

Short Breaks Update for Families with Disabled Children and Young People

3 of 4



Includes research opportunities,
training events, webinars, various
therapies and support.

Contact details:- Pauline MacKinnon - 07554 330244
Email - 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



CUREC Ethics REF: MS IDREC 1722973

Project Title: Character Strengths in Autistic Young People:

A Zine-Making Workshop Study

Version 1.0 Sept 2025

EXPLORE YOUR STRENGTHS THROUGH ZINE-MAKING!

We are looking for **AUTISTIC YOUNG PEOPLE AGED 12-21**
to help us explore and **celebrate strengths through ZINE-
MAKING** - a fun, creative way to tell your story.

In small groups of up to 5 young people, you will each:



Join an **in-person workshop** (3 hours) to talk about how Autism is shown on TV/Films/Media, and explore STRENGTHS and ZINE-MAKING.



Chat to us individually (online or at University of Oxford, 60 minutes) to explore your OWN STRENGTHS.



Join a second **in-person workshop** (3 hours) to create ZINES and showcase your STRENGTHS!



Complete **online questionnaires** (20 minutes) before Workshop 1 and after Workshop 2.



Receive a **gift voucher** to say thank you!

WATCH A VIDEO ABOUT ZINE-
MAKING HERE



REGISTER HERE



Link: <https://t.ly/F2mc9>

Any Questions?
Email Dr. Jledi Lei
jledi.lei@psych.ox.ac.uk

Learn more about the study - watch this short video:-

<https://drive.google.com/.../11HbM9oPI62ARUNs0Ney.../view...>

More information about Zines - https://youtu.be/AAyYHMldD_0?feature=shared

Register your interest at - https://oxfordxpsy.az1.qualtrics.com/.../SV_bQM3lO2c8CNdWjs

Visit 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

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.

For more info, please contact Stephanie Bremner on
stephanie.bremner@stx.ox.ac.uk

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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
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 if you would like more information or wish to participate.

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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



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**?



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



Please contact seyda.cetintas.21@ucl.ac.uk if you would like more information or wish to participate.

Short Breaks Update for Families with Disabled Children and Young People



CUREC Ethics Approval REF: R90304/RE001

Project Title: Strengths in Autistic Children and Young People (CYP)

Version 1.0 Mar 2024

ARE YOU A YOUNG PERSON AGED 12 TO 15?

CAN YOU TELL US WHAT YOU ENJOY
AND WHAT IS IMPORTANT TO YOU?

We are looking for AUTISTIC YOUNG PEOPLE to help us learn about
strengths in autism!

You will have two conversations with us (online or in person at Uni of Oxford) where we:

- Complete a questionnaire together about your strengths and you can tell us if the questions make sense (up to 90 min)
- Explore together how you will use your strengths in everyday life (up to 60 min)

You will receive a voucher to thank you for taking part!

WATCH VIDEO ABOUT
THE STUDY HERE



Any Questions?

Email Dr. Jiedi Lei

jiedi.lei@psych.ox.ac.uk

REGISTER
HERE



<https://t.ly/A5Kfw>

Questions? Email Dr Jiedi Lei at - jiedi.lei@psych.ox.ac.uk

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community short breaks for disabled children in Oxfordshire

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 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

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Short Breaks Update for Families with Disabled Children and Young People



Funding & Sustainability Workshop (BME organisations)

This interactive session will provide a detailed and insightful understanding of the funding landscape and strategies for achieving long-term sustainability for Black and Minority Ethnic (BME) organisations.

We will explore unique challenges and opportunities and equip you with practical knowledge and tools to build a resilient future.

Wednesday 5th November (3.5 hours). 9.30am - 1.00pm; £FREE.

Creating your EDI Action Plan - Well Intentioned to Well Executed (on Zoom)

This interactive and hands-on virtual workshop primes organisations to take meaningful action towards building an anti-oppressive and inclusive workplace culture. The workshop has 3 main focus areas:

- A general refresher on language, frameworks, and skills
- A mini assessment for where your organisation stands with their EDI efforts
- Building a personalised toolkit for your EDI strategy

Thursday 13th November (3.5 hours). 9.30am - 1.00pm; £75-105. ** On Zoom **

Recruiting & Retaining Volunteers

This interactive session will guide you through the world of volunteer recruitment. It will include practical suggestions, a toolkit to take away and plenty of opportunities to share ideas on how to recruit volunteers and keep hold of them!

Thursday 20th November (3 hours). 10am - 1pm; £40 - £70.

These courses run in-person at The Source (OX1 1SS) located next door to OCVA's offices in Oxford....unless otherwise specified.

We deliver a variety of training courses online and in-person to those working in the community and voluntary sector. More information and bookings taken on the OCVA website - [OCVA - current courses](#)

training@ocva.org.uk or call 01865 251946

Short Breaks Update for Families with Disabled Children and Young People



Free families webinar 12pm – 1.30pm 12th November 2025

[Bit.ly/BetterTransitions25](https://bit.ly/BetterTransitions25)

**** Dimensions UK event ****

Transition to adulthood can be a very complex time for families and people who work in social care. So our family consultants invite you to a free webinar to take you through what you need to know about changes in support, your rights, finances and opportunities.

This popular annual event gives you the chance to ask questions to families who have experienced leaving education.

Join us on 12th November 12-1.30pm.

Sign up for your free place: [Bit.ly/BetterTransitions25](https://bit.ly/BetterTransitions25)

Short Breaks Update for Families with Disabled Children and Young People

A graphic for a free webinar. It features an orange background. At the top, there is a white speech bubble with a red play button icon inside, followed by the text "Free Webinar" in white. Below this, a large dark purple speech bubble contains the text "How To Identify Anxiety & Poor Self-Esteem" in white. At the bottom of the graphic, there is a calendar icon, the date "19.11.2025", a clock icon, and the time "10am".

Free Webinar

How To Identify Anxiety & Poor Self-Esteem

19.11.2025 10am

Register your place at witherslackgroup.co.uk/anxiety-self-esteem

New webinar exploring mental health

Recognising signs of anxiety in children can be challenging. Witherslack Group are hosting a free webinar with Hannah Webb, a Psychologist from their Group, who will share practical advice, guidance, and strategies to help you understand children's mental health.

In this webinar, Hannah will explore:-

- How to recognise anxiety signs like excessive worry, irritability, trouble sleeping, physical complaints (headaches, stomach aches), avoidance of social situations, and difficulty concentrating
- How to spot low self-esteem through negative self-talk, comparing themselves unfavourably to others, mood swings, withdrawal from friends or activities, reluctance to try new things, and difficulty handling failure
- Supportive strategies such as compassionate communication, encouraging resilience, and helping children build confidence to manage anxiety and improve self-esteem

To register for your free place, please visit - [How To Identify Anxiety & Poor Self-Esteem](https://witherslackgroup.co.uk/anxiety-self-esteem)

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 this final FREE online session on:

- 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

Short Breaks Update for Families with Disabled Children and Young People

**** For teachers/professionals in education ****

Sibs talk

Training for primary schools

Support your pupils who have **a brother or sister** with Special Educational Needs and Disabilities (SEND).

Join our **online training** and discover how to deliver **Sibs talk**, a one-to-one support intervention for pupils in Key Stage 2.

Visit our website for training dates and to make a booking.

Sibs



[sibs.org.uk/SibsTalkTraining](https://www.sibs.org.uk/SibsTalkTraining) 



Next date - 2nd February 2026

<https://www.sibs.org.uk/sibs-workshops-and-training/sibs-talk-primary-school-intervention-open-training>

Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE
PARENT CARERS FORUM
A Voice for Parent Carers in Oxfordshire

CAMHS
Child and Adolescent
Mental Health Service

CAMHS WEBINAR SERIES

All webinars: **Wednesdays** | 12:00-1:30 PM

To register for a webinar visit: <https://oxpcf.org.uk/webinars>

Upcoming webinars...

26 November 2025

Emotional Based School Avoidance (EBSA)

17 December 2025

Autistic Burnout

28 January 2026

Demand Avoidance

25 February 2026

**Understanding, preventing, and supporting
meltdowns**

25 March 2026

**Support in the community for young adults
(post-18)**

These sessions, presented in partnership with CAMHS, aim to provide insights, expert guidance, and discussions on key topics related to SEND.

To learn more or register for a webinar please visit: oxpcf.org.uk/webinars

All webinars are on Microsoft Teams. To find out more or to sign up for a webinar, please visit www.oxpcf.org.uk/webinars

Short Breaks Update for Families with Disabled Children and Young People



OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We Walking with You on your Parent/Carer journey
A warm, parent-led group for anyone caring for a child or young adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed, insightful sessions led by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a safe, welcoming space.

★ Plus: Special Guest Events Hear from professionals and services across the field! and getting out in nature.



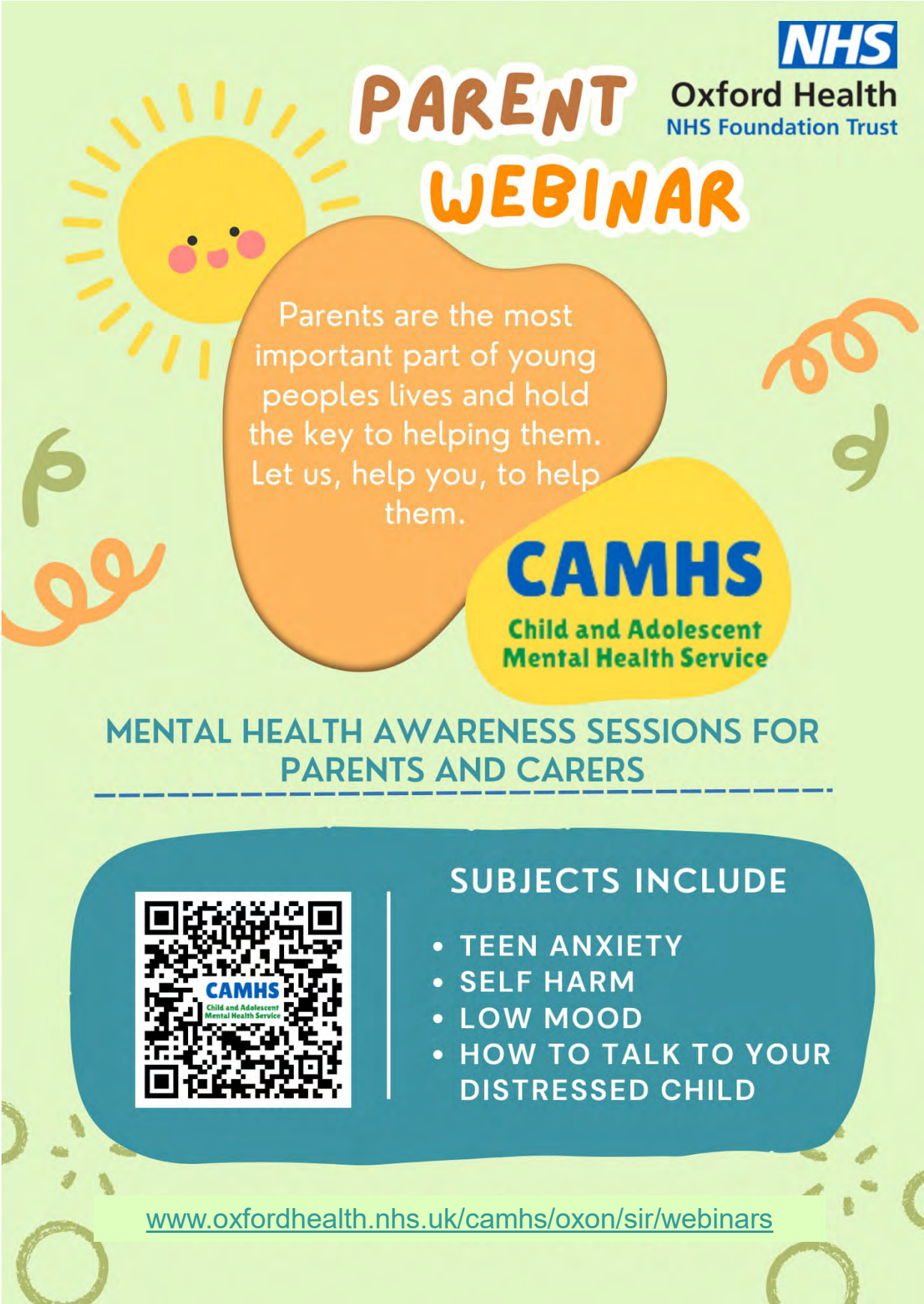
TO REGISTER FOLLOW THE LINK OR QR :



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWW/](https://www.oxfordhealth.nhs.uk/camhs/involvement/oxon/www/)

For more info - <https://www.oxfordhealth.nhs.uk/camhs/involvement/oxon/www/>

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

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
Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd
Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy

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

Short Breaks Update for Families with Disabled Children and Young People



An overview of each Level

Makaton Level 1 Workshop

- Level 1
- What is the Makaton Language Programme
- Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
- Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
- Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
- **Finger Spelling**
- Tips for effective signing
- Makaton's place in the Signing World
- Three formal levels of Makaton Use
- Multi-Modal Communication
- Signing for Comprehension and Expression
- How are Makaton Symbols used?
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 2 Workshop

- Level 2
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
- Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
- Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
- Research Support for Signs and Symbol Use
- Makaton Symbols Design Themes
- Teaching Procedures
- Signing for Comprehension and Expression
- Practical Applications of Makaton
- Sequencing Events
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 3 Workshop

- Level 3
- Revision of signs and symbols from Levels 1 & 2
- Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
- Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
- Conveying meaning accurately by choosing the right signs & symbols
- Talking about people
- Signing for Comprehension and Expression
- Talking about possession
- Analysing Sign production
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 4 Workshop

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

Contact: LibbyMakatonTutor@gmail.com <https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People


Charity no: 1171446 aspens.org.uk


For parents and carers

Autism Central is here to help!

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

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

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

Request for Support by scanning the QR code or emailing autismcentralsoutheast@aspens.org.uk



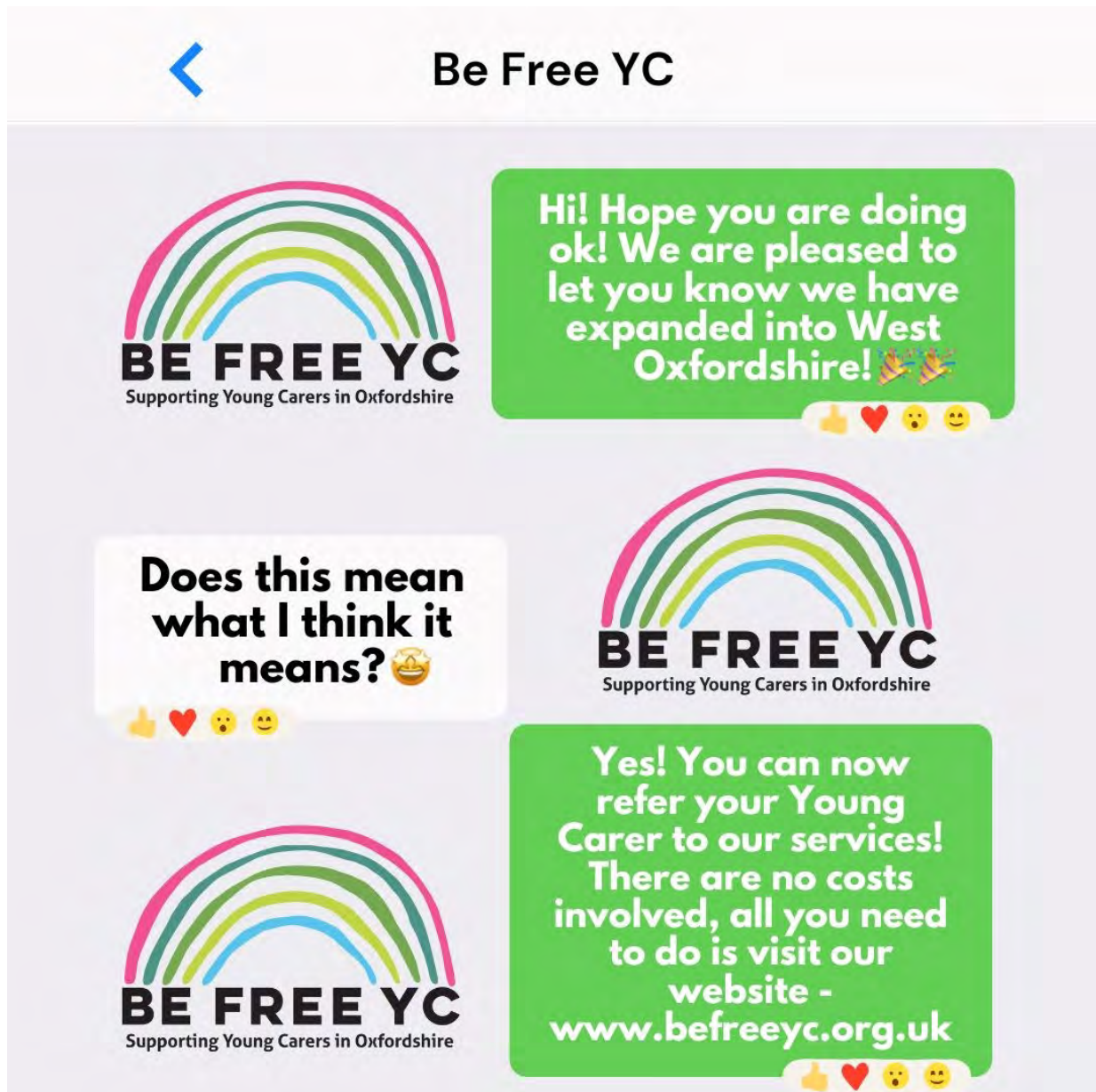


The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic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

Visit 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

Short Breaks Update for Families with Disabled Children and Young People

Support service for over 18s...

WHO WE ARE

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

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



WE PROVIDE

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



ACCREDITATIONS



ADDRESS

F111 CHERWELL BUSINESS VILLAGE
SOUTHAM ROAD
BANBURY
OXFORDSHIRE
OX16 2SP

EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

OFFICE LINE

+44 1865 956285

**ARISE
YOUTH
SUPPORT**

CULTIVATING HAPPINESS

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

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

Short Breaks Update for Families with Disabled Children and Young People



**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

Phone number:
07974363483



For more information, please contact Emma on 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

Contact me to discuss your child on:

07702 490377 or via email:

sltwithlesley@gmail.com

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

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

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Short Breaks Update for Families with Disabled Children and Young People



AT HOME SENSORY SESSIONS - WITH SOPHIE



WHAT IS THIS SERVICE?

A UNIQUE AND INDEPENDENT HOME MASSAGE THERAPY AND SENSORY INTEGRATION SERVICE FOR CHILDREN WITH SEND. COVERING AREAS IN WOKINGHAM, WEST BERKS, HAMPSHIRE AND OXFORDSHIRE.



MEET SOPHIE



Hi! I'm Sophie.

I left school and started a Massage Therapy Apprenticeship at Reading Borough Council. Fast forward to now, I have worked as a Massage and Sensory Therapist, and with children and young people with SEND for over 10 years. This is my first and only job!

I have a Level 3 NVQ, Diploma in Massage, Anatomy and Physiology and have a fully enhanced DBS check.

WHAT DOES THIS SERVICE OFFER?

- Massage and sensory therapy sessions for children and young people with SEND within their family home.
- Support and advice to parents/carers regarding sensory regulation techniques and opportunities to learn massage techniques to support your child day to day.

WHO WOULD BENEFIT?

- Does your child have a diagnosed or undiagnosed special educational need?
- Does your child benefit from deep pressure?
- Does your child seek touch/tactile input?
- Does your child display sensory needs?
- Does your child need dedicated calming time after school, at the weekend or during holidays?



HOW TO FIND OUT MORE AND MAKE CONTACT



Please search for my Facebook page below to find out more information and to get in touch!



WHAT ARE THE BENEFITS?

- HELPS TO IMPROVE QUALITY OF SLEEP
- HELPS TO REGULATE SENSORY NEEDS AND PROVIDES SENSORY INPUT
- THE OPPORTUNITY TO LEARN SELF-REGULATION TECHNIQUES TO SUPPORT EMOTIONAL WELL-BEING
- THE OPPORTUNITY FOR DEDICATED CALMING AND RELAXATION TIME
- HELPS TO IMPROVES MOTOR, BALANCE AND CO-ORDINATION SKILLS



AT HOME SENSORY SESSIONS - WITH SOPHIE



sensoryandmassagetherapy@hotmail.com OR [Facebook - At Home Sensory sessions](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

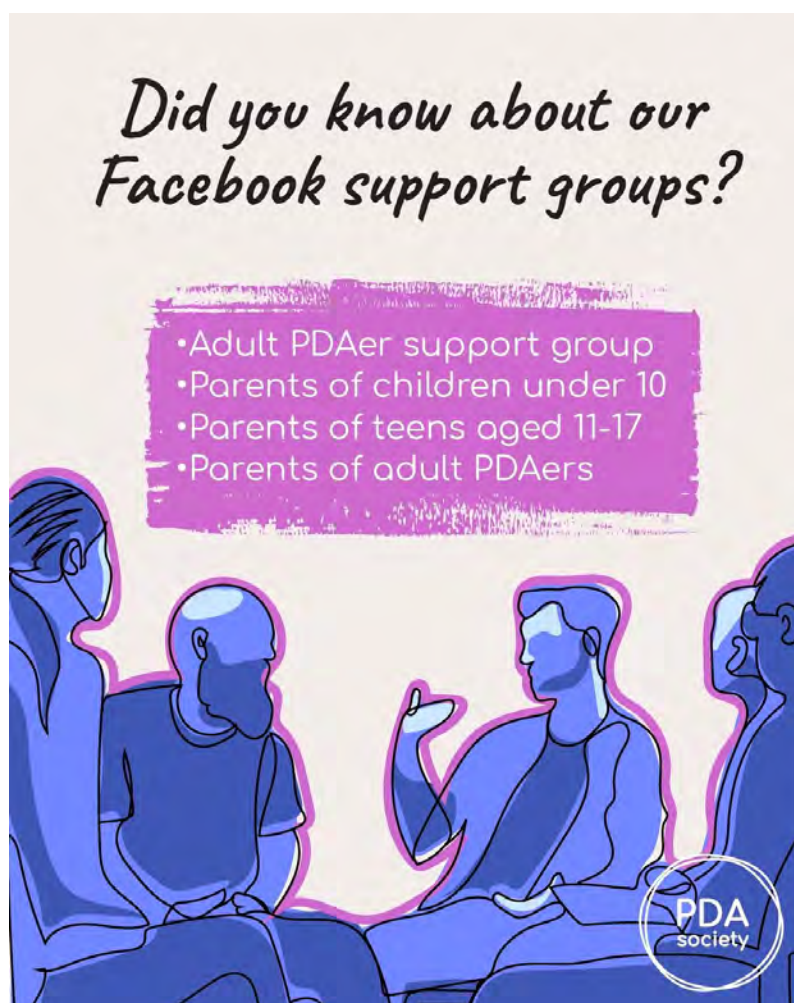


07737 336723
deliatheotoxford@gmail.com

Contact Delia on - deliatheotoxford@gmail.com or 07737 336723

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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>

Visit 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

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.

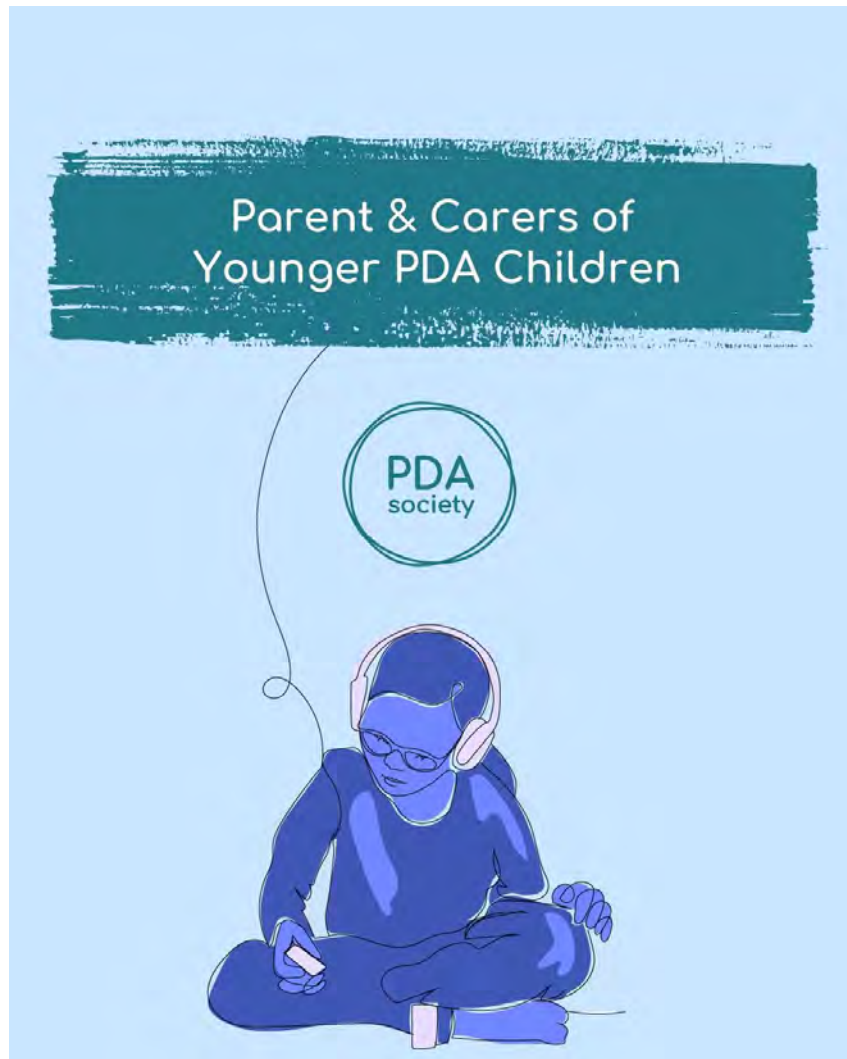
You can join the group here: <https://ow.ly/Rv9550WihYq>

If you'd prefer individualised support, you can always contact our Support Service team:-

<https://ow.ly/vr5w50WihYt>

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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>