

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the March Short Breaks Update...



Lots to share again this month...lambing, theatre & museum events, drumming, sports, cinema & other events in 2024!



We also have training & webinars...



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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

ABINGDON & DISTRICT MODEL RAILWAY CLUB
REGISTERED CHARITY NO 1174129
P R E S E N T S

ABINGDON MODEL RAILWAY SHOW

**SATURDAY & SUNDAY
2 & 3 MARCH 2024**
SAT 10.30 - 17.00 | SUN 10.30 - 16.30



**ABINGDON & WITNEY COLLEGE
WOOTTON ROAD, ABINGDON OX14 1GG**
**OVER 40 QUALITY LAYOUTS
BOOK NOW ONLINE!**



www.abingdon-district-model-railway.co.uk

THIS EVENT WILL BE HELD AT A DONOR-PROVIDED VENUE. BOOK NOW

You won't want to miss this show so get your tickets now from:-

<https://www.ticketsource.co.uk/abingdon-district-model...>

Short Breaks Update for Families with Disabled Children and Young People



Non-Verbal Show - The Farmer & The Clown

Sunday 3 March, 11:00-12:00 & 14:30-15:30, for ages 2+

A beautiful non-verbal adaptation of Marla Frazee's magnificent wordless picture book, created in collaboration with a BSL consultant and accessible to non-English speaking audiences as well as D/deaf & HOH.

An old farmer, living alone in the middle of nowhere, rescues a baby clown who has fallen off a circus train. He is initially reluctant, but, as they spend time together at his farm, they find friendship through play & laughter and find something new in themselves by being with each other.



Flibbertigibbet Theatre retell this charming story through silent comedy, movement, slapstick and live music.

For more info - [The Farmer and the Clown | The Story Museum](#)

Access-Friendly Museum Day – free museum entry for families with access needs

Saturday 16 March, 9:30-17:30

Join us for our access-friendly museum day with exclusive FREE access to all of our museum spaces with adjusted lighting and sounds to suit those who prefer a more relaxed experience.

Entry is by timed ticket to help avoid crowds.

Register your interest - marketing@storymuseum.org.uk



For more info - [Access Friendly Day | The Story Museum](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050
www.storymuseum.org.uk

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 & 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 Migration on Sunday 3rd March at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** are showing The Boy & the Heron (dubbed) on Sunday 3rd March @ 10.00am; Dune 2 on Monday 4th March at 7.00pm; Soul on 10th @ 10.00am & Wallace & Gromit - A Grand Day Out & The Wrong Trousers on 31st March at 10.00am, all in Banbury.
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 2nd Sunday of the month 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** are showing Combat Wombat: Back 2 Back on Sunday 3rd March; Soul on 10th March; Barbie & Stacey to the Rescue on 17th March; Ghostbusters: Frozen Empire on 24th March & Kung Fu Panda 4 on 31st March, all at 10.30am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing Trolls Band Together on Sunday 17th March 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



Garden Open-day

Sunday 3rd March 2024 10am - 4pm



Join us for a **Spring tidy of the garden.** Gloves and tools will be provided. Refreshments available.

Join **Didcot Red Kites Choir** for singing 2 - 3.30pm



*Barracks Lane
Community Garden*

Between Cumberland Road and Kenilworth Avenue off the Cowley Road

Bread making
11.30 - 2pm
Donation around £5
Book your place by emailing
info@barrackslanegarden.org.uk



Fruit Tree Pruning workshop 11 - 1pm
£12 donation per person
Please book by emailing:
info@barrackslanegarden.co.uk



Details and more events are on our website:

 www.barrackslanegarden.org.uk 



2024 Events at Barracks Lane Garden

Sunday 24th March 12 - 3pm
Food Waste Awareness: Fermentation Workshop and t-shirt printing with vegetables



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

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



*Barracks Lane
Community Garden*

Between Cumberland Road and Kenilworth Avenue off the Cowley Road

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

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

More details on our website: info@barrackslanegarden.co.uk

 [barrackslanecommunity](https://www.instagram.com/barrackslanecommunity)  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



A new weekly singing group for those who love to get outdoors, into their bodies and share harmonies with their community.

Wednesdays, 10th January - 27th March 2024

Singing - 1.30pm-2.30pm

Refreshments and chat from 2.30pm-3pm.

Suggested donation £5 per session, or what you can afford.

With local Natural Voice leaders Holly Taylor-Zuntz, Emily Marshall or Elena Lee.

Join the whatsapp group for updates:- <https://chat.whatsapp.com/H4IAhN7fG44FEgFLcauzCf>

Barracks Lane Community Garden is located on Barracks Lane (off Cumberland Road), Oxford, OX4 2AP. For more information, please go to the "Visiting the Garden" page on our website -

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

Short Breaks Update for Families with Disabled Children and Young People

Cafélias Ltd presents

The Inclusive, Accessible Space

An inclusive play space for 0-5 years, designed for complex needs.

For parents/carers with SEN children (no diagnosis necessary)
You can attend with or without children, siblings welcome.

**MONDAYS TERM TIME
4TH MARCH TO 20TH MAY
10:00 - 13:00
SEACOURT HALL, BOTLEY,
OX2 9TH
PAY WHAT YOU CAN £5/10/15**

2 hours Free parking, disabled toilets
Follow us on Instagram and Facebook for up to date information @cafelias

- Sensory play
- Music
- Crafts
- Meet
- Massage
- Space to remember loved ones

No need to book ahead. Play, sing a long and limited café. * Our massage therapist will be away until mid March but will then be back! A free 15 min head + neck massage included in entry cost for SEN carers or £20 for a 30 min treatment/nails.

Want to volunteer? Drop us a message and tell us a little about yourself - hello@cafelias.co.uk

Short Breaks Update for Families with Disabled Children and Young People

FREE 'HOLI' MULTISENSORY WORKSHOP

By Rhyming Multisensory Stories



Rhyming Multisensory Stories
STORYTELLING THROUGH THE Senses



Join me for a multisensory exploration of the festival of Holi
Multisensory story walk-through and themed sensory activity ideas

3 DATES AVAILABLE

Mon 4th March 3.30pm - 4pm

Thurs 7th March 4pm - 4.30pm

Mon 11th March 3pm - 3.30pm

SAVE YOUR SPOT!

email: rhymingmultisensorystories@outlook.com

This will be online via Zoom. It is free but you must book a place. To do so, please email:- rhymingmultisensorystories@outlook.com

Short Breaks Update for Families with Disabled Children and Young People

**** North Wall, Oxford - 6th & 7th March ****

The Bar at the End of Time...

Multi-sensory theatre for people with PMLD



The ever popular Frozen Light is bringing us their new show and interactive experience for audiences with PMLD. **The Bar at the Edge of Time** is going on tour in 2024! Get ready to join us at [The Bar at the Edge of Time](#), where you'll be transported to a world of wonder and sensory delight.

Frozen Light creates exciting and original multi-sensory theatre for audiences with profound and multiple learning disabilities (PMLD) and tours it to theatre venues and arts centres nationwide. This show allows people with PMLD to be transported to a bar where time doesn't exist, you'll even get a mocktail out of it!

Although some of the venues may not be on sale yet, you can always check our website for the latest updates:-

[Spring '24 - The Bar at the Edge of Time — Frozen Light \(frozenlighttheatre.com\)](#)

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS

10AM – 12PM

2nd Saturday of the Month

9th March,
13th April, 11th May, 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

Short Breaks Update for Families with Disabled Children and Young People

Nurture • Enable • Inspire

Q&A with Vicky & Claire



AUTISM
FAMILY
SUPPORT®
OXFORDSHIRE

Q&A with Vicky and Claire are live online sessions to meet our knowledgeable and supportive Family Practitioners, Vicky Crawley and Claire Glasgow.

Vicky is our Family Practitioner who supports parents/carers of children aged 13 and under; and Claire is our Family Practitioner who supports parents/carers of young people aged 14 – 25.

*...it was amazing to talk to you and other parents.
From a parent*



Vicky



Claire

*Thank you so much for creating space that means we no longer have to feel alone.
From a Parent*

During our general sessions, you can ask Vicky or Claire a question – or simply attend to listen and hear from other parents.

We recommend you attend these sessions to start receiving support from AFSO, and to hear from other parents.

We encourage you to attend as many sessions as possible.

The sessions give you the opportunity to ask Vicky and Claire any questions you might have regarding your child/young person. It is also an opportunity to listen to other parents and share your own experiences if you wish.

We aim to run the sessions twice a month, via zoom.

How to attend

Please use the zoom link provided in your welcome email.

Alternatively, please email Vicky (vicky@afso.org.uk) or Claire

(claire@afso.org.uk) and they will send you the zoom link via email.

When you log in, please ensure your zoom screen name is YOUR name and your CHILD'S name in brackets. For example, *John Smith (Rosie Smith)*. This will allow us to keep a record of who has attended the session.

How to ask a question

In general sessions, questions are asked during the session. Simply ask your question either verbally or type it via the Chat. For a Themed Session, please send your questions to us in advance.

Upcoming sessions

Monday 11th March 2024 @ 7-8:30pm – *All Things Sensory*

Thursday 25th April 2024 @ 12:30-2pm

Monday 13th May 2024 @7-8:30pm

www.afso.org.uk

Registered charity 276494

<https://www.afso.org.uk> or vicky@afso.org.uk or claire@afso.org.uk

Short Breaks Update for Families with Disabled Children and Young People

funded by the **COMMUNITY FUND**

oxfn Oxfordshire family SUPPORT NETWORK

Events for 2024

<p>The Care Act - Key duties and top tips</p> <p>Thursday 1st February 10.30 - 12.30</p> <p>Understanding the Care Act & how it relates to your role & planning for the future</p> <p>Online</p> <p>Book here</p>	<p>Maintaining Friendships & getting a social life</p> <p>Wednesday 21st February 12.00 - 2.30</p> <p>How do you help your relative maintain friendships & social life as they get older?</p> <p>Online</p> <p>Book here</p>
<p>Q & A with Adult Social Care</p> <p>Wednesday 13th March 10.00 - 12.30</p> <p>Your opportunity to meet professionals from different departments across ASC</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p>Book here</p>	<p>Money Matters - Planning Ahead</p> <p>Tuesday 23rd April 10.00 - 3.00</p> <p>Covering Wills and Trusts, Applying for Deputyships, Mental Capacity and Deprivation of Liberty, Universal Credit Migration</p> <p>Didcot Civic Centre, Didcot</p> <p>Book here</p>
<p>Planning for Supported Living using Person Centred Planning Tools</p> <p>9th and 16th May 10.00 - 2.00</p> <p>2 day course using the person centred planning approach to plan ahead for supported living.</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p>Book here</p>	<p>Supported Living for family carers by family carers</p> <p>Thursday 20th June 10.00 - 3.00</p> <p>Hear from family carers who have gone through the process of finding supported living & meet with & hear from support providers</p> <p>Seacourt Hall, Botley</p> <p>Book here</p>

If you would like to book on to any of these, please go to their eventbrite page:-

<https://www.eventbrite.co.uk/.../oxfordshire-family...>

Short Breaks Update for Families with Disabled Children and Young People

Free webinar introducing **my WILD Life**

13TH MARCH
& 24TH APRIL
@ 4PM

**Heads, SENCOs, Teachers, TAs, Educators,
Parents, Carers, & Virtual Schools...**

Are you searching for:

- ✦ Ways to support the **SEMH & SEND needs** of your pupils?
- ✦ A cost effective and impactful option for your **EHCP** and **Pupil Premium** budgets?
- ✦ Resources which engage, educate and inspire children who are '**On or Off Curriculum**' or in nurture groups?
- ✦ An **early intervention** framework which **measures progress**?



Join outdoor learning and SEMH specialists Wild for Life to learn about the new nature-themed pupil wellbeing programme, **my WILD Life**.

BOOK YOUR FREE PLACE TODAY:
www.wildforlife.co.uk/mywildlife#webinar



www.wildforlife.co.uk
01234 887 871
info@wildforlife.co.uk

If you are working with primary children with SEN or those who have EHCPs and are struggling to remain in school OR if you are the parent of a child with ASD or additional needs, then this might be of interest to you. Learn about our exciting curriculum and range of resources that can help to improve children's mental and physical health and school attendance and attainment.

Sign up by clicking here www.wildforlife.co.uk/mywildlife#webinar

Short Breaks Update for Families with Disabled Children and Young People

In Aid of Flexicare

NIGHT IN THE MUSEUM 2024

Classical Music Concert

7 FOR 7:30PM, FRIDAY 15th MARCH

*



UNIVERSITY OF OXFORD MUSEUM OF NATURAL HISTORY
PARKS ROAD, OXFORD

*

THE IVEL FLUTE TRIO

The trio will perform a variety of pieces, in a lovely and rare combination of Flute, Piano and Cello.

Tickets £35*, including drinks and canapés

available from <https://ticketstripe.com/events/1038177>

(* + £0.88 booking fee)

Or visit www.flexicare.org/events



Your support raises funds for Flexicare, a charity providing a specialised sitting and support service for families with a severely disabled child in Oxford, Abingdon, Wantage and the surrounding areas.



Flexicare (Oxford and Abingdon): Registered Charity No. 1172635
www.flexicare.org | 01865 321881 | admin@flexicare.org

To book tickets, please go to:-

www.ticketstripe.com/events/1038177 or www.flexicare.org/events

Join us at the Dyslexia Show 2024



15th & 16th March @ The Birmingham NEC

We are proud to support the dyslexic community.

Come along to our stand at the Dyslexia Show to meet some of our blended team of professional and lived experience members and to learn more about our products, services, and what we do.

We would love to speak to anyone interested in joining our fantastic team.

Stand B202

www.autismoxford.com

Dyslexia
SHOW 2024

Abingdon & Witney College

COMMON LEYS FARM

Lambing Events

Sunday 17th March and Sunday 24th March
10:30am – 3.30pm

Talks in the Livestock Technology Centre

£10 per family/car • Sat Nav: OX29 9UU
COMMON LEYS FARM • HAILEY • WITNEY

Come and see our newborn lambs
Bookings in advance only
call 01993 208 148 (between 9:00am-5:00pm)

On your visit you can also see our ferrets, meerkats, pigs, rabbits, reptiles, aquatics, rodents, donkeys, horses and more...

Our Farm Shop will be open, selling our own meat and local milk, milkshakes and eggs.

Booking essential - please phone 01993 208148 during office hours.

Inclusive Family Swim



Didcot Wave are hosting an inclusive family swim on Sunday 17th March 2024

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

BETTER

For more information, please email - didcot@gll.org

Mother's Day at Thomley

Sunday
17th March
12pm or
1:30pm

Come and join us for a lovely Mother's Day meal, where you can pre-book your lunch slot for 12pm or 1:30pm.



The meal will be cottage pie followed by a pudding included in your meal price. If your children would like an alternative option please let us know in advance.

Mother's Day is another day that some of our families struggle to celebrate. So take advantage of our accessible, familiar venue and celebrate it with us!

All adult meals are £13 and children (up to 15) will also get a free meal after paying their entry fee of £13. Child members will be able to have their meal for just £6 (please email: bookings@thomley.org.uk to arrange the discount).

We will also be planting a little flower pot to take home as gifts for Mum and have Mother's Day craft available in the art room. The site will be open from 11am-3pm for you to use either side of your meal.

Please book on our website
by visiting the online calendar:
www.thomley.org.uk/calendar/



Thomley

Book in for your choice of 12pm or 1:30pm meal - <https://buff.ly/3Sh5x6M>

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

BETTER TOGETHER 2024
Finding solutions for better outcomes
for children and young people with
SEND in Oxfordshire

28th March 2024
9.30am - 2.30pm
@ Kassam Stadium,
Oxford

www.tinyurl.com/OxPCFBetterTogether

SCAN ME

OXFORDSHIRE
PARENT CARERS FORUM
A Voice for Parent Carers in Oxfordshire

Are you a parent carer to a child or young person with SEND in Oxfordshire?

If so, register for your FREE space at our Better Together 2024 event on Thursday 28th March at the Kassam Stadium, Oxford.

This is an opportunity for family carers, professionals, and organisations who support children and young people with SEND 0 - 18 (or up to 25 with an EHCP) to work together to find a positive way forward to improve services & outcomes.

Lunch and refreshments will be provided.

Please register for your FREE space: www.tinyurl.com/OxPCFBetterTogether

Short Breaks Update for Families with Disabled Children and Young People



The poster features a light blue background with a yellow sun icon at the top right. The title 'Stay & Play SEND Sessions' is written in large, bold, blue and yellow letters. Below the title, there are illustrations of a boy, a girl, and a girl in a wheelchair. The text is arranged in a central column, with decorative handprints on either side. Logos for The Sunshine Centre, Community Fund, and Cherwell District Council are in the top right. A purple banner at the bottom left contains the price, and a yellow banner at the bottom right contains the booking phone number. The footer at the very bottom contains registration details.

The Sunshine Centre
SUPPORTING & ENCOURAGING COMMUNITIES

COMMUNITY FUND

Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE

Stay & Play SEND Sessions

1-2pm on Mondays

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

To book call:
01295 276769

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

Please book if you wish to attend!

The Sunshine Centre, Edmunds Road, Banbury, OX16 0PJ. Tel:- 01295 276769;
community@sunshinecentre.org; www.sunshinecentre.org; www.facebook.com/SunshinecentreBanbury;
www.instagram.com/sunshinecentrebanbury

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



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

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

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



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



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

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****

SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

Designed to help a 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: X843398

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

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS FOR BEGINNERS

STARTING
WEDNESDAY
10TH JANUARY

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. 1041339.

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

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 (Greenwell Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277939). Registered office: 103 The Regent House, The Royal Arsenal, London, SE18 6SX. Ireland Revenue Charity no. XFN3398.

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

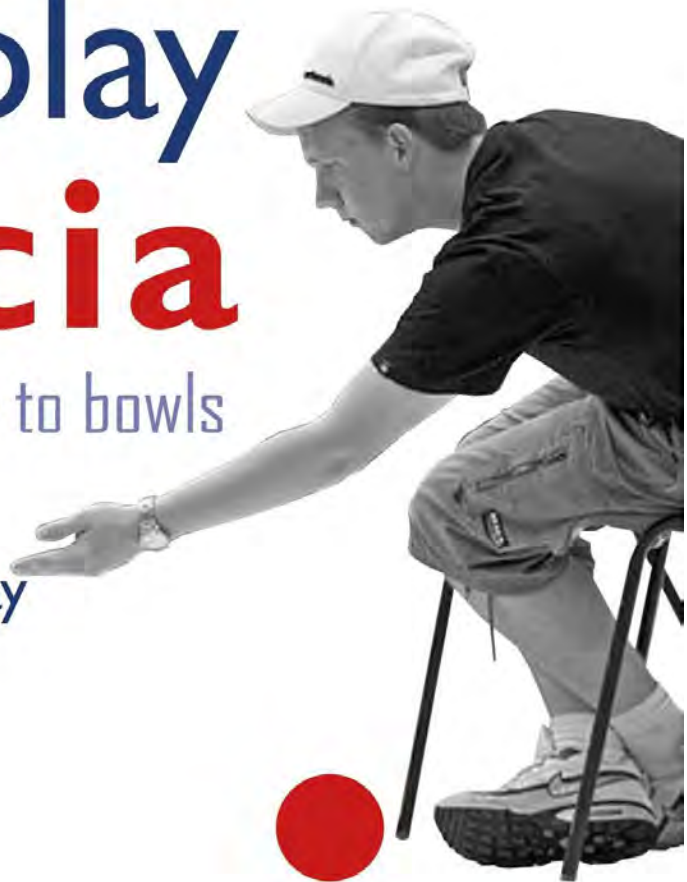
Boccia

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



BURE 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!

Date - 8th January 2024 (Every Monday from this date)

Time - 17:45-18:45

Location - Cooper School, Churchill Road, Bicester, OX26 4RS

Bus Route - 17, S5 & X5

Train Station - Bicester North (12 minute walk/4 minute cycle)

Team manager - Paul Fellows

Email - disability@bureparkjuniors.co.uk

Telephone - 07831 123183 (Call, Text or WhatsApp)

For more info, please email - disability@bureparkjuniors.co.uk
or call, text or Whatsapp - 07831 123183

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****



Your place to play

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



Scan here to see Comets in action!

Time and Date: Fridays, 5-6pm. From Friday 5th April 2024

Location: Witney ATP: (end of) Gordon Way, Witney OX28 4EH

Contact: Mat Berry or Steve Bott Phone: 07973 844306

Email: mathewjamesberry@hotmail.co.uk or bott6@hotmail.com



Get in touch to book your first session

For more info - mathewjamesberry@hotmail.co.uk or bott6@hotmail.com

To book your sessions, please go to:- <https://play.EnglandFootball.thefa.com/Comets/BureParkFC/Summary/47428d92-caf9-4418-b5aa-36e0d817d76d>

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



Scan here to see Comets in action!

Time and Date: Saturday - all available dates can be seen & booked on the website...

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

Contact: Adam Robinson Phone: 07831 123183

Email: adz@flying-fields.co.uk



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>

Short Breaks Update for Families with Disabled Children and Young People



The poster features a collage of images showing people of various abilities participating in football activities on a green field. A woman in a red and blue kit is shown in the top left, while a man in a wheelchair is seen in the bottom right. A large group of people is playing football in the bottom center. The background is a mix of red and blue geometric shapes.

**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



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



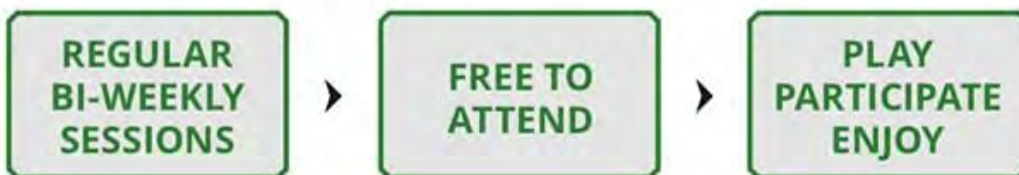
Cerebral Palsy Sport

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!

Short Breaks Update for Families with Disabled Children and Young People

SEND RUGBY

SESSIONS



**** NEW ****

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@BANBURYRUF.C.O.UK
TEL: 07503 712903**



**THE
NATIONAL
LOTTERY**

Starting in April 2024!! For more info, please email Matt Goode - matt.goode@banburyruffc.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

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

<https://youtu.be/zgEuXYuJ74>

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



Autism Friendly Opening

Saturday 6th & Friday 12th April, 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



Short Breaks Update for Families with Disabled Children and Young People



£2.50
donation
per person



Sunday 5th May
11am-3pm



WWW.NEIGH.ORG.UK

OPEN
DAY

For more info, please go to the website - www.neigh.org.uk

Neigh operates from Watlington Hill Farm Sanctuary

Short Breaks Update for Families with Disabled Children and Young People



Flexicare Community Walk

Sunday 19th May 2024

Walk, run or cycle your choice of circular routes of varying lengths across the Ridgeway. A wheelchair/buggy accessible route is also available. Dogs on a lead are welcome.

Refreshments will be provided

**Starting at Snells Hall, East Hendred, OX12 8LA
from 9:00am**

Raising money to support Flexicare, an Oxfordshire based charity providing a free, specialised sitting service for families with a severely disabled child.

**Register at www.flexicare.org/events
or to donate visit www.flexicare.org/donate**

Registered Charity Number: 1172635

flexicareoxford



Register for the walk - www.flexicare.org.uk/events

Or to donate, visit www.flexicare.org/donate

Thomley Camping!

Friday 24th May - Saturday 25th May
One-night camp

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

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



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

Toddlers with a connection to autism or ADHD

Join our study for the chance to take part in START:
FREE expert-led fun parent-child sessions with
songs, games and stories



	Is START for my toddler? <ul style="list-style-type: none"><input checked="" type="checkbox"/> Born between April-October 2022<input checked="" type="checkbox"/> Suspected to be autistic OR<input checked="" type="checkbox"/> has a parent or sibling with confirmed or suspected autism or ADHD	
<p> South Oxford Family Room 47 Whitehouse Road, OX1 4QH</p> <p> 10 - 11am on Thursdays</p> <p> 12 week programme</p>		<p>SCAN</p> 

START is an inclusive, safe space for parents and children

All communication styles are welcome

We celebrate the strengths and individuality of each child

 start@psy.ox.ac.uk  www.startproject.info  073108 76421

START Supporting Toddlers with a connection to autism or ADHD to develop strong Attention, Regulation and Thinking skills

people

 Principal Investigator: Dr Alex Hendry
Ethics approval ref: R015/REDS

 National Institute for Health and Care Research

There is still an opportunity to take part in the next START study. It's a 12 week course, running on Thursday mornings from 18th April. Help with travel and childcare is also available for those selected to take part.

You can find out more about START and apply for the study here: buff.ly/376Xg0g

Short Breaks Update for Families with Disabled Children and Young People

Institute of Education
UCL

SEEKING AUTISTIC 13-21 YEAR OLDS FOR RESEARCH

Are you an autistic adolescent or young adult who has experience of taking part in Social Skills Groups in school?



My name is Imogen Russo. I am a Trainee Educational Psychologist at UCL Institute of Education and I am interested in finding out about autistic young people's experiences of taking part in school-based Social Skills Groups and the perceived impact of such groups.

I am looking for the following individuals:

- Autistic* adolescents (aged 13-18) who are currently taking part in a school-based social skills group or autistic young people aged 13 to 21 years who have previously taken part in a school-based social skills group
- Parents/carers of autistic young people who are participating/have participated in a school-based social skills group.

What is involved?

- Autistic adolescents/young adults will take part in either an interview or a focus group (up to 6 participants) conducted using an online 'chat' medium.
- Parents/carers will take part in either an interview (conducted via phone or Zoom) or a focus group conducted via an online 'chat' medium.

***Participants will have a diagnosis of autism and be able to provide their date of diagnosis.**

If you are interested in taking part in this research or would like more information, I would love to hear from you! Please email **imogen.chandler.21@ucl.ac.uk** Or scan the QR code:



Your participation will provide a valuable contribution to knowledge that can help support other autistic students.

For more information, please email - imogen.chandler.21@ucl.ac.uk

Short Breaks Update for Families with Disabled Children and Young People

STUDY OPPORTUNITY



WHAT DO YOU SEE? PARENTAL INSIGHTS INTO CHARACTERISTICS OF AUTISTIC CHILDREN.

What do we want to do?

We would like to move away from the traditional focus on deficits in autism research, to get a wider picture of the characteristics, strengths and struggles of autistic children, and understand:

- How these differ based on individual characteristics.
- How these change over time.
- Support needs across all stages and areas of development.



What do we hope to achieve?

We hope this research will bring the focus back to the whole person and help combat negative stereotypes to ensure children, young people, and their families receive the right support.



Why are we asking parents?

Parents can offer unique insights into their children and where more support is needed to meet changing needs.



Participate now!

Complete our survey about your child when they were under 18 years of age, and have a chance to win a £50 voucher.

https://nclpsych.eu.qualtrics.com/jfe/form/SV_3Jh7pXleS1vYQsK



Any questions? Still unsure?

Contact us via any of the following emails:
c.c.edwards1@newcastle.ac.uk
a.wood3@newcastle.ac.uk
Sinead.Mullally@newcastle.ac.uk

The recruitment poster has been created by Cherice Edwards using www.canva.com. The free account privileges have been used. All images are from Canva's library (with the exception of Newcastle University's logo). The QR code has been generated directly from Qualtrics.




https://nclpsych.eu.qualtrics.com/jfe/form/SV_3Jh7pXleS1vYQsK

Any questions, please contact us:-

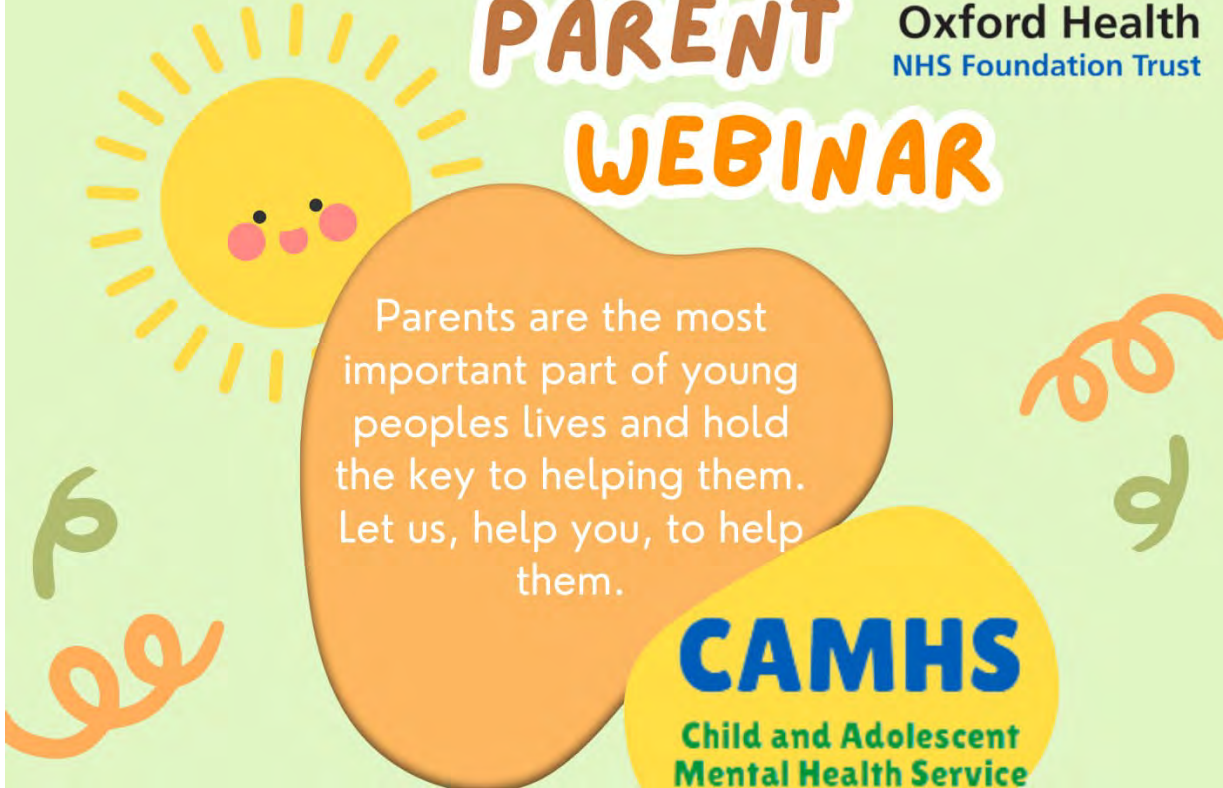
c.c.edwards1@newcastle.ac.uk : a.wood3@newcastle.ac.uk : H.Moore12@newcastle.ac.uk

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



Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

~~Thursday 29th February 12:30 to 13:30~~

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."-
Libby Scott, Autistic Author (at age 11)



To book, scan the QR code or go to www.theautismtrainingnetwork.com/training

Short Breaks Update for Families with Disabled Children and Young People



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

Autism Training...

The Curly Hair Project Autism Webinars MARCH 2024 © The Curly Hair Project 2017

Understanding Challenging Behaviour in autism	Thurs 7th 8pm
Understanding Masking in autism	Thurs 14th 8pm
Sensory Processing & autism	Wed 20th 8pm

Access our events from your phone, PC or laptop!



*All sessions last 1 hour unless otherwise stated.
All 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

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

Short Breaks Update for Families with Disabled Children and Young People

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 16th April 2024 10am-1pm

£25 per person (+ booking fee)

Tickets available from Eventbrite

* Please note: Due to the privacy of the attendees, this event will NOT be recorded.

**** Please note- This workshop will NOT be recorded. ****

Tickets are available to purchase here - <https://www.eventbrite.co.uk/e/814186653197...>

Short Breaks Update for Families with Disabled Children and Young People

For professionals...



Perinatal Mental Health and Autism Online Workshop

Delivered by Nicky, our Neurodevelopmental Nurse Specialist and Verity with valuable lived experience of autism and perinatal mental health difficulties who is also a PhD student studying the experiences of autistic women and perinatal services.

The learning outcomes are as follows:

- Understanding what it might be like to be an autistic mum and the challenges of being an autistic parent.
- Consider ways in which you can adjust your practice when working with an autistic mum.
- Ideas of practical things to help an autistic mum with mental health difficulties survive the perinatal period including hospital admissions for delivery or mental health.
- Legal duties towards autistic women.

This workshop is open to staff working in community perinatal mental health teams, maternal mental health services, mother and baby units or as mental health midwives.



Wednesday 22nd May 2024
10am-1pm
£29.99 per person (+ booking fee)
Tickets available from Eventbrite



“ This has been such a valuable and interesting presentation. I have one patient in particular that I am now thinking differently about. Thanks for sharing your experience Verity - this has been so helpful. ”

“ The training was balanced with a shared lived experience that was very powerful and the training as a whole was thought provoking. ”

“ We felt that this should be mandatory training for all trusts. Fantastic and thank you again. ”

“ The training was excellent - a great balance between formal teaching, thought provoking lived experience and useful ways to improve our own service. ”

To find out more please email training@autismoxford.org.uk

If you are a professional interested in this training, we invite you to join us for this workshop tailored specifically to individuals working in these services.

Tickets available here- <https://www.eventbrite.co.uk/.../perinatal-mental-health...>

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



Scan to book

SEND
Support



Makaton

Level 2 course

Tuesday Evenings

16th, 23rd & 30th April

(Must attend all dates for your certificate)

7:30pm - 9:30pm
Online

£85 inc p&p Per Person
Tuition, Manual and Certificate
of attendance included.

To book, go to - <https://www.eventbrite.co.uk/.../makaton-level-2->

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



**** There are no courses running in March****

Advanced Microsoft Excel

This course is ideal for those with some Excel knowledge as it covers all the basic elements of Excel in a practical, hands on format, allowing you time to practice the techniques in the session. This interactive and practical course introduces participants to the advanced techniques and how these can be used to enhance your work. This course is ideal for those who have experience of using Excel but would like a more in-depth knowledge of how to use spreadsheets more efficiently. This is an in person course at OCVA.

Tuesday 9th April (3 hours). 9.30am - 12.30pm; £35 – £65

Effective People Management

Are you new to management? Or would you like to refresh your management skills? This course is designed to help you develop your knowledge, understanding and skills for managing employees in the workplace, as required by a current or potential first line manager. This course will introduce you to managing employees. It will give you the tools to develop your communication and management skills to confidently manage employees effectively and efficiently. This is an in person course at OCVA.

Tuesday 23rd April (2.5 hours). 10.00am - 12.30pm; £45 – £75

Effective Management of Grants & Multi-Funding Streams

Most organisations are financed through grants and other external funding sources. This course is designed to enable those involved with managing grants and external funding to become more efficient and effective in the financial management of such funds. This course is designed to equip the participants with best practices and essentials skills in effective grants/external funding management. This is an online course via Zoom.

Thursday 25th April (3 hours). 9.30am - 12.30pm; £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.

Tuesday 30th April (3 hours). 10.00am - 1.00pm; £35 – £65

More information and bookings taken on the OCVA website - [OCVA - current courses](#)

training@ocva.org.uk or call 01865 251946