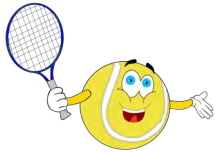


Short Breaks Update for Families with Disabled Children and Young People



Welcome to the November Short Breaks Update...

This month we have science, theatre, ice hockey, Comic Con, rugby, football, carers roadshow, cinema, tennis, Christmas events & more!

We also have some training & webinars.



What's in this edition...

P1	Welcome	P21	OPA Pre-schoolers Stay & Play
P2	OxFSN Coffee & Chat	P22	Wellbeing Pickleball
P3	New SEND group - Rose Hill	P23	SEN Squirrels
P4	Learn to play ice hockey	P24	Bicester Clip 'n Climb
P5	Sensory Friendly Silverstone	P25-26	LD Beginners & Improvers Tennis
P6	Autism Friendly Science	P27	Wheels for All
P7	The Whispering Jungle	P28	Let's Play Boccia, Witney
P8	Comic Con Oxford	P29-33	Football
P9	Festival of Fire & Light; NHS event	P34	Rugby - Bicester & Wallingford
P10	Cafélias - inclusive space	P35	SEND Jump - Carterton
P11	Preparation for Transition	P36	Breakfast with Father Christmas
P12	OxFSN Adult Siblings Event	P37	Rapunzel
P13	SEND Saturday Club	P38	A-Fest
P14	Carers Roadshow Event - Oxford	P39-40	START & Research opportunity
P15	ICE Centre Discos & DITTO	P41	Autism Central
P16	Take Time for Me Xmas	P42	Be Free Young Carers
P17	Thomley Christmas Market	P43	Support from Sense
P18	Autism friendly cinema	P44-53	Webinars, workshops & more
P19	Jack & the Beanstalk Panto	P54	OCVA training
P20	Fairytale Farm Illuminations		

Contact details:-

Pauline MacKinnon - 07554 330244; Email - cdsredesign@oxfordshire.gov.uk

**** If you'd like to receive these newsletters, please email us! ****



JOIN US FOR COFFEE AND A CHAT THIS AUTUMN

A CHANCE TO MEET OTHER CARERS AND A Q & A SESSION WITH THE TEAM

Dates for the coffee and chat mornings are:

- 2nd November 10am - 12.30pm - Witney Children and Family Centre
- 9th November 10am - 12.30pm - All Saint's Room, Didcot Civic Centre
- 16th November - 10am - 12.00pm - Bicester Library*
- 23rd November - 10am - 12.30pm - Dean Court Community Centre, Botley
- 28th November - 10am - 12.30pm - Northcourt Centre, Abingdon

*All venues have parking apart from Bicester Library which is the Sainsbury's car park (2hrs)



If you would like to come along, please email Oona.Bannister@oxfsn.org.uk, or scan the QR code with your phone



SCAN ME



Embolden 2  **Oxfordshire family SUPPORT NETWORK**

Join us this Autumn for one of our coffee and chat informal sessions. There will be the chance for questions and answers with members of the team, and it will give you the opportunity to meet others. If you would like to join us, the link to book is below.

<https://www.eventbrite.co.uk/organizations/events>

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 starts on **2nd November** and 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

COME JOIN US !!

Limited spaces

For Ages 5-13



**LEARN TO PLAY
ICE HOCKEY**

Want to try a new sport?
Ice hockey encourages team work, confidence and respect as well as the physical benefits. At Oxford we have high level coaches who are part of the Junior England coaching team. Come train with the best!



Basic equipment available for a deposit 19.30-20.15 every Thursday
Fusion Ice rink, Oxpen road, Oxford
£60 for 6 week term time programme



To register your interest email or scan the code
ojisihcltp@gmail.com

Oxford Junior Stars Ice Hockey Club has a limited number of spaces for Learn to Play sessions. Held in 6-week blocks in term-time, this block runs from 2nd November to 7th December. If your child is looking for a new sport and loves to skate...join us!

Scan the QR code above or email us on ojisihcltp@gmail.com



LOW REVS

Sensory-friendly sessions

Relaxed, late opening hours for:

Reduced visitor numbers

Low sound levels

Minimised visuals

Increased lighting

Thursday 2nd November 2023

4.00pm-5.30pm

BOOK ONLINE

SILVERSTONEMUSEUM.CO.UK

Book online at www.silverstonemuseum.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Autism Friendly Science Saturdays



Saturday 4th November

Sessions: 12.45pm - 1.55pm / 2pm - 3.10pm / 3.15pm - 4.25pm

A relaxed session to introduce families to some of the ideas, concepts, and processes that scientists use when working with natural history specimens. Handle real specimens and take part in fun activities in a quiet environment.

Suitable for ages 8-13 years.

Email education@oum.ox.ac.uk to book your free place.



Short Breaks Update for Families with Disabled Children and Young People



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 \(cornerstone-arts.org\)](http://cornerstone-arts.org)

Short Breaks Update for Families with Disabled Children and Young People



Sunday 5th November, 10am-4pm at The Leys Pool & Leisure Centre, Oxford.

Come along and join our Costume Competition at 12.30pm for children and 1pm for adults in the Cosplay Zone. Open to all ages and all costumes! Cash prizes for 1st, 2nd and 3rd place, and certificates for all. It's all about having fun, so come along and mix with all sorts of costumes from the film and comic world.

We can't wait to see all the wonderful costumes you have created.

For tickets, please go to:- <https://www.eventbrite.com/o/striking-events-ltd-57765506713>

Short Breaks Update for Families with Disabled Children and Young People



Festival of Fire & Light
Sun 5th Nov '23 **2pm - 6pm**

- Make your own pizza with the Pizza Midwife (£4 donation)
- Take part in a fire-inspired Poetry Workshop with Oxford Brookes Poetry Centre
- No fireworks - all ages welcome!

Barracks Lane Community Garden

- Make your own lantern or headdress
- Enjoy a mug of pumpkin soup cooked over the open fire
- Join us for a procession at 5.30pm

Any questions, please email: info@barrackslanegarden.org.uk



www.barrackslanegarden.org.uk



For more information or if you have questions, please email us:-

info@barrackslanegarden.org.uk



LIVE BETTER
LIVE LONGER

NHS

A free health event for people with learning disabilities and their carers to improve their health.

Tuesday 7th November 2023
Drop in anytime from 10am to 3pm
Unipart Conference Centre

For more information scan our QR code

Organised by Oxford Health and South Central Ambulance Service NHS Foundation Trusts



'Live better, live longer' is a free drop-in event for people with a learning disability and their carers taking place on Tuesday 7th November (10am-3pm). The aim of the event is to support people with learning disabilities to learn how to take positive steps to live well and be healthier. There will be a number of local services for you to meet, as well as free activities to get involved with.

Find out more by scanning the QR code above or click on this link:- <https://buff.ly/46a9U7G>

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, open for all.

Medical and early years development expertise.
Run by carers.

TUESDAYS, NOV 7TH - DEC 19TH

09:30AM TO 11:00AM SEN SESSION (NO DIAGNOSIS NECESSARY)

11:00AM TO 1:00PM OPEN TO ALL

SEACOURT HALL, BOTLEY, OX2 9TH
PAY WHAT YOU CAN
£5/£10/£15
FOR 1 ADULT + 2 CHILDREN

2 hours Free parking, disabled toilets
See website for full details of what's on:
Cafelias.co.uk/pop-ups



9.30am - 11.00am for SEN families (no diagnosis needed). A quieter session and with experts attending when possible. We also offer a free 15mins head/neck massage for carers and a coffee/tea included in the price. Our DBS checked volunteers will be at hand to distract the little ones for the duration. Book online or drop in - www.cafelias.co.uk/book-here

From 11.00am all families are welcome for our events and play activities, including music, puppet theatre, singing and more.

See website for full schedule ahead of each session - www.cafelias.co.uk/pop-ups

Short Breaks Update for Families with Disabled Children and Young People



Preparing for your child's transition to adulthood webinar

8th November 2023, 12.30pm - 2pm



“Preparing for your Child’s Transition to Adulthood: Basics and Banana Skins”

This is a free event on the 8th November 2023 at 12.30pm. We'll hear from people with learning disabilities and autistic people & their families about their experiences so you can shape how adult social care works for you instead of happening to you.

Find out more and get your place: <https://bit.ly/BasicsAndBanana>

Short Breaks Update for Families with Disabled Children and Young People



Siblings Event



**Monday 9th November
19.00pm - 20.30pm Online**

An Introduction to Adult Sibling Support

Sibs is a UK charity that supports siblings of disabled children and adults and we have asked them to run an online workshop 'An introduction to adult sibling support' which will look at the positives and challenges of being a sibling and share sibling tips and advice.



It will be a free, confidential and interactive session with no screenshots or recordings and is for siblings only.

We are already working with a number of Siblings who are supporting their parents to plan ahead for their relative, but from talking to family carers, we are aware that there are other siblings who would like to be involved in some way, but are either juggling multiple responsibilities or the family find it hard to 'have that conversation' about planning for the future.

If you are a sibling (over 18) or know of anyone who you think would benefit from joining this workshop, please let them know about it.

They can book by contacting Oona Bannister on Oona.bannister@oxfsn.org.uk or calling 07816 833873.



oxfsn www.oxfsn.org.uk



FUNDING FOR THE PROJECT HAS
COME FROM THE NATIONAL
COMMUNITY FUND

Sibs www.sibs.org.uk

This event is being run by Sibs for siblings over 18 years.
For more information, or if you or someone you know are interested in booking, please email:-
Oona.Bannister@oxfsn.org.uk or call 07816 833873

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care

SATURDAYS

10AM – 12PM

2nd Saturday of the Month

14th Oct, 11th Nov

And 9th Dec

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



Find useful information and advice for carers

Looking after someone?

Join our free roadshow event for unpaid carers in Oxford




Wednesday 15 November, 10am-3pm

Rose Hill Community Centre, Carole's Way, Oxford OX4 4HF

Meet carers in your area and find out about the support offered by Carers UK and other local services.



Supported by 

© Carers UK September 2023. Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039377) and a company limited by guarantee registered in England and Wales (864097). Registered office: 20 Great Dover Street, London, SE1 4LX.



Register for your free place:
carersuk.org/oxford-carers-roadshow

Meet unpaid carers in your area & find out about the support offered by Carers UK, Carers Oxfordshire and other local services. All unpaid carers are welcome, you don't need to be a member of Carers UK to attend.

Register for your free place:- www.carersuk.org/oxford-carers-roadshow

Short Breaks Update for Families with Disabled Children and Young People



theicecentre
Inclusive care education
www.theicecentre.co.uk

DISCOS 2023

Last date for this year...

NOVEMBER 17TH

One Friday every month
LANGDALE HALL- OX28 6AB **£6 on the door - 6:30pm - 9pm**
If you would like any additional support please contact us on
01993 846 240

Discos one Friday a month from 6.30-9.30pm. £6 on the door. For more info, call 01993 846240

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



D.I.T.T.O.
DOING IT TOGETHER TO OVERCOME

DITTO aims to offer all vulnerable people regardless of age, gender, ethnicity or ability a place to meet up, socialise and have fun.

WEDNESDAYS AT LANGDALE HALL, WITNEY OX28 6AB

Last date for 2023 - 29th November

01993 846240
dittowitney@outlook.com

@dittowitney
@dittowitney

theicecentre
Inclusive care education



Short Breaks Update for Families with Disabled Children and Young People



Take Time for me Christmas Themed Evening

Join us for an evening of escape, to enjoy a drink, some nibbles, great company and make a Christmassy Doormat!

This "take time for me" evening event is an opportunity for you meet other SEND parents/carers who get it. A chance to take some time for you and enjoy a mini workshop session that will mean you have a festive doormat ready to welcome in the festive season.

The festive season can be filled with stress and is sometimes more restricted due to the varied needs of our children so this is an opportunity for you to have a little bit of that Christmas magic just for you!

When: Saturday 18th November 2023
Where: The Learning Loft, Evenley, NN13 5SD
Time: from 7.15-9.15pm
Cost: £35 (includes doormat workshop, materials, drinks and nibbles)



 Workshop will be run by the lovely Carol of HigildiPigildi

Take part in a workshop where you get to make your own festive doormat - keep for yourself or gift as a present, the choice is yours the most important thing is this is a space where you are taking time for YOU! Having a drink and some nibbles as well as being able to be surrounded by mums that understand and are in similar situations to you! We can't wait to spend the evening with you and make our doormats too!

Tickets can be purchased on this link:- <https://bookwhen.com/marshlings.../e/ev-sk5w-20231118193000>

The event information can be found on this link:- <https://facebook.com/events/s/festive-retreat-evening/2429822697186145/>

Christmas Market

18th November 10am - 3pm

FREE entry - No need to book

Join us for our very popular Christmas Market!

Shop for your Christmas goodies

Eat lovely festive food whilst the kids can play!

Buy tickets for our famous Christmas raffle!

Santas Grotto will be available (book on the day)

** Please note our gates will not be locked during the day **



To book a stall, please contact Greta:
greta.shurrock@thomley.org.uk

Where are we?
Thomley, Menmarsh
Road, Worminghall,
HP189JZ



Thomley

To book a stall, contact Greta ASAP whilst they last - greta.shurrock@thomley.org.uk

You can buy raffle tickets in advance here:- <https://buff.ly/3LaW0tX>

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly cinema screenings

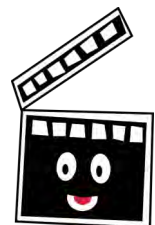
Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory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

- * **Cineworld** are showing Trolls Band Together on Sunday 5th November at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** are showing Trolls Band Together at 1.20am on Wednesday 1st November in Banbury.
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 3rd Sunday of the month in Oxford, Aylesbury & Milton Keynes Stadium. Check time with your local cinema. 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 their autism friendly screenings for November are yet. Usually on at 10.00am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing Elemental on Sunday 19th Nov 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 - [Types of Screenings | UKCA](#) ([accessiblescreeningsuk.co.uk](https://www.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



JACK & THE BEANSTALK

Fri 24 Nov 2023 – Sun 7 Jan 2024

Get ready for a GIGANTIC panto experience!

Poor Jack can't seem to help getting into trouble with his mum. Now he's really landed himself in it by selling the family cow to a stranger for a handful of old beans. But hang on a minute! Those mysterious beans have started to grow...and grow... and GROW!

Join Jack and his friends on an adventure of a lifetime, as they scale the beanstalk and take on a Giant. Full of infectious laughter, brilliant storytelling, singing, dancing, cheering for the goodies and booing for the baddies, an **Oxford Playhouse** pantomime is fabulous festive fun for everyone aged 5 to 105!

For more info & tickets, please go to - [Jack & the Beanstalk at Oxford Playhouse](#)

Audio described - 2nd Dec @ 4pm & 6th Jan @ 6pm

BSL - 14th Dec @ 6pm

Relaxed performance - 4th Jan @ 11am

Short Breaks Update for Families with Disabled Children and Young People



You can view the lights at no extra charge if you visit us in the day, or buy a discounted evening ticket. We also have an Illuminations + Supper Deal, with all-in farm visit, supper and a walk through our magical illuminations when they switch on at dusk.

For more information and to buy tickets, please go to the website -

<https://www.fairytalefarm.co.uk/.../illuminated-evenings.../>

Short Breaks Update for Families with Disabled Children and Young People



NEIGHBOUR-LEY PROJECT



**TUESDAY MORNINGS EVERY FORTNIGHT FROM
9.30AM TO 11.30AM**

**The Oxford Hub, The Old Nursery, Windale
Primary School, Windale Avenue, Blackbird Leys,
Oxford. OX4 6JD**

**Session Dates for remainder of 2023 = 3/10, 17/10,
31/10, 14/11, 28/11, 12/12**

FREE ENTRANCE AND FREE ACTIVITIES



- **Stay & Play for the Children**
- **Parental Support for Parents & Carers**

Please be advised that NO childcare is provided at these sessions and parents / carers are responsible for their Children at all times. Contact – 07436 270267 / martin.gillett@oxonplay.org.uk / www.oxonplay.org.uk



For more information, please contact Oxfordshire Play Association

Tel:- 07436 270267; www.oxonplay.org.uk

Short Breaks Update for Families with Disabled Children and Young People



WELL-BEING PICKLEBALL

YMCA
Here for young people
Here for communities
Here for you

Every Thursday 1pm - 2pm
Henley YMCA
2 Lawson Road,
Henley-On-Thames,
RG91NZ.

£5 per session
Adults 18+

Our community well-being sessions are designed to be fun, engaging and affordable. These sessions allow those in the community who would like to improve their wellbeing, those that are experiencing mental health issues or at risk of ill mental health, the opportunity to socialise and enjoy sport, whilst improving your mental health and keeping you healthy and active.

All abilities are welcome!

If you are part of the **YOU MOVE** family, please provide us with your unique code to access these sessions for **FREE!**

YMCA 

PICKLEBALL COMMUNITY

COME JOIN THE FUN!
Contact: Phil 01491 411849
Email: phil@henleymca.org.uk
Or just come along on the day!

New Community Well-Being Pickleball Session is NOW AVAILABLE! (18+)

Our community well-being sessions are designed to be fun, engaging and affordable. These sessions allow those in the community who would like to improve their wellbeing, those that are experiencing mental health issues or at risk of ill mental health, the opportunity to socialise and enjoy sport, whilst improving your mental health and keeping you healthy and active. All abilities are welcome!

A massive thank you to South Oxfordshire District Council for supporting us with this fantastic project to help those in the community who need it most!

For more info, contact Phil on 01491 411849 or email phil@henleymca.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

**** NEW ****

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: 1032 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



Supportive, safe and inclusive cycling sessions for those with additional needs.

Every Saturday:

11am - 1pm, ages 2 yrs - 16 yrs. Family members welcome.

1pm - 2pm for 16+ yrs.

£3 per session.

Wood Green School,
Witney, OX28 1DX



Book by phone, email or website:
<https://windrushbikeproject.uk>

07766 829296

@windrushbikepro

@windrushbikeproject

@windrushbikeproject

wheelsforall@windrushbikeproject.uk

www.windrushbikeproject.uk

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

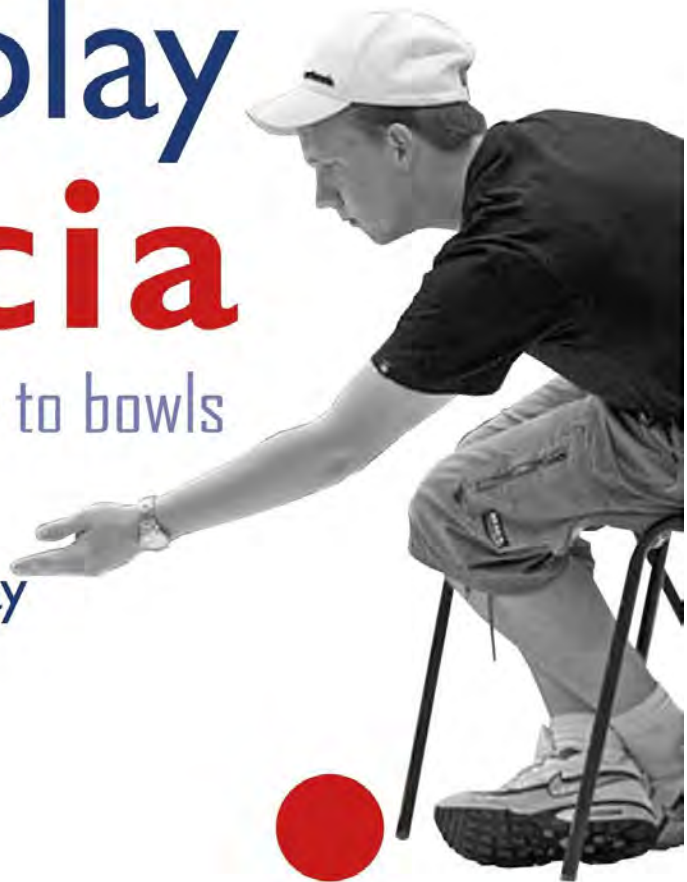
Boccia

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



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 playing football on a green field. A woman in a red and blue kit is in the foreground on the left. In the center, a man in a red and blue kit is using a four-wheeled walker while playing. On the right, a man in a red and blue kit is acting as a goalkeeper. The background shows other players and a goal. The Tower Hill Football Club logo is in the top right corner. The text 'WITNEY ATP MONDAY 6-7PM' is in the top center, and 'COME AND JOIN US!' is in the center. The main title 'TOWER HILL INCLUSIVE TEAM' is in large white letters. Below the title, there is a paragraph of text and a contact information block. At the bottom, there is a yellow box with more contact information.

**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

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

**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



SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



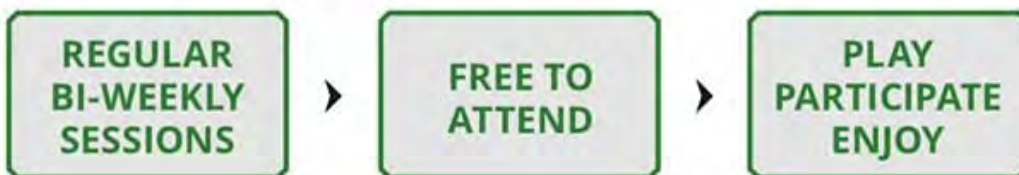
Cerebral Palsy Sport

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

**BURE PARK FC
INCLUSIVE
FOOTBALL**

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 [Bure Park FC - Disability/Inclusive Football](#)

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

Breakfast with Father Christmas

Saturday 16th, Sunday 17th, Thursday 21st and Friday 22nd December, 8am - 10am

Booking essential

Breakfast with Father Christmas is an incredibly popular way to see Father Christmas at Thomley, with the added bonus of activities, a lovely breakfast and maybe even some snow! Limited tables available.



An accessible and fun way to celebrate Christmas for all abilities.

Full English breakfast, tea, coffee or juice included for both the adults and children.

The event will be hosted in the pavilion and you will be allocated a table. There will be Christmas activities to do on your table.

After breakfast and the activities Father Christmas will enter the room to deliver presents (also included in the price).

*£ 10 for parents or carers
£ 15 for children
(£ 10 for members)*

Please book your places on our online calendar: <https://thomley.org.uk/calendar>

***Please note only the pavilion is open for this event**

**Thomley, Menmarsh Road,
Worminghall, HP189JZ**



Thomley

Available on four different dates leading up to Christmas! All four sittings are the same and are from 8am-10am only.

Book here: <https://buff.ly/45ScoaK>

Short Breaks Update for Families with Disabled Children and Young People

Save the date...

Launton Village Players present their 37th pantomime

Rapunzel

A traditional family pantomime

Weds 14th to Sat 17th Feb 2024
In Cooper School Performance Hall, Bicester, OX26 4RS

Date	Performance Times	Adult (18+)	Child (1-17)
Weds 14 th Feb	7:30pm	£12	£6
Thurs 15 th Feb	10:30am* 2:30pm	£12	£6
Fri 16 th Feb	2:30pm 7:30pm	£14	£7
Sat 17 th Feb	2:30pm 7:30pm	£14	£7

*Relaxed Performance Thursday at 10:30am

Family Tickets available at discounted prices!

Tickets available from www.ticketsource.co.uk/lvp
(or call 07864 715708 for assistance)

All profits donated to **Bicester Autism**

www.launtonvillageplayers.org.uk

Get your tickets for Bicester's award-winning family panto from www.ticketsource.co.uk/lvp, (or call 07864 715708 for assistance).

All profits will be donated to [Bicester Autism/ADHD](http://BicesterAutism.org.uk) and we are super excited to be able to offer a Relaxed Performance this year.

Family discounts are available, and use the code EARLYBIRD at the checkout to get an extra 10% discount if you book before 1st January!

Short Breaks Update for Families with Disabled Children and Young People



A-Fest

A-Fest 2024: A Festival Celebrating Autism and Autistic Individuals

Tuesday 20th February 2024
9am-3pm
The Springfields Academy, Calne, SN11 0DS

Come and join us for A-Fest 2024. A day to celebrate autism and autistic individuals and share effective practice.

A-Fest 2024 is a day to learn about, share and celebrate effective autism practice. A limited number of Early Bird tickets for A-Fest 2024 are now available until 31st December 2023. You will then be sent a full programme in January when you can select your session choices.

Early Bird tickets are just £60pp, including refreshments at break and lunch. Previous sessions include: Autism and Social Motivation, Structured Teaching, Supporting Anxious Learners, Autism Therapy Provision, Visually Supported Conversations, Developing a Semi-formal Curriculum, Encouraging Independence and Designing Inclusive Provision.

To book your place, please contact:
autismsupport@springfields.wilts.sch.uk



Paul Isaacs will be speaking at this event about "Autism as a Fruit Salad"
(<https://www.facebook.com/PaulIsaacsAutieAdvocate>)

To book, please contact - autismsupport@springfields.wilts.sch.uk

Short Breaks Update for Families with Disabled Children and Young People



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

Recruitment open for a trial of a new programme to support toddlers with a connection to autism or ADHD

Researchers will play with your child to collect information about their strengths and difficulties.

Scan for information



or visit startproject.info

You may be invited to take part in the 12 week START programme, which aims to help parents provide toddlers with additional support.

■ travel costs covered ■

■ online voucher after completion of questionnaires ■

■ BabyLab gift after each assessment ■

■ toys and activity ideas to take home after each START session ■

To be eligible for the study you must:

- have a child born from November 2021 who is suspected to be autistic OR whose mum, dad, brother or sister is autistic or has ADHD (diagnosed or suspected).
- be willing to attend weekly 1 hour parent-child sessions located in the South Oxford Family Room OX1, over a 3 month period.
- be able to understand spoken English.



people



Principle Investigator: Dr Alexandra Hendry
Email: start@psy.ox.ac.uk
073108 76421

www.startproject.info

run by

NIHR

National Institute for Health and Care Research
Ethics approval reference: R6115/RE001

Your child can take part in this programme if they are within the age range and:-
You know or suspect they are autistic (no formal diagnosis needed) OR You know or suspect that your child's older siblings are autistic or have ADHD (no formal diagnosis needed); You know or suspect you are autistic (either parent) or have ADHD (no formal diagnosis needed). Your child must be under 22 months old when the trial starts in January 2024.

Location: South Oxford Family Room, 47a Whitehouse Rd, Oxford OX1 4NA
More info: Visit www.startproject.info or email start@psy.ox.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



Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

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.

Autism Central is here to help!

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
 - Navigate you to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support



Charity number: 1171446

aspens.org.uk

For more information, please contact Laura Morgan on laura.morgan@aspens.org.uk; 07719087770 or autismcentralsoutheasthub@aspens.org.uk

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



A2ndvoice **CIC**
Autism · Ethnicity · Culture

A2ndvoice Online Autism Support 18+



Free online presentations and Q&A with autistic speaker, trainer and author Paul Isaacs.

Autism & Language Processing: Pattern, Them & Feel Workshop Friday 3rd November 7 -8pm

A presentation about language individuals who struggle with functional speech, expressive language, receptive language and associated information processing challenge

An informal session with a Q&A supporting parent carers, siblings and those wanting to learn more from a lived experience.

Zoom: 838 8436 7687
Code: 133520



#ActuallyAutistic
November Talks



SEN PARENTING



Autism|eye

Widgit

For detailed information: www.a2ndvoicecic.co.uk
07947 198 362 or hello@a2ndvoicecic.co.uk

Paul shall be talking about language individuals who struggle with functional speech, expressive language, receptive language and associated information processing challenges.

Zoom registration - <https://us06web.zoom.us/j/91012020000>

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



UPCOMING WEBINARS

with the

CAMHS NDC (Neuro Developmental Conditions Pathway)



JOIN US

These webinars are a collaboration between Oxfordshire Parent Carers Forum and CAMHS Neuro Developmental Conditions Pathway (NDC). The sessions will be online via Teams. To join the session, please click on the link for the particular session you want to join.

Anxiety and Emotional Regulation - Friday 17th November: 12.30pm - 2.00pm

Delivered by Laura Mackenzie (Nursing and Allied Health Professional Clinical Lead), James Stacey (Consultant Clinical Psychologist).

Click [here](#) to join the meeting

Sensory Challenges - Friday 8th December: 12.30pm - 2.00pm

Delivered by Kathryn Stevenson (Lead Specialist Occupational Therapist) and Sarah Wilcock (Specialist Occupational Therapist).

Click [here](#) to join the meeting

Challenges with Eating - Friday 19th January 2024: 12.30pm - 2.00pm

Delivered by Sarah Wilcock (Specialist Occupational Therapist) and Sally Burne (Dietician).

Click [here](#) to join the meeting

Any queries, please do email info@oxpcf.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Upcoming online courses October - December 2023



We still have limited spaces available on these courses for parents and carers...

7 November
6pm - 9.30pm

**Supporting PDA young
people and adults**

4 December
7pm - 9.30pm

**What is PDA for male
parents and carers**

11 & 18 November, 1pm - 3.45pm OR
1 & 8 December, 10am - 12.45pm

Understanding PDA for parents and carers

For prices and course details:
www.pdasociety.org.uk/training



www.pdasociety.org.uk

Events & Training

Are you a parent or carer wanting to understand more about PDA?

We run a number of courses every month to provide insight & guidance on how best to support PDA people. Our courses are specifically for parents & carers. You'll find all the details in the picture & then you can book via our training pages:-

<https://www.pdasociety.org.uk/courses-events-for-parents.../>

Short Breaks Update for Families with Disabled Children and Young People

FREE! PDA Society Q&A Live Events Your questions answered by guest speakers

Live via Zoom - Limited number of places available

Last planned Q&A session for 2023 is on...

- **November 30th 8-9pm (GMT)**
Understanding Emotionally Based School Avoidance

These Q&A Live Events are free of charge thanks to a generous grant from the Openwork Partnership



Tickets available now

www.pdasociety.org.uk

Events & Training

We are delighted to be able to offer a series of FREE Q&A Live Events!

We're able to offer these opportunities to hear from guest speakers and have your questions answered for free, thanks to a generous grant from The Openwork Partnership. Our first three Q&A Live events are now available to book on our website but space is limited so register soon to secure your place.

Booking is currently available for the live sessions, booking for a recording of the live session will be available at a later date. All the Q&As take place over Zoom and when you book to join you'll be able to leave questions for the guest speakers to answer.

The links to sign up for each Q&A can be found here:-

<https://www.pdasociety.org.uk/qa-live-events/>

Short Breaks Update for Families with Disabled Children and Young People

Autism Training...

The **Curly Hair Project** Autism Webinars November 2023

© The Curly Hair Project 2017

Eating & Autism	Tues 7 th	8pm
Emotions & Autism	Thurs 16 th	8pm
Executive Function & Autism	Tues 28 th	8pm

Access our events from your phone, PC or laptop!



All webinars last one hour unless otherwise stated. Each are recorded & you will be given 3 days access after the webinar – just buy a ticket and it will be sent automatically!

For further information & to book, please visit www.thegirlwiththecurlyhair.co.uk/events

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

Nurture • Enable • Inspire

Q&A with Vicky & Claire



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



Thank you so much for creating space that means we no longer (gasp) feel alone.
From a Parent

Vicky **Claire**

During our general sessions, you can ask Vicky or Claire a question – or simply attend to listen and hear from other parents. For a Themed session, please send your questions in advance.

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.

www.afso.org.uk Registered charity 271603

If you have already made a referral, please contact Claire or Vicky for the Zoom log in details.

Come with your questions but you are also welcome to come and just listen.

To register with us for future sessions, please make a referral using the forms that can be downloaded from our website www.afso.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Webinar Schedule

Transitions between Home & School
Thursday 2nd November 10:30am



Managing sensory needs in adult life
Tuesday 14th November 11am



Supporting your Autistic partner
Monday 27th November 1pm



Autism & Sleep
Wednesday 13th December 2pm



Tickets available from Eventbrite.


All our live 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- Always check your spam/junk folders!

For more information and to book your tickets please visit:-

<https://www.eventbrite.co.uk/o/autism-oxford-uk-32230677417>

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.

Wednesday 15th November 2023
10am-1pm
£20 per person (+ booking fee)
Tickets available from Eventbrite

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

Book your spot early to avoid disappointment - reserve your ticket now:-

<https://www.eventbrite.co.uk/e/661086616867...>

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



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



Measuring Up - Showing the Impact of Your Work

It's no longer good enough just to do good work. We now need to be able to prove it and show it.

This practical session will look at how we can move away from playing a 'numbers game' and focus more on the outcomes and the difference our work makes. The session will look at tested ways of measuring the impact of what we do, how we can encourage people to take a longer term view and provide useful evidence for funders and commissioners.

This training is an online course using Zoom.

Tuesday 7th November (3.5 hours). 9.30am - 1.00pm; £50 – £80

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 training is an in person course at OCVA offices.

Tuesday 14th November (3 hours). 10.00am - 1.00pm; £35 – £65

More information and bookings taken on the OCVA website - [OCVA - current courses](https://www.ocva.org.uk)
training@ocva.org.uk or call 01865 251946