

Out of School Activities

If your child is entitled to free school meals you should have received information about the HAF scheme via email. Visits to Thomley Hall are available through this scheme - details of how to book are on page 2 of this newsletter.

Don't forget to visit 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/> Your county's local offer is a one stop shop for all things SEN.

Best wishes Natalie

SEND RUGBY
SESSIONS

NON-CONTACT RUGBY ACTIVITIES FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES AND THOSE LACKING CONFIDENCE IN SPORT

**FUN
SAFE
FRIENDLY**

SUPPORTED BY THE NATIONAL LOTTERY
SUPERVISED BY EXPERIENCED, QUALIFIED COACHES
VOLUNTEERS WANTED

BANBURY RUFC
GRAF UK STADIUM, OXFORD ROAD,
BODICOTE, BANBURY, OX15 4AF

STARTING APRIL 2024

RFU Accredited Club
EMAIL: MATT.GOOD@BANBURYRUGC.CO.UK
TEL: 07503 712903

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

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
Twitter: [OSLO@OSLOFrankwise](https://twitter.com/OSLO@OSLOFrankwise)

Holidays & Food Programme...



We are thrilled to be offering the Holidays and School Programme again this Easter, for all families in receipt of free school meals in Buckinghamshire, Oxfordshire and Milton Keynes.

To book your Thomley places you will need to use the links below. Please do cancel your places in advance if you can no longer make the visit, so that someone else can benefit from your space.

On the day of your visit you will be able to pre-book your hot lunches when you sign it at reception. Thomley is open from 10am-3:30pm. Please see the below opening dates that apply to the county you live in / the scheme you qualify for:



Oxfordshire

Available on: 1st April – 13th April
Oxfordshire visitors please book [here](#)

<https://thomley.coordinate.cloud/list>

To visit the calendar of all upcoming events at Thomley go to:-

<https://thomley.org.uk/calendar/>



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.

DATE: WEEKLY – Starts Sunday 26th November 2023

£2 PER SESSION

TIME: 11am – 12pm

(first session on 26th Nov free of charge*)

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



Anjali Open Classes return to The Mill, Banbury

Have you got a passion for dance and want to learn more? **NEW** dance classes for people who have learning disabilities and associated conditions, aged 16-30 years, with some prior dance experience.

Join us for intermediate, inclusive dance sessions where you will work on your:

- ✔ Dance technique
- ✔ Creative and choreography skills
- ✔ Performance training
- ✔ Fitness and health

You will also get chance to meet other people, socialise and build a community together. Sessions will be led by an industry professional dance artist with a support worker. (personal care is not provided)

Mondays, 5.30 – 7pm,
The Mill, Banbury

Starting Monday
15 April for 6 sessions

£51 per 6-week block
(£8.50 per session)

Limited places so we
advise booking early

For more information:
info@anjali.co.uk

To book, follow this
link or scan below:

www.shorturl.at/drjV7



Romy What



Romy What

Anjali
dance company



Autism Empowerment Webinar

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

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

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

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

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

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

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



**NEXT COURSE
STARTING IN
APRIL**

Reasons to volunteer for Home-Start

- Families need support more than ever
- Make a difference in your own community
- Gain valuable new skills and experience
- Ongoing support from our friendly staff team
- Full training provided
- Expenses paid

Interested? If you have parenting experience and 2-3 hours a week to spare, please get in touch to find out more!

info@home-startbanbury.org.uk

01295 266358

Applicants will be subject to a DBS check

**HOME
START**

**Banbury, Bicester &
Chipping Norton**

BETTER TOGETHER 2024

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

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

www.tinyurl.com/OxPCFBetterTogether

SCAN ME



**OXFORDSHIRE
PARENT CARERS FORUM**
A Voice for Parent Carers in Oxfordshire

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

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

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

Lunch and refreshments will be provided.

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



Two-night breaks
Now available
15% off
early 2024
breaks



15% off New two-night breaks at Calvert Exmoor

Two-night breaks have everything you want from a fully accessible residential break condensed down into a shorter stay, at a lower cost; you could go with a Monday-Wednesday break or a Friday-to-Sunday stay. They're tailored towards people with disabilities alongside family, carers and friends.

Activities, accommodation, dining, use of the facilities and those Calvert magical moments are all included as standard.

RIGHT NOW, book a two-night break before 16th February and receive an amazing 15% off in February, March and April 2024.

We have a limited number of stays available, so visit our website for more details today!

Little ankle biters



<https://oxon.ankle-biters.co.uk/whats-on-over-the-easter-holidays-in-oxfordshire/>



TOURISM FOR ALL
 Making Accessible Travel Better
info@tourismforall.org.uk  

Autism-Friendly Events this Easter Holiday
 Oxford University Museum of Natural History

To book email anya.jung@oum.ox.ac.uk



Just a reminder to book your space for our Autism Friendly Opening sessions in the Easter Holidays, we have lots of places available!

Book for the next Autism-Friendly Opening at Oxford University Museum of Natural History & Pitt Rivers Museum.

Saturday 6th April and Friday 12th April, 9am-10am.



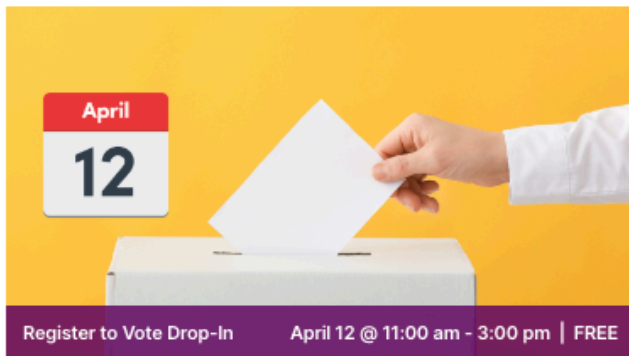
bicester.clipnclimb.co.uk

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





April When: Friday 12th April
12


 Start time: 11am
11:00


 Finish time: 3pm
3:00

 We are hosting a drop in session to support our members with a learning disability to register to vote.

 You will need to bring something with your address and National Insurance Number on it. This is found on payslips, or and tax, pension or benefits letters.

 Local elections are on 2nd May. You will need to register before 17th April.

 If you have any questions, please contact Eliott on 01865 204214 or email elliott@mylifemychoice.org.uk.

 Where: County Hall, New Road, Oxford, OX1 1ND

Easter Holidays

NOA School - Banbury (Sports Hall)

Tuesday 2nd April - Friday 5th April
Monday 8th April - Friday 12th April
9am - 3pm
(4-11 year olds)

Pay for the whole week or per day
£20 per day (£15 per sibling)

JOIN TODAY

For information and booking
www.footballpathways.com
info@footballpathways.com

07594644700



 **Wheels for all: Witney**
 recumbents • trikes • wheelchair carriers



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

Every Saturday:
 11am - 1pm, ages 2yrs onwards.
 Family members welcome.
 £3 per session.

Book by phone, email or website:
<https://windrushbikeproject.uk>
 07554 363635

Wood Green School, Witney, OX28 1DX





 @windrushbikepro
 @windrushbikeproject
 @windrushbikeproject
 whee!sforall@windrushbikeproject.uk
www.windrushbikeproject.uk

AT HOME SENSORY SESSIONS - WITH SOPHIE

WHAT IS THIS SERVICE?

A UNIQUE AND INDEPENDENT HOME MASSAGE THERAPY AND SENSORY INTEGRATION SERVICE FOR CHILDREN WITH SEND. COVERING AREAS IN WOKINGHAM, WEST BERKS, HAMPSHIRE AND OXFORDSHIRE.

MEET SOPHIE



Hi I'm Sophie. I left school and started a Massage Therapy Apprenticeship at Reading Borough Council. Fast forward to now, I have worked as a Massage and Sensory Therapist, and with children and young people with SEND for over 10 years. This is my first and only job! I have a Level 3 NVQ, Diploma in Massage, Anatomy and Physiology and have a fully enhanced DBS check.

WHAT DOES THIS SERVICE OFFER?

- Massage and sensory therapy sessions for children and young people with SEND within their family home.
- Support and advice to parents/carers regarding sensory regulation techniques and opportunities to learn massage techniques to support your child day to day.

WHO WOULD BENEFIT?

- Does your child have a diagnosed or undiagnosed special educational need?
- Does your child benefit from deep pressure?
- Does your child seek touch/tactile input?
- Does your child display sensory needs?
- Does your child need dedicated calming time after school, at the weekend or during holidays?

HOW TO FIND OUT MORE AND MAKE CONTACT

Please search for my Facebook page below to find out more information and to get in touch!

WHAT ARE THE BENEFITS?

- HELPS TO IMPROVE QUALITY OF SLEEP
- HELPS TO REGULATE SENSORY NEEDS AND PROVIDES SENSORY INPUT
- THE OPPORTUNITY TO LEARN SELF-REGULATION TECHNIQUES TO SUPPORT EMOTIONAL WELL-BEING
- THE OPPORTUNITY FOR DEDICATED CALMING AND RELAXATION TIME
- HELPS TO IMPROVE MOTOR, BALANCE AND CO-ORDINATION SKILLS



AT HOME SENSORY SESSIONS - WITH SOPHIE



SEND DRUM LESSONS

Drumming down barriers to learning the drums



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

Contact: 07983651098/felixbarlett.com



Express. Empower. Engage



DISCOS 2024

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

One Friday every month

LANGDALE HALL-OX28 6AB

£6 on the door - 6:30pm - 9pm

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



Sunday 5th May
11am-3pm

WWW.NEIGH.ORG.UK

OPEN DAY



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

Neigh operates from Watlington Hill Farm Sanctuary



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



New features added to our Benefits Calculator

Our Benefits Calculator tells you about your benefits entitlement, the calculator now also tells how to access other financial assistance relevant to you, such as help with bills, health costs, help with raising a child, and more.



<https://www.turn2us.org.uk/get-support>

OPEN AUDITIONS

SATURDAY 23RD MARCH



The Pop Choir

BANBURY

OPEN TO AGES 8-16

Email Portia for more
information and to book your
time slot:

portiabrowne90@gmail.com

The Pop Choir is a new, fresh and exciting group for young people aged 8-16 who love to sing. With regular performing opportunities throughout the year, the choir will meet once a week to not only learn vocal and performance technique, but to build a musical repertoire of many genres, both old and new.

Founder & Coach

After training part time in both Oxfordshire and London, Portia trained on a full Scholarship at The Urdang Academy London where she graduated with a Diploma in Professional Dance & Musical Theatre.

Portia's first professional role was Understudy Tina Turner in the UK Tour of Soul Sister, before making her West End Debut in the original cast of Motown the Musical.

Following this was Beautiful the Carole King Musical London, Kinky Boots UK Tour, The Book of Mormon London and most recently, The Bodyguard Musical UK Tour.



Portia's extensive performing career has her well equipped with the tools to coach young people. The Pop Choir will aid in building a brand new generation of confident, talented performers with an ever-growing passion for singing while reaching their full potential.

portiabrowne90@gmail.com



The Oxford Rocks website is busy with lots of community events and of course we've featured lots of free activities including parks, walks, and play areas to help keep the kids entertained this half term break.

<https://www.oxford-rocks.co.uk/>

Support for Parents and Carers



£2 per Family!

SEN Social Family Club Every Wednesday

5.30 - 7.30pm

The Hill Community Centre
Dover Avenue, Bretch Hill, OX16 0JJ

All Children must be accompanied by an Adult.

Refreshments available.



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 or Emma Jeavons at 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 OTB. Every other Monday 09.30am-11.00am.

New!

Parent Support Group

A peer support group for parents of teens that have additional needs and/or mental health concerns.

This is a parent-focussed group, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your teen.



When? Tuesdays 6-7.30pm
Starting Spring 2024

Where? St Mary's Church Hall,
Church Street,
Kidlington OX5 2AZ

Cost? Free!



Empowering parents through shared experience and professional support

If this sounds like the group for you, please get in touch with Felicity on 07821 542182
Alternatively email felicityscroggie@gmail.com and leave your name and number for a call back





Autism Central is here to help!

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



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

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Help you navigate to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support by scanning the QR code or emailing autismcentralsoutheast@aspens.org.uk




LOWER YOUR ENERGY BILLS WITH THE HOME UPGRADE GRANT






scan me

Government funded insulation and heating improvements, at no cost to you.

If your home **is not** heated by mains gas and your income is below average, apply now.

www.welcomethewarmth.org.uk/register-your-interest
or call 0800 038 6775

Through this grant, recipients can receive up to £38,000 worth of free energy efficiency upgrades, including insulation, solar panels, air source heat pumps, plus more, and we want to make sure that those who need it, receive it.

This Grant aims to help homeowners/residents save money off their energy bills, reduce their carbon footprint, and provide warm homes for those at risk of fuel poverty.

The eligibility criteria is as follows:

- Homeowner or privately renting.
- Homes with EPC rating of D or below (a free survey can be completed if no current EPC)
- Gross household income of less than £39,000 or in receipt of means-tested benefits.
- Not using mains gas for heating

Parent webinars - CAMHS

The School In-Reach team is holding several webinars for parents over the coming year. These awareness sessions contain useful information about how to support your child with some of the commonly seen emotional and mental health concerns.

These are part of our early intervention offer and therefore may not be suitable for parents of young people with more complex or established needs.

To register visit

<https://www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars/>

Promoting resilience

- **Date:** Thursday 25 April 2024
- **Time:** 6.00 – 7.30pm

In this session we cover well-being and resilience and look to develop understanding of the importance of resilience in managing the challenges and conflicts in life. The session explores ideas about the brain, feelings and thoughts to promote resilience and utilises practical and visual resources to provide a shared language to describe emotions and mental health in everyday ways.

Supporting young people who self-harm

- **Date:** Tuesday 7 May 2024
- **Time:** 6.00 – 7.30pm

This awareness session explores what self-harm is and how it might present in teenagers. It looks at why young people might self-harm and helps to challenge commonly held assumptions. The session includes support around how to talk to your young person, dealing with your own feelings and supporting teenagers with alternative strategies.

Attention and movement differences in children and young people

- **Date:** Thursday 23 May 2024
- **Time:** 6.00 – 7.30pm

This session will focus on understanding typical attention and movement in children and young people, then identifying and understanding attentional and movement differences, and how parents can support their children with these challenges.

Understanding childhood anxiety

- **Date:** Thursday 27 June 2024
- **Time:** 6.00 – 7.30pm

This session is aimed at managing anxiety in children under 12. It highlights when anxiety might be a problem (as opposed to a 'normal' developmental phase), describes different anxiety disorders and how these can be recognised and discussed. It explores why treatment is important and gives a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents.