

# Short Breaks Update for Families with Disabled Children and Young People



## Welcome to the December Short Breaks Update...

We have several Christmas activities for you - Santa visits, fayre, parties, theatre & more!! Some activities in the New Year too...

Plus some training & webinars!



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Contact details:- Pauline MacKinnon - 07554 330244  
Email - [shortbreaksfordisabledchildren@oxfordshire.gov.uk](mailto:shortbreaksfordisabledchildren@oxfordshire.gov.uk)

**\*\* If you'd like to receive these newsletters, please email us! \*\***

# **Christmas Dinner with Father Christmas!**

**Sunday 1st December 2024**

Site will be open from 11am until 3pm, but as the day is about the roast dinner we won't be taking bookings unless you are booking a meal. The normal menu will not be on offer.

Book for a 12pm or 1:30pm sitting. We do provide a roast for all dietary needs, including vegetarians.



Enjoying a roast dinner or meal out can be quite a stressful and rare event for many of our visitors. Join us for an accessible Christmas dinner with all the trimmings! Our chef will ensure you have an amazing dinner, in a familiar and disability-friendly setting. Father Christmas will make an appearance during your dinner too!

Join us on Sunday 1st December and book in for the 12pm or 1:30pm sitting. We will serve the adults a roast dinner and a pudding for £13. Children (up to 15) will get a roast dinner, a present from Santa and their entry for the day for £13. Child members will only pay £6 to cover the cost of their roast dinner. (Please email for a discount code).

We will be serving turkey, potatoes, vegetables, Yorkshire puddings, pigs in blankets and a selection of puddings.

**Please book on our online calendar  
Email us:  
bookings@thomley.org.uk**



**Thomley**

Book here: <https://buff.ly/47OBdXb>

# Short Breaks Update for Families with Disabled Children and Young People



## Autism friendly/relaxed cinema screenings

Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation & create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

- \* **Cineworld** haven't released what their autism friendly screening is yet but is usually shown on the first Sunday each month at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light, Banbury** are showing The Polar Express Pyjama Party on 3 Sundays - 9.45am on 1st Dec; 9.40am on 8th & 10.20am on 22nd December; Wicked at 7pm on Monday 2nd Dec; Arthur Christmas at 10.10am on Saturday 7th Dec & Dr Seuss' The Grinch at 9.30am on Sunday 15th December. For more info - [Relaxed Screenings - Banbury - The Light](#).
- \* **Odeon** are showing Moana 2 on Sunday 15th December at 10.00am in Oxford, Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- \* **Showcase Reading** have an autism friendly screening every Sunday morning at 10.30am. Please go to their website for more info - <https://www.showcasecinemas.co.uk/autism-friendly-screenings/>
- \* **Picturehouse** are showing The Muppet Christmas Carol on Sunday 15th and It's a Wonderful Life on Friday 20th December, both at 11.30am in The Regal in Henley on Thames.
- \* **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the last Sunday of each month at 10.30am. Tickets are usually bookable 5 days in advance and shown at Bicester, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA \(accessiblescreeningsuk.co.uk\)](#) 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/>




# Short Breaks Update for Families with Disabled Children and Young People

**FREE**

'Dear Santa'  
Sensory Story &  
Activities Pack

*Dear Santa...*  
A Multisensory Story

Join our character as we explore their Christmas wish list to Santa!



Rhyming Multisensory Stories  
SUPPORTING CHILDREN THROUGH THE HOLIDAYS

Claim your free pack  
email: [rhyimingmultisensorystories@outlook.com](mailto:rhyimingmultisensorystories@outlook.com)  
or  
Visit the website [www.rhyimingmultisensorystories.com](http://www.rhyimingmultisensorystories.com)

Rhyming Multisensory Stories writes sensory stories, resources and activities for children and teenagers with additional needs. They have written a fully resourced, step by step sensory story called 'Dear Santa', a sensory story told using props to back up the spoken word and deliver a sensory experience. All of the props are items found around the home. The resource also includes lots of themed activity ideas.

The resource is free and can be claimed by emailing:-

[rhyimingmultisensorystories@outlook.com](mailto:rhyimingmultisensorystories@outlook.com)

or by visiting the website [www.rhyimingmultisensorystories.com](http://www.rhyimingmultisensorystories.com)

# Short Breaks Update for Families with Disabled Children and Young People

**Meet Father Christmas  
Quiet Hour**

A chance for children\* with additional needs to meet Father Christmas during a quieter hour in the museum. The museum and cafe will be closed to the general public and the number of people in the building will be limited. All non-essential lighting, videos and noisy elements in the museum will be switched off to help create a calmer space.

\*Siblings of children with additional needs are welcome during this session. Please book tickets for all children who would like to meet Father Christmas.

**Saturday 7 December 3.30 – 4.30pm**

**£6 per child**  
Must be booked in advance online via [www.ticketsource.co.uk](http://www.ticketsource.co.uk) or at the museum

**SCAN TO BOOK**

Children must be accompanied by an adult.  
If you have any questions please email [hconder@valeanddownlandmuseum.org.uk](mailto:hconder@valeanddownlandmuseum.org.uk) or call the museum on 01235 771447

**V&DM** Vale & Downland Museum Wantage

This is what we will be doing to help create a calmer environment:-

- \* limit the number of people in the building by closing the museum and cafe to the general public
- \* non-essential lighting will be switched off
- \* all videos and noisy elements in the museum will be switched off
- \* each 15-minute timed slot is limited to a maximum of 6 children

We will take your lead - when booking, tell us about your child's needs and what we can do to make the meeting as easy for your child(ren) as possible.

**Please book in advance online <https://bit.ly/4dv8Lek> or at the museum - £6 per child.**

Christmas is all about family so siblings of children with additional needs are welcome to meet Father Christmas at the same time, please book tickets for all child who would like to meet him. Children must be accompanied by an adult.

# Short Breaks Update for Families with Disabled Children and Young People

**Bicester**



**BRAND NEW FOR CHILDREN FOR CHILDREN & YOUNG PEOPLE WHO ARE AUTISTIC OR HAVE A MILD LEARNING DISABILITY**

## **CHRISTMAS IS HERE!**

### **OXFORDSHIRE SHORT BREAKS**

Packed full of fun and enriching activities to provide your child with the ultimate fun and safe experience. Come and make friends with other children and try new things!



**7TH DECEMBER IN BICESTER, 10AM-3PM  
GLORY FARM PRIMARY SCHOOL, BICESTER,  
OX26 4YJ**

Inclusive Short Breaks programme, designed for children and young people aged between 5-18  
Staffing ratio 1:4

For more information please contact:  
[charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

To book - [Upcoming events - Booking by Bookwhen](#)

# Short Breaks Update for Families with Disabled Children and Young People



## SEN CLASSES

**Every Sunday morning  
11am - 11.45am**

**At NOX we believe in gymnastics for ALL**

We know that some children need a little more support and guidance to get involved in our classes. Every Sunday morning we run fun, parent-inclusive classes using a wide range of equipment and interactive games!

 [hello@noxgymnastics.com](mailto:hello@noxgymnastics.com)

One of our core beliefs at NOX is that gymnastics should be available to everyone. If you think your child might benefit from some extra support during class, then our 11am class on Sunday morning is the perfect opportunity to provide this.

Spend quality time with your children while allowing them to explore our interactive open-gym environment and learn some new skills.

If you are interested, visit <https://www.noxgymnastics.com/.../gymnastics-taster.../> for more information or sign up for a FREE trial!

# Short Breaks Update for Families with Disabled Children and Young People



AUTISM  
FAMILY  
SUPPORT  
OXFORDSHIRE

Q&A with AFSO and  
autistic girls network



autistic  
girls network

## 'Masking and Identity'

Monday 9<sup>th</sup> December 2024 7:00PM – 8:30PM Online (Zoom).

You must be referred to our service to access these sessions.

To make a referral: [www.afso.org.uk](http://www.afso.org.uk) Enquiries: [info@afso.org.uk](mailto:info@afso.org.uk)

Nurture • Enable • Inspire

If you have already made a referral to us, please email us for the zoom link. If you have not made a referral but would like to attend our future Q&As, please make a referral using the forms on our website [www.afso.org.uk](http://www.afso.org.uk)



**The Engine Shed** is a special interest group for autistic children and young people who love trains. Based in Reading, we meet at Caversham Methodist Church, Gosbrook Road, Caversham, RG4 8EB.

Model railways and train sets for all abilities are set up and a range of train-related resources are available to play with. The Engine Shed sessions are free of charge, free snacks and drinks are provided. There is no need to book and all are welcome, including siblings and grandparents.

The next session is on Saturday 14<sup>th</sup> December - ages 10 & under @ 10am-12noon  
& 11-17 years @ 12noon to 2pm.

We know that with siblings etc this breakdown is not straightforward but please come to the one that suits you and your group best. We understand that not all attendees will always be within the suggested age range.

For more information - <http://www.theengineshed.org.uk/reading/> or If you would like to know more, require clarifications or just want to check sessions are on before you travel, to check details etc, please email the Coordinator Sarah at [mail@theengineshed.org.uk](mailto:mail@theengineshed.org.uk)



Come and visit... **Abingdon & Witney College**

**CHRISTMAS FAYRE**

**Join Santa and the animals on the farm**

Common Leys Farm Campus | Pitts Lane | Hailey  
Witney | OX29 9UU | 01993 208 148

**Festive fun for the family**

**Wednesday 11<sup>th</sup> December**  
**3:30pm - 6:30pm**

**Santa's Grotto | Animal Handling**  
**Christmas Market | Refreshments**

**£5 child admission**  
free admission for accompanying adults

**Pre-booking essential!**  
**Call: 01993 208 148 | 9:00am- 5:00pm**  
**to book and pay**

 **Stalls available £8 per table**  
*To book a stall please email Penny:*  
**penny.kent@abingdon-witney.ac.uk**  
**www.abingdon-witney.ac.uk** 

**\*\* Pre-booking is essential - please phone during office hours \*\***

# Short Breaks Update for Families with Disabled Children and Young People



Saturday

14<sup>th</sup> Dec 2024

10.30am-12pm & 1.30pm-3pm

## SEND SANTA SESSION @ CARTERTON FAMILY CENTRE

Santa is coming back to see P.A.C and you are invited!  
Our elves behind the scenes will be writing a list and checking it twice. Two sessions are available with limited numbers available for both.

Ticket includes a gift.  
Session Cost- £5.50 per child

Please contact us directly to book your space!

Limited spaces are available at each session. The session will include Christmas themed sensory play and crafts. Spending some time with Santa or just a wave from across the room. A choice of sensory gift and the option to decorate some gingerbread and take magic reindeer food with you.

This is one of our favourite events of the year. Spaces won't be secure until payment is received. To book, please message direct - <https://www.facebook.com/PurpleAdvisoryCare>

# Short Breaks Update for Families with Disabled Children and Young People



SEND Support Banbury will be hosting their first every Christmas event. It's never too early to plan and I know it will be here before we know it!

To book, please email - [sendsbanbury@hotmail.com](mailto:sendsbanbury@hotmail.com)

# Short Breaks Update for Families with Disabled Children and Young People

Abingdon



**BRAND NEW FOR CHILDREN FOR CHILDREN & YOUNG PEOPLE WHO ARE AUTISTIC OR HAVE A MILD LEARNING DISABILITY**

## CHRISTMAS IS HERE!

### OXFORDSHIRE SHORT BREAKS

Packed full of fun and enriching activities to provide your child with the ultimate fun and safe experience. Come and make friends with other children and try new things!



**14TH DECEMBER IN ABINGDON 10AM-3PM  
LONG FURLONG PRIMARY SCHOOL, BOULTER DRIVE,  
ABINGDON, OX14 1XP**

Inclusive Short Breaks programme, designed for children and young people aged between 5-18  
Staffing ratio 1:4

For more information please contact:  
[charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

To book - [Upcoming events - Booking by Bookwhen](#)

# EQUILORE CHRISTMAS PARTY

VISIT SANTA IN HIS GROTTO!  
INCLUDES GOODY BAG, DECORATE  
YOUR OWN TREE DECORATION AND A  
RIDE IN SANTAS SLEIGH  
£10 PER CHILD  
(ADVANCED BOOKING  
ONLY)  
RAFFLE  
TEA, COFFEE AND CHRISTMA BAKES

DEC 14  
2024

1:30PM - 4:30PM

SEN HOUR 12:00 - 1:00PM

TO BOOK PLEASE EMAIL  
KIM@EQUILORE.CO.UK  
PLEASE INCLUDE CHILDS NAME WHEN  
BOOKING

To book, email Kim on [kim@equilore.co.uk](mailto:kim@equilore.co.uk)

# Short Breaks Update for Families with Disabled Children and Young People



## **\*\* 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](#)**

## 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**

**\*\*\* BOOKINGS OPEN NOW \*\*\***

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

# Short Breaks Update for Families with Disabled Children and Young People



## One Snowy Christmas Eve with Korcky Paul

*Saturday 7 Dec, 2.30-3.30pm; £10; BSL interpreted event for age 5+*

Join legendary illustrator, Korcky Paul as he shares his new picture book, *One Snowy Christmas Eve* by Marc Bratcher. Get ready for the festive season - come & discover the real story of Father Christmas! Join the amazing illustrator, Korcky Paul as he shares his new picture book in an event that will feature stacks of live drawing, a book reading and plenty of festive fun for one and all. Followed by book signing.



To book, call the Box Office on 01865 807600 or visit: [One Snowy Christmas Eve with Korcky Paul](#)

## Christmas Show - Cinderella Ice Cream Seller

*Monday 23 Dec, 11.00am-12noon, £14, Relaxed performance for age 5+*

Get your dessert spoons ready for a tale of perseverance, princes, palace balls, glass slippers and, um, ice cream with a brand-new musical family show for Christmas! Over the last four decades, Cinderella's has become the kingdom's most beloved ice cream company, with a parlour on every street corner. But how did a humble street seller with not a penny to her name end up as a multi-millionaire businesswoman with her own ice cream empire? Perfect for children and families alike, this exciting musical retelling of a fairytale classic promises a delightful blend of storytelling, music and theatrical magic that will capture your heart and tickle your taste buds.



To book, call the Box Office on 01865 807600 or visit: [Cinderella Ice Cream Seller](#)

## This is Us Cartoon Workshop

*Saturday 18 Jan 25, 2:30-3:30pm, £10 – family autism & SEND-friendly workshop for children with additional needs for ages 5+*

Join The Cartoon Museum to make a giant cartoon world in this fun and accessible workshop. Using simple templates, you will draw a cartoon version of yourself, complete with speech bubbles. We will then work together to create a giant cartoon with all our characters!



To book, call the Box Office on 01865 807600 or visit: [This is us Cartoon Workshop](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050  
[www.storymuseum.org.uk](http://www.storymuseum.org.uk)



# Short Breaks Update for Families with Disabled Children and Young People



## The Dragon's Visit

*Saturday 8 Feb, 2.30-3.30pm; £10 – family autism & SEND-friendly workshop for children with additional needs for ages 5+*

Take a sensory journey through J.R.R. Tolkien's *The Dragon's Visit*, inspired by The Story Museum's Here Be Dragons exhibition. In this interactive workshop, use all your senses to explore the story and create a special craft to take home as a memento of the day.



To book, call the Box Office on 01865 807600 or visit: [The Dragon's Visit](#)

## Access Friendly Day

*Saturday 15 March, 10.00am-4.30pm, £14, relaxed session for families*

Enjoy a day of access to both the Galleries and Small Worlds with a single ticket and explore the Museum in whatever way best suits you and your family. Our access-friendly days are suitable for all families but particularly those who prefer a more relaxed experience as the museum spaces will run with adjusted lighting and sounds and the tickets are limited to keep numbers small. Entry is by timed ticket to help avoid crowds.



To book, call the Box Office on 01865 807600 or visit: [Access-friendly Day](#)

## Fairytales

*Saturday 15 March, 11.00am-12noon & 2.30-3.30pm, £10, family autism & SEND-friendly workshop for children with additional needs for ages 5+*

Meet Jack, find the goose that lays the golden eggs and become the Giant in a truly magical sensory world! Join Embracing Arts in an inclusive exploration of some of your favourite Fairytale characters using sensory props, music, keyword signing and puppetry!



Find out more/book here: [Fairytales | The Story Museum](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050  
[www.storymuseum.org.uk](http://www.storymuseum.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People

Oxford City Farm

# WINTER warmer

Oxford Community Action Kitchen

FIRE PIT  
MINCE PIES  
POPCORN  
MULLED APPLE JUICE  
SOLSTICE SONGS

**21 DEC**  
OXFORD CITY FARM,  
CORNWALLIS ROAD  
(BEHIND THE ISIS CARE  
HOME) OX4 3NH

**10-2PM**  
WE HAVE NO PARKING  
ON SITE SO PLEASE  
USE PUBLIC  
TRANSPORT, CYCLE  
OR COME ON FOOT.

**FREE**

[www.oxfordcityfarm.org.uk/events](https://www.oxfordcityfarm.org.uk/events)

We'll be open from 10am - 2pm with popcorn toasting at the fire pit, mince pies, cake & soup at our cafe and delicious dishes from [Oxford Community Action](#) Kitchen, and a festive singalong around the fire.

Tickets are per person and are free - please book your place here:-

<https://www.eventbrite.co.uk/.../winter-warmer-2024...>

# Short Breaks Update for Families with Disabled Children and Young People



# Energise

by Endorphins

## Winter Wonderland

Join us for fun and inclusive holiday sessions for children and young people with SEND!

### Thame

Christmas arts and crafts & christmas baking  
Thomley Hall, Menmarsh Rd, Worminghall, HP18 9JZ  
Red Kite, 99 Southern Rd, Thame OX9 2DY  
**Ages: 5-18 Time: 10:00 - 15:00**  
**Saturday 21st: Red Kite**  
**Friday 27th: Thomley Hall**  
**Monday 30th: Thomley Hall**  
**Thursday 2nd: Red Kite**  
**Friday 3rd: Thomley Hall**  
**Saturday 4th: Red Kite**

**Bookings are essential**

For more information or to book your place contact our team:  
E: [bookings@endorphins.uk](mailto:bookings@endorphins.uk) T: 0330 1332642



Email - [bookings@endorphins.uk](mailto:bookings@endorphins.uk) or call 0330 133 2642

# Short Breaks Update for Families with Disabled Children and Young People



# Energise

by Endorphins

## Winter Wonderland

Join us for fun and inclusive holiday sessions for children and young people with SEND!

## Wantage and Abingdon

Our sessions will be packed with Winter, Christmas and New Years themed activities.

Wantage Silver Band, Reading Rd, Wantage, OX12 8HW

**Ages: 5-18**      **Time: 10:00 - 15:00**

**Saturday 21st, Friday 27th and Monday 30th December**

**Thursday 2nd and Friday 3rd January**



**Bookings are essential**

For more information or to book your place contact our team:  
E: [bookings@endorphins.uk](mailto:bookings@endorphins.uk)      T: 0330 1332642



Email - [bookings@endorphins.uk](mailto:bookings@endorphins.uk) or call 0330 133 2642

# Short Breaks Update for Families with Disabled Children and Young People



The workshop is adapted for children with SEN needs or that find large groups overwhelming. The group numbers will be small with plenty of space to move around if needed and quieter areas for children to do their crafts. We adapt to the children, so wherever they feel comfortable, we do too! [Venue - Hobby Rd, Bodicote, Banbury OX15 4GJ]

Tickets cost £12.00 and are limited - please book through:-

<https://bookwhen.com/laionisartsandcrafts1>

# Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY  
OXFORDSHIRE COUNTY COUNCIL



## CHRISTMAS FUN

## OXFORDSHIRE SHORT BREAKS HOLIDAY PROGRAM

Packed full of sport, games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic or have a mild learning disability.

play games

make friends

inclusive

have fun

**VENUE: THE COOPER SCHOOL, BICESTER, OX26 4RS**

**TIME: 10.00AM - 3.00PM**

**DATES: DECEMBER 30TH & 2ND JANUARY**

For more information contact: [Charlie.faux@sportworksltd.co.uk](mailto:Charlie.faux@sportworksltd.co.uk)

To book, click the link

<https://bookwhen.com/sportworks/e/ev-seup-20240608100000>

For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

To book - [Upcoming events - Booking by Bookwhen](#)

## Oxfordshire Inclusive Choir



Meets on Thursdays @ 5-6 pm fortnightly online  
with one face-to-face session per school term

By welcoming all voices, we aim to be as inclusive as possible, actively trying to remove barriers to participation from those with severe and profound learning disabilities.

Register here:

Oxfordshire Inclusive Choir | Oxfordshire County Council



Supported using public funding by



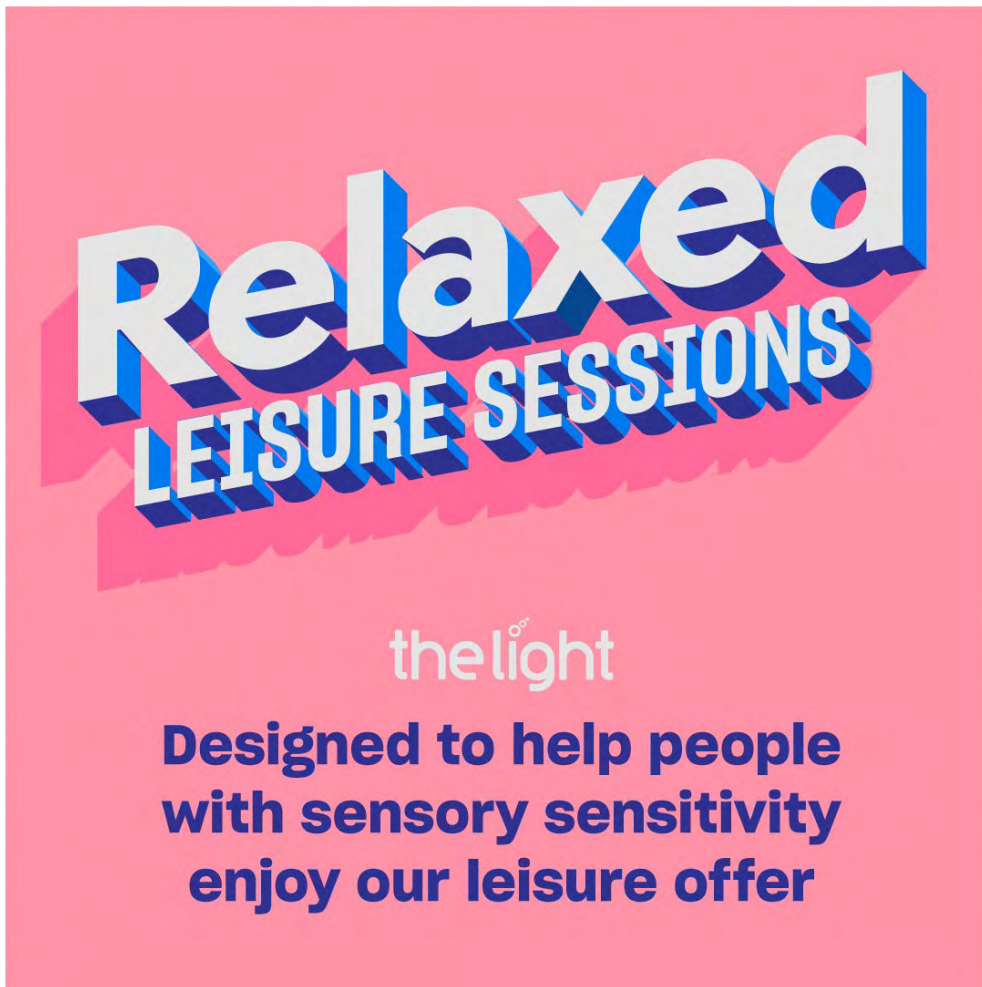
ARTS COUNCIL ENGLAND



OXFORDSHIRE COUNTY COUNCIL

Oxfordshire County Music Service have an Inclusive Choir for pupils with SEND. If you are interested in joining or have would like any further information please contact us via our website at - [Oxfordshire Inclusive Choir](#)

# Short Breaks Update for Families with Disabled Children and Young People



The Light in Banbury offer some relaxed leisure sessions as well as sensory friendly cinema viewings. These are:-

- \* Relaxed bowling - every Sunday morning between 9am-10am. No music, lights are at a minimum on the bowling lanes, arcades are turned off.
- \* Relaxed climbing session - every Thursday afternoon at 4pm. These are quieter and slower paced sessions in smaller groups for those with sensory needs.

**To book or find out more, please go to the website - [The Light Banbury](#) or you can pop in and book in person if you prefer.**

The Light is located in Spiceball Park Road, Banbury, Oxfordshire, OX16 2PA



# Short Breaks Update for Families with Disabled Children and Young People



## Life skill sessions

**All 6 sessions will include preparing & cooking a simple meal**

We will learn important life skills including cooking, teamwork & healthy relationships, safety inside & outside the home, understanding our values & empathy, resilience, finances and the importance of self-care.

**7TH JANUARY 4-5.30PM FOR 6 WEEKS AT GRIMSBURY COMMUNITY HALL**



These new sessions will consist of a cooking activity and learning some important life skills. Not all of these skills are taught to our children whilst at school and what better way to learn them through group cooking sessions.

These sessions are aimed at children between the ages of 11-17. Each session will be £20 and the sessions last for 6 weeks. To book or find out more, please contact me via:-

[FB - SEND Support Banbury](#)

# Short Breaks Update for Families with Disabled Children and Young People



**SATURDAYS**  
**10AM-12PM**

Next dates are in  
2025...

11<sup>th</sup> Jan, 8<sup>th</sup> Feb, 8<sup>th</sup> March,  
5<sup>th</sup> April, 3<sup>RD</sup> May, 14<sup>th</sup> June  
& 12 July 2025

## SEND SATURDAY CLUB

### CARTERTON FAMILY CENTRE

Come and join P.A.C for our SEND Saturday Club. Parents/Carers with diagnosed and undiagnosed children, young people and adults are welcome, along with siblings and any other family members who would like to come along. Meet others in similar situations, allow your children, young people, or adults to play/chill in a relaxed and safe environment. We can offer support and advice if needed.

Session Cost £3.50 per family

Carterton Family Centre, The Allandale, 8 Burford Road,  
Carterton, OX18 3AA. [Info@cartertonfamilycentre.com](mailto:Info@cartertonfamilycentre.com)

# Short Breaks Update for Families with Disabled Children and Young People



## Pickleball beginner



## sessions



**Come and try and new sport!**

Starting in January 2025 Don't miss out!!

Come join us at Sportworks @ Saturdays 10am-3pm at Glory Farm school Bicester OX26 4YJ

Scan the QR code and follow the link



For more information please contact [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)



**For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)**

**To book - [Upcoming events](#) - [Booking by Bookwhen](#)**

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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



## Upcoming Events 2025

28th january	<b>The Mental Capacity Act</b>	10:30 AM – 12.00 Online (Zoom)
20th february	<b>The Care Act</b>	12:00 – 13.30 Online (Zoom)
4th march	<b>Coffee and Chat</b>	10:00 – 12.00 Northcourt Centre Abingdon
23rd april	<b>Supported Living – planning ahead</b>	10:30 AM – 12.00 Online (Zoom)
14th may	<b>Continuing Health Care</b>	10:30 AM – 12.00 Online (Teams)
tbc June	<b>Office of the Public Guardian</b>	TBC Online
1st July	<b>Embolden Legacy Event</b>	10:00 – 14.00 Didcot Civic centre

OxFSN will be running a number of events in 2025 thanks to funding by TNLCF. To book, scan the QR code or visit the OxFSN Eventbrite page [here](#)

Questions? contact Kathy Liddell on 07821 987080



You can book on any of these events using the link here - <https://www.eventbrite.co.uk/.../oxfordshire-family...> If anyone has any questions please do get in contact with Kathy on [kathy.liddell@oxfsn.org.uk](mailto:kathy.liddell@oxfsn.org.uk) or Oona on [ona.bannister@oxfsn.org.uk](mailto:ona.bannister@oxfsn.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY  
OXFORDSHIRE COUNTY COUNCIL



## FUN AND FRIENDSHIP

Delivered by SportWorks

# OXFORDSHIRE SHORT BREAKS

Packed full of games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic or have a mild learning disability.

play games

make friends

inclusive

have fun

**GLORY FARM PRIMARY SCHOOL, BICESTER,  
OX26 4YJ**  
**DAY: SATURDAYS**  
**TIME: 10.00AM - 3.00PM**

For more information contact: [Charlie.faux@sportworksltd.co.uk](mailto:Charlie.faux@sportworksltd.co.uk)

To book, click the link or scan the QR code:  
<https://bookwhen.com/sportworks/e/ev-seup-20240608100000>



**\*\* Fortnightly - on 1st & 3rd Saturdays each month in term-time \*\***

For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

To book - [SportWorks Bicester Saturdays - Booking](#)

# Short Breaks Update for Families with Disabled Children and Young People



COMMISSIONED BY  
OXFORDSHIRE COUNTY COUNCIL



## FUN AND FRIENDSHIP

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# OXFORDSHIRE SHORT BREAKS

Packed full of games and fun activities to provide your child with the ultimate fun and safe experience. For children and young people who are autistic or have a mild learning disability.

play games

make friends

inclusive

have fun

**LONG FURLONG PRIMARY SCHOOL, BOULTER  
DR, ABINGDON OX14 1XP  
TIME: 10.00AM - 3.00PM  
DAY: SATURDAYS**

For more information contact: [Charlie.faux@sportworksltd.co.uk](mailto:Charlie.faux@sportworksltd.co.uk)

To book, click the link or scan the QR code:  
<https://bookwhen.com/sportworks/e/ev-seup-20240608100000>



**\*\* Once a month - on 2nd Saturday each month in term-time \*\***

For more info - [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk)

To book - [SportWorks Abingdon Saturdays - Booking](#)

# Short Breaks Update for Families with Disabled Children and Young People

Witney multisport session - for over 18s...from Feb '25



**BETTER**  
the feel good place

## New Inclusive Activities

Starting 5th February 2024

Football Basketball  
Badminton Drums Alive Kwick Cricket  
Dodgeball Tag Rugby



£3 Per Session  
Carers Go Free

**When:** Monday 2-3pm

**Where:** Windrush Leisure Centre or Witney ATP

**Details:** 01993 861564

# Short Breaks Update for Families with Disabled Children and Young People

## 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: [learnrabike@gmail.com](mailto:learnrabike@gmail.com)



### Next date:

Mon 17th to Fri 21st Feb 2025

(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](https://www.youtube.com/watch?v=vZ6BHC-W5Q0)



For more information & booking, please email:- [learnrabike@gmail.com](mailto:learnrabike@gmail.com)

Visit [www.oxfordshire.gov.uk/shortbreaks](http://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


 Launton Village Players present their 38<sup>th</sup> pantomime
 

# Beauty and the Beast

A traditional family pantomime

**Wed 19<sup>th</sup> to Sat 22<sup>nd</sup> Feb 2025**  
 In Cooper School Performance Hall, Bicester, OX26 4RS




Date	Performance Times		Adult (18+)	Child (1-17)
Weds 19 <sup>th</sup> Feb		7:30pm	£12	£7
Thurs 20 <sup>th</sup> Feb	10:30am*	2:30pm	£12	£7
Fri 21 <sup>st</sup> Feb		2:30pm 7:30pm	£14	£8
Sat 22 <sup>nd</sup> Feb		2:30pm 7:30pm	£14	£8




Suitable for the whole family to enjoy!

Tickets on sale from [www.ticketsource.co.uk/lvp](http://www.ticketsource.co.uk/lvp)  
 (or call 07864 715708 for assistance)


 All profits donated to The Hummingbird Centre
 [www.launtonvillageplayers.org.uk](http://www.launtonvillageplayers.org.uk)

Get your tickets for Bicester's winner of the 2024 ODN & NODA District Best Panto Awards from [www.ticketsource.co.uk/lvp](http://www.ticketsource.co.uk/lvp), (or call 07864 715708 for assistance). Family discounts are available!

\* Relaxed Performance is on Thursday 20th February at 10.30am \*

# Short Breaks Update for Families with Disabled Children and Young People

For professionals...



Are you a professional working with families? Do you want to run group support for young siblings of disabled children and young people? This online session will give you all the information you need to plan, run and evaluate your own local siblings group.

## **This training is for:-**

Professionals who would like to run group support for young siblings.

## **Purpose of the training:-**

To equip participants with information about how to structure sessions and run suitable activities, giving them the confidence and knowledge needed to set up a sibling group for children aged 7 upwards.

## **Participants will gain:-**

- A clear rationale for running group support sessions
- Information on how to structure a sibling support group
- Recreational and discussion activity ideas for your group
- Information on good practice for sibling group leaders

## **When is the training?**

Wednesday 26th March 2025, 9.15am to 1.15pm

## **How much does it cost?**

Voluntary Sector - £170 Statutory Sector - £190

## **How do I sign up?**

Go to our website - [Sibling group leader training - Sibs](#)

# Short Breaks Update for Families with Disabled Children and Young People



CUREC Ethics Approval REF: R90304/RE001

Project Title: Strengths in Autistic Children and Young People (CYP)  
Version 1.0 Mar 2024

## ARE YOU A YOUNG PERSON AGED 12 TO 15?

CAN YOU TELL US WHAT YOU ENJOY  
AND WHAT IS IMPORTANT TO YOU?

We are looking for AUTISTIC YOUNG PEOPLE to help us learn about  
strengths in autism!

You will have two conversations with us (online or in person at Uni of Oxford) where we:

- Complete a questionnaire together about your strengths and you can tell us if the questions make sense (up to 90 min)
- Explore together how you will use your strengths in everyday life (up to 60 min)

You will receive a voucher to thank you for taking part!

WATCH VIDEO ABOUT  
THE STUDY HERE



Any Questions?  
Email Dr. Jiedi Lei

[jiedi.lei@psych.ox.ac.uk](mailto:jiedi.lei@psych.ox.ac.uk)

REGISTER  
HERE



<https://t.ly/A5Kfw>

Questions? Email Dr Jiedi Lei at - [jiedi.lei@psych.ox.ac.uk](mailto:jiedi.lei@psych.ox.ac.uk)

## AUTISTIC PEOPLE'S SCHOOLING & MENTAL HEALTH



### What is it about?

We aim to better understand how different types of schooling, specifically mainstream versus special schools, affect the mental health outcomes of autistic people

### Who can participate?

We are looking for people who:

- Are autistic (clinically or self diagnosed)
- Are 18 years or older
- Have gone to school in the UK

Chance to win a £10 voucher!

### What's involved?

15-20 min online survey

### Join the study!

Scan the barcode to join the study!

Email us at

[a.a.tambawala@sms.ed.ac.uk](mailto:a.a.tambawala@sms.ed.ac.uk)

with any questions



THE UNIVERSITY of EDINBURGH  
School of Philosophy, Psychology  
and Language Sciences

Questions? Email us at - [a.a.tambawala@sms.ed.ac.uk](mailto:a.a.tambawala@sms.ed.ac.uk)

# Short Breaks Update for Families with Disabled Children and Young People



## Stay & Play SEND Sessions

**Mondays 1:00 - 2:00pm**

A group for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed.

Booking required. Limited spaces available.

£2  
per  
session

**Call: 01295 276769 to book**

Registers open at 9am on Tuesdays,  
to book for the following week.



The  
**Sunshine  
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714

**Spaces are limited so please book if you wish to attend!**

The Sunshine Centre, Edmunds Road, Banbury, OX16 0PJ. Tel:- 01295 276769;  
[community@sunshinecentre.org](mailto:community@sunshinecentre.org); [www.sunshinecentre.org](http://www.sunshinecentre.org)

# Short Breaks Update for Families with Disabled Children and Young People



## SEND Group for families of under 5s

We are excited to offer a new weekly SEND group for anyone with a child with an additional need, age 0-4 years. The child does not need to have any formal diagnosis. There will be the opportunity for play and support from other families and professionals.

To register, scan the QR code below or contact [camille.kalaja@people.org.uk](mailto:camille.kalaja@people.org.uk)



people



Rose Hill  
location

For anyone with  
a child with an  
additional need  
aged 0-4 years

This group is primarily aimed at families in the catchment areas of Littlemore, The Leys and Rosehill in Oxford. Venue details will be sent once you've registered. You can sign up by scanning the QR code or click here: <https://forms.office.com/e/7Sx6Z6FZzJ>.

For more info, please email - [camille.kalaja@people.org.uk](mailto:camille.kalaja@people.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People



## **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:sen-social-family-club@thehillbanbury.com)**

# Short Breaks Update for Families with Disabled Children and Young People

**The Dovecote**  
**S.E.N**  
**Stay And Play**

£1 Per Child  
Healthy Snack Included

Thursday 9.30 AM Until 12 PM

COMMUNITY FUND

Support For Families With Children With Autism And Sensory Needs

The Dovecot Centre is on Nightingale Avenue, Oxford, OX4 7BU.  
All welcome! For more info - [jigsawoxford@gmail.com](mailto:jigsawoxford@gmail.com)



# Short Breaks Update for Families with Disabled Children and Young People



## SEN SQUIRRELS

Drop-in group for children with additional needs and their families (with or without a diagnosis), and also families wanting a quieter session!

£2

**CRAFTS QUIET ROOM BOOK CORNER**  
**OUTDOOR PLAY SENSORY TOYS SNACKS**  
**TEA & COFFEE SINGING-TIME FRIENDS!**

**Fridays**  
**10am-11.30am**

**St John's Hall**  
**Broadway**

email: [kidlington.communityhub@gmail.com](mailto:kidlington.communityhub@gmail.com)  
[www.facebook.com/kidlinksuk](http://www.facebook.com/kidlinksuk)   
[www.kidlinks.org.uk](http://www.kidlinks.org.uk)

Please note: The age range is a rough guide as we know that age isn't always a determining factor for a child's needs or abilities when it comes to SEN, so please feel free to get in touch with us if you are unsure.

[kidlington.communityhub@gmail.com](mailto:kidlington.communityhub@gmail.com)

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

[www.facebook.com/kidlinksuk](http://www.facebook.com/kidlinksuk)

# Short Breaks Update for Families with Disabled Children and Young People



## **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.



To find out more, go to the website - [Broken Boards Ltd \(brokenboardscoach.com\)](http://Broken Boards Ltd (brokenboardscoach.com))

# Short Breaks Update for Families with Disabled Children and Young People



## WELCOME TO Equilore

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

**Emotional Regulation:** Horses provide honest 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 tidying 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](http://www.equilore.co.uk)

Please contact Loes direct to book - [www.equilore.co.uk](http://www.equilore.co.uk)

# Short Breaks Update for Families with Disabled Children and Young People



**At Autism Oxford UK, Abingdon**

## Autism Oxford UK Youth Club

<b>Tweens- Ages 8-11 years</b> Weekly from Wednesday 14th August 5:30-6:30pm £12 per session	<b>Teens- Ages 12+</b> Weekly from Wednesday 21st August 6pm-7:30pm £15 per session
---	--

[therapies@autismoxford.org.uk](mailto:therapies@autismoxford.org.uk)

**Sessions will be offered fortnightly for each age group with 8 sessions offered initially for each group - TWEENS - Ages 8 – 11yrs AND TEENS - Aged 12+**

**Tweens:-** Where: Autism Oxford UK, The Grange, Abingdon  
When: Wednesdays from 5.30pm – 6.30pm  
Cost: £12 per session

**Teens:-** Where: Autism Oxford UK, The Grange, Abingdon  
When: Wednesdays from 6pm – 7.30pm  
Cost: £15 per session

Please contact [therapies@autismoxford.org.uk](mailto:therapies@autismoxford.org.uk) to register your interest.

# Short Breaks Update for Families with Disabled Children and Young People



## Camp Mohawk

The Woodland Centre Trust

For children and young people with special needs

Camp Mohawk is a day centre for children with special needs and their families, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Throughout the year the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Our facilities include adventure playgrounds, swings, sensory garden, play village, soft play and sensory rooms, art / craft room, music room, play lounge and, in the summer months, an outdoor, heated play pool. All this is set in approximately 5 acres of natural woodland.

### What we offer:

- **Family Days** in school holidays and on Saturdays in term time – children / young people need to be accompanied by a parent / carer but we have a team of staff and volunteers on hand to provide support and assistance
- **Short Breaks** activities for children / young people aged 8 to 25 who have High Functioning Autism / Asperger's Syndrome
- **Special events** including sensory sensitive fireworks displays and Christmas parties
- **Group sessions** / days for SEND support groups, schools and groups of families



Registration is mandatory for all services and advance booking is necessary for all sessions. Fees / charges for families are all voluntary but contributions from our service users are an important source of income so we do have suggested contribution levels. Please visit our website or get in touch for more

information:

Web: [www.campmohawk.org.uk](http://www.campmohawk.org.uk)

Email: [info@campmohawk.org.uk](mailto:info@campmohawk.org.uk)

Tel: 0118 940 4045

THE WOODLAND CENTRE TRUST, Highfield Lane, Crazies Hill, Wargrave, Berks. RG10 8PU. Registered Charity No. 1202580

To find out more, please go to our website: - [www.campmohawk.org.uk](http://www.campmohawk.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People

## SEND DRUM LESSONS

Drumming down barriers to learning the drums



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

Contact:

07983651098, 



**Express. Empower. Engage**

If you have any questions or would like more information, please contact Felix on 07983 651098.

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

# Chess Club



**FRIDAYS**  
**5.00 - 7.00 pm**  
**Faringdon Library**  
**ALL WELCOME !**

**Sheena**  
**01367 240311**

**This is a FREE club, open to all ages and abilities. All are welcome.**

Cats aren't provided but refreshments are!!

Any queries, please contact Sheena at Faringdon library on  
01367 240311.

# Short Breaks Update for Families with Disabled Children and Young People



**inclusive dance school**

## FREE\* DANCE CLASSES

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)



# Short Breaks Update for Families with Disabled Children and Young People



## New Silent Disco Session!

Style Acre is starting a new session for anyone who likes listening to music and having a boogie!

**It is at The Junction, Didcot (42 Lydalls Road, OX11 7HX) 1pm-2pm every Tuesday and costs £3.**

### ***How does a silent disco work?***

*Everyone wears headphones which play the same songs. There are two music channels to choose from and you can switch between the two. We'll have disco lights and refreshments!*

*For more info contact Anita on 07760 527 610 or*

*[apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk)*

# Short Breaks Update for Families with Disabled Children and Young People



## DISABILITY PROVISION WEST OXFORDSHIRE

[better.org.uk/west-oxfordshire](https://better.org.uk/west-oxfordshire)



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: X843398

New document outlining the disability provision at the leisure centres in West Oxfordshire. This includes swimming sessions, swimming lessons, accessible facilities and other activities.

Go here to look at the details - <https://shorturl.at/qVj1n>

# Short Breaks Update for Families with Disabled Children and Young People

## SEND SWIMMING SESSIONS

### CARTERTON LEISURE CENTRE

Bring your little ones to our special SEND swim session designed for families with children with special educational needs and disabilities. Enjoy the comfort and safety of our small pool, perfect with its 1-meter depth.

**When:** Wednesdays, 11am to 12pm



For more information email [carterton@gll.org](mailto:carterton@gll.org) or scan the QR code to book.



For more information, please contact the leisure centre direct - [carterton@gll.org](mailto:carterton@gll.org)



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.

# Short Breaks Update for Families with Disabled Children and Young People

## SEND SWIMMING LESSONS AT ABBEY SPORTS CENTRE

Designed to help children over 4 years old who have a disability to develop valuable skills and gain confidence in the water.

Our qualified instructors are on hand to deliver these inclusive lessons for people with different disabilities, impairments and access needs.

When: Monday 5pm - 5.30pm  
Tuesday 4pm - 4.30pm

Book now at [better.org.uk/lessons](http://better.org.uk/lessons). If you would like to discuss any individual needs then please contact [abbey@gll.org](mailto:abbey@gll.org)



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SQ. Inland Revenue Charity no: X843308

The Abbey Sports Centre is in Berinsfield. To book, go to - [www.better.org.uk/lessons](http://www.better.org.uk/lessons) or to discuss individual needs, please email - [abbey@gll.org](mailto:abbey@gll.org)

# Short Breaks Update for Families with Disabled Children and Young People

## SENSORY-FRIENDLY SWIMMING SESSION

STARTING  
4TH  
NOVEMBER

### ABBAY SPORTS CENTRE

Dip into a family-friendly swim with limited noise, smaller numbers and sensory needs in mind.

**When:** Every Monday

**Time:** 6:30pm - 7:30pm



Scan the QR code for more information or book your space today at [better.org.uk/book](https://better.org.uk/book)



The Abbey Sports Centre is in Berinsfield - [Swimming](#). To book, go to - [www.better.org.uk/book](https://www.better.org.uk/book) or to discuss individual needs please email - [abbey@gll.org](mailto:abbey@gll.org)

# Short Breaks Update for Families with Disabled Children and Young People

## LEARNING DISABILITY TENNIS IMPROVERS

Join our fun and engaging lessons, where players with foundational tennis skills can develop their techniques in friendly matches. The session is open to adults and juniors with any type of learning disability.

**Location:** White Horse Leisure & Tennis Centre

**Time:** Saturday 10am - 11am

**Cost:** £2.95

For more information please contact [sue.auger@gll.org](mailto:sue.auger@gll.org) or discover more at [better.org.uk/white-horse](http://better.org.uk/white-horse)



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 27793R). Registered office: 103 Regent House, The Royal Arsenal, London, SE18 6SX. Ireland Revenue Charity no. XPK3398.

**BETTER**

More info - [sue.auger@gll.org](mailto:sue.auger@gll.org) or [www.better.org.uk/white-horse](http://www.better.org.uk/white-horse)

# Short Breaks Update for Families with Disabled Children and Young People



## Wheels for all: Witney

recumbents • trikes • wheelchair carriers



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

Every Saturday:  
11am - 1pm, ages 2 yrs 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)

Try a bike, borrow a bike, ride in a safe  
space - book your place here:-

[Book cycle training, bike maintenance courses, DIY workshop and Junior Wheels for All - Booking by Bookwhen](#)

# Short Breaks Update for Families with Disabled Children and Young People



## Boccia Kids

Sundays 1-2pm WHLTC



We are a mixed U16 group, open to all children with a physical disability who would like to play boccia in our fun and friendly team. No experience is necessary.

Bi-weekly Sunday sessions from 1-2pm. £3pp.

Please contact Rachel for more information on 07798 631887.



**Meets fortnightly at the White Horse Leisure Centre,  
Audlett Drive, Abingdon, OX14 3PJ.**

**For more info, contact Rachel on 07798 631887 or email us on  
[abingdonboccia@gmail.com](mailto:abingdonboccia@gmail.com)**



# Short Breaks Update for Families with Disabled Children and Young People

Witney - 2 sessions

## Let's play Boccia

A ball sport similar to bowls

£3 per session

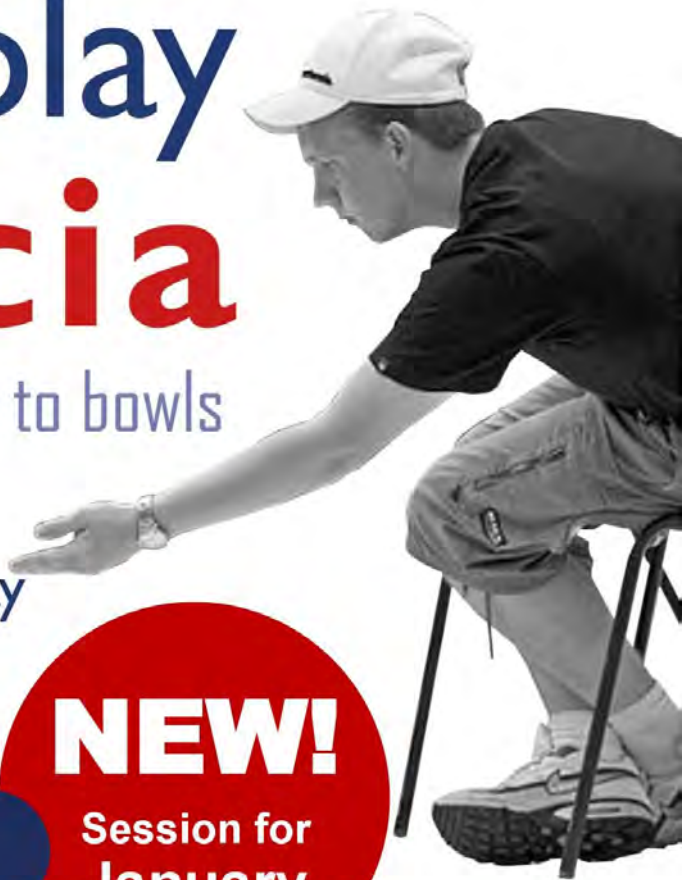
Just turn up and play

**ALL WELCOME**



**NEW!**

Session for  
January



**Fun, friendly classes for all ages and abilities**

Tuesdays 11:30am—12:30pm

Wednesday 11:00am-12:00

Windrush Leisure Centre

For more information:

 01993 861564



WEST OXFORDSHIRE  
DISTRICT COUNCIL

Working  
together with

**BETTER**  
the feel good place

# Short Breaks Update for Families with Disabled Children and Young People



WE ARE UNITED

# SUPERHERO FOOTBALL

COMMUNITY

Neurodiverse Football Sessions  
Mondays  
17:00 - 18:00  
6-13 year olds  
North Oxfordshire Academy AstroTurf



Play football in a relaxed and encouraging atmosphere to help get the best out of the children.

£2.50 per session, term time only.




North Oxfordshire Academy, Drayton Road, Banbury OX16 0UD.

For more information, please email Ryan Jones on:-  
[communitycoach@banburyunitedfc.co.uk](mailto:communitycoach@banburyunitedfc.co.uk)

# Short Breaks Update for Families with Disabled Children and Young People



## 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](http://www.bicesterparkfc.co.uk)  
**EMAIL:** [inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk)  
**TELEPHONE:** 07990 990252 (Call, Text or WhatsApp)




For more info, please email - [inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk)  
or call, text or Whatsapp - 07990 990252

# Short Breaks Update for Families with Disabled Children and Young People



## 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](http://www.bicesterparkfc.co.uk)  
**EMAIL:** [inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk)  
**TELEPHONE:** 07880 557490 (Call, Text or WhatsApp)



For more info, please email - [inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk)  
or call, text or Whatsapp - 07880 557490

# Short Breaks Update for Families with Disabled Children and Young People

**Bicester**



## Blast off with Comets!

A safe space for disabled children aged 5-11 to kickstart their football journey



Scan here to see Comets in action!

Time and Date:	Saturday mornings 8:45-9:30	
Location:	Whitelands Farm Sports Ground, Whitelands Way, Bicester, Oxfordshire, OX26 1AJ	
Contact:	Graham Hill	Phone: 07990 990252
Email:	inclusive@bicesterparkfc.co.uk	



Email - [inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk) or call 07990 990252

# Short Breaks Update for Families with Disabled Children and Young People

Abingdon



## St Edmunds FC New Players Wanted Inclusive Football



Be active    Have fun    Make new friends    Play football

We are a friendly youth football club looking for new players to join our pan-disability football teams (boys & girls). All abilities are welcome!

Days: **Friday Evenings (School Terms)**    Time: **6pm-7pm**

Location: **Abingdon United, Northcourt Road, OX14 1PL**

Public Transport: **Boundary House Bus Stop**

Team Manager: **Gemma Samways**    Ages: **From 5 to 55+**

Email: **[stedmundsinclusive@gmail.com](mailto:stedmundsinclusive@gmail.com)**



Scan this QR code to see our training venue.

For more information about our pan-disability teams, please contact our team manager, Gemma Samways via email.

Email - [stedmundsinclusive@gmail.com](mailto:stedmundsinclusive@gmail.com)

Scan QR code to see their training venue.

# Short Breaks Update for Families with Disabled Children and Young People

Witney

WITNEY ATP  
MONDAY 6-7PM



COME AND  
JOIN US!



## TOWER HILL INCLUSIVE TEAM



We are a friendly team that aims to create a nurturing, supportive environment. Several coaches work with the team at each session, building self confidence and social skills as well as footballing talent!

Children over 8 and young adults all welcome. Please contact Sue Newport on 07966 153797 or [sue@rsbjn.co.uk](mailto:sue@rsbjn.co.uk)



For more information, please contact Sue Newport on 07966 153797 or via email - [sue@rsbjn.co.uk](mailto:sue@rsbjn.co.uk)

# Short Breaks Update for Families with Disabled Children and Young People

Oxford



## SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



Cerebral Palsy Sport  
\*\*\*\*\*

We are the Mixed U16 Warriors, come and join our regular Cerebral Palsy Football sessions. Open to males and females aged 5 and over who would like to play football and be part of our fun and friendly team. No experience is necessary.

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.



CONTACT

[enquiries@summertownstars.org](mailto:enquiries@summertownstars.org)

Sarah - 07947 624354

[enquiries@summertownstars.org](mailto:enquiries@summertownstars.org) Sarah - 07947 624354



# Short Breaks Update for Families with Disabled Children and Young People

Oxford



## Blast off with Comets!

A safe space for disabled children aged 5 - 11 to kickstart their football journey



Scan here to see Comets in action!

Time and Date: 13:00, Sunday - email or call us for dates

Location: Leys Pools & Leisure Centre, Pegasus Rd, OX4 6JL

Contact: Kirsty Greenough Phone: 07803 877016

Email: oxfordblackbirdsdisability@gmail.com



Get in touch to book your first session

For more info - [oxfordblackbirdsdisability@gmail.com](mailto:oxfordblackbirdsdisability@gmail.com)

# Short Breaks Update for Families with Disabled Children and Young People

Henley

**HENLEY YMCA,  
2 LAWSON ROAD,  
HENLEY-ON-THAMES,  
RG91NZ.**

**COME JOIN US!**

**SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW**

**youth disability  
football sessions**  
**U12 (AGES 8 - 11 YEARS)**  
**WEDNESDAYS ● 5PM - 6PM**

**£3.00**

**CONTACT: 01491 411849**  
**EMAIL: PHIL@HENLEYYMCA.ORG.UK**

The Henley YMCA in partnership with Oxfordshire FA are now running JUSTPLAY Youth Pan Disability Football sessions for children aged 8-11, all disability groups are welcome! Only £3 a session. Youth Pan Disability Football - every Wednesday, 5-6pm. If interested, please fill out the form:- <https://forms.office.com/e/8t5ZAwGa1x> For more info, email [phil@henleymca.org.uk](mailto:phil@henleymca.org.uk)

Our sessions are social drop-in sessions, that are inclusive, fun filled, exciting and affordable. They are designed for the participants to enjoy, improve their physical and mental health, reduce stress and help the community to socialise, as well as staying active and healthy!

# Short Breaks Update for Families with Disabled Children and Young People

# SEND RUGBY

## SESSIONS



Banbury

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



FUN  
SAFE  
FRIENDLY



SUPPORTED BY  
THE NATIONAL LOTTERY  
SUPERVISED BY  
EXPERIENCED, QUALIFIED COACHES

VOLUNTEERS WANTED

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



**RFU**  
Accredited Club

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



For more info, please email Matt Goode -  
[matt.goode@banburyruc.co.uk](mailto:matt.goode@banburyruc.co.uk) or call on 07503 712903

# Short Breaks Update for Families with Disabled Children and Young People

**Bicester**



**THERE'S A TEAM FOR YOU**

**AT GOSFORD ALL BLACKS RFC**

**SEN-friendly family group sessions**  
**Sundays 10-11am - Ages 4 to 17**

All sessions are non-contact with the primary focus on a safe and inclusive environment to offer a diverse range of fun and engaging games for all.

All coaches DBS checked and with RFU training and safeguarding

email: [youth@gosfordrugby.com](mailto:youth@gosfordrugby.com) - tel: 0753 111 8213  
[www.gosfordrugby.com](http://www.gosfordrugby.com)

Book your spot on <http://bit.ly/GAByouth> or scan the QR code



If you're interested in coming for a taster session, please email - [youth@gosfordrugby.com](mailto:youth@gosfordrugby.com)

**Wallingford**

**AND...**

**\*\* Also , check out Inclusive Tag Rugby at Wallingford Wolves... \*\***

<https://youtu.be/zgjEuXYuJ74>

# Short Breaks Update for Families with Disabled Children and Young People

## SEND JUMP SESSIONS

**Trial 2nd session added...**

Our dedicated jump sessions create a safe and inclusive environment for individuals with Special Educational Needs and Disabilities and includes use of both the Trampoline Park and Soft Play.

**When:** every 2nd & 4th Sunday of every Month - 3.30pm - 5pm Starting from 14th July

**Cost:** £6.70 per child

Please note that there is no additional charge for one accompanying adult/carer for this session.


For more information email [carterton@gll.org](mailto:carterton@gll.org), book via the **Better UK app** or at [better.org.uk/book](https://better.org.uk/book)



Carterton Leisure Centre - [carterton@gll.org](mailto:carterton@gll.org)  
<https://www.better.org.uk/book-activity>



The session will run at a reduced capacity and is for children aged over 18 months. Supervision ratio for under 8's apply: 18 months - 4 years = 1 adult : 1 child, 5 years - 7 years = 1 adult : 10 children and over 8 years = no ratios apply. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398




## PDA for parents & carers

Dec 2nd and 9th, 10:00 - 12:45pm

**We'll cover...**

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings



**Live online**

Our two-part course provides a solid foundation for parents, carers, and family members of PDAers. In this course we will explore different support approaches to help you find what works best for them.

We aim to create a safe, supportive space - there's no pressure to have your camera on, and you can ask questions or listen quietly with the option to connect with others in the chat.

If this time doesn't work for you, additional dates are available on our website.

**To book your place, go to - [Tickets - PDA for parents and carers](#)**

For any questions, feel free to contact us at [training.support@pdasociety.org.uk](mailto:training.support@pdasociety.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People

The poster features a blue background with white text and illustrations. At the top, it says 'What is PDA?' and 'For male parents & carers'. Below that, it indicates the date and time: 'Dec 4, 7 pm - 9:30 pm'. The central illustration shows a man and a child holding hands, with two hearts floating above them. In the bottom left corner is the PDA Society logo, and in the bottom right corner, it says 'Live online'.

This introductory online session provides a supportive space for male and non-binary parents or carers of a PDA person (whether formally diagnosed, self-identified or exploring the profile) - <https://ow.ly/Cyck50TX91v>

Led by male trainers with lived experience, this 2.5-hour course will explore:=

What PDA is and how it feels

The effects of demands

Helpful approaches and resources

Our guest speaker, Duncan Casburn (PDA Dad UK), will share his insights as a father of a PDA teenager, along with our expert trainers. You'll also have the opportunity to ask questions and connect with others who share similar experiences.

For any questions email us at [training.support@pdasociety.org.uk](mailto:training.support@pdasociety.org.uk)



## Neurodivergent Friendly Homes Webinar

with Larissa and Ellie

Join Ellie, Peer Support Practitioner, and Larissa, Occupational Therapist, for this webinar on making your home more supportive for neurodivergent individuals.

### What to expect:

- **Practical adjustments:** Simple changes that make a big impact on creating a safer, more soothing space.
- **Sensory-friendly design:** Techniques to adapt your home to meet diverse sensory preferences.
- **Organisation strategies:** Tips to reduce clutter, stress, and overwhelm.
- **Tech solutions:** Smart tools that can enhance comfort and functionality.

Aimed at parents, carers, or anyone looking to create a neurodivergent-friendly space.



Tuesday 3rd December

11:00am-12:00pm

£10 a ticket (+ booking fee)

Tickets available from Eventbrite



\* Our webinars are recorded and will be available to view at your convenience after the event for up to 14 days. An email containing the link to the recording will be sent to you within 2 working days of the live event ending.

Tickets available here <https://www.eventbrite.co.uk/e/1043562342057...>



# Short Breaks Update for Families with Disabled Children and Young People

## Being the Boss

### Workshops for Individual Employers and those receiving Direct Payments

A series of FREE online sessions on Zoom delivered by Iggy Patel and Anne Pridmore, supported by Bringing Us Together and Adult Social Care Warriors.

for info and booking email: [karen@bringingustogether.org.uk](mailto:karen@bringingustogether.org.uk)

- ~~- Understanding how the law works and using the Care Act for maximising your budget -  
Thursday 26th September 2024, 1.00pm to 3.00pm~~
- ~~- PA recruitment, interviews, contracts -  
Wednesday 30th October 2024, 1.00pm to 3.00pm~~
- ~~- Care planning for main carer/Guardian when they can no longer provide care -  
Thursday 28th November 2024, 1.00pm to 3.00pm~~
- Personal Health Budgets -  
Wednesday 29th January 2025, 1.00pm to 3.00pm
- Better working with the local authority - building confidence for meetings and reviews (the 'care net') -  
Wednesday 26th February 2025, 1.00pm to 3.00pm
- Staying Well Whilst Being the Boss -  
Wednesday 26th March 2025, 1.00pm to 3.00pm

Funded by Skills for Care, our bespoke workshops are designed to provide you with the information, knowledge and confidence to be the best boss whilst taking away some of the burden we all feel.

We will be sharing tips and ideas on looking after yourself whilst being the boss and managing PAs. Workshops are delivered by an experienced team of trainers who are all employers of Direct Payments and active in the world of independent living. We provide a safe place for you to share experiences, learn with others and find solutions.

All workshops are recorded for those unable to make the dates.



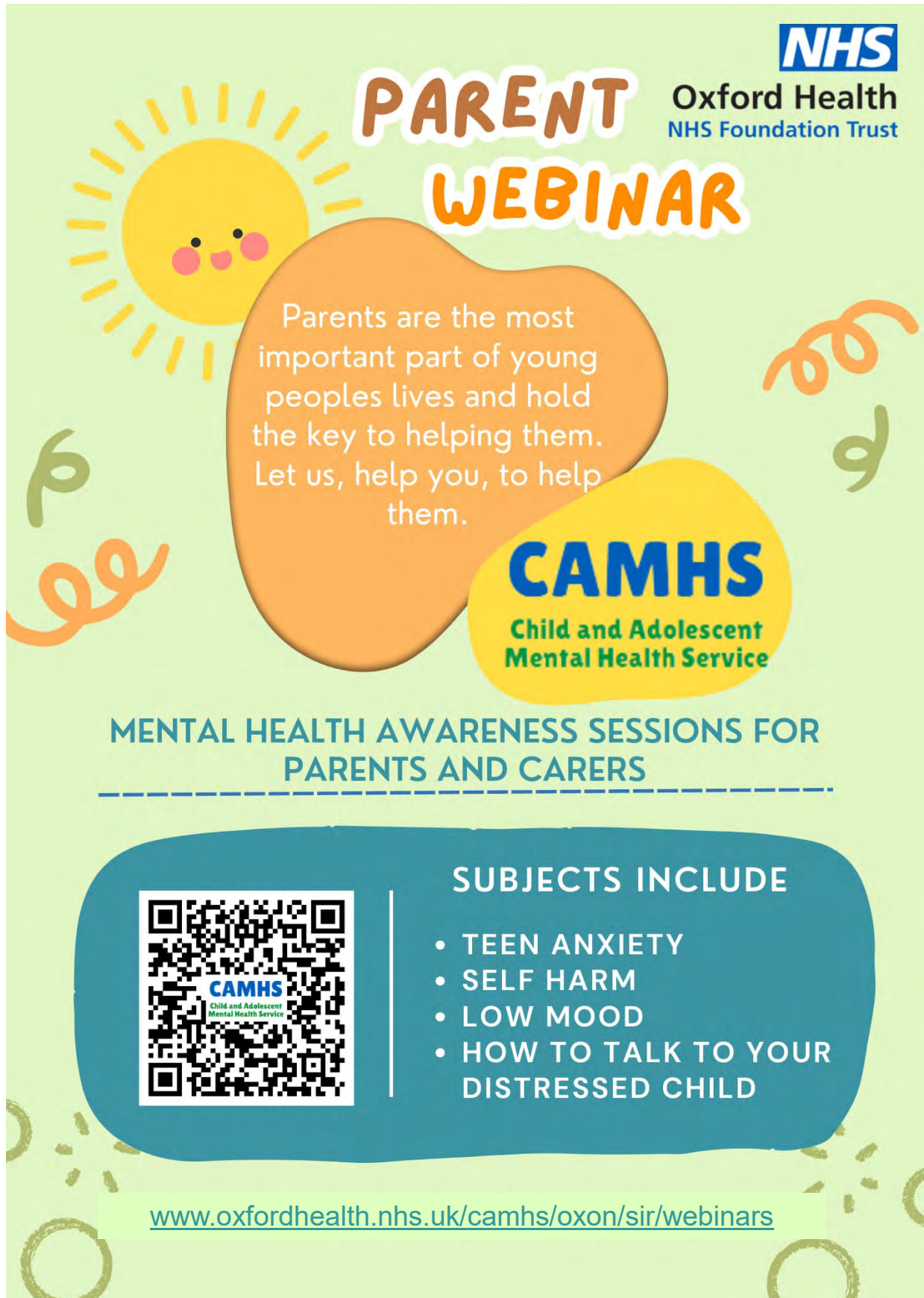
ADULT SOCIAL  
CARE WARRIORS



Could be useful for those family carers employing or thinking of employing their own PA's.

All workshops are recorded for those unable to make the dates. For further information and booking email: [karen@bringingustogether.org.uk](mailto:karen@bringingustogether.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People



**NHS**  
Oxford Health  
NHS Foundation Trust

## PARENT WEBINAR

Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.


**CAMHS**  
Child and Adolescent  
Mental Health Service

### MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

---

**SUBJECTS INCLUDE**

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

  
CAMHS  
Child and Adolescent  
Mental Health Service

[www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars](http://www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars)

# Short Breaks Update for Families with Disabled Children and Young People



## 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](mailto:autismcentralsoutheast@aspens.org.uk)



The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic people, parents and carers and subject matter experts, and follow the most recent research and guidance. Families do not need to have a diagnosis to access support through us.

Scan the QR code above or email us—[autismcentralsoutheast@aspens.org.uk](mailto:autismcentralsoutheast@aspens.org.uk)

# Short Breaks Update for Families with Disabled Children and Young People



## Online Course and Live Workshop



Embracing Autism is an online 8 week course for parents of recently diagnosed children of any age including teens. It covers all the information you will need, to understand and support your child in the early weeks and months after diagnosis.

**Coping and Behaviour at School and Home**  
**Sensory Processing (including Eating)**  
**Social Communication and Interaction**  
**Anxiety & Stress**  
**Sensory and Emotional Regulation**

**Register here:** <https://courses.theyarethefuture.co.uk/embracing-autism-parent-course>

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Dont worry if the course has already started - you can easily catch up.

In the final (8th) week we invite you to attend a Live Online Workshop on Zoom. The course is an exciting collaboration between Everlief and other autism professionals:

**Dr Lucy Russell, Clinical Psychologist, Everlief**  
**Dr Marcelina Watkinson, Clinical Psychologist, Everlief**  
**Dr Cassie Coleman, Consultant Community Paediatrician, [www.drcassie.co.uk](http://www.drcassie.co.uk)**  
**Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd**  
**Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy**

To register, please go to our website - [Embracing Autism Online Course](#)

# Short Breaks Update for Families with Disabled Children and Young People



## An overview of each Level



- Level 1**
- What is the Makaton Language Programme
  - Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
  - Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
  - Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
  - **Finger Spelling**
  - Tips for effective signing
  - Makaton's place in the Signing World
  - Three formal levels of Makaton Use
  - Multi-Modal Communication
  - Signing for Comprehension and Expression
  - How are Makaton Symbols used?
  - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 2**
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
  - Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
  - Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
  - Research Support for Signs and Symbol Use
  - Makaton Symbols Design Themes
  - Teaching Procedures
  - Signing for Comprehension and Expression
  - Practical Applications of Makaton
  - Sequencing Events
  - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 3**
- Revision of signs and symbols from Levels 1 & 2
  - Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
  - Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
  - Conveying meaning accurately by choosing the right signs & symbols
  - Talking about people
  - Signing for Comprehension and Expression
  - Talking about possession
  - Analysing Sign production
  - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 4**
- Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
  - Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
  - **Additional IT** signs and symbols.
  - Time concepts
  - Keeping things simple (core)
  - Interpreting and Translating more detailed information
  - The power of Symbols
  - Integrating and extending personal Signing and Symbol skills
  - Using Signs and Symbols; developing techniques, position, movement & direction

Contact: [LibbyMakatonTutor@gmail.com](mailto:LibbyMakatonTutor@gmail.com) <https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

# Short Breaks Update for Families with Disabled Children and Young People

All in-person courses  
at OCVA offices



**\* There are NO courses in December 2024 \***

## **Emergency First Aid at Work**

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work.

The Emergency First Aid at Work course meets the requirements of the HSE (Health and Safety Executive) and is nationally recognised, designed for those who have a specific responsibility at work to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities/

Thursday 16th January (7 hours). 9.30am - 4.30pm; £75 - £105.

## **Recruiting and Retaining Volunteers**

Volunteer recruitment is a constant challenge for many organisations. This workshop will explore the volunteer journey and how your organisation can recruit. Equipped with this knowledge you will have the chance to critique current volunteer recruitment campaigns, consider different ways of working and learn about current developments in the sector in Oxfordshire and how OCVA can help.

There will be opportunities throughout the session to reflect on your current methods of recruitment and volunteer management. OCVA's Volunteering Development Officer will offer her thoughts on how to retain volunteers based on professional experience and the findings of national research.

Thursday 23rd January (3 hours). 10.00am - 1.00pm; £40 - £70.

## **Fire Marshall Training**

Did you know that breaches of fire safety laws can result in unlimited fines and even imprisonment?

The Fire Marshal course is specifically designed for anyone who has a specific responsibility for fire safety in the workplace, such as designated fire wardens/fire marshals. Delegates will learn about causes and effects of fires, as well as how to prevent their spread and implement necessary emergency procedures. The course complies with the Regulatory Reform (Fire Safety) Order 2005.

Wednesday 29th January (4 hours). 9.30am - 1.30pm; £75 - £105.

More information and bookings taken on the OCVA website - [OCVA - current courses](#)

[training@ocva.org.uk](mailto:training@ocva.org.uk) or call 01865 251946

# Short Breaks Update for Families with Disabled Children and Young People

## Support service for over 18s...

### 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

Please contact Arise Youth Support direct if you're interested in finding out more about their service - [info@ariseyouthsupport.org](mailto:info@ariseyouthsupport.org) or visit their website -

[What we do – ariseyouthsupport.org](http://www.ariseyouthsupport.org)

# Short Breaks Update for Families with Disabled Children and Young People

## Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time


Every child is unique. I am dedicated to providing personalised and compassionate speech and language therapy for children aged 3-11 years.

**Serving private clients  
in North Hampshire and  
Oxfordshire**

Offering support for children  
who:

- have speech sound difficulties
- need help understanding spoken language
- struggle to follow instructions
- have limited vocabulary

Take a look at my website for

 further information:

[www.sltwithlesley.co.uk](http://www.sltwithlesley.co.uk)



Contact me to discuss your child on:

07702 490377 or via email:

[sltwithlesley@gmail.com](mailto:sltwithlesley@gmail.com)

Lesley offers bespoke, tailored speech and language support service for 3-11 year olds in Oxfordshire and North Hampshire.

For more information, please go to the website -  
<https://sltwithlesley.co.uk/> or contact Lesley via  
Facebook - <https://www.facebook.com/sltwithlesley>



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## AT HOME SENSORY SESSIONS - WITH SOPHIE

### WHAT IS THIS SERVICE?

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

### MEET SOPHIE



Hi! I'm Sophie.

I left school and started a Massage Therapy Apprenticeship at Reading Borough Council. Fast forward to now, I have worked as a Massage and Sensory Therapist, and with children and young people with SEND for over 10 years. This is my first and only job!

I have a Level 3 NVQ, Diploma in Massage, Anatomy and Physiology and have a fully enhanced DBS check.

### WHAT DOES THIS SERVICE OFFER?

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

### WHO WOULD BENEFIT?

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

### HOW TO FIND OUT MORE AND MAKE CONTACT

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

### WHAT ARE THE BENEFITS?

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



AT HOME SENSORY SESSIONS - WITH SOPHIE



[sensoryandmassagetherapy@hotmail.com](mailto:sensoryandmassagetherapy@hotmail.com) OR [Facebook - At Home Sensory sessions](#)

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## 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

If you would like to book a session, please complete an enquiry form through the 'Living Well with Neurodivergence' section on our website <https://onhs.autismoxford.com/> or alternatively, contact us at [youngpeoplesupport@autismoxford.org.uk](mailto:youngpeoplesupport@autismoxford.org.uk)

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## Be Free young Carers is an Oxfordshire based charity.

We support **young carers aged 8-17** who help to take care of a family member (parent, grandparent or sibling) that has a physical illness or disability, a mental health problem or is dependant on drugs or alcohol.

We offer **free respite trips** to places such as Chessington, Legoland and Ninja Warrior. This allows our young carers to have a much needed break away from their caring responsibilities and the chance to socialise and build friendships with other young people that are in a similar situation.

We also **offer 121 emotional support**, a bespoke befriending service and workshops in things such as first aid and cookery.

We currently support around 600 young carers in **South Oxfordshire and The Vale of White Horse** and are now expanding and offering our support to young carers living in **Oxford**.

If you feel that your child or young person is a young carer please get in touch via our website, [www.befreeyc.org.uk](http://www.befreeyc.org.uk), email us at the addresses below or have a look at our facebook and instagram pages.

### The Oxford Youth Workers

[Stacey.howard@befreeyc.org.uk](mailto:Stacey.howard@befreeyc.org.uk) 07845628559

[Lorraine.nicholls@befreeyc.org.uk](mailto:Lorraine.nicholls@befreeyc.org.uk) 07769387309

# Short Breaks Update for Families with Disabled Children and Young People



## 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)

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