

Out of School Activities

I would like to send all of our children and families very best wishes for Christmas and the new year. There are a number of festive ideas in the newsletter as well as more regular events. The Katherine House Hospice Tractor Run is taking part on Saturday, 14th December and is something not to be missed! Details are on page 2.

The end of the newsletter has information on local support groups, including a Facebook group that has been set up for male carers supporting a child with SEND.

Don't forget to visit 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



BANBURY CROSS ROUND TABLE SANTA FLOAT ROUTES 2024

Mon 2nd Dec	Hanwell Fields (Top)
Tue 3rd Dec	Upper Hardwick
Wed 4th Dec	Lower Hardwick
Thu 5th Dec	Hanwell Fields (Bottom)
Fri 6th Dec	Easington
Sat 7th Dec	Park Road
Sun 8th Dec	Bretch Hill
Mon 9th Dec	Queensway
Tue 10th Dec	Bodicote
Wed 11th Dec	Adderbury
Thu 12th Dec	Cherwell Heights
Fri 13th Dec	Longford Park
Sun 15th Dec	North Grimsbury
Mon 16th Dec	Warwick Road
Tue 17th Dec	Bloxham
Wed 18th Dec	Timms Estate
Thu 19th Dec	Bankside
Fri 20th Dec	South Grimsbury
Sat 21st Dec	Ruseote
Sun 22nd Dec	Waller Drive

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

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

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

Seasonal Events



TRACTOR RUN
For Katharine House Hospice

Donate £10
Text 'TractorLights 10' to 70085
Texts cost £10 plus one standard rate message.

SATURDAY 14 DECEMBER 2024

Want to donate a different amount? Whatever number is sent is the amount that is donated. For example, if you text 'TractorLights 20' to 70085, you will donate £20 to Katharine House Hospice.

KATHARINE HOUSE HOSPICE

The Banbury Christmas Tractor Run for Katharine House Hospice is back for 2024!

On Saturday 14 December a festive fleet of fairy-lit tractors will be taking a tour around local villages to spread some Christmas cheer and raise money for Katharine House Hospice.

The festive convoy will depart from Spring Hill Farm, Barford St Michael at around 5pm and will take to the roads travelling through the local villages, chugging along into Banbury, as well as driving by Katharine House Hospice to wave hello! The following are **approximate timings** that very much depend on traffic.

- **5pm:** depart from Spring Hill Farm (please do not come to the farm for the departure as it is very busy getting the convoy assembled!)
- **5.10pm:** reaches South Newington
- **5.25pm:** reaches Milcombe
- **5.45pm:** reaches Bloxham and continues along the A361 to Banbury
- **6.05pm:** reaches Banbury, continuing to the Oxford Road where the convoy turns left
- **6.15pm:** reaches Banbury Cross, which the tractors drive around and return back up South Bar and on to the Oxford Road (A4260) to Adderbury
- **6.40pm:** reaches Sainsburys
- **6.50pm:** reaches Banbury Rugby Club
- **7.00pm:** reaches Adderbury and Katharine House Hospice
- **7.25pm:** reaches Aynho
- **7.45pm:** reaches Clifton
- **8pm:** reaches Deddington and passes through the marketplace
- **8.15pm:** reaches Hempton
- **8.25pm:** reaches Barford St Michael
- **8.30pm:** reaches Spring Hill Farm

Seasonal Events

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

FREE

'Dear Santa' Sensory Story & Activities Pack

Dear Santa...

A Multisensory Story

Join our character as we explore their Christmas wish list to Santal



Claim your free pack

emailrhymingmultisensorystories@outlook.com

or

Visit the website www.rhymingmultisensorystories.com



SEND SUPPORT BANBURY

This Christmas we will be hosting our first ever Christmas event!

The Hill community Centre
14th December 12.15-1.45pm
£10pp

Make your own reindeer food
Make your own hot chocolate cone
Make your own baubles
Board games available

EQUILORE CHRISTMAS PARTY

VISIT SANTA IN HIS GROTTTO!
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](mailto:kim@equilore.co.uk)
PLEASE INCLUDE CHILDS NAME WHEN
BOOKING

To book email sendsbanbury@hotmail.com

THE STORY MUSEUM

One Snowy Christmas Eve with Korky Paul

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

Join legendary illustrator, Korky 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, Korky 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 Korky 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](#)



Hobby Rd, Bodicote, Banbury. Tickets are £12. Please book at

<https://bookwhen.com/laionisartsandcrafts1>

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

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



NOX

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



**** 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).

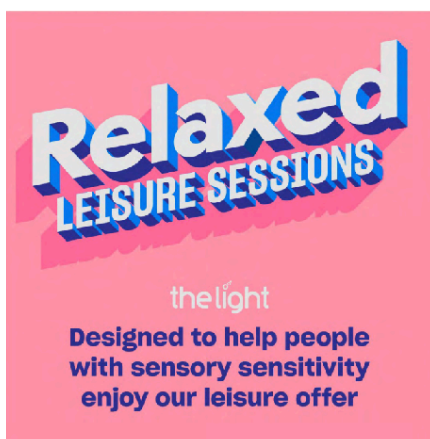
We create an environment which is as calm as possible, with reduced participant numbers, low music levels and multi-sensory climbing aids for those whom are visually impaired. For those with a physical need, who may need assistance to climb, please contact us beforehand so we can arrange suitable support. 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](#)



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



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

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

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



For children aged 11 to 17 years, £20 per session.
To book visit the SEND Support Banbury Facebook page



Smelly Wellies

7 November · 🌐

ASDAN 2 DAY COURSE

Saturday 1st March and Saturday 8th March

The cost for 10 hours is £150

IF YOU HAVE AN ANIMAL LOVING CHILD, THEN THIS COURSE COULD BE IDEAL FOR THEM!

ASDAN stands for Award Scheme Development and Accreditation Network

We are now offering the opportunity to gain 1 credit (10 hours).

Day 1: 10-3.00 pm

Day 2: 10-3.00 pm

The course is aimed at 13-19 year olds, however there will be some exceptions to this. These sessions are delivered in a fun, hands on and inclusive manner. We have received positive feedback from both students and parents.

Upon completion of the Animal Care Short Course your child will receive a certificate stating the title of the course and the number of credits achieved.

We are excited to offer this opportunity and if you would like any more information then please get in touch.

<https://www.facebook.com/100071309731420/posts/570284788691841/?>



Young Anjali Classes

Inclusive dance classes for people with learning disabilities in Oxfordshire age 16 yrs+

- ★ Learn new dance skills
- ★ Build your confidence
- ★ Be more creative
- ★ Improve your fitness
- ★ Make new friends

£9.50 per class




To Book:
scan the QR code
or text 07482 169 667

Anjali Dance Company celebrates the creativity and talents of learning-disabled people through dance and the arts.

Their open classes deliver high-quality dance opportunities nationally and internationally, offering workshops, residencies, and masterclasses in a supportive environment.

In 2025, Anjali Dance Company will host 2 Open Dance Classes in multiple locations across Oxfordshire.

Banbury – The Mill

• Classes: Mondays, 5:30–7:00 pm

• Start date: Monday 13th January 2025

Oxford – Old Fire Station

• Classes: Thursdays, 6:00–7:30 pm

• Start date: Thursday 16th January 2025

• Book your place

here.

These classes are specially designed for individuals aged 16 + with learning disabilities and associated conditions who have some prior dance experience.

For more details, please refer to the attached flyer or visit the booking links.

<https://www.ticketsource.co.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 14th 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

Girlguiding

VIRTUAL MEETINGS
£7 per month

An alternative way to take part in the fun and adventure of Girlguiding for girls aged 4 - 18 who are unable to attend face-to-face meetings for health or social reasons. Previous membership is not necessary.

All girls have a home in Girlguiding - whoever they are, and wherever they are in the UK. We are Girlguiding Connect district - LaSER.

Rainbows
for 4 - 7 year olds
Mondays & Thursdays

Brownies
for 7 - 10 year olds
Mondays & Thursdays

Guides
for 10 - 14 year olds
Mondays & Wednesdays

Rangers
for 14 - 18 year olds
Thursdays

Email: connectdistrict@girlguidinglaser.org.uk

Join: bit.ly/joingconnect

Instagram/TikTok: @ggconnectdistrict Facebook: Girlguiding Connect district

**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



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/>



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



24HR HOTLINE
+44 7732 148196

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



BANBURY INCLUSIVE FOOTBALL SESSIONS

YOUTH DISABILITY SESSIONS FOR BOYS AND GIRLS AGED 5 - 15 YEARS OLD
DELIVERED BY BANBURY DISABILITY FOOTBALL PARTNERSHIP.

Inclusive football for all, regardless of physical or learning difficulties.

£2 PER SESSION

(first session on 26th Nov free of charge*)

DATE: WEEKLY - Starts Sunday
26th November 2023

TIME: 11am - 12pm

VENUE: Longford Park Football Club,
Longford Park Road, Banbury,
Oxfordshire, OX15 4FU



FOR MORE INFORMATION AND/OR TO REGISTER
contact Claire Curtis via clairecurtis2010@hotmail.co.uk



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
07482 577424
or visit www.lordstavemers.org
Registered Charity No. 982251 | 0950896, SC04628



LORD'S TAVERNERS
Give 19 years pep a sporting 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
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

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 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

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

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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

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

To visit the calendar of all upcoming events at Thomley go to:-
<https://thomley.org.uk/calendar/>



Anjali Open Classes return to The Mill, Banbury

Have you got a passion for dance and want to learn more? **NEW** dance classes for people who have learning disabilities and associated conditions, aged 16-30 years, with some prior dance experience.

Join us for intermediate, inclusive dance sessions where you will work on your:

- ✓ Dance technique
- ✓ Creative and choreography skills
- ✓ Performance training
- ✓ Fitness and health

You will also get chance to meet other people, socialise and build a community together. Sessions will be led by an industry professional dance artist with a support worker. (personal care is not provided)

Mondays, 5.30 – 7pm,
The Mill, Banbury

Starting Monday
15 April for 6 sessions

£51 per 6-week block
(£8.50 per session)

Limited places so we
advise booking early

For more information:
info@anjali.co.uk

To book, follow this
link or scan below:
www.shorturl.at/drjV7





Romy Whai



Romy Whai

Anjali
dance company

Support for Parents and Carers

About this group

We are an independent parent carer support group ran by Dads for the Dad's, Stepdads, Grandads and Carers.

This Drop-in space has been created as a safe space without judgment, where you can share your thoughts, feelings, concerns, and queries about life as a SEND parent carer.

Men's mental health isn't talked about enough, and we get it; it's hard to open up to others and share things that are bothering us, which is why we have created this group - so that we can all support each other.

If you are struggling to reach out, we have put together a post with links to mental health charities—the post has been pinned under featured posts.

Thanks for joining us

SEND Dads Drop In Team [See less](#)



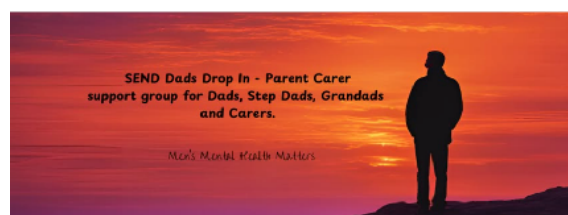
Private

Only members can see who's in the group and what they post.



Visible

Anyone can find this group.



oxfsn Oxfordshire family
SUPPORT NETWORK



Upcoming Events 2025

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



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



ALL THINGS SEND

Family SEND Support Group

You are an amazing bunch who are working incredibly hard, day in day out, to support and nurture your children despite their challenges. You deserve an hour to yourselves to chat about your experiences over a cuppa and a biscuit!

Grab the time and opportunity to **chat freely** to each other in a **non-judgemental** space. There is no formal agenda, just the chance to talk about **what works well** and **what is tricky**.

WHEN: Friday mornings, drop in between 8:45am and 11am
WHERE: Hill View School Community Bungalow, OX16 1DN



If you would like to come along, just turn up!
To find out more please contact Emma Ford at eford@hillview-school.co.uk or Emma Jevavons at 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.

Support for Parents and Carers

New!

Parent Support Group

A peer support group for parents of teens that have additional needs and/or mental health concerns.

This is a parent-focussed group, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your teen.



When? Tuesdays 6-7.30pm
Starting Spring 2024

Where? St Mary's Church Hall,
Church Street,
Kidlington OX5 2AZ

Cost? Free!



Empowering parents through shared experience and professional support

If this sounds like the group for you, please get in touch with Felicity on 07821 542182
Alternatively email felicityscroggie@gmail.com and leave your name and number for a call back



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

Autism Oxford UK Limited

LIVING WELL WITH NEURODIVERGENCE

NHS Oxford Health NHS Foundation Trust

<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

The Hill SEN SOCIAL FAMILY CLUB

EVERY WEDNESDAY (term time)

5:30 - 7:30PM



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



NHS
Oxford Health
NHS Foundation Trust

www.oxpcf.org.uk

info@oxpcf.org.uk

 easyfundraising

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>