



**PARENT CARER SUPPORT
GROUPS
Oxfordshire**

**** Most parent carer support groups meet in term-time only so please check with groups direct to ensure that they're running before going along at any other time. ****



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



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 face to face session is on **Monday 11th Sept**. Please do come along...everyone is welcome. We will also be meeting online on Monday 18th Sept at 8pm.

<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 or Emma Jeavons at 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) or Emma Jeavons (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

Walking With You

A parent led support group hosted by Oxfordshire CAMHS

Stronger together



The chance to connect with like-minded people who have walked in your shoes

Walking with You is a parent led support group for anyone supporting children and young people (up to the age of 25) who are experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having mental health professionals from CAMHS on hand to support and answer any questions you may have.

The sessions are being run over Teams and you can join or leave at any point (meetings are not recorded).

If you would like to join our sessions or would like further info, please contact:
WWYoxon@oxfordhealth.nhs.uk

Upcoming Sessions Summer 2023

- **Friday 2nd August: 11 - 12.30pm**
Managing
- **Friday 7th August: 11 - 12.30pm**
Preparing for Summer Holidays
- **Friday 1st September: 11 - 12.30pm**
Getting ready to go back to school and managing this transition



Oxford Health
NHS Foundation Trust

If you'd like more info or to attend, please email:-

WWYoxon@oxfordhealth.nhs.uk

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



SPACE

Come join us at SPACE

**Where & When
does
SPACE meet?**

Friday's - Term time only
Time - 10am to 12.30pm
Upstairs lounge @ ICE Centre,
Langdale Hall Witney OX28
6AB
Parking in public car park
Wheelchair & pushchair accessible

**Who is
SPACE for?**

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

A place for parents and
carers to meet, chat and
feel included.
To share experiences,
information and support
with one another

**What is
SPACE for?**

Contact Jo on 07875890775

Short Breaks Update for Families with Disabled Children and Young People



For families supporting children on the autistic spectrum

Please come and join us on the **last Friday of the month** (term time only) for a friendly cuppa and chat.

All families welcome, with or without a diagnosis.

Welcome Church, High St,
Witney OX28 6HL
10am - 12noon
If you have any questions,
please email
chatandacuppa@yahoo.com

Upcoming date  Friday 29th September

For more information, please message us:-
chatandacuppa@yahoo.com

Short Breaks Update for Families with Disabled Children and Young People



DROP IN SESSIONS THIS WEEK:



**Parents:
9:30-4PM**

**Young people:
4-6pm**



APCAM

Assisting Parents with Children Affected by Mental Health



**Carterton Family Centre
The Allandale
Carterton
OX18 3AA**

**apcamgroup.org.uk
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 or come to our Facebook page - <https://www.facebook.com/apcamgroup>

Short Breaks Update for Families with Disabled Children and Young People

Parent/ Carer Drop Ins

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

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

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



Secondary School Groups

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

Contact us confidentially for information about our next groups.



Year 6 Child and Parent Groups @ Abingdon Carousel Family Centre

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

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



www.mentalhealthnatters.org



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

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

Short Breaks Update for Families with Disabled Children and Young People



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

The upcoming dates for next term are:-

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

Fridays 15th Sept, 13th Oct, 10th Nov, 1st Dec

Online Monday evenings (Zoom) between 8.00pm and 9.30pm (3rd of the month)

18th Sept; 16th Oct, 20th Nov & 18th Dec

To join our mailing list, please email
info@shift-abingdon.org.uk

Or for more information, please go to our website -
www.shift-abingdon.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

- 

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