



4 of 4

PARENT CARER SUPPORT GROUPS Oxfordshire

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

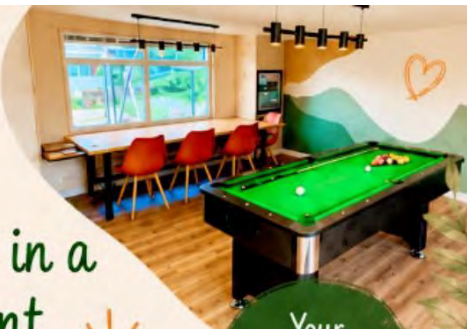
Do let me know details of any other groups that are running!



Short Breaks Update for Families with Disabled Children and Young People



SquiggleSpace
Seen. Heard. Understood.



Would you be interested in a monthly daytime parent support session?

Over the last few months, I've had a number of messages asking whether a daytime/morning group would be possible too, especially now that SquiggleSpace has its own purpose-built space.

So before I start making plans, I'd love your feedback! ♥

Your feedback needed! ♥

A monthly coffee, chat & support session within a set time slot each month. ♥

THIS WOULD RUN A LITTLE DIFFERENTLY...

Unfortunately, it wouldn't be possible to offer an open drop-in session during the day, so it would be more of a dedicated coffee, chat and support session within a set time slot each month.

Same support. Same understanding. Just daytime. ♥

YOU CAN EXPECT:

- ♥ No pressure
- ♥ No expectations
- ♥ Just support
- ♥ A welcoming, understanding space with parents & carers who "get it"

You belong here. ♥

AIMING TO CREATE A SPACE TO:

- Share experiences
- Celebrate the wins
- Offload the tough stuff
- Remember you're not doing this alone

Whether you're home educating, navigating school challenges, waiting for assessments, supporting a neurodivergent child or simply looking for your village, I'd love to know if this is something you'd find helpful. ♥



A calm, safe space where you can be yourself and be supported. ♥

Please vote in the poll!

Would you be interested in a monthly daytime parent support session at SquiggleSpace?

- ♥ Yes, definitely
- ♥ Possibly
- ♥ Not for me right now
- ♥ I'd love this but would need a different format/time

Then, pop your preferred days & times in the comments below ♥

Your feedback helps shape what SquiggleSpace offers - thank you! ♥

✉ squigglespace09@gmail.com | 🌐 www.squigglespace.co.uk

📘 @SQUIGGLESPEACE | 📷 @SQUIGGLESPEACE

SquiggleSpace
Seen. Heard. Understood.

Please respond directly to Squigglespace - squigglespace09@gmail.com
OR www.squigglespace.co.uk

Short Breaks Update for Families with Disabled Children and Young People



THE
BECKY LOVELESS
— COLLECTIVE —

Growing Together♡

Support for parents of
neurodivergent children

Six weeks of calm, connection & confidence

 Starts Monday 2nd November

 7.30 – 9.30pm |  Online |  Small group

 No judgement. No pressure.
Just practical support that works in real family life.

 *Want to know more? ≡*
Email Becky@TheBeckyLovelessCollective.org
Information pack available

The next course starts Monday 2nd November.

If you'd like to find out more, just email Becky -
Becky@TheBeckyLovelessCollective.org for the
information pack.

Short Breaks Update for Families with Disabled Children and Young People

**** NEW ****



The poster features the 'SENtipe' logo with a caterpillar, a teal mug of coffee with the text 'Good coffee. Great company.', and the Garden City Football Club crest. It lists activities like meeting other SEN Dads, taking a break, and building connections. A quote says 'You're not alone. Let's support each other.' and another says 'All SEN Dads welcome!'.

SENtipe
COFFEE MORNING
for SEN Dad's

You're not alone. Let's support each other.

Good coffee. Great company.

- Meet other SEN Dads**
Share experiences, tips and a few laughs.
- Take a break**
Relax, recharge and enjoy some time for you.
- Stronger together**
Build connections and support each other on the journey.

Garden City Football Club
Maple Avenue, Kidlington

Every 3rd Friday
of the month

9:30 – 11am

All SEN Dads welcome!

Let's build a community that understands.

We're excited to launch a new coffee morning especially for SEN Dads - a relaxed space to meet other dads, share experiences, have a chat and enjoy a coffee without any pressure. Whether you're newly navigating the SEN journey or have been on it for years, you're welcome. Sometimes it helps just to sit down with people who get it.

Meet other SEN Dads; Take a break; Share experiences, tips & a few laughs;
Build connections and support each other.

Any questions, contact Leandra at sentipeuk@gmail.com

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>

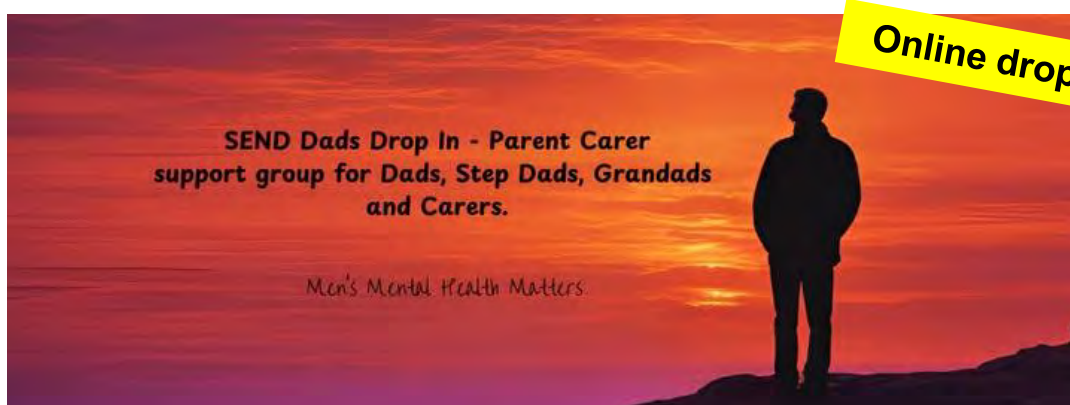
2



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



Online 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>

Wellbeing Matters

Parental wellbeing sessions once a
month on teams

Join the facebook group
"Parents of
Neurodivergent
Children"



Next sessions:

Contact us for dates!



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.

Short Breaks Update for Families with Disabled Children and Young People

Online

**Neurodiverse
Voices** Connect CIC



**Autism
CHAMPIONS** CIC

WORKING TOGETHER TO SUPPORT OUR COMMUNITY

NDV COMMUNITY SUPPORT EVENINGS

A safe, friendly and supportive space to connect, share experiences, and access encouragement and practical support.



Time:
19:30 – 21:00



**Online via
Microsoft Teams**

A calendar invite with the Teams link will be sent after registration and shared on the day.

2026/2027 DATES



Tuesday 13 October 2026



Tuesday 10 November 2026



Tuesday 8 December 2026



Tuesday 19 January 2027



Tuesday 23 February 2027



Tuesday 16 March 2027

REGISTER TODAY!

Scan the QR code to register and select the dates you would like to attend.



For more information, please contact
andreia.costa@neurodiverse-voices.co.uk

You are not
alone – together
we are stronger.

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](#)

Short Breaks Update for Families with Disabled Children and Young People

Neuro Natter!

REAL CONVERSATIONS.
REAL CONNECTIONS.
REAL SUPPORT.

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

WHO IT'S FOR

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

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**

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

TIME

8:00 PM
FOR APPROXIMATELY
1 HOUR

**PASSWORD
PROTECTED
FOR YOUR
SAFETY**

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

Banbury



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



★ **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](#)

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
for further information.*

**Group runs term-time only.
For further info, please email:-
sshepley@hillview-school.co.uk**

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!



Next meeting date – 7th October

We meet 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 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

Update!

Things are changing for us here at Bicester Autism so please contact us to find out more about what we're offering...

Contact us!

bicesterautism@gmail.com; www.bicesterautismadhd.co.uk
www.facebook.com/bicesterautism

Short Breaks Update for Families with Disabled Children and Young People

Chipping Norton...



This September The Village in Chipping Norton was launched - a space for parents and carers of neurodivergent children and teens to come together for a cuppa, chat and support.

A chance to connect with other parents, share experiences, learn, ask questions and feel a little less alone.

Sessions will be led by an Occupational Therapist, with the opportunity for both in person and online workshops on the topics you want help with most. I can't wait to meet you and build this village together.

Next date – 19th October. To book, please do so here -
<https://app.acuityscheduling.com/schedule/d8eeca13>

FB - <https://www.facebook.com/profile.php?id=61563927280177>
Webpage - <https://empoweringyouththerapies.com/>

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

SENTIPEDE
tipede

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

Kidlington



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

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



Free Parent Support Groups

For parents of children with SEND or mental health challenges

Mondays

6:30pm - 8pm

For parents of adult children

St Mary's Church
Refectory,
OX5 2AZ

Tuesdays

6pm - 7:30pm

For parents of secondary-school-aged children

St Mary's Church
Refectory,
OX5 2AZ

Thursdays

9:15 - 10:45am

For parents of primary-school-aged children

St Johns Hall,
OX5 1DD

Email Rachel at 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

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

Short Breaks Update for Families with Disabled Children and Young People

Oxfordshire Little Ears

3rd Saturday each month...



Meet up from 10.30am...

Monthly meet-up at Blenheim Palace

Little Ears is for families with deaf children aged 0 to 5, providing a welcoming and supportive environment where children can play, families can connect, and parents can share experiences with others on a similar journey.

You will have access to the whole of the Palace grounds, which includes the Place and gardens. If there is an event on that is not ticketed you can also attend this in your visit to us!

When: Once a month on a Saturday

Where: Stables Cafe, Blenheim Palace, Woodstock, Oxfordshire, OX20 1PS

Parking: On-site parking available

Accessibility: A British Sign Language (BSL) interpreter can be provided if required.



Scan QR code to get in touch and find out more!



SUPPORTED BY
National Deaf Children's Society

For more information, contact Emma Polin:
Emma.Polin@ndcs.org.uk
07974 363483

For more info, please contact Emma Polin on
emma.polin@ndcs.org.uk or 07974 363483

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

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

Short Breaks Update for Families with Disabled Children and Young People



**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

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

**£1 ENTRY
TEA & COFFEE PROVIDED**

For more info - sengroupox4@gmail.com

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

Oxford Hub well together

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
Sophia - 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.



Term-time only

1st & 15th Oct

9.00am-11.00am



Flo's cafe
Florance Park, OX4 3NP



FOR MORE INFORMATION:

email - kylie@oxfordhub.org
phone - 07707918532
visit - 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 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](mailto:chachadvpc@outlook.com)



Please contact us on 07523 848948 or chachadvpc@outlook.com Based at
The Dovecote, Nightingale Ave, Oxford OX4 7BU

Short Breaks Update for Families with Disabled Children and Young People

Oxford



The poster features a light blue background with a green gradient at the top. On the left, there are two stylized human figures made of colorful geometric shapes. In the top center is a circular logo with two figures and the text 'Be compassionate'. On the right is a circular collage of various people and city scenes. Below the main title is a circular logo with an eye and the text 'Be curious'. At the bottom left is an illustration of a cup of coffee with a heart-shaped latte art. In the bottom center are the 'Oxford Hub' and 'The OXFORD Academy' logos. On the right is a wooden A-frame sign with white text. The main title is in large, bold, green and white letters. The text 'Come and join...' is in a smaller, white font. The contact information is in a white font. The sign text is in white on a dark background.

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
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 or 07903 174415

Short Breaks Update for Families with Disabled Children and Young People

Oxford

SEN CONNECT Coffee Morning for Parents & Carers

— ♥ —
*A relaxed, friendly space to connect
with others who understand ♥*



When

Every other Thursday
9.30 – 11am



Where

The Jungle, Cowley
Oxford, OX4 3JF



WHAT TO EXPECT



Friendly
peer support



Monthly
guest speakers



Free tea
& coffee



A safe,
welcoming
environment

Upcoming Dates



Oct:	8th	22nd
Nov:	5th	19th



Follow our page regularly
to see who our guest
speakers are and
when they will be
taking place. ♥



Parking available



Get in touch
Donna@oxfordhub.org

Supported by:



Working together
to build a
better Oxford



Scan me
for updates
and more
information ♥

A joint venture from the Oxford Hub and [SENtipe](#) 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

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>

Short Breaks Update for Families with Disabled Children and Young People



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/](https://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/>

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
Group www.facebook.com/groups/positivemeasure
Instagram: 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.**

Short Breaks Update for Families with Disabled Children and Young People

Witney...



Parent SENSE Witney in-person meet-ups:-

Thursday 8th & Tuesday 20th October

Thursdays 5th & 19th November

Tuesday 1st December

7:30pm–9pm; FREE

The Fleece, Witney - Function Room

[[The Fleece Gastropub Oxfordshire](#)]

Come on your own. Come with a friend. Stay for the whole evening or just drop in when it suits you. No pressure. No judgement. No need to explain your family or your journey. Just a room full of parents and carers who understand that sometimes you just need to be around people who get it.

Teas & coffees kindly sponsored by

[The Hair Forum at Madley park](#)

The function room isn't massive, so spaces are limited.

Please grab your FREE place on Eventbrite so we know you're coming:

<https://www.eventbrite.co.uk/.../parent-sense-witney-in...>

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



SPACE

Come join us at SPACE

Where & When does SPACE meet?

Friday's - Term time only

Time - 10am to 12.30pm

**Costa Coffee (Drive Thru),
Eastnor Place, Witney,
OX28 4TJ**

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,
information and support
with one another**

What is SPACE for?

Contact Jo on 07875890775

Short Breaks Update for Families with Disabled Children and Young People

Carterton

DROP IN SESSIONS THIS WEEK:

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
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 or come to our Facebook page - <https://www.facebook.com/apcamgroup>

Short Breaks Update for Families with Disabled Children and Young People

Abingdon



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

Contact us for next
meet up date

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
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 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

Didcot

oxfsn Oxfordshire family
SUPPORT NETWORK

The Nest Phoenix Rising

Ideal for
children
not yet
walking
0 – 6
years

Fridays, Term-Time

10am to 12pm

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

- ♥ Singing with signing and games
- ♥ Switch toys and sensory play
- ♥ Run by parents like you

Join Now

imogen.Liddell@oxfsn.org.uk

www.cafelias.co.uk/pop-ups



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

Short Breaks Update for Families with Disabled Children and Young People

Didcot



DROP IN SESSIONS

2026-2027

- ★ A dedicated drop-in session for family carers who support a relative with a learning disability.
- ★ No booking is required - just come along.
- ★ A member of the team will be available in the office to offer one-to-one support, listen to your concerns, and help with any questions or guidance you may need.
- ★ A safe, informal space where you can talk things through and get advice.
- ★ 2 hours free parking available in the Orchard Centre, Didcot, across the street from the office..

	3 RD NOV 10-1	14 TH JAN 12-3
	18 TH NOV 12-3	26 TH JAN 10-1
8 TH OCT 10-1	1 ST DEC 10-1	10 TH FEB 10-1
22 ND OCT 12-3	16 TH DEC 12-3	24 TH FEB 12-3

**OXFSN, BAPTIST HOUSE, 129
BROADWAY, DIDCOT OX11 8XD**

Need to contact us: info@oxfsn.org.uk

www.oxfsn.org.uk

Funded by  COMMUNITY FUND



Need to contact us – info@oxfsn.org.uk or www.oxfsn.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Didcot

SEND Coffee Mornings

A warm welcome for parents, carers
and families of children and young
people with **SEND**.

AT
THE CORNERSTONE
♥ DIDCOT ♥

Join SEND Buzz for
coffee and great cake
at The Cornerstone,
Didcot.
All welcome.



1st and 3rd
Friday of the month



Relax,
chat,
connect.



You are
not alone.



Everyone
is welcome
here.



Come
as you are



Grab a cuppa, have a chat and connect
with others who understand.



Cornerstone Arts Centre, Didcot, OX11 7NE

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 2nd Tuesday of the month

For more info ring Sally on 07854 800333

Creating community....

Short Breaks Update for Families with Disabled Children and Young People



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
1st October, 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
for more information or follow us on Facebook
[@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

For more info - 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, Cat 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



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

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,

Contact us for venue
info!

**Wednesday
14th October**

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.

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