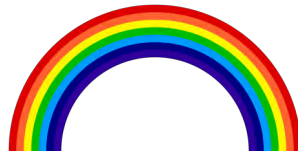


# Short Breaks Update for Families with Disabled Children and Young People



## Welcome to the April Short Breaks Update

Lots of activities this month - Easter activities, museum openings, gaming, inclusive family swim, fun days, cinema & lots more!!

Training & webinars too...



### What's in this edition...

P1	Welcome	P19	The ICE Centre Discos
P2	Magical Minds Family Fun	P20	Let's Play Family Fun Day
P3	Together for Neurodiversity Event	P21	Inclusive Tennis Festival
P4	Style Acre's Got Talent	P22	Thomley Family Fun Day
P5	The Music Club Easter Disco	P23	Flexicare Community Walk
P6	SEND Saturday Club	P24	Thomley Camping
P7	Autism Friendly Natural History	P25	Big Fish Project
P8	We Game - Carterton	P26	Calibre Audiobooks
P9	Autism friendly/relaxed cinema	P27	YouMove
P10	Fun & Friendship - Easter	P28-29	Swings & Smiles, Thatcham
P11	Thomley Upcoming Activities	P30	Thomley's Accessival
P12	Information Evening	P31	Parallel Windsor
P13	SEN Easter Craft session	P32	Regatta for the Disabled Henley
P14	Inclusive Family Swim	P33-37	Research opportunities
P15	Autism Friendly Science Museum	P38-44	SEND Stay & Play/Family groups
P16	Faringdon Mini Play Day	P45-76	Various activities & sports
P17	OxFSN Supported Living	P77-90	Training, events & webinars
P18	Turtle Opera	P91-97	Various therapies & support

**Contact details:-** Pauline MacKinnon - 07554 330244

Email - [shortbreaksfordisabledchildren@oxfordshire.gov.uk](mailto:shortbreaksfordisabledchildren@oxfordshire.gov.uk)

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

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

**BICESTER AUTISM**



## Magical Minds Family Fun



- Free Play
- Creativity
- Inclusive
- Dress Up
- Sensory Toys
- Positivity
- Crafts
- Messy Play
- Nurture
- Explore
- Friendships
- Stimulating
- Visualisation

join us for fun  
friendships &  
free play

Last remaining date this term



**1st Apr**

**4.30 - 5.30pm**

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

Made with PosterMyWall.com

**Contact us!**

[bicesterautism@gmail.com](mailto:bicesterautism@gmail.com); [www.bicesterautismadhd.co.uk](http://www.bicesterautismadhd.co.uk)

[www.facebook.com/bicesterautism](https://www.facebook.com/bicesterautism)

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

The poster features a teal background with a row of colorful stick figures holding hands. The text 'You're invited' is in a green script font, followed by 'TOGETHER FOR NEURODIVERSITY' in large white block letters. Below this is the 'MARMALADE' logo, which includes a jar icon. The event details are presented in two white rounded rectangles: one with the date '3 APR, 2025' and another with the time '10:00 - 13:00' and location 'OXFORD WESTGATE LIBRARY, THE WESTGATE, QUEENS STREET OX1 1PE'. A yellow banner states 'SPACES ARE LIMITED. BOOK YOUR TICKET!'. At the bottom, it says 'A JOINT COLLABORATION BETWEEN' followed by logos for 'SENtipede', 'Neurodiverse Voices', and 'Oxford Hub'.

*You're invited* **TOGETHER FOR NEURODIVERSITY**

**MARMALADE**

**JOIN US FOR A SERIES OF FLASHTALKS,  
WITH FANTASTIC GUEST SPEAKERS AND  
THE OPPORTUNITY FOR NETWORKING!**

**3**  
APR, 2025

10:00 - 13:00  
**OXFORD WESTGATE LIBRARY**  
THE WESTGATE, QUEENS STREET OX1 1PE

**SPACES ARE LIMITED.  
BOOK YOUR TICKET!**

**A JOINT COLLABORATION BETWEEN**

This is a free event but tickets must be booked...

[Together for Neurodiversity · Luma](#)



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



## Style Acres Got Talent is back!

It's going to be a fun-filled evening on Thursday 3rd April 2025 at the Marlborough Club in Didcot!

To get your audience ticket for just £7, head to [Style Acre's Got Talent](#)

Doors open at 6pm, with the show starting at 6:30pm

This is always a sell out so don't miss out get your tickets today!



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



## *EASTER DISCO*



Friday 4<sup>th</sup> April 2025 18.00 – 20.00

@ **WALLINGFORD SPORTS PARK PAVILION**

HITHERCROFT ROAD, WALLINGFORD, OX10 9RB

Free for music club member & siblings

£5.00 per Non member & £3.00 siblings /£10.00 family

For age 0 to 25Yrs REFRESHMENTS AVAILABLE

SPECIAL GUEST DJ DARREN PLAYING ALL YOUR FAVOURITE TUNES



PLEASE COME DRESSED TO IMPRESS, EASTER GAMES AND RAFFLE

For more info - [www.music4disabledchildren.org.uk](http://www.music4disabledchildren.org.uk)

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



**2025**

## SEND SATURDAY CLUB

### CARTERTON FAMILY CENTRE

**Saturday**

5th April,  
3rd May, 14th June  
& 12th July 2025

**10AM-12PM**

**SESSION COST  
£4.50**

- Free Flow Play
- Outdoor Play
- Craft Activities
- Tea, Coffee & Biscuits
- A Safe and Inclusive Environment
- Sensory Play

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'D LIKE TO COME ALONG.

MEET SOME OTHER PARENTS/CARERS AND FAMILIES IN SIMILAR SITUATIONS, ALLOW YOUR CHILDREN, YOUNG PEOPLE OR ADULTS TO PLAY/CHILL IN A RELAXED ENVIRONMENT AND SEEK SUPPORT AND ADVICE SHOULD YOU NEED IT.

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

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

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



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



## Autism Friendly Opening

Saturday 5th April, 9am-10am

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

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





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



## **We Game! APCAM fully inclusive gaming...SEN/Autism friendly sessions**

APCAM is offering this club for everyone to come along and play, either solo or join in with others. APCAM's mental health team will also be there to support you and our WeGame team of streamers, semi-professional gamers and gaming enthusiasts are there to play! Vintage, contemporary, online and multi-player gaming for everyone.

Young people, parents, friends, aunties, uncles - everyone is welcome! First Sunday each month.

**Sunday 6th April , 4th May & 1st June; 3pm - 5pm at Carterton Family Centre, The Allandale, Burford Road, Carterton, OX18 3AA.** [Under 11s must be accompanied by an adult. Parental details and contacts will be required for all under 16s. @we.game.apcam]

In order to offer We Game APCAM are collecting various gaming equipment, screens and VDUs. If you have items you would like to donate to WeGame please contact our team to arrange collection or drop off - email:- [wegame@apcamgroup.org.uk](mailto:wegame@apcamgroup.org.uk)

# 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 Disney's Snow White on 6th April at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light, Banbury** are showing Hey Duggee is 10 on 5th Apr; Sylvanian Families: The Movie on 6th Apr both at 9.30am; A Minecraft Movie on 7th Apr; Flow on 13th Apr; The Snail & the Whale on 19th April, Wallace & Gromit: The Wrong Trousers, all at 10.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- \* **Odeon** are showing Minecraft on 6th April 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** haven't released what their autism friendly screenings are but usually shown every Sunday morning at 10.30am. Please go to their website for more info:- <https://www.showcasecinemas.co.uk/autism-friendly-screenings/>
- \* **Picturehouse** are showing Babe on 13th Apr at 11.30am in The Regal, Henley on Thames; Wallace & Gromit: Curse of the Were-rabbit on 20th Apr also at The Regal, Henley at 11.00am and showing at 11.30am at The Phoenix in Oxford.

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

**Bicester**



## OXFORDSHIRE SEND SHORT BREAKS



### FUN AND FRIENDSHIP

Arts and Crafts, Sport, Sensory, and a lot more!

Designed for SEND children on a 1:4 staff ratio. Children must be aged 5-18. Contact [charlie.faux@sportworksltd.co.uk](mailto:charlie.faux@sportworksltd.co.uk) for more information.

Booking link



Running during school holidays

10am-3pm @ Glory Farm School OX26 4YJ

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



## Upcoming activities



### Easter Holidays!

#### Exotic animals workshop NEW

**Monday 7th April, 1pm**

Meet some exotic animals, in this workshop that hasn't been to Thomley before!

#### All day woodworking workshop

**Friday 11th April**

Paul will be in the art room all day, helping you make your designs come to life! Decorate and take home your woodwork at the end of the day!

#### Music workshop with Fred

**Tuesday 15th April, 12-3pm**

Another new workshop at Thomley, for our music enthusiasts.

#### Pirate Theatre Workshop

**Friday 18th April, from 11:30am - 3:30pm**

The last of our new workshops as the Easter Holidays draws to a close. An inclusive theatre experience for all run by Imajica Theatre.



### May half term!

#### CAMPERS ONLY!

One night camp from Friday 23rd, after 4pm, to Saturday 24th May, close at 3:30pm. An inclusive and fun camping experience.

#### Music workshop with Fred

**Wednesday 28th May, 12-3pm**

Another new workshop at Thomley, for our music enthusiasts.

#### Donkeys and farm animals at Thomley

**Friday 30th May, all day**

Who doesn't love donkeys! It's the first time we've had any here on site, along with some other farm animals.



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



West Oxfordshire SEN &  
Disability Group and The ICE  
Centre

## INFORMATION EVENING



for families and carers who support  
and care for young people and  
adults with a learning disability in  
West Oxfordshire



Sensory Room available



Refreshments will be served

An opportunity to hear about what is on  
offer in West Oxfordshire, to meet with  
local organisations and to speak with  
local councillors and people from Adult  
Social Care

**8TH APRIL 2025**  
**6.30 - 9.00 PM @ THE**  
**LANGDALE HALL, WITNEY**





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



Come and join us during the Easter holidays!

A structured Easter Arts and Crafts session with a small group of children. Parents welcome. There will also be a quiet area with sensory activities available for children who may need a little break or some quiet time. We hope to see you there!

Venue - Longford Park Community Centre, Hobby Rd, Bodicote, Banbury OX15 4GJ

Please book through - <https://bookwhen.com/laionisartsandcrafts1>



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

**\* Easter holidays special \***

## INCLUSIVE FAMILY SWIM

Join us for an inclusive swim designed for families with children, young people and adults with Special Educational Needs and Disabilities (SEND). Enjoy a safe and welcoming space for everyone in the family at **Didcot Wave Leisure Pool**.

**When:** Thursday 10th April

**Time:** 9.30am - 10.30am

**Cost:** Adults £7.40 | Children £4



Scan the QR code  
to book your place

EASTER HOLIDAY  
ACTIVITY



**BETTER**

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: XRA3398

**To find out more or to book, please go to:-**

**<https://www.better.org.uk/leisure-centre/south-oxfordshire/didcot-wave->**

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

## Autism Friendly Openings at the History of Science Museum

Explore Museum displays together  
in a quiet environment for families with  
members on the autism spectrum.

Backpacks developed  
with students from  
Iffley Academy



**SEND-friendly Light and Space backpacks**  
free to borrow

**Need ear defenders?** We have a few  
you can borrow – along with other  
**equipment** like reading aids – from  
the front desk.

Download your **Easy read guide**  
[www.hsm.ox.ac.uk/plan-your-visit](http://www.hsm.ox.ac.uk/plan-your-visit)

**Upcoming Autism Friendly Openings:**

12 April 10.45-11.45am

[hsm.ox.ac.uk/whatson](http://hsm.ox.ac.uk/whatson)

To book your place or learn more  
email Helen at [learning@hsm.ox.ac.uk](mailto:learning@hsm.ox.ac.uk)

t: +44 (0) 1865 277293







# Town Park's Mini Play Day

**FREE fun activities:** Ride on Time, Giant Bubbles, Art Avalanche, Faringdon Library stall, Active Communities and DIY Face Painting.  
Come with your parent/carer!

**When?**  
Wednesday 16 April, 12 noon-3pm

**Where?**  
Town Park, Gloucester St, Faringdon, SN7 7HY. Behind the library.

**Contact**  
Organiser: Martin Gillett  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk) | 07436 270267



For more information, please email OPA on - [martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk)

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



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



## Supported Living - Planning Ahead



**10.30am - 12.00pm**  
**23rd April 2025 - ONLINE**

This is a free online information event being held by Oxfordshire Family Support Network for family carers of people with a learning disability or a learning disability and autism to help them plan ahead for their relative who may need support with where they will live in the future.

YOU CAN BOOK BY SCANNING THE QR CODE ON THIS POSTER, OR BY VISITING OUR EVENTBRITE PAGE - <https://www.eventbrite.co.uk/e/the-care-act-tickets-1077547797469?aff=oddtcreator>

OxFSN offer the events free of charge, but as a small charity donations are welcome.  
<https://www.oxfsn.org.uk/donate/>



If you need any further information, please contact Kathy Liddell at [kathy.liddell@oxfsn.org.uk](mailto:kathy.liddell@oxfsn.org.uk)

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



If you wish to join this event, please book your free place:-  
<https://www.eventbrite.co.uk/e/1077567506419...>

If you have any questions, please feel free to contact us  
<https://www.oxfsn.org.uk/>

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



**TURTLE KEYARTS**

**JOIN OUR FREE MUSIC & DRAMA PROJECT FOR YOUNG PEOPLE (11-15 years) ON THE AUTISM SPECTRUM**

Apply now  
**FREE**  
Limited availability

Sat 26 Apr - Sat 21 June 2025  
**2pm - 5pm**  
Ogston Music School, **OXFORD**

## APPLY NOW for Turtle Opera Oxford 2025!

The nine weeks of FREE workshops, for young people on the autism spectrum, will involve participants creating their own stories and music for an informal performance, with a professional composer and director.

Applications must close soon so get your applications in now!

Saturdays 26th April - 21st June; 2pm - 5pm at Ogston Music School, Oxford  
To apply please fill in the online application form- <https://buff.ly/QcuCv8X>



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



## EVENTS 2025

### FRIDAY DISCO DATES:

**JANUARY 31ST**  
**FEBRUARY 28TH**  
**MARCH 28TH**  
**APRIL 25TH**  
**MAY 30TH**  
**JUNE 27TH**  
**JULY SEE EVENT DETAILS**  
**AUGUST 29TH**  
**SEPTEMBER 26TH**  
**OCTOBER 31ST**  
**NOVEMBER 28TH**  
**DECEMBER SEE EVENT DETAILS**

OUR DISCO'S TAKE PLACE ON A FRIDAY - 6.30PM - 9.00PM £8 ON THE DOOR.

SUMMER & CHRISTMAS EVENTS HAVE ADDITIONAL COST

### EVENT DATES:

**SATURDAY 19TH JULY - SUMMER PARTY**  
**SATURDAY 13TH DECEMBER - CHRISTMAS BALL**  
**EVENTS ARE CHARGEABLE & TICKETED ONLY**

Our social activities are unsupported, if you would like to discuss p.a. support for any of these events please contact us on 01993 846240



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

**Banbury**

## ***Family Fun Day***



Join us in April for a day full of fun activities.

Entry is free but paid activities are available!

£5 for 5 games.

£10 for 10 games.

All Children must be accompanied by an adult.



**SUNDAY**

**27th April, 2025**

**12pm-3pm**



**Hill View Primary School  
Banbury, OX16 1DN**

Parking available at The Musketeer



### **Activities:**

- Hook a duck
- Bouncy castle
- Teddy Tombola
- Sponge a Playworker
- Adult Tombola
- & lots more!

**No need to book, just turn up on the day and have fun!**



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

Abingdon



## OXFORDSHIRE INCLUSIVE TENNIS FESTIVAL 2025

WHITE HORSE  
LEISURE & TENNIS  
CENTRE,  
ABINGDON:

SUNDAY 27<sup>TH</sup> APRIL  
10:00 – 16:30



SCAN ME

### TENNIS IS A SPORT FOR EVERYONE!

Come and meet Louise Hunt, former British wheelchair tennis player & GB Paralympian

**There will be demonstrations of how adaptable tennis is:**

- **Walking Tennis** - A slower, simpler version of tennis played with softer balls and easy to pick up
- **Pickleball** - The new tennis craze which operates on a smaller court with lighter paddles
- **Wheelchair Tennis** - Equipment and expert coaches available, so anyone can try
- **SEN and Down's Syndrome Tennis** - Beginners and intermediates welcome
- **Visually Impaired Tennis** - The ball makes a sound so you can use your other senses to play tennis
- **Tennis for Health and Wellness** - A relaxed session where you can be yourself

Come along and watch or bring some trainers and have a go. It's free and there will be plenty of experienced coaches to help you!

**For more information, please scan the QR code above or contact:**  
[inclusivefestival@tennisoxfordshire.co.uk](mailto:inclusivefestival@tennisoxfordshire.co.uk)

For more information, please email us on [inclusivefestival@tennisoxfordshire.co.uk](mailto:inclusivefestival@tennisoxfordshire.co.uk)



## May Bank Holiday Family Fun Day

The whole community is welcome for a reduced price family fun day, an affordable day out to end the summer for just £5 per child for the day. Parents £1 entry.

All activities on the day are included within your ticket:  
*Soft play areas - Giant bubbles - Inflatable assault course - Floor is Lava  
Jumping Pillow - Park - Face painting - Bouncy Castle and LOTS more!  
The Splash park and trampolines will also be available on a first come  
first served basis and will have limited time slots.*

*There will also be all day refreshments, including ice cream,  
hot and cold drinks, including bar and a variety of hot food including  
pizza, burgers and baguettes.*



**Monday 5th May 2025, 10am-3pm**

Reduced entry price, **BOOKING IS ESSENTIAL**

Join us at Thomley, Menmarsh Road, Worminghall, HP189JZ for  
a fun-filled day of endless activities for children of all abilities.

**A guaranteed good day for all the family!**

***www.thomley.org.uk 01844 338380 bookings@thomley.org.uk***

**To book - <https://thomley.org.uk/events/family-fun-day/>**



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

## Flexicare Community Walk

Sunday 18th May 2025



Walk, run or cycle your choice of circular routes across the Ridgeway. A range of lengths to choose from. Wheelchair and buggy routes available. Dogs on a lead are welcome. Delicious refreshments provided!

**Starting at Snells Hall, East Hendred  
OX12 8LA from 9am**

Raising funds to support Flexicare, an Oxfordshire based charity providing a free, specialised sitting service for families with a severely disabled child.

**Register at [www.flexicare.org/events](http://www.flexicare.org/events)  
Donate at [www.flexicare.org/donate](http://www.flexicare.org/donate)**



Flexicare (Oxford and Abingdon) | Registered Charity no 11726  
[www.flexicare.org](http://www.flexicare.org) | 01865 321881 | [admin@flexicare.org](mailto:admin@flexicare.org)

**Register - [www.flexicare.org/events](http://www.flexicare.org/events)  
Donate at [www.flexicare.org/donate](http://www.flexicare.org/donate)**

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



# **Thomley Camping!**

**Friday 23rd May - Saturday 24th May**  
**One-night camp**

**Friday 1st - Sunday 3rd August**  
**One or two night camp**

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy our facilities for longer than usual! The whole site is closed to visitors other than campers and you can pitch up anywhere you would like to go on our large field.

It is £10 per person per night to camp at Thomley. The cafe and food will be available until 9pm and will re-open at 8am on the following morning. You can purchase snacks, drinks (including alcohol), dinner and breakfast. There will also be activities throughout your stay such as marshmallows around the fire-pit, archery and giant bubbles.

No alcohol, disposable BBQs / fires and no hot food are to be brought on site by visitors due to licensing and health & safety.

**YOU CAN UPGRADE** to a camping pod or camping pitch in our designated area, which includes a fenced in area with electric points for each pitch, drinking water, washing up sink, a toilet / shower and BBQ stations.



**Please book on the website:**  
**[www.thomley.org.uk/calendar](http://www.thomley.org.uk/calendar)**

Bookings are to be paid for  
upfront and are non-refundable



**To book - <https://thomley.org.uk/events/camping-7/>**





## **BIG FISH PROJECT**

### **A THERAPEUTIC CARE FARM**

**Big Fish Project is based in Abberley Farm, Alvescot. We are a care farm, providing therapeutic placements, farm-based activities and work experience for people from 10 years old to adults, including those with learning disabilities, autism, ADHD, SEND and mental health challenges.**

**We are open Mondays, Tuesdays and Fridays from 9 AM to 3 PM and offer bespoke sessions, from one hour to full-day experiences.**

**We offer both one-off and regular placements.**

**For more information  
visit [www.bigfishproject.com](http://www.bigfishproject.com)  
call or text 0750 302 6679  
email [info@bigfishproject.com](mailto:info@bigfishproject.com)**




Email - [info@bigfishproject.com](mailto:info@bigfishproject.com); Text - 0750 302 6679

Web - [www.bigfishproject.com](http://www.bigfishproject.com)






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



## Free Audiobooks for kids

who struggle to read as a result of:


- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions

## Free Audiobooks for under 25s

who struggle to read as a result of:

- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions



Calibre Audio is a charity registered in England and Wales (286614) and Scotland (SC051461).



Calibre Audio offers a lifetime of free audiobooks for those under 25 who struggle with reading printed materials.

### BENEFITS OF AUDIOBOOKS:

- Improve reading and comprehension skills
- Boost confidence
- Increase enjoyment in reading
- Support emotional intelligence and mental wellbeing
- Develop a life-long love of reading

### MEMBERSHIP INCLUDES:

- Free and unlimited access to thousands of new and classic titles
- Educational texts covering Key Stage 1-4, GCSE and A-Level
- Listen anywhere via download, streaming and Alexa
- New titles added every week



calibreaudio.org.uk



Calibre Audio is a charity registered in England, Wales (286614) and Scotland (SC051461)

National charity, **Calibre Audio** offer free audiobook memberships to children and young adults (0-25 years) with SEND giving them unlimited access to over 18,000 titles. We believe that everyone deserves to enjoy a good book, but we know not everyone enjoys reading, and our audiobook service aims to make books accessible to all.

The charity is on a mission to encourage as many eligible young people as possible to join and use audiobooks to support their education and relaxation. The collection is full of leading contemporary children's authors, including Michael Morpurgo, Jacqueline Wilson, J.K Rowling, Malorie Blackman, David Walliams, Phillip Pullman – as well as classics. Calibre also ensures titles that support the GCSE, A Level and PSHE national curriculum are available.

Calibre Audio supports anyone with a print disability, that is any special educational need, health condition or disability that impacts on the ability to read print. No referral is needed, and no medical evidence is required to create a membership. Find out more about membership by visiting <https://www.calibreaudio.org.uk/> or calling Membership Services on 01296 432339.



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



**Low cost and free activities for families to enjoy together!**

Enjoy a fantastic range of activities, including

- Swimming
- Badminton
- Activity packs
- Stay and Play sessions
- Soft Play
- Children's holiday activities & so much more!

Find out more here:



**YOU MOVE**

YouMove is here to offer free and low cost activities for children 0-17 and their families on benefit related free school meals or Universal Credit, refugee children, young carers, and children supported by early help services.

If you are a family with 0-18 year olds and are in receipt of benefits related free school meals, Personal Independence Payment, Universal Credit or have Strength and Needs assessment or are young carers or refugees...you can apply for a YouMove card. To find out more or apply, contact your local Activator today:-

Oxford City - Ben 07485 311346

Cherwell - Harry—01295 221980

West Oxfordshire - Nicole 01993 861570

Vale of White Horse - Marc 07801 203571

South Oxfordshire - Kayleigh 07717 225679

# 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](mailto:office@swingsandsmiles.co.uk)**

Charity number: 1120598

For more information, contact [office@swingsandsmiles.co.uk](mailto:office@swingsandsmiles.co.uk)

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



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

## *Swings & Smiles, Thatcham*



**The following sessions are now open to Oxfordshire families but you do need to register with Swings & Smiles first...**

### **Nexus (The Waterside Centre) After School Club**

Tuesday & Wednesday for ages 14 -19 – 3.30pm to 5.30pm

### **Family Play (0–19-year-olds + family members)**

Tuesday 3pm – 5pm; Friday 3.30pm – 5.30pm; Saturday (alternate Saturdays) – 9.30am – 12.30pm; Sunday 10am - 12pm and 1pm – 3pm

### **Youth clubs**

Mini Spec – Year 3 to Year 5 – Tuesdays 5.15pm to 6.45pm

Spectrum – Year 6 – Year 8 – Fridays 6pm – 7.30pm

Oasis – Year 9 + - Thursday 7.45pm – 9.15pm

Oasis (The Waterside Centre) Year 9+ - Tuesdays - 6pm – 7.30pm

Youth club Year 6+ - Thursday 6pm – 7.30pm

Youth club Year 9+ - Tuesday 7pm – 8.30pm

### **Accessible Climbing Dates – for children aged 10+ (The Waterside Centre)**

26<sup>th</sup> April; 16<sup>th</sup> August; 20<sup>th</sup> September

### **SEND Swim and Sports**

The Willink Leisure Centre; 26<sup>th</sup> April; 24<sup>th</sup> May; 28<sup>th</sup> June; 1pm – 3pm.

Swimming and Sensory Football at Willink Leisure Centre is an inclusive activity for the whole family. Each family will enjoy 45 minutes in the pool, during which they can choose to participate in optional games facilitated by the staff. The staff will also be available to assist families with changing before and after swimming. Following the swim, we will spend an additional 45 minutes in the sports hall engaging in sensory football. The staff will lead this session, ensuring it is inclusive and accessible to everyone. This session will include a warm-up, as well as opportunities to practice passing the ball and working together as a team.

Staff will not be in the pool for this session, it is a family session and parents/carers need to support their children in the pool. There needs to be a one adult to 2 children ratio. Please be aware there are no changing places or hoists within the changing rooms but a pool hoist is available.

### **Reading Football Club – Outreach**

We offer a sensory space at home games for Reading Football Club and aim to attend between 1 and 2 matches per month.

Swings & Smiles, A Place to Play, Lower Way, Thatcham, RG19 3RR

[www.swingsandsmiles.co.uk](http://www.swingsandsmiles.co.uk); 01635 285170; [office@swingsandsmiles.co.uk](mailto:office@swingsandsmiles.co.uk)

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

# Accessival

*Accessible Festival for the whole community*

**Saturday 5th July 2025 - 11am-10pm**  
**Music - Beer - Food - Play**



**Thomley's festival is an opportunity for the whole community to experience the best of all the local festivals.**

We will have various food stalls; alcohol stalls; live local bands on stage plus the best of Thomley for children and young people.

Bouncy castles, jumping pillow, archery, giant bubbles are just a handful of activities on offer to keep the younger generation entertained for the day. Tickets are now on sale: £14 per adult and £14 a child.

Camping pitches available to book for the night before and night of the festival. Entertainment & food also available Friday night.



Would you like to volunteer on the day? Please get in touch if you can help: [fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)  
Book your tickets here: <https://thomley.org.uk/events/accessival-2025/>

There is a family ticket on sale for £50 (2 adults and 2 children) for a limited time!

Book your tickets here: <https://buff.ly/4gugAlK>



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



For more info, please go to - [www.parallellifestyle.com](http://www.parallellifestyle.com)

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



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



*Save the Date*



30 AUGUST 2025



**\*\* SAVE THE DATE \*\***

**More details to come...**



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

**Your help  
needed...**



## SHAPE THE FUTURE!



We're fundraising to create a bespoke centre in Oxfordshire for adults with profound and severe learning disabilities, and we'd love your input!

Your thoughts will help us design a sanctuary that truly meets the needs, passions, and interests of those we serve.

As a thank you, all survey responses submitted before 17th April will be entered into a £25 M&S voucher draw!

[www.alexandrahouseofjoy.org/have-your-say](http://www.alexandrahouseofjoy.org/have-your-say)

WEDNESDAY	THURSDAY	FRIDAY
16	17	18

Alexandra House of Joy are an Oxfordshire-based charity dedicated to establishing a much-needed day centre and respite facility for adults with learning disabilities. Their mission is to provide a safe, exciting, and supportive space where individuals can access essential care, engage in enriching activities, and feel a true sense of belonging. They are currently in the process of fundraising to commence the construction of this centre, and are pleased to share that they are approaching their first million in donations.

To ensure the facility meets the genuine needs of the community, they are conducting a public feedback survey targeting individuals with learning disabilities, their families, carers, and professionals. The survey is ongoing, and as a token of their appreciation, all responses submitted before 17th April will be entered into a £25 M&S voucher draw.

If you'd like to take part in their public feedback survey, please go here:-

<https://www.alexandrahouseofjoy.org/have-your-say>

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

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



## How can we better understand everyday journeys for children with SEND?

Are you a family in Oxford or Swindon with children aged 4-11 who have special educational needs or disabilities (SEND)?

Take part in this new research project and help us shape the conversation.

Choose your preferred involvement from:

- Interview
- Keeping a diary
- Group workshop

[Find out More](#)

**Contact:**  
[careonthemove@ouce.ox.ac.uk](mailto:careonthemove@ouce.ox.ac.uk)  
07874 944 294

Research approved by the University of Oxford Central University Research Ethics Committee (Reference no RB3467/RE001)



Economic and Social Research Council

Please contact [careonthemove@ouce.ox.ac.uk](mailto:careonthemove@ouce.ox.ac.uk) if you would like more information or wish to participate.



# 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](mailto:charlotte.roche.2022@live.rhul.ac.uk)  
Research Supervisor: [lauren.bryan@rhul.ac.uk](mailto: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](mailto: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](mailto: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](mailto:jiedi.lei@psych.ox.ac.uk)

REGISTER  
HERE



<https://t.ly/A5Kfw>

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



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

## AUTISTIC PEOPLE'S SCHOOLING & MENTAL HEALTH



### What is it about?

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

### Who can participate?

We are looking for people who:

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

**Chance to win a £10 voucher!**

### What's involved?

15-20 min online survey

### Join the study!

Scan the barcode to join the study!

Email us at [a.a.tambawala@sms.ed.ac.uk](mailto:a.a.tambawala@sms.ed.ac.uk) with any questions



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

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

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



## Stay & Play SEND Sessions

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

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

No diagnosis needed.

Booking required. Limited spaces available.

£2  
per  
session

**Call: 01295 276769 to book**

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



The  
**Sunshine  
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

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

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

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



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



**PEEP SEND Group**

9:30-11am  
Tuesdays

SEND Group  
for families of under 5s

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

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

Rose Hill location

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



people



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

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

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

**Witney**

## LITTLE EXPLORERS, BIG ADVENTURES

Toddlers World at Windrush Leisure Centre is for children aged 6 months to under 5 years old, accompanied by a parent or guardian. This sensory-friendly session features a quieter atmosphere, reduced capacity, and equipment designed to cater to all children's needs.

**When:** Every Wednesday

**Time:** 11am - 11.45am

**Where:** Sports Hall

**Scan the QR code for more information**

**SENSORY  
FRIENDLY**



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

**BETTER**

**For more info or to book -** [Soft Play](#) | [Windrush Leisure Centre](#) | [West Oxfordshire](#) | [Better](#)



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



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

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

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

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

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

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

£1 Per Child  
Healthy Snack Included

Thursday 9.30 AM Until 12 PM

COMMUNITY FUND

Support For Families With Children  
With Autism And Sensory Needs

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



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



**SEN SQUIRRELS**

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

**£2**

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

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

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

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



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

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

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

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

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



# **SEN GROUP**

## **A Special Time To Play**

### **Activities for Everyone!**

**Our SEN group features a range of activities that are fun for all ages, including LEGO building, big bubbles, and much more.**

**Whether your child enjoys hands-on creativity or the joy of bubbles, there's something for everyone.**



A stay & play session for families with children with additional needs. Suitable for children of primary age & below. Safe, secure and informative session.

Meets once a month on a Saturday @ 2pm-3pm. Whole family welcome!

At Wigod Way Wallingford Family Centre, Wilding Road, Wallingford, OX10 8AJ

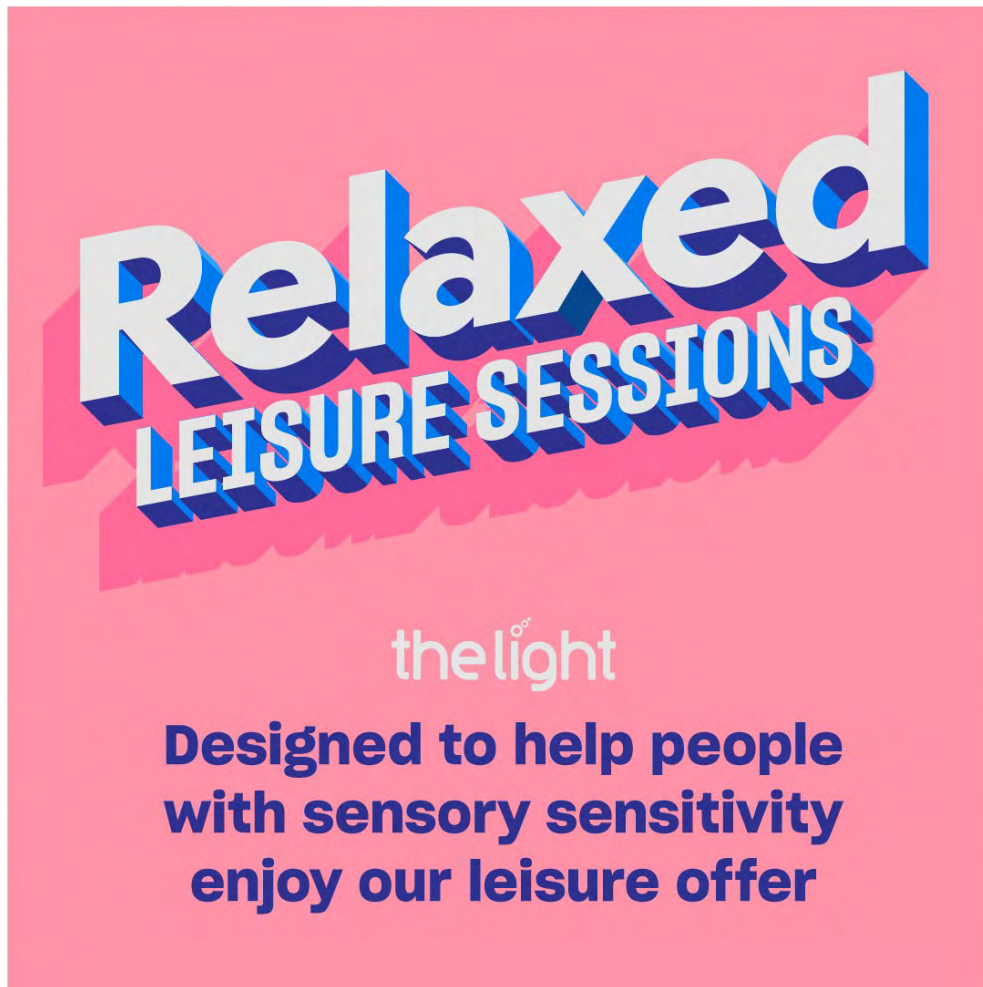
**\*\* Session is free but spaces must be booked as numbers are limited \*\***

**To book - [SEN session - Wigod Way Wallingford](#)**

Places are free but as we are a charity, donations are welcome and can be made during the session if you are able.



# 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

## 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](https://www.oxfordshire.gov.uk/shortbreaks)



# 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.

Level	Age Range	Days
<b>Rainbows</b>	for 4 – 7 year olds	Mondays & Thursdays
<b>Brownies</b>	for 7 – 10 year olds	Mondays & Thursdays
<b>Guides</b>	for 10 – 14 year olds	Mondays & Wednesdays
<b>Rangers</b>	for 14 – 18 year olds	Thursdays

Email: [connectdistrict@girlguidinglaser.org.uk](mailto:connectdistrict@girlguidinglaser.org.uk)  
Join: [bit.ly/joinggconnect](https://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](mailto: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



## SEN CLASSES

Every Sunday morning  
11am - 11.45am

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

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

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

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

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

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



# 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](mailto: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



**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.

**\*\* Next date - Saturday 26th April 2025 \*\***

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 running before you travel, details etc then please email the Coordinator Sarah at [mail@theengineshed.org.uk](mailto:mail@theengineshed.org.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](http://brokenboardscoach.com)



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

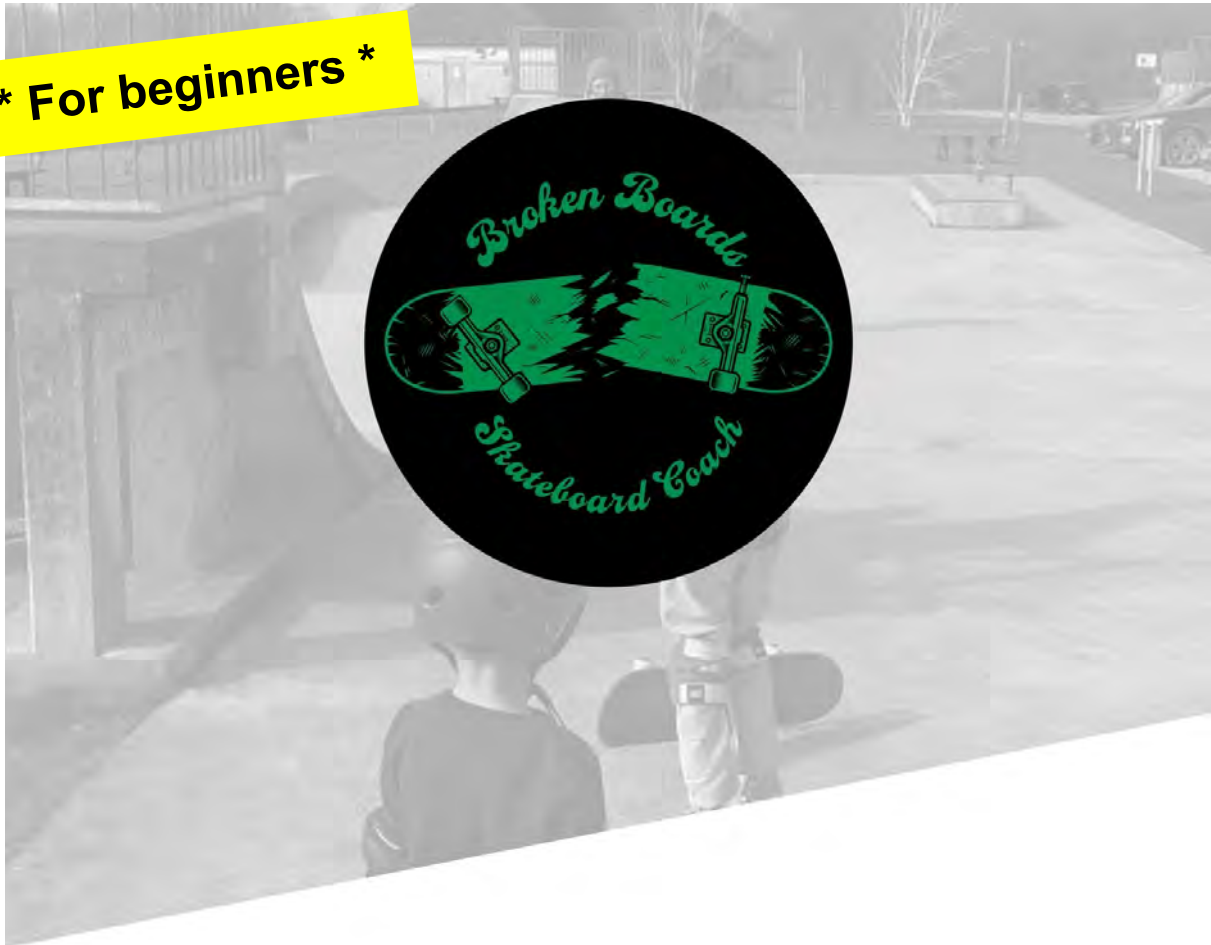


To find out more, go to the website - [Broken Boards Ltd \(brokenboardscoach.com\)](http://Broken Boards Ltd (brokenboardscoach.com))

To book - [www.bookwhen.com/brokenboards](http://www.bookwhen.com/brokenboards)

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

**\* For beginners \***



## GROUP SESSIONS

every Thursday 4.30pm  
@ Langdale Hall, Witney  
beginners, gear provided

book now at [brokenboardscoach.com](https://brokenboardscoach.com)

To find out more - [Broken Boards Ltd \(brokenboardscoach.com\)](https://brokenboardscoach.com)

To book - [www.bookwhen.com/brokenboards](https://www.bookwhen.com/brokenboards)



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

## WELCOME TO *Equilore*

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

Emotional Regulation: Horses provide honest and immediate feedback, helping children learn to manage their emotions in healthy ways.

Self-Esteem Boost: Through positive interactions with horses, children experience a sense of accomplishment and empowerment, boosting self-confidence.

Social Skills Development: Interacting with horses fosters communication, empathy, and teamwork, helping children improve their social skills and build meaningful relationships.

### OUR THERAPEUTIC PROGRAMS



#### *Barn Pals*

**Fridays 16:00-17:30 | £25 per child | max 6 children**

Learn all about horses and how to care for them; from brushing, preparing feeds and haynets, mucking out, fencing, leading and tidying paddocks you will learn all about the job involved in taking care of horses.



#### *Stable Relationships*

**Wednesdays 12:30-14:30; Fridays 10:00-12:00 | £65 per child | max 6 children**

Our experienced facilitators arrange a series of engaging activities and exercises with horses with lessons on Respect, Trust, Boundaries and Communication in a fun and interactive way.



#### *Equine Facilitated Psychotherapy*

**Daily sessions available | Times arranged with Therapist**

These 1:1 sessions are psychotherapeutic in nature and led by our fully qualified facilitators. Working with the horses, we support those with mental health challenges by focusing on emotion regulation, trauma processing and mindfulness techniques.

### BOOK NOW

 Park End, Croughton, NN13 5LX

 07787 402236 (Loes)

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



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



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



## Camp Mohawk

The Woodland Centre Trust

For children and young people with special needs

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

### What we offer:

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



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

Web: [www.campmohawk.org.uk](http://www.campmohawk.org.uk)  
Email: [info@campmohawk.org.uk](mailto:info@campmohawk.org.uk)  
Tel: 0118 940 4045

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


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



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


**SEND DRUM LESSONS**

**Drumming down barriers to learning the drums**



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

Contact: 07983651098, [redacted]



**Express. Empower. Engage**

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

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

# Chess Club



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

Do come along!

**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 the Faringdon library on  
01367 240311.



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



**inclusive dance school**

## FREE\* DANCE CLASSES

Specialist dance classes for children and young people with SEND and Wheelchair users

Available for 26 weeks starting 04/11/2023

### Wheelchair Dance Classes

Saturdays 3pm—4pm  
Wychwood School,  
Milton Under Wychwood



### Boys Musical Theatre Class

Wednesdays 4pm—4:45pm  
The Life Centre,  
Milton Under Wychwood



### Girls Contemporary Class

Tuesdays 4pm—4:45  
The Life Centre, Milton Under Wychwood



Please email [info@sunraedance.co.uk](mailto:info@sunraedance.co.uk) for more information  
or to book a place.



\*With thanks to Active Oxfordshire and YouMove we can now support children from low income families in receipt of benefit related free school meals. £30 a month if you don't qualify.



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

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

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

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



## New Silent Disco Session!

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

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

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

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

*For more info contact Anita on 07760 527 610 or [apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk)*



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

**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



## DISABILITY PROVISION WEST OXFORDSHIRE

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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. X3843398

This document outlines 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

## LEARNING DISABILITY TENNIS IMPROVERS

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

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

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

**Cost:** £2.95

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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 (registration no. 277938). Registered office: 103 Steegle House, The Royal Arsenal, London, SE18 6SX (Inland Revenue Charity no. 2043398).

**BETTER**

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

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

**\*\* 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](mailto:wheelsforall@windrushbikeproject.uk)

[www.windrushbikeproject.uk](http://www.windrushbikeproject.uk)

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

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



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



## Boccia Kids

Sundays 1-2pm WHLTC



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

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

Please contact Rachel for more information on 07798 631887.



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

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

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

Witney - 2 sessions

## Let's play **Boccia**

A ball sport similar to bowls

£3 per session

Just turn up and play

**ALL WELCOME**



**NEW!**

Session for  
January



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

Tuesdays 11:30am—12:30pm

Wednesday 11:00am-12:00

Windrush Leisure Centre

**For more information:**

 **01993 861564**



WEST OXFORDSHIRE  
DISTRICT COUNCIL

Working  
together with

**BETTER**  
the feel good place



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



WE ARE UNITED

# 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](mailto:COMMUNITYCOACH@BANBURYUNITEDFC.CO.UK)



The poster features a young boy in a blue football kit with the number 2 on the back, kicking a white football on a dark pitch. The background is a solid red color.

£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](mailto: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](mailto:communitycoach@banburyunitedfc.co.uk)

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



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

BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

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

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




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



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



BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

We are a friendly adult (16+) football team looking for new men and women to join our pan disability team. All abilities are welcome!

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



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

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

**Bicester**



## Blast off with Comets!

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



Scan here to see  
Comets in action!

**Time and Date:** Saturday mornings 8:45–9:30

**Location:**

Whitlands Farm Sports Ground, Whitlands Way, Bicester,  
Oxfordshire, OX26 1AJ

**Contact:**

Graham Hill

**Phone:**

07990 990252

**Email:**

[inclusive@bicesterparkfc.co.uk](mailto:inclusive@bicesterparkfc.co.uk)



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



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

Abingdon



## St Edmunds FC New Players Wanted Inclusive Football



**Be active    Have fun    Make new friends    Play football**

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

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

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

Public Transport: **Boundary House Bus Stop**

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

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



Scan this QR code to see our training venue.

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

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

Scan QR code to see their training venue.



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

**Witney**

**WITNEY ATP  
MONDAY 6-7PM**



**COME AND  
JOIN US!**



## TOWER HILL INCLUSIVE TEAM



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

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



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



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

Oxford



## SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



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

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

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.

REGULAR  
BI-WEEKLY  
SESSIONS



FREE TO  
ATTEND



PLAY  
PARTICIPATE  
ENJOY



CONTACT

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

Sarah - 07947 624354

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

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

Oxford



**COMETS**  
Disability + Football

## Your place to play

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

*well together*

*Just be you!*

 kick ball

 happy



Scan here to see Comets in action!

**Time and Date:** 13:00-14:00, Sundays 23rd March, 6th & 13th April and 4th & 18th May

**Location:** Artificial Pitch, Leys Leisure Centre, Pegasus Rd, Oxford OX4 6JL

**Contact:** Barrie **Phone:** 07517 308263

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

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

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



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

Henley



Here for young people  
Here for communities  
Here for you

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



**come join us !**

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



**youth disability  
football sessions**

**U12 (AGES 8 - 11 YEARS)**

**WEDNESDAYS ● 5PM - 6PM**

**£3.00**

**CONTACT: 01491 411849**

**EMAIL: PHIL@HENLEYYMCA.ORG.UK**



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

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

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



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



**SEND RUGBY**

**SESSIONS**

**Banbury**

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

**FUN  
SAFE  
FRIENDLY**

**SUPPORTED BY  
THE NATIONAL LOTTERY  
SUPERVISED BY  
EXPERIENCED, QUALIFIED COACHES  
VOLUNTEERS WANTED**

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

 **RFU**  
Accredited Club

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

 **THE  
NATIONAL  
LOTTERY**

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



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

**Bicester**



**THERE'S A TEAM FOR YOU**

**AT GOSFORD ALL BLACKS RFC**

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

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

All coaches DBS checked and with RFU training and safeguarding

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

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



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

**Wallingford**

**AND...**

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

<https://youtu.be/zgjEuXYuJ74>

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

## SEND JUMP SESSIONS

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

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

**Cost:** £6.70 per child

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

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



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



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



# **An Introduction To Autism Taster Session With Paul Isaacs**

**3rd April 2025  
Thomley Pavilion  
5pm - 6pm**

**With Question & Answer Session**

Session aimed at parents, carers and people on the autism spectrum



**This FREE session is a great opportunity to hear Paul as he talks about Autism in this taster session, followed by a question and answer opportunity. There is no need to book for this session, you can just turn up on the day.**

To book a private session with Paul at Thomley, please email him directly: [staypuft12@yahoo.co.uk](mailto:staypuft12@yahoo.co.uk)

Paul will be offering one to one autism consultancy on site, offering advice and guidance on:-  
Sensory Processing; Visual Perceptual Challenges; Language Processing; Mental Health

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

## Workshops for Individual Employers and those receiving Direct Payments

We are a team with many years lived experience of employing our own Personal Assistants. We laugh, cry and work together. Our dear friend and colleague Iggy sadly passed away and we are continuing our workshops as a legacy to him.

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

### Remaining workshops...

- **Care Charges and Disability Related Expenses (Jon Abrams guest speaker)** – **Wednesday 9th April 2025, 1.00pm to 3.00pm**
- **Training for Personal Assistants** – **Wednesday 23rd April 2025, 1.00pm to 3.00pm**

We welcome you to join us for a brand new series of workshops. These are a safe place to learn together and to share experiences and solutions to some of the everyday complexities facing Direct Payment employers. More information on each session to follow.

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.

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



ADULT SOCIAL  
CARE WARRIORS



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

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



## PDA for parents & carers

22nd & 29th April, 10am - 12.45pm



### We'll cover...

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

**Live online**

Our two-part online course is here to support parents, carers, and family members of PDAers and explore tailored approaches that work best for them: <https://ow.ly/BACs50Vj4qo>

This course offers a welcoming and flexible environment where you can participate however feels right - whether that's chatting, asking questions, or simply listening with your camera off.

Can't make this date? Check our website for additional sessions.

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

# 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 – 1.30 Online (Zoom)
4th March	Coffee and Chat	10:00 – 11.00 Northcourt Centre Abingdon
19th March	Wills and Trusts	11:30 – 2.00 Online (Zoom)
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)
15th May	Office of the Public Guardian	13.00 – 14.30 Online
1st July	Embolden Conference	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. We offer these events free of charge but as a small charity, donations are welcome by going to <https://www.oxfsn.org.uk/donate/>

Questions? contact Kathy Liddell on 07821 987080



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



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

## Online workshop



### For parents and carers: Supporting an autistic young person with a PDA profile

Pathological Demand Avoidance (PDA) is an autistic profile where heightened anxiety is triggered by everyday expectations, whether from others or self-imposed. Young people with a PDA profile often develop creative strategies to avoid demands as a way to manage this anxiety.

This workshop, tailored for parents and carers, provides a deeper understanding of PDA through both professional expertise and lived experience. You will gain practical tools and strategies to create a supportive home environment that meets your young person's unique needs, helping them feel understood, respected, and empowered.

**Thursday 24th April 12pm–3pm**

**£28 per person (+ booking fee)**

Tickets available from Eventbrite

*\* Please note: Due to the privacy of the attendees, this event will **NOT** be recorded.*

**Tickets available on Eventbrite:-**

<https://www.eventbrite.co.uk/e/1224560396109...>

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



DR. JIEDI LEI  
UNIVERSITY OF OXFORD



## EXPLORING STRENGTHS IN PARENTS/CARERS WORKSHOP



EMMA JEWITT  
UNIVERSITY OF OXFORD



SUSAN LIVERMAN  
PARENT FACILITATOR

**FRI 25TH APRIL (2PM - 4.30PM) OR  
FRI 16TH MAY (2PM - 4.30PM)**

Join this 2.5 hour **FREE** virtual/in-person workshop for **parents/carers of autistic children and young people (aged 8-15)** and:

- 1) Build Awareness of your strengths;
- 2) Explore your own strengths in action;
- 3) Apply your own strengths in daily life when supporting your autistic child or young person.

REGISTER VIA QR CODE OR LINK



<https://t.ly/cFCys>

The University of Oxford is offering a **FREE** virtual/in-person workshop for parents and carers of autistic children and young people (aged 8-15).

Virtual & In-Person options available!


Register here:- <https://forms.office.com/e/6S1XPxgq54>

or scan the QR code on the poster

A fantastic opportunity to learn, connect, and grow – don't miss out!



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



## Online PDA Workshop Series

**Supporting an autistic young person with a PDA profile– for parents & carers.**  
*Thursday 24th April | 12:00 – 3:00 PM*

**Supporting autistic adults with a PDA profile– for autistic adults & those supporting them.**  
*Wednesday 14th May | 12:00 – 3:00 PM*

**Supporting autistic students with a PDA profile– for teachers & educators.**  
*Wednesday 15th October | 4:00 – 7:00 PM*

**£28 per person (+ booking fee)**  
Tickets available from Eventbrite

*\* Please note: Due to the privacy of the attendees, this event will NOT be recorded.*

Led by professionals with both expertise and lived experience, these workshops will equip you with valuable insights, tools, and techniques. For privacy and confidentiality reasons, these events will NOT be recorded. Sessions will be held on Microsoft Teams.

Spaces are limited - secure your spot now!

<https://www.eventbrite.co.uk/o/autism-oxford-uk-32230677417>

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



**\*\* There are no courses in April \*\***

## **How to be a Good Trustee**

This course is for new trustees, those thinking about joining a board or existing board members wanting a refresher and update. This course aims to:

- Provide an overview of the key things you need to know as a trustee
- Equip you with the knowledge of your responsibilities as a trustee and confidence to know where to go to find out more after the course
- Give practical tips about how to be effective and add value to the board and information about some of the latest developments in the sector

Wednesday 21st May (2.75 hours). 9.45am - 12.30pm; £40-£70.

## **Microsoft Excel Refresher**

This course is ideal for those with some Excel knowledge who are looking to refresh their skills and start to use some of the additional elements of Excel in a practical, hands-on session.

You will need to bring a laptop and mouse to the session.

Wednesday 5th June (3 hours). 9.30am - 12.30pm; £40-£70.

## **Emergency First Aid 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.

During this 1-day course, learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds and bleeding and minor injuries.

Wednesday 11th June (7 hours). 9.30am - 4.30pm; £75 - £105

**Please note - all of these courses will run in-person at The Source, located next door to OCVA's offices in Oxford.**

More information and bookings taken on the OCVA website - [OCVA - current courses](https://www.ocva.org.uk/courses)  
[training@ocva.org.uk](mailto:training@ocva.org.uk) or call 01865 251946





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

**BICESTER  
AUTISM**

**DEMYSTIFYING  
THE EHCP PROCESS**


Come and join us for a workshop on Demystifying the EHCP process with hints & tips for applications

This workshop is hosted by Bicester Autism and ran by



**Tuesday 20th May  
10am - 2pm  
Lunch Provided**

All details can be found on the booking link shared on our Members only page

Feel free to PM us or  on [bicesterautism@gmail.com](mailto:bicesterautism@gmail.com)

Made with PosterMyWall.com

## Contact us!

[bicesterautism@gmail.com](mailto:bicesterautism@gmail.com); [www.bicesterautismadhd.co.uk](http://www.bicesterautismadhd.co.uk)  
[www.facebook.com/bicesterautism](https://www.facebook.com/bicesterautism)

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



## Continuing Health Care



**14th May 2025 - ONLINE**  
**10.30am - 12.00pm**

This is a free information event being held by CHC with OxFSN and will be online (TEAMS) for family carers of people with a learning disability or a learning disability and autism.

Continuing Healthcare (CHC) is care for adults who have complex care needs. This event will help you have a better understanding of CHC, for when the person you care for transitions to adulthood.

YOU CAN BOOK BY SCANNING THE QR CODE  
ON THIS POSTER, OR BY VISITING OUR  
EVENTBRITE PAGE - [https://  
www.eventbrite.co.uk/e/1077569923649?  
aff=oddtcreator](https://www.eventbrite.co.uk/e/1077569923649?aff=oddtcreator)



OxFSN offer the events free of charge,  
but as a small charity donations are welcome by clicking the link  
<https://www.oxfsn.org.uk/donate/or scanning the QR code.>



If you need any further information, please contact  
Kathy Liddell at [kathy.liddell@oxfsn.org.uk](mailto:kathy.liddell@oxfsn.org.uk)



To book on to this event - <https://www.eventbrite.co.uk/e/1077569923649...>



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



## Q&A with AFSO and Kathy Stevenson



**'Supporting Sensory Needs in Personal Care:  
Strategies for Brushing Teeth, Washing hair and body'.**

**Thursday 15<sup>th</sup> May 2025**

**7 – 8:30PM**

**On Zoom**

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

**To self-refer :** [www.afso.org.uk](http://www.afso.org.uk)

**Enquiries:** [advice@afso.org.uk](mailto: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](mailto: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](http://www.afso.org.uk)

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

**Banbury**

Calling all parents/carers/family members of neurodivergent children...

## OCCUPATIONAL THERAPIST PARENTAL SESSION ON

# DEMAND AVOIDANCE

Organised by Ela Aksoy

**MEIKE ILLING-WHITBY**

**FRIDAY 16TH MAY, 2025  
10AM - 12PM**

At Hanwell Fields Community  
Centre, OX16 1ER

**TO BOOK:  
CONTACT ELA AKSOY  
ON 07507664099**



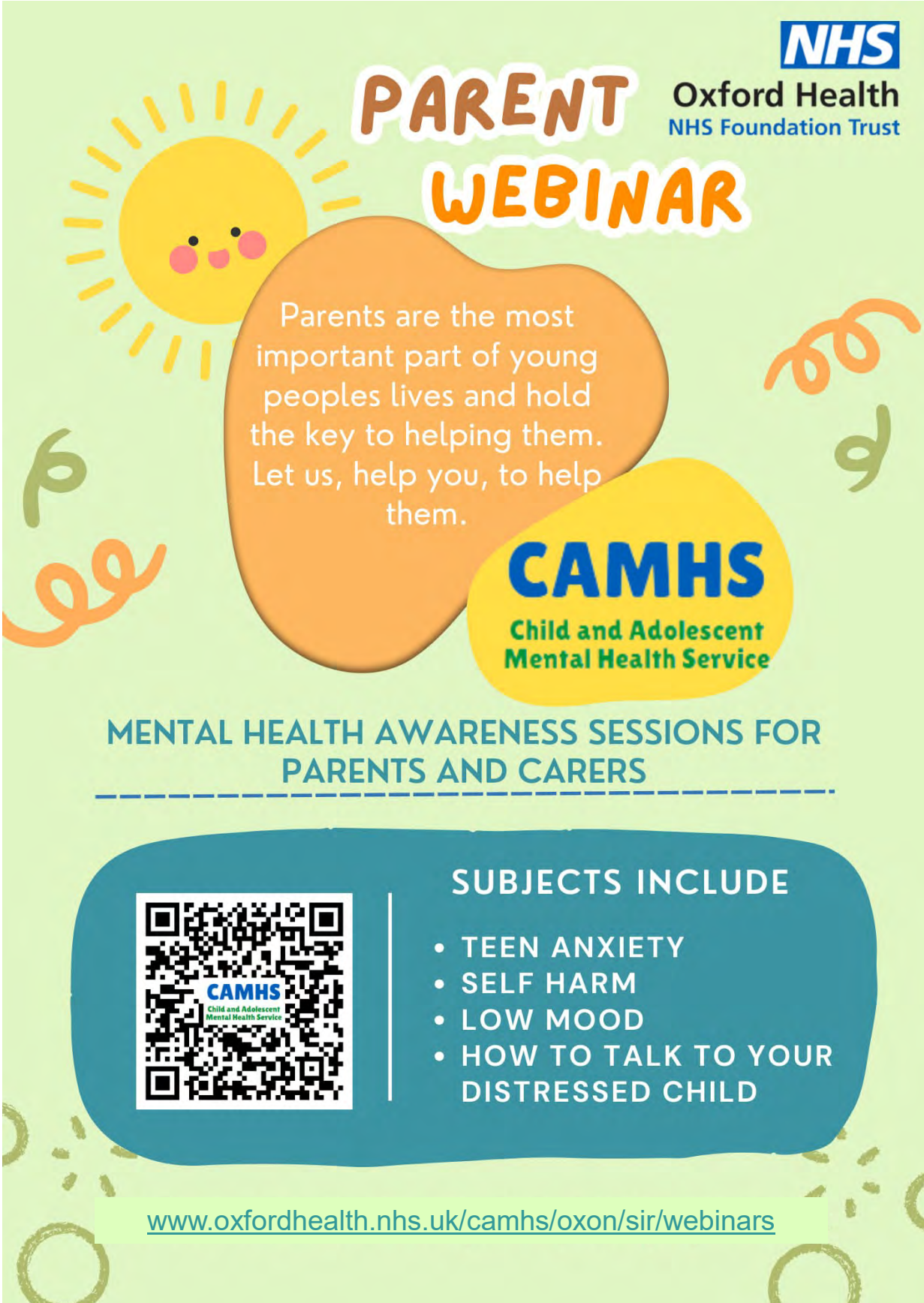
The topic is 'demand avoidance' in relation to participation in daily living, learning and play.

£17-£20 per person (depending on final numbers) & Tea and coffee provided.

If you would like to come, please join [Parents of Neurodivergent Children](#) on Facebook.



# 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

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**SUBJECTS INCLUDE**

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

  
CAMHS  
Child and Adolescent Mental Health Service

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

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



## 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! Don't worry if the course has already started - you can easily catch up.

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

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

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



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



## An overview of each Level

### Makaton Level 1 Workshop

- 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

### Makaton Level 2 Workshop

- 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

### Makaton Level 3 Workshop

- 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

### Makaton Level 4 Workshop

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

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



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

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

  
Charity no: 1171446 aspens.org.uk

  
For parents and carers

## Autism Central is here to help!

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Help you navigate to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support by scanning the QR code or emailing [autismcentralsoutheast@aspens.org.uk](mailto:autismcentralsoutheast@aspens.org.uk)





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

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



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

## Support service for over 18s...

### WHO WE ARE

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

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



### WE PROVIDE

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



### ACCREDITATIONS



### ADDRESS

F111 CHERWELL BUSINESS VILLAGE  
SOUTHAM ROAD  
BANBURY  
OXFORDSHIRE  
OX16 2SP

### EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

### OFFICE LINE

+44 1865 956285

**ARISE  
YOUTH  
SUPPORT**

**CULTIVATING HAPPINESS**

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

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

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

## Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time

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

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

Offering support for children  
who:

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

Take a look at my website for  
further information:

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

Contact me to discuss your child on:

07702 490377 or via email:

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

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

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



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

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



## Delia the OT

Advanced Sensory Integration Practitioner



Occupational Therapy (OT) helps children to engage with their daily activities, develop their skills and build their independence.

### OT can help with:

- Fine Motor Skills: pencil control, handwriting, scissor skills
- Posture and gross motor skills
- Sensory regulation: supporting attention, concentration and accessing learning
- Sensory processing, recognising sensory needs and strategies
- Supporting body awareness and skill development
- Motor Planning: learning new skills, coming up with ideas, sequencing and problem-solving
- Sleep: supporting getting to sleep and reducing night wakings using routines and strategies
- Daily skills: meal time strategies, toileting, self care, dressing, buttons, zips and tying shoes



### OT CAN BENEFIT:

- Classroom Routines
- Self Confidence
- Independence
- Teacher Knowledge
- Access to Learning
- Academic Success



07737 336723

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

Contact Delia on - [deliatheotoxford@gmail.com](mailto:deliatheotoxford@gmail.com) or 07737 336723



# 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](mailto:youngpeoplesupport@autismoxford.org.uk)