

# PARENT CARER SUPPORT GROUPS Oxfordshire

**\*\* Please check in with groups direct to ensure that they're  
running before you try to attend \*\***

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



**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

Virtual

## Wellbeing Matters

Parental wellbeing sessions once a month on teams

Next sessions:

Contact us for dates!

Join the facebook group  
"Parents of  
Neurodivergent  
Children"



A safe space to  
talk, listen and  
share without  
judgement

Please join [The Neurodiverse Parenting Village](#) group & a Teams link will be sent to you for their online support group.

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

## Banbury



A weekly meet up for parents of autistic and neurodivergent children to chat over a cuppa! Children welcome to come.



★ **EVERY FRIDAY MORNING** ★

**PINTO LOUNGE - 09:30 til 12:00**

Connect with other neurodiverse families and enjoy some free pastries! Board games/toys available.

**PINTO LOUNGE , SPICEBALL PARK ROAD, BANBURY, OX16 2PA**

Join the Facebook group  **The Neurodiverse Parenting Village**

**For more info, please join our FB group:-**

[The Neurodiverse Parenting Village](#)

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

**Banbury**



In partnership with  
**Abingdon  
& Witney  
College**



Open to all parents of children with diagnosed or undiagnosed additional needs. Free.

A supportive space to share triumphs and build knowledge together.

**Fridays (term time only)**  
**@ the Bungalow, Hill View School**  
**8.45am-10.45am**

*Email Sally Shepley at Hill View Primary School  
[sshepley@hillview-school.co.uk](mailto:sshepley@hillview-school.co.uk)  
for further information.*

**For further info, please email:-**

**[sshepley@hillview-school.co.uk](mailto:sshepley@hillview-school.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

## 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 0TB. 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>

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

**Bicester**



## BICESTER AUTISM

### Coffee & Chat Dates

Pop along  
Every Friday  
9.30 till 11<sup>am</sup> Term Time Only

*Coffee & Chat is a space where parents of Autistic/ADHD children come together to seek support and advice surrounded by others who understand & have experience.*

*No diagnosis needed*

*We offer a warm, welcoming, non judgemental environment where informal chats take place with lots of laughter, a few tears & tissues. Oh and lots of free coffee, tea and chocolate with the odd fun craft.*

*We even get the odd professionals in for a chat along with some mindfulness and wellbeing sessions*

**Come Join Us**

**4th April**

**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)

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

## 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  
Stanley's Sweets & Treats  
9:30 to 11:30

@sentipede



**Do come along - all welcome!**

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

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

**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.



**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](mailto:rachelreahub@gmail.com) and leave your name and number for a call back



**For more information, please contact Felicity on:-**

**[felicityscroggie@gmail.com](mailto:felicityscroggie@gmail.com)**

**(leave your name and number for a call back)**

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

**Oxford**

**EVERY TUESDAY**  
**9.30-12.30**

## Parent Power

### COFFEE MORNING

@ Windale Hub  
windale avenue  
OX46JD  
(at the back of the school, in the old nursery)

please contact Kerrisa  
07903174415  
kerrisa@oxfordhub.org  
or  
Sophia :  
jigsawoxford@gmail.com

Come & join us at our weekly stay & play sessions, meet new parents  
Support available from Parent Power & SEN advice  
Light refreshments/breakfast available

**Food bank available for attendees**



**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](mailto:karrisa@oxfordhub.org)**  
**Sophia - [jigsawoxford@gmail.com](mailto:jigsawoxford@gmail.com)**

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

**Oxford**

## Walk and talk

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 Lorraine via  
our Facebook page

Participants' are responsible for their own safety  
and wellbeing.



**FOLLOW**   

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.

**For more information, please contact us on:-**

<https://www.facebook.com/Neurodiuniverse>



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

**Oxford**



## 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](mailto:chachadvpc@outlook.com)



Please contact us on 07523 848948 or [chachadvpc@outlook.com](mailto:chachadvpc@outlook.com).  
Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.



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

**Oxford**



The poster features a light blue background with various illustrations and logos. On the left, there are two stylized human figures made of colorful geometric shapes. Below them is a cup of coffee with a heart-shaped latte art. In the top right corner, there is a circular collage of diverse people. The central text is in large, bold, green and white fonts. To the right of the central text is a circular logo with a colorful bird. Below the central text is a small circular logo with an eye. At the bottom, there are logos for Oxford Hub and The Oxford Academy. A wooden A-frame sign on the right side contains the event details.

**Parent Power  
Coffee Mornings  
Every Thursday at TOA**

Come and join Karrisa from Oxford Hub offering support to families if needed.

Tea & Coffee provided.

Please contact Karrisa at  
[karrisa@oxfordhub.org](mailto:karrisa@oxfordhub.org)  
07903174415

**Coffee Morning  
Every Thursday  
Held in TOA  
Library  
Time:  
9:30 - 11am**

**Oxford Hub**

**The OXFORD Academy**

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

**For more info, please contact:-**

**Karrisa - [karrisa@oxfordhub.org](mailto:karrisa@oxfordhub.org) or 07903 174415**

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

## PARENT POWER



Need help or support?



EVERY THURSDAY



09:00 AM – 11:00 AM



Greyfriars Secondary School,  
Cricket Road, Oxford, OX4 3DR



Learn English Skills



Meet other families  
to build parent  
power

Please come to main  
reception or contact

**Kylie@oxfordhub.org**  
**07707918532**

**Oxford**

**GREYFRIARS**  
CATHOLIC SCHOOL

01865 749933  
greyfriarsoxford.org.uk

**Oxford  
Hub**

**For more info, please contact:-**

**Kylie - [kylie@oxfordhub.org](mailto:kylie@oxfordhub.org) or 07707 918532**



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

**Oxford**

A poster for 'SEN COFFEE MORNINGS!' featuring a green background with a floral illustration on the left. At the top right are the 'Oxford Hub' and 'SENtipe de' logos. The title 'SEN COFFEE MORNINGS!' is in large white letters on an orange banner. Below this, text describes the fortnightly coffee mornings for parents of children with SEN. It includes details about the next session on 24th April and 8th & 22nd May 2025, from 9.30-11:00 at The Jungle, Templars Square. A quote box at the bottom right contains the contact email DONNA@OXFORDHUB.ORG FOR MORE INFORMATION.

**SEN COFFEE MORNINGS!**

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 [SENTipe de](https://www.oxfordshire.gov.uk/shortbreaks) 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](mailto:donna@oxfordhub.org)



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

**Oxford**

## PARENT AND SEN SUPPORT GROUP



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



**Cutteslowe Community Centre, OX2 7SX**  
**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>**

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

Online

**NHS**  
Oxford Health  
NHS Foundation Trust

**CAMHS**  
Child and Adolescent  
Mental Health Service

## OXFORDSHIRE WALKING WITH YOU FORUM

### JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

**APR 4** Supporting through exam stress  
12pm-1pm online

**MAY** GET OUTSIDE & SUMMER ACTIVITIES

**02** 12PM - 1PM ONLINE

**JUN** COFFEE MORNING SOUTH OXON

**06** 12PM - 1PM - LOCATION SHARED WHEN BOOKED

**JUL** SLEEP

**04** 12PM - 1PM ONLINE

**AUG** WELLBEING WALK

**13** LOCATION AND TIME SHARED ON BOOKING

**TO REGISTER FOLLOW  
THE LINK OR QR :**



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/)

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

[WWYoxon@oxfordhealth.nhs.uk](mailto:WWYoxon@oxfordhealth.nhs.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

Eynsham

## Positive Measure

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

Every Monday

Baptist Church  
Hall,  
Eynsham

19:30-21:00

Monthly 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](https://www.facebook.com/positivemeasure)

Group [www.facebook.com/groups/positivemeasure](https://www.facebook.com/groups/positivemeasure)

Instagram: [www.instagram.com/poitive\\_measure](https://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.



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



# SPACE

**Witney**

**Come join us at SPACE**

**Where & When  
does  
SPACE meet?**

**Friday's - Term time only**  
**Time - 10am to 12.30pm**  
**Upstairs lounge @ ICE Centre,**  
**Langdale Hall Witney OX28**  
**6AB**  
Parking in public car park  
Wheelchair & pushchair accessible

**Who is  
SPACE for?**

**SPACE is 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,**  
**information and support**  
**with one another**

**What is  
SPACE for?**

Contact Jo on 07875890775

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

**Witney**

Follow us on  
Facebook and  
Instagram

**chat**

**and a  
cuppa**

## 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](mailto:chatandacuppa@yahoo.com)**

**For more information, please message us:-**

**[chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.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

**Carterton**

## **DROP IN SESSIONS THURSDAYS**

**Parents:  
9:30-4PM**

**Young people:  
4-6pm**

# APCAM

Assisting Parents with Children Affected by Mental Health

**Carterton Family Centre  
The Allandale  
Carterton  
OX18 3AA**

**[apcamgroup.org.uk](http://apcamgroup.org.uk)  
[info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk)**


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](mailto:info@apcamgroup.org.uk) or come to our Facebook page - <https://www.facebook.com/apcamgroup>

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

## Abingdon

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

 **9:30-11:30**



## Coffee Mornings

Come join us!



**25th April**



**23rd May**



**Beans&Blends, Abingdon**

**Neurodiverse  
Voices** 

 **Autism  
CHAMPIONS** CIC

[NDV Podcast: Neurodiverse Voices FB page](#)

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

## 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](mailto:DyslexiaAbingdon@gmail.com)

 **Dyslexia Abingdon**   
The social!

Facebook or Email - [DyslexiaAbingdon@gmail.com](mailto:DyslexiaAbingdon@gmail.com)

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

## 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@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org)  
[www.mentalhealthnatters.org](http://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



mental health  
**natters**

BECAUSE TALKING MATTERS

For more info, contact Dani on - [dani@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org) OR go to our website - <https://www.mentalhealthnatters.org/young-people>  
Facebook page - <https://www.facebook.com/mentalhealthnatters>



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

**Kingston Bagpuize**



## **SquiggleSPACE**

### **Supporting Parents And Carers Effectively**

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](mailto:squigglespace@outlook.com)

**Contact Kirsty - [squigglespace@outlook.com](mailto:squigglespace@outlook.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

**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.



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

**Didcot**

## SEN Parents Wellbeing Coffee Morning



**Feeling stressed or alone?  
We are here to support you!  
Come join our Wellbeing sessions.**

### VENUE

Unit 7  
Hawksworth Road  
Didcot  
OX11 7HR

**BOOK YOUR FREE TICKET**  
**[OxfordCreators.co.uk/parents](https://www.oxfordcreators.co.uk/parents)**

**Please go to the website for specific dates and  
next sessions.**

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>**

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



## 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](mailto:NeurodiverseNatters@outlook.com)  
for more information or follow us on Facebook  
[@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

For more info - [NeurodiverseNatters@outlook.com](mailto:NeurodiverseNatters@outlook.com) or follow us on  
Facebook - [@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)



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.

Having 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, Car 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.

**"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"**

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