

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the October Short Breaks Update...

This month we have theatre, rugby, football, **cinema, tennis, "Trunk or Treat" is back, fireworks** & pantomime season is almost here!!

We also have some training & webinars.



What's in this edition...

P1	Welcome	P22	DITTO
P2	Autism Central	P23-24	Trunk or Treat & Fireworks
P3	Time Out for Parents course	P25	SEND Jump - Carterton
P4	Courses for Carers	P26	Autism friendly cinema
P5	Tower Hill Inclusive Football	P27	Sensory Friendly Silverstone
P6	OPA Pre-schoolers Stay & Play	P28	The Whispering Jungle
P7	Minecraft Social Group	P29	Festival of Fire & Light; NHS event
P8	Jump Stars - Bicester	P30	Cafelias - volunteers needed
P9	Wellbeing Pickleball	P31	Thomley Christmas Market
P10	SEN Squirrels	P32	Jack & the Beanstalk Panto
P11	Bicester Clip 'n Climb	P33	YouMove
P12	Tennis - Abingdon	P34	Bure Park FC Inclusive Football
P13	Wheels for All	P35	Partyman SEN sessions
P14	Comets disability football Bicester	P36	ICE Centre Discos
P15	Autism Friendly at Museums	P37	Breakfast with Father Christmas
P16	Stick Man & The Story Museum	P38	Be Free Young Carers
P17	Let's Play Boccia, Witney	P39	Support from Sense
P18-19	Football	P40	PDA online Q&A sessions
P20	Rugby - Bicester	P41-45	Webinars, workshops & Makaton
P21	Frozen Light	P46	OCVA training

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



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!

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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



Time Out for Parents Course

For families with children who have ASD. Taking place at St Andrew's Church, Linton Road, Oxford. On 11th, 18th October; 1st, 8th & 15th November 2023 from 10am-12noon (refreshments from 9.45am). Cost - £15 per family* (we do have a fund to help with fees for those facing financial difficulties - please contact us).

To find out more and to book, please go to:-

https://standrewsoxford.churchsuite.com/events/35uyu5vq?fbclid=IwAR1w8ocTjiACLHSdBi3H71FSRB2AGZE1_AnoDyd5TUPf_V6r92I3MIruUyk

Short Breaks Update for Families with Disabled Children and Young People

**Abingdon
& Witney
College**



COURSES FOR CARERS

**FREE ONLINE COURSES FOR CARERS
IN OXFORDSHIRE THIS AUTUMN.**

**ART
MASSAGE
YOGA
MINDFULNESS**

WWW.CARERSOXFORDSHIRE.ORG.UK/EVENTS

Courses for Unpaid Carers

Free online courses for unpaid carers in Oxfordshire this autumn:-

Art : Massage : Yoga : Mindfulness

www.carersoxfordshire.org.uk/events

Short Breaks Update for Families with Disabled Children and Young People

**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



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



Minecraft Social Group

Do you know a child or young person who loves Minecraft?
We are launching our Minecraft online social group!
Free of charge.

Chat to other children and young people with the same interest.

Please note: We won't be playing Minecraft during these sessions. The group is a space to share interest, knowledge and joy about the game.

Sessions on:
Thursday 5th October and Thursday 12th October
5:30-6:15pm

Please follow the Eventbrite link to book your free space.
** Spaces are limited. Under 18 years only.

FREE Online Social Group

Calling all Minecraft enthusiasts! Do you have a Minecraft-loving youngster in your life? We've got exciting news to share!

Introducing our Minecraft online social group which is absolutely FREE!
Connect with other kids and teens who share your passion for all things Minecraft.

Sessions are being held online on Thursday 5th October and Thursday 12th October from 5:30pm to 6:15pm.

**** Important: Please note - we won't be playing Minecraft during these sessions. The group is a space to share interest, knowledge and joy about the game. ****

Join us and let's embark on a Minecraft adventure together! Book your free space here- <https://www.eventbrite.co.uk/e/718404355767...>

Short Breaks Update for Families with Disabled Children and Young People



**JUMP
STARS**

/// WHAT IS IT?
OUR EXCLUSIVE SEN SESSIONS FOR CHILDREN WITH ADDITIONAL NEEDS & THEIR FAMILIES TO COME AND ENJOY THE PARK

/// WHEN IS IT?
ON EVERY FIRST WEDNESDAY OF THE MONTH*
5 - 6PM

/// HOW MUCH IS IT?
£8.00PP - DON'T FORGET YOUR SOCKS!

We turn the disco lights off and the music down to create a calm and enjoyable experience

BOOK ONLINE: [JUMP-INC.UK](https://www.jump-inc.uk)

This is in Bicester & is fun for the whole family...mum's & dad's included - what's not to like! Jump-Inc is an ultra play park - trampolines, inflatables, swings & more. For more info, please go to - <https://www.jump-inc.uk/locations/bicester/>

More info on the SEN sessions here:-

<https://www.jump-inc.uk/activities/sen-sessions/>

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 



COME JOIN THE FUN!

PICKLEBALL COMMUNITY

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 always feel free to get in touch with us if you are worried.

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

LEARNING DISABILITY TENNIS IMPROVERS

BEGINNERS
COMING SOON

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. 277934). 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 - 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](#)

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



Autism Friendly Opening

Saturday 7th October, 9am-10am

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

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



Short Breaks Update for Families with Disabled Children and Young People



STICK MAN at the Wycombe Swan (7th - 8th October)

What starts off as a morning jog becomes quite the misadventure for Stick Man: a dog wants to play fetch with him, a swan builds a nest with him, and he even ends up on a fire! How will Stick Man ever get back to the family tree? This award-winning production, from the team behind *Zog* and *Zog and the Flying Doctors*, features a trio of top actors and is packed full of puppetry, songs, live music and funky moves.

For more info & tickets, please go to - [Stick Man at Wycombe Swan](#)

A relaxed performance is on Saturday 7th October @ 4.30pm.



Mr Chirrup's Global Bug Safari

Monday 23 October, 14:30-15:10 – *relaxed performance for ages 7+*

A fun-filled journey through stories, facts & songs in this global bug safari! This gorgeous show transforms perceptions of insects & demonstrates the vital contribution the tiny friends make to our existence.



To book, call the Box Office or visit the website: [Mr Chirrup's Global Bug Safari | The Story Museum](#)

The Greatest Show on Earth

Saturday 28 October, 14:30-15:30 – *BSL interpreted event for ages 7+*

Roll up! Roll up! For The Greatest Show on Earth! Join local author and illustrator, Mini Grey for a whistlestop tour of the story of life on Earth. Learn to draw the characters and how to use them to create your own insect theatre show. Followed by a book signing.



To book, call the Box Office or visit the website: [The Greatest Show on Earth! | The Story Museum](#)

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

Let's play

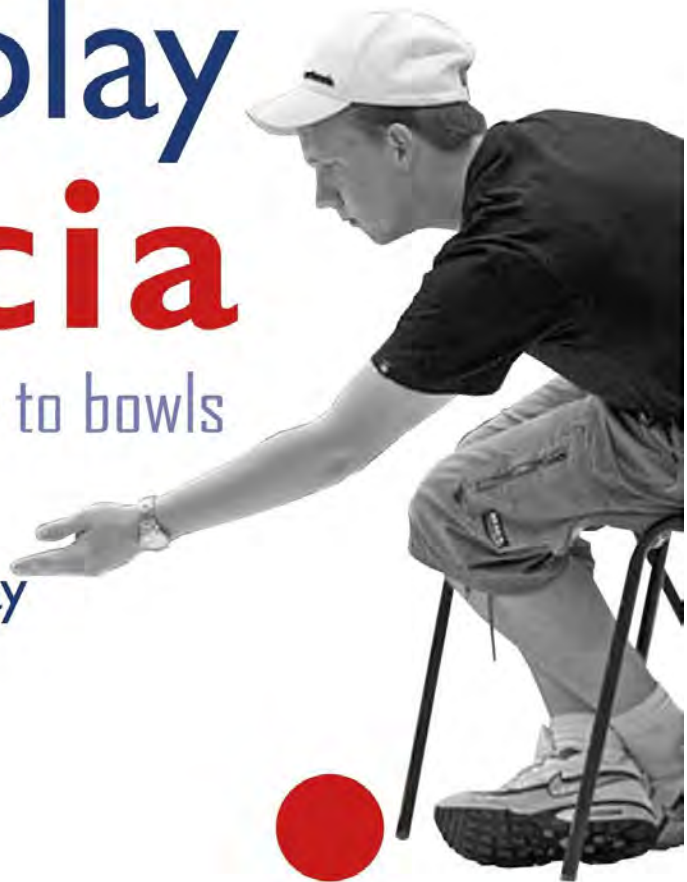
Boccia

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

**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



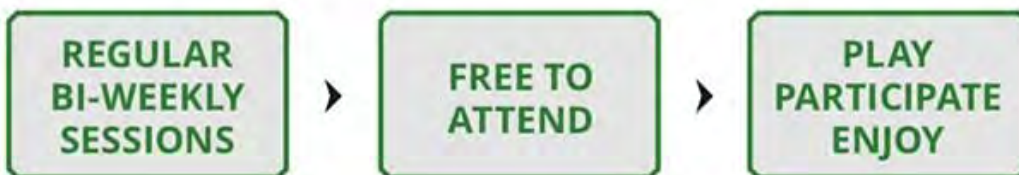
Cerebral Palsy Sport

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

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

Short Breaks Update for Families with Disabled Children and Young People

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** will be showing in Didcot from Thursday 12th October to Saturday 14th October at 11.00am and 1.30pm.

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!

Tickets are £12 and this admits 1 young person/adult with PMLD and 1-2 carers.

This show will be on at Cornerstone Arts Centre in Didcot. You can contact them for more details or to book on 01235 515144.

Short Breaks Update for Families with Disabled Children and Young People



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

Next dates - 18th October | 29th Nov

📞 01993 846240
✉ dittowitney@outlook.com

🐦 @dittowitney
📘 @dittowitney

theicecentre
Inclusive care education

PRINT READY

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

Short Breaks Update for Families with Disabled Children and Young People

Trunk or Treat

Saturday 21st October, from 5pm-8pm

We will be holding our sixth year of 'Trunk or Treat' after it has been such a hit since we started. This trend started in America and we think it is a fantastic activity to bring to you as something accessible and different to the usual trick or treat! £8 per child / young person to attend - members can attend the event for free using their Member discount code



The activity involves the trunk of your car being open and displaying treats, sometimes games, and decorations. Take a trip around our site and visit the trunks! You can still attend even if you don't want to decorate your own trunk.

We will be serving pizzas or chili-con-carne with rice or jacket potatoes and lots of Halloween treats from the pavilion. We will also be making Halloween slime, doing Halloween facepainting and an interactive Halloween story time!

Dressing up is optional and there will be a prize for the best car boot and outfit on the evening!

To book, visit: www.thomley.org.uk/calendar/

Book your tickets here: <https://buff.ly/3r2BZPo>

Fireworks

Saturday 28th October 2023

All are welcome to join us at Thomley for our reduced sound firework display. Carefully selected fireworks that are amazing to watch but with less noise than most displays. The familiar surroundings of Thomley will hopefully help all visitors enjoy the night. We also have ear defenders for those who require them and the pavilion can be used to watch from inside, if again this is easier for some people.

£26 for a family of four

£9 for a single ticket

(Members will receive a 10% discount)

Prices

* £26 per family
(2 adults and 2 children)
* £9 single tickets
Members will get a 10% discount on tickets

***** PUSH THE BUTTON *****
Raffle on the night to **PUSH THE RED BUTTON** and start the firework display!

Food & Drink

Beer/wine/prosecco/ gin
Hot dogs
Chilli nachos
Sticky toffee apple
crumble cups
Candy floss
Soft drinks

BOOK TICKETS

Tickets are to be bought upfront for the event, you can pay when you book tickets online



Thomley

All welcome and tickets are available from our website - <https://buff.ly/3qP7LQ0>

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 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 Teenage Mutant Ninja Turtles: Mutant Mayhem on Sunday 1st October at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** are showing Teenage Mutant Ninja Turtles: Mutant Mayhem at 10.20am on Sunday 1st October & A Haunting in Venice at 12.30pm on Wednesday 4th October, both in Banbury.
- * **Odeon** are showing Paw Patrol on Sunday 15th October 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 & in October they are showing Toy Story [Disney 100] (1st); Paw Patrol: The Mighty Movie (8th); Frozen [Disney 100] (15th) & Trolls Band Together (22nd & 29th). All films are at 10.00am in Reading. Please see - [Autism Friendly Screenings | Showcase Cinemas](#) for booking.
- * **Picturehouse** are showing Elemental on Sunday 19th October 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/>





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



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



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
★ THE INCLUSIVE, ACCESSIBLE, SPACE



VOLUNTEERS NEEDED



TUESDAYS
09:00 - 14:00
PLAY SUPERVISORS OR FRONT OF HOUSE
7TH NOVEMBER TO 19TH DECEMBER 2023

We are looking for bright, enthusiastic volunteers to join our small social business for eight sessions in Botley, Oxford every Tuesday.

Ideally you will have experience of looking after and playing with young children, including those with medical conditions.
Alternatively, you may enjoy welcoming and pampering our well deserving clientele to have an amazing experience at Cafélias.

All volunteers will have DBS requested, contact: hello@cafelias.co.uk

Cafélias is running a regular round of smaller pop-ups at Seacourt hall in Botley, Oxford from November to December. We are just getting the details together and looking for excited, enthusiastic volunteers to help us run the sessions. Essential skills of being a human and a good listener.

Get in touch if you're interested and share with your friends - hello@cafelias.co.uk

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



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



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

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

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

[You Move | GO Active \(getoxfordshireactive.org\)](https://www.getoxfordshireactive.org)

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



Autism friendly

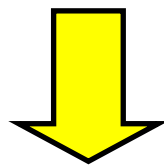
SEN SESSIONS

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

MORNING SESSIONS
9AM TIL 10AM

EVENING SESSIONS
6PM TIL 8PM

Remaining sessions for 2023...



Sunday 29th October
Sunday 26th November
Sunday 17th December

Thursday 5th October
Thursday 2nd November
Thursday 7th December

Working in Partnership with
Partyman's Magic Makers charity
partymanmagicmakers.org.uk

The logo for Partyman's Magic Makers, featuring the name in a stylized, colorful font with a starburst effect.

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

Short Breaks Update for Families with Disabled Children and Young People



DISCOS 2023

Dates left this year...

OCTOBER 27TH
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**

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



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

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

Live via Zoom - Limited number of places available

- **October 18th 8-9pm (BST)**
Education Other Than At School (EOTAS)
- **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 October 2023 © The Curly Hair Project 2017

Meltdowns & Shutdowns	Wed 4 Oct	8pm
Sensory Processing	Tues 12 Oct	8pm
Managing anxiety as an autistic child – parent/child session	Sat 21 Oct	10am
Understanding what its like to be autistic	Thurs 26 Oct	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



Meaningful Occupation

a webinar with Jo and Mike

Being able to participate in our meaningful occupations is important to everyone, contributing to our sense of identity, enjoyment, sense of worth, and overall quality of life.

In this webinar, Jo our Occupational Therapist and Mike, Peer Support Practitioner, will think about the work role.

They will discuss some of the many strengths that autistic people bring to the workplace, considering the benefits of a meaningful work role for the autistic person as well as their employer.

This webinar is aimed at autistic adults and those preparing for work.



Thursday 5th October
10:30-11:30am
£10 a ticket (+ booking fee)
Tickets available from Eventbrite


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

Discover the unique strengths that autistic individuals bring to the workplace and explore how meaningful work roles benefit both the autistic individual and their employer.

This webinar is aimed at autistic adults and those preparing for work.

Tickets available here- <https://www.eventbrite.co.uk/e/679298077837...>

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



Microsoft Excel Refresher

Do you want to develop your Microsoft Excel skills?

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 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.

Tuesday 3rd October (3.25 hours). 9.45am - 1.00pm; £35 – £65

Emergency First Aid at Work

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work.

The Emergency First Aid at Work course meets the requirements of the HSE (Health and Safety Executive) and is nationally recognised, designed for those who have a specific responsibility at work to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities.

During this 1-day course, learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds and bleeding and minor injuries.

Thursday 12th October (7 hours). 9.39am - 4.30pm; £70 – £100

Both of these will be held in person at OCVA's offices.

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