

## 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. \*\*





## 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 O74320O3645

Cromwell Lodge Hotel, OX16 OTB. Every other Monday O9.30am-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



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.



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 (<u>eford@hillview-school.co.uk</u>) or Emma Jeavons (<u>ejeavons@hillview-school.co.uk</u>) or check out our Facebook Page - <u>https://www.facebook.com/profile.php?id=100067604964138</u>

#### Walking With You

A parent led support group hosted by Oxfordshire CAMHS



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

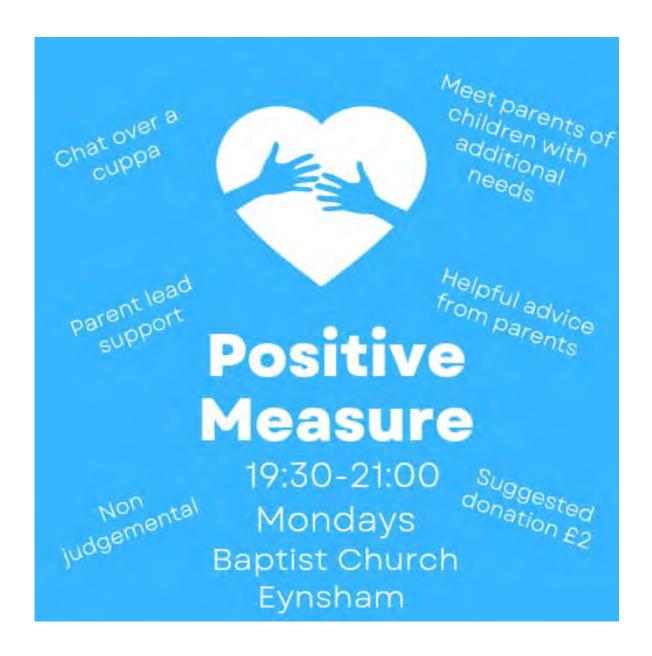
# • Friday 2r Managing • Friday 7t Preparation Holidays • Friday 1st September: 1112.30pm

Getting ready to go back to school and managing this transition



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

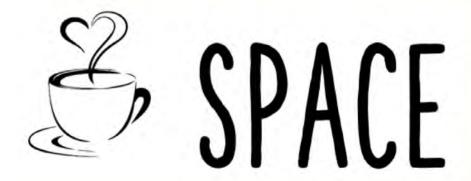
WWYoxon@oxfordhealth.nhs.uk



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



#### 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, infomation and support with one another

What is SPACE for?

Contact Jo on 07875890775



## 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

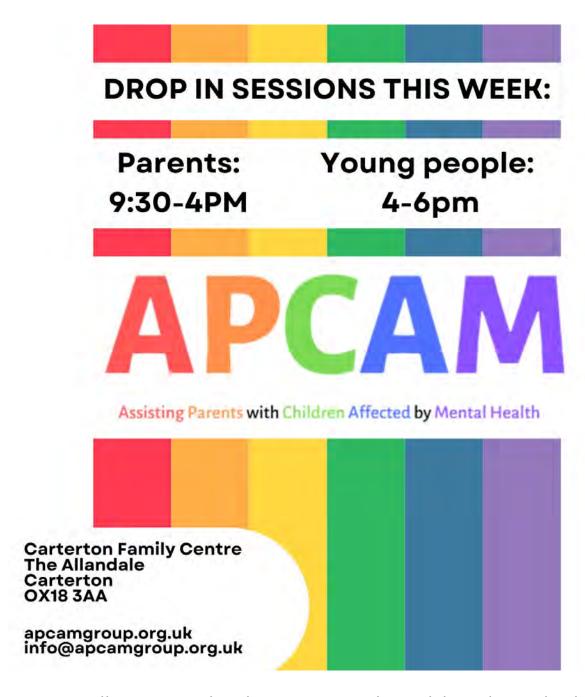
If you have any questions, please email

chatandacuppa@yahoo.com

Upcoming date Friday 29th September

For more information, please message us:-

chatandacuppa@yahoo.com



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 <a href="mailto:info@apcamgroup.org.uk">info@apcamgroup.org.uk</a> or come to our Facebook page - <a href="https://www.facebook.com/apcamgroup">https://www.facebook.com/apcamgroup</a>

#### 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.







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 - <a href="https://www.facebook.com/mentalhealthnatters">https://www.facebook.com/mentalhealthnatters</a>



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 (1<sup>st</sup> 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 (3<sup>rd</sup> 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



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