



# Welcome to the August Short Breaks Update...

Several Play & Activity Days, football, boccia, cycling, play sessions, trampoline sessions, camping, festivals, cinema & more...



There's also some training & webinars too.





## What's in this edition...

- P1 Welcome
- P2 Bure Park FC Inclusive Football
- P3 Berinsfield Play & Activity Day
- P4 Ewe Talk
- P5 Soundabout Summer Music
- P6 Fairytale Festival
- P7 YouMove
- P8 Play Ranger sessions in Carterton
- P9 Wheels for All
- P10 Let's Play Boccia, Witney
- P11 Youth disability football Henley
- P12-13 Witney & Faringdon Play Days
- P14 Thomley Camping
- P15 Autism Friendly at Museum 1
- P16 Museum of Oxford Summer
- P17 Thomley Open Day
- P18 Comets disability football Bicester
- P19 Summerfest Banbury
- P20 Banbury Inclusive Football

- P21 Autism Friendly at Museum 2
- P22 Bicester Garrison/Ambrosden Play & Activity Day
- P23 SEND Jump Carterton
- P24 Bass Therapy J-Fest festival
- P25 Partyman SEN sessions
- P26 SEND Play Sessions Abingdon
- P27 Rugrats & Halfpints School Starters
- P28 Summertown Stars football
- P29 Rugby Bicester
- P30 Jump Stars Bicester
- P31 WheelyFest Music Festival
- P32 DITTO
- P33 The Whispering Jungle
- P34 Be Free Young Carers
- P35 Support from Sense
- P36 Autism friendly cinema
- P37-40 Autism webinars, workshops, Makaton training
- P41 OCVA training

#### Contact details:-

Pauline MacKinnon - 07554 330244; Email - <u>cdsredesign@oxfordshire.gov.uk</u> \*\* If you'd like to receive these newsletters, please email us! \*\*



Are you a young adult aged 16-19 who would like to play inclusive football? Do you know anyone who might like to give it a try?

We offer football for all, regardless of learning disability, physical disability or any other traditional barrier to playing fun and educational football

We are hoping to enter a new U20's team into the BOBi League for the 23/24 season

> - DISABILITY@BUREPARKJUNIORS.CO.UK -- FACEBOOK.COM/BICESTERDISABILITYFOOTBALL -



Why not try this new session run by the amazing Adam from <u>Bure Park FC - Disability/Inclusive Football</u>

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# FREE ENTRANCE AND FREE ACTIVITIES!!

BERINSFIELD PLAY AND ACTIVITY DAY 2023 TUESDAY 1ST AUGUST — 11AM UNTIL 3PM BERINSFIELD PAVILION PLAYING FIELDS, OFF LAY AVENUE, BERINSFIELD, OXON. OX10 7NX,







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Junk Modelling with Art Avalanche, Go Kart Party, Body Zorbing, Climbing Wall, Giant Bubbles, Science Oxford, DIY Face Painting, Smoothie Bike, Ride on Time Toddler Vehicles, Tots of Mess, Muzo Akademy II, Harcourt Aboretum, Berin Centre and more...

## **BUILDING COMMUNITIES THROUGH PLAY**

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

#### martin.gillett@oxonplay.org.uk

#### This event is funded and supported by;



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; <u>www.oxonplay.org.uk</u> <u>martin.gillett@oxonplay.org.uk</u>



# SUMMER FUN WITH





FAMILY WALKS - £30 TO WALK A SHEEP, Accompanying Adult £10 - Minimum of 2 Sheep TUESDAYS August 1st/8th/15th/29th





WELLBEING SESSIONS 1 TO 1 1/2HRS £50 PER CHILD - ACCOMPANYING ADULT FREE OF CHARGE

CUDDLE FIELD - £10PP Max 6 PPL

We welcome you to join our sessions! Please feel free to email us if you are interested. Our sessions are tailored to be inclusive, so let us know your needs when you message us. We are excited to hear from you: **ewetalk2022@gmail.com** www.ewetalk.org.uk

Ewe Talk also offer Personal Wellbeing sessions in the comfort of your own home or at the farm. This is a unique form of wellness therapy that uses sheep to help people feel better. It's the only mobile service of its kind in the UK.

For further information on this or any of their activities, please contact them on ewetalk2022@gmail.com

# Summer Music Making

Designed for Learning Disabled people of all ages

MONDAY	TUESDAY	WEDNESDAY
<b>2pm</b> Holiday Club Zoom)	<b>2pm</b> Dance Party (Zoom) 15th Aug only	<b>2pm</b> Holiday Club (Zoom)
THURSDAY	FRIDAY	SATURDAY
	FRIDAY 11am	SATURDAY 2pm
<b>THURSDAY</b> <b>11am</b> Soundabout		2pm
11am	11am	

soundabout Check out of www.sounde

EVERY DAY Check out our bank of online resources! www.soundabout.org.uk/music/resources

We've got you covered this summer holiday! Don't miss out on any of our music-making activities by signing up for them here: <u>www.soundabout.org.uk/music</u>

www.soundabout.org.uk/music/resources

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You won't want to miss 'Fairytale Festival', which will run every day from 22nd July to 3rd September 2023. With interactive fairy tale storytelling that will bring some of the most famous fairy tales alive, a puppet show workshop, crafts, summer games and challenges along the trail, fun interactions and petting with our friendly animals, there will be something for everyone.

https://www.fairytalefarm.co.uk/.../fairytale-festival-2023/

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YouMove is here to provide free or low cost activities for families living in Oxfordshire. If your child or children are in receipt of benefits related free school meals, then we have a fantastic range of activities to enjoy together, including during weekends and school holidays. In addition, YouMove is here for children in need of support; this includes refugee children, young carers and children in or on the edge of care.

By signing up to YouMove, your family can enjoy a fantastic range of activities, as well as during weekends and school holidays. Activities on offer include swimming, badminton, activity packs, gym passes, children's holiday activities and so much more!

To find out more or to sign up, please go to the website:-

Aug 2023

You Move | GO Active (getoxfordshireactive.org)



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\*\* Summer sessions \*\* on Saturdays 2nd, 5th, 9th & 12th of August and back on 2nd September at Woodgreen School. 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 Beccia 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



Working together with



Aug 2023



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



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 - started on **Wednesday 7th June**. If interested, please fill out the form - <u>https://forms.office.com/e/8t5ZAwGa1x</u> For more info, email <u>phil@henleyymca.org.uk</u>

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!

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1



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; <u>www.oxonplay.org.uk</u> martin.gillett@oxonplay.org.uk

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12



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# **Thomley Camping!**

Friday 4th - Sunday 6th August One OR two night stay 4pm arrival on Friday or Saturday Event finishes at 3:30pm on Sunday

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.

You can also book an upgraded pitch with access to electricity and water, plus your own BBQ station. There are 5 pitches available, two of which have a bell tent ready for you when you arrive.



Although you can now stay at Thomley on a camping pitch throughout the whole summer, we are still offering our camping weekend\* where you can pitch up anywhere on site and the whole weekend is strictly for campers only! You can stay on both the Friday & Saturday night OR just one of them. The choice is yours!

To book your stay, please do so on the website: https://thomley.org.uk/calendar/

\* Bookings are paid up front and are non-refundable

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1 4



# Autism Friendly Opening Saturday 5th August, 9am-10am

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

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

Pitt Rivers Museum Anthropology and World Archaeology Museum of Natural History

 \*\* NEW \*\* The museums have set up a new Autism Friendly events mailing list. Please follow this link - <u>https://oum.us6.list-manage.com/subscribe?</u> <u>u=5370bd90bca0dcfa132e63928&id=8414cc87cc</u> & select the "Autism Friendly" events option. You will then be emailed information about any Autism friendly events running.



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2023

Aug



Activities include: Free entry - all day hot food - Ice Creams - Lionel the train Jumping Pillow - Soft play areas - Giant bubbles Tug of war - Facepainting - Trampolines - Archery - Sports Park - Bouncy Castle - Sensory rooms - lots more!



10am - 3pm, Saturday 12th August 2023 Free entry and booking is not necessary, everyone is welcome. Join us at Thomley, Menmarsh Road, Worminghall, HP18 9JZ for a fun-filled day of endless activities for children of all abilities. Tickets for some activities available to buy on the day. A guaranteed good day for all the family! \*\*Please note the entry gates will not be locked on this day\*\* www.thomley.org.uk - 01844 338380 - bookings@thomley.org.uk

A few activities on the day will require a paid wristband if you wish to take part in them too, including Lionel the Train, face painting and the bouncy castle. The café will be open all day with hot and cold food / drinks available, plus ice creams on sale throughout!

Bookings@thomley.org.uk

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COME	Blast off with Comets! A safe space for disabled children aged 5 - 11 to kickstart their football journey
	Record
R A play	happy
Time and Date: Location:	Comets in action! Starting Saturday 17th June 2023 from 9-10am Whitelands Farm Sports Ground, Whitelands Way, Bicester, OX26 1AJ
Contact: Email:	Adam Robinson Phone: 07831 123183 adz@flying-fields.co.uk
ENGLAND FOOTBALL	Get in touch to book your first session

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

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



Tel:- 07436 270267; <u>www.oxonplay.org.uk</u> <u>martin.gillett@oxonplay.org.uk</u>

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Aug 2023

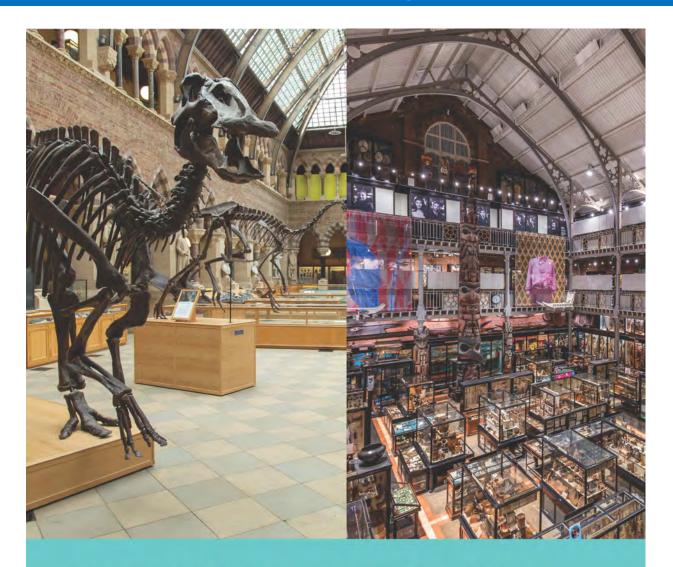


For more info and/or to register, contact Claire Curtis on:-

clairecurtis2010@hotmail.co.uk

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20



# Autism Friendly Opening Friday 25th August, 9am-10am

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

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

Aug 2023





For more information, please contact Oxfordshire Play Association

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2023

Aug



Join a SEND specific 90 minute jump session including use of both the trampoline park and soft place at Carterton Leisure Centre.

A trial session is being held on the last Sunday of the month: Sunday 27th August- 3:30pm-5pm

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 Over 8 years = no ratios apply

Prices are £6.70 per child and an adult carer can go for free with any additional adults also needing to book and pay.

Sessions can be booked 7 days in advance via the Better UK app or online at <u>https://bookings.better.org.uk/location/carterton-leisure-centre</u>

For more information please contact <u>carterton@gll.org</u>.

To book - <u>https://bookings.better.org.uk/location/carterton-leisure-centre</u> More info, please contact - <u>Carterton@gll.org</u>

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Tickets from https://www.ticketsource.co.uk/J-Fest

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24



Autism friendly SEN SESSIONS

Partyman World of Play are proud to offer COMPLIMENTARY morning and evening sessions dedicated to children & young adults with special needs, exclusively for their use.

# MORNING SESSIONS 9AM TIL 10AM

Sunday 29th January Sunday 26th Febuary Sunday 26th March Sunday 30th April Sunday 28th May Sunday 25th June Sunday 25th June Sunday 27th August Sunday 27th August Sunday 24th September Sunday 29th October Sunday 26th November Sunday 17th December

# NS EVENING SESSIONS 6PM TIL 8PM

Thursday 5th January Thursday 2nd Febuary Thursday 2nd March Thursday 6th April \*4pm till 6pm Thursday 4th May Thursday 1st June \*5pm till 7pm Thursday 6th July Thursday 3rd August \*4:30pm till 6:30pm Thursday 7th September Thursday 5th October Thursday 2nd November Thursday 7th December

Working in Partnership with Partyman's Magic Makers charity <u>partymansmagicmakers.org.uk</u>



Page

25

Please contact us to find out more - 01865 788 380 Oxford Indoor Soft Play - Partyman World of Play

SUMMER SEND PLAY SESSIONS FOR FAMILIES WITH CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES AGED 0-19

# SPECIAL SWINGS AND SMILES SESSION TUESDAY 29TH AUGUST IOAM-IZPM AT ABINGDON CAROUSEL FAMILY CENTRE

Sensory play, arts and crafts, lots of toys and outside play in a secure garden with sandpit and mud kitchen. Support and advice for parents/ carers

> SPACES ARE FREE and can be booked by DM or via g.hicks@abingdoncarousel.org.uk



Page 26

# SIBLINGS WELCOME

# For more info or to book, please email:-

g.hicks@abingdoncarousel.org.uk

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For more info, call 01295 250060 or email us:-

banbury@rugratsandhalfpints.com

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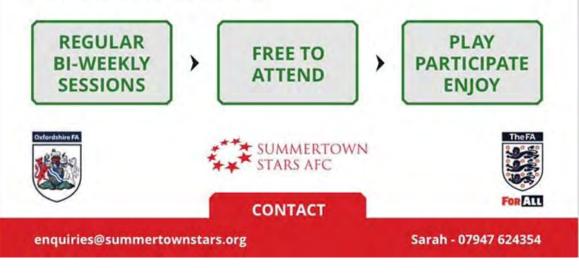
**Cerebral Palsy Sport** 

# SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL

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.



enquiries@summertownstars.org Sarah - 07947 624354

# 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

Page 29

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 - <u>youth@gosfordrugby.com</u>



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 - <u>https://www.jump-inc.uk/locations/bicester/</u>

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

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For tickets, please go to - www.wabc.org.uk/wheelyfest



Meets from 10am-12noon once a month. Fore more info, call 01993 846240 or email dittowitney@outlook.com

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

Aug 2023



The Whispering Jungle is coming to Cornerstone Arts Centre in Didcot on Saturday 4th & Sunday 5th November at 11.00am and 1.30pm.

Concrete Youth's new multi-sensory theatre production, The Whispering Jungle, brings together ASMR, sensory play and sensory puppets in an immersive touring production for young audiences with profound and multiple learning disabilities.

This is a theatre show made specially for audiences labelled with profound and multiple learning disabilities (PMLD).

To book & find more information about the show, please visit the website below or call 01235 515144.

## Cornerstone (cornerstone-arts.org)

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire Page 33



### 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 dependent 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** 

<u>Stacey.howard@befreeyc.org.uk</u> 07845628559 <u>Lorraine.nicholls@befreeyc.org.uk</u> 07769387309

2023

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#### 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 <a href="https://www.sense.org.uk/our-services/meeting-people/virtual-buddying-befriending-service/">https://www.sense.org.uk/our-services/</a> 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 <u>https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/</u>

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

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## 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 Elemental on Sunday 6th August at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light** are showing The Little Mermaid at 3pm on Sunday 2nd July & Spider-Man: Across the Spider-Verse at 10.20am on Wednesday 5th July in Banbury.
- \* **Odeon** are showing Elemental on Sunday 9th July at 11.00am in Oxford, Aylesbury & Milton Keynes Stadium. Need more info, call their Disability & Accessibility helpline; 10am-5pm on 03330 151208.
- Showcase Reading show an autism friendly film every Sunday but haven't released what the films are for August yet. All films are at 10.00am in Reading. Please see - <u>Autism Friendly Screenings</u> | <u>Showcase Cinemas</u> for booking.
- \* **Picturehouse** are showing Super Mario Brothers on Sunday 20th August at 11.00am in The Phoenix in Oxford.
- \* **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the first Sunday of the month at 11.00am at Bicester, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - <u>Types of Screenings | UKCA</u> (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/



Page

<mark>36</mark>



**Autism Training...** 



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

Aug 2023

# **EHC Needs**



Page

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Assessment

Two-part webinar

# with Jes and Margaret

Join Jes, our SEND Specialist and Margaret, our Peer Support Practitioner for this **two-part** webinar on the application of an EHC Needs Assessment.

In the first webinar they will discuss: How to apply for an EHC Needs Assessment.

The second webinar will focus on: What to do if your EHC Needs Assessment Application is declined.

This two-part webinar is aimed at parents/carers that may be going through the process or considering making an application.



Part 1: Monday 7th August 7pm-8pm Part 2: Monday 21st August 7pm-8pm £10 per person per webinar (+ booking fee)

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

Tickets available from Eventbrite

Tickets for all upcoming events are available from Eventbrite:https://www.eventbrite.co.uk/o/autism-oxford-32230677417



Course

and Live

Workshop

EMBRACING AUTISM

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

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire Page 39



#### An overview of each Level



Using Signs and Symbols; developing techniques, position, movement & direction

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

@HandsAloudMakaton

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Page 40



# There are currently no training courses listed on the OCVA website for August but will update course information on their training page as and when they have anything arranged.

Contact details are below...

More information and bookings taken on the OCVA website - <u>OCVA - current courses</u> <u>training@ocva.org.uk</u> or call 01865 251946

Aug 2023