

# Out of School Activities

I hope that everyone is settling into the new term. The GC coffee mornings are back and the students look forward to welcoming you on the last Thursday of each term. Upcoming events in Banbury include Comic-Con and SEND Support Banbury's halloween event. Details are in the newsletter below.

Save the date for the Frank Wise Christmas Bazaar on Sunday 17th November and if you buy a real Christmas Tree please consider getting this from the Friends of Frank Wise fundraising sale. All proceeds will go towards the school's new minibuses.

Don't forget to visit [www.oxfordshire.gov.uk/shortbreaks](http://www.oxfordshire.gov.uk/shortbreaks) and 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 - search for Oxfordshire or Northamptonshire Local Offer.

Best wishes Natalie

**SUNDAY 17 NOVEMBER**  
12 NOON TILL 4 PM

**CHRISTMAS BAZAAR**

**£1 ENTRY Under 14s FREE**

**COME AND JOIN IN THE FESTIVE FUN!**

- VISIT SANTA IN HIS GROTTTO
- CRAFT STALLS
- TOMBOLA • RAFFLE
- REFRESHMENTS AND MUCH MORE...

**THE FRANK WISE SCHOOL**  
Hornbeam Close, Banbury OX169RL

All proceeds to the school minibus replacement fund.

Fundraiser organised by Friends of Frank Wise Special School, please visit: [frankwise.oxon.sch.uk/friends-of-fws](http://frankwise.oxon.sch.uk/friends-of-fws)

**FREE PARKING on site.**

SCAN THE QR CODE to visit our website

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

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)

**LOCAL OFFER**

Where to go to find out what's available locally for children and young people with SEND\* and their families

\*SEND - Special Educational Needs or Disabilities

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

OXFORDSHIRE COUNTY COUNCIL

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)



**SEN Social Family Club at The Hill, Dover Avenue in Banbury has returned on Wednesdays from 5:30pm!**

For those who are new to the session, our SEN Social Family Club is a volunteer led, safe and welcoming space for families with children on the SEN pathway to come together and connect with others who understand the unique challenges and joys of raising a child with special education needs. Our goal is to provide a supportive and inclusive environment where families can bond and create long-lasting friendships.

We have a variety of activities planned including arts and crafts and games. There will also be snacks and refreshments available.

For more information - [www.thehillbanbury.com](http://www.thehillbanbury.com) or email Carol at - [SEN social family club](mailto:SENsocialfamilyclub)

**REAL CHRISTMAS TREES FOR SALE!**

**Saturday 30 November & Sunday 1 December 2024  
10am - 2pm**

**WE'RE SELLING NETTED SPRUCE CHRISTMAS TREES IN A VARIETY OF SIZES.**  
All proceeds go towards new minibuses for Frank Wise Special School  
Minimum suggested donation from £5.00 per foot (30.48 cm)

**TO PRE ORDER**  
please email [dougseymour.cmpc@gmail.com](mailto:dougseymour.cmpc@gmail.com)

**REFRESHMENTS AVAILABLE TOO!**  
Cash preferably. We also accept card payment.

**FIND US**  
GL56 9NP off Todenham Road  
What.3.Words: groups,jaundice,lifestyle

Fundraiser organised by Friends of Frank Wise Special School, please visit: [frankwise.oxon.sch.uk/friends-of-fws](http://frankwise.oxon.sch.uk/friends-of-fws)

SCAN THE QR CODE to visit our website



Help Friends Of Frank Wise School Banbury raise FREE donations with all your online shopping!



Great news, we've registered Friends of Frank Wise School Banbury with #easyfundraising, which means over 7,500 brands will now donate to us for FREE every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely FREE and doesn't take long. Sign up here: <https://join.easyfundraising.org.uk/friends-of-frank-wise-school-banbury/naaq12/ca/1yUpvjwa/A2303/facebook>

JOIN US FOR ... **BOLT EVENTS**

# BANBURY COMIC CON

FACE PAINTING  
RETRO VIDEO GAMING  
COSPLAY  
MOVIE CARS  
MERCHANDISE  
COMPETITIONS & MUCH MUCH MORE!

**23<sup>RD</sup> NOVEMBER 2024**  
SPICEBALL LEISURE CENTRE

**TICKETS AVAILABLE NOW!**

WWW.BOLT-EVENTS.COM

Advance tickets - Adults £10; Teen (13-17 yrs)/Student - Valid ID £8; Children (5 -12 yrs) £5; Family Ticket £26 (2 adults & 2 Children); Blue Light Card Holders £5; Under 5s FREE (booking fee applies; 10% discount on advance tickets).

For ticket holders with additional needs who may find it helpful to enjoy the event in a quieter atmosphere we offer a 9.30am entry so that gives some time before the main entry at 10am where the event is not crowded or loud. If you feel this would help you or someone in your party then please email us at [zoe@bolt-events.com](mailto:zoe@bolt-events.com) and we will add you to the early entry list.

Please go to the website to find out more & to purchase tickets:-  
<https://bolt-events.com/>

**NEW SESSION**  
**DATES BELOW...**

**\*\* SEND SESSIONS - 17th Dec; 11th Feb; 1st Apr & 3rd June\*\***

This one hour session, which includes the safety briefing, is suitable for those with additional needs whether neurological or physical and their siblings (minimum age of 4 years).

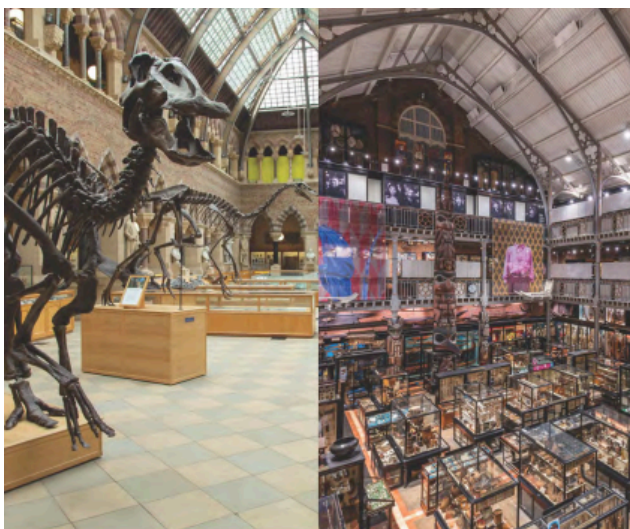
We create an environment which is as calm as possible, with reduced participant numbers, low music levels and multi-sensory climbing aids for those whom are visually impaired. For those with a physical need, who may need assistance to climb, please contact us beforehand so we can arrange suitable support. Please note that due to safety ear defenders and lanyards will not be permitted in the arena - we have put other measures in place to support those whom are sensitive to noise.

These sessions are a great opportunity for parents of SEND children to meet up and share their experiences over a complimentary hot drink in our arena side café (1 complimentary hot drink per booking).

**Session times are - 4:30pm - 5:30pm & 5:30pm - 6:30pm**

£10 includes climb and complimentary hot drink for the booking adult.

To book, go to our website - [Bicester Clip n Climb sessions](https://www.bicesterclipnclimb.com)



## Autism Friendly Opening

Thursday 31st October, 9am-10am

A relaxed and quiet morning opening at the **Oxford University Museum of Natural History & Pitt Rivers Museum**. A chance for families with members on the Autism spectrum to visit the Museum when it is less busy.

Booking essential, email [education@oum.ox.ac.uk](mailto:education@oum.ox.ac.uk)



### 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-serv-02>

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 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](mailto: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](https://www.sense.org.uk)

**Every  
Body  
Moves.**

Powered by **TOYOTA**

To find local activities visit

<https://everybodymoves.org.uk/find-a-local-activity>

Every Body Moves powered by Toyota is the new way to discover inclusive local opportunities to become more active.

Our ambition is to create the UK's biggest fun and vibrant community for players, parents and coaches to share their experiences of Every Body Moves, and find useful hints, tips and information on what's happening near you. This includes in depth listings and all the information you need to connect to local inclusive opportunities.

We believe there's a sport or activity out there for everyone – and by highlighting inclusive activities and one-off events which non disabled and disabled people can do together, we hope Every Body Moves can inform and inspire people to discover something new.



**BROKEN BOARDS**  
private sessions • group sessions • courses  
events • home ed club • after school club  
[brokenboardscoach.com](http://brokenboardscoach.com)



**Do you want to start your skateboarding journey? We run safe and inclusive sessions around West Oxfordshire.**  
Gear provided. All ages and levels welcomed.



Accessible Screenings UK website has details of screenings - <https://accessiblescreeningsuk.co.uk/types-of-screenings/> should you wish to find out more.

**Have you got a CEA card yet? This card enables a disabled cinema go-er (aged 8 yrs +) to receive a complimentary ticket for someone to go with them to participating cinemas. Please go to their website for more info:-**

<https://www.ceacard.co.uk/>



# Seasonal Events



## SEN Pick Your Own Pumpkin Sessions

Sunday 20th October & Monday 28th October from 9am-10am

Millets Farm have been nurturing a huge number of pumpkins and squash in their fields again this year and can't wait to welcome you to pick a pleasingly plump one! Whether you want to cook or carve we have all sorts of shapes, sizes and colours to choose from.

There are lots of dates on offer but on Sunday 20th October & Monday 28th October, they're opening early at 9am on these days with the first hour exclusively reserved for SEN tickets only to allow for a quieter, lower capacity session. Carers tickets are free and can be booked to any of our specific SEN friendly sessions, along with your usual tickets. Proof of [valid carers ID](#) must be shown on arrival for any carers tickets. If you require multiple carers tickets for a large group booking, please email us on [enquiries@milletsfarmcentre.com](mailto:enquiries@milletsfarmcentre.com) with your requests and we will get back to you with how to process this.

Tickets are £2.50 per person. Click on the link to book your place:-

<https://www.milletsfarmcentre.com/halloween-spooktacular/>



28th October from 1.30pm to 3.30pm - this event is open to all ages.

Halloween can be hard for our children and they sometimes miss out on all the fun, which is why I wanted to put on an event adapted for them. There is no pressure to dress up but they can if they want to. There will be a zen den and sensory toys available if your child is feeling overwhelmed. All children will take away a goodie bag too.

All you need to do is reserve a ticket in the below link so I don't go over numbers!

<https://bookwhen.com/sendsupportbanbury>

# Fireworks

Saturday 26th October, 5-8pm

All are welcome to join us at Thomley for our reduced sound firework display. Carefully selected fireworks that are amazing to watch but with less noise than most displays. The familiar surroundings of Thomley will hopefully help all visitors enjoy the night. We also have ear defenders for those who require them and the pavilion can be used to watch from inside, if again this is easier for some people. There will also be a lantern display on the night!

£26 for a family of four  
£9 for a single ticket  
(Members will receive a 10% discount)

**Prices**  
\* £26 per family  
(2 adults and 2 children)  
\* £9 single tickets  
Members will get a 10% discount on tickets, email for discount code: [mary.coleman@thomley.org.uk](mailto:mary.coleman@thomley.org.uk)

**Food & Drink**  
Beer/wine/prosecco/ gin  
Pizzas  
Chips  
Hot dogs  
Sticky toffee apple  
crumble cups  
Candy floss  
Soft drinks

\*\*\* PUSH THE BUTTON \*\*\*  
Raffle on the night to PUSH THE RED  
BUTTON and start the firework  
display!



## BOOK TICKETS

Tickets are to be bought upfront for the event and can be purchased online on our online calendar: [www.thomley.org.uk/calendar](http://www.thomley.org.uk/calendar)



**Thomley**

# Breakfast with Father Christmas

20th, 21st, 22nd and 23rd December  
from 8am - 10am. Booking is essential

Breakfast with Father Christmas is an incredibly popular way to see Father Christmas at Thomley, with the added bonus of activities, a lovely breakfast and maybe even some snow! Limited tables available.



An accessible and fun way to celebrate Christmas for all abilities.

Full English breakfast, tea, coffee or juice included for both the adults and children.

The event will be hosted in the pavilion and you will be allocated a table. There will be Christmas activities to do on your table.

After breakfast and the activities Father Christmas will enter the room to deliver presents (also included in the price).

£10 for parents or carers  
£15 for children  
(£10 for members)

Please book your places on our online calendar: <https://thomley.org.uk/calendar>

\*Please note only the pavilion is open for this event

Thomley, Menmarsh Road,  
Worminghall, HP189JZ



**Thomley**

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The Community Connections Project supports adults with learning disabilities to volunteer or join community activities.

It is a part of the wellbeing and employment support provision offered by Oxfordshire County Council's Adult Social Care service for people aged over 18 with additional needs.

They work with people with learning disabilities to enable them to participate in their communities independently.

People are supported to find volunteering roles and/or leisure activities according to their interests until they feel confident to continue on their own.

You can find out more here:

<https://www.oxfordshire.gov.uk/residents/social-and-health-care/adult-social-care/adult-social-care-services/community-connections>

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**Free taster sessions at Pegasus for 14-18 year olds**

**Saturdays 10am-1pm**

**studio**  
*Saturdays*  
2024

21st September - Sound/Music  
19th October - Movement  
23rd November - Drama

**Pegasus Theatre have 3 Studio Saturday sessions coming up this Autumn!**

These interactive sessions for 14-18 year olds will be taking place on Saturdays 10am-1pm at Pegasus Theatre, Magdalen Road, Oxford, OX4 1RE

For more details or to book contact Chris on:-  
[community@pegasustheatre.org.uk](mailto:community@pegasustheatre.org.uk)

# Young adults

## WHO WE ARE

Arise Youth Support is a specialist provider supporting young people 18+ who have been diagnosed with learning disabilities, physical disabilities, and/or Autism Spectrum, to achieve the best outcomes and independence whilst living in their own homes or community-based support.

Our focus is on working with young people who are transitioning into adulthood. Promoting independence, encouraging self-awareness, and building confidence.



## WE PROVIDE

care and support  
personal care  
meal prep  
medication  
social activities  
overnight care  
24 live in care  
respite care



## ACCREDITATIONS



## ADDRESS

F111 CHERWELL BUSINESS VILLAGE  
SOUTHAM ROAD  
BANBURY  
OXFORDSHIRE  
OX16 2SP

## EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

## OFFICE LINE

+44 1865 956285

# ARISE YOUTH SUPPORT

CULTIVATING HAPPINESS

# 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



# DISCOS 2024

JANUARY 26TH  
FEBRUARY 23RD  
FEBRUARY 23RD  
MARCH 20TH  
MARCH 27TH  
APRIL 26TH  
APRIL 26TH  
MAY 24TH  
MAY 31ST  
JUNE 20TH  
JUNE 20TH  
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



## 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)




## Join the Super 1s

### Free cricket sessions!

All disabilities welcome | Ages 8 - 25

**TUESDAYS: 4.30PM - 5.30PM - OXFORD HUB**  
Horspath Cricket Club, Oxford Road, Horspath. OX33 1RT

**WEDNESDAYS: 4.30PM - 5.30PM - WITNEY HUB**  
The ICE Centre, Langdale Hall, Market Square, Witney. OX28 6AB.

**THURSDAYS: 4.30PM - 5.30PM - ABINGDON HUB**  
Abingdon Vale Cricket Club, Culham Road, Abingdon. OX14 3HP.

**FRIDAYS: 4.30PM - 6PM - BICESTER & BANBURY HUB**  
Bicester & North Oxford Cricket Club, Chesterton, Bicester OX26 1TH.

For more information contact:  
Richard Giles  
[rgiles@oxoncb.com](mailto:rgiles@oxoncb.com)  
07482 577424  
or visit [www.lordstavemers.org](http://www.lordstavemers.org)  
Registered Charity No. 982251 | 0950896, SC04028



**LORD'S TAVERNERS**  
Give 19 years pep a scoring chance



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

**STARTING 28TH APRIL 2024**

**EMAIL: [MATT.GOOD@BANBURYRUGC.CO.UK](mailto:MATT.GOOD@BANBURYRUGC.CO.UK)**  
**TEL: 07503 712903**








## BICESTER PARK FC INCLUSIVE FOOTBALL AGES 5-15 YEARS

BE ACTIVE 🏃 HAVE FUN 🎯 MAKE NEW FRIENDS 🤝 PLAY FOOTBALL ⚽

We are a friendly (5-15 years) football team looking for new boys and girls to join our pan disability team. All abilities are welcome!

**DAY:** Saturday mornings  
**TIME:** 9:00am-10:00am  
**LOCATION:** Whitelands Farm Sports Ground  
 Whitelands Way  
 Bicester  
 Oxfordshire  
 OX26 1AJ  
**TEAM MANAGERS:** Graham Hill and David Barker  
**WEBSITE:** www.bicesterparkfc.co.uk  
**EMAIL:** inclusive@bicesterparkfc.co.uk  
**TELEPHONE:** 07990 990252 (Call, Text or WhatsApp)



## BICESTER 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!

**DAY:** Monday evenings  
**TIME:** 18:30-19:30  
**LOCATION:** Whitelands Farm Sports Ground  
 Whitelands Way  
 Bicester  
 Oxfordshire  
 OX26 1AJ  
**TEAM MANAGER:** Paul Fellows  
**WEBSITE:** www.bicesterparkfc.co.uk  
**EMAIL:** inclusive@bicesterparkfc.co.uk  
**TELEPHONE:** 07880 557490 (Call, Text or WhatsApp)





## 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.

**Wood Green School,  
Witney, OX28 1DX**

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

 @windrushbikepro  
 @windrushbikeproject  
 @windrushbikeproject  
 wheelsforall@windrushbikeproject.uk  
[www.windrushbikeproject.uk](http://www.windrushbikeproject.uk)









## FREE\* DANCE CLASSES

inclusive dance school

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.




Sun-Rae Inclusive Dance School welcome disabled and non disabled children in their classes (and also have classes for adults). They also have some funding for some free dance classes for children in receipt of benefit related free school meals, or £30 per month if you don't qualify.

For more information, email [info@sunraedance.co.uk](mailto:info@sunraedance.co.uk)

# WELCOME TO Equilore

**DISCOVER THE BENEFITS OF THE HUMAN-ANIMAL BOND**

**Emotional Regulation:** Sense provides 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

### Barra Pals

Fridays 16:00-17:00 | £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 tending 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, NN15 5LX  
 07787 402236 (Loes)  
 www.equilore.co.uk



## 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](mailto:virtualbuddying@sense.org.uk)

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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](mailto: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](http://www.sense.org.uk)

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](mailto:info@anjali.co.uk)

To book, follow this  
link or scan below:  
[www.shorturl.at/drjV7](http://www.shorturl.at/drjV7)





Romy Whai



Romy Whai

*Anjali*  
dance company

# Support for Parents and Carers

**\* NEW - Banbury \***



In partnership with  
**Abingdon & Witney College**



**Drop-in  
SEND  
Support Group**  
with Karen Ariss

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](mailto:sshepley@hillview-school.co.uk)



**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 Jevavons at [ejevavons@hillview-school.co.uk](mailto:ejevavons@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](mailto:felicityscroggie@gmail.com) and leave your name and number for a call back



## FREE Online Parent and Carer Clinics

Autism Central is a new programme, providing high-quality and accessible autism information, education and coaching for families and carers, which is co-delivered by autistic people, families and carers. Aspens is the Regional Hub for Autism Central South East and we are offering FREE 1:1 clinics where parents, carers and family members of autistic people can talk to one of our peer educators.

Our peer educators are family members or carers of autistic people and/or autistic themselves. Peer educators are trained to coach, signpost and share their learning with other parents and carers of autistic people.

Seek advice from someone who is here to listen, offer guidance and tell you about services that are available in your local area.

Tuesdays 10:00-11:30  
Wednesdays 16:30-18:00  
Fridays 13:30-15:00




**To book a clinic please, scan the QR Code or visit [autismcentralsoutheast.aspens.org.uk](https://autismcentralsoutheast.aspens.org.uk)**



**LIVING WELL WITH NEURODIVERGENCE**

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




- Do you live in Oxfordshire?
- Are you open to or waiting for a CAMHS Service?
- Do you think your young person is autistic and/or ADHD or have they recently received a diagnosis?

If yes to the above, then this is the service for you and your young person.





Brief 1:1 Advice sessions with one of our team



Workshops for parents



Just for Us peer group for young people



Workshops for young people




Essentials for young people



Parent Support Groups


Understand more about sensory needs in children and young people and find useful techniques to help them to manage and self-regulate.



## Sensory Processing Workshop

Monday 7th October 2024  
7pm - 8pm  
Online via Microsoft Teams  
£5 (Parents and Professionals welcome)

Please contact Sophie or use link to Microsoft Forms to book.



### 5 reasons to try Turn2us PIP Helper today:

- Walk through the PIP application process step by step
- Check what PIP award you are likely to get
- Get personalised tips on how to fill out your application form
- Find extra help you can get based on your PIP award
- Sign up to receive reminders and use checklists to track your progress

We are delighted to introduce our brand new [Turn2us PIP Helper tool!](#)

Three years in the making and designed alongside people who have claimed Personal Independence Payment (PIP), Turn2us PIP Helper is an accessible online information tool developed with people with health conditions and disabilities who have claimed PIP. It helps you manage each stage of the PIP application process.

Designed alongside people who have claimed PIP, the Turn2us PIP Helper is an accessible online information tool that people with disabilities or long-term physical or mental health conditions can use to confidently start their PIP claim.

The Turn2us PIP Helper offers information for each stage of the PIP application process, checks on what PIP award you're likely to get, provides personalised tips on filling out the application form and can find extra help based on your PIP award.

## Oxfordshire CAMHS NDC and OxPCF Webinars

13.09.2024 CAMHS NDC Pathway: What to expect

11.10.2024 AuDHD (Autism and ADHD)

8.11.2024 Anxiety

13.12.2024 Depression

10.01.25 The interaction of Autism with Puberty, Gender and Sexuality

14.02.2024 Neurodivergent Coping Strategies

14.03.2024 Moving into Adulthood



REGISTER FOR YOUR FREE TICKET:  
[WWW.TICKETSOURCE.CO.UK/OXPCF](http://WWW.TICKETSOURCE.CO.UK/OXPCF)



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

[info@oxpcf.org.uk](mailto:info@oxpcf.org.uk)