

Short Breaks Update for Families with Disabled Children and Young People

3 of 4



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

Short Breaks Update for Families with Disabled Children and Young People



Online information sessions for parents & carers on

"SEN support" will be held on:-

Tuesday 6th October

12.00pm-1.30pm

Please email sendiass@oxfordshire.gov.uk to register!

This is a FREE session, but you do need to book.

Information and guidance, along with our form to access support can also be found on the SENDIASS website:

<https://www.sendiass-oxfordshire.org.uk>

Short Breaks Update for Families with Disabled Children and Young People



Working Well Without Burning Out

This half day training course is designed to help you create healthy working boundaries.

Explore - Discover where your energy is going and what it's costing you.

Understand - Learn why energy gets depleted in purpose-driven work, why boundaries matter, and what commonly gets in the way of setting them.

Design - Use what you've discovered about your energy to create one new boundary that directly addresses where your energy is being drained most right now.

Share - Hear from others in the room, recognise the patterns you share, and know you're not navigating this alone.

Commit - Leave with a personal action plan & one boundary you're ready to put into place this week.

Thursday 8th October (3.5 hours). 9.30am - 1.00pm; £40-70

Disability Awareness Training

The Disability Awareness Training is a full-day workshop offering practical insights into the realities of living with severe disabilities. This training equips attendees with knowledge and understanding of different types of disability and its impact and how to better support individuals with disabilities in everyday life.

Venue - MyVision Oxfordshire, Bradbury Lodge, Gordon Woodward Way, Oxford, OX1 4XL

Friday 9th October (6 hours). 10am - 4pm; £100-130

Emergency First Aid at Work (accredited)

The Emergency First Aid at Work course meets the requirements of the HSE (Health and Safety Executive) and is nationally recognised. Designed for those who have a specific responsibility at work to provide first aid in a range of emergency first aid situations. Also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities.

Wednesday 21st October (7 hours). 9.30am-4.30pm; £75-105

**All courses are at The Source (next door to OCVA office),
OX1 1SS unless specified otherwise**

training@ocva.org.uk or call 01865 251946

Short Breaks Update for Families with Disabled Children and Young People

For schools & education staff...

Training session for school and education staff

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

 12/10/26 or 23/11/26

 10am - 10.30am

 Places FREE

Booking essential

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



Sibs



FREE Introductory information session for schools 12th October OR 23rd November

This session is open to teaching staff and will explore the unique challenges faced by young siblings, share insights from recent research, and introduce practical FREE resources that schools can use to better support siblings in their settings.

Booking is essential as places are limited. Please take a look at our webpage for more information and on how to book:

<https://www.sibs.org.uk/sibs-workshops-and-training/free-training-for-schools>

Short Breaks Update for Families with Disabled Children and Young People



UPCOMING EVENTS

DROP IN SESSIONS

Bi monthly across the year at the OxfSN Office. No need to book, just pop by!

THE ROUTE INTO SUPPORTED LIVING

10th November, 10.00 - 14.00
Information Event
Didcot Civic Hall, Didcot

PERSON CENTRED PLANNING

17th & 19th November, 10.00 - 14.00
OxfSN Office
23rd & 25th February, 10.00 - 14.00
OxfSN Office

SUPPORTED LIVING

9th December, 19.00 - 21.00
Online Zoom Event

PLANNING AHEAD

12th January, 2027 10.00 - 13.00
OxfSN Office

WILLS & TRUSTS

4th February, 19.00 - 20.30
Online Zoom event



Visit our website for further information on drop ins and all events and to book your place

<https://oxfsn.org.uk/events-calendar/>

To book, please go to our Eventbrite page:-

<https://www.eventbrite.co.uk/o/oxfordshire-family-support-network-38975007553>

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

For primary school staff...

Sibs talk

Training for primary schools

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

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

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

Sibs



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



Sibs Talk primary school intervention - 25th November 2026

Sibs Talk is a one-to-one support intervention for school staff to use with siblings in Key Stage 2. Its purpose is to improve siblings' wellbeing and their engagement with learning. It is an activity booklet where each page is a short session for the sibling to work through with a member of staff. Our training session will include advice on how to identify siblings in your school and on evaluating the intervention outcomes.

Places are limited so booking is essential. Please take a look at our webpage for more details on Sibs Talk, costs and how to book:

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

Short Breaks Update for Families with Disabled Children and Young People



ONLINE COACHING FOR PARENTS AND CAREGIVERS OF AUTISTIC CHILDREN 18 MONTHS - 5 YEARS 11 MONTHS

How does it work?

Your personal coach will help you through online coaching and video analysis, to step back, reflect, and explore ideas and ways to support your child, giving you the skills and strategies to integrate changes in day-to-day life.

Everything happens in your home, through a secure video link, with a dedicated coach accompanying you step by step. Coaches are qualified early years practitioners, Occupational Therapists or Child Psychotherapists, with specific training to support Autistic children. Your coach will be allocated based on your child's needs.

What parents often notice

Every child and every family is different, so outcomes are individual, but families commonly tell us they experience:

For children:

More moments of shared attention, connection, and joyful back-and-forth play.

Clearer, more responsive communication and interaction with family members.

A growing sense of being understood and supported in everyday life.

For parents:

A clearer understanding of your child's communication cues and play initiatives.

More confidence in joining your child's play and supporting their engagement.

A growing trust in your own intuition, and with that, less stress in the everyday and the ability to resolve day-to-day challenges.

Who can join?

If you would like to enroll on the programme, we have a few remaining spaces available to start immediately, and we have places available for advanced registration starting in September 2026.

Register now at the Transforming Autism Website or use the QR code.



To register, please go to the website:-

<https://transformingautism.org/autism-support/programmes/playcademy/>

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



FIRST
Connection
SESSIONS

A GENTLE STARTING POINT FOR PARENTS

A relaxed 1:1 session to talk through your child's needs, current challenges and the support that may be the best fit for your family.

No pressure. No expectation. Just support.

**45-60 MINUTE
1:1 PARENT SESSION**

This is a space to:

- Explore what's currently feeling difficult
- Discuss behaviour, emotional regulation & sensory needs
- Talk through school, home or wellbeing concerns
- Ask questions openly without judgement
- View the SquiggleSpace setting
- Gain clarity around possible next steps

PERFECT FOR PARENTS WHO:

- ♥ Feel overwhelmed or stuck
- ♥ Are unsure what support they need
- ♥ Are navigating ADHD, autism, anxiety or sensory needs
- ♥ Are awaiting diagnosis or assessments
- ♥ Want to explore support without pressure

£29 per session

WHAT TO EXPECT:

- ♥ A warm, welcoming space where you can feel heard
- ♥ Neuro-affirming & trauma-informed approach
- ♥ Honest conversations with no judgement
- ♥ Practical guidance tailored to your family

Sometimes families simply need:

- ♥ a safe space to offload
- ♥ reassurance
- ♥ someone who understands
- ♥ help making sense of what's going on



There is absolutely no pressure or expectation to book ongoing support afterwards. The full booking system with all SquiggleSpace sessions will be launching in June including 1:1 Young Person Session, Parent Power Hours, Creative Connection Session and Learning Re-Engagement Session but for now I'm intentionally keeping things slow, personal and relationship-focused first.

If you'd like to book a First Connection Session for yourself as a parent/carer, here's the link - <https://squigglespace.setmore.com>

Or there is still time to join the waiting list for sessions - <https://forms.gle/9jBYJWfrYuBqwpAYA>

Short Breaks Update for Families with Disabled Children and Young People

NHS
Oxford Health
NHS Foundation Trust

PARENT WEBINAR

Parents are the most important part of young people's lives and hold the key to helping them. Let us, help you, to help them.

CAMHS
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

No webinars currently listed but there's lots of advice on the website - link below...

[Resources for parents and carers | Oxford Health CAMHS](#)

[Resources for parents and carers | Oxford Health CAMHS](#)

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



Online Course and Live Workshop



Embracing Autism is an online 8 week course for parents of recently diagnosed children of any age including teens. It covers all the information you will need, to understand and support your child in the early weeks and months after diagnosis.

Coping and Behaviour at School and Home
Sensory Processing (including Eating)
Social Communication and Interaction
Anxiety & Stress
Sensory and Emotional Regulation

Register here: <https://courses.theyarethefuture.co.uk/embracing-autism-parent-course>

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Don't worry if the course has already started - you can easily catch up.

In the final (8th) week we invite you to attend a Live Online Workshop on Zoom. The course is an exciting collaboration between Everlief and other autism professionals:

Dr Lucy Russell, Clinical Psychologist, Everlief
Dr Marcelina Watkinson, Clinical Psychologist, Everlief
Dr Cassie Coleman, Consultant Community Paediatrician, www.drcassie.co.uk
Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd
Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy

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

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 find out more about what we offer, please go to:-

https://linktr.ee/gr0ve.org?utm_source=qr_code



Short Breaks Update for Families with Disabled Children and Young People

**aspens**
Charity no: 1171446 aspens.org.uk

**Autism Central**
For parents and carers

Autism Central is here to help!

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

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

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

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





The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic people, parents and carers and subject matter experts, and follow the most recent research and guidance. Families do not need to have a diagnosis to access support through us.

Scan the QR code above or email us - autismcentralsoutheast@aspens.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Support service for over 18s...

WHO WE ARE

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

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



WE PROVIDE

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



ACCREDITATIONS



ADDRESS

FITI CHERWELL BUSINESS VILLAGE
SOUTHAM ROAD
BANBURY
OXFORDSHIRE
OX16 2SP

EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

OFFICE LINE

+44 1865 956285

**ARISE
YOUTH
SUPPORT**

CULTIVATING HAPPINESS

Please contact Arise Youth Support direct if you're interested in finding out more about their service:-

info@ariseyouthsupport.org or visit their website - What we do – ariseyouthsupport.org

Mobile Paediatric Physiotherapy

Abigail Tune BSc (Hons), MCSP, HCPC Registered Physiotherapist

Flexible, regular physiotherapy for babies, children and young people with physical disabilities, developmental conditions and long term mobility needs, including children with SEND.

Sessions take place at home or in the community and can be from 1-4 hours with the option for parents to step away for some respite time while their child is supported by a qualified physiotherapist with childcare and nannying experience.

Covering OX1, OX2, OX3 and OX4 postcodes.

HOW I CAN HELP:

- Mobility, strength, balance & coordination
- Physical activity and functional goals
- Physiotherapy worked into play and everyday life

Make an enquiry

abigaultune.physio@outlook.com

Scan the QR code below to visit my website

<https://oxfordpaediatricphysio.carrd.co>



For more info – abigaultune.physio@outlook.com or visit the website – www.oxfordpaediatricphysio.carrd.co

Short Breaks Update for Families with Disabled Children and Young People



Occupational Therapy (OT) helps children to engage with their daily activities, develop their skills and build their independence.



OT can help with:

- Fine Motor Skills: pencil control, handwriting, scissor skills
- Posture and gross motor skills
- Sensory regulation: supporting attention, concentration and accessing learning
- Sensory processing, recognising sensory needs and strategies
- Supporting body awareness and skill development
- Motor Planning: learning new skills, coming up with ideas, sequencing and problem-solving
- Sleep: supporting getting to sleep and reducing night wakings using routines and strategies
- Daily skills: meal time strategies, toileting, self care, dressing, buttons, zips and tying shoes



OT CAN BENEFIT:

- Classroom Routines
- Self Confidence
- Independence
- Teacher Knowledge
- Access to Learning
- Academic Success



07737 336723

deliatheotxford@gmail.com

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

Short Breaks Update for Families with Disabled Children and Young People



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

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

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

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

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

Email address:

Emma.Polin@ndcs.org.uk

Phone number:

07974363483



For more information, please contact Emma on emma.polin@ndcs.org.uk

Short Breaks Update for Families with Disabled Children and Young People



AT HOME SENSORY SESSIONS - WITH SOPHIE



WHAT IS THIS SERVICE?

A UNIQUE AND INDEPENDENT HOME MASSAGE THERAPY AND SENSORY INTEGRATION SERVICE FOR CHILDREN WITH SEND.

COVERING AREAS IN WOKINGHAM, WEST BERKS, HAMPSHIRE AND OXFORDSHIRE.



MEET SOPHIE



Hi! I'm Sophie.

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

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

WHAT DOES THIS SERVICE OFFER?

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

WHO WOULD BENEFIT?

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



HOW TO FIND OUT MORE AND MAKE CONTACT



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



WHAT ARE THE BENEFITS?

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



AT HOME SENSORY SESSIONS - WITH SOPHIE



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

Short Breaks Update for Families with Disabled Children and Young People

Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time

Every child is unique. I am dedicated to providing personalised and compassionate speech and language therapy for children aged 3-11 years.

**Serving private clients
in North Hampshire and
Oxfordshire**

Offering support for children
who:

- have speech sound difficulties
- need help understanding spoken language
- struggle to follow instructions
- have limited vocabulary

Take a look at my website for
further information:

www.sltwithlesley.co.uk

Contact me to discuss your child on:

07702 490377 or via email:

sltwithlesley@gmail.com

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

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

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



An overview of each Level

Makaton Level 1 Workshop

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

Makaton Level 2 Workshop

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

Makaton Level 3 Workshop

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

Makaton Level 4 Workshop

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

Contact: LibbyMakatonTutor@gmail.com

<https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People

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



OXFORDSHIRE
PARENT CARERS FORUM

oxfn
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

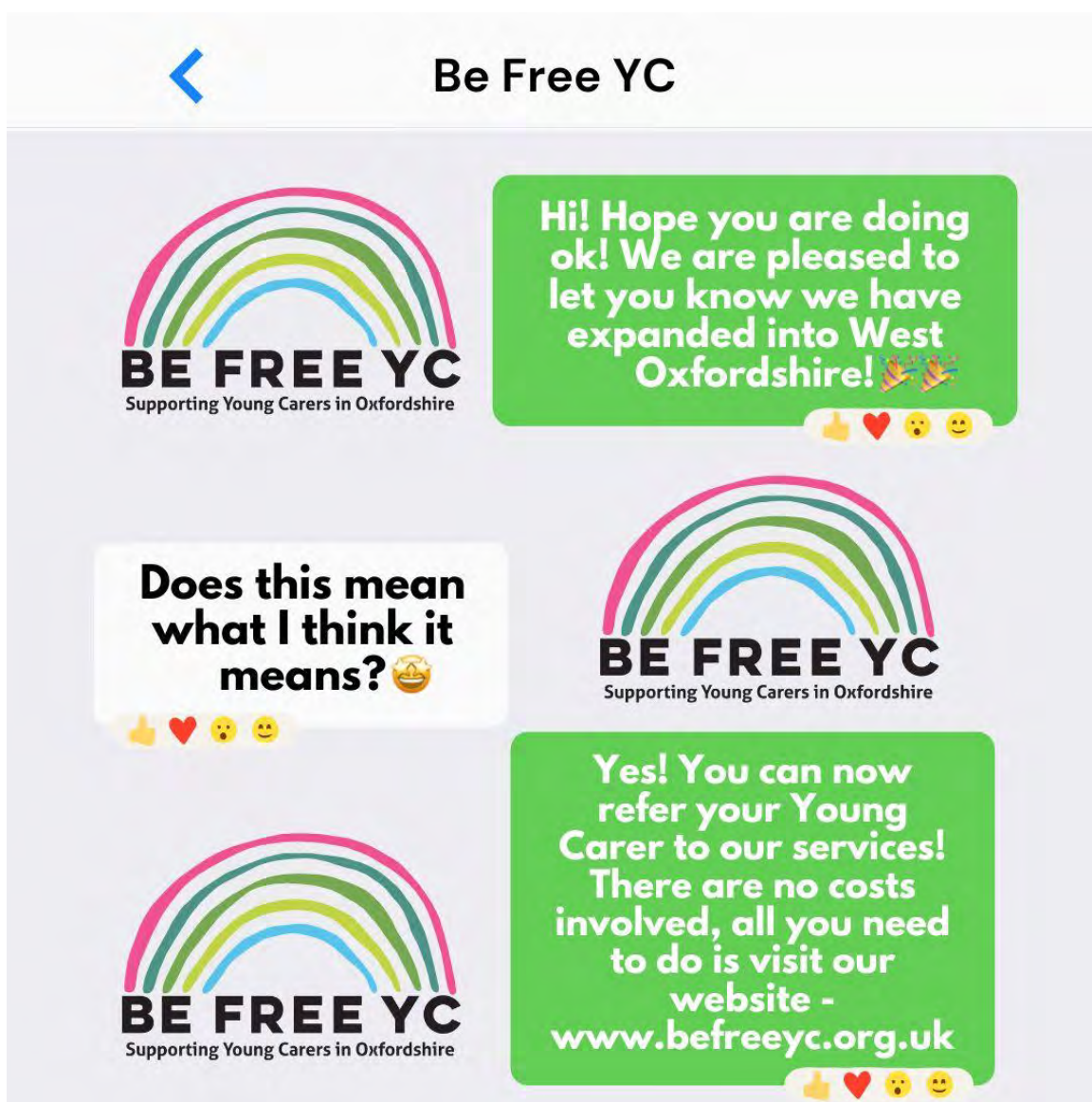
Connect:  oxpcf.org.uk  bit.ly/whatsapp-oxpcf  [/ox_parentcarers_forum](https://www.instagram.com/ox_parentcarers_forum)
 [/oxpcf](https://www.facebook.com/oxpcf)  [/company/oxfordshire-parent-carers-forum](https://www.linkedin.com/company/oxfordshire-parent-carers-forum)



TOGETHER EVERYONE ACHIEVES MORE

Mailing list – www.bit.ly/OXPCF Website – www.oxpcf.org.uk
WhatsApp – www.bit.ly/whatsapp-oxpcf 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

Short Breaks Update for Families with Disabled Children and Young People



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

<https://befreeyc.org.uk/>

Need more info? Contact our West Oxfordshire YC Youth Workers Carly & Tabitha at westox@befreeyc.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Bright Journeys SEND Advocacy - SEND & EHCP support



Join our private Facebook support group for parents and carers of children with SEND.

Connect with others, ask questions, and find guidance on topics like SEN support, EHCPs, transport and more.

Peer support and free general guidance from an independent SEND advocate are available.*

Join us! ❤️

Search for Bright Journeys SEND Advocacy on Facebook and request to join the group.

*There is also an option of bespoke, fee-based support if needed.

To register - <https://www.facebook.com/groups/761180559587856>

Short Breaks Update for Families with Disabled Children and Young People

SCAN
ME! >>>



Growing strong roots together



We are committed to supporting families and their young people every step of the way. Working in partnership with other professionals to build a plan that works. We know the SEND journey can be challenging, and no family should have to face it on their own.

Our Services



Family Support Worker

Supporting parent carers to navigate the SEND system.



Alternative Learning Support

We can support young people who are home educated or struggling to attend and need an alternative. Including being part of an EOTAS package.



Care Support Practitioners

Supporting young people with everyday life skills and independence.



Brick by Brick

Lego sessions 1:1 or in small groups. Supporting emotional regulation, social skills and language development.



Advisory Services

We offer an advice clinic for parent carers to get the vital support they need. We can also extend our services to professionals and offer various training.

Why Choose Us

- ✓ We are parent carers ourselves and have navigated the system.
- ✓ Our offer is completely bespoke for each family.
- ✓ We are trauma informed and mental health youth first aiders.
- ✓ We are passionate about everything we do.
- ✓ We believe in meeting the family where they are now, then supporting them to reach where they want to be.



Get in touch with us

01993 659025

www.rainbowtreespathway.co.uk

Contact for further details - 01993 659025 or www.rainbowtreespathway.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

Making life Better



Can we help? We're an Oxfordshire disability charity that uses technology to unlock fun, independence and inclusion.

Get in touch if you have a physical disability that limits or stops you from playing video games, or you know of someone who has urgent and severe physical challenges after a traumatic illness or injury, or if your child is in education and is facing long-term medical isolation due to immunodeficiency. We welcome enquiries from people of all ages and we don't charge for any of our help.

“ I can't do much by myself, but I can play video games - it gives me a great sense of independence and achievement!” - *Becky, who has cerebral palsy*



“ It almost doesn't bear thinking about how Rob would have coped without it.” - *Rob's father, after his son used an eye-controlled computer following a spinal injury*

“ My robot helped me at school when I couldn't go, and he kept me in touch with my friends.” - *Seren, whose medical treatment meant that she couldn't attend school for several months*



Charity No 1121004

www.specialeffect.org.uk

For more info, please go to our website - **www.specialeffect.org.uk**

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Short Breaks Update for Families with Disabled Children and Young People



FAMILY-FOCUSED WORKSHOPS

Discover how pet dogs can support people with complex needs



Support from a pet dog

Our specially designed workshops provide a supportive learning space for better understanding a dog's needs. Through these, we show how to build a stronger bond that can translate into much-needed emotional and practical support for families.

Who we support

- Families with an autistic child
- Individuals with a physical disability or people supporting a family member with a physical disability

Is family dog right for me?

- No formal diagnosis required
- Online workshops and learning
- Useful resources at your fingertips
- Regular info sessions available for professionals



- Facilitated by our expert team
- Supportive peer community
- Support in finding the right dog for your family
- Ongoing support for your family – human and dog included
- Ideal at any stage of your journey of having a family dog

OPTIONAL WORKSHOP

Finding a dog that meets your needs

For those that don't already have a dog

- What having a dog involves
- Finding and choosing a dog
- Understanding different dogs types
- Choosing a puppy or adult dog



WORKSHOP ONE

Getting started

Creating the right environment for everyone

- Meeting your dog's needs
- Nurturing a safe and secure home
- Building a connection with your dog and other family members
- Ways you can support the bond with your dog



WORKSHOP TWO

Understanding your dog's potential

Making the most of dog-human relationship

- Communicating with your dog
- Ways they can support you and a family member
- How dogs learn and develop



WORKSHOP THREE

Working with your dog

Equipping you for a journey of mutual learning

- How to teach your dog using positive reinforcement methods
- Training and learning tools
- Advanced training and skills



BOOK YOUR SPACE

- dogsforgood.org/family-dog
- familydog@dogsforgood.org

Workshops cost £60*

*Financial support available

Dogs for Good, Registered Charity in England & Wales: 1092960
Registered in Scotland: SC039828

Visit our Website



SS

I came away from these workshops feeling empowered and inspired to the benefit of our puppy, our kids and the whole family.

**** Dogs For Good ****

Current offer – using discount code PPCC20 gives 20% off to anyone wishing to book onto the workshops.

For more info – familydog@dogsforgood.org
Website – www.dogsforgood.org

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/aimgroupda

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

STAY IN TOUCH



bit.ly/aimgroupda
[@aimgroupda](https://www.instagram.com/aimgroupda)
[@aim_rda](https://www.instagram.com/aim_rda)
www.aimrda.co.uk
trustees@aimrda.co.uk



ABILITY - INDEPENDENCE - MOTIVATION

AIM RDA

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

Registered charity no. 1208952

Aim Group RDA
RDA
Ability Independence Motivation

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 1924 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

Short Breaks Update for Families with Disabled Children and Young People

WELCOME TO *Equilore*

DISCOVER THE BENEFITS OF THE HUMAN-ANIMAL BOND

Emotional Regulation: Horses provide honest and immediate feedback, helping children learn to manage their emotions in healthy ways.

Self-Esteem Boost: Through positive interactions with horses, children experience a sense of accomplishment and empowerment, boosting self-confidence.

Social Skills Development: Interacting with horses fosters communication, empathy, and teamwork, helping children improve their social skills and build meaningful relationships.

OUR THERAPEUTIC PROGRAMS



Barn Pals

Fridays 16:00-17:30 | £25 per child | max 6 children

Learn all about horses and how to care for them; from brushing, preparing feeds and haynets, mucking out, fencing, leading and tidying paddocks you will learn all about the job involved in taking care of horses.



Stable Relationships

Wednesdays 12:30-14:30; Fridays 10:00-12:00 | £65 per child | max 6 children

Our experienced facilitators arrange a series of engaging activities and exercises with horses with lessons on Respect, Trust, Boundaries and Communication in a fun and interactive way.



Equine Facilitated Psychotherapy

Daily sessions available | Times arranged with Therapist

These 1:1 sessions are psychotherapeutic in nature and led by our fully qualified facilitators. Working with the horses, we support those with mental health challenges by focusing on emotion regulation, trauma processing and mindfulness techniques.

BOOK NOW



Park End, Croughton, NN13 5LX



07787 402236 (Loes)



www.equilore.co.uk



Please contact Loes direct to book - www.equilore.co.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



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 - 07503 026679

Web - www.bigfishproject.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



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 - Laura 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



Calibre Audio is a charity registered in England, Wales (286614) and Scotland (SC051461)

National charity, **Calibre Audio** offer free audiobook memberships to children and young adults (0-25 years) with SEND giving them unlimited access to over 18,000 titles. We believe that everyone deserves to enjoy a good book, but we know not everyone enjoys reading, and our audiobook service aims to make books accessible to all.

The charity is on a mission to encourage as many eligible young people as possible to join and use audiobooks to support their education and relaxation. The collection is full of leading contemporary children's authors, including Michael Morpurgo, Jacqueline Wilson, J.K Rowling, Malorie Blackman, David Walliams, Phillip Pullman – as well as classics. Calibre also ensures titles that support the GCSE, A Level and PSHE national curriculum are available.

Calibre Audio supports anyone with a print disability, that is any special educational need, health condition or disability that impacts on the ability to read print. No referral is needed, and no medical evidence is required to create a membership.

Find out more about membership by visiting:-
<https://www.calibreaudio.org.uk/> or calling
 Membership Services on 01296 432339.

Short Breaks Update for Families with Disabled Children and Young People



Camp Mohawk

The Woodland Centre Trust

For children and young people with special needs

Camp Mohawk is a day centre for children with special needs and their families, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Throughout the year the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Our facilities include adventure playgrounds, swings, sensory garden, play village, soft play and sensory rooms, art / craft room, music room, play lounge and, in the summer months, an outdoor, heated play pool. All this is set in approximately 5 acres of natural woodland.

What we offer:

- **Family Days** in school holidays and on Saturdays in term time – children / young people need to be accompanied by a parent / carer but we have a team of staff and volunteers on hand to provide support and assistance
- **Short Breaks** activities for children / young people aged 8 to 25 who have High Functioning Autism / Asperger's Syndrome
- **Special events** including sensory sensitive fireworks displays and Christmas parties
- **Group sessions / days** for SEND support groups, schools and groups of families



Registration is mandatory for all services and advance booking is necessary for all sessions. Fees / charges for families are all voluntary but contributions from our service users are an important source of income so we do have suggested contribution levels. Please visit our website or get in touch for more information:

Web: www.campmohawk.org.uk

Email: info@campmohawk.org.uk

Tel: 0118 940 4045

THE WOODLAND CENTRE TRUST, Highfield Lane, Crazies Hill, Wargrave, Berks. RG10 8PU. Registered Charity No. 1202580

To find out more, please go to our website:- www.campmohawk.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

Looking for care and support in Oxfordshire?

smallgoodstuff
by communitycatalysts

Find passionate local people who provide care and support services.

This might include - help with washing and dressing, cleaning, cooking, doing activities, gardening and more.

Find out more

Scan this QR code with your phone camera to visit the website



www.smallgoodstuff.co.uk/oxfordshire

A local initiative, a platform for finding small, local care and support providers - www.smallgoodstuff.co.uk/oxfordshire

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

nationalcarerscard.org.uk



 **National Carers Card**

Proof of carer status
with the UK's first
National Carers Card

TRUSTED BY LOCAL GOVERNMENT  MERTON



NATIONAL CARERS CARD
Name: SMITH JOHN ALEXANDER
Date of birth: 21-JAN-1989
Expiry date: 30/10/2028
UK 775 5913

- ✓ Exclusively for unpaid & professional carers
- ✓ Get help & understanding faster
- ✓ Fast recognition of your caring role
- ✓ Save hundreds every year with exclusive shopping discounts
- ✓ Easy to carry - fits in your wallet
- ✓ Advanced security features
- ✓ Emergency contact QR code
- ✓ Lanyards & RADAR Keys available exclusively to card holders

Discounts on leading brands

Nº7 NOT ON THE HIGH ST. **Iceland** **Clarks** **START¹⁷⁹²RITE**



SCAN TO APPLY

← APPLY FOR YOUR CARD TODAY

nationalcarerscard.org.uk

To apply - www.nationalcarerscard.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

disabilityid.co.uk



National Disability Card

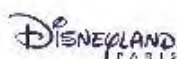
Make access easier with easy to carry proof of disability

TRUSTED BY 200,000+ CARD HOLDERS



- ✓ Exclusively for disabled people
- ✓ Easy to carry - fits in your wallet
- ✓ Get help & understanding faster
- ✓ Advanced security features
- ✓ Accepted at 600+ locations
- ✓ Emergency contact QR code
- ✓ Save hundreds every year with exclusive shopping discounts
- ✓ Lanyards & RADAR Keys available exclusively to card holders

Accepted by leading brands



APPLY FOR YOUR CARD TODAY ➔

disabilityid.co.uk



SCAN TO APPLY

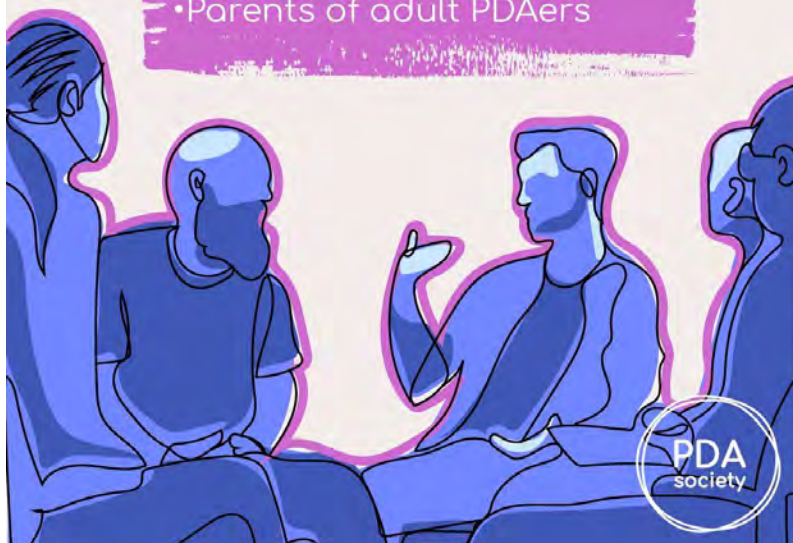
To apply - www.disabilityid.co.uk

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

Did you know about our Facebook support groups?

- Adult PDAers support group
- Parents of children under 10
- Parents of teens aged 11-17
- Parents of adult PDAers



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

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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People

Parent & Carers of PDA Teens Facebook Group



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

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

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

Short Breaks Update for Families with Disabled Children and Young People



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

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

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

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

Short Breaks Update for Families with Disabled Children and Young People



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



**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



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



Babble Play Project

Join a study for babies with Down Syndrome aged 7-15 months based in the UK and ROI.
Register when your baby is 3-13 months old

Can an app help your baby babble?

YOU CAN TAKE PART FROM ANYWHERE IN THE UK AND ROI

Please get in touch:
Email: babbleds-project@york.ac.uk
Phone: +447861 361831

If you are unable to participate at this time, you can still sign up as we are recruiting up **until Winter 2026**

HELP US FIND OUT! CONTACT US IF :

- your baby has received a diagnosis for Down Syndrome
- your baby is aged 3-13 months
- you are an English-speaking household
- your baby can see shapes on a screen
- you are not enrolled in another speech and language intervention research project

You will receive £95 in vouchers and a See and Learn kit voucher as a thankyou

Click here to find out more or to take part:-

<https://www.downs-syndrome.org.uk/.../a-randomised.../>

Short Breaks Update for Families with Disabled Children and Young People

PARTICIPANTS NEEDED!

Investigating Sensory Reactivity in Autistic Preschoolers (SNAP)



We are looking for parents of autistic children to take part in our research project investigating sensory differences, development and mental health in children.

This study aims to further understand the processes involved in children's engagement with the sensory environment and the relationship between this and their development.



What will the study involve?

Participation will involve completing online questionnaires and interviews. Your child will complete interactive game like tests with a member of the research team. Two tablet games, and sensor tasks while we measure their brain activity with non-invasive and pain free brain imaging device electroencephalogram (EEG). The visit will take around 4-5 hours total, including breaks between tasks.

Who can participate?

We are looking for parents of children aged 3 to 6 years and 11 months with or awaiting a diagnosis of autism.

What will you receive?

You will receive a £50 amazon voucher for your involvement. Your child will also receive a gift (sensory toy) for their participation.

Study Location

Centre for Integrative Neuroscience and Neurodynamics
School of Psychology and Clinical Language Sciences

University of Reading
Reading, Berkshire RG6 6AL

+

School of Psychology and Clinical Language Sciences **Harry Pitt Building University of Reading Earley Gate Reading RG6 6ES**

The study has been reviewed and approved by the University of Reading ethics committee.

Interested?

To express interest or questions/queries please contact a member of the research team

Zelal Gulbahce
z.gulbahce@reading.ac.uk

If you would like to take part or have any questions, email Zelal Gulbahce on
z.gulbahce@reading.ac.uk

Short Breaks Update for Families with Disabled Children and Young People



CUREC Ethics REF: MS IDREC 1722973

Project Title: Character Strengths in Autistic Young People:

A Zine-Making Workshop Study

Version 1.0 Sept 2025

EXPLORE YOUR STRENGTHS THROUGH **Z**INE-MAKING!

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

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



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



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



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



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



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

WATCH A VIDEO ABOUT ZINE-MAKING HERE



REGISTER HERE



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

Any Questions?

Email Dr. Jiedi Lei

jiedi.lei@psych.ox.ac.uk

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

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

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

Register your interest at - https://oxfordxpsy.az1.qualtrics.com/jfe/form/SV_bQM3IO2c8CNdWjs

Short Breaks Update for Families with Disabled Children and Young People



CUREC Ethics Approval REF: R90304/RE001

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

Version 1.0 Mar 2024

ARE YOU A YOUNG PERSON AGED 12 TO 15?

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

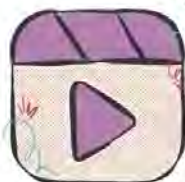
We are looking for AUTISTIC YOUNG PEOPLE to help us learn about
strengths in autism!

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

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

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

WATCH VIDEO ABOUT
THE STUDY HERE



Any Questions?
Email Dr. Jiedi Lei

jjiedi.lei@psych.ox.ac.uk

REGISTER
HERE



<https://t.ly/A5Kfw>



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

Short Breaks Update for Families with Disabled Children and Young People

AUTISTIC PEOPLE'S SCHOOLING & MENTAL HEALTH



What is it about?

We aim to better understand how different types of schooling, specifically mainstream versus special schools, affect the mental health outcomes of autistic people

Who can participate?

We are looking for people who:

- Are autistic (clinically or self diagnosed)
- Are 18 years or older
- Have gone to school in the UK

Chance to win a £10 voucher!

What's involved?

15-20 min online survey



Join the study!

Scan the barcode to join the study!

Email us at a.a.tambawala@sms.ed.ac.uk with any questions



THE UNIVERSITY of EDINBURGH
School of Philosophy, Psychology
and Language Sciences

Questions? Email us at - a.a.tambawala@sms.ed.ac.uk

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