

Out of school activities | Sources of support

Parent / carer support groups

<https://www.oxfordshire.gov.uk/children-and-families/information-parents/breaks-disabled-children>

<https://www.wnvp.co.uk/support-groups>

Support groups for dads / male carers

<https://www.oxfordshire.gov.uk/children-and-families/information-parents/breaks-disabled-children>

<https://sends4dad.org.uk/about-2/>

Support for siblings

<https://www.sibs.org.uk/>

General support for carers

<https://www.carersoxfordshire.org.uk/>

Carers Oxfordshire are a free service offering information, advice and support to unpaid adult carers who look after someone living in Oxfordshire.

Welcome to the June newsletter!

The local **OPA play and activity days** dates have now been announced. The events have **free entry and free activities** for children and families. They will be held at 2 parks in Banbury - Peoples Park on Weds 22nd July and Princess Diana Park on Weds 12th August, Eynsham's event is on Thurs 23rd July, Bicester on Weds 29th July, Witney on Thurs 6th Aug and Chipping Norton on Tues 11th Aug. These are inclusive family events - no childcare is provided.

With the summer holidays looming, a reminder that if your child is entitled to free school meals be ready to check out the local authority's offers for **HAF activities over the summer holidays** at <https://eequ.org/hafoxfordshire>. Offers include entry to Thomley Hall with lunch provided.

If your child is unable to make decisions about their health or finances, you may need to consider legal support. **OXFSN** are holding a session with the **office of the public guardian** on 29th Sept to support you to consider when to apply for a **Lasting Power of Attorney and how to become a deputy through the Court of Protection** including the responsibilities involved in each role. The event is free but booking is essential. Go to: <https://www.eventbrite.co.uk/o/oxfordshire-family-support-network-38975007553>

Best wishes, Natalie

What's on?

Links for regular updates on what's happening locally

Oxfordshire

<https://www.oxfordshire.gov.uk/children-and-families/oxfordshire-send-local-offer>

<https://www.facebook.com/groups/569327876929330/about/>

<https://www.oxfordshire.gov.uk/children-and-families/information-parents/breaks-disabled-children>

Northamptonshire

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

<https://www.westnorthants.gov.uk/local-offer>

Featured Activities



Aspire Support

TOGETHER WE CAN

Aspire Support offers practical and emotional support for adults with learning disabilities, Autism and additional needs in Banbury and surrounding areas.

Support I Can Offer

- Independent Living Skills
- Community Participation
- Health & Wellbeing Support
- Social & Emotional Support
- Transition & Independence Support
- Holidays & Short Breaks
- Respite

If you feel we could work well together, or if you would like more information about personalised support, please do not hesitate to get in touch. I would love to chat and explore how I can support you.

MY VALUES:

- Respect
- Kindness
- Independence
- Transparency
- Connection & Joy
- Safety

CALL JADE ON 07767 295197

Info@aspire-support.co.uk

www.aspiresupport.co.uk



Live Out Loud

Be you. Be heard. Belong.

LIVE LIFE OUT LOUD.

Building confidence, connection & community for adults with additional needs.

Inclusive social opportunities across Banbury & Oxfordshire.

Come and join us!

We're in this together.



Create

Express yourself and be heard.



Social

Friendship & belonging.



Grow

Discover what you can do.

Get in touch to find out what's on near you.

hello@liveoutloudcic.co.uk 07767 295197

Live Out Loud CIC | Registered in England & Wales | Company No 17245881



Harry's Pals

Do you need support?

Has your child received a life-changing diagnosis?

We are here for you

Harry's Pals provides emotional support through to parents who have received a diagnosis that their child is severely ill or disabled.*

When my son Harry was born with severe brain damage, I was shocked to discover that there was no emotional support for parents receiving such heart-breaking and life-changing news.

That lack of support had a huge impact on our ability to cope.

This experience inspired me to create Harry's Pals.

Hayley Charlesworth, Founder

We offer:

- Bespoke **Counselling or Therapy** that works for you
- **Short Breaks** that meet your family's needs
- **Peer Support** groups and webinars

At Harry's Pals we believe every family facing such heartbreak deserves someone to talk to.

Our carefully selected, fully qualified counsellors and therapists are here to support you whenever you need it.

"This is the most support we have felt since the diagnosis. When you feel like the whole world is against you, Harry's Pals is there to remind you that's not the case."

Jody - Parent Carer

It is quick and easy to apply for support, just fill in our online form and we will be in touch.

www.harryspals.co.uk

Registered Charity no. 1198592

*Please see our website for eligibility



FIGHT BACK CREW

A non-contact boxing class for neurodiverse children who just need the right environment to thrive.

Fight Back Crew is a non-contact boxing class for children in Banbury who just need the right environment to thrive. If you're a parent and this resonates, please get in touch. Sometimes all it takes is one safe space for a child to realise their potential. Mondays 4.30pm to 5.30pm; £5 per child. Venue - Spit 'n Sawdust Fitness & Boxing Club, 49A North Bar Street, Banbury, OX16 0TH

For more info, contact Dave by texting him - 07888 829534

Upcoming Events and Activities



Summer Holidays and Food Programme

Milton Keynes City Council
OXFORDSHIRE COUNTY COUNCIL

For all children in receipt of free school meals in Milton Keynes, Buckinghamshire and Oxfordshire. Book for a FREE day out at Thomley this summer inclusive of a hot lunch for every child too as part of the HAF programme.



oxfn Oxfordshire family SUPPORT NETWORK
COMMUNITY FUND

ONLINE PRESENTATION....
...BY THE OFFICE OF THE PUBLIC GUARDIAN

Hear directly from the Office of the Public Guardian who will be joining us for an online presentation to speak about a number of topics including:-

- DEPUTYSHIP
- LASTING POWER OF ATTORNEY COVERING
- HEALTH AND WELFARE
- PROPERTY AND FINANCE

The Office of the Public Guardian (OPG) helps people in England and Wales to stay in control of decisions about their health and finance and make important decisions for others who cannot decide for themselves.

This is always a good opportunity for anyone not sure if they need to go down the deputyship route to hear directly from them and ask any questions you may have.

Booking is essential. You can secure your space by scanning the QR code or visiting www.ticketsource.co.uk/oxfordshire-family-support-network

**TUESDAY
29TH SEPTEMBER 2026
11:00AM - 12:30 PM**

For more information email kathy.liddell@oxfsn.org.uk

WWW.OPSN.ORG.UK



Accessival

Saturday 18th July 2026 - 10am-9pm
Accessible Music Festival for the whole community - with food, drink & activities

Thomley's festival is an opportunity for the whole community to experience the best of all the local festivals. We will have hot food vendors, horsebox bar, live local bands on stage plus the best Thomley activities for children and young people. Bouncy castles, jumping pillow, archery, giant bubbles are just a handful of activities on offer to keep the younger generation entertained for the day. Tickets are now on sale! Camping pitches available to book for the night before and night of the festival.

BOOK HERE: <https://thomley.org.uk/events/accessival-festival-2026/>
Would you like to volunteer on the day? Please get in touch if you can help: fundraising@thomley.org.uk



BANBURY PLAYDAY

FREE EVENT

22 JULY
11AM TO 3PM

EVERYBODY'S WELLBEING

ACTIVITIES INCLUDE:

- FREE PLAY & SPORTS ACTIVITIES
- OPA FACE PAINTING & SMOOTHIE BIKE
- WELLBEING ACTIVITIES
- BODY ZORBS
- NATURE ZONE
- ACTIVITIES
- ARTS & CRAFT FUN

PEOPLE'S PARK

Sanctuary OPA Banbury | Charities Banbury Town Council Cherwell

NHS
Oxford Health
NHS Foundation Trust

CAMHS
Child and Adolescent
Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We aim to walk with you on your Parent/Carer journey
A warm, parent session 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/WWY/

We are pleased to continue offering a range of supportive sessions through our *We Are with You* programme for parents, carers and young people.

Support is available for any household with a child or young person aged **5-25 years**. Please find attached our **2026 planner**, which outlines our programme of events. Parents and carers can express interest and sign up for sessions online by following the links in the calendar or visiting our *We Are with You* website. [WWW Oxfordshire | Oxford Health CAMHS](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/)

All sessions are **free of charge** and provide opportunities to connect with **qualified CAMHS staff**. No CAMHS referral is required. These sessions are designed to:

- Help prevent the need for referral where possible
- Provide support whilst waiting for assessment or intervention
- Offer continued support following discharge

What we offer

Parent, Carer and Family Wellbeing Events

- Opportunities to meet other parents and carers[?]
- Share experiences in a safe and supportive environment[?]
- Ask questions and receive guidance[?]
- Supported by trained professionals and peer supporters[?]

Online Talks[?]

- Short, informative sessions delivered by experienced professionals[?]
- Each talk is followed by a monthly virtual coffee morning (10:00-11:00)[?]
- When registering for a talk, attendees can also request to join the coffee morning[?]
- Booking links are shared via email following the session[?]

Good to know[?]

- There is no expectation to speak—participants can simply listen if preferred
- Attendees can join or leave sessions at any time
- Cameras are requested to be on during virtual coffee mornings
- Some sessions are delivered in person across Oxfordshire