

Out of School Activities

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

FEVER Disco for adults with additional needs



o £5 Entry + a drink

o Quieter area for those who may need it

o Carers/Support Workers go free

Last Thursday of each month 7-9pm

Fever Nightclub, 49-50 High Street, Banbury, OX16 5LA

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

SEND RUGBY
SESSIONS

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

**FUN
SAFE
FRIENDLY**

**SUNDAYS 2-3PM
ALL YEAR ROUND**

SUPPORTED BY
THE NATIONAL LOTTERY
SUPERVISED BY
EXPERIENCED, QUALIFIED COACHES

VOLUNTEERS WANTED

BANBURY RFC
BRAE UK STADIUM, OXFORD ROAD,
BODICOTE, BANBURY, OX15 4RF

STARTING 28TH APRIL 2024

EMAIL: MATT.GOOD@BANBURYRFC.CO.UK
TEL: 07503 712903

RFU
Accredited Club

THE NATIONAL LOTTERY

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

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



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



Anjali
dance company



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, 26th 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

CHILDREN'S COURSE:

Learn to Ride a Bike

THIS COURSE IS SUITABLE FOR:

Children with motor co-ordination difficulties (DCD/dyspraxia) aged 7-16 years who have struggled to learn to ride a two-wheeled bike.

The course includes up to 12 children, so it is only suitable for children who do not have behavioural or emotional difficulties that would impact on their ability to work in a group setting and with different volunteers helping them learn to ride during the course.

WHAT DOES IT INVOLVE?

The course takes place indoors, in a large event space. See this link to the "Learn to Ride a Bike" video that we made a few years ago that shows our approach.

COST?

The course is free of charge to participants.

WHO RUNS THE COURSE?

Mainly experienced volunteers, with leadership from the Fire Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust, Oxford Brookes University, and the Oxford Dyspraxia Foundation group.

IMPORTANT INFORMATION

Children on the course must bring their own bike and helmet and be accompanied by an adult at all times.

FOR FURTHER INFORMATION AND BOOKING

Email: learntrabike@gmail.com



Next date:

Mon 29th July to Fri 2nd Aug

(1-2 hours every morning)

Venue:

MINI Plant Visitor Centre, Cowley, Oxford, OX4 6NL (Free parking in MINI Plant car park)



*Learn to Ride a Bike video QR Code and webpage www.youtube.com/watch?v=vZ6BHC-W5Q0



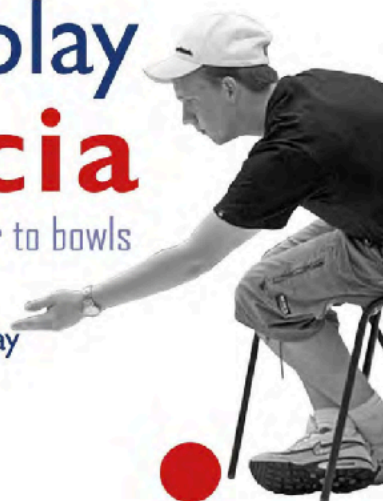
Let's play Boccia

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

WALK AND TALK

A chance to meet other neurodivergent adults, or parents of neurodivergent children.

No pressure - Just turn up, walk and talk. Being neurodivergent or supporting neurodivergent children can be a challenging and often a isolating journey.

So come get some fresh air, exercise, and share lived experiences to support each other

Every Tuesday

Meet: Sunnymead Park,

OX2 7SX

Time: 5:45pm

Approx 1hr long

Starts 3th April

All abilities welcome.



Whilst on the walk participants are responsible for their own safety and wellbeing. Neurodiverse - we are who we are hold no responsibility for individuals. If you are concerned please seek medical advice before 🙏

WELCOME TO Equilore

DISCOVER THE BENEFITS OF THE HUMAN-ANIMAL BOND

Emotional Regulation: Horses provide horses and immediate feedback, helping children learn to manage their emotions in healthy ways.
Self-Esteem Boost: Through positive interactions with horses, children experience a sense of accomplishment and empowerment, boosting self-confidence.
Social Skills Development: Interacting with horses fosters communication, empathy, and teamwork, helping children improve their social skills and build meaningful relationships.

OUR THERAPEUTIC PROGRAMS



Barn Pals

Fridays 16:00-17:30 | £25 per child | max 6 children

Learn all about horses and how to care for them, from brushing, preparing feeds and haynets, mucking out, fencing, leading and tying paddocks you will learn all about the job involved in taking care of horses.



Stable Relationships

Wednesdays 12:30-14:30; Fridays 10:00-12:00 | £65 per child | max 6 children

Our experienced facilitators arrange a series of engaging activities and exercises with horses with lessons on Respect, Trust, Boundaries and Communication in a fun and interactive way.



Equine Facilitated Psychotherapy

Daily sessions available | Times arranged with Therapist

These 1:1 sessions are psychotherapeutic in nature and led by our fully qualified facilitators. Working with the horses, we support those with mental health challenges by focusing on emotion regulation, trauma processing and mindfulness techniques.

BOOK NOW

📍 Park End, Croughton, NN13 5LX

📞 07787 402236 (Loes)

🌐 www.equilore.co.uk



SEND Scout Group Open Event

Want to have an adventure and make new friends? Come along to our Open Event

Who
All young people aged 4 to 17 years old

When
Sunday 19th May, 2-4pm

What
Open Event activities for all

Where
Brackley Baptist Church, Brackley

Contact
Sarah at sarah.watton@gdscouts.org.uk
07980 460355

Join the adventure!

scouts.org.uk

#SkillsForLife

We ask that parents/carers stay for the event to find out further information. Volunteers will be available to chat, answer questions and register young people, whilst their child is having fun!



OPA PLAY AND ACTIVITY DAYS 2024

Oxford – Littlemore	Saturday 15 th June
Vauxhall Barracks / Didcot	Saturday 22 nd June
RAF Benson / Benson	Saturday 29 th June
South Abingdon	Saturday 6 th July
Wheatley & Holton	Saturday 13 th July
Oxford – Rose Hill	Saturday 20 th July
Eynsham	Friday 26 th July
RAF Brize Norton / Carterton	Saturday 27 th July
Bicester Elmsbrook	Monday 29 th July
Banbury Peoples Park	Wednesday 31 st July
Witney	Thursday 1 st August
Faringdon	Friday 2 nd August
Heyford Park	Saturday 3 rd August
Berinsfield	Tuesday 6 th August
Henley	Tuesday 13 th August
Banbury Princess Diana Park	Wednesday 14 th August
Bicester Garrison / Ambrosden	TBC
Chipping Norton	TBC

- ALL Events will offer both FREE Entrance and FREE Activities
- NO Childcare is provided, these are Family based events
- Individual event posters will be issued prior to each event
- Play Days will run from 11am until 3pm
- If you would like to be involved in any of these events to promote your organisation please e-mail martin.gillett@oxonplay.org.uk (NB: these are not for profit, Community events)

The Katie Peel SEND Family Friendly Festival of Rugby



10AM - 2PM, SUNDAY 19TH MAY
AT GOSFORD ALL BLACKS RFC

- Mixed ability games for all
- Bouncy castles
- Refreshments on site
- Mixed ability tag rugby
- 'Quiet' sensory room available
- Medals for everyone taking part

All coaches are DBS checked and with RFU training and safeguarding

email: youth@gosfordrugby.com - tel: 0753 111 8213
www.gosfordrugby.com

Book your spot on bit.ly/GABKatiePeel or scan the QR code



Millets Farm Centre SEN EVENTS CALENDAR

Our events team have put together a number of SEN friendly sessions for this Summer, starting with John Lawsons Circus during May half term...

<https://www.milletsfarmcentre.com/sen-summer-events/>

Circus SEN Performance

The award winning John Lawson's Circus will be hosting a circus performance for children with Special Educational Needs (SEN) and their families this May half term.

With an entirely human cast and lots of new acts, this enthralling show is a great family experience not to be missed!

The big top will have a lower capacity (half our usual capacity) and quieter music for each acts performance. There will be no flashing lights or strobes, no smoke or water however as part of the show the big top will be in darkness prior to the start of some of the acts. Please also note that the show usually features some gentle audience participation, with visitors closer to the front tending to be chosen for this!

We hope these adaptations will enable those families with SEN children to enjoy the show, however please make your own judgements based on your individual needs as to whether these measures make it more suitable for you.

Visitors will be required to show proof of carers ID or an accepted form of documentation that supports the need for a carer on arrival. Please email enquiries@milletsfarmcentre.com if you require a space for a wheelchair as these can be reserved, subject to availability.



Dates & Timings:

Thursday 30th May
Show time 3pm
Each show lasts approximately 1 hour

Tickets & Prices:

£9.50 per person. (Under 2's free of charge).
Both children (2 and over) and adults must have a ticket
Carers tickets are available for this performance (1 per booking – proof of carers ID will be required to be shown on arrival.)

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.



HILL VIEW COMMUNITY HUB
Neurodiversity
We All Think Differently

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.

LIVING WELL **with** NEURODIVERSITY



Oxford Health
NHS Foundation Trust

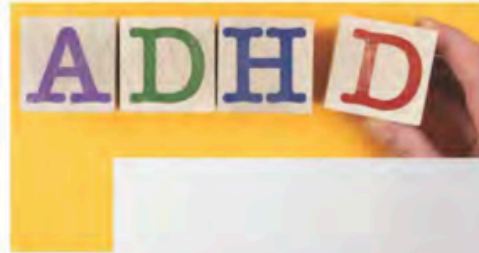
A new support service

from **Oxfordshire CAMHS** in collaboration with **AutismOxford UK Limited**



Is your family open to/involved
with CAMHS services?

Is your young person either
suspected or diagnosed as
neurodiverse (autism/ADHD)?



FREE COURSES AND SUPPORT FOR YOU!

A range of sessions available covering different topics.
Informal spaces for parents/carers to safely share experiences/tips.
Facilitated by professionals and lived experience practitioners.

Scan the QR code to access
the events and resources!

<https://onhs.autismoxford.com/>

If you have any questions, please email us on
youngpeoplesupport@autismoxford.org.uk



*Working together to deliver the best for our
communities, our people & the environment*

MISSION

VISION

| **Caring | Safe | Excellent** | VALUES

Outstanding care by
an outstanding team

Update

Dr Helena Dunbar

Helena.Dunbar@togetherforshortlives.org.uk

Family support hub

Through our Family Support Hub and helpline, we provide families of seriously ill children with emotional, financial and practical support and advice.



Financial and practical help:

- Grants to help with daily living
- Grants for emergency items
- Grants for emergency hospital admissions
- Energy Adviser appointments
- Free food shops
- Breaks and holidays
- Mobility support scheme

Emotional support:

- Access to counselling
- Events and peer support
- Parent expert group
- Facebook support community

- Plus a library of resources for ordering or downloading



Energy support

Our Energy Adviser can support families if they are struggling financially to afford rising energy bills, or have questions about how to use their energy more affordably.

The free appointments (phone or Teams) can be booked online using the QR code below.



Did you know?

The Priority Services Register is a free support service offered by energy and water suppliers. It identifies people who need priority support in a gas emergency. By registering for the free service, families will receive extra help if there is an outage.

Find out more at www.thepsr.co.uk



Support for families when a child dies

The Butterfly Fund is now open across the UK.

Eligibility:

- Child diagnosed with LL/LTC before their death
- Child died before their 19th birthday
- Referral made within eight weeks of child's death

New online process

- 1 Professionals to make a referral via website
- 2 Once approved, an email is sent to family to collect bank details via a secure form
- 3 O&A is also available on webpage or by emailing butterfly.fund@togetherforshortlives.org.uk

Note: This fund is dependent on fundraising and will close when donations have been spent. The referral form will only be available when the fund is open so do keep an eye on our website. MS Word applications will no longer be accepted.



Young People's Advisory Group

Funded by
Department
for Education



Join the Young People's Advisory Group (YPAG), a part of Universal SEND Services (USS), facilitated by Whole School SEND (WSS) via the National Association for Special Educational Needs (nasen). We collaborate with various organizations and charities to develop resources, events, and training for education professionals.

The YPAG, a subset of the main Advisory Group, meets quarterly to discuss USS projects and their audiences. It provides a platform for young people aged 16-25 with Special Educational Needs and/or Disabilities (SEND) to share their views on resources, events, and training. We focus on enhancing the accessibility and inclusivity of our resources and increasing youth involvement in their creation.

We're seeking new members aged 16-25 who identify as young people with SEND to join the group.

If you are interested, please turn over to see the application guide.

Application Guide:

Thank you for expressing an interest in joining the Whole School SEND Youth Steering Group!

We are looking for a wide and representative range of young people with different experiences for this group.

To apply, please email Hadeel at hadeeld@nasen.org.uk explaining how you meet the criteria below.

- You are aged between 16 and 25.
- You have an identified Special Educational Need or Disability; you do not need to have a formal diagnosis.
- You have or used to have an Education, Health and Care Plan (EHCP), or you receive or used to receive SEN Support without an EHCP.
- You have recent experience of education (since 2015). (for example, a mainstream or special school, a Resource Base, an Alternative Provision setting, a Pupil Referral Unit, a residential school, FE college etc)

Your experiences of education might be mainly positive, mainly negative or a combination of both. All opinions are valued and welcome.



Funded by
Department
for Education



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




 **oxfn** Oxfordshire family SUPPORT NETWORK

Events for 2024

Tips on Tooth Cleaning For Parent Carers of People with SEND - Online

Tuesday 16th April
1.00pm - 2.00pm

The Community Dental services will give a presentation giving advice & support on cleaning and maintaining healthy teeth for people with sensory issues.

Money Matters - Planning Ahead

Tuesday 23rd April
10.00 - 3.00

Didcot Civic Centre, Didcot

Covering Wills and Trusts - applying for Deputyships,
The Mental Capacity Act and Deprivation of Liberty,
Universal Credit

Planning for Supported Living using Person Centred Planning Tools

9th and 16th May
10.00 - 2.00

Dean Court Community Centre, Pinnocks Way, Botley

2 day course using the person centred planning approach to plan ahead for supported living.


Supported Living for family carers by family carers

Thursday 20th June
10.00 - 3.00


Seacourt Hall, Botley

Hear from family carers who have gone through the process of finding supported living & meet with & hear from support providers who provide the support.

To book on an event, scan the QR code or visit www.eventbrite.co.uk/oxfordshire-family-support-network



For the Community Dentist event scan the QR code or go to www.ticketsource.co.uk/oxfordshire-family-support-network




OXFORDSHIRE PARENT CARERS FORUM
A Voice for Parent Carers in Oxfordshire

TOGETHER EVERYONE ACHIEVES MORE

My name is Usma and I recently joined the Oxfordshire Parent Carers Forum (OxPCF) as the Community Coordinator. This is a new role which is funded by the Local Area Partnership and part of my role is to raise awareness of the forum, the support available for parents of SEND children and to gather the views of parents and organisers of SEND support in the county to feedback into the Local Area Partnership and it's work.

Email: usma.farman@oxpcf.org.uk / info@oxpcf.org.uk

Website: <http://www.oxpcf.org.uk>

Facebook: <http://www.facebook.com/oxpcf>

Twitter: @oxpcfforum

Instagram: [ox_parentcarers_forum](https://www.instagram.com/ox_parentcarers_forum)