

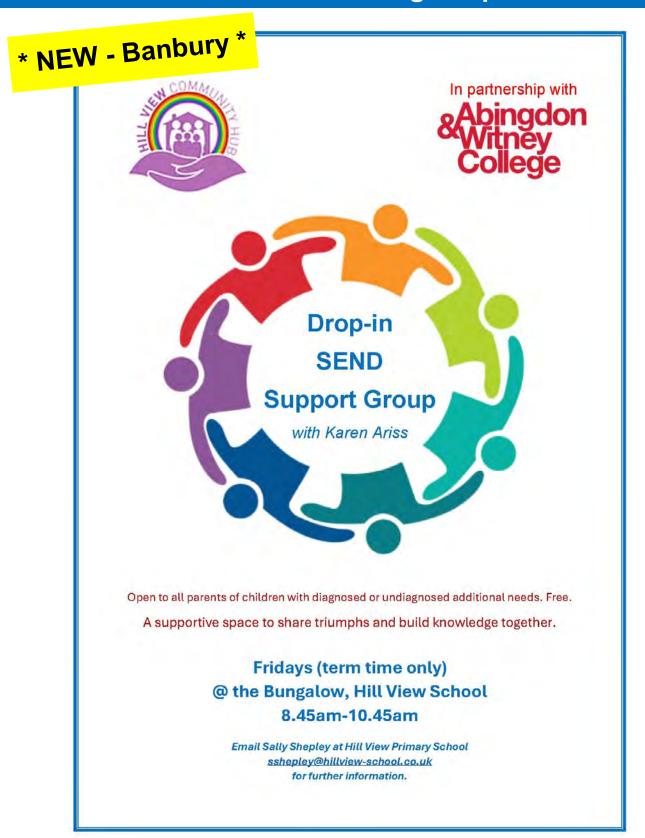
# PARENT CARER SUPPORT GROUPS

#### **Oxfordshire**

\*\* Please check in with groups direct to ensure that they're running <a href="mailto:before">before</a> you try to attend \*\*

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





For further info, please email:-

sshepley@hillview-school.co.uk

#### **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 O7432003645

Cromwell Lodge Hotel, OX16 OTB. Every other Monday O9.3Oam-11.OOam.

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

#### **Ricester**



Mindfulness and wellbeing sessions

Come Join Us

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

Made with PosterMyWall.com ICESTER AUTISM

29th Nov

6th Dec

13th Dec

20th Dec

#### Contact us!

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

#### 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)

#### **Oxford**



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

#### PANS PANDAS UK GREATER OXFORDSHIRE AND BEYOND

Sunday, the 22<sup>nd</sup> 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 - <a href="https://panspandasuk.org/">https://panspandasuk.org/</a>

#### **Oxford**



For more info, please contact:-

Karrisa - <u>karrisa@oxfordhub.org</u> Sophia - jigsawoxford@gmail.com







#### **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



#### **Oxford**



For more information, please contact us on - <a href="https://">https://</a>

www.facebook.com/Neurodiuniverse



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 <a href="mailto:chachadvpc@outlook.com">chachadvpc@outlook.com</a>.

Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.



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



For more info, please contact:-

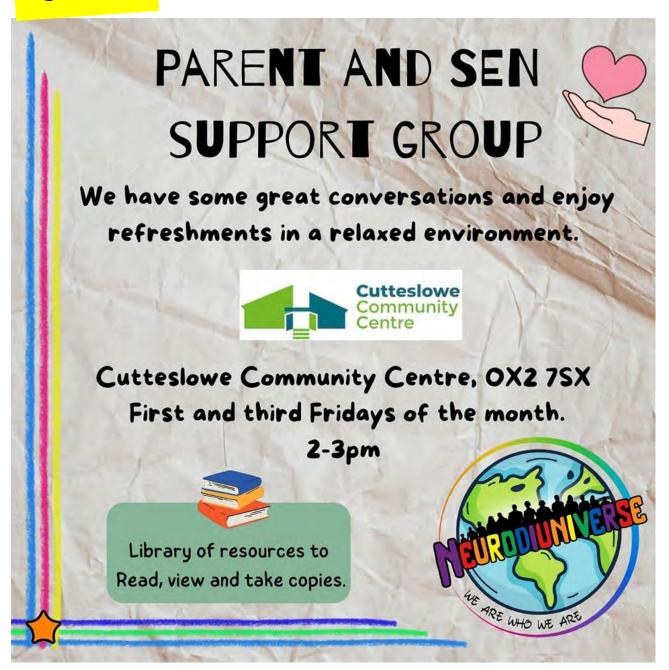
Kylie - kylie@oxfordhub.org or 07707 918532



A joint venture from <u>Parent Power</u> and <u>SENtipede</u> - 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

#### **Oxford**



For more information, please contact us on - <a href="https://">https://</a>

www.facebook.com/Neurodiuniverse



**Online** 

### **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

11AM -12PM ONLINE

**NOV** COFFEE MORNING WITH SUPPORTIVE STEPS

11 AM -12PM LOCATION SHARED WHEN BOOKED

**DEC** SUPPORT AROUND CHRISTMAS TIME

06 11 AM -12PM ONLINE



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

WWYoxon@oxfordhealth.nhs.uk





### Positive Measure

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

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

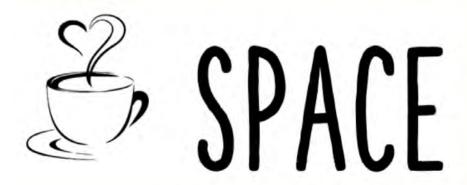
Chat over a cuppa
Helpful advice
Non-judgemental
Meet parents that get it

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.



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

### 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.

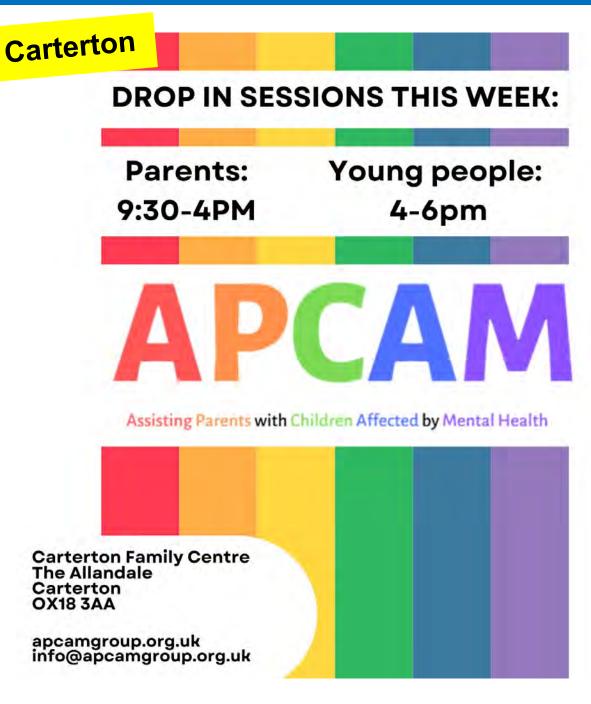
Upstairs in the Como Lounge 34 Market Square, Witney

9am - 10.30am

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

For more information, please message us:-

chatandacuppa@yahoo.com



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 <a href="mailto:info@apcamgroup.org.uk">info@apcamgroup.org.uk</a> or come to our Facebook page - <a href="https://www.facebook.com/apcamgroup">https://www.facebook.com/apcamgroup</a>



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) to register!





#### 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 colling 'Virtual Shift' sessions via Zoom on the third Monday of the mont

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 (3<sup>rd</sup> of the month)

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

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



Facebook or Email - <a href="mailto:DyslexiaAbingdon@gmail.com">DyslexiaAbingdon@gmail.com</a>

#### 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@mentalhealthenatters.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



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

Facebook page - <a href="https://www.facebook.com/mentalhealthnatters">https://www.facebook.com/mentalhealthnatters</a>



Contact Kirsty - kirstymarsh2012@outlook.com

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.



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



#### **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 Child activity Sessions Workshops Informative talks Friendship

Parent support Specialist help 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

For more info - NeurodiverseNatters@outlook.com or follow us on Facebook - @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.

aving 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, Cat 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