

# Out of School Activities

Music, dance, sport and support! Hopefully there will be something for everybody in the February newsletter. Don't forget to visit [www.oxfordshire.gov.uk/shortbreaks](http://www.oxfordshire.gov.uk/shortbreaks) to keep up to date with short break activities and respite care services for disabled children in Oxfordshire. They provide a very comprehensive newsletter each month. Also check out the Live Well Oxfordshire page for information and activities for young adults <https://livewell.oxfordshire.gov.uk/>

Finally a request! If yourself or somebody you know would be available to come into school to talk to small groups of students about your job on March 14th between 1pm and 3pm please get in touch with me at [natalie.dayer@frankwise.oxon.sch.uk](mailto:natalie.dayer@frankwise.oxon.sch.uk) Thank you!

Best wishes Natalie



**BANBURY INCLUSIVE FOOTBALL SESSIONS**

YOUTH DISABILITY SESSIONS FOR BOYS AND GIRLS AGED 5 – 15 YEARS OLD  
DELIVERED BY BANBURY DISABILITY FOOTBALL PARTNERSHIP.

Inclusive football for all, regardless of physical or learning difficulties.

**£2 PER SESSION**  
(first session on 26th Nov free of charge\*)

**DATE:** WEEKLY – Starts Sunday 26<sup>th</sup> November 2023  
**TIME:** 11am – 12pm  
**VENUE:** Longford Park Football Club, Longford Park Road, Banbury, Oxfordshire, OX15 4FU

FOR MORE INFORMATION AND/OR TO REGISTER  
contact Claire Curtis via [clairecurtis2010@hotmail.co.uk](mailto:clairecurtis2010@hotmail.co.uk)

The Banbury Community Fridge which is housed in Banbury Mosque car park has food available to families in need of support.

**The fridge is open**

9-4pm Mon to Fri and  
10 - 4pm on Sat & Sun



**The Lunch Box Project Banbury**  
can be found on

Facebook. If you are finding it difficult to buy food due to the cost of living crisis contact them on Facebook.

<https://www.facebook.com/thelunchboxprojectbanbury>

See the Short Breaks Newsletter with activities and information for those with SEND at -

[www.oxfordshire.gov.uk/shortbreaks](http://www.oxfordshire.gov.uk/shortbreaks)

For more information on out of school activities please contact  
**Natalie Dayer . Out of School Liaison Officer . Frank Wise School**  
Tel: 07545 934 951 . Email: [nataliedayer@frankwise.oxon.sch.uk](mailto:nataliedayer@frankwise.oxon.sch.uk)  
Twitter: OSLO@OSLOFrankwise



The Friends of Frank Wise are currently focussing their efforts on fund-raising to replace the school minibuses. The Christmas bazaar and Christmas tree sales raised over £6,500 towards the cause!

Coming up soon is the Friends  
**Easter Bingo Evening**  
**Monday the 25th of March at Frank Wise School**  
 Please save the date

The next Friends committee meeting will be held on on the 27th of March at 6.30pm. New members are always welcome.





**Gloji Energy invites your family to a**  
**FREE healthy lifestyle programme.**




We offer weekly fun physical activities such as swimming and martial arts for children aged 4-12 years old across 10 weeks. Our team work with parents on how to eat well on a budget, portion sizes, fussy eating and much more.








**Sign up today:**

[www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)  
 01865 590181  
[glojienergy1@achieveoxfordshire.org.uk](mailto:glojienergy1@achieveoxfordshire.org.uk)



Programmes run across Oxfordshire including Banbury, Oxford, Abingdon, Didcot, Berinsfield and Witney



# SEND DRUM LESSONS

Drumming down barriers to learning the drums



Drum kit lessons bespoke for the physical and sensory requirements of each student.

Contact:  
07985651098/felixbartlett.com

Express. Empower. Engage

## Mother's Day at Thomley

Sunday  
17th March  
12pm or  
1:30pm



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

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

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

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

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

Please book on our website by visiting the online calendar:  
[www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)



**Thomley**



# DISCOS 2024

JANUARY 26TH  
FEBRUARY 23RD  
MARCH 29TH  
APRIL 26TH  
MAY 31ST  
JUNE 28TH  
JULY 26TH  
AUGUST 30TH  
SEPTEMBER 27TH  
OCTOBER 25TH  
NOVEMBER 15TH

One Friday every month

LANGDALE HALL-0X28 6AB £6 on the door - 6:30pm - 9pm

If you would like any additional support please contact us on 01993 846 240

## FREE 'HOLI' MULTISENSORY WORKSHOP

By Rhyming Multisensory Stories




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

3 DATES AVAILABLE

Mon 4th March 3.30pm - 4pm  
Thurs 7th March 4pm - 4.30pm  
Mon 11th March 3pm - 3.30pm

**SAVE YOUR SPOT!**

email: [rhymingmultisensorystories@outlook.com](mailto:rhymingmultisensorystories@outlook.com)

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



**inclusive dance school**

# FREE\* DANCE CLASSES

Specialist dance classes for children  
and young people with SEND and  
Wheelchair users

Available for 26 weeks starting 04/11/2023

## Wheelchair Dance Classes

Saturdays 3pm—4pm

Wychwood School,

Milton Under Wychwood



## Boys Musical Theatre Class

Wednesdays 4pm—4:45pm

The Life Centre,

Milton Under Wychwood



## Girls Contemporary Class

Tuesdays 4pm—4:45

The Life Centre, Milton Under Wychwood



Please email [info@sunraedance.co.uk](mailto:info@sunraedance.co.uk) for more information

or to book a place.

\*With thanks to Active Oxfordshire and YouMove we  
can now support children from low income families  
in receipt of benefit related free school meals.

£30 a month if you don't qualify.







Scan to book

SEND  
Support



## Makaton Level 2 course

**Tuesday Evenings**

16th, 23rd & 30th April  
(Must attend all dates for your certificate)

**7:30pm - 9:30pm  
Online**

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



**Blast off with Comets!**

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



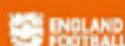
Scan here to see  
Comets in action!

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

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

Contact: Adam Robinson Phone: 07831 123163

Email: [ad@flyingfields.co.uk](mailto:ad@flyingfields.co.uk)



Get in touch to book your first session



## BURE PARK FC INCLUSIVE FOOTBALL AGES 16+



-BE ACTIVE - HAVE FUN - MAKE NEW FRIENDS - PLAY FOOTBALL-

We are a friendly adult (16+) football team looking for new men and women to join our pan disability team. All abilities are welcome!

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

**Time** - 17:45-18:45

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

**Bus Route** - 17, 55 & X5

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

**Team manager** - Paul Fellows

**Email** - [disability@bureparkjuniors.co.uk](mailto:disability@bureparkjuniors.co.uk)

**Telephone** - 07831 123183 (Call, Text or WhatsApp)

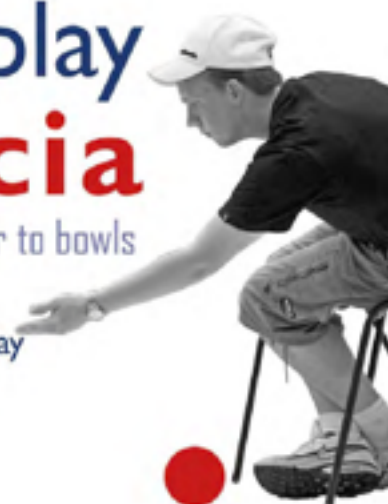
## Let's play Boccia

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



<https://www.newmantrust.org/get-involved/parents>

**It is that time of year again when we begin to look forward to another fabulous NHT holiday again here in Oxford and we are delighted to announce our applications for children are now OPEN!!**

At the Newman Holiday Trust we provide week long residential holidays in the summer for children with special needs from underprivileged backgrounds.

Short version - for those who already know the Newman Holiday Trust

Applications for our 2024 holiday are now open - please fill this out online: <https://newmantrust.secure.force.com/referrals/ReferAChild>

Back at the same fabulous venue: Bloxham School in Banbury, OX15 4PE <https://www.bloxhamschool.com>

**Dates are: Sunday 18th August - Saturday 24th August**

children to arrive and depart around lunchtime on the respective days.

We're looking for 22 children (11 Boys and 11 Girls) AND we'd ideally also like 1 girl and 1 boy who have been on holiday with us before to be on a waiting list in case someone drops out last minute ... it happens!!

Unfortunately, accessibility at the venue is very limited, and so we regret that we cannot take children who rely on a wheelchair full time.

Remember, we try to select children who would otherwise not get a holiday or who come from families that get very little respite – be it because of the highly skilled care the child needs or their financial circumstances.

We aim to pull together applications by the end of March. We will then be in touch by the end of April to arrange home visits to meet the children and their families in May.

A huge thanks to all those who have referred children in the past or indeed have already done so this year. Please do send us more.

If you can think of anyone else in your teams/other schools/support networks who might be able to refer children that would benefit then please don't hesitate to forward this email on.

Any questions then just drop us a line or give us a call - MT (07460 792092) or George (07816 755998)

Many thanks,  
MT & George



# PARENT WEBINAR

Parents are the most important part of young people's lives and hold the key to helping them. Let us, help you, to help them.

## CAMHS

Child and Adolescent Mental Health Service

### MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS



**SUBJECTS INCLUDE**

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS)

# AMAZING VOLUNTEER OPPORTUNITY

Do you have any time to spare?

Join us in supporting and improving Frank Wise School for the benefit of the pupils.

It's the little things we do that make the biggest difference.

The Friends are ideally looking for individuals with previous experience in either marketing, administration or fundraising, although we would welcome anyone who can actively contribute a few hours a month.

We would also like to have a regular of volunteers who can offer a few hours of support on fundraising functions, trips, and evenings etc.

If this isn't for you, please share as it might be perfect for someone you know.

Friends of Frank Wise School is a charitable group registered with the Charity Commission, (109667) with the aim of increasing the provision of specialist resources, facilities and equipment in order to support the work of The Frank Wise School.

We also raise awareness of the needs of the school with the wider community. We currently have a number of fundraising priorities, the replacement of the school Minibus, and the enhancement of the pupils' playground, all of which are active fundraising in order to ensure that we can provide the best learning opportunities and experiences possible for our pupils.

Any funds raised or donated to the school go to the Friends of Frank Wise School.

Our aims are:

- To raise funds to provide additional equipment, facilities and amenities for the benefit of the pupils at the school.
- To promote awareness in the local community of the pupils who attend Frank Wise School.

If you are interested or want to know more, please get in touch  
Email: [deugseymour7@btinternet.com](mailto:deugseymour7@btinternet.com)  
For further details about the Friends of Frank Wise School please visit [frankwise.sch.uk/friends-of-fws](http://frankwise.sch.uk/friends-of-fws)

SCAN THE QR CODE TO VISIT OUR WEBSITE




# Are you a parent or carer of a child who struggles with mental health issues and/or is neuro-diverse?

If so, you might be interested in joining one of the following support groups:

<b>Mondays – 6.30pm-8.00pm</b> A support group for parents or carers of dependent adults (18+)	<b>Tuesdays – 9.30am-11.00am</b> A support group for parents or carers of children aged between 11-18
---	--

These will be facilitated groups where parents/carers can meet together to share experiences and get moral support in a safe space. The facilitator is a professionally accredited therapist (UKCP, MBACP).

There is no fee for attending.

Groups will start on Monday 9<sup>th</sup> /Tuesday 10<sup>th</sup> of October 2023 and will run for 10 weeks. It is expected that you will attend all ten sessions if possible.



This project is an initiative of the Anglican Church in Kidlington and the groups will meet on Church premises. Please contact Rev'd Felicity Scroggie in the first instance to express an interest: [f.scroggie@anglican.org.uk](mailto:f.scroggie@anglican.org.uk). Places are limited.

# sense

## 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 teams 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/matching-specialist-virtual-buddying-and-friendship-service/>

If you have any questions get in touch with [virtualbuddying@sense.org.uk](mailto: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 them.

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-siblings-of-disabled-people-and-siblings/>

If you have any questions get in touch with [siblingsupport@sense.org.uk](mailto:siblingsupport@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](http://www.sense.org.uk)



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

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

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

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

A poster for the 'Local Offer' in Oxfordshire. The poster has a green and white color scheme. At the top, there is a banner with the words 'LOCAL OFFER' in large, bold, white letters on a green background. Below this, the text reads: 'Where to go to find out what's available locally for children and young people with SEND\* and their families'. A small note below this says '\*SEND - Special Educational Needs or Disabilities'. The website address 'www.oxfordshire.gov.uk/localoffer' is displayed in green. At the bottom left, there is a QR code. To the right of the QR code is the 'LOCAL OFFER' logo, which consists of a green arrow pointing right with the words 'LOCAL OFFER' inside. Below the logo is the text 'oxfordshire' in green. To the right of the logo is a small text box that says 'Support and services available for children and young people with SEND'. At the bottom right, there is the Oxfordshire County Council logo, which is a circular emblem with a tree and the words 'OXFORDSHIRE COUNTY COUNCIL' next to it.



<https://healthwatchoxfordshire.co.uk/news/supporting-your-child-with-special-educational-needs-or-a-disability-to-look-after-their-teeth-and-gums-tell-us-your-experiences/>

## Supporting your child with special educational needs or a disability to look after their teeth and gums – tell us your experiences

We want to hear from parents and carers of children with special educational needs and disabilities in Oxfordshire about what it is like helping your child to look after their teeth and gums.

This is not just about dentists – we're interested in hearing about all aspects of oral health, which includes information, learning and support to prevent problems with teeth and gums, as well as treatment by dentists and specialists like orthodontists. We would like to hear from you even if your child has not had a formal diagnosis of special educational needs or disabilities.

We would like to know what you find helpful, what is challenging and what would support you.

You can share your experiences with us by completing our [survey](https://www.smartsurvey.co.uk/s/OralHealthandSEND/). <https://www.smartsurvey.co.uk/s/OralHealthandSEND/>

This survey is anonymous – you do not have to say who you are and we will not identify you. It should take about ten minutes to complete the survey, which will close for comments on 29th February.

We will use what you tell us to write a report, which we will share with people who make decisions about health and social care in Oxfordshire.

If you would like a copy of our survey in another format or language, or would prefer to speak to someone about this, please contact us on 01865 520520 or at [hello@healthwatchoxfordshire.co.uk](mailto:hello@healthwatchoxfordshire.co.uk)

**noda** Loughton Village Players present their 37th pantomime

# Rapunzel

A traditional family pantomime

**Weds 14<sup>th</sup> to Sat 17<sup>th</sup> Feb 2024**  
In Cooper School Performance Hall, Bicester, OX26 4RS

Date	Performance Times	Adult (16+)	Child (5-15)
Weds 14 <sup>th</sup> Feb	7:30pm	£12	£6
Thurs 15 <sup>th</sup> Feb	10:30am* 2:30pm	£12	£6
Fri 16 <sup>th</sup> Feb	2:30pm 7:30pm	£14	£7
Sat 17 <sup>th</sup> Feb	2:30pm 7:30pm	£14	£7

\*Relaxed Performance Thursday at 10:30am

Early Bird Discount! Quote EAB1VTR16 and get 10% off if you book before 1<sup>st</sup> Jan

Family Tickets available at discounted prices

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

All profits donated to **Bicester Autism**

[www.loughtonvillageplayers.org.uk](http://www.loughtonvillageplayers.org.uk)

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

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

## Upcoming: Autism and Social Care Webinar

We are pleased to announce that OxPCF are hosting a webinar with Charlotte Davey (Interim Assistant Director – Provider Services) and Delia Mann (Early Intervention Services Manager, Social Care) from Oxfordshire County Council.

**The webinar will focus on the support that is currently on offer to children who are autistic and their families, how this can be accessed, the referral methods into Social Care and the Local Offer and future plans to look to increase this offer.**

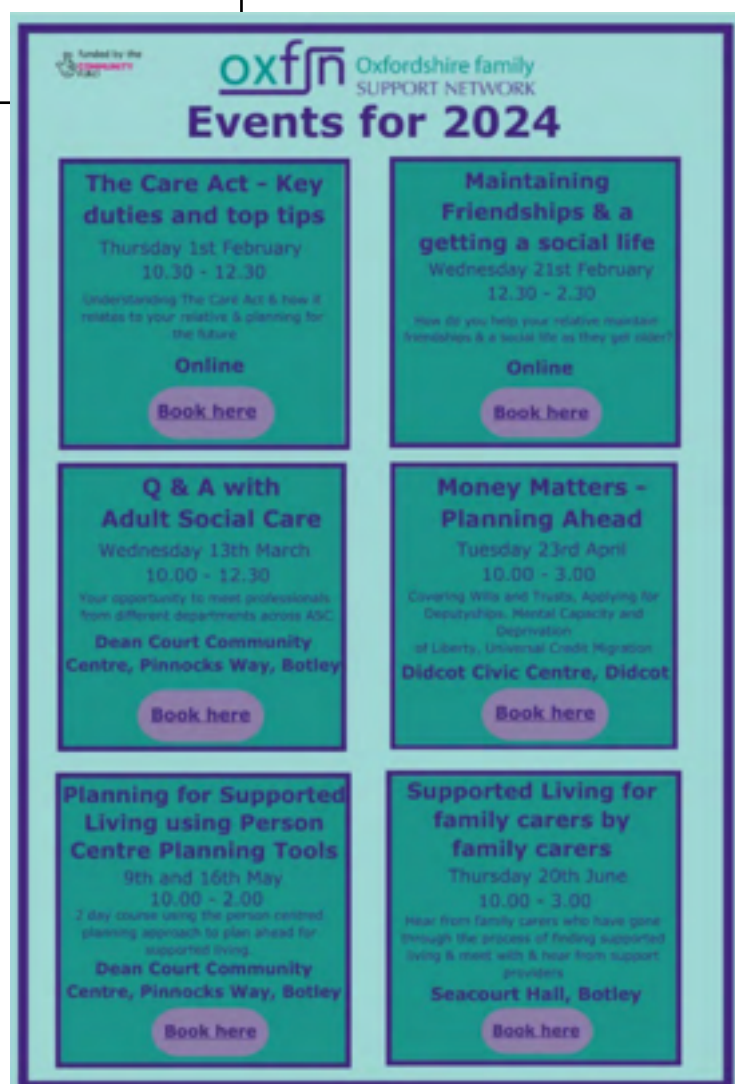
The webinar will take place on **Thursday 22nd February at 12pm – 1:30pm** and will be recorded. This recording will then be shared with OxPCF mailing list following the webinar.

There is also the opportunity to submit questions to be answered during the webinar.

Please click the link below to book your space on the webinar.

<https://www.ticketsource.co.uk/oxpcf>

Any queries, please do email [info@oxpcf.org.uk](mailto:info@oxpcf.org.uk)



**oxfn** Oxfordshire family SUPPORT NETWORK  
**Events for 2024**

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



**aspens** Charity no: 107446 [aspens.org.uk](http://aspens.org.uk)

**Autism Central is here to help!**

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

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
- 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 by scanning the QR code or emailing [autismcentralsoutheast.org.uk](mailto:autismcentralsoutheast.org.uk)





# THE STORY MUSEUM

## Non-Verbal Show - The Farmer & The Clown

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

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

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



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

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

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

Saturday 16 March, 9:30-17:30

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

Entry is by timed ticket to help avoid crowds.

Register your interest - [marketing@storymuseum.org.uk](mailto:marketing@storymuseum.org.uk)



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



The Sunshine Centre



Community Fund



Cherwell

## Stay & Play SEND Sessions

1-2pm on Mondays

A group for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed.

Booking required. Limited spaces available.

£2  
per session

To book call:  
01295 276769

The Sunshine Centre Registered Charity Number 224028 / Registered in England & Wales No 08270126

## TIP 4



<https://everybodymoves.org.uk/>

## Every Body Moves has resources for people with disabilities

Every Body Moves is the award-winning inclusive activity finder and online community hub from ParalympicsGB, designed to champion inclusion and empower people with disabilities to become more active. With more than 8000 adaptive and inclusive sessions, including a range of virtual workouts, hints and tips, search your postcode to discover what's available in your area or in the comfort of your own home.

[Check out your local area](#)

## Universal Credit migration notices

The Department for Work and Pensions (DWP) has started sending out notice letters to people on **legacy benefits** - a benefit which is being replaced by Universal Credit - to move on to Universal Credit. It is important to note that you don't need to claim Universal Credit if you've only received a leaflet from DWP telling you to get ready for Universal Credit. Wait until you receive a letter with a deadline.

If you have received a notice letter, make sure you read what is in the letter. You shouldn't ignore this letter as it will have a deadline. The deadlines are normally three months after the date the notice letter was sent. Your legacy benefits will stop after this deadline.

It is important to make a successful claim for Universal Credit by the deadline, but the timing of that claim can be important so that you can prevent gaps between claims.

We recommend you read our **Universal Credit migration notice** guide. You can also use our website to **search for an adviser** from other charities and organisations, who can help you with more information or advice.



# Local Support Groups for Parents and Carers



**SEN Social Family Club**  
**Every Wednesday**  
**5.30 - 7.30pm**  
 The Hill Community Centre  
 Dover Avenue, Bretch Hill, OX16 0JJ

All Children must be accompanied by an Adult.

Refreshments available.




**ALL THINGS SEND**  
 Family SEND Support Group

You are an amazing bunch who are working incredibly hard, day in day out, to support and nurture your children despite their challenges. You deserve an hour to yourselves to chat about your experiences over a cuppa and a biscuit!

Grab the time and opportunity to **chat freely** to each other in a **non-judgemental** space. There is no formal agenda, just the chance to talk about **what works well** and **what is tricky**.

**WHEN:** Friday mornings, drop in between 8:45am and 11am  
**WHERE:** Hill View School Community Bungalow, OX16 1DN

If you would like to come along, just turn up!  
 To find out more please contact Emma Ford at [eford@hillview-school.co.uk](mailto:eford@hillview-school.co.uk) or Emma Jeavons at [ejeavons@hillview-school.co.uk](mailto:ejeavons@hillview-school.co.uk)




## Bicester Autism/ADHD

No diagnosis is needed to join  
 Weekly informal events such as:

- Morning Coffee and Chats (fortnightly on a Friday morning)
- Pub Nights (Tuesdays)
- Family Sessions (Tuesdays)
- Night Off Sessions for parent/carers

There are two Facebook accounts.

An open page Bicester Autism/ADHD that provides information to non-members and the general community about events and articles of interest.

The second group (Bicester Autism/ADHD Chat group) is a closed chat group for members only.



**SEN Support Group Banbury**

**About us**

A support group that is run every other Monday to help support parents/carers of children with SEN, diagnosed or undiagnosed. Tea/coffee and refreshments will be provided. £1 donation per person.

Find us on Facebook: SEN Support Group Banbury or message us 07432003645  
**Cromwell Lodge Hotel, OX16 0TB. Every other Monday 09.30am-11.00am.**