

PARENT CARER SUPPORT GROUPS Oxfordshire

** Please check in with groups direct to ensure that they're running <u>before</u> you try to attend **

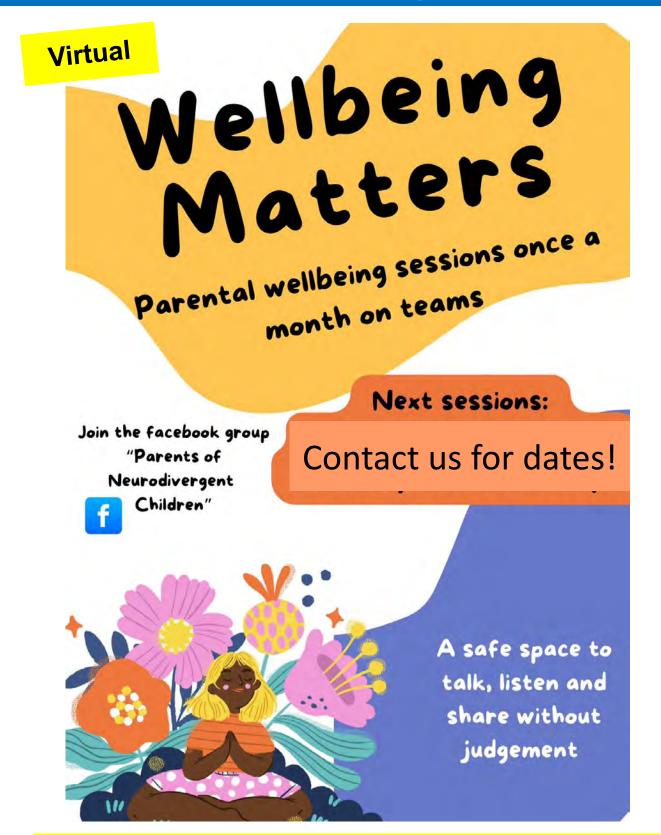
Do let me know details of any other groups that are running!



Contact details:- Pauline MacKinnon - 07554 330244 Email - <u>shortbreaksfordisabledchildren@oxfordshire.gov.uk</u>

Apr 2025

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



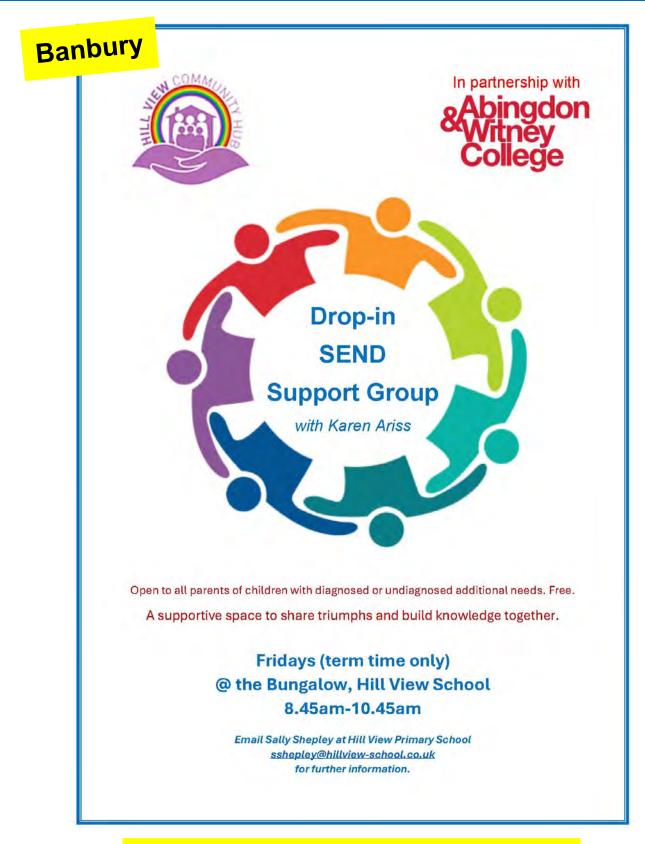
Please join <u>The Neurodiverse Parenting Village</u> group & a Teams link will be sent to you for their online support group.

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For further info, please email:-

sshepley@hillview-school.co.uk

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Banbury



SEN Support Group Banbury.

About us

A support group that is run every other Monday to help support parents/carers of children with SEN. diagnosed or undiagnosed. Tea/coffee and refreshments will be provided. £1 donation per person.

Find us on Facebook: SEN Support Group Banbury or message me on 07432003645 Cromwell Lodge Hotel, OX16 OTB. Every other Monday 09.30am-11.00am.

Sessions are held every other week on a Monday. **Easter is a little different so our next date is 28th April** Please do get in touch to check dates. Come along, everyone is welcome.

https://www.facebook.com/profile.php?id=100087505368087

Apr 2025

Bicester

BICESTER AUTISM

Pop along Every Friday 9.30 till 11 am Dates

O till 11 am Term Time Only offee & Chat is a space where rents of Autistic / ADHD children ne together to seek support and vice surrounded by others who

ffee & Chat

Remaining

date

4th April

Made with PosterMyWall.com

Come Join Us

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

Contact us!

bicesterautism@gmail.com; www.bicesterautismadhd.co.uk www.facebook.com/bicesterautism



Kidlington

I'm Leandra, mum to 3 neurodivergent boys with Autism and ADHD



I host coffee mornings where parents and carers can offload, connect, and build a safe, supportive community.



Every Wednesday <u>Stanley's Sweets & Treats</u> 9:30 to 11:30



Do come along - all welcome!

Stanley's Sweets & Treats, 12 The Kidlington Centre, Kidlington OX5 2DL

Apr 2025

Kidlington

Parent Support Groups

Peer support groups for parents of adults or teenagers who have additional needs and/or mental health concerns.

These are parent-focused groups, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your adult child or teenager.



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When?	Mondays 6.30 - 8pm Parents of adult children
	Tuesdays 6 - 7.30pm Parents of secondary school aged children
Where?	St Mary's Church Hall Church Street Kidlington OX5 2AZ
Cost?	Free!

Empowering parents through shared experience and professional support

If this sounds like the group for you, please get in touch with Rachel on 07514007374 Alternatively email rachelreahub@gmail.com and leave your name and number for a call back

For more information, please contact Felicity on:-

felicityscroggie@gmail.com

(leave your name and number for a call back)

Oxford



We meet in term-time only. Please bring a bag if you'd like to use the food bank. For more info, please contact:-

> Karrisa - karrisa@oxfordhub.org Sophia - jigsawoxford@gmail.com

Oxford wak and tak It can often be a challenging and isolating journey! So come along for some fresh air with some like minded individuals . First Tuesday of every month From 5:45 pm (Approx. 1hr) Meeting at Sunny Mead Park by Cutteslowe Centre center, OX2 7SX Local car parking is normally available contact Lorrgine via our Facebook page Participants' are responsible for their own safety 40 and wellbeing. ARE WHO WE ARE

Walk size is usually between 2-4 people, covering topics of choice by those attending. We normally loop around Cutteslowe Park Peace Mile track. There is plenty of parking around the meet-up area.

FOLLOW

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For more information, please contact us on:-

https://www.facebook.com/Neurodiuniverse





THE DOVECOTE STAY AND PLAY SEND SUPPORT SESSION EVERY THURSDAY 9.30AM TILL 12PM

THE DOVECOTE IS A WELCOMING SPACE WHERE FAMILIES WITH CHILDREN FACING ADDITIONAL NEEDS, WHETHER DIAGNOSED OR NOT, COME TOGETHER. LED BY EXPERIENCED STAFF MEMBERS CAROL, CHARITY, AND SOPHIA, THE ATMOSPHERE IS FILLED WITH WARMTH AND SUPPORT. HOT DRINKS ARE SHARED, AND CHILDREN ARE EMBRACED WITH ENGAGING ACTIVITIES, INCLUDING THE USE OF A DELIGHTFUL SENSORY ROOM. IT'S A HAVEN WHERE FAMILIES CONNECT AND FIND SOLACE IN A NURTURING ENVIRONMENT.

DURING OUR SESSIONS, YOU'LL FIND DROP-IN ADVICE, AND IF YOU CHOOSE TO BRING YOUR CHILD SENSORY PLAY AND ACCESS TO BOTH INDOOR AND OUTDOOR PROVISIONS

PLEASE CONTACT CHARITY AT THE DOVECOTE FOR FURTHER ADVICE: 07523848948 OR CHACHADVPC@OUTLOOK.COM Page

Please contact us on 07523 848948 or <u>chachadvpc@outlook.com</u>. Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.

Oxford



Held at The Oxford Academy Library, Sandy Lane West, Littlemore, Oxford, OX4 6JZ

For more info, please contact:-

Karrisa - karrisa@oxfordhub.org or 07903 174415



For more info, please contact:-

Kylie - kylie@oxfordhub.org or 07707 918532

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Oxford

SEN COFFEE MORNINGS!

Oxford Hub

Fortnightly coffee mornings for PARENTS of children with SEN (diagnosed/undiagnosed) and professionals.

Join us for a FREE talk presented by a guest speaker.

It's a time to relax, chat, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee. NEXT SESSION 24th April & 8th & 22nd May 2025

> Time: 9.30-11:00

Location: The Jungle, Templars Square (OX4 3XH)

DONNA@OXFORDHUB.ORG FOR MORE INFORMATION

A joint venture from the Oxford Hub and <u>SENtipede</u> working together to support our families. We meet fortnightly in term-time. Contact us to confirm our next meet up dates.

Please contact Donna for more info – donna@oxfordhub.org

Oxford



We have some great conversations and enjoy refreshments in a relaxed environment.



Cutteslowe Community Centre, OX2 75X First and third Fridays of the month.

2-3pm

Library of resources to Read, view and take copies.

For more information, please contact us on:https://www.facebook.com/Neurodiuniverse

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Apr 2025

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If you'd like more info or to attend, please email:-

WWYoxon@oxfordhealth.nhs.uk

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Eynsham

Positive Measure

Parent-led support group for parents of children with additional needs

Every Monday	Baptist Church Hall, Eynsham	19:30-21:00
Monthy Daytime Group TBA on our socials)	Jessie's Art Shed, Eynsham	10:30-12:00

Chat over a cuppa Helpful advice Non-judgemental Meet parents that get it

Page www.facebook.com/positivemeasure Group www.facebook.com/groups/positivemeasure Instagram: www.instagram.com/poitive_measure

Baptist Church, Lombard Street, Eynsham, OX29 4HT Jessie's Art Shed - 9 High Street, Eynsham, OX29 4HA

If you'd like more information, please contact Emma on 07828 888064 or check out the Facebook page.



SPACE

Witney

Come join us at SPACE



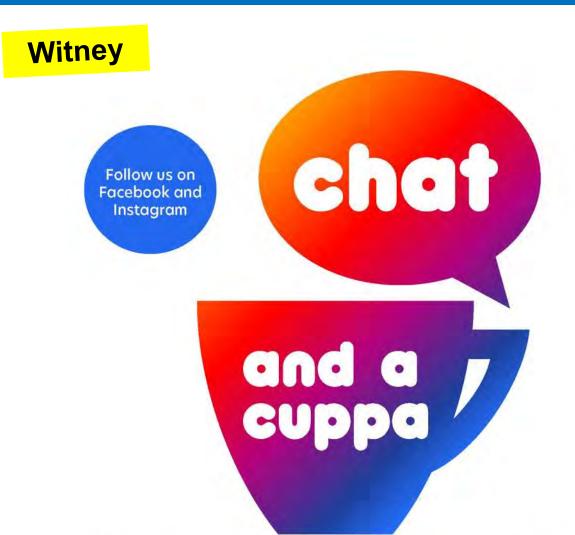
SPACE for?

parents/carers of children or adults with special needs

A place for parents and carers to meet, chat and feel included. To share experiences, infomation and support with one another

What is **SPACE for?**

Contact Jo on 07875890775



For families supporting children on the autistic spectrum

Please come and join us on the last Friday of the month (term time only)

for a friendly cuppa and chat.

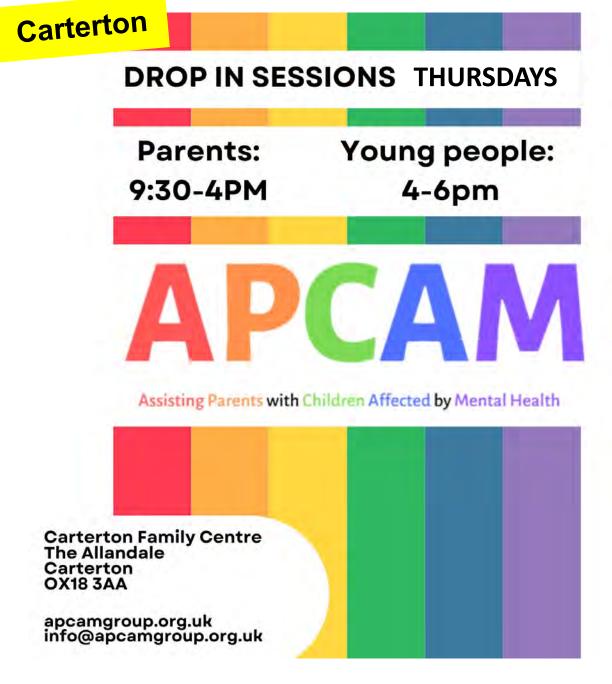
All families welcome, with or without a diagnosis. Upstairs in the Como Lounge 34 Market Square, Witney

9am - 10.30am

If you have any questions, please email chatandacuppa@yahoo.com

For more information, please message us:-

chatandacuppa@yahoo.com



We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email info@apcamgroup.org.uk or come to our Facebook page https://www.facebook.com/apcamgroup

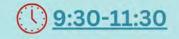
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Abingdon

Peer support group for parents of neurodivergent children and young people Every last Friday of each month









NOU Coffee

Mornings

A JOINT

COLLABORATION

Autism

Come join us!

25th April

23rd May

Beans&Blends, Abingdon



NDV Podcast: Neurodiverse Voices FB page

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Abingdon

10:00 to 12:00 1st and 3rd Saturday of each month at Pablo Lounge, Market Place, Abingdon.

Come to ask questions, share stories or simply be with dyslexic folks.

Everybody is welcome.

It is not meant to be a coaching or problem solving service, although attendees may have useful information to share.

🚯 🍄 🗹 DyslexiaAbingdon@gmail.com

Facebook or Email - DyslexiaAbingdon@gmail.com

Dyslexia Abingdon

The social!

Abingdon...

We work together with children, young people, parents, carers, schools and local organisations and support at home, school or in the local community.

Mental Health Natters 07960 727682 dani@mentalhealthenatters.org www.mentalhealthnatters.org

> We are a dedicated education and therapeutic team with both professional and lived experience of supporting families with additional needs, including mental health.

We offer;

*1:1 mental health support for children and young people *1:1 tuition for children and young people *small groups for children and young people *parent and carer groups in Abingdon and Wantage *Arts Award Bronze sessions



For more info, contact Dani on - <u>dani@mentalhealthnatters.org</u> OR go to our website - <u>https://www.mentalhealthnatters.org/young-people</u>

Facebook page - https://www.facebook.com/mentalhealthnatters

Kingston Bagpuize

SquiggleSPACE

A fully inclusive and welcoming support group for neurodiverse families.

Whether you are a parent/carer of neurodiverse children or a relative wanting to gain understanding on how to support your loved ones - This is for you!

Come and join us for a relaxed and informal drop-in session, share experiences, ask advice and meet others that just "get it!". Stay for as little or as long as you like.

The kettle will be on, the biscuits will be out and we will be there with an open mind and a listening ear.

Wednesday Evenings 6.30pm - 8.30pm

Next dates...

April Dates: 2nd, 16th & 30th

St John the Baptist Church, Abingdon Road, Kingston Bagpuize

For more information contact Kirsty - squigglespace@outlook.com

Contact Kirsty - squigglespace@outlook.com

Apr 2025

Didcot

SEND BUZZ - Coffee Meet Up

All welcome in child friendly environment, signposting or just a good chatter.



Thursdays 9:30am - 11:30am

Bizzy Bees Cafe, GWP Harwell

This parent support group meets every Thursday morning. For more information, please contact:-

Terez Moore on 07816 586655 - text or WhatsApp.

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Didcot



At Oxford Creators we understand that your journey might feel overwhelming and lonely at times & we are here to support you.

What can you expect? Coffee, tea and cakes; to meet other parents and a free Body Balance/ yoga/meditation session. Open to all parents in the SEN community. We look forward to seeing you!

> To book your ticket and for further details, please go to:https://www.oxfordcreators.co.uk/parents

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Neurodiverse Natters Chinnor

Neurodiverse Natters is a group ran by parents of ND Children offering support and information to other ND parents/carers.

Join us for a drink and chat

The Crown pub, Chinnor first Thursday of the Month

Crown Pub, Station Road, Chinnor

3rd April, 6pm-8pm

If you're looking for a safe space to meet other likeminded parents/carers going through the same journey, then ND Natters could be the place for you

Email us at NeurodiverseNatters@outlook.com for more information or follow us on Facebook @NeurodiverseNatters

For more info - <u>NeurodiverseNatters@outlook.com</u> or follow us on Facebook - <u>@NeurodiverseNatters</u>

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Come join us...

Faringdon Town

Carers Community Vale of the White Horse

Sometimes when you are an unpaid carer, providing care for a loved one, you can feel so isolated and lonely and due to your caring duties, you can lose contact with friends who do not understand the restraints that being a carer can place on your life.

aving been an unpaid carer, looking after her youngest child for 23 years, who has a rare and complex metabolic condition, when Nicki moved to the Vale of the White Horse area, she became increasingly isolated and struggled to make friends in a new area as few people understood her son's complex health issues. In an attempt not to become totally distanced from the local community, together with her son Brandon, they volunteered at Watchfield Community Larder. However, Nicki was looking to find somewhere locally where she and Brandon could interact with people and gain support from companionship of other who understand what it is like to be an unpaid carer.

Consequently, with the help of two people who they had volunteered with in Wantage, Cat and Ken, together with Leigh who had they met when she was running the Watchfield community larder, they established Carers Community Vale of White Horse. Nicki's other son, Bradley is also a Trustee as he has been a young carer to his sibling and continues to support his family, even though he is married and has moved from home. Thanks to Leigh, they are able to use St Alban's Church in Watchfield at no charge enabling the group to meet every Wednesday during term time from 12.30pm until 2.30pm. The Church has ample free parking and is close to the S6 bus route.

"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse," says Nicki. "We want to eliminate isolation and loneliness that many carers feel whilst providing information, support, and signposting to carers in a relaxed and familiar surroundings. Together we will help improve carers' lives by encouraging them to come along and be part of a positive, proactive, considerate and supportive group of people. We will also seek to help carers develop skills and gain further experiences and insights that help us to support and empower others."

"Refreshments are complementary, and we hope others in similar situations will come along to get a change of scenery in a warm welcoming place where they can relax and socialise. We intend to invite guests to various additional events once a month like an Indian head massage, crafting, manicures. Speakers and guests are all dependent on members of the community joining us and funding. Unpaid carers can bring those adults that they care for too as the Church is all on the ground floor, with disabled toilets. We are very aware that many unpaid carers get very little, if any time to themselves, and we do not want this to be an obstacle for them in attending. It is not aimed at children, but if the carer of the adult has children under 18, they may come along too but remain their responsibility."

A committee member will be present at every event; all are DBS cleared and are easily recognisable, e.g. badge, lanyard, t-shirt. Tea, coffee and snacks will be available, donations welcome. You will need to show proof that you are an unpaid carer (annually) showing your address within the Vale of the White Horse and that you are in receipt of Carers Allowance or similar.

St Alban's Church is located in Folly Crescent, Watchfield SN6 8SE To find out more, please contact carerscommunityvowh@gmail.com



Faringdon Town Edition Eleven | 101

This article is about an unpaid carers of adults peer support group that meets in St Alban's Church in Watchfield. The group meets in term-time on Wednesdays from 9.30am to 11.30am. For more info - carerscommunityvowh@gmail.com

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

"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse"