

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the January Short Breaks Update...

Happy New Year to you all! Some activities for you including a new weekly SEND climbing session in Bicester, dance, wheelchair training & more!! Plus some training & webinars!



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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

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



Bookings are essential

For more information or to book your place contact our team:

E: bookings@endorphins.uk

T: 0330 1332642



Email - 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!

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

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 T: 0330 1332642



Email - bookings@endorphins.uk or call 0330 133 2642

Short Breaks Update for Families with Disabled Children and Young People



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

CHRISTMAS HOLIDAYS

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!



**2ND AND 3RD 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

For more info - charlie.faux@sportworksltd.co.uk

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

Short Breaks Update for Families with Disabled Children and Young People



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
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Email: connectdistrict@girlguidinglaser.org.uk
Join: bit.ly/joinggconnect
Instagram/TikTok: @ggconnectdistrict Facebook: Girlguiding Connect district



Girlguiding Connect Information Sessions



Find out how and why to connect to Connect – no commitment

Sun 5th Jan @3pm
Thur 9th Jan @ 7pm

To find out more and sign up for an info session:
<https://linktr.ee/girlguidingconnect>



To find out more, please email:-
connectdistrict@girlguidinglaser.org.uk

To sign up for info session:-
[Sign up - Girlguiding Connect](https://linktr.ee/girlguidingconnect)

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** are showing Moana 2 on 5th January at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light, Banbury** are showing Toy Story on 5th January; A Bug's Life on 12th January; Toy Story 2 on 19th January & Monsters Inc on 26th January, all at 10.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- * **Odeon** haven't released what their autism friendly screening is yet but it's usually shown on the 2nd Sunday of each month 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** haven't released what their autism friendly screening is yet but is usually shown on the 3rd Sunday of the month at 11.00am in The Phoenix in Oxford.
- * **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

**** Weekly for 2025 ****



**** SEND SESSIONS ****

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 before hand so we can arrange suitable support. If you require a social story before your session please contact us - info@clipnclimbbicester.co.uk.

These sessions are also 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 (one complimentary hot drink per booking).

Session times: Friday 5:30pm – 6:30pm (in Oxfordshire term time)

£12 per session includes climb and complimentary hot drink for the booking adult.

To book, go to our website - [Bicester Clip n Climb booking](#)

Short Breaks Update for Families with Disabled Children and Young People

Banbury

Led by local mum Caroline
Writer, performer
and trainee
psychotherapist

MAMA TIME



Supported by

**well
together**

Fridays 1pm - 2.30pm

at The Sunshine Centre,
Edmunds Road, Banbury, OX16 0PJ

January: 10th, 17th, 24th and 31st.
February: 7th and 14th.

You are
welcome at
any or all of
the sessions.

If you want to
bring your kids,
there'll be
childcare in the
room so you can
focus on you.

Mums - this is YOUR space.

A space to share what it's really like - the amazing stuff -
the boring stuff - and the really hard stuff.

We might do some writing - we might stretch our
bodies - there will definitely be cake.

No advice - just support and being
alongside one another.

**FREE
TO
ATTEND**

Please call 01295 276769 to book on.
Limited spaces available.



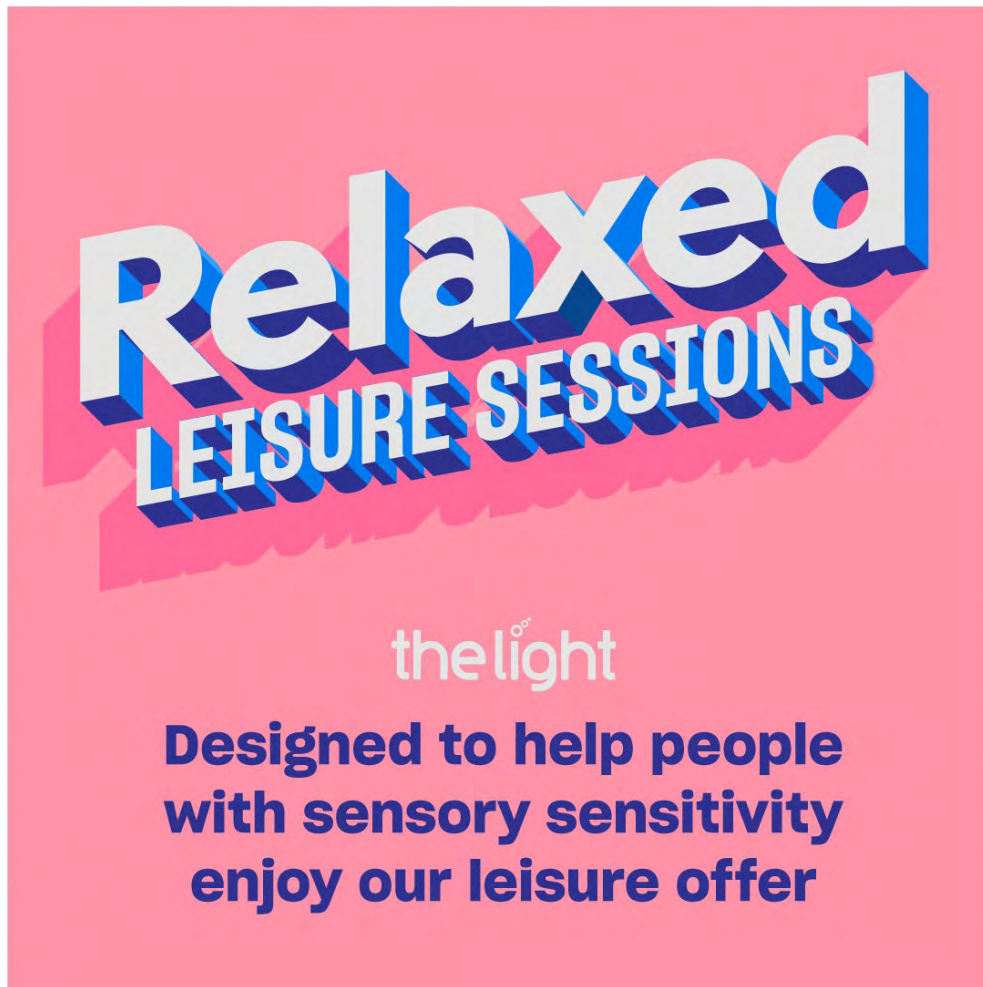
The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

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

**** Places are limited so please call 01295 276769 to book your place ****

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



AUTISM
FAMILY
SUPPORT
OXFORDSHIRE

Q&A with AFSO and LCSS



'Empowering families through Early Help: a strength and needs approach'.

Friday 10th January 2025

12 – 1:30PM

On Zoom

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

To make a referral: www.afso.org.uk

Enquiries: advice@afso.org.uk

Nurture • Enable • Inspire



AUTISM
FAMILY
SUPPORT
OXFORDSHIRE

Q&A with AFSO and Oxford Neurodiversity Education



'Understanding PDA: Managing Burnout and Barriers to Education'.

Monday 20th January 2025

7 – 8:30PM

On Zoom

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

To make a referral: www.afso.org.uk

Enquiries: advice@afso.org.uk

Nurture • Enable • Inspire

If you have already made a referral to us, please email us for the Zoom link - advice@afso.org.uk 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

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



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

In 2025, Anjali Dance Company will host 2 Open Dance Classes in these locations:-

Banbury – The Mill, Mondays, 5:30–7:00 pm, Start date: 13th January 2025

Oxford – Old Fire Station, Thursdays, 6:00–7:30 pm, Start date: 16th January 2025

These classes are specially designed for individuals aged 16 + with learning disabilities & associated conditions who have some prior dance experience. For more details, go to the booking link - <https://www.ticketsource.co.uk/anjalidance>

Short Breaks Update for Families with Disabled Children and Young People

GO KIDS GO

WHEELCHAIR SKILLS TRAINING

Free, fun and inclusive sessions for 2 -18 year olds. Extra wheelchairs provided so the whole family can join in!



Manual or powered wheelchairs
Propulsion & manoeuvring
Slopes and rough ground,
Back wheel balancing,
Road safety
Emergency evacuation techniques
Wheelchair sports & Dance

Saturday 18th January
10am - 1.30pm

Brookes University Sports
Centre, Cheney Ln,
Headington,
Oxford OX3 0GB

Free parking
Please bring a snack / packed
lunch

To book a free place email
training@go-kids-go.org.uk

To book your free place, please email training@go-kids-go.org.uk

Short Breaks Update for Families with Disabled Children and Young People



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 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](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050
www.storymuseum.org.uk

Short Breaks Update for Families with Disabled Children and Young People



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!



To book, call the Box Office on 01865 807600 or visit: [Fairytales | The Story Museum](#)

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050
www.storymuseum.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Purple
Advisory Care



SATURDAYS
10AM-12PM

Next dates are in
2025...

11th Jan, 8th Feb, 8th March,
5th April, 3RD May, 14th 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

Short Breaks Update for Families with Disabled Children and Young People



Learn how to play *PickleBall*

**FOR CHILDREN & YOUNG PEOPLE WHO ARE
AUTISTIC OR HAVE A MILD LEARNING DISABILITY
STARTING JANUARY 2025 IN OXFORDSHIRE
BOOKING IS ESSENTIAL**



**Come join us on Saturdays 10am-3pm at Glory Farm School,
Bicester, OX26 4YJ**

**For more information and to book: charlie.faux@sportworksltd.co.uk
or text/call 07940459335**

For more info - charlie.faux@sportworksltd.co.uk

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

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

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

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

Delivered by SportWorks

OXFORDSHIRE SHORT BREAKS

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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

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

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

Short Breaks Update for Families with Disabled Children and Young People



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



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 or Oona on oonabannister@oxfsn.org.uk

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



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



For more information & booking, please email:- learnrabike@gmail.com

Short Breaks Update for Families with Disabled Children and Young People




Launton Village Players present their 38th pantomime

Beauty and the Beast

A traditional family pantomime

Wed 19th to Sat 22nd Feb 2025
 In Cooper School Performance Hall, Bicester, OX26 4RS

Family Discounts available for all shows!

WINNER of 2024 ODN & NODA District Best Panto Awards!

***Relaxed Performance Thursday at 10:30am**

Scan here for tickets!



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

Suitable for the whole family to enjoy!

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

 All profits donated to The Hummingbird Centre

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, (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

RESEARCH PARTICIPANTS NEEDED

Are you a parent of an autistic young adult who has experience of transitioning from child to adult mental health services?



Researcher: charlotte.roche.2022@live.rhul.ac.uk
Research Supervisor: lauren.bryan@rhul.ac.uk

I would like to invite you to take part in my research project, which aims to understand how parents of autistic young adults experience the process of their child transitioning from child and adolescent mental health services (CAMHS) to adult mental health services (AMHS).

Inclusion Criteria:

- Being a parent of at least one autistic young adult.
- The young adult has begun, attempted or completed the transition directly from CAMHS to AMHS within the last 10 years.
- The young adult must have a formal diagnosis of autism.
- Living in England.

Participation involves attending a remote interview for approximately one hour. You will be reimbursed for your time with a £10 Amazon voucher.

If you are interested in taking part, please contact me via charlotte.roche.2022@live.rhul.ac.uk, I would be very pleased to provide you with more detailed information.

Ethical Approval Reference ID: 304
Ethical Approval Date: 25/03/2024

Please contact charlotte.roche.2022@live.rhul.ac.uk if you would like more information or wish to participate in the research project.

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

REGISTER
HERE



<https://t.ly/A5Kfw>

Questions? Email Dr Jiedi Lei at - 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

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

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; 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



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

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 or email Carol at - [SEN social family club](#)

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

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
www.facebook.com/kidlinksuk 
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

www.kidlinks.org.uk

www.facebook.com/kidlinksuk

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

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



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 sessions do tend to be split based on age but realise 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.

** The website hasn't been updated yet with the 2025 sessions so please email direct to find out more or check the website for updates. **

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

Short Breaks Update for Families with Disabled Children and Young People



FAMILY PLAY SESSIONS

We are open weekdays, weekends and during school holidays to deliver sessions for the whole family.

At these sessions we offer a variety of activities depending on the children booked in. These sessions are £5 per family.

Where: A Place to Play, Lower Way
Thatcham RG19 3RR

**For more
information
contact
office@swingsandsmiles.co.uk**

Charity number: 1120598

For more information, contact office@swingsandsmiles.co.uk

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



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

Please contact Loes direct to book - www.equilore.co.uk

Short Breaks Update for Families with Disabled Children and Young People



At Autism Oxford UK, Abingdon

Tweens & Teens sessions

Autism Oxford UK Youth Club

Tweens- Ages 8-11 years	Teens- Ages 12+
Fortnightly- Next session: Wednesday 15th January 5:30-6:30pm £12 per session	Fortnightly- Next session: Wednesday 22nd January 6pm-7:30pm £15 per session

email therapies@autismoxford.org.uk

Regulated by 

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 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

Email: 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

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 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 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

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

Short Breaks Update for Families with Disabled Children and Young People



DISABILITY PROVISION WEST OXFORDSHIRE

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 or scan the QR code to book.



For more information, please contact the leisure centre direct - 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 a 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. If you would like to discuss any individual needs then please contact 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 or to discuss individual needs, please email - 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 or discover more at better.org.uk/white-horse



Better is a registered trademark and trading name of GLL (Greenwell Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277939). Registered office: 1032 Regent House, The Royal Arsenal, London, SE18 6SX. Ireland Revenue Charity no. XFN3398.

BETTER

More info - sue.auger@gll.org or www.better.org.uk/white-horse

Short Breaks Update for Families with Disabled Children and Young People

**** Next session - 11th January ****



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

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 bocchia 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**

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

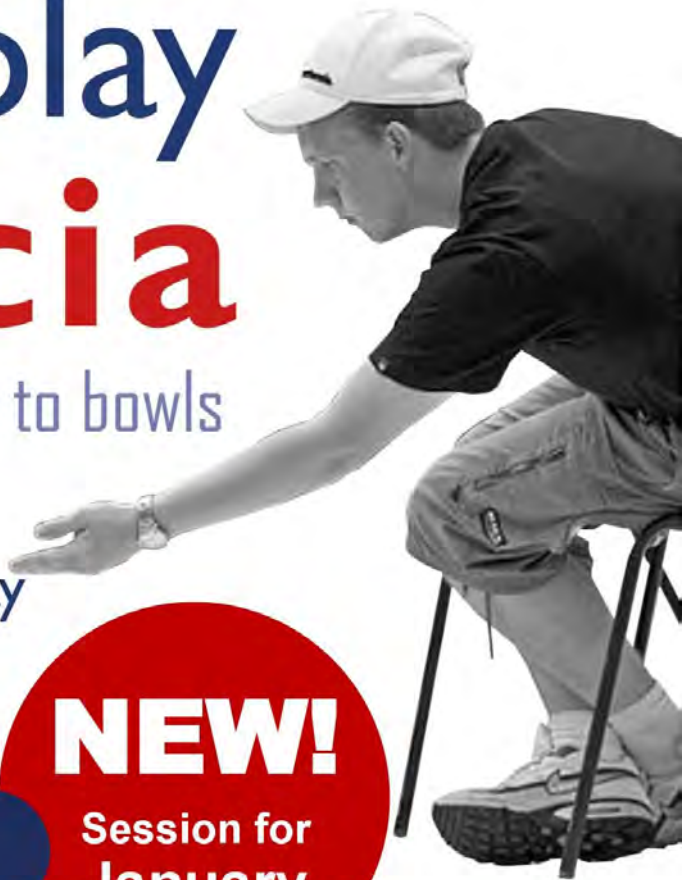
Just turn up and play

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

BANBURY UNITED

COMMUNITY

Neurodiverse Football

MONDAYS
5PM - 6PM

AGE 6-13
£2.50 Per Session

 NORTH OXFORDSHIRE ACADEMY ASTRO TURF

FOR MORE INFORMATION CONTACT:
COMMUNITYCOACH@BANBURYUNITEDFC.CO.UK



£2.50 per session, term time only. If you have a YouMove card, these sessions are free. For more details on YouMove, please contact - yomove@cherwell-dc.gov.uk




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

For more information, please email Ryan Jones on:-
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
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07990 990252 (Call, Text or WhatsApp)






For more info, please email - 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
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07880 557490 (Call, Text or WhatsApp)



For more info, please email - 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 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**



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

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



For more information, please contact Sue Newport on 07966 153797 or via email - 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

Sarah - 07947 624354

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

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

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.GOODE@BANBURYRUF.CO.UK
TEL: 07503 712903



For more info, please email Matt Goode -

matt.goode@banburyrufc.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 - tel: 0753 111 8213
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

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, book via the **Better UK app** or at better.org.uk/book



Carterton Leisure Centre - 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

Short Breaks Update for Families with Disabled Children and Young People



All in-person courses
at OCVA offices

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 or call 01865 251946

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

- ~~- 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

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

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

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
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 <https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

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



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

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 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

 Contact me to discuss your child on:

07702 490377 or via email:

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>

Short Breaks Update for Families with Disabled Children and Young People

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 OR [Facebook - At Home Sensory sessions](#)

Short Breaks Update for Families with Disabled Children and Young People



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

Short Breaks Update for Families with Disabled Children and Young People



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, 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 07845628559

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

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