

Short Breaks Update for Families with Disabled Children and Young People

1 of 4



Welcome to the November Short Breaks Update Part 1 - Upcoming Activities

Lots of activities including SEND rugby, dance, gaming, music, fundraisers, astronomy events, multisports & lots of Christmas events!!



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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

Breathe & Belong

A nurturing event for mothers and caregivers of children with SEN

SUNDAY 2 NOVEMBER | 2:00–4:00PM

- Connect with like-minded mums who *truly understand* the ups and downs of the SEN journey.
- Join a nurturing circle, lovingly created by a fellow mum of two SEN children who walks this path too.
- Share, listen, or simply *be* — there's never any pressure to speak.
- Enjoy gentle practices like reflective journaling, guided relaxation, and peaceful moments of stillness.
- Unwind with a soothing sound bath designed to calm, restore, and reconnect you with yourself.

A supportive space — *not* a "support group." Just a place to breathe, reflect, and feel understood.



JOIN OUR NEXT SESSION AND GIVE YOURSELF THE SPACE YOU DESERVE.

What previous participants loved most:

Being surrounded by other women who just get it.

Meeting a network of brave women.

The sound bath was wonderful, so relaxing.

The time to devote purely to myself .
Dasha and Jo created a wonderful space where I felt very safe and comfortable.

♥ **Spaces are limited.**

Sunday 2 November | 2:00–4:00PM
Brigde St, Witney, OX28 1YH
Investment: £40

For more details or to book your space:

Instagram: [@dashok88](https://www.instagram.com/dashok88)

Email: da6ok@hotmail.com

If interested, please email Dasha on:- da6ok@hotmail.com or message on Instagram - [@dashok88](https://www.instagram.com/dashok88)

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

****NEW****

10AM SUNDAY

**GET
ACTIVE
HAVE
FUN!**

SEND RUGBY TEAM



NO EXPERIENCE NEEDED!

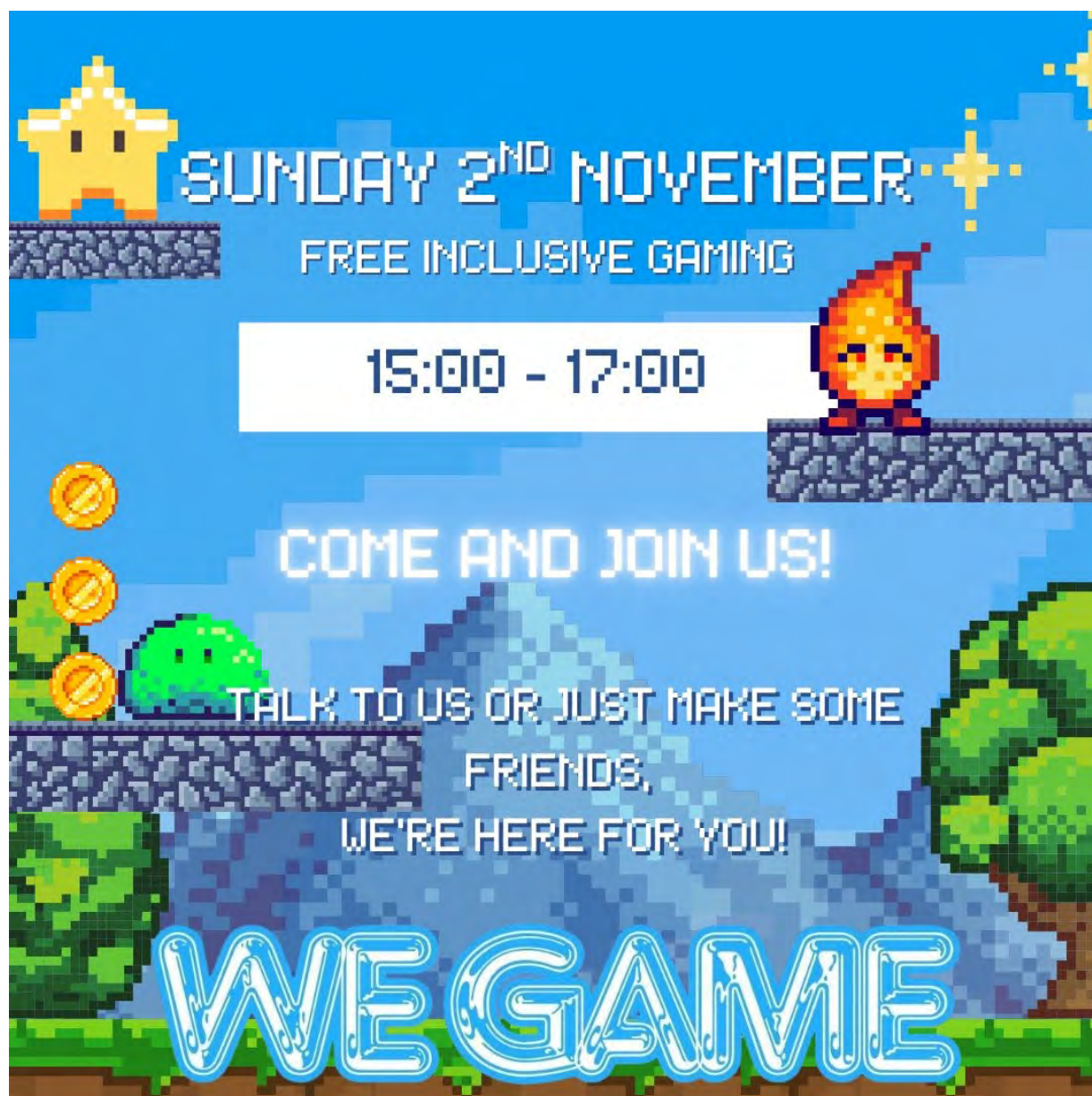
- QUALIFIED AND SAFEGUARDED COACHES AND HELPERS ON HAND THROUGHOUT THE WHOLE SESSION
- FUN INCLUSIVE SESSIONS COVERING SKILLS, GAMES AND OBSTACLE COURSES!

Join our new SEND Rugby sessions at Chinnor RFC for children and young people aged 8–18 with special educational needs and disabilities. Try tag rugby in a fun, friendly and fully inclusive environment — no experience needed!

For more information, email us on sendrugby@chinnor-rfc.com

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



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

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

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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 *Pets on a Train* on Sunday 2nd November at 10.30am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light, Banbury** are showing relaxed family screenings of Disney Junior Cinema Club at 9.30am on 1st; *Hocus Pocus* on 2nd; *A Paw Patrol Christmas* on 9th Nov at 10.00am & *CBeebies Christmas Panto* - *Cinderella* on 23rd at 9.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- * **Odeon** are showing *Zootropolis 2* on Sunday 7th December 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. Only one film - *Back to the Future: 40th anniversary* on Sunday 2nd November is currently listed. 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](#). Cinemas - The Phoenix, Oxford & Regal in Henley-on-Thames.
- * **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

INCLUSIVE MULTI-SPORT SESSIONS

Windrush Leisure Centre offers multi-sport sessions for adults with a learning disability. From games like football and basketball to activities such as new age kurling and kwik cricket, you can enjoy a variety of sports at your own pace in a relaxed and welcoming environment. Carers are welcome to attend for free.

When: Every Monday

Time: 2pm-3pm

Price: £3 per session (carers go free)

Scan the QR code to book or visit
better.org.uk/book

BOOK NOW



****NEW - for adults ****

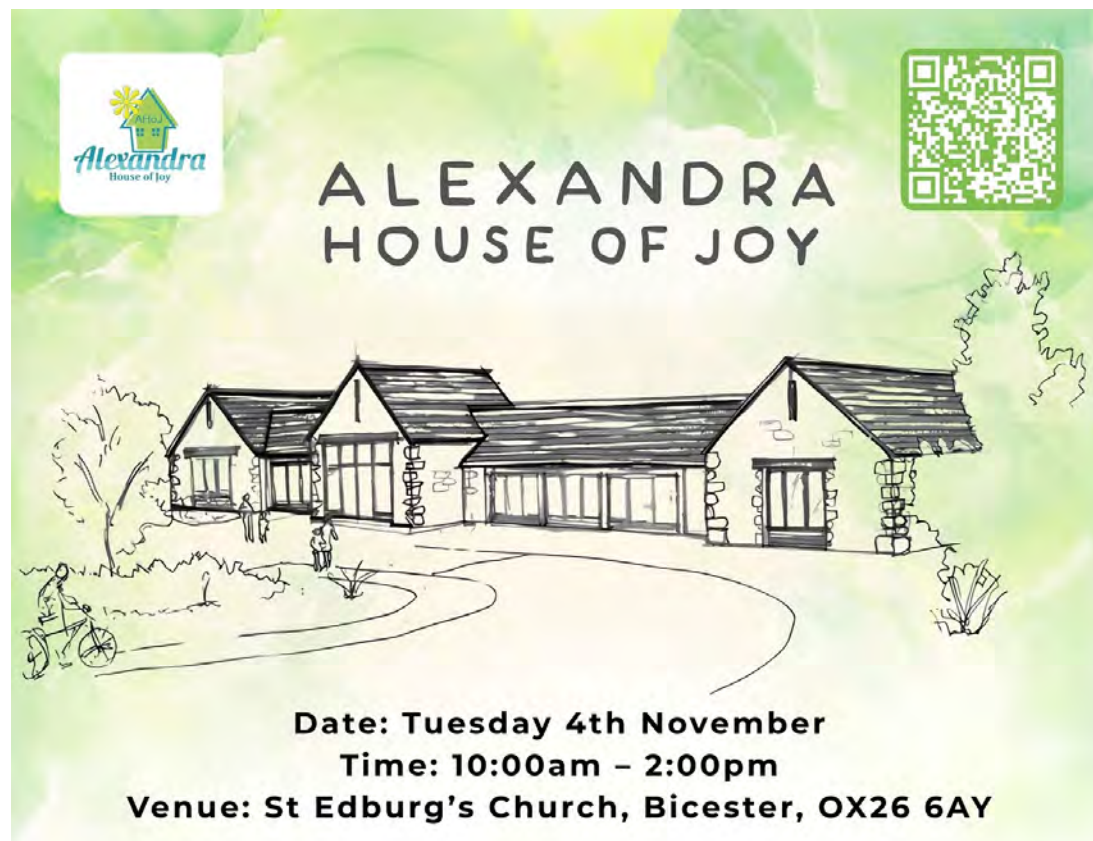
BETTER

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XRW3398

For more info, go to - <https://www.better.org.uk/leisure-centre/west-oxfordshire/windrush-leisure-centre/inclusive-windrush-leisure-centre-witney>

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Short Breaks Update for Families with Disabled Children and Young People



Refreshments and lunch provided

www.alexandrahouseofjoy.org

Focus group for any primary caregivers of young adults with profound learning disabilities

Our team would love to welcome you to come and share your thoughts to help shape Alexandra House of Joy: a future Centre for Excellence in the heart of Bicester.

RSVP Booking Page: <https://www.alexandrahouseofjoy.org/focus-group-november-2025>

For details about our free event (refreshments included), visit our booking page: <https://www.alexandrahouseofjoy.org/focus-group-november-2025>

**** Book early to secure your seat at the table ****

For further information about our exciting project, please visit our website: <https://www.alexandrahouseofjoy.org/our-story>

Short Breaks Update for Families with Disabled Children and Young People

**** For 0-5 years ****

soundabout
make music change lives

Soundabout's multi-sensory, early years music sessions are coming to Oxford!



This autumn, Soundabout Practitioners Kate and Ellen invite you to a joyful, multi-week music-making project designed for Learning Disabled children with complex support needs (aged 0-5), along with their families and carers.

Held every Wednesday morning at The Story Museum in Oxford, these small-group sessions offer a welcoming space to explore music and sound through a variety of instruments and multi-sensory items. It's a chance to connect and share musical moments together, as a pathway in supporting communication and development in your early years child.



Wednesdays until 10th December (no session on 27th October - half-term)



The Story Museum, Oxford City Centre



Free to attend - but booking is essential

To book, please contact Rebecca Tunley, Family Support Coordinator
rebeccatunley@soundabout.org.uk

Short Breaks Update for Families with Disabled Children and Young People

**** For home educators ****



InSpired
PRIVATE TUTORING SERVICES

OUTDOOR LEARNING FOR UNDER 8'S

**THE FIRST FRIDAY OF THE MONTH
FROM NOVEMBER UNTIL MARCH
930 - 1045AM**

Themes for the term:
November 7th
The Leaf Thief
December 5th
**What The Ladybird
Heard At Christmas**
January 2nd
Owl Babies
February 13th
(2nd Friday)
The Rainbow Fish
March 6th
One Springy Day

**Stay and Play Under 8's sessions
930 - 1045 am Pre-bookable
Storytime with an outdoor linked activity
Termly £7 per session or
individual sessions are £9.50
Price is for 1 adult and 2 children
Each extra adult/child £2.50 per session**

**Message
on:
07930
117179**

**SCAVENGER HUNT | DEN BUILDING | CRAFTS
NATURE STUDIES | TEAM GAMES | ASSAULT COURSE**

CONTACT DETAILS
INSPIREDTUTORINGSERVICES
@GMAIL.COM



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

Please note that the sessions are pre-bookable and walk-ins can not be accepted

For more information, please contact us on inspiredtutoringservices@gmail.com

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Short Breaks Update for Families with Disabled Children and Young People



Oxfordshire family
SUPPORT NETWORK

Perfect for
children
not yet
walking
0 – 6
years

The Nest

Phoenix Rising

****NEW****

Fridays, Term-Time

10am to 1pm

Register HERE
or via website



Full list
of Dates
on our website
below

A SEND Play group for
pre-walking
children age 0 – 6 yrs.
No diagnosis necessary.

Baptist House,
Broadway
Didcot
OX11

- ♥ Weekly Topic, with specialist guests
- ♥ Switch toys and sensory play
- ♥ Run by parents like you

Join Now

 imogen.Liddell@oxfsn.org.uk

 www.cafelias.co.uk/pop-ups



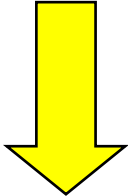
Full dates, details, contacts and registration at www.cafelias.co.uk/pop-ups

Short Breaks Update for Families with Disabled Children and Young People



SATURDAY ACTIVITY DAYS

Remaining
dates...



8 NOVEMBER 2025	TENPIN BOWLING BOWLING AT HOLLYWOOD BOWL OXFORD
22 NOVEMBER 2025	CADBURY WORLD* DIVE INTO THE WORLD OF CHOCOLATE. THIS IS AN EXTENDED DAY AND THERE IS AN ADDITIONAL COST (SEE BOOKING FORM).
6 DECEMBER 2025	PITT RIVERS MUSEUM OXFORD EXPLORE THE TREASURE TROVE OF HISTORY AND STORIES AT PITT RIVERS MUSEUM.
13 DECEMBER 2025	MILLETS FARM ALL THINGS CHRISTMAS WITH TEA AND CAKE

For more info or to book:
icesaturdayclub@outlook.com

The ICE Centre Saturday Activity Days run two Saturdays a month for adults with a learning disability (18+).

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

icesaturdayclub@outlook.com

Short Breaks Update for Families with Disabled Children and Young People

The poster features a warm orange background with faint, stylized musical notes and a piano keyboard. The text is arranged vertically, starting with the orchestra's name in a large, elegant script, followed by the conductor's name in a bold sans-serif font. The program includes Wagner's Tannhäuser Overture, Rachmaninov's Piano Concerto No 2 with soloist Ivan Tang, and Dvořák's Symphony No 7. The date and time are prominently displayed in a large, bold font. The venue is listed below. Ticket information and a QR code for Eventbrite are provided at the bottom. Logos for Oxford Hospitals Charity and Flexicare are also present.

Radcliffe Orchestra

Conductor: Andrew Gray

Wagner
Tannhäuser Overture

Rachmaninov
Piano Concerto No 2
with soloist Ivan Tang

Dvořák
Symphony No 7

7:30 Saturday 8th November 2025

Tingewick Hall, Academic Centre, John Radcliffe Hospital, Headington,
Oxford OX3 9DU

Tickets £15 (includes refreshments after), under 16s £5,
available on the door and via Eventbrite

 Oxford Hospitals Charity

 FLEXICARE

Image courtesy of Proulx

Scan for Eventbrite site



All proceeds from this concert go to Flexicare - a charity providing a free fully flexible sitting service for families with children with disabilities, across Oxfordshire.

Tickets on the door or go to:-

[Radcliffe Orchestra Concert Tickets, Sat, Nov 8, 2025 at 7:30 PM | Eventbrite](#)

Short Breaks Update for Families with Disabled Children and Young People



9th November 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

REFRESHMENTS/ RAFFLE AVAILABLE

GUEST The Rock Choir

www.music4disabledchildren.org.uk



For more info - www.music4disabledchildren.org.uk or
contact Julie Hinton on 07946 648002

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

TO BOOK YOUR PLACE

Scan Me!

afsouthoxfordshire@activefuture

07850 553629

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!

	Location	Session Time
Date		
Remaining dates...		
02/11/2025		
09/11/2025	Fleet Meadow (Didcot)	Y 14:45 - 16:45 15:00 - 16:30
16/11/2025		
23/11/2025	West Oxford (Botley)	Y 13:45 - 15:45 14:00 - 15:30
30/11/2025		
07/12/2025	Fleet Meadow (Didcot)	Y 14:45 - 16:45 15:00 - 16:30
14/12/2025		
21/12/2025	West Oxford (Botley)	Y 13:45 - 15:45 14:00 - 15:30

Cost - £10/family per session.

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

Brize Norton (Elder Bank Hall)

No current dates remaining

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

Short Breaks Update for Families with Disabled Children and Young People

**** For autistic adults ****

Are you autistic? Join us at Round Pegs, Square Holes...

... to share what it's like being autistic in institutions like your workplace, schools, university or when you contact the NHS, social services & the police. **Free but you must book.**

Neurotypical culture can make such places tough. These gatherings offer solidarity, and a chance to share what it's like and to think together about how things could be different, for ourselves and the world.

When: 7.30pm - 9 pm on 3 Mondays: ~~Oct 27~~, Nov 10, Nov 24

Each meeting will build on the previous one.

Come to one, two or all three!

Where: The Wolvercote Mill, Baynhams Dr, Oxford OX2 8FF

To book, ask questions or request a phone call or on-line meeting with the facilitators, scan the QR code.



About the facilitators

Heather Banyard (they / she) is autistic and an SEN Teaching Assistant in S. Oxfordshire. They facilitate sessions in community building and wool spinning. They are knowledgeable about wildlife including monitoring local flora & fauna. They live at Braziers Park College.

Sam Settle (he / him) is neurotypical and offers mentoring and organisational development sessions in Oxfordshire and on-line. He's also a Youth Worker with Autism Family Support Oxfordshire (AFSO). He's in his final year of studies for the International Diploma in Processwork. (These gatherings are part of his dissertation, not an AFSO event.)



Short Breaks Update for Families with Disabled Children and Young People

**** For home educators ****

Bake and Create

Under 8's session

**Friday 14th
November
9:30 – 11 am**

**ONLY
£15**

**Pinwheel Puffs
Pumpkin Pie Cookies • Sausage Rolls
and a craft activity**

**All Saints Youth and Community Hall,
Roman Place, Didcot, OX11 7ER**

**For More Information and to book a place:
www.inspiredtutoringservices.co.uk
or message Tash on 07930 117179**



**For more info/book a place, please message Tash on 07930 117179 or
www.inspiredtutoringservices.co.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

contact For families with disabled children

Pears
Foundation

Rare Voices Together

Our annual online Rare Conditions Network event!

Guest speakers and networking opportunities.

11th November 2025
10:00 - 14:00 GMT

This online conference is an opportunity to be part of a growing network, to share experiences with other parent carers, charities, and rare condition support group members.



Get your tickets before they're gone:-

<https://www.eventbrite.co.uk/.../rare-voices-together...>

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/

Or, call: 01844 338380



Thomley

Next dates - 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

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

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

Wednesdays for ages 14 -19; 3.30pm to 5.30pm; £20. 48 weeks of the year.

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 9+ - Thursday 6pm – 7.30pm

Accessible Climbing Dates – for children aged 10+ (The Waterside Centre, Newbury, RG14 1DS)

15th November & 20th December. Session - £10/child.

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. Upcoming games - 22nd Nov (Rotherham Utd); 24th Jan (Barnsley) both at 3pm.

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

www.swingsandsmiles.co.uk; 01635 285170; office@swingsandsmiles.co.uk

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

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 or call us on 01844 338380 to book tickets or a table.



Thomley

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

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

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



Thomley

Short Breaks Update for Families with Disabled Children and Young People

A vibrant space-themed poster for an 'Astro adventure morning'. The background is a deep purple night sky filled with yellow stars. Various celestial bodies are illustrated: a large orange sun in the top left, a purple planet with a ring in the top right, a green and blue Earth-like planet in the middle right, a blue cratered moon in the middle left, a red and white rocket with blue flames in the bottom left, and a yellow comet with a red nucleus in the bottom right. The text is written in a playful, rounded font. The main title 'Astro adventure morning' is in yellow, followed by '9am to 12pm' and 'Saturday 15 November Abingdon Prep School' in white. Below this, a paragraph in white describes the activities: 'Join us for a fun filled morning of star gazing, scientific exploration and lots of other exciting activities.' The admission details 'Admission £5 per child* (adults go free) with all proceeds going towards Flexicare.' are in yellow. At the bottom center is a circular logo for 'FLEXICARE' featuring stylized figures. To the right of the logo, the text '*booking fee applies' is written in yellow.

Astro adventure morning
9am to 12pm
Saturday 15 November
Abingdon Prep School

Join us for a fun filled morning of
star gazing, scientific exploration and lots
of other exciting activities.

Admission £5 per child* (adults go free)
with all proceeds going towards Flexicare.

 *booking fee applies

Discover the stars in our immersive planetarium, conduct exciting experiments, and play interactive games for all ages. The perfect family day to spark curiosity and fun - all while supporting Flexicare, with all proceeds going to this amazing charity!

Book here: <https://www.trybooking.com/uk/FKKN>

Short Breaks Update for Families with Disabled Children and Young People



NEURODIVERSITY SUPPORT EVENING

Join us for an informal evening discussing anxiety around school/nursery attendance

With special guest speakers:

- Fiona Morris - SEND consultant, and former SENDCO at a secondary school.
- Helen Burton - Family Centre Support Leader.

Where: Red Kite Family Centre, OX9 2DY
Date: Tuesday 18th November
Time: 7:30pm - 9:00pm

Spaces are limited. To book your place, please visit our website www.redkitefamilycentre.org/events or email us at info@redkitefamilycentre.org

**** For families in the Thame area ****

Spaces are limited so to book your place, please visit the website

www.redkitefamilycentre.org/events

or for more info, please email us on

info@redkitefamilycentre.org

Short Breaks Update for Families with Disabled Children and Young People



Sibs

FREE online art session for sibling carers of disabled young people aged 11+

Saturday 22nd November; 1pm-2.30pm

For more information and on how to book, please click on the link below:-

<https://www.sibs.org.uk/.../art-sessions-for-young-siblings>

[Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.]

Short Breaks Update for Families with Disabled Children and Young People



ASTRONAUT TRAINING ASTRONOMY EVENT



Want to do something fun, unique and space-themed with your kids this winter? Why not come to see what its like to live in space?!

Venue:
Aston & Cote Village Hall,
Cote Rd, Aston,
Bampton,
OX18 2FS.

Join Dr Sarah Crick from Mission Astro and Jordan Mansfield from NOVA Stargazing for a memorable, jam-packed session of family-friendly astronomy fun guaranteed to inspire!

**29/11/25
17:30-18:45**

Guide age: 3+

Event includes:

- ★ a family quiz with excellent space prizes
- ★ a talk from an astronomer about living in space
- ★ rocket stacking challenges against the clock
- ★ fun whole-family team activities
- ★ space-themed cupcakes and delicious hot chocolate
- ★ a stargazing session outside, 'spotting planets and stars' (weather permitting)
- ★ time to ask your space questions to expert astronomers

At the end of the session, each participant receives an astronaut pin badge and a certificate!

Power their imaginations by letting them ponder the world around them. Take time to pause and enjoy the natural beauty on offer in our skies.

Tickets start at £15.00

Scan the QR code to book or visit:
missionastro.org/astronomy-events/



To find out more and book tickets, please go to www.missionastro.org/astronomy-events or scan the QR code.

Short Breaks Update for Families with Disabled Children and Young People

Meet Father Christmas



Friday 5 December 4 - 8pm

Saturday 6 December 2.30 - 4.30pm*

Bring your children to the Vale & Downland Museum to meet Father Christmas.
Each child will receive a small gift from Father Christmas.

***3.30 - 4.30pm will be a Quiet Hour for children with additional needs.**

The museum and cafe will be closed to the public to limit the number of people in the museum. All videos and interactive elements in the museum will be turned off and only essential lighting will be on. This will create a calmer environment for children that need it.

£6 per child

Tickets must be booked in advance via
www.ticketsource.co.uk/vale-downland-museum

Children must be accompanied by an adult.
There will be **NO** walk-ins spaces available.



SCAN HERE

Vale & Downland Museum

Church Street, Wantage, OX12 8BL
Monday - Saturday 9.30am - 3.45pm
www.valeanddownlandmuseum.org.uk
info@valeanddownlandmuseum.org.uk



V&DM Vale & Downland Museum
Wantage

To book your tickets, please go to:-

<https://www.ticketsource.co.uk/vale-downland-museum> or scan the QR code.

Short Breaks Update for Families with Disabled Children and Young People

We're excited to announce a brand-new festive event coming to Thomley this December — the Thomley Light Walk! A festive illuminated walk that will be a magical evening experience for families, filled with lights, entertainment, festive food and drink and a sprinkle of Christmas spirit, all helping to raise vital funds for Thomley. A relaxed, affordable and accessible light walk available for the whole community.

Please note: On weekend dates (peak), the full magic of Christmas comes alive: enjoy an enchanting sleigh ride on our land train and a host of festive activities for the whole family to join in with.

If you'd prefer a quieter, more peaceful experience, join us midweek (off-peak) for a gentle stroll through our twinkling light trail, complete with photo opportunities with Lionel's sleigh and a calm, cosy atmosphere that's perfect for those who enjoy festive fun in a quieter environment.

Christmas Light Walk

Every night from 5th - 14th
December, 5pm-8:30pm

Please book on our online calendar: thomley.org.uk/calendar/
Tickets are non-refundable and that certain parts of the evening are weather dependant. i.e. sleigh rides.

Book here - select date from the calendar: <https://thomley.org.uk/calendar/>

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



Save the Date 7th December 2025 Christmas Carol Concert

Swings & Smiles Registered Charity Number - 1120598

**Save the date in your diary for our annual Christmas carol concert at St Mary's Church, Thatcham. This promises to be a festive celebration to remember!
More details to follow...**

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

Christmas Dinner with Father Christmas!

Sunday 7th December



Join us for an accessible Christmas dinner with all the trimmings! Our chef will ensure you have an amazing dinner, in a familiar and disability-friendly setting. Father Christmas will make an appearance during your dinner too and bring everyone a customised gift!

Book for the 12pm or 1:30pm sitting. Adults meal for £15 will get a Christmas dinner consisting of Roast turkey crown, pigs in blankets, stuffing, honey roasted carrots & parsnips, peas and sweetcorn, Yorkshire puddings, gravy and cranberry sauce. Christmas pudding with custard or mince pie with ice cream are optional extras if you still have room! £3.50 for adults and £2.50 for children.

Children (up to 15) will get a roast dinner and a present from Santa included in their regular entry fee. Child members will only pay £7 to cover the cost of their dinner. (Please email for a discount code).

Site will be open from 11am until 3pm, but as the day is about the roast dinner we won't be taking bookings unless you are booking a meal. The normal menu will not be on offer.

Please book on our online calendar:
thomley.org.uk/events/christmas-dinner-2025/

BOOK your places here:

<https://thomley.org.uk/events/christmas-dinner-2025/>

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



To get your tickets, contact us on :-

info@ice-centre.co.uk

Short Breaks Update for Families with Disabled Children and Young People

CHRISTMAS FOR ALL!

✧ A community event bringing families together this festive season ✧

- 🧑‍🎄 Meet Santa – Pre-booking essential! (Details to follow)
- 🧑‍🎄 A warm welcome for all families
- 🧑‍🎄 Information & support from local organisations
- 🧑‍🎄 Connect with others in the community
- 🧑‍🎄 Stalls and activity tables

🌲 This event is about more than Christmas – it's about creating an inclusive space where every child and family feels supported, seen and celebrated.

 **Exter Hall**
Oxford Rd, Kidlington
OX5 1AB
 **Saturday 20th December**
1–4 pm

 **Parking available!**



This event is about more than Christmas — it's about community, inclusion and connection. Find out more at:-

www.neurodiuniverse-wearehoweare.co.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

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 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 FUN FOR ALL THE FAMILY!
MOST SUITABLE FOR 5-16 YRS

SCIENCE BAZAAR BEYOND

Saturday 21 February 2026

9:30am – 11:30am Relaxed autism-friendly early opening
11:30am – 4pm Open to all

Fun activities, hands-on workshops, experiments, talks, shows, competitions and cafe

**BOOK
TICKETS**



www.brookes.ac.uk/science-bazaar
sciencebazaar@brookes.ac.uk

f @OxfordBrookesPublicEngagementResearch
@ oburesearchpublicengagement

Oxford Brookes University, Clerici Building, Headington
Campus, Gypsy Lane, Headington, OX3 0BP

NO PARKING ON SITE EXCEPT FOR ACCESS NEEDS

Event sponsored by
**MORGAN
SINDALL**
CONSTRUCTION

For more info, visit - www.brookes.ac.uk/science-bazaar
or email - sciencebazaar@brookes.ac.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



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 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

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

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

Volunteer: oxpcf.org.uk/volunteer

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

Connect:  oxpcf.org.uk  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

WhatsApp – www.bitly.whatsapp-oxpcf

Website – www.oxpcf.org.uk

Facebook – www.facebook.com/oxpcf

Instagram – www.instagram.com/ox_parentcarers_forum

SEND Room – www.facebook.com/groups/oxsendroom

Volunteer – www.oxpcf.org.uk/volunteer

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



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



base



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

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



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

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

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





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/aimgroupprda

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

ABILITY - INDEPENDENCE - MOTIVATION




STAY IN TOUCH

-  bit.ly/aimgroupprda
-  [@aimgroupprda](https://www.facebook.com/aimgroupprda)
-  [@aim_rda](https://www.instagram.com/aim_rda)
-  www.aimrda.co.uk
-  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)







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

Visit 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
call or text 0750 302 6679
email info@bigfishproject.com**

Email - info@bigfishproject.com; Text - 0750 302 6679

Web - www.bigfishproject.com

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 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

calibreaudio.org.uk



Registered with
FUNDRAISING
REGULATOR

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.