



**PARENT CARER SUPPORT
GROUPS
Oxfordshire**

**** Please check in with groups direct to ensure that they're
running before you try to attend ****

Do let me know details of any other groups that are running!



Short Breaks Update for Families with Disabled Children and Young People

*** NEW - Banbury ***



In partnership with
**& Abingdon
& Witney
College**



Open to all parents of children with diagnosed or undiagnosed additional needs. Free.

A supportive space to share triumphs and build knowledge together.

**Fridays (term time only)
@ the Bungalow, Hill View School
8.45am-10.45am**

*Email Sally Shepley at Hill View Primary School
sshepley@hillview-school.co.uk
for further information.*

**For further info, please email:-
sshepley@hillview-school.co.uk**

Short Breaks Update for Families with Disabled Children and Young People

Banbury



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 me on 07432003645

Cromwell Lodge Hotel, OX16 0TB. Every other Monday 09.30am-11.00am.

Sessions are held every other week on a Monday.

23rd September, 7th & 21st October

Please do get in touch to check dates & come along. Everyone is welcome.

<https://www.facebook.com/profile.php?id=100087505368087>

Short Breaks Update for Families with Disabled Children and Young People

Bicester



Coffee & Chat Dates

Pop along
Every Friday
9.30 till 11^{am} Term Time Only

Coffee & Chat is a space where parents of Autistic/ADHD children come together to seek support and advice surrounded by others who understand & have experience.

No diagnosis needed

We offer a warm, welcoming, non judgemental environment, where informal chats take place with lots of laughter, a few tears & tissues. Oh and lots of free coffee, tea and chocolate with the odd fun craft.

We even get the odd professionals in for a chat

Mindfulness and wellbeing sessions

Come Join Us

Bicester East Community Centre
Keble Road, Bicester, OX26 4TP

Made with PosterMyWall.com **BICESTER AUTISM**

Contact us!

bicesterautism@gmail.com; www.bicesterautismadhd.co.uk
www.facebook.com/bicesterautism

Short Breaks Update for Families with Disabled Children and Young People

Kidlington

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



For more information, please contact Felicity on:-

felicityscroggie@gmail.com

(leave your name and number for a call back)

Short Breaks Update for Families with Disabled Children and Young People

Oxford



*WE ARE EXCITED TO ANNOUNCE
A NEW LOCAL SUPPORT GROUP FOR:*

PANS PANDAS UK GREATER OXFORDSHIRE AND BEYOND

Sunday, the 22nd of September, 1pm to 3pm
Cutteslowe Community Centre
31 Wren Rd, Oxford OX2 7SX
(free on-site parking)

*If you or someone you know is affected by PANS OR PANDAS,
Come for a cuppa and a chat
Kids welcome, the venue is well located on the edge of
Sunnymead Park and playground*

RSVP to tressa.verrier@gmail.com
Even if you are unable to attend, please email to
express interest for the future.

*For more info about PANS AND PANDAS,
Visit: panspandasuk.org*

PANS and PANDAS are conditions that affect the brain. People with PANS or PANDAS experience a variety of symptoms ranging from mental health symptoms to changes in behaviour and difficulties with movement.

For more info, please go to - <https://panspandasuk.org/>

Short Breaks Update for Families with Disabled Children and Young People

Oxford

EVERY TUESDAY
9.30-12.30

Parent Power

COFFEE MORNING

@ Windale Hub
windale avenue
OX46JD
(at the back of the school, in the old nursery)



Come & join us at our weekly stay & play sessions, meet new parents
Support available from Parent Power & SEN advice
Light refreshments/breakfast available

please contact Kerrisa
07903174415
kerrisa@oxfordhub.org
or
Sophia :
jigsawoxford@gmail.com

Food bank available for attendees



For more info, please contact:-

Karrisa - karrisa@oxfordhub.org
Sophia - jigsawoxford@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Oxford



HOME
START
Oxford



SEN Parent Peer Support Group

Tuesdays (fortnightly)

Contact us for next session dates!

FREE

2.00-3.00pm

John Henry Newman Academy, Littlemore, OX4 4LS

An opportunity for parents to chat and share their experiences alongside a stay and play session for the children.

This group runs fortnightly . If you would like any information, please email Alice:-
admin@homestartoxford.org.uk



Short Breaks Update for Families with Disabled Children and Young People

Oxford

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 9th April



All abilities welcome.

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

For more information, please contact us on - <https://www.facebook.com/Neurodiuniverse>

Short Breaks Update for Families with Disabled Children and Young People

Oxford



THE DOVECOTE STAY AND PLAY SEND SUPPORT SESSION EVERY THURSDAY 9.30AM TILL 12PM

THE DOVECOTE IS A WELCOMING SPACE WHERE FAMILIES WITH CHILDREN FACING ADDITIONAL NEEDS, WHETHER DIAGNOSED OR NOT, COME TOGETHER. LED BY EXPERIENCED STAFF MEMBERS CAROL, CHARITY, AND SOPHIA, THE ATMOSPHERE IS FILLED WITH WARMTH AND SUPPORT. HOT DRINKS ARE SHARED, AND CHILDREN ARE EMBRACED WITH ENGAGING ACTIVITIES, INCLUDING THE USE OF A DELIGHTFUL SENSORY ROOM. IT'S A HAVEN WHERE FAMILIES CONNECT AND FIND SOLACE IN A NURTURING ENVIRONMENT. DURING OUR SESSIONS, YOU'LL FIND DROP-IN ADVICE, AND IF YOU CHOOSE TO BRING YOUR CHILD SENSORY PLAY AND ACCESS TO BOTH INDOOR AND OUTDOOR PROVISIONS

PLEASE CONTACT CHARITY AT THE DOVECOTE FOR FURTHER ADVICE:
07523848948 OR CHACHADVPC@OUTLOOK.COM



Please contact us on 07523 848948 or chachadvpc@outlook.com.
Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.

Short Breaks Update for Families with Disabled Children and Young People

Oxford



Parent Power Coffee Mornings Every Thursday at TOA

Come and join Karrisa from Oxford Hub offering support to families if needed.



Tea & Coffee provided.

Please contact Karrisa at
karrisa@oxfordhub.org
07903174415



Coffee
Morning
Every Thursday
Held in TOA
Library
Time:
9:30 - 11am

Held at The Oxford Academy Library, Sandy Lane
West, Littlemore, Oxford, OX4 6JZ

For more info, please contact:-

Karrisa - karrisa@oxfordhub.org or 07903 174415

Short Breaks Update for Families with Disabled Children and Young People

PARENT POWER



Oxford

Need help or support?



EVERY THURSDAY



09:00 AM - 11:00 AM



Greyfriars Secondary School,
Cricket Road, Oxford, OX4 3DR



Learn English Skills



Meet other families
to build parent
power

Please come to main
reception or contact

Kylie@oxfordhub.org
07707918532



For more info, please contact:-

Kylie - kylie@oxfordhub.org or 07707 918532

Short Breaks Update for Families with Disabled Children and Young People

Oxford

SEN COFFEE MORNINGS!

Oxford
Hub

PAP (Parents and Professionals)
Fortnightly Coffee Mornings, mainly aimed at PARENTS of children with SEN (diagnosed/undiagnosed) to get together for a FREE talk presented by a guest speaker. Its a time to relax, refresh, chat, spill the beans, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee.

Coffee Mornings are every other Thursday,
9.30-11am

Come join us!

Location: The Jungle, Templars Square
Shopping Centre

JUNGLE

“
PARENT AND PROFESSIONALS
COFFEE MORNING
CONTACT KYLIE FOR MORE
INFORMATION:
KYLIE@OXFORDHUB.ORG

A joint venture from [Parent Power](#) and [SENTipede](#) - working together to support our families. We meet fortnightly in term-time & our next meetings is on 26th September.

Please contact Kylie for more info - kylie@oxfordhub.org

Short Breaks Update for Families with Disabled Children and Young People

Oxford

PARENT AND SEN SUPPORT GROUP



We have some great conversations and enjoy refreshments in a relaxed environment.



Cutteslowe Community Centre, OX2 7SX
First and third Fridays of the month.
2-3pm



Library of resources to
Read, view and take copies.



For more information, please contact us on - [https://
www.facebook.com/Neurodiuniverse](https://www.facebook.com/Neurodiuniverse)

Short Breaks Update for Families with Disabled Children and Young People

Online

NHS
Oxford Health
NHS Foundation Trust

WALKING WITH YOU FORUM

TO BOOK EMAIL :
WWYOXON@OXFORDHEALTH.NHS.UK

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

UPCOMING EVENTS

OCT	SLEEP
04	11AM -12PM ONLINE
NOV	COFFEE MORNING WITH SUPPORTIVE STEPS
01	11 AM -12PM LOCATION SHARED WHEN BOOKED
DEC	SUPPORT AROUND CHRISTMAS TIME
06	11 AM -12PM ONLINE

SUPPORTIVE STEPS

CAMHS
Child and Adolescent
Mental Health Service

If you'd like more info or to attend, please email:-

WWYOxon@oxfordhealth.nhs.uk

Short Breaks Update for Families with Disabled Children and Young People

Eynsham

Positive Measure

Parent-led support group for parents of children with additional needs

Every Monday	Baptist Church Hall, Eynsham	19:30-21:00
Monthly Daytime Group (TBA on our socials)	Jessie's Art Shed, Eynsham	10:30-12:00

Chat over a cuppa
Helpful advice
Non-judgemental
Meet parents that get it

Page www.facebook.com/positivemeasure
Group www.facebook.com/groups/positivemeasure
Instagram: www.instagram.com/poitive_measure

Baptist Church, Lombard Street, Eynsham, OX29 4HT
Jessie's Art Shed - 9 High Street, Eynsham, OX29 4HA

If you'd like more information, please contact Emma on 07828 888064 or check out their Facebook page.



SPACE

Witney

Come join us at SPACE

Where & When does SPACE meet?

**Friday's - Term time only
Time - 10am to 12.30pm
Upstairs lounge @ ICE Centre,
Langdale Hall Witney OX28
6AB
Parking in public car park
Wheelchair & pushchair accessible**

Who is SPACE for?

**SPACE is for
parents/carers of
children or adults with
special needs**

**A place for parents and
carers to meet, chat and
feel included.
To share experiences,
infomation and support
with one another**

**What is
SPACE for?**

Contact Jo on 07875890775

Short Breaks Update for Families with Disabled Children and Young People

Witney - new time & venue!



For families supporting children on the autistic spectrum

Please come and join us on the **last Friday of the month** (term time only) for a friendly cuppa and chat.

All families welcome, with or without a diagnosis.

Upstairs in the Como Lounge
34 Market Square, Witney

9am - 10.30am

If you have any questions, please email chatandacuppa@yahoo.com

For more information, please message us:-

chatandacuppa@yahoo.com

Short Breaks Update for Families with Disabled Children and Young People

Carterton

DROP IN SESSIONS THIS WEEK:

**Parents:
9:30-4PM**

**Young people:
4-6pm**

APCAM

Assisting Parents with Children Affected by Mental Health

**Carterton Family Centre
The Allandale
Carterton
OX18 3AA**

**apcamgroup.org.uk
info@apcamgroup.org.uk**

We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email info@apcamgroup.org.uk or come to our Facebook page - <https://www.facebook.com/apcamgroup>

Short Breaks Update for Families with Disabled Children and Young People

Abingdon

neurodiversevoices@outlook.com

ND Parents & Carers GRAB A CUPPA & CHAT

*One Friday
per month*

9.30am - 11.00am

18th Oct; 15th Nov & 13th Dec 2024

Beans&Blends
Peachcrofts Centre
Abingdon



POWERED BY
NDV PODCAST



Pilot coffee mornings in Abingdon for parents of Neurodivergent/SEN children, with the aim of creating a support group. Come along, Grab a Cuppa & Chat!

Please register so that we have an idea of numbers to help venue set-up our table!

Scan QR Code or go here - [Registration \(office.com\)](https://www.office.com) to register!

Short Breaks Update for Families with Disabled Children and Young People

Abingdon



SUPPORT · HELP · INFORMATION · FAMILIES · TOGETHER!
for all those caring for children with SEND

WHO ARE WE?

SHIFT are an informal support group that welcomes parents, carers and extended family members of any child with SEND (with or without a diagnosis)

WHAT DO WE DO?

SHIFT meet together in the Abingdon area for a friendly, supportive chat, offering help and advice to those in need.

WHEN DO WE MEET?

SHIFT meets monthly in person on the 2nd t Friday of the month for 'Coffee & Chat' from 10-12 noon.

We also hold online 'Virtual Shift' sessions via Zoom on the third Monday of the month from 8-9.30pm.

For more information visit <https://www.facebook.com/ShiftAbingdon>

SHIFT meets in term time only:-

In person at the Wells Café, Garden Room, Peachcroft Farm, Whites Lane, Abingdon, OX14 2HP between 10.00am and 12.00pm (2nd Friday of the month, term time only)

**** Please email us for further dates in 2024 ****

Online Monday evenings (Zoom) between 8.00pm and 9.30pm (3rd of the month)

**** Please email us for dates in 2024 ****

To join our mailing list, please email info@shift-abingdon.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Abingdon




10:00 to 12:00

1st and 3rd Saturday of each month
at Pablo Lounge, Market Place, Abingdon.

Come to ask questions, share stories or
simply be with dyslexic folks.

Everybody is welcome.

It is not meant to be a coaching or problem
solving service, although attendees may
have useful information to share.

   DyslexiaAbingdon@gmail.com

 **Dyslexia Abingdon** 
The social!

Facebook or Email - DyslexiaAbingdon@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Abingdon...

We work together with children, young people, parents, carers, schools and local organisations and support at home, school or in the local community.

Mental Health Natters

07960 727682

dani@mentalhealthnatters.org

www.mentalhealthnatters.org

We are a dedicated education and therapeutic team with both professional and lived experience of supporting families with additional needs, including mental health.

We offer;

- *1:1 mental health support for children and young people
- *1:1 tuition for children and young people
- *small groups for children and young people
- *parent and carer groups in Abingdon and Wantage
- *Arts Award Bronze sessions



mental health
natters

BECAUSE TALKING MATTERS

For more info, contact Dani on - dani@mentalhealthnatters.org OR go to our website - <https://www.mentalhealthnatters.org/young-people>

Facebook page - <https://www.facebook.com/mentalhealthnatters>

Short Breaks Update for Families with Disabled Children and Young People

Kingston Bagpuize



SPACE

Supporting Parents And Carers Effectively

A fully inclusive and welcoming support group for neurodiverse families.

Whether you are a parent/carer of neurodiverse children or a relative wanting to gain understanding on how to support your loved ones - This is for you!

Come and join us for a relaxed and informal discussion; share experiences, ask advice and meet others that just “get it!”.

**STARTING
WEDNESDAY 4TH SEPTEMBER
7.30PM - 9PM**

St John the Baptist Church
Abingdon Road
Kingston Bagpuize

For more information contact Kirsty - kirstymarsh2012@outlook.com

Contact Kirsty - kirstymarsh2012@outlook.com

Short Breaks Update for Families with Disabled Children and Young People

Didcot

SEND BUZZ - Coffee Meet Up

All welcome in child friendly environment, signposting or just a good chatter.



Thursdays 9:30am - 11:30am

Bizzy Bees Cafe, GWP Harwell

This parent support group meets every Thursday morning. For more information, please contact:-

Terez Moore on 07816 586655 - text or WhatsApp.

Short Breaks Update for Families with Disabled Children and Young People

Didcot



SEN Parents Wellbeing Coffee Morning

OXFORD CREATORS
EDUCATION

**Feeling stressed or alone?
We are here to support you!
Come join our Wellbeing sessions.**

VENUE
Unit 7
Hawksworth Road
Didcot
OX11 7HR

BOOK YOUR FREE TICKET
[OxfordCreators.co.uk/parents](https://www.oxfordcreators.co.uk/parents)

Please go to the website for specific dates and next sessions.

At Oxford Creators we understand that your journey might feel overwhelming and lonely at times & we are here to support you.

What can you expect? Coffee, tea and cakes; to meet other parents and a free Body Balance/ yoga/meditation session. Open to all parents in the SEN community.
We look forward to seeing you!

To book your ticket and for further details, please go to:-

<https://www.oxfordcreators.co.uk/parents>

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire

Short Breaks Update for Families with Disabled Children and Young People



Neurodiverse Natters Chinnor

Neurodiverse Natters is a group ran by parents of ND Children offering support and information to other ND parents/carers.

Coffee and a chat	Parent support
Child activity Sessions	Workshops
Informative talks	Specialist help
Friendship	Information sharing

Join us for a coffee and a chat

New venue - The Crown Pub, Station Road, Chinnor

26th Sept, 10th & 24th Oct; 6pm-8pm

Meetings will be held fortnightly on Thursdays

If you're looking for a safe space to meet other likeminded parents/carers going through the same journey, then ND Natters could be the place for you

Email us at NeurodiverseNatters@outlook.com
for more information or follow us on Facebook
[@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

For more info - NeurodiverseNatters@outlook.com or follow us on
Facebook - [@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

Come join us...

Faringdon Town

Carers Community Vale of the White Horse

Sometimes when you are an unpaid carer, providing care for a loved one, you can feel so isolated and lonely and due to your caring duties, you can lose contact with friends who do not understand the restraints that being a carer can place on your life.

Having been an unpaid carer, looking after her youngest child for 23 years, who has a rare and complex metabolic condition, when Nicki moved to the Vale of the White Horse area, she became increasingly isolated and struggled to make friends in a new area as few people understood her son's complex health issues. In an attempt not to become totally distanced from the local community, together with her son Brandon, they volunteered at Watchfield Community Larder. However, Nicki was looking to find somewhere locally where she and Brandon could interact with people and gain support from companionship of other who understand what it is like to be an unpaid carer.

Consequently, with the help of two people who they had volunteered with in Wantage, Car and Ken, together with Leigh who had they met when she was running the Watchfield community larder, they established Carers Community Vale of White Horse. Nicki's other son, Bradley is also a Trustee as he has been a young carer to his sibling and continues to support his family, even though he is married and has moved from home. Thanks to Leigh, they are able to use St Alban's Church in Watchfield at no charge enabling the group to meet every Wednesday during term time from 12.30pm until 2.30pm. The Church has ample free parking and is close to the S6 bus route.

"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse," says Nicki. "We want to eliminate isolation and loneliness that many carers feel whilst providing information, support, and signposting to carers in a relaxed and familiar surroundings. Together we will help improve carers' lives by encouraging them to come along

and be part of a positive, proactive, considerate and supportive group of people. We will also seek to help carers develop skills and gain further experiences and insights that help us to support and empower others."

"Refreshments are complementary, and we hope others in similar situations will come along to get a change of scenery in a warm welcoming place where they can relax and socialise. We intend to invite guests to various additional events once a month like an Indian head massage, crafting, manicures. Speakers and guests are all dependent on members of the community joining us and funding. Unpaid carers can bring those adults that they care for too as the Church is all on the ground floor, with disabled toilets. We are very aware that many unpaid carers get very little, if any time to themselves, and we do not want this to be an obstacle for them in attending. It is not aimed at children, but if the carer of the adult has children under 18, they may come along too but remain their responsibility."

A committee member will be present at every event; all are DBS cleared and are easily recognisable, e.g. badge, lanyard, t-shirt. Tea, coffee and snacks will be available, donations welcome. You will need to show proof that you are an unpaid carer (annually) showing your address within the Vale of the White Horse and that you are in receipt of Carers Allowance or similar.

"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse"

St Alban's Church is located in Folly Crescent, Watchfield SN6 8SE
To find out more, please contact carerscommunityvowh@gmail.com



Faringdon Town Edition Eleven | 101

This article is about an unpaid carers of adults peer support group that meets in St Alban's Church in Watchfield. The group meets in term-time on Wednesdays from 9.30am to 11.30am. For more info - carerscommunityvowh@gmail.com