.

Show for those with PMLD

<https://www.cornerstone-arts.org/whats/moon-and-back>

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



## Autism friendly cinema screenings

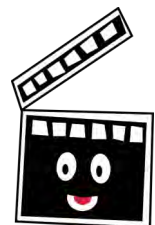
Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory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

- \* **Cineworld** are showing Dungeons & Dragons: Honour Among Thieves on Sunday 2nd April at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light** are showing Dungeons & Dragons: Honour Among Thieves on Sunday 2nd April at 9.50am & Shazam: Fury of the Gods on Wednesday 5th April at 10.00am in Banbury. [Autism-friendly screenings - Banbury - The Light.](#)
- \* **Odeon** haven't released what their autism friendly screening is yet but it is usually shown on the first Sunday of the month at 11.00am in Oxford, Aylesbury & Milton Keynes Stadium.
- \* **Showcase** are showing Dungeons & Dragons: Honour Among Thieves on Sunday 2nd April at 10.00am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for times & booking.
- \* **Picturehouse** are showing Megamind 3D on Sunday 16th April at 11.00am in The Phoenix in Oxford.
- \* **Vue** are showing Dungeons & Dragons: Honour Among Thieves on Sunday 2nd April at 11.00am 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/>







## Upcoming Workshops...



### April onwards...

**Bouncy castle**  
Every day of the Easter Holidays!

**Giant bubbles**  
Tuesday 4th and Friday 7th April

**Lionel the train**  
Tuesday 11th April and 17th May

**Paul's Woodwork Workshop**  
Wednesday 12th April

**Beat boxing workshop**  
Thursday 13th April

**Farm visiting Thomley**  
Friday 14th April

**Jumping Pillow games**  
Saturday 6th May

**SPRING OPEN DAY - FREE ENTRY**  
Saturday 13th May

**Camping night**  
Friday 26th May from 4pm

For the full range of activities  
look at our online calendar:  
[www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)

Book here - [Calendar - Thomley](#)

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

April 1st - 16th | 10 - 5pm

# Easter Holidays

**NEW**

- Interactive Easter Display
- Easter-Themed Crafts
- Easter Garden Games
- Easter Scavenger Hunt
- Animal Petting

**PLUS**

APRIL 7th - 10th  
EASTER WEEKEND

## MEET THE EASTER BUNNY!\*

\*Additional charge of £4.99

**+ Breakfast with the Easter Bunny\*\***

\*\*8:30am to 9:30am - 7th to 10th April.  
£14.99 children, £12.99 adults.  
Online bookings only.  
Includes full day admission

**fairytale FARM**

**BOOK ONLINE TODAY** | [www.fairytalefarm.co.uk](http://www.fairytalefarm.co.uk)  
☎ 01608 238 014 📍 OX7 5QH



More information here: <https://www.fairytalefarm.co.uk/.../easter-holidays-at-.../>



# 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).

**Spaces are still available for next term.**

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

# 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)



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



Chat over a cuppa

Meet parents of children with additional needs

Parent lead support

Helpful advice from parents

## Positive Measure

19:30-21:00  
Mondays  
Baptist Church  
Eynsham

Non judgemental

Suggested donation £2

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



**JUMP  
STARS**

**/// WHAT IS IT?**  
OUR EXCLUSIVE SEN SESSIONS FOR CHILDREN WITH ADDITIONAL NEEDS & THEIR FAMILIES TO COME AND ENJOY THE PARK

**/// WHEN IS IT?**  
ON EVERY FIRST WEDNESDAY OF THE MONTH\*  
5 - 6PM

**/// HOW MUCH IS IT?**  
£8.00PP - DON'T FORGET YOUR SOCKS!

**We turn the disco lights off and the music down to create a calm and enjoyable experience**

**BOOK ONLINE: [JUMP-INC.UK](https://www.jump-inc.uk)**

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/>





## Bicester self-advocacy group

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**Where:** Bicester Methodist  
Church Hall, OX26 6JQ



**Date:** 15th March 2023  
Monthly on  
Wednesdays



**Time:** From 11am to 1pm

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If you need more information or  
would like to come to this group,  
please contact Paula at:



01865 204214



[paula@mylifemychoice.org.uk](mailto:paula@mylifemychoice.org.uk)

For more information, please email [paula@mylifemychoice.org.uk](mailto:paula@mylifemychoice.org.uk)

# 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)



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



PARASOL PRESENTS

## INCLUSIVE DANCE PARTIES

FOR CHILDREN AGED 5-12 YEARS

Children will have the opportunity to exercise playfully, learn basic choreography and show off all their new moves in our end of session disco!

**VENUE:** Tower Playbase, OX3 9RG

**DATE:** Thursdays during school term time

**TIME:** 4:30pm - 6pm

**FREE TO ALL**

A tutorial video will also be sent via email so that your child can share what they have learnt with you and practice at home if they wish.

If you would like to book or have any questions, please email Kat at [playbase@parasolproject.org](mailto:playbase@parasolproject.org)

*Please be aware that spaces are limited*

YOU MOVE



Active  
Oxfordshire



SPORT  
ENGLAND

To book or if you have any questions, please email Kat on -  
[playbase@parasolproject.org](mailto:playbase@parasolproject.org)

# 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 -16yrs. 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



For more information & to book, please email:-  
[office@swingsandsmiles.co.uk](mailto:office@swingsandsmiles.co.uk)

# 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 siblings, 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

## THOMLEY CAR BOOT SALE AND INDOOR MARKET

**BOOK YOUR SPACE NOW!**

Join us at the Thomley car boot this April!

Lots of indoor and outdoor stalls and hot food and refreshments available. Plus the outdoors of Thomley will be open for children to enjoy. We will also put up the bouncy castle, set up the archery, have a 'Name the bear' competition, a bric a brac stall, cake stall and tombola.

Sunday  
23rd April  
2023  
9am-1pm

Cars £10

Vans £12

Indoor stall £15

**FREE** entry for  
visitors



Book your car, van or indoor stall  
on our website here:

<https://thomley.org.uk/events/car-boot/>

For any enquiries about the event  
please contact Greta:  
[greta.shurrock@thomley.org.uk](mailto:greta.shurrock@thomley.org.uk)



For more information or stall bookings, please email us -  
[fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)

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



## APPLY NOW

South Central Holiday at Bloxham 20<sup>th</sup>-26<sup>th</sup> August 2023

The Newman Holiday Trust is a charity that provides residential holidays for children and young people with disabilities and special needs. It has been established for over 40 years and has been repeatedly rated 'Outstanding' by OFSTED.

For more information and to make an application, please visit the website:

[www.newmantrust.org/get-involved/parents](http://www.newmantrust.org/get-involved/parents)

Applications are open until the end of April.

Once an application is received, it will be assessed by the holiday organisers and you will be contacted in due course. Child places are assessed on an individual basis, not first come first serve.

\*Due to venue restrictions, sadly we are unable to offer places to full-time wheelchair users

Charity Registered Number: 326429 | © Newman Holiday Trust



**For more info or to apply, please visit the website -**  
[www.newmantrust.org/get-involved/parents](http://www.newmantrust.org/get-involved/parents)



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



KEEN Oxford run loads of fun, inclusive activities in term-time. Projects are open to all aged 4 and upwards. Under-18 projects are free. Over-18 projects sometimes include a £6 session contribution. KEEN includes young people, adults, students, non-students, and more, all participating together.



To find out more, visit our website - [www.keenoxford.org](http://www.keenoxford.org)

To register, please do so here:- [KEEN Registration — KEEN](#)



## Singing Sundays 10.00am - 12.00 noon

With thanks to the Connected Communities Fund we will be offering singing with Emily and Holly in the garden once a month on the following dates in 2023...

- 30<sup>th</sup> April; 28<sup>th</sup> May; 25<sup>th</sup> June
- July to December dates will be announced in due course

Everyone is welcome and no previous experience necessary. Hot and cold soft drinks will be available – donations welcome.

[Barracks Lane Community Garden \(barrackslanegarden.org.uk\)](http://barrackslanegarden.org.uk)

# 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



VICTA  
Student  
Portal

summer  
camp  
2023



## Summer Camp for those with a vision impairment

- **When:** 20th to 27th August 2023
- **Who:** 14 to 17 years
- **Location:** Dearne Valley, Denaby Main, Conisbrough, Sth Yorkshire, DN12 4EA
- **Cost:** £200
- **Closing Date:** Friday 28th April 2022

The VICTA Summer Camp is for teenagers aged 14-17 with a vision impairment and the theme for 2023 is Advocacy! Across eight action-packed days you will create memories and build new friendships that last a lifetime.

Take part in lots of new and life changing experiences that will develop key skills such as communication, teamwork and problem solving as well as increasing your independence and resilience. During the day, not only will you take on some thrill-seeking fun such as raft building, crate stacking and zipwire but you will also be participating in conservation work, contributing to the sustainability of the local environment through the John Muir Award. Last year, our participants planted wildflowers in the VICTA Wildflower Meadow and built bat boxes for the Dearne Valley site. In the evenings, there will be campfires, games and the opportunity to listen and network with some VICTA young adults who have gone on to have success in sport, business and many other fields.

**If you would like to apply or find out more, please go to the VICTA website and complete the online form:-**

**[VICTA Summer Camp 2023 - VICTA](#)**

## Thomley take on Tough Mudder Henley Sunday 7th May 2023



We can either fund your place for you, so long as you commit to raising £250 for Thomley. Or you can purchase your own place and still join us for the event, without having a set fundraising goal. The event is based in Fawley near Henley and will be a morning start. There are three choices for distance - the 5k, 10k or the 15k. Plus there is a Lidl Mudder if you want your child to get involved too.  
It honestly is so much fun!

Last year our Tough Mudder team had so much fun on the course, getting muddy and raising funds for us in the process. We would love for you to take part this year on Sunday 7th May and help us to raise funds to go towards the running of our unique services.



**To join our team at the event please get in touch: [fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)**



We would love for you to join our team this year on Sunday 7th May, at the closer venue in Henley. Groups or individuals welcome and we can either pay for your places or you book your own. 5KM, 10km, 15km or Lidl Mudder distances all available.

If you would like to join the team please contact our fundraising team on:-  
[fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)



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



## Thomley Spring Open Day

**A chance to try us out - activities include:**  
*All day hot food - Ice Creams - Lionel the train - Soft play areas  
Giant bubbles - Face painting - Tug of War  
Bouncy Castle - Archery - Sensory rooms  
Football - Trampolines - Park - and LOTS more!  
Activity wristband available on the day until 1pm.*



**Saturday 13th May 2023 10am-3pm**

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

**A guaranteed good day for all the family!**

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

***[www.thomley.org.uk](http://www.thomley.org.uk) 01844 338380 [bookings@thomley.org.uk](mailto:bookings@thomley.org.uk)***

**SPRING OPEN DAY - FREE ENTRY - NO NEED TO BOOK!**

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

## The Thomley mens 6 a side football fundraising tournament

Sunday 14th May 2023 11am-5pm



Our annual 6 a side tournament is a great way to raise funds for Thomley, whilst inviting local teams and people enjoy football at our lovely facilities.

Teams are a maximum of 8 players per side.  
£80 per team to enter.

**To enter a side  
please email:**  
[fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)  
*Limited spaces*



We are excited to host our 4th tournament here at Thomley, with up to 9 teams competing to be our Charity champions!

Hot food and bar open all day. Spectators and children are more than welcome to attend.

You can book your team place here: <https://buff.ly/3CYnsgz>



# Thomley Camping!

**Friday 26th May - Saturday 27th May**  
**One-night camp**  
**4pm Friday arrival and 3:30pm close Saturday**

It is £10 per person to camp at Thomley. The cafe and food will be available until 8pm 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.

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy staying with us for longer than you usually would.

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



Please book on the website:  
[www.thomley.org.uk/calendar](http://www.thomley.org.uk/calendar)

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



**Thomley**

Please book on our website - [www.thomley.org.uk/calendar](http://www.thomley.org.uk/calendar)

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



Be part of an inclusive, vibrant space where people are supported on their journey...

Disabled Living has an excellent reputation of organising the very prestigious Kidz to Adultz event since 2001 and now hold five of the largest FREE UK exhibitions totally dedicated to children and young adults up to 25 years with disabilities and additional needs, their parents, carers and all the professionals who support and work with them.

**When?** Tuesday 16th May 2023, Farnborough International Exhibition & Conference Centre, 9.30am – 4.30pm

Register for **free** to attend Kidz to Adultz South - [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)

**Where?** Farnborough International Exhibition & Conference Centre, Farnborough

The purpose built venue is fully accessible, offers free parking with the additional benefit of stunning views of the airfield. The venue is conveniently located, just 15 minutes from the M3 Motorway and 35 minutes from London by train, and offers much easier access to the Kidz to Adultz events for people from Greater London, Hampshire, Buckinghamshire, Sussex, Kent, Oxfordshire and further afield. Please note that it is a cashless venue.

**140+ exhibitors offering advice and information**

Our exhibitors offer advice on many areas including funding, mobility, seating, beds, communication, accessible vehicles, education, legal matters, sensory and much more!

**FREE CPD accredited topical seminars**

Boost your CPD portfolio and gain credits by attending one or more of the FREE topical seminars taking place alongside the exhibition. Seminars are presentations covering a wide range of issues and interests to families and carers of children with disabilities and special needs, and the professionals who work with them. Visit our CPD seminars page for more information.

For more info, please go to the website:- [Kidz to Adultz South - Free Event](#)



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

ARMED FORCES  
PLAYDAYS 



## OPA PLAY AND ACTIVITY DAYS 2023

RAF Benson / Wallingford	Saturday 17 <sup>th</sup> June
Vauxhall Barracks / Didcot	Saturday 24 <sup>th</sup> June
RAF Brize Norton / Carterton	Saturday 1 <sup>st</sup> July
South Abingdon	Saturday 8 <sup>th</sup> July
Northway / Marston	Saturday 15 <sup>th</sup> July
Bicester Elmsbrook	Tuesday 25 <sup>th</sup> July
Banbury Peoples Park	Wednesday 26 <sup>th</sup> July
Eynsham	Thursday 27 <sup>th</sup> July
Cuttleslowe	Saturday 29 <sup>th</sup> July
Berinsfield	Tuesday 1 <sup>st</sup> August
Witney	Thursday 3 <sup>rd</sup> August
Faringdon	Friday 4 <sup>th</sup> August
Banbury Princess Diana Park	Wednesday 16 <sup>th</sup> August
Chipping Norton	Monday 21 <sup>st</sup> August

- 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](mailto:martin.gillett@oxonplay.org.uk) (NB: these are not for profit, Community events)

# 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)**



# 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/)**



## Have your say!!

The Oxfordshire Carers Strategy is for carers of all ages, their families and the professionals who work with them. It includes all carers who provide unpaid support to someone of any age living in Oxfordshire.

Take the survey:- [www.carersoxfordshire.org.uk/strategy-survey](http://www.carersoxfordshire.org.uk/strategy-survey)



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

## LIVING WELLwith 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  
NDC services?  
Are **YOU** a parent/carer  
of a young person  
awaiting an assessment?



## FREE ONLINE COURSES FOR YOU!

- The virtual sessions will be held in the evenings as an informal space for parents/carers to safely share their experiences/tips.
- It will be facilitated by professionals who will cover the basics of ADHD/Autism and much more!

Scan the QR code to access  
the events and resources!

If you have any questions, please email us on  
[youngpeoplesupport@autismoxford.org.uk](mailto:youngpeoplesupport@autismoxford.org.uk)



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

| **Caring** | **Safe** | **Excellent** |

MISSION

VISION

VALUES

Outstanding care by  
an outstanding team

This service is open to families involved with CAMHS/NDS. Any questions please email - [youngpeoplesupport@autismoxford.org.uk](mailto:youngpeoplesupport@autismoxford.org.uk)

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



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



## For families supporting children on the autistic spectrum

Please come and join us on  
**Friday 28th April**  
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)

# 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 sessions are 3rd & 17th April 2023. 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>



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

“

Because Talking Matters

”

## Parent and Carers Drop-Ins starting November 2022

A space and time to support the  
mental health and wellbeing of you and your children and young  
people.

Meet other parents and carers,  
share stories, find support and advice from local like-minded people.

the first Thursday each month

4.30- 5.30

@Abingdon Carousel Family Centre  
Caldecott Chase, Abingdon

and

the first Friday each month

10.00- 11.00

@The Barnes Cafe  
Northcourt Road, Abingdon

Please get in touch for further info:  
[dani@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org)  
[www.mentalhealthnatters.org](http://www.mentalhealthnatters.org)



For more info, please contact [dani@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org) or  
go to the website - [www.mentalhealthnatters.org](http://www.mentalhealthnatters.org)

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



**WHO ARE WE?**  
SHIFT are an informal support group that welcomes parents, carers and extended family members of any child with SEND (with or without a diagnosis)

**WHAT DO WE DO?**  
SHIFT meet together in the Abingdon area for a friendly, supportive chat, offering help and advice to those in need.

**WHEN DO WE MEET?**  
SHIFT meets monthly in person on the first Friday of the month for 'Coffee & Chat' from 10-12 noon.  
We also hold online 'Virtual Shift' sessions via Zoom on the third Monday of the month from 8-9.30pm.

For more information visit: [shift-abingdon.org.uk](http://shift-abingdon.org.uk)

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)

5<sup>th</sup> May (Autism Family Support Oxon attending);  
9<sup>th</sup> June & 7<sup>th</sup> July

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

15<sup>th</sup> May; 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

## Autism Training...

© The Curly Hair Project 2017

### The **Curly Hair Project** Autism Webinars April 2023

Developing Resilience with. Autism	Thurs 6 April	8-9pm
Anxiety & Autism	Tues 11 April	8-9pm
Meltdowns & Shutdowns	Thurs 20 April	8-9pm
Understanding what its like to be autistic	Tues 25 April	8-9pm

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



## 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



- 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](mailto:LibbyMakatonTutor@gmail.com) <https://www.ticketsource.co.uk/hands-aloud>



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@HandsAloud

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



## **The Financial Responsibilities of Treasurers & 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.

### **By the end of this session you will:-**

- Understand their financial responsibilities as trustees
- Be aware of corporate governance issues facing small voluntary organisations
- Be ready to resolve issues with record keeping and know where to get help if they need it
- Understand the particular requirements for the accounts of a small voluntary organisation
- Be able to determine if the organisation they volunteer with needs an audit or independent examination of their accounts.

This course will be held online using Zoom.

Tuesday 25th April (2 hours). 10.00am - 12.00noon; £45 - £75

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