

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

1 of 3



## Welcome to the October Short Breaks Update Part 1 - Upcoming Activities

Lots of activities including dance, pickleball,  
gaming, music, Hallowe'en, fireworks, cinema &  
there's even some Christmas events!!

Research, training, therapies & support too...



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

|      |                                |        |                                 |
|------|--------------------------------|--------|---------------------------------|
| P1   | Welcome                        | P22    | Active Communities (South)      |
| P2-3 | DanceSyndrome & Aspire Dance   | P23    | Learn to Ride a Bike            |
| P4   | Stay & Play at The Barn        | P24    | Broken Boards Half Term         |
| P5   | The Nest Raising Embers        | P25    | Colour Communicates Workshop    |
| P6   | Outdoor Learning sessions      | P26    | Breathe & Belong                |
| P7   | The Story Museum events        | P27    | Thomley's Charity Ball          |
| P8   | SEND Pickleball                | P28    | Thomley's Christmas Market      |
| P9   | Autumn Festival                | P29    | ICE Centre Christmas Ball       |
| P10  | We Game                        | P30    | Breakfast with Father Christmas |
| P11  | Autism friendly/relaxed cinema | P31    | Bicester Autism groups          |
| P12  | OxFSN AGM                      | P32    | OxPCF - who we are, what we do  |
| P13  | The ICE Centre Activity Days   | P33-34 | Oxfordshire Employment          |
| P14  | SEND family multi-sports club  | P35    | Thame Music Therapy             |
| P15  | The Music Club                 | P36    | AIM RDA                         |
| P16  | Thomley Adult Cooking class    | P37    | Big Fish Project                |
| P17  | Style Acre Celebration Ball    | P38-40 | PDA Facebook Groups             |
| P18  | Autism Friendly Museum         | P41    | YouMove                         |
| P19  | Swings & Smiles                | P42    | Calibre Audiobooks              |
| P20  | Trunk or Treat                 | P43-57 | Research, training & webinars   |
| P21  | Thomley Fireworks              | P58-66 | 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



## AUTUMN TERM DANCE PLANNER

|       |                                                       |                                                                                     |                                                                                    |                                                                                      |
|-------|-------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Mon   | 6 - 7PM<br>Everybody<br>Dance<br>(ON ZOOM)            | 6 - 7:30PM<br>DS Youth<br>[14-25 Year olds]<br>(DARWEN)                             |  |                                                                                      |
| Tues  | 10:30 - 11:30AM<br>Everybody<br>Dance<br>(ACCRINGTON) | 1 - 2PM<br>Everybody<br>Dance<br>(CHORLEY)                                          | 6PM - 7PM<br>Latin Beats<br>(ON ZOOM)                                              |                                                                                      |
| Weds  | 10 - 11AM<br>Everybody<br>Dance<br>(PRESTON)          | 11:30AM - 12:15PM<br>Ballet<br>(PRESTON)                                            | 1:15 - 2PM<br>Contemporary<br>Dance<br>(PRESTON)                                   | 6PM - 7PM<br>Street Dance<br>(ON ZOOM)                                               |
| Thurs | 6PM - 7PM<br>Musical Jazz<br>(ON ZOOM)                |  |                                                                                    |  |
| Fri   | 6 - 7PM<br>Friday Night<br>Dance Party<br>(ON ZOOM)   |                                                                                     |                                                                                    |                                                                                      |
| Sat   | 10:30 - 11:30AM<br>Everybody<br>Dance<br>(CLITHEROE)  |                                                                                     |                                                                                    |                                                                                      |

More information and online booking is available  
at: [www.dancesyndrome.co.uk/sessions](http://www.dancesyndrome.co.uk/sessions)

Dancesyndrome offers a programme of various sessions, some of which are on Zoom & can therefore be attended by anyone anywhere in the UK!

Book at:- [www.dancesyndrome.co.uk/sessions](http://www.dancesyndrome.co.uk/sessions)

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

**\*\* Upper Heyford \*\***



## **SEND Dance Classes**

**Special Educational Needs and Disabilities**

**For Primary School aged children 4-11yrs.**

**Wednesdays 4pm-4.30pm £4 per class.**

**Heyford Park Community Centre, Brice Road,  
Heyford Park, OX25 5TE.**

**Classes are conducted by qualified Royal  
Academy of Dance and Imperial Society of  
Teachers of Dance teacher.**

**Contact Emma 07834195180  
emma.aspiredance@gmail.com**



If interested or for more info, please contact Emma on  
07834 195180 OR [emma.aspiredance@gmail.com](mailto:emma.aspiredance@gmail.com)

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



Free sessions  
for 4-8 year  
olds! With  
parents and  
carers\*

## Stay and Play at *The Barn*

New dates for

October

The Barn, Nightingale Avenue, Blackbird Leys, OX4 7BU

Thursday afternoons from 3pm-5pm

Dates to come...

- 2 October
- 9 October
- 16 October
- 23 October

There'll be help and advice for parents and carers too!

**\*Parents and carers must be with, and responsible for, their children at all times. No childcare provided.**

**For more information, contact Martin Gillett 07436 270267  
[martin.gillett@oxonplay.org.uk](mailto:martin.gillett@oxonplay.org.uk) [www.oxonplay.org.uk](http://www.oxonplay.org.uk)**

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

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

**\*\*NEW\*\***

**Didcot**



Full details and dates  
[www.cafelias.co.uk/pop-ups](http://www.cafelias.co.uk/pop-ups)  
OR  
Scan the QR Code below  
to Register

**The Nest**  
Raising Embers

Run by:  
**oxfjn** Oxfordshire family  
SUPPORT NETWORK

In collaboration with:  
**CAFÉLIAS**  
The Oxfordshire Association of Families with Additional Needs

Funded by:  
**global's Make some NOISE**

0- 18 months,  
development & support group.  
for families with additional  
needs. (No diagnosis needed.)  
Run by parents like you

Starting  
Friday 3<sup>rd</sup> October -  
10am to 12pm  
Baptist House, Broadway,  
Didcot  
OX11 8XD

Full info at [cafelias.co.uk/pop-ups](http://cafelias.co.uk/pop-ups) & registration link or see QR code

**Why this group?** Traditional baby groups can be tough but we believe you and your baby deserve to have the same experience as typical parents, without the strain and worries that come with bringing a child with needs into typical groups. The aim is for you to have the experience and knowledge shared from a traditional baby group without the worry of seeing typical babies. The information shared is tailored to the needs of your baby and a place to meet other parents at a similar stage to you.

Raising Embers at The Nest, Didcot, is a weekly developmental class to help your child reach their potential, using evidenced based play and a safe space with other families who truly get it. We consider ourselves expert parents through our lived experiences.

**What to expect:-** Singing & Makaton; Play & connection; Optional weekly info at the end of each session (e.g. applying for DLA, Carer's Allowance – we can help!);  
Meet parents with babies at a similar stage and of a similar age;  
Bring your Oxygen tanks, NG/PEG, traches etc.

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



## OUTDOOR LEARNING GROUP SESSIONS



**Stay and Play**  
**Under 5's sessions**  
930 - 1045 am  
Story time with a linked outdoor activity

**£7.50 for 1 adult and 2 children**  
**Each extra child £2.50**

**NOW ON...  
ON FRIDAYS**



**Stay and Play**  
**Under 8's sessions**  
11 - 1230 pm

**£10 for 1 adult and 2 children**  
**Each extra child £2.50**

**Drop Off**  
**aged 8 + sessions**  
1 - 230 pm

**£15 per child**



**ORIENTEERING | DEN BUILDING | ASSAULT COURSE**  
**NATURE STUDIES | TEAM GAMES | CRAFTS**

**CONTACT DETAILS**  
**INSPIREDTUTORINGSERVICES**  
**@GMAIL.COM**



**HOW TO FIND US:**  
**LASHFORD LANE**  
**DRY SANDFORD,**  
**NEAR ABINGDON**  
**OX13 6DY**

Weekly April - October  
Monthly November - March

For more information, please contact us on [inspiredtutoringservices@gmail.com](mailto:inspiredtutoringservices@gmail.com)

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



## Access Friendly Day

*Saturday 4 Oct, 10:00am to 4.30pm*

Visit website to book a time slot (last entry is 3.30pm). £14 per person (£7 for ages 1-4).

Enjoy a day of access to both the Galleries and Small Worlds with a single ticket and explore the Museum in whatever way best suits you and your family. Our access-friendly days are suitable for all families but particularly those who prefer a more relaxed experience as the museum spaces will run with adjusted lighting and sounds and the tickets are limited to keep numbers small. Entry is by timed ticket to help avoid crowds and includes entry to both the Galleries (including the Here Be Dragons exhibition in the Treasure Chamber and new Story Arcade) and Small Worlds.



If you'd like to find out more about our Access-friendly Day or have any specific enquiries, please email: [marketing@storymuseum.org.uk](mailto:marketing@storymuseum.org.uk)

To book, call the Box Office on 01865 807600 or visit: <https://www.storymuseum.org.uk/whats-on/access-friendly-day>

## Sensory Suitcase Stories - Goldilocks

*Saturday 11 October, 2.30pm. For ages 2+. £10 per person.*

A special relaxed sensory edition of Suitcase Stories designed specifically for audiences with access needs.

The story has been adapted with specially designed sensory activities, a slower pace, partial Makaton signing and a flexible approach to delivery that will be improvised on the day to suit the audience needs. If you require a carer ticket, please call in advance.

To book, call the Box Office - 01865 807600 or visit: <https://www.storymuseum.org.uk/whats-on/sensory-suitcase-stories-goldilocks>



The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050  
[www.storymuseum.org.uk](http://www.storymuseum.org.uk)

A promotional poster for a pickleball course. The background is a light yellow-green. At the top, the letters 'S.E.N.D' are arranged in an arc in a large, dark green, stylized font. To the right of this, the word 'BETTER' is written in a smaller, green, sans-serif font. In the center, there is an illustration of two red pickleball paddles crossed, with a green pickleball in the middle. Below this, the word 'Pickleball' is written in a large, dark green, rounded font. Underneath that, 'HENLEY LEISURE CENTRE' is written in a red, sans-serif font. Below that, the text 'Saturday 12 - 1pm starting October' and 'Open to children (8+) and young adults with SEND' is written in a black, sans-serif font. A green rounded rectangle with a dark green border contains the text 'FREE' in a large, bold, black font, and '6 week course' in a smaller, black font below it. At the bottom, the text 'Contact henley@gll.org.uk with name and age to express interest before the end of September.' is written in a black, sans-serif font. There are several green pickleballs with dark green spots scattered around the poster: one in the top left, one in the top right, one in the middle right, one in the bottom left, and a large one in the bottom right.

**S.E.N.D** BETTER

**Pickleball**

**HENLEY LEISURE CENTRE**

Saturday 12 - 1pm starting October  
Open to children (8+) and young adults  
with SEND

**FREE**  
6 week course

Contact [henley@gll.org.uk](mailto:henley@gll.org.uk) with  
name and age to express interest  
before the end of September.

Express your interest now - [henley@gll.org.uk](mailto:henley@gll.org.uk)

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



The poster features a yellow background with a black silhouette of the Oxford skyline at the top, flanked by a red maple leaf on the left and an orange maple leaf on the right. Below the skyline, the text "Oxford City Farm" is written in green. A large green banner with the words "AUTUMN FESTIVAL" in white capital letters spans the width of the poster. To the left, a white cloud contains the text "SATURDAY 4 OCTOBER 12:00PM TO 4:00PM". In the center, a large acorn has the word "FREE!" written on it. Surrounding the acorn are various autumn-themed illustrations and activity labels: "ARTS & CRAFTS" with a pencil holder, "FIRE PIT" with a fire, "APPLE PRESSING" with a red apple, "ANIMAL MEET & GREET" with a goat, "INSECT ID'ING" with a magnifying glass, and "FOOD STALLS" with a stall. A red pushpin is pinned to a green leaf on the bottom left. At the bottom, there is a QR code and a website URL.

**Oxford City Farm**

**AUTUMN FESTIVAL**

**SATURDAY  
4 OCTOBER  
12:00PM TO 4:00PM**

**FREE!**

**ARTS & CRAFTS**

**FIRE PIT**

**APPLE PRESSING**

**ANIMAL MEET & GREET**

**INSECT ID'ING**

**FOOD STALLS**

**OXFORD CITY FARM,  
CORNWALLIS ROAD,  
OX4 3NH**

[www.oxfordcityfarm.org.uk/events](http://www.oxfordcityfarm.org.uk/events)

Please note: we have no onsite parking so please use public transport, cycle or come on foot.  
The farm is a no smoking site.  
Please DO NOT park in the Isis Care Home car park.  
No dogs allowed with the exception of guide dogs.

Scan below to book

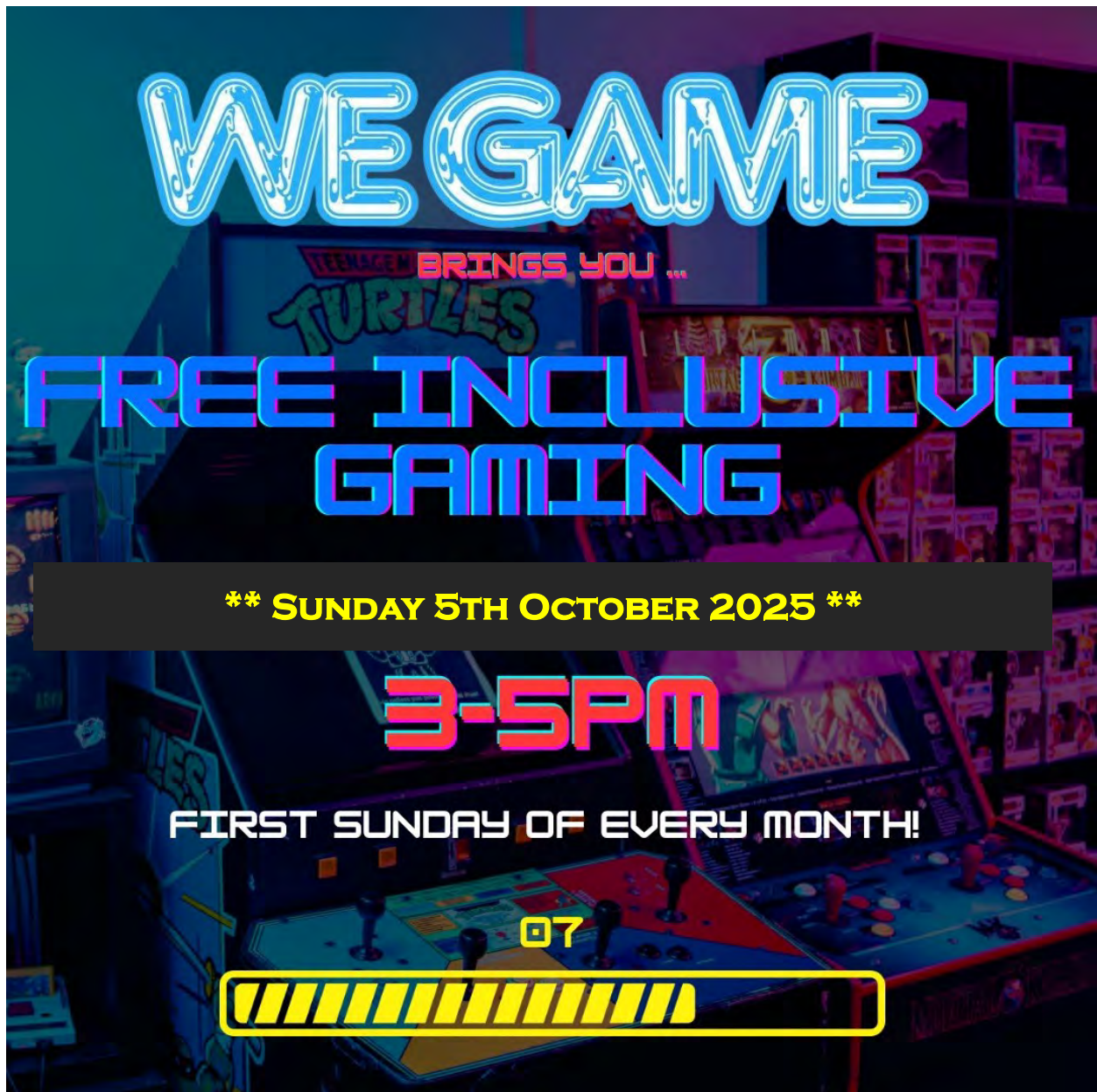


Tickets are free but please do book to help us manage numbers:-

<https://www.eventbrite.co.uk/.../autumn-festival-tickets...>

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

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



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

Young people, parents, friends, aunts, uncles - everyone is welcome! First Sunday each month - 5th Oct, 2nd Nov, 7th Dec, 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.]

Also occasionally run at The Corn Exchange in Witney, please contact us for details:-

[wegame@apcamgroup.org.uk](mailto:wegame@apcamgroup.org.uk)

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

# 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 Smurfs (2025) on Sunday 5th October September at 10.30am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- \* **The Light, Banbury** are showing relaxed family screenings of Dora: Magic Mermaid Adventures on Sunday 5th; Night of the Zoopocalypse on 12th; Corpse Bride (20th anniversary) on 19th - all at 10.00am; Disney Junior Cinema Club 2025 on Saturday 25th at 9.40am & Gabby's Dollhouse on Sunday 26th October at 9.45am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- \* **Odeon** haven't released what their autism friendly screening is yet but it's usually on a Sunday at 10.00am in Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- \* **Showcase Reading** have an autism friendly screening most Sunday mornings at 10.30am but don't have October's listings available yet. Please go to their website for more info:- <https://www.showcasecinemas.co.uk/autism-friendly-screenings/>
- \* **Picturehouse** don't have a listing for their autism friendly screening yet but you can contact them on - [Picturehouse | Cinema Tickets | The Best Films And Events](#)
- \* **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the last Sunday of each month at 10.30am. Tickets are usually bookable 5 days in advance and shown at Bicester, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA \(accessiblescreeningsuk.co.uk\)](#) should you wish to find out more.

**Have you got a CEA card yet?** This card enables a disabled cinema go-er (aged 8 yrs +) to receive a complimentary ticket for someone to go with them to participating cinemas. Please go to their website for more info:-

<https://www.ceacard.co.uk/>



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



## ANNUAL GENERAL MEETING

The Annual General Meeting of the  
Oxfordshire Family Support Network (OxFSN)  
will be held in our new office at  
Baptist House, 129 Broadway, Didcot OX11 8XD

Monday 6<sup>th</sup> October 2025 from 10.00am -12.00pm

### AGENDA

- 10.00 Welcome, introductions & opening remarks –  
Yvonne Cox, Chair of Trustees
- 10.10 Our Year – Gail Hanrahan, Programme Manager
- 10.45 **Formal meeting**
  - Appointment of Chair for the meeting
  - Presentation for the approval of the Minutes of the AGM in 2024.
  - Presentation for the approval of the Annual Report of the Board, including the accounts and balance sheet for the financial year 2024/25.
  - Election of Trustees to the Board for 2025.
  - Any other business
- 12.00 • Close

Refreshments will be available



Baptist House is a 10 minute walk from Didcot Parkway Station, or you can take the X32 or X35 bus from the station. It is close to The Orchard Centre car park (free for 2 hours) and on the bus route X2 / X3 from Oxford.

Please RSVP to [info@oxfsn.org.uk](mailto:info@oxfsn.org.uk)  
or scan the QR code

SCAN ME



Note: A Member who is absent from a General Meeting may appoint any person to act as their proxy. Please email [info@oxfsn.org.uk](mailto:info@oxfsn.org.uk) for the proxy form if you require it.

Oxfordshire Family Support Network (OxFSN) (Registered Charity and Company Limited by Guarantee) Co. Number: 7583197, Charity No. 1143367  
[www.oxfsn.org.uk](http://www.oxfsn.org.uk)

We would love to see as many family carers there and to show off our new place! We will be serving refreshments & will have time for a chat & catch-up.

Booking is essential - details are on the poster or you can book a space by clicking here -  
<https://www.eventbrite.co.uk/e/OxFSNannual-general-meeting>

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



## SATURDAY ACTIVITY DAYS

Next dates...

|                               |                                                                                                                                        |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>11</b><br>OCTOBER<br>2025  | <b>OXFORD ILLUSION MUSEUM</b><br>OXFORDSHIRES NEWEST INTERACTIVE EXPERIENCE, 22 ROOMS TO EXPLORE. (NO LIFT & OVER 4 FLOORS)            |
| <b>25</b><br>OCTOBER<br>2025  | <b>BIRDLAND BOURTON ON WATER</b><br>DISCOVER AN AMAZING WORLD OF BIRDS AND THEIR ANCESTORS.                                            |
| <b>8</b><br>NOVEMBER<br>2025  | <b>TENPIN BOWLING</b><br>BOWLING AT HOLLYWOOD BOWL OXFORD                                                                              |
| <b>22</b><br>NOVEMBER<br>2025 | <b>CADBURY WORLD*</b><br>DIVE INTO THE WORLD OF CHOCOLATE. THIS IS AN EXTENDED DAY AND THERE IS AN ADDITIONAL COST (SEE BOOKING FORM). |
| <b>6</b><br>DECEMBER<br>2025  | <b>PITT RIVERS MUSEUM OXFORD</b><br>EXPLORE THE TREASURE TROVE OF HISTORY AND STORIES AT PITT RIVERS MUSEUM.                           |
| <b>13</b><br>DECEMBER<br>2025 | <b>MILLETS FARM</b><br>ALL THINGS CHRISTMASY WITH TEA AND CAKE                                                                         |

For more info or to book:  
[icesaturdayclub@outlook.com](mailto:icesaturdayclub@outlook.com)

The ICE Centre Saturday Activity Days run two Saturdays a month.

If you would like to know more information and how to join, please contact us on:-

[icesaturdayclub@outlook.com](mailto:icesaturdayclub@outlook.com)

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



**active future**

## SEN/D Multi-Sports Club

We are delighted to be launching our first multi-sport club in the Oxfordshire area. The sessions will include lots of Nefr wars, chase games, dodgeball, a chance to get active without thinking about and most importantly lots of fun! At Active Future if children come to join sport's sessions they get to play the games they love. The sessions are fully inclusive and are for all children regardless of athletic ability and we are particularly SEN/D friendly.

**WHEN** Check Facebook Page Sessions will be in different locations most weeks

**WHERE** Check Facebook Page Sessions will be in different locations throughout the year

Active Future SEND multi-sport clubs in Botley, Brize Norton & Didcot.

Various fortnightly sessions for children with additional needs, their siblings & their parents/carers.

Everyone can join in!

### TO BOOK YOUR PLACE



Scan Me!



afsouthoxfordshire@activefuture



07850 553629

Cost - £10/family per session.

To book, please go to the appropriate location booking link:-

Brize Norton (Elder Bank Hall)

<https://shorturl.at/IM3bR>

Botley (West Oxford)

<https://shorturl.at/WHhsw>

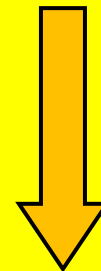
Didcot (Fleet Meadow)

<https://shorturl.at/UjcdC>

For more information or if assistance is needed to book, please email Active Future on:-

[afsouthoxfordshire@activefuture.info](mailto:afsouthoxfordshire@activefuture.info)

### Remaining dates...



| Date       | Location                      | Session Time  |
|------------|-------------------------------|---------------|
| 05/10/2025 |                               |               |
| 12/10/2025 | Fleet Meadow (Didcot)         | 15:00 - 16:30 |
| 19/10/2025 |                               |               |
| 26/10/2025 | West Oxford (Botley)          | 14:00 - 15:30 |
| 02/11/2025 |                               |               |
| 09/11/2025 | Fleet Meadow (Didcot)         | 15:00 - 16:30 |
| 16/11/2025 | ElderBank Hall (Brize Norton) | 15:00 - 16:30 |
| 23/11/2025 | West Oxford (Botley)          | 14:00 - 15:30 |
| 30/11/2025 |                               |               |
| 07/12/2025 | Fleet Meadow (Didcot)         | 15:00 - 16:30 |
| 14/12/2025 | ElderBank Hall (Brize Norton) | 15:00 - 16:30 |
| 21/12/2025 | West Oxford (Botley)          | 14:00 - 15:30 |
| 28/12/2025 |                               |               |

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



12<sup>th</sup> OCTOBER 2025 14.30 – 16.30

@ **WALLINGFORD SPORTS PARK PAVILION**

HITHERCROFT ROAD, WALLINGFORD, OX10 9RB

Free for music club members & families/carers

£5.00 non members & £3.00 Siblings/£10 Family

Open to 0yrs to 25yrs

REFRESHMENTS/ RAFFLE AVAILABLE

GUEST - GET PLUCKY UKULELE BAND



For more info - [www.music4disabledchildren.org.uk](http://www.music4disabledchildren.org.uk) or  
contact Julie Hinton on 07946 648002

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

## Adult Cooking Club

For adults aged 16+

£15 per session - 5:30pm-7:30pm - Dates on our online calendar



Learn everything from planning, preparing and cooking a lovely three course meal (plus you get to eat it!). Not forgetting the extras, like laying the table and of course, cleaning the dishes! Enjoyable life skills with other adults. Our cooking club is very popular and has been a fantastic social opportunity for disabled adults.

Booking is essential, please book on our website calendar:

[www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)

Or, call: 01844 338380



**Thomley**

**Next dates - 14th Oct; 11th Nov & 9th Dec**

**To book, please visit our website:-**

<https://thomley.org.uk/events/adult-cooking-club-11/>

**If you'd like to know more about the sessions, please email us:-**

[bookings@thomley.org.uk](mailto:bookings@thomley.org.uk)

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

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



**\*\* Celebrate 30 Years of Style Acre \*\***

Venue - Benson Parish Hall, Sunnyside, Wallingford OX10 6LZ

Date - Friday 17th October 2025, 7pm-midnight

3-course meal; live band & dancing; casino; raffle + auctions

Dress to impress - suits & cocktail dresses encouraged!

Tickets & info: <https://styleacre.org.uk/events/30th-celebration-ball/>

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



## Autism Friendly Opening

**Saturday 18th October, 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

## *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)**

18th October; 15th November & 20th December

### **SEND Swim and Sports**

The Willink Leisure Centre - no current dates

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. Only during football season (Sept-May).

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 community short breaks for disabled children in Oxfordshire

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

## Trunk or Treat

Saturday 18th October, from 5pm-8pm

'Trunk or Treat' has been such a hit since we started offering this event several years ago. This trend started in America and we think it is a fantastic accessible activity to bring to you, which is a little bit different to the usual trick or treat! £8 per child / young person to attend - members can attend the event for free using their Member discount code



The activity involves the trunk of your car being open and displaying treats, sometimes games, and decorations. Take a trip around our site and visit the trunks! You can still attend even if you don't want to decorate your own trunk.

We will be serving pizzas or chili-con-carne with chips or cheesy chips and lots of Halloween treats from the cafe. We will also be making Halloween slime, doing Halloween facepainting and spooky stories around the firepit!

Dressing up is optional and there will be a prize for the best car boot and outfit on the evening!

To book, visit: [www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)

<https://thomley.org.uk/events/trunk-or-treat-halloween>

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



# Fireworks

## Saturday 25th October, 5-8pm

All are welcome to join us at Thomley for our reduced sound firework display. Carefully selected fireworks that are amazing to watch but with less noise than most displays. The familiar surroundings of Thomley will hopefully help all visitors enjoy the night. We also have ear defenders for those who require them and the pavilion can be used to watch from inside, if again this is easier for some people. There will also be lanterns displayed!

### Prices

- \* £26 per family (2 adults and 2 children)
- \* £9 single tickets
- Members will get a 10% discount on tickets, email for discount code: [mary.coleman@thomley.org.uk](mailto:mary.coleman@thomley.org.uk)

### Food & Drink

- Beer/wine/prosecco/ gin
- Pizzas
- Chips
- Hot dogs
- Sticky toffee apple crumble
- Candy floss
- Soft drinks

## BOOK TICKETS

Tickets are to be bought upfront for the event and can be purchased online on our online calendar: [www.thomley.org.uk/calendar](http://www.thomley.org.uk/calendar)

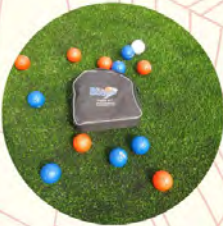


# Thomley

BOOK TICKETS: <https://thomley.org.uk/.../reduced-sound-fireworks.../>

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

**ACTIVE COMMUNITIES**  
**October half term**  
**activities**  
**27 – 31 October**

 **Xplorer** 

 **Fun Day**

 **Football**

For more information and to book, visit  
[southandvale.gov.uk/holidayactivities](https://southandvale.gov.uk/holidayactivities) or scan the QR code

 /SouthandValeActiveCommunities



For more info, go to - [South and Vale Holiday Activities](https://southandvale.gov.uk/holidayactivities)

Visit [www.oxfordshire.gov.uk/shortbreaks](https://www.oxfordshire.gov.uk/shortbreaks) to keep up to date with community short breaks for disabled children in Oxfordshire

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

## CHILDREN'S COURSE:

# Learn to Ride a Bike

### THIS COURSE IS SUITABLE FOR:

Children with motor co-ordination difficulties (DCD/dyspraxia) aged 7-16 years who have struggled to learn to ride a two-wheeled bike.

The course includes up to 12 children, so it is only suitable for children who do not have behavioural or emotional difficulties that would impact on their ability to work in a group setting and with different volunteers helping them learn to ride during the course.

### WHAT DOES IT INVOLVE?

The course takes place indoors, in a large event space. See this link to the '[Learn to Ride a Bike](#)'\* video that we made a few years ago that shows our approach.

### COST?

The course is free of charge to participants.

### WHO RUNS THE COURSE?

Mainly experienced volunteers, with leadership from the Fire Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust, Oxford Brookes University, and the Oxford Dyspraxia Foundation group.

### IMPORTANT INFORMATION

Children on the course must bring their own bike and helmet and be accompanied by an adult at all times.

### FOR FURTHER INFORMATION AND BOOKING

Email: [learntrabike@gmail.com](mailto:learntrabike@gmail.com)



Next date:

Mon 27th Oct to Fri 31st Oct 2025

(1-2 hours every morning)

Venue:

MINI Plant Visitor Centre,  
Cowley, Oxford, OX4 6NL  
(Free parking in MINI Plant car park)



\*Learn to Ride a Bike video  
QR Code and webpage  
[www.youtube.com/watch?v=vZ6BHC-W5Q0](https://www.youtube.com/watch?v=vZ6BHC-W5Q0)



For more information & booking, please email:- [learntrabike@gmail.com](mailto:learntrabike@gmail.com)

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

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



*Broken*  
 **holiday club**  
*Boards*

**OCTOBER HALF TERM - EYNHAM**  
**8.45AM-3PM DROP OFF SESSIONS**

- \*DESIGN YOUR OWN (DECK, T-SHIRT, STICKER)**
- \*SKATEBOARDING AND SCOOTERING (WEATHER PERMITTED)**
- \*TECH DECKS**
- \*ART CLUB**



**ALL GEAR PROVIDED FROM 6 YEARS OLD**

**FROM £45 +SIBLING DISCOUNT**

Spaces are limited so book now here:-

<https://www.brokenboardsltd.com/club>

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

# Colour Communicates

## Relaxed Family Drawing Workshop

Wednesday 29th October, 10.30am-11.30am  
Oxford Museum of Natural History



Join us for a creative drawing workshop led by artist & author Katherine Child. What messages can we send just using colour and what can we communicate? Take part in interactive drawing exercises.

**For children who benefit from a quieter and calmer environment, such as neurodivergent and SEND visitors. Limited spaces.**

**To book email: [education@oum.ox.ac.uk](mailto:education@oum.ox.ac.uk)  
1 adult per booking due to limited spaces**



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



*You're invited to:*

- Connect with like-minded mothers of children with SEN who truly understand and support your journey.
- Share your story in a nurturing and compassionate space, with no pressure to speak unless it feels right for you.
- Engage in reflective journaling, guided relaxation, and peaceful moments of introspection.
- Relax and unwind in a soothing sound bath, designed to calm and restore.

**COME AS YOU ARE. LEAVE FEELING LIGHTER.**

Where: Brigde St, Witney, OX28 1YH  
When: Sunday 2nd November 2025 | 2:00PM-4:00PM  
Investment: £40

**SPACES ARE LIMITED. FOR MORE DETAILS AND TO BOOK YOUR SPACE SEND A DM TO DASHA ON INSTAGRAM (@DASHOK88)**

@dashok88

If interested, please message Dasha on:-

<https://www.instagram.com/dashok88?igsh=MWJwM28wNmh0OGxwNA==>

# Thomley's Charity Silver Ball

Saturday 15th November 2025, 6:30pm until 1am



Join us for our annual Charity ball where we put on a fabulous three course meal and party the night away, all in the name of Charity.

The night is always such fun, with a three course meal, arrival drinks, all night bar, auction and raffle - then plenty of time to dance the night away! Places are £60 a person. You can book single tickets or book a table of between 10 and 12 people. This year is a silver themed ball as it's Thomley's 25th anniversary.

Book tickets here: [fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk) or call us on 01844 338380 to book tickets or a table.



We are now taking bookings for this year and are pleased to announce the theme this year is SILVER, to celebrate Thomley's 25th anniversary.

Please get in touch ASAP to reserve a table or places on a shared table.

[fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)

# Christmas Market

*22nd November 10am - 3pm*

*FREE entry - No need to book*

Join us for our very popular Christmas Market!

Shop for your Christmas goodies

Eat lovely festive food whilst the kids can play!

Buy tickets for our famous Christmas raffle!

Santas Grotto will be available (book on the day)

*\*Please note our gates will not be locked during the day\**



To book a stall, please contact us:  
[fundraising@thomley.org.uk](mailto:fundraising@thomley.org.uk)

**Where are we?**  
Thomley, Menmarsh  
Road, Worminghall,  
HP189JZ



# Thomley

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



To get your tickets, contact us on :-

[info@ice-centre.co.uk](mailto:info@ice-centre.co.uk)

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

## Breakfast with Father Christmas

20th, 21st, 22nd & 23rd December  
from 8am - 10am. Booking is essential



£ 10 for parents or carers  
£ 15 for children  
(£ 10 for members)

Breakfast with Father Christmas is an incredibly popular way to see Father Christmas at Thomley, with the added bonus of activities, a lovely breakfast and maybe even some snow! Limited tables available.

Please book your places on our online calendar: <https://thomley.org.uk/calendar>

\*Please note only the pavilion is open for this event

Thomley, Menmarsh Road,  
Worminghall, HP189JZ



Thomley

\*\*\* BOOKINGS OPEN NOW \*\*\*

Book here: <https://thomley.org.uk/calendar/>

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

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



Groups on offer from [Bicester Autism/ADHD Members Only Chat group](#).

If you live in the Bicester or surrounding area, feel free to join. All information needed is on our Facebook page - <https://www.facebook.com/groups/508705116127966>

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

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

Did you know there's a voice for  
**SEND parent carers** in Oxfordshire?



OXFORDSHIRE  
PARENT CARERS FORUM

oxfm  
IN PARTNERSHIP

## WHO ARE WE?

A dedicated group of parent carers of children and young people with Special Educational Needs and disabilities.

## WHAT DO WE DO?

As an independent group, we gather the lived experiences of families in Oxfordshire. We share this feedback with the local authority, education settings, and health providers. The forum aims to help your voice be used to shape and improve services in Oxfordshire, to better meet the needs of children and young people with SEND and their families.



## HOW CAN YOU GET INVOLVED?

**Sign up to our mailing list:** [bit.ly/OXPCF](https://bit.ly/OXPCF)

Relevant news and events, updates on our work, and opportunities for feedback and participation - for parent carers and professionals

**Join our SEND Room:** [facebook.com/groups/oxsendroom](https://facebook.com/groups/oxsendroom)

A private peer support group on Facebook to connect with other parent carers

**Volunteer:** [oxpcf.org.uk/volunteer](https://oxpcf.org.uk/volunteer)

A range of opportunities to make a real impact for SEND families in Oxfordshire

**Connect:**  [oxpcf.org.uk](https://oxpcf.org.uk)  [bit.ly/whatsapp-oxpcf](https://bit.ly/whatsapp-oxpcf)  [/ox\\_parentcarers\\_forum](https://www.instagram.com/ox_parentcarers_forum)  
 [/oxpcf](https://www.facebook.com/oxpcf)  [/company/oxfordshire-parent-carers-forum](https://www.linkedin.com/company/oxfordshire-parent-carers-forum)



TOGETHER EVERYONE ACHIEVES MORE

Mailing list – [www.bit.ly/OXPCF](https://www.bit.ly/OXPCF)

WhatsApp – [www.bitly.whatsapp-oxpcf](https://www.bitly.whatsapp-oxpcf)

Website – [www.oxpcf.org.uk](https://www.oxpcf.org.uk)

Facebook – [www.facebook.com/oxpcf](https://www.facebook.com/oxpcf)

Instagram – [www.instagram.com/ox\\_parentcarers\\_forum](https://www.instagram.com/ox_parentcarers_forum)

SEND Room – [www.facebook.com/groups/oxsendroom](https://www.facebook.com/groups/oxsendroom)

Volunteer – [www.oxpcf.org.uk/volunteer](https://www.oxpcf.org.uk/volunteer)

Visit [www.oxfordshire.gov.uk/shortbreaks](https://www.oxfordshire.gov.uk/shortbreaks) to keep up to date with community short breaks for disabled children in Oxfordshire

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



## ESP

### Employment Support Programme

#### Do you want a job?

If you are 18 years or over and have a disability or a long-term health condition, looking for employment, then we could support you to gain employment.

#### What we can do:

- Find out what type of job you might like to do.
- Find out what skills and abilities you have that employers need.
- Work with you to write your CV and apply for jobs.
- Help you to prepare and practice for interviews.
- Talk to employers about your needs and give them training around how they can support you at work.
- Support you to learn and develop the skills you need in your new job.
- Support you with travel.
- Help you to access support with managing your earnings and benefits.
- Work with you to solve any problems you may have at work.



To find out more contact us on:

**T: 01865 815 809**

**E: [OxfordshireEmploymentService@Oxfordshire.gov.uk](mailto:OxfordshireEmploymentService@Oxfordshire.gov.uk)**



**base**



To find out more, please contact us on - 01865 815809 or email us on

[oxfordshireemploymentservice@oxfordshire.gov.uk](mailto:oxfordshireemploymentservice@oxfordshire.gov.uk)

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



## LSE

### Oxfordshire Local Supported Employment

#### Do you want a job?

If you are a person with a learning disability or autism, looking for work, then we can help you!

#### What we can do:

- Find out what type of job you might like to do.
- Find out what skills and abilities you have that employers need.
- Work with you to write your CV and apply for jobs.
- Help you to prepare and practice for interviews.
- Talk to employers about your needs and give them training around how they can support you at work.
- Support you to learn and develop the skills you need in your new job.
- Support you with travel.
- Help you to access support with managing your earnings and benefits.
- Work with you to solve any problems you may have at work.



To find out more contact us on:

**T: 01865 815 809**

**E: [OxfordshireEmploymentService@Oxfordshire.gov.uk](mailto:OxfordshireEmploymentService@Oxfordshire.gov.uk)**



**base**



Department  
for Work &  
Pensions



**OXFORDSHIRE  
COUNTY COUNCIL**

To find out more, please contact us on - 01865 815809 or email us on

[oxfordshireemploymentservice@oxfordshire.gov.uk](mailto:oxfordshireemploymentservice@oxfordshire.gov.uk)

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

## Thame Music Therapy



thamemusictherapy.co.uk  
info@thamemusictherapy.co.uk



1:1 Music Therapy  
Specialist Music Lessons  
Inclusive Workshops



Hugh Anderson  
Music Therapist  
BAMT Member & HCPC Registered

**BAMT** BRITISH ASSOCIATION  
FOR MUSIC THERAPY

**hcpc**  
registered  
www.hcpc-uk.org

For more information, contact Hugh on [info@thamemusictherapy.co.uk](mailto:info@thamemusictherapy.co.uk)

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

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



## HELP US TO AIM HIGH

Ambition starts with you: can you be a part of Aim RDA's continued progress and success?

**VOLUNTEER** We are always looking for volunteers aged 14+, no experience required: just passion

**FUNDRAISE** We would love to become your next worthy cause: every £ makes a difference

**DONATE** Visit our Crowdfunder at [bit.ly/aimgroupnda](https://bit.ly/aimgroupnda)

**PARTICIPATE** Aim RDA considers participant applications from disabled people aged 8+

## STAY IN TOUCH

- [bit.ly/aimgroupnda](https://bit.ly/aimgroupnda)
- [@aimgroupnda](https://www.facebook.com/aimgroupnda)
- [@aim\\_rda](https://www.instagram.com/aim_rda)
- [www.aimrda.co.uk](https://www.aimrda.co.uk)
- [trustees@aimrda.co.uk](mailto:trustees@aimrda.co.uk)



## AIM RDA

Connecting disabled people in Berkshire, Wiltshire and Oxfordshire with horses, opportunity, and life-changing support

A MEMBER GROUP OF THE RIDING FOR THE DISABLED ASSOCIATION (RDAUK)



ABILITY - INDEPENDENCE - MOTIVATION



## WHO ARE WE?

Aim RDA is a member group of the Riding for the Disabled Association (RDA), founded in 2024 by a group of passionate, experienced volunteers. We are named after our core values of "ability, independence, motivation", which are present in all of our accessible equestrian activities.

## WHO ARE WE FOR?

Aim RDA works with disabled participants aged 8+, with no upper age limit. We prioritise those who would otherwise struggle to access mainstream riding provision. Our approach is participant-focused, empowering and progressive: RDA can be so much more than most people realise.

## WHERE ARE WE?

**Shrivenham Equestrian Centre**, SN6 8LA: Wednesday evenings & Sunday afternoons (coming 2025)  
**Lambourn RDA**, RG17 0TJ: Friday daytime (unmounted sessions only) & Saturday afternoons

## WHAT DO WE DO?

Aim RDA connects disabled participants with horses, through accessible riding and unmounted equine-assisted activities. Our sessions are as diverse as our participants, and range from therapeutic to technical and competitive. Riding and spending time with horses can provide unmatched, life-changing benefits to mental and physical well-being, social, motor, and coordination skills. We have experience of a diverse range of disabilities. RDA's motto is "it's what you can do that counts": Aim RDA wants to "make it count" for every participant in its family.



AIM GROUP RDA IS A REGISTERED CHARITY NO. 1208952

[WWW.AIMRDA.CO.UK](https://www.aimrda.co.uk)

Find out more about us today [www.aimrda.co.uk](https://www.aimrda.co.uk)

Visit [www.oxfordshire.gov.uk/shortbreaks](https://www.oxfordshire.gov.uk/shortbreaks) to keep up to date with community short breaks for disabled children in Oxfordshire



## **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.**

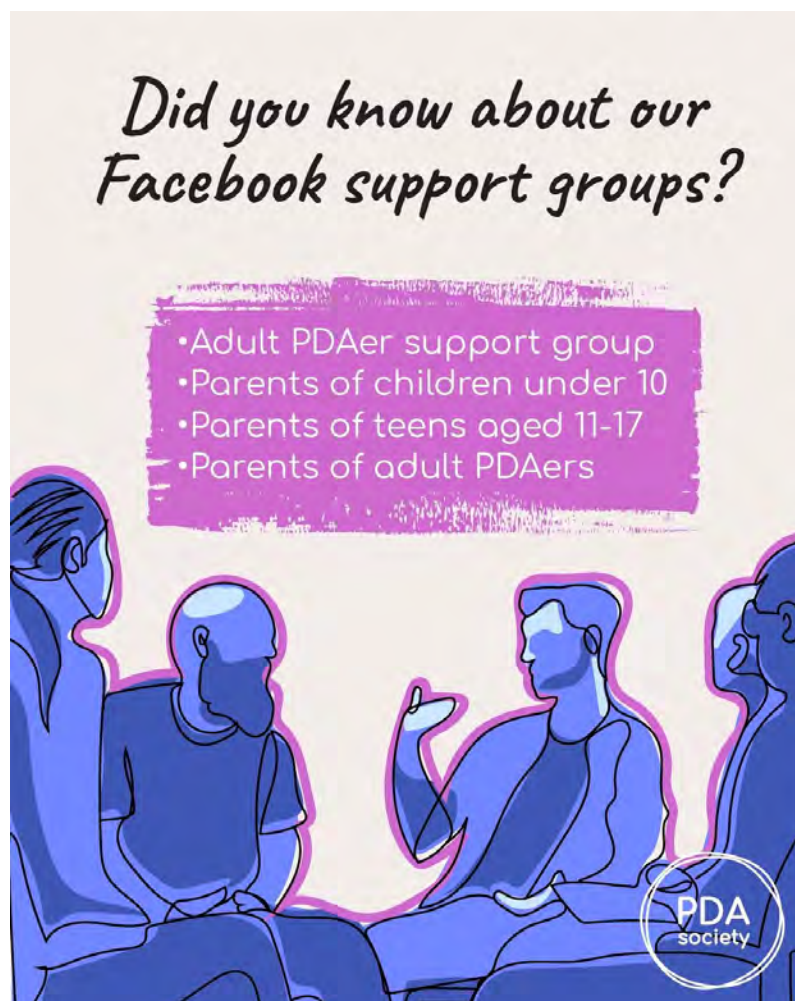
**We offer both one-off and regular placements.**

**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



Our Facebook support groups are a safe space to connect with likeminded people. Whether you're looking to chat with others who understand, or just want to listen and learn, you're very welcome to join us.

Adult PDAers: <https://ow.ly/gIAK50WPCE3>

Parents of children up to 10: <https://ow.ly/M7hO50WPCCY>

Parents of teens: <https://ow.ly/mOKn50WPCCW>

Carers of PDA adults: <https://ow.ly/Yfyt50WPCE1>

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

## Parent & Carers of PDA Teens Facebook Group



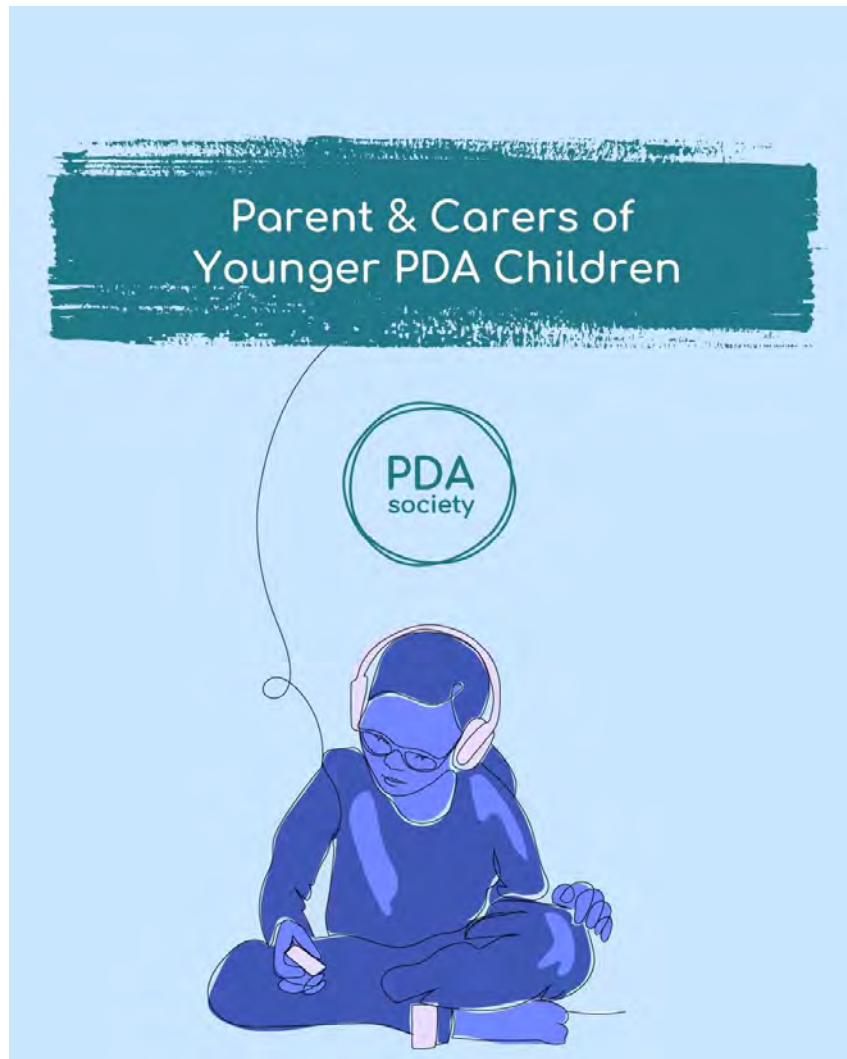
This is a safe, supportive space to connect with others, share experiences, offer peer-to-peer support and exchange helpful information. The group is private, which means only members can see what's posted, helping to keep things safer and more personal. Whether you're looking to connect with others who understand, or just want to listen and learn, you're very welcome to join us.

**You can join the group here:** <https://ow.ly/Rv9550WihYq>

If you'd prefer individualised support, you can always contact our Support Service team:-  
<https://ow.ly/vr5w50WihYt>

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

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



We're excited to launch a new Facebook group for parents and carers of younger children (age 10 & under) who experience PDA and demand avoidance. This is a safe, supportive space to connect with others, share experiences, offer peer-to-peer support and exchange helpful information. The group is private, which means only members can see what's posted, helping to keep things safer and more personal.

Whether you're looking to connect with others who understand, or just want to listen and learn, you're very welcome to join us.

**You can join the group here: <https://ow.ly/FPho50WlsgN>**

If you'd prefer individualised support, you can always contact our Support Service team: <https://ow.ly/owcN50WlsgM>

# 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

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

# 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

**Title:** Quality of Life for Parents of Adult Children with an Intellectual Disability  
Oxford Institute of Clinical Psychology Training and Research  
**[PI:** Dr Myra Cooper; myra.cooper@psy.ox.ac.uk]  
**Ethics Approval Reference:** [MS IDREC 908229]



## Are you a parent of an adult with an Intellectual Disability (Learning Disability) living in the UK?



Stephanie Bremner, Trainee  
Clinical Psychologist



Dr Helen Fletcher, Consultant  
Clinical Psychologist



Dr Myra Cooper, Research  
Director (OXICPTR)

**We are interested in understanding more about what factors help with quality of life for parents who have adult children with Intellectual Disabilities (Learning Disabilities). We are specifically interested in social support, your perception of your caregiving role, and your current ways of coping.**

Please feel free to follow the link to access the participant information sheet:

**[Online Survey Link](#)**

### Can I participate?

We are looking for parents (biological or adoptive) of an adult with an Intellectual Disability, living in the UK. Only one parent from a co-parenting couple may take part.

### What will I need to do?

Participating in this research will involve a **20-minute anonymous online survey**. You will need to have access to digital technology to complete the survey.

For further information, please feel free to contact Stephanie Bremner (Primary Researcher):  
[stephanie.bremner@stx.ox.ac.uk](mailto:stephanie.bremner@stx.ox.ac.uk).

For more info, please contact Stephanie Bremner on  
[stephanie.bremner@stx.ox.ac.uk](mailto:stephanie.bremner@stx.ox.ac.uk)

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

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

Open for input  
until 2026



Care on the move

## 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.

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

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



## Student voice matters!

A research opportunity for autistic students to tell us their experiences of school mental health awareness and support

Link for parents to express interest 



Faculty of Education and Society

UCL

## Promoting and supporting autistic students' mental health in mainstream secondary schools in England



**Hello!** My name is Şeyda Çetintaş.



I am a doctoral student at University College London.

I want to hear from young people aged 11-16 with a diagnosis of autism and enrolled in mainstream secondary schools in England.

What are your experiences of **school mental health awareness** and **school mental health support**?



GRRAND



Child Development and Learning Difficulties Lab

### What is involved?

- 1 Introductory online meeting session with parent and young person to share interview schedule and pre-interview task.
- 2 Online meeting with young person to discuss their photos, drawings, notes or poems to express their ideas about wellbeing at school.

### For parents → How can you take part?

[Click here](#) or scan the [QR code](#) below to access the expression of interest form.

**Want to know more?** Scan QR code to access the online questionnaire along with the information letter, or email Şeyda at [seyda.cetintas.21@ucl.ac.uk](mailto:seyda.cetintas.21@ucl.ac.uk)



Please contact [seyda.cetintas.21@ucl.ac.uk](mailto:seyda.cetintas.21@ucl.ac.uk) if you would like more information or wish to participate.

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

# 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)

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

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



## **Working Well Without Burning Out - an introductory workshop**

When your work is purpose-driven, it's easy to put your mission before your wellbeing — but over time, that could put you on the path to burnout.

In this free workshop, learn how to recognise some of the early physical signs of burnout, gently strengthen your emotional resilience with science-backed practices, and embed one simple new habit to support your wellbeing — even on your busiest days.

Thursday 2nd October (1.5 hours). 11am - 12.30pm; £FREE.

## **Step Up Your Email Marketing**

Emails and newsletters are one of the most powerful and cost-effective tools for charities to reach their audiences – whether they're service users, supporters or volunteers. But are yours working as hard as they could be?

Learn how to craft compelling emails that connect with your audience using behavioural insights, engagement strategies, and creative inspiration from other small organisations.

Wednesday 8th October (3 hours). 10am - 1pm; £40 - £70.

## **Volunteering - Good Practice and the Law**

An essential session for those responsible for managing volunteers. This informative and engaging workshop will highlight the key areas to be aware of regarding legal issues, good practice in volunteering and tips to make sure you are adhering to your responsibilities in protecting volunteer's rights.

Thursday 16th October (3 hours). 10am - 1pm; £40 - £70.

**All these courses will run in-person at The Source (OX1 1SS) 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/current-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



## SUPPORT FOR PARENTS OF CHILDREN WITH ANXIETY

Anxiety can be difficult to manage. This workshop discusses what anxiety is and gives you strategies to help your child.

**Signs of anxiety | How it can make you feel**  
**Causes of anxiety | Different types of anxiety**



Join us on Zoom, **Thursday 2 October, 12 - 2 pm**

Reserve your place on [Eventbrite](#) or [bit.ly/Anxiety25](https://bit.ly/Anxiety25)

This workshop is delivered by Contact for families within the SWAN UK community



**contact** For families with disabled children



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

Join our free event with [Contact - For families with disabled children](#) for SWAN UK members <https://www.eventbrite.co.uk/.../support-for-parents-of...>

If you are the parent or carer of a child or young adult with an undiagnosed genetic condition and you're not already part of the SWAN UK community you can register here: <https://docs.google.com/.../1FAIpQLSeTlpjGgX4Yuw.../viewform>

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



If you have school-aged children that struggle with anxiety around school, this free in-person support session is for you!

Together with CAMHS, Kidlinks are holding an informative and supportive session for parents at St Mary's Refectory, Kidlington, on Monday 13th October, from 4 - 5.30pm.

This session is free and hot drinks and biscuits will be provided!

Please click here to book your place - [Teens Anxiety course with CAMHS](#)

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

**\*\* For parents & carers... \*\***



## Autism & Behaviour We Find Challenging

**\*\* for parents & carers \*\***

A 5-week online course for parents & carers

**Dates:** Five Mondays, 13<sup>th</sup>, 20<sup>th</sup> Oct and 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Nov 2025

**Times:** 09:30 AM - 11:30 AM (2 hours)

**Format:** Online

**If you are a parent/carers of an autistic young person whose behaviour can be challenging, then this course is for you!**

**★ This course will change the way you think about behaviour!**

This highly popular course acknowledges that parent/carers often experience behaviour and situations which are difficult to manage in the home and/or elsewhere. We will explore many aspects of challenging behaviour including causes, our response, therapeutic approaches to behaviour management and practical strategies. We will focus on the needs of the family and will provide an open and friendly online environment where participants can learn and will be invited to share your experiences of autism - both wonderful and difficult, if you wish.

The trainer is Becky Loveless, our Operations Manager who has over 20 years' experience of working with autistic young people and their families and is a skilled trainer. With an inspiring guest speaker - Patrick is an autistic adult who will share his incredibly inspiring journey from childhood, his challenging behaviour, what he was experiencing, what helped, what didn't help, and his successes into adulthood.

For full details and to book visit our online booking page:-

<https://bookwhen.com/afsotraining>

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

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

**\*\* For professionals... \*\***



## Autism and Behaviour We Find Challenging

**\*\* for professionals \*\***

A 5-week online course **for professionals**

**Date:** Five Wednesdays - 15<sup>th</sup>, 22<sup>nd</sup> October & 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> Nov 2025

**Time:** 3:30 PM – 5:30 PM (2 hours)

**Format:** Online

**★ This course will change the way you think about behaviour!**

If you work with autistic children/young people whose behaviour can be challenging, then this course is for you!

Until now, we only provided this training to parent/carers - but in response to requests we are now delivering a course specifically for professionals!

The course acknowledges that we often experience behaviour and situations which are difficult to manage – both for the individual and those supporting them. We will explore many aspects of challenging behaviour including causes, our response, therapeutic approaches to behaviour management and practical strategies. We will focus on the needs of the young people but will also discuss the setting, and will provide an open and friendly online environment where participants can learn and share your experiences of autism, both wonderful and difficult, if you wish.

The trainer is Becky Loveless, our Operations Manager who has over 20 years' experience of working with autistic young people and their families and is a skilled trainer. With an inspiring guest speaker - Patrick is an autistic adult who will share his incredibly inspiring journey from childhood, his challenging behaviour, what he was experiencing, what helped, what didn't help, and his successes into adulthood.

For full details and to BOOK visit our online booking page: <https://bookwhen.com/afsotraining>

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



## 'Autism & Me' for autistic teens and young adults

**Date:** October Half Term: Mon 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> Oct 2025 (four half days)

**Venue:** Wolvercote Young Peoples Club, St Peters Road, Oxford OX2 8AU

**Times:- 18 – 25 year olds:** 10AM - 12:30 PM & **13 – 17 year olds:** 2:30PM to 5PM

We are excited and proud to launch this NEW and UNIQUE opportunity for young people and young adults. A rare opportunity for autistic young people to learn about autism, understand why some things may be difficult for them, identify their strengths, and meet similar young people! The course will provide a friendly, nurturing and fun space for young people to...

🔍 Explore autism

💡 Understand yourself better

☑ Learn practical strategies to help cope with challenges

★ Identify, celebrate and use your strengths

👋 Meet similar people

We will explore autism – what it is and what it isn't, common difficulties and common strengths, and allow you to explore your own autistic profile, your difficulties and your strengths, and tips for making your life easier.

The course will include learning through verbal and visual information, discussion, videos, and games. There will also be time to socialise and/or relax, including board games, card games and digital games.

For full details and to BOOK visit our online booking page:-

<https://bookwhen.com/afsotraining>

**Don't wait, there are limited spaces so book early!**

**For enquiries please email:** [training@afso.org.uk](mailto:training@afso.org.uk)

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

For teachers & educators...

## Online workshop



### For teachers: Supporting autistic students with a PDA profile

Pathological Demand Avoidance (PDA) is an autistic profile characterised by extreme anxiety in response to everyday expectations, whether external or self-imposed. Students with a PDA profile often use creative and complex strategies to avoid demands as a way to manage their anxiety.

Designed for teachers, this workshop blends professional expertise and lived experience to deepen understanding of PDA. Gain practical, classroom-focused strategies to create a flexible, supportive learning environment tailored to autistic students with a PDA profile.

**Wednesday 15th October 4pm-7pm**

**£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, this workshop 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

**FREE!**

## Training session for schools and education staff

**24/11/25**  
**10am - 10.30am**

- Online introductory session on supporting **siblings** of disabled children at school
- Hear the latest research
- Take away new resources

Reserve your FREE place at  
[sibs.org.uk/freetraining](https://www.sibs.org.uk/freetraining)



### **\*\* Sibs - For brothers and sisters of disabled children and adults \*\***

We are the only UK charity representing the needs of siblings and we are offering free online sessions for schools and education staff. In this introductory session, we will be sharing some of the key issues facing young siblings, highlighting recent research and sharing our resources for schools.

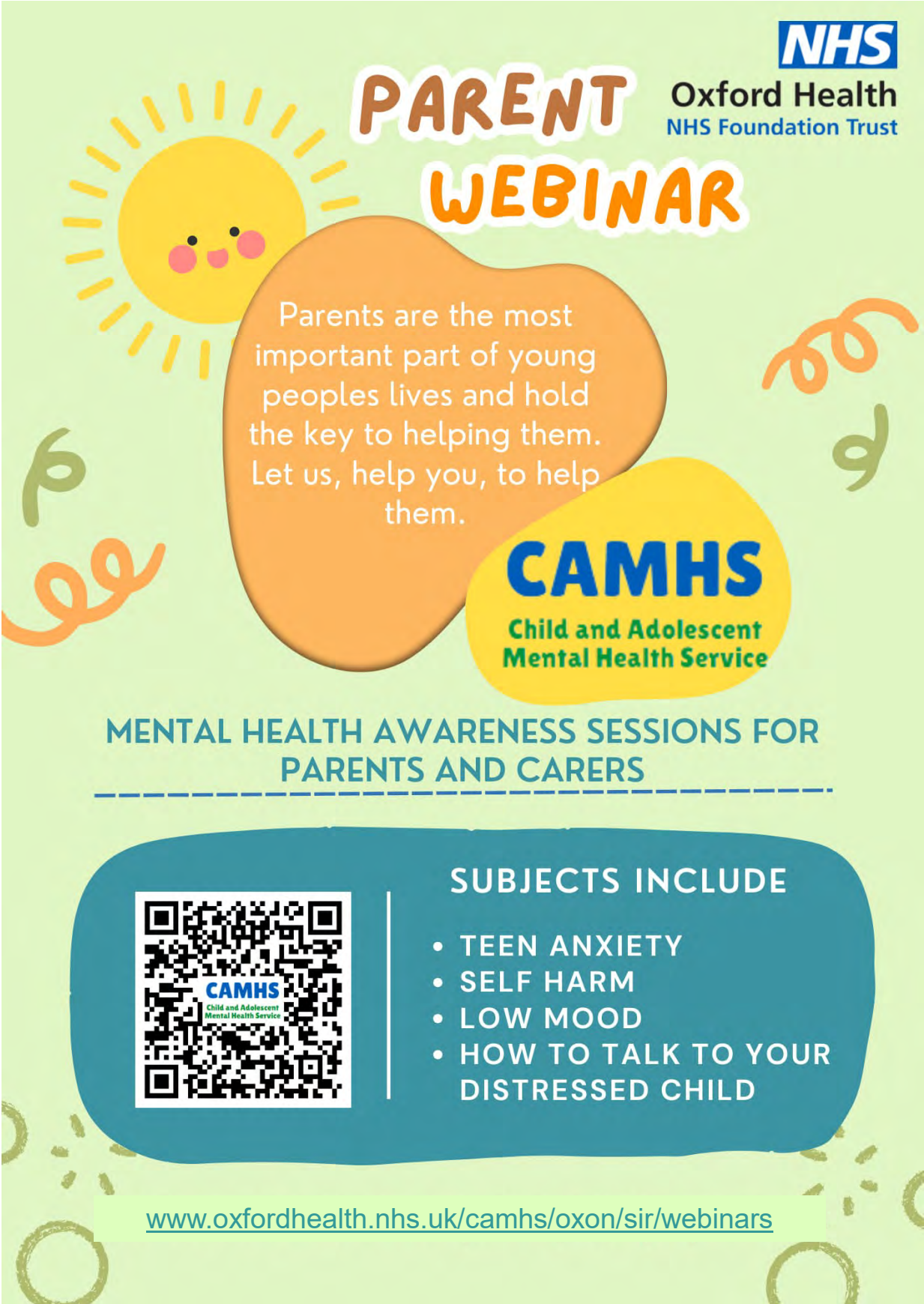
We are running these FREE online sessions on:

- Monday, 29th September – 10am - 10.30am
- Monday, 24th November - 10am - 10.30am

Booking is essential as places are limited - <https://www.sibs.org.uk/sibs-workshops-and-training/freetrainingforschools>

To find out more about Sibs and what we do, please go to our website - [www.sibs.org.uk](https://www.sibs.org.uk)

# 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 people's lives and hold the key to helping them. Let us help you, to help them.

**CAMHS**  
Child and Adolescent Mental Health Service

### MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

---

**SUBJECTS INCLUDE**

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

  
CAMHS  
Child and Adolescent Mental Health Service

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

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

# 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



Autism Central  
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)



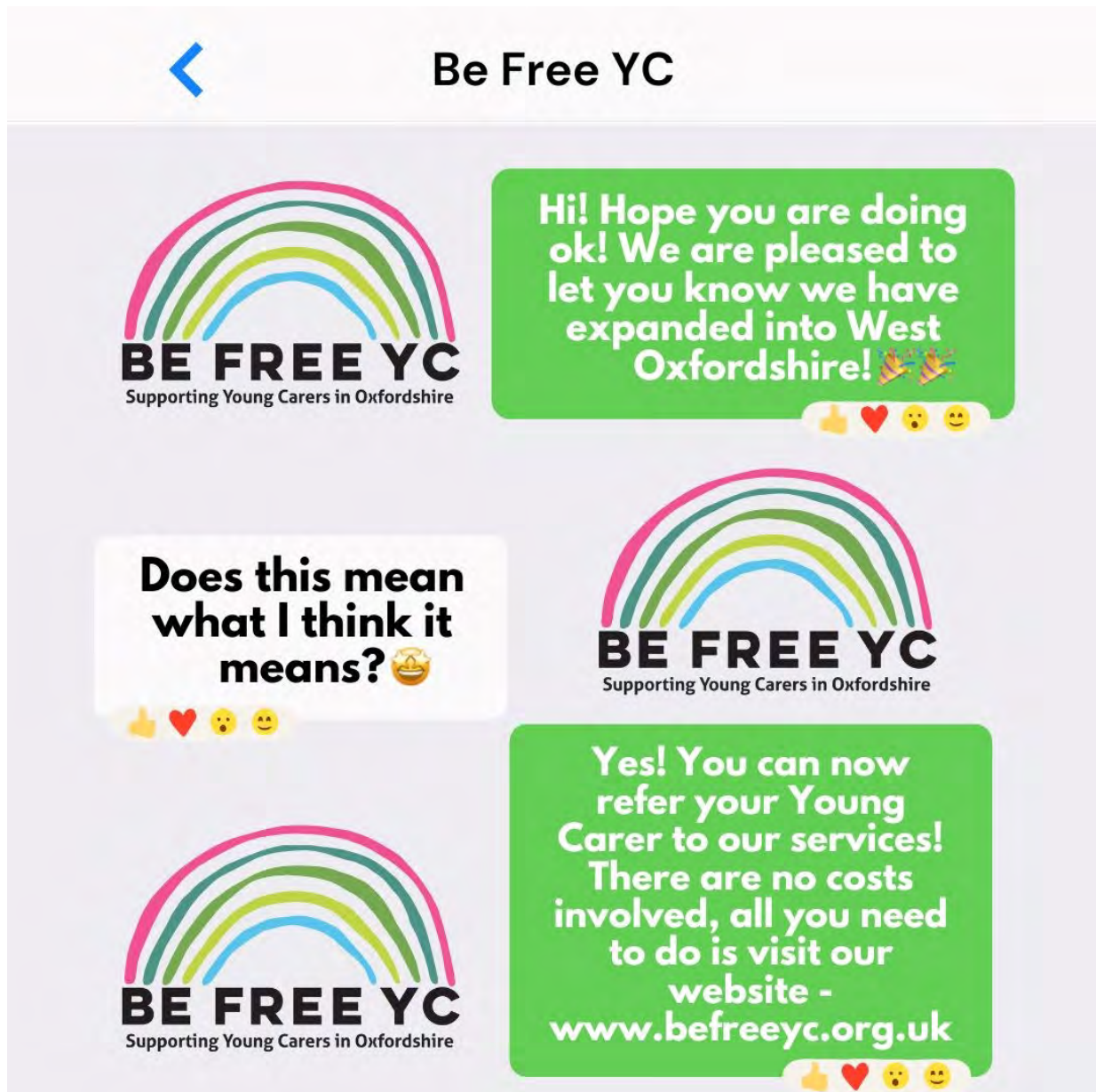


The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic 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)

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

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



Be Free Young Carers supports young people aged between 8-17 years old, with caring responsibilities. We offer FREE respite trips in the school holidays to theme parks and trampoline parks as well as many other exciting places. We also provide a bespoke befriending service, 121 emotional support, counselling and more! Do you know a young carer? Do you think our services can help you and your family? To register a young carer in West Oxfordshire, please head over to our website and fill out a referral form - <https://befreeyc.org.uk/>

Need more info? Contact our West Oxfordshire YC Youth Workers Carly & Tabitha at [westox@befreeyc.org.uk](mailto:westox@befreeyc.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://What we do – ariseyouthsupport.org)

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



**Hi,  
I'm Emma Polin.**

**I am your community connector  
for the National Deaf Children's  
Society in Oxfordshire.**

**I'm here for you – offering support,  
sharing my experience, and helping  
you access local resources and  
services, including those from the  
National Deaf Children's Society,  
while also connecting you with  
other parents and deaf children in  
your community.**

As a parent of a deaf child myself,  
I know how important it is to have the  
right support and people around you.

Our connection is on your terms – at  
your pace, in the way that works best  
for you. Whenever you need support,  
I'm here, and I look forward to  
connecting with you.

Email address:  
**[Emma.Polin@ndcs.org.uk](mailto:Emma.Polin@ndcs.org.uk)**

Phone number:  
**07974363483**



For more information, please contact Emma on [emma.polin@ndcs.org.uk](mailto:emma.polin@ndcs.org.uk)

# 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>

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

# 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](https://www.facebook.com/AtHomeSensorySessions)

# 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)