

## PARENT CARER SUPPORT GROUPS Oxfordshire

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

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



Virtual

# Wellbeing Matters

Parental wellbeing sessions once a month on teams

Next sessions:

Contact us for dates!

Join the facebook group  
"Parents of  
Neurodivergent



Children"



A safe space to  
talk, listen and  
share without  
judgement

Please join the [Parents of Neurodiverse Children](#) group & a Teams link will be sent to you for their online support group.

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

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



**Online**

**Neuro Natter!**

REAL CONVERSATIONS. REAL CONNECTIONS. REAL SUPPORT.

**WHO IT'S FOR**

- Neurodivergent adults
- &
- Parents/carers of neurodivergent children

**AN ONLINE SUPPORT GROUP FOR CONNECTION, UNDERSTANDING AND SHARED EXPERIENCES.**

**WHAT TO EXPECT**

- A safe, non-judgemental space
- Open chats and shared experiences
- Connection with like-minded people
- Support, understanding and encouragement

**WHEN?** LAST TUESDAY OF EVERY MONTH

**STARTING** TUESDAY 26<sup>TH</sup> MAY

**TIME** 8:00 PM FOR APPROXIMATELY 1 HOUR

A safe, low-pressure space – cameras and microphones optional.

**SIGN UP TO JOIN!**

To keep our space safe and supportive, please sign up using our short form.

We'll email you the Google Meet link and password before the session.

Scan me to sign up!

**NATTER. SUPPORT. GROW.**

You are not alone here.

neurodiuniverse@gmail.com | www.neurodiuniverse-wearehoweare.co.uk | Neurodiuniverse

A brand new monthly online support space from Neurodiuniverse. Over the last few years, one thing has become incredibly clear...so many neurodivergent adults and parents/carers are carrying SO much, often feeling isolated, overwhelmed or simply unheard. Sometimes we don't need fixing. Sometimes we just need people who truly get it.

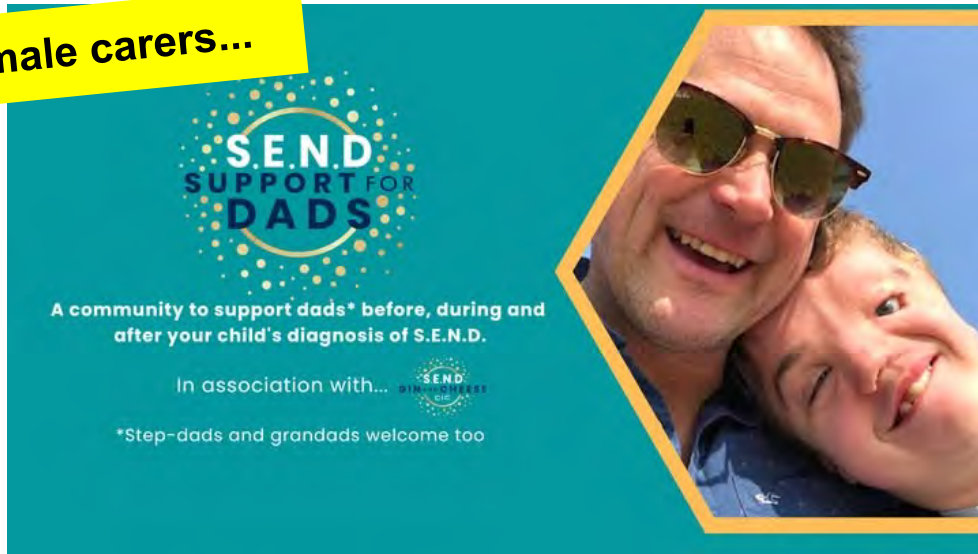
A relaxed online space; real conversations; shared experiences; no judgement; cameras and microphones optional. Whether you want to talk, listen quietly, connect with others or simply know you're not alone... you are welcome here!

Online via Google Meet & Password protected for safety. To help us keep the space safe and supportive, please sign up using the QR code on the poster, and we'll send the meeting link privately before the session.

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

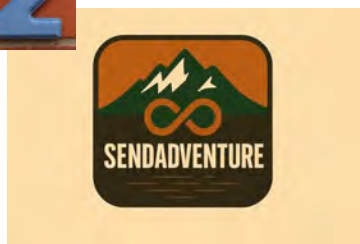
For male carers...

1



<https://www.facebook.com/groups/sendsupportfordads/?ref=share&mibextid=controlMsg>

2

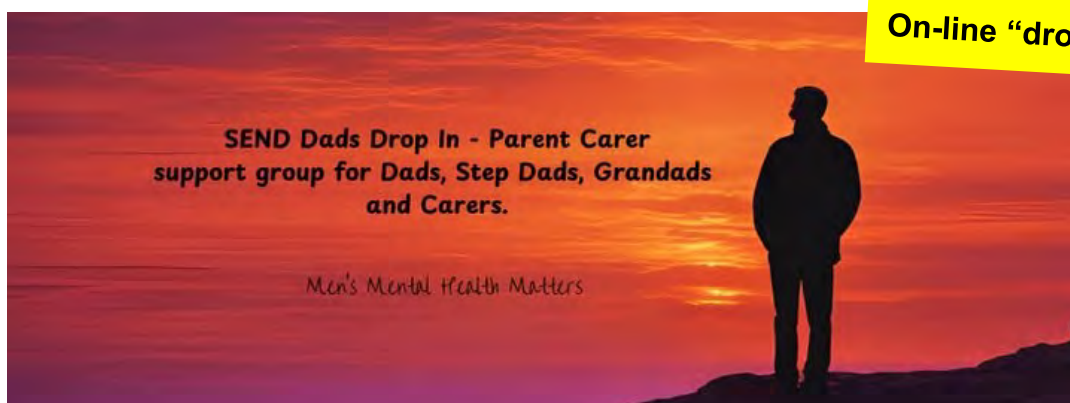


**SENDAdventure** - for Dads of children with special needs

The aim of this group is to provide a space in which you can unload, relate and grow.

<https://www.facebook.com/groups/3100788930061466/?ref=share&mibextid=controlMsg>

3



On-line "drop-in"

This virtual "drop-in" space has been created as a safe space without judgment, where you can share your thoughts, feelings, concerns, and queries about life as a SEND parent carer.

<https://www.facebook.com/groups/3100788930061466/?ref=share&mibextid=controlMsg>

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

**Banbury**



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



**COFFEE MEET UP**

The Neurodiverse Parenting Village

✧ **EVERY FRIDAY MORNING** ✧

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

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

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

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

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

[Parents of Neurodiverse Children](#)

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

**Banbury**



In partnership with  
**& Abingdon  
& Witney  
College**



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

A supportive space to share triumphs and build knowledge together.

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

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

**For further info, please email:-**  
**[sshepley@hillview-school.co.uk](mailto:sshepley@hillview-school.co.uk)**

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

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

## Banbury

SEND SUPPORT BANBURY LTD

### EVERY FIRST WEDNESDAY OF THE MONTH

Coffee morning for parent carers of children with a disability (diagnosed or undiagnosed). A time to meet other parent carers and gain advice and support.

First floor, 4 Parson Street, Banbury. £2 per person. 09.30-11.00am!



**First Wed each month - 3rd June; 1st July**

Now meeting in our new offices, please do get in touch to check dates.

Come along, everyone is welcome.

<https://www.facebook.com/profile.php?id=100087505368087>

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

Bicester

## BICESTER AUTISM



# Coffee & Chat Dates

Pop along  
Every Friday

9.30 till 11.30 Term Time Only

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

*No diagnosis needed*

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

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

# Come Join Us

*Bicester East Community Centre  
Keble Road, Bicester, OX26 4TP*

Made with PosterMyWall.com

Contact us  
for dates  
next term

Contact us!

[bicesterautism@gmail.com](mailto:bicesterautism@gmail.com); [www.bicesterautismadhd.co.uk](http://www.bicesterautismadhd.co.uk)




[www.facebook.com/bicesterautism](https://www.facebook.com/bicesterautism)

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

**Kidlington**

Knowledge. Support. Empowerment. ❤️



**SENTIPEDE  
COFFEE  
MORNING**

#

WEDNESDAYS

9:30  
—  
11:30

sentipedeuk@gmail.com

**Lived Experience** 👥

- Journeying with my neurodivergent children
- Real-world strategies & understanding
- Empathy, not just theory

**SEN Knowledge** 📖

- Specific Educational Needs expertise
- Navigating school systems & EHCPs
- Therapies & intervention & self-care

**Guidance & Support** ❤️

- Practical tips for daily routine networks
- Resource recommendations
- Advocacy skills for parents

**WINNING WEDNESDAY!** 🌟

Guiding you on your journey ❤️

**Do come along - all welcome (term-time)!**

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

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



Parent-focused groups, facilitated by professionally accredited therapists (UKCP/MBACP)

PARENTLINKS



## Free Parent Support Groups

For parents of children with SEND or mental health challenges

Providing a safe and supportive space to share and talk through the challenges you may be facing with your child

Mondays	Tuesdays	Thursdays
6:30pm - 8pm	6pm - 7:30pm	9:15 - 10:45am
For parents of adult children	For parents of secondary-school-aged children	For parents of primary-school-aged children
St Mary's Church Refectory, OX5 2AZ	St Mary's Church Refectory, OX5 2AZ	St Johns Hall, OX5 1DD

Email Rachel at [parentlinkspsg@gmail.com](mailto:parentlinkspsg@gmail.com) or send a message on our Facebook page



Because parenting with extra needs deserves extra support



OXFORDSHIRE COUNTY COUNCIL



DIOCESE OF OXFORD

[www.facebook.com/parentlinkspsg](https://www.facebook.com/parentlinkspsg)

Generously supported by Oxfordshire County Council, The Diocese of Oxford, & The Joey Beauchamp Foundation

Please do get in touch if you would like to come along to try out one of these groups - [parentlinkspsg@gmail.com](mailto:parentlinkspsg@gmail.com)

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# Parent Support Group at Thomley

*Run by parents, for parents*



We are absolutely thrilled that a regular parent support group will be hosted at Thomley, starting in January. This is a group run by parents, for parents.

The first session will be on Friday 30th January at 11am followed by the last Friday of every month thereafter. This will be for tea, coffee and a chat initially, with scope to have occasional guest speakers if identified as helpful by the group.

If you'd like to be a part of the session, please use the QR code to join the Whatsapp group as a starting point, or reach out to our Service Manager Alice with any enquiries: [alice.goodman@thomley.org.uk](mailto:alice.goodman@thomley.org.uk)

There will also be a mental and physical health session in our gym as well as this group. This will also be run by parents, with a personal trainer on hand to support a relaxed session. Both sessions are free to attend. Dates for the gym time will be announced soon.

We are grateful to the Healthy Ageing Fund, they have supported some of our new services, including this programme.

## The last Friday of every month at Thomley, free to attend

If you'd like to be a part of the session, please use the QR code to join the Whatsapp group as a starting point, or reach out to our Service Manager, Alice, with any enquiries - [alice.goodman@thomley.org.uk](mailto:alice.goodman@thomley.org.uk)

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

**\* NEW \***



## SEN SUPPORT OX4

**Parent Support Group  
ran by parents, for other  
parents/carers**

**LET'S SHARE, LEARN &  
THRIVE TOGETHER**

WE ARE 2 MUMS THAT HOMESCHOOL OUR SEN CHILDREN, WANTING TO CONNECT AND BUILD A COMMUNITY.

COME ALONG TO OUR FRIENDLY SUPPORT GROUP WHERE WE SHARE EXPERIENCES AND FIND ENCOURAGEMENT FROM OTHERS WHO UNDERSTAND.

**Wednesdays**

**11am-12:30pm**

Littlemore Village Hall, Railway Lane, OX4 4PY

Email: [sengroupox4@gmail.com](mailto:sengroupox4@gmail.com)

**ACTIVITIES AVAILABLE FOR  
CHILDREN,  
ALL AGES & ABILITIES ARE  
WELCOME  
DIAGNOSED OR  
UNDIAGNOSED**

**£1 ENTRY  
TEA & COFFEE PROVIDED**

For more info - [sengroupox4@gmail.com](mailto:sengroupox4@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

Oxford

Parent Power

# COFFEE MORNING

Every Tuesday (term time only) 9.30 - 12.30

Light refreshments available. Food bank for attendees. Please bring a bag.

@ Windale Hub,  
Windale Avenue  
OX4 6JD  
(at the back of the school, in the old nursery)

Join us at weekly stay and play sessions  
Support is available from Parent Power,  
SEN advice from

Please contact  
kerrisa; 07903174415  
kerrisa@oxfordhub.org  
sophia; jigsawoxford@gmail.com



We meet in term-time only. Please bring a bag if you'd like to use the food bank. For more info, please contact:-

Karrisa - [karrisa@oxfordhub.org](mailto:karrisa@oxfordhub.org)

Sophia - [jigsawoxford@gmail.com](mailto:jigsawoxford@gmail.com)

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

Oxford

## WALK & TALK

IT CAN OFTEN BE A CHALLENGING AND ISOLATING JOURNEY.

So come along for some fresh air with some like minded individuals. ♥

### WHAT TO EXPECT

- A relaxed, friendly walk at your own pace
- A chance to talk, share or just listen
- Supportive, understanding and judgement-free
- Connection, community and fresh air

**SECOND TUESDAY OF EVERY MONTH**

**FROM 5:45 PM (APPROX. 1HR)**

**MEETING AT SUNNY MEAD PARK BY CUTTESLOWE COMMUNITY CENTER, OX2 7SX**

Local car parking is normally available

**CONTACT LORRAINE VIA OUR FACEBOOK PAGE**

Participants are responsible for their own safety and wellbeing.

**NEURODIUNIVERSE**  
WE ARE WHO WE ARE

neurodiuniverse@gmail.com  
www.neurodiuniverse-wearewhoweare.co.uk

This is a space where you don't have to explain yourself, keep up, or be anything other than who you are. We walk at our own pace. You can chat if you want to... or just walk quietly alongside others who get it.

No pressure. No expectations. Just being.

\*\* We'll be running monthly sessions through to October 🌱 \*\*

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

Oxford

## SEND Coffee Mornings

Oxford  
Hub

Peer support for parents of children  
and young people with  
SEND/Neurodiversity

Come for a chat, share opinions & experiences  
all over a cup of coffee.



June 11<sup>th</sup> & 25<sup>th</sup>  
July 9<sup>th</sup>



9:30-11:00



Flo's cafe  
Florance Park, OX4 3NP



FOR MORE INFORMATION:

email - [kylie@oxfordhub.org](mailto:kylie@oxfordhub.org)  
phone - 07707918532  
visit - [www.oxfordhub.org](http://www.oxfordhub.org)



Scan the Qr code to  
find out more about  
the work we do.

Oxford Hub, Windale Avenue,  
OX4 6JD

At the Oxford Hub, we know that peer support is a lifeline for parents and carers of children with SEND and neurodiversity. Sharing a cup of coffee with someone who understands your day-to-day reality can make all the difference. Our **SEND Coffee Mornings** are designed to be a safe, welcoming space to chat, share advice, and vent when needed. Whether you are looking for specific resources or just want to feel part of a supportive community, you are very welcome to join us.

There is no need to book—simply turn up. If you're feeling nervous about coming along for the first time, feel free to reach out to Kylie beforehand at [kylie@oxfordhub.org](mailto:kylie@oxfordhub.org) and we'll make sure there's a friendly face waiting to greet you!

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

**Oxford**



## THE DOVECOTE STAY AND PLAY SEND SUPPORT SESSION EVERY THURSDAY 9.30AM TILL 12PM

THE DOVECOTE IS A WELCOMING SPACE WHERE FAMILIES WITH CHILDREN FACING ADDITIONAL NEEDS, WHETHER DIAGNOSED OR NOT, COME TOGETHER. LED BY EXPERIENCED STAFF MEMBERS CAROL, CHARITY, AND SOPHIA, THE ATMOSPHERE IS FILLED WITH WARMTH AND SUPPORT. HOT DRINKS ARE SHARED, AND CHILDREN ARE EMBRACED WITH ENGAGING ACTIVITIES, INCLUDING THE USE OF A DELIGHTFUL SENSORY ROOM. IT'S A HAVEN WHERE FAMILIES CONNECT AND FIND SOLACE IN A NURTURING ENVIRONMENT. DURING OUR SESSIONS, YOU'LL FIND DROP-IN ADVICE, AND IF YOU CHOOSE TO BRING YOUR CHILD SENSORY PLAY AND ACCESS TO BOTH INDOOR AND OUTDOOR PROVISIONS

PLEASE CONTACT CHARITY AT THE DOVECOTE FOR FURTHER ADVICE:  
07523848948 OR CHACHADVPC@OUTLOOK.COM



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

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

Oxford



The poster features a light blue background with several icons: two stylized human figures in colorful geometric patterns, a circular logo with the text '#compassionate', a circular collage of diverse people, a circular logo with the text '#courageous', a circular logo with an eye and the text '#curious', and a cup of coffee with a heart-shaped latte art. At the bottom, there are logos for Oxford Hub and The Oxford Academy. A wooden chalkboard on the right side contains the event details.

## Parent Power Coffee Mornings Every Thursday at TOA

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

Tea & Coffee provided.

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

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

Oxford Hub

The OXFORD Academy

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

For more info, please contact:-

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

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

**Oxford**

## SEN CONNECT COFFEE MORNING



**9.30 - 11am**

Dates: Every other Thursday  
@The Jungle Cowley  
OX4 3JF

**Upcoming dates:**

**4th & 18th June**



## PARENT/PROFESSIONAL PEER SUPPORT



### What to Expect

Monthly guest speakers  
Free tea and coffee  
A safe, supportive environment

Parking available  
Get in touch  
[Donna@oxfordhub.org](mailto:Donna@oxfordhub.org)



A joint venture from the Oxford Hub and [SENtipede](https://www.oxfordshire.gov.uk/shortbreaks) working together to support our families. We meet fortnightly in term-time, 1st date is for general chat & 2nd date is usually with a speaker.

Please contact Donna for more info – [donna@oxfordhub.org](mailto:donna@oxfordhub.org)

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

Oxford

## PARENT AND SEN SUPPORT GROUP



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



Cutteslowe Community Centre, OX2 7SX  
First and third Fridays of the month.  
2-3pm



Library of resources to  
Read, view and take copies.



For more information, please contact us on:-  
<https://www.facebook.com/Neurodiuniverse>

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

Online

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

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

<https://oxfordhealth.nhs.uk/camhs/involvement/oxon/www/>

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

Eynsham

## Positive Measure

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

Every Monday	Baptist Church Hall, Eynsham	19:30-21:00
Monthly Daytime Group (TBA on our socials)	Jessie's Art Shed, Eynsham	10:30-12:00

Chat over a cuppa  
Helpful advice  
Non-judgemental  
Meet parents that get it

Page [www.facebook.com/positivemeasure](http://www.facebook.com/positivemeasure)  
Group [www.facebook.com/groups/positivemeasure](http://www.facebook.com/groups/positivemeasure)  
Instagram: [www.instagram.com/poitive\\_measure](http://www.instagram.com/poitive_measure)

Baptist Church, Lombard Street, Eynsham, OX29 4HT  
Jessie's Art Shed - 9 High Street, Eynsham, OX29 4HA

**If you'd like more information, please contact Emma on 07828 888064 or check out the Facebook page.**

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



# The Form Fighters

**Early Years  
Complex Needs  
Parenting  
COFFEE MORNING**

Join us for a casual meet-up with other parents.  
A space to chat things through or bring your laptop and we'll help get things done.

 **09:30AM - 11:00AM**  
Mondays Term Time

 **The Edge Deli**  
New Yatt Rd,  
Witney OX28 1PB

**We're parents, not professionals — but we've been there.**  
All information shared is from personal experiences  
amongst our network of carers.

**KIDS WELCOME**

**QUESTIONS?**

We will bring along a few  
table-top toys and activities  
for light entertainment

 **07880207811 or Email:**  
**imogen.liddell@oxfsn.org.uk**

 **cafelias.co.uk/pop-ups**

 **oxfn** Oxfordshire family  
SUPPORT NETWORK

 **CAFELIAS**  
THE INCLUSIVE, AFFORDABLE SPACE



# SPACE

**Witney**

**Come join us at SPACE**

**Where & When  
does  
SPACE meet?**

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

**Who is  
SPACE for?**

**SPACE is for  
parents/carers of  
children or adults with  
special needs**

**A place for parents and  
carers to meet, chat and  
feel included.  
To share experiences,  
infomation and support  
with one another**

**What is  
SPACE for?**

Contact Jo on 07875890775

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

**Witney**

Follow us on  
Facebook and  
Instagram

**chat**

**and a  
cuppa**

## For families supporting children on the autistic spectrum

Please come and join us on the  
**last Friday of the month**  
(term time only)  
for a friendly cuppa and chat.

All families welcome, with or  
without a diagnosis.

Upstairs in the Como Lounge  
34 Market Square, Witney

9am - 10.30am

If you have any questions,  
please email  
[chatandacuppa@yahoo.com](mailto:chatandacuppa@yahoo.com)

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

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

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

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

**Carterton**

## DROP IN SESSIONS THURSDAYS

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

**Young people:  
4-6pm**

# APCAM

Assisting Parents with Children Affected by Mental Health

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

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

We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email [info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk) or come to our Facebook page - <https://www.facebook.com/apcamgroup>

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

**Kingston Bagpuize**



## Squigglespace Parent Support group

A relaxed, inclusive space for parents navigating:

- ADHD / Autism / AuDHD
- EHCPs & school placements
- SEND processes
- Home life & emotional regulation
- Or simply needing a cuppa and 10 minutes peace

**No pressure.  
No judgement.  
Just parents who get it.**

*You don't have to do this alone.*

St John The Baptist Church, Kingston Bagpuize, OX13 5AZ

**Next meet up's...**

June 3<sup>rd</sup> & 17<sup>th</sup>  
July 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>

**Drop in anytime between  
6.30pm-8.30pm**

*Stay for 10 minutes or the full two hours—  
whatever you need.*

**Tea & biscuits provided**

**Come exactly as you are  
No booking needed — just drop in.**

Hosted by Kirsty Marsh  
Founder of SquiggleSpace  
ADHD Coach | Sensory Needs Assessor |  
Mum of four neurodivergent children

***Any questions please get in touch via email or  
contact form on the website***



squigglespace09@gmail.com



www.squigglespace.co.uk

**Real parents. Real conversations. Real understanding.**

**Contact Kirsty - [squigglespace09@gmail.com](mailto:squigglespace09@gmail.com)**

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

**Abingdon**



## Coffee Mornings

9:30-11:30 AM  
TERM TIME



No need to book for our coffee mornings, just turn up!

### UPCOMING DATES

26 JUNE 2026  
17 JULY



SOUTH ABINGDON ART & CULTURE PROJECT  
UNIT 25, 25 BURY STREET ABINGDON, OX14 3QT

## Community Support Evenings



SIGN UP TODAY



FIRST OR SECOND TUESDAY OF THE MONTH  
ONLINE ON TEAMS  
Registration Required



## Community Support Evenings



UPCOMING DATES  
ONLINE ON TEAMS

9 JUNE 2026  
7 JULY 2026



To book to attend any of the Community Support Evenings or to link in with us or any of our podcasts, please use the QR code on the poster or this link - [Neurodiverse Voices Connect](https://www.neurodiversevoicesconnect.org.uk)

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



**ADHD PEER-TO-PEER SUPPORT GROUP**  
**A SMALL OXFORDSHIRE CHARITABLE BODY**



Image created by AI.

**Next Support Meeting**  
**The Parent/Carer**  
**Journey**

**The Abingdon Bridge**  
**19 Bridge Street**  
**Abingdon**  
**OX14 3HN**

**Wednesday**  
**10th June**  
**7pm – 8.30pm**

**To register your interest and request more information, please scan the QR code or visit the address below.**

**[HTTPS://LINKTR.EE/THEWANDERINGMINDS](https://linktr.ee/thewanderingminds)**



The parent/carer ADHD journey is for adults 18 years and over who are navigating life with diagnosed or undiagnosed ADHD. It is also for partners and close friends of adult ADHDers who are looking for ways to help and support their loved ones. Do visit our website - [ADHD PEER-TO-PEER SUPPORT GROUP](https://linktr.ee/thewanderingminds)

If you are interested in attending this support group, please book! You can do that by contacting us - <https://linktr.ee/thewanderingminds> or by scanning the QR code.

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

## Abingdon...

We work together with children, young people, parents, carers, schools and local organisations and support at home, school or in the local community.

### Mental Health Natters

07960 727682

[dani@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org)

[www.mentalhealthnatters.org](http://www.mentalhealthnatters.org)

We are a dedicated education and therapeutic team with both professional and lived experience of supporting families with additional needs, including mental health.

We offer;

- \*1:1 mental health support for children and young people
- \*1:1 tuition for children and young people
- \*small groups for children and young people
- \*parent and carer groups in Abingdon and Wantage
- \*Arts Award Bronze sessions



mental health  
**natters**

BECAUSE TALKING MATTERS


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

Facebook page - <https://www.facebook.com/mentalhealthnatters>

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

**\*\* New - Wantage\*\***

## Dandelion Therapeutic Support



We would like to invite parents and carers of children with SEND needs to come and join us for our monthly support group.

Our first session is on Tuesday 9<sup>th</sup> June 9.30am-11.00am at Dandelion House, Wantage. Run by our SEN Parent Advocate, Michelle. Join us for a drink and chat to see how we may be able to help.

**Email [office@dandelion-ts.com](mailto:office@dandelion-ts.com) to register your interest**

Please email [office@dandelion-ts.com](mailto:office@dandelion-ts.com) to register your interest.

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

Didcot

**oxfsn** Oxfordshire family  
SUPPORT NETWORK

## The Nest Phoenix Rising

Perfect for  
children  
not yet  
walking  
0 - 6  
years

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](mailto:imogen.Liddell@oxfsn.org.uk)

 [www.cafelias.co.uk/pop-ups](http://www.cafelias.co.uk/pop-ups)



Full dates, details, contacts and registration at [www.cafelias.co.uk/](http://www.cafelias.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

**Didcot**

# Drop In Sessions



for family carers  
looking for advice &  
support

No booking required

[Redacted]

[Redacted]

[Redacted]

Some of the OxFSN team  
will be available to answer  
any questions you may  
have.

June 2<sup>nd</sup> 12.00 - 15.00

July 2<sup>nd</sup> 10.00 - 13.00

July 15<sup>th</sup> 12.00 - 15.00

Sept 14<sup>th</sup> 10.00 - 13.00

Sept 30<sup>th</sup> 12.00 - 15.00

Oct 8<sup>th</sup> 10.00 - 13.00

Oct 22<sup>nd</sup> 12.00 - 15.00

Nov 3<sup>rd</sup> 10.00 - 13.00

Nov 18<sup>th</sup> 12.00 - 15.00

Dec 1<sup>st</sup> 10.00 - 13.00

Dec 16<sup>th</sup> 12.00 - 15.00

Jan 14<sup>th</sup> 12.00 - 15.00

Jan 26<sup>th</sup> 10.00 - 13.00

Feb 10<sup>th</sup> 10.00 - 13.00

Feb 24<sup>th</sup> 12.00 - 15.00

Where: OxFSN, Baptist House, 129 Broadway, Didcot, OX11 8XD

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

**Didcot**



Meet up on 1st & 3rd Friday of each month.  
10am-11.30am. Please do come and join us!

Cornerstone Arts Centre, Didcot, OX11 7NE

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

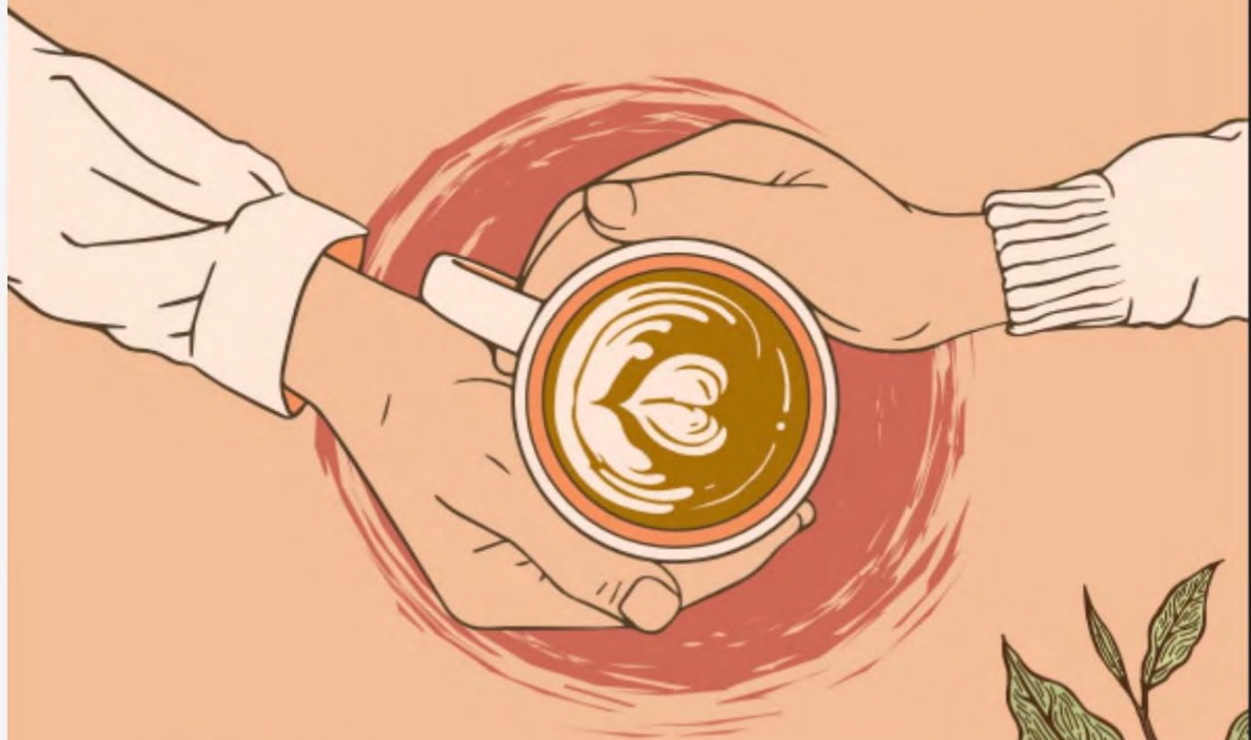
# Short Breaks Update for Families with Disabled Children and Young People

**Benson**

Do you have a child or adult with special needs?

Come and join me for....

Coffee, cake & a chat



At BENSON Waterfront Cafe, OX10 6SJ at 1pm

Every 2<sup>nd</sup> Tuesday of the month

For more info ring Sally on 07854 800333

Creating community....



## Neurodiverse Natters Chinnor

Neurodiverse Natters is a group ran by parents of ND Children offering support and information to other ND parents/carers.

### Join us for a drink and chat

### The Crown pub, Chinnor first Thursday of the Month

Crown Pub, Station Road, Chinnor  
4th June, 6pm-8pm

If you're looking for a safe space to meet other likeminded parents/carers going through the same journey, then ND Natters could be the place for you

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

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

Come join us...

Faringdon Town

## Carers Community Vale of the White Horse

Sometimes when you are an unpaid carer, providing care for a loved one, you can feel so isolated and lonely and due to your caring duties, you can lose contact with friends who do not understand the restraints that being a carer can place on your life.

Having been an unpaid carer, looking after her youngest child for 23 years, who has a rare and complex metabolic condition, when Nicki moved to the Vale of the White Horse area, she became increasingly isolated and struggled to make friends in a new area as few people understood her son's complex health issues. In an attempt not to become totally distanced from the local community, together with her son Brandon, they volunteered at Watchfield Community Larder. However, Nicki was looking to find somewhere locally where she and Brandon could interact with people and gain support from companionship of other who understand what it is like to be an unpaid carer.

Consequently, with the help of two people who they had volunteered with in Wantage, Car and Ken, together with Leigh who had they met when she was running the Watchfield community larder, they established Carers Community Vale of White Horse. Nicki's other son, Bradley is also a Trustee as he has been a young carer to his sibling and continues to support his family, even though he is married and has moved from home. Thanks to Leigh, they are able to use St Alban's Church in Watchfield at no charge enabling the group to meet every Wednesday during term time from 12.30pm until 2.30pm. The Church has ample free parking and is close to the S6 bus route.

"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse," says Nicki. "We want to eliminate isolation and loneliness that many carers feel whilst providing information, support, and signposting to carers in a relaxed and familiar surroundings. Together we will help improve carers' lives by encouraging them to come along

and be part of a positive, proactive, considerate and supportive group of people. We will also seek to help carers develop skills and gain further experiences and insights that help us to support and empower others."

"Refreshments are complementary, and we hope others in similar situations will come along to get a change of scenery in a warm welcoming place where they can relax and socialise. We intend to invite guests to various additional events once a month like an Indian head massage, crafting, manicures. Speakers and guests are all dependent on members of the community joining us and funding. Unpaid carers can bring those adults that they care for too as the Church is all on the ground floor, with disabled toilets. We are very aware that many unpaid carers get very little, if any time to themselves, and we do not want this to be an obstacle for them in attending. It is not aimed at children, but if the carer of the adult has children under 18, they may come along too but remain their responsibility."

A committee member will be present at every event; all are DBS cleared and are easily recognisable, e.g. badge, lanyard, t-shirt. Tea, coffee and snacks will be available, donations welcome. You will need to show proof that you are an unpaid carer (annually) showing your address within the Vale of the White Horse and that you are in receipt of Carers Allowance or similar.

**"Our Carers Community has been established to make a real difference to the lives of unpaid adult carers who live in the Vale of the White Horse"**

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



Faringdon Town Edition Eleven | 101

This article is about an unpaid carers of adults peer support group that meets in St Alban's Church in Watchfield. The group meets in term-time on Wednesdays from 9.30am to 11.30am. For more info - [carerscommunityvowh@gmail.com](mailto:carerscommunityvowh@gmail.com)

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

**Swindon**

## **PARENT CARER COFFEE MORNING**

NEED A BREAK AND A CHAT?

Come and meet our Parent Carer Support Practitioner, and other Parent Carers at The Sun Inn, Coate Water SN36AA

**Wednesday 10th June**

Time: 9:30am -11:30am



Do you care for a child or young person with additional needs or disabilities? Then join us for our Parent Carer Coffee Morning

Take a break, enjoy a hot drink, and connect with our Parent Carer Support Practitioner and other parent carers in a relaxed setting.

**Venue - The Sun Inn, Coate, Swindon, SN3 6AA**

To book, please contact our Parent Carer Support Practitioner, Lorraine Kardasz, on 01793 531133 Option 2.