

Short Breaks Update for Families with Disabled Children and Young People

*** Online ***



DSEngage LIVE | 4pm Disco

Join people who have Down's Syndrome from all over the country for the Down's Syndrome Association's 4pm Disco. Pick your favourite song, turn on your disco lights, and have a dance around your living room.

For details of our next session and to sign up, please go to our website - [DSEngage - 4pm Disco](#)

Short Breaks Update for Families with Disabled Children and Young People

Jane Castree and... The Mill Arts Centre's

Universal Youth Dance



Lauren



Jane

In collaboration with The Mill Arts Centre, Jane and Lauren lead a group called *Let's Dance* at Banbury and Bicester College for their Supported Foundation students.

We are now setting up a group called Universal Youth Dance which will be for disabled and non-disabled young people aged 14-25 to dance together.

We'd love to connect with disabled young people / their parents or carers who might be interested. Please get in touch with Jane for an initial chat and to find out more.

If you'd like to arrange this, contact Jane:

janecastreecreative@outlook.com
07538 789 721



The
Mill
ARTS CENTRE / BANBURY

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



**Inclusive dance classes in Oxfordshire
for people 16+ with learning disabilities and/or
neurodivergence.**

**Join us to dance, perform, be creative
and make new friends in a fun and inclusive space.**

Mondays 5.30 - 7pm

The Mill (Banbury)



Thursdays 6 - 7.30pm

Old Fire Station (Oxford)



To Book visit:

**[EEQU - Oxford](#) or [EEQU - Banbury](#)
info@anjali.co.uk or 07482 169 667**



These weekly, term-time sessions are for people with learning disabilities, autism and associated conditions, aged 16 years+. Cost - £9.50 per class.

*** New term starts week commencing 14th Sept ***

To book Banbury - <https://eequ.org/book/anjali-inclusive-dance-class-banbury-autumn-with-anjali-dance-company-32830>

To book Oxford - <https://eequ.org/book/anjali-inclusive-dance-class-oxford-autumn-with-anjali-dance-company-32831>

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Short Breaks Update for Families with Disabled Children and Young People



inclusive dance school

FREE* DANCE CLASSES

Specialist dance classes for children and young people with SEND and Wheelchair users

Available for 26 weeks starting 04/11/2023

Wheelchair Dance Classes

Saturdays 3pm–4pm

Wychwood School,
Milton Under Wychwood



Boys Musical Theatre Class

Wednesdays 4pm–4:45pm

The Life Centre,
Milton Under Wychwood



Girls Contemporary Class

Tuesdays 4pm–4:45

The Life Centre, Milton Under Wychwood



Please email info@sunraedance.co.uk for more information

or to book a place.

*With thanks to Active Oxfordshire and YouMove we can now support children from low income families in receipt of benefit related free school meals.

£30 a month if you don't qualify.



Sun-Rae Inclusive Dance School welcome disabled and non-disabled children in their classes (and also have classes for adults). They also have some funding for some free dance classes for children in receipt of benefit related free school meals, or £30 per month if you don't qualify.

For more information, email info@sunraedance.co.uk

Short Breaks Update for Families with Disabled Children and Young People

ANGELS
APA
PERFORMING ARTS
WE ARE BACK!
HOME EDUCATION
DANCE CLASS
in Didcot!

STARTING TUESDAY 8TH SEPTEMBER

EVERY TUESDAY
11 TO 12 P.M. | **WILLOWBROOK LEISURE CENTRE, DIDCOT**

FOR CHILDREN WHO ARE:

 HOME-EDUCATED CHILDREN A FUN, FRIENDLY SPACE TO LEARN, MOVE & GROW	 SEND CHILDREN INCLUSIVE, SUPPORTIVE & CELEBRATING EVERY CHILD	 CHILDREN THAT ARE STRUGGLING AT SCHOOL BUILDING CONFIDENCE, SELF-ESTEEM & POSITIVE MINDSETS	 ALTERNATIVE PROVISION A POSITIVE & CREATIVE OUTLET THAT INSPIRES	 LOOKING FOR CONFIDENCE A PLACE TO SHINE, MAKE FRIENDS & BELIEVE IN YOURSELF
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ALL AGES WELCOME • £6 PER CHILD

TO BOOK: → **07920 875926**
 angelsstageschool@yahoo.co.uk
 @AngelsAPA

**Places are limited! To book - 07920 875926;
angelstageschool@yahoo.co.uk**

Short Breaks Update for Families with Disabled Children and Young People



AUTUMN TERM DANCE PLANNER

Mon	6 - 7PM Everybody Dance (ON ZOOM)	6 - 7:30PM DS Youth [14-25 Year olds] (DARWEN)		
	1 - 2PM Everybody Dance (CHORLEY)	6PM - 7PM Dance Fitness (ON ZOOM)		
Tues				
Weds	10 - 11AM Everybody Dance (PRESTON)	11:15AM - 12:15PM Move & Connect (PRESTON)	6PM - 7PM Street Dance (ON ZOOM)	
	10:30 - 11:30AM Everybody Dance (ACCRINGTON)	6PM - 7PM Musical Jazz (ON ZOOM)		
Thurs				
Fri	6 - 7PM Friday Night Dance Party (ON ZOOM)			
	10:30 - 11:30AM Everybody Dance (CLITHEROE)			
Sat				

More information and online booking is
available at:

www.dancesyndrome.co.uk/sessions

DanceSyndrome is grateful to
be supported by the following
funders:



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



DanceSyndrome offers a programme of various sessions, some of
which are on Zoom & can therefore be attended by anyone
anywhere in the UK!

Book at:- www.dancesyndrome.co.uk/sessions

Short Breaks Update for Families with Disabled Children and Young People



New Silent Disco Session!

Style Acre is starting a new session for anyone who likes listening to music and having a boogie!

It is at The Junction, Didcot (42 Lydalls Road, OX11 7HX) 1pm-2pm every Tuesday and costs £3.

How does a silent disco work?

Everyone wears headphones which play the same songs. There are two music channels to choose from and you can switch between the two. We'll have disco lights and refreshments!

For more info contact Anita on 07760 527 610 or apowell@styleacre.org.uk

Short Breaks Update for Families with Disabled Children and Young People



2026

FRIDAY DISCO DATES:

Dates to come!!



**SEPTEMBER 25TH
OCTOBER 30TH
NOVEMBER 27TH
DECEMBER***

OUR DISCO'S TAKE PLACE ON A FRIDAY - 6.30PM - 9.00PM £8 ON THE DOOR.

EVENT DATES:

5TH DECEMBER - CHRISTMAS BALL*

EVENTS ARE CHARGEABLE & TICKETED ONLY

Our social activities are unsupported, if you would like to discuss support for any of these events please contact us on 01993 846240

Short Breaks Update for Families with Disabled Children and Young People

Are you aged 14-25?

Do you have a learning disability?

Try our multi sports club...



When: Thursdays (term-time only)

Time: 3.30 - 4.30pm

Where: Windrush Leisure Centre, WitanWay, Witney

Cost: £36 for 6 weeks

To find out more and discuss your particular needs prior to booking contact: **Jenny Bennett 01993 861564** or email jenny.bennett@westoxon.gov.uk

Please wear comfortable clothing and bring a drink.



WEST OXFORDSHIRE
DISTRICT COUNCIL

BETTER
the feel good place

We are currently looking for **more participants** to help us continue running the multisports sessions. If you'd like to give it a try, we'd love to welcome you.

To find out more, please contact Jenny Bennett on 01993 861564
or email her - jenny.bennett@westoxon.gov.uk

Short Breaks Update for Families with Disabled Children and Young People

DISABILITY PROVISION WEST OXFORDSHIRE

better.org.uk/west-oxfordshire



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SA. Inland Revenue Charity no. 3843398

BETTER

This document outlines the disability provision at the leisure centres in West Oxfordshire. This includes swimming sessions, swimming lessons, accessible facilities and other activities.

Go here to look at the details - <https://shorturl.at/cVj1n>

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

INCLUSIVE MULTI-SPORT SESSIONS

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

When: Every Monday

Time: 2pm-3pm

Price: £3 per session (carers go free)

Scan the QR code to book or visit
[better.org.uk/book](https://www.better.org.uk/book)

BOOK NOW



**** For adults ****

BETTER

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277938. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SL. Inland Revenue Charity no: X043398

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

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

SEND SWIMMING LESSONS

WANTAGE LEISURE CENTRE

Designed to help a children over 4 years old who have a disability to develop valuable skills and gain confidence in the water.

Our qualified instructors are on hand to deliver these inclusive lessons for people with different disabilities, impairments and access needs.

Tuesday: 5pm - 5:30pm Foundation under 9

Thursday: 5.45pm - 6.15pm Foundation
Teens class

Book now at **better.org.uk/lessons**. If you would like to discuss any individual needs then please contact **wantage@gll.org**



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398

To book, please go to - <https://shorturl.at/tRfIJ>

Short Breaks Update for Families with Disabled Children and Young People

LEARNING DISABILITY TENNIS IMPROVERS

Join our fun and engaging lessons, where players with foundational tennis skills can develop their techniques in friendly matches. The session is open to adults and juniors with any type of learning disability.

Location: White Horse Leisure & Tennis Centre

Time: Saturday 10am - 11am

Cost: £2.95

For more information please contact sue.auger@gll.org or discover more at better.org.uk/white-horse



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BETTER

More info - sue.auger@gll.org or www.better.org.uk/white-horse

Short Breaks Update for Families with Disabled Children and Young People



Wheels for all: Witney

recumbents • trikes • wheelchair carriers



Supportive, safe and inclusive cycling sessions for those with additional needs.

Every Saturday:
11am - 1pm, ages 2yrs onwards.

Family members welcome.

£3 per session.

Wood Green School,
Witney, OX28 1DX



Book by
phone, email or website:
<https://windrushbikeproject.uk>

07554 363635



@windrushbikepro



@windrushbikeproject



@windrushbikeproject



wheelsforall@windrushbikeproject.uk

www.windrushbikeproject.uk

Try a bike, borrow a bike, ride in a safe space - book your place here -
[Book cycle training, bike maintenance courses, DIY workshop and Junior
Wheels for All - Booking by Bookwhen](#)

**** If you have a YouMove card, sessions are half price!! ****

Short Breaks Update for Families with Disabled Children and Young People



DISCOVER BOCCIA: FUN FOR ALL ABILITIES!

Have you ever tried Boccia (pronounced bot-cha)? It's the most inclusive sport you'll find! As a target ball game played from a seated position, it's perfect for wheelchair users and so much fun to play!

**** All abilities welcome - come along and try it out ****

Leys Pools and Leisure Centre, OX4 6JL
Last Thursday of the month, 2.30pm to 3.30pm

To book your spot, please email
adam.godwin@serco.com

Short Breaks Update for Families with Disabled Children and Young People

* Witney – 2 sessions *

Let's play Boccia

A ball sport similar to bowls

£3 per session

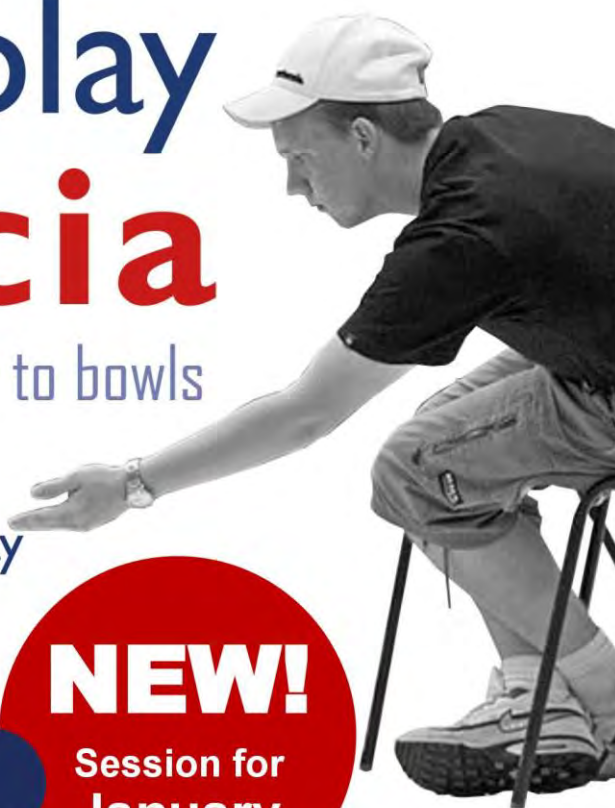
Just turn up and play

ALL WELCOME



NEW!

Session for
January



Fun, friendly classes for all ages and abilities

Tuesdays 11:30am—12:30pm

Wednesday 11:00am-12:00

Windrush Leisure Centre

For more information:

 01993 861564



WEST OXFORDSHIRE
DISTRICT COUNCIL

Working
together with

BETTER
the feel good place

Short Breaks Update for Families with Disabled Children and Young People

Super 1s

SEPTEMBER 2026-
SEPTEMBER 2027

ALL DISABILITIES
WELCOME

AGES 12 - 25

FREE INCLUSIVE
CRICKET SESSIONS

GET ACTIVE AND
MAKE NEW FRIENDS!



OXFORD HUB

TUESDAY
5:00PM-6:00PM

PARK SPORTS
CENTRE
HOLTON
WHEATLEY
OX33 1QR

WITNEY HUB

WEDNESDAY
4.30PM- 5:30PM

THE ICE CENTER
LANGDALE HALL
MARKET SQUARE
WITNEY
OX28 6AB

ABINGDON HUB

THURSDAY
4.30PM-5:30PM

ABINGDON & WITNEY
COLLEGE-ABINGDON
CAMPUS
WOOTTON RD
ABINGDON
OX14 1GG

BICESTER HUB

FRIDAY
5:00PM - 6:00PM

BICESTER LEISURE
CENTRE
QUEEN AVE
BICESTER
OX26 2NR



CONTACT:

RICHARD GILES-HEAD OF DISABILITY
email: rgiles@oxoncb.com

CHARLOTTE JENNINGS- COMMUNITY CRICKET OFFICER
email: cjennings@oxoncb.com



LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s
Registered Charity No. 306054 | OSCR No. SCO46238

For more info, please email Richard on rgiles@oxoncb.com or
Charlotte on cjennings@oxoncb.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

SEND RUGBY

SESSIONS



INCLUSIVE, NON-CONTACT RUGBY FOR
INDIVIDUALS WITH SPECIAL EDUCATIONAL
NEEDS AND DISABILITIES.



**SUNDAYS
2-3PM
ALL YEAR ROUND**



CONTACT:
RACHEL - 07791 247542
JEAN - 07971852165

SPONSORED BY



**For more info, please contact Rachel on 07791 247542
or Jean on 07971 852165**

Short Breaks Update for Families with Disabled Children and Young People

WE ARE

SEN FRIENDLY

RUGBY FOR EVERYONE



**INCLUSIVE**
Everyone belongs

**SUPPORTIVE**
We've got your back

**UNDERSTANDING**
We respect and celebrate differences

**FUN**
Play, learn and make friends



Gosford Wolves

SEN FRIENDLY TEAM

AGE 4 TO 16

JOIN THE TEAM

Every player matters. Everyone welcome.
Let's build confidence, skills and friendships – together.

**LOCATION**
Stratfield Brake Sports Grounds

**youth@gosfordrugby.com**
FOR MORE INFORMATION

**SCHEDULE**
Start Date: 6th September 2026
Time: 10-11 am
When: Every Sunday
(Term Time only)



If you'd like to find out more or have questions, please email - youth@gosfordrugby.com

Short Breaks Update for Families with Disabled Children and Young People

Witney RFC | 2026-2027

RUGBY FOR EVERYONE

SEND RUGBY TEAM

 **INCLUSIVE. FUN. WELCOMING.**
A friendly environment where everyone belongs.

 **BUILD CONFIDENCE**
Develop skills, make friends and be part of a team.

 **ALL ABILITIES. ALL WELCOME.**
Rugby is for everyone – come as you are!

**“WE’RE BORN READY.
COME AND BE PART
OF OUR TEAM.”**

TRAINING SUNDAYS
11:00 – 12:00

 **WITNEY RFC**
Hailey Road, Witney
Oxford OX28 1AA

 **TEAMWORK**
Work together, support each other and have fun.

 **RESPECT**
We value everyone on and off the pitch.

 **COMMUNITY**
Be part of a club that cares.

 **MORE THAN RUGBY**
Enjoy matches, tournaments and social events.

INTERESTED? GET IN TOUCH!

 **HEAD COACH**
GARETH TIBBS 07950124000

 gtt180@yahoo.co.uk

WITNEYRFC.CO.UK



Season runs early Sept to end of May – come join us!

For more info, contact Gareth Tibbs on 07950 124000 or email him - gtt180@yahoo.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

SEND RUGBY

**EVERY SUNDAY 10 - 11AM
CHINNOR RFC, THAME**

Qualified and safeguarded coaches and helpers on hand throughout the whole session.

Fun inclusive sessions covering skills, games and obstacle courses!

Tag rugby or non-contact rugby.
No experience needed!



**FIND OUT MORE
SENDERUGBY@CHINNOR-RFC.COM**

Join our SEND Rugby sessions at Chinnor RFC for children and young people aged 5–18 with special educational needs and disabilities. Tag rugby or non-contact rugby - no experience needed!

* Sessions run from September to end of April each year *

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

Short Breaks Update for Families with Disabled Children and Young People

**ALL ABILITIES WELCOME!
SCHOOL-AGE UPWARDS**



HAVE FUN ~ MAKE FRIENDS ~ LOVE RUGBY

- **GIRLS' AND BOYS' RUGBY**
- **EVERY SUNDAY FROM 10AM**
- **INCLUSIVE TEAM – WOLVES**

**3 FREE
TASTER
SESSIONS**



MORE INFORMATION:

 M&J.Enquiries@wallingfordrugbyclub.com

 <https://wallingfordrfc.rfu.club/>

 **Hithercroft Sports Park, Wallingford, OX10 9RB**

Rugby season runs from Sept-May each year! If you'd like to know more email us on:-

M&J.Enquiries@wallingfordrugbyclub.com

Short Breaks Update for Families with Disabled Children and Young People

South Oxfordshire Futsal

Book your child's 2 FREE taster sessions NOW!

OUR Futsal sessions aim to develop players technical ability and confidence on and off the ball all whilst having lots of fun, making new friends and instilling a love of movement.

Scan the QR code below to book or contact us for more information!



07850 553629



afsouthoxfordshire@activefuture.info



active future South Oxfordshire

Futsal Sessions

Futsal is a twist on the game we are all crazy about, Football! It is FIFA's officially approved small-sided format of Football and a fantastic tool to aid technical development.

Why not book your child in for 2 free taster sessions and they can join our 1000's of members technically developing and growing in confidence all whilst having lots of fun.

To see our full timetable of weekly sessions and book your child's free tasters scan the QR code above NOW!



PRO Scheme

The corner stone of our syllabus, a system that allows us to track your child's progress.



Futsal Games

An opportunity to put their learning into practice in our friendly futsal games.



07850 553629



afsouthoxfordshire@activefuture.info



active future South Oxfordshire

**** Futsal runs in various locations ****

To find out more, please contact us on:-

<https://activefuturefutsal.com/southoxfordshire-eoi>

Or call - [07850 553629](tel:07850553629) or

[email - afsouthoxfordshire@activefuture.info](mailto:afsouthoxfordshire@activefuture.info)

Short Breaks Update for Families with Disabled Children and Young People



**NEURODIVERSE
FOOTBALL**

BOOK ON OUR NEURODIVERSE FOOTBALL SESSION VIA THE LINK
CONTACT US ON COMMUNITYCOACH@BANBURYUNITEDFC.CO.UK

£2.50 per session, term time only.

If you have a YouMove card, these sessions are free.

To book - <https://www.eventbrite.com/o/33875487049> (click on "Neurodiverse Football 6-13" option, then "Check availability" to show dates)

North Oxfordshire Academy, Drayton Road, Banbury OX16 0UD

For more information, contact:- communitycoach@banburyunitedfc.co.uk

Short Breaks Update for Families with Disabled Children and Young People



BICESTER PARK FC INCLUSIVE FOOTBALL AGES 5–15 YEARS

BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

We are a friendly (5–15 years) football team looking for new boys and girls to join our pan disability team. All abilities are welcome!

DAY: Saturday mornings
TIME: 9:00am–10:00am
LOCATION: Whitelands Farm Sports Ground
Whitelands Way
Bicester
Oxfordshire
OX26 1AJ
TEAM MANAGERS: Graham Hill and David Barker
WEBSITE: www.bicesterparkfc.co.uk
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07990 990252 (Call, Text or WhatsApp)



For more info, please email -
inclusive@bicesterparkfc.co.uk
or call, text or Whatsapp - 07990 990252

Short Breaks Update for Families with Disabled Children and Young People



BE ACTIVE  HAVE FUN  MAKE NEW FRIENDS  PLAY FOOTBALL

We are a friendly adult (16+) football team looking for new men and women to join our pan disability team. All abilities are welcome!

DAY: Monday evenings
TIME: 18:30–19:30
LOCATION: Whitelands Farm Sports Ground
Whitelands Way
Bicester
Oxfordshire
OX26 1AJ
TEAM MANAGER: Paul Fellows
WEBSITE: www.bicesterparkfc.co.uk
EMAIL: inclusive@bicesterparkfc.co.uk
TELEPHONE: 07880 557490 (Call, Text or WhatsApp)



For more info, please email -
inclusive@bicesterparkfc.co.uk
or call, text or Whatsapp - 07880 557490

Short Breaks Update for Families with Disabled Children and Young People



Blast off with Comets!

A safe space for disabled children aged 5–11 to kickstart their football journey



Scan here to see Comets in action!

Time and Date: Saturday mornings 8:45–9:30

Location:

Whitelands Farm Sports Ground, Whitelands Way, Bicester, Oxfordshire, OX26 1AJ

Contact:

Graham Hill

Phone:

07990 990252

Email:

inclusive@bicesterparkfc.co.uk



**Email - inclusive@bicesterparkfc.co.uk
or call 07990 990252**

Short Breaks Update for Families with Disabled Children and Young People



SUMMERTOWN STARS CEREBRAL PALSY FOOTBALL



Cerebral Palsy Sport

We are the Mixed U16 Warriors, come and join our regular Cerebral Palsy Football sessions. Open to males and females aged 5 and over who would like to play football and be part of our fun and friendly team. No experience is necessary.

Ambulant and Frame users welcome to take part.

Bi-weekly Sunday sessions from 13.00 - 14.30.

Please contact Sarah for more information.

REGULAR
BI-WEEKLY
SESSIONS



FREE TO
ATTEND



PLAY
PARTICIPATE
ENJOY



CONTACT

enquiries@summertownstars.org

Sarah - 07947 624354

enquiries@summertownstars.org Sarah - 07947 624354

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



OXFORD BLACKBIRDS FC COMETS SESSIONS RETURN!!!



Inclusive Football Is Back!

Leys Pool & Leisure Centre 13:00-14:00,

contact Barrie on 07517 308263

Meets monthly, contact us for dates!

For more info - call Barrie on 07517 308263 or email on
blackbirdsinclusive@gmail.com

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Short Breaks Update for Families with Disabled Children and Young People

St Edmunds FC



Inclusive Football



Be active Have fun Make new friends Play football



Come join our welcoming pan-disability football team for players of all abilities.

 AGES 5-16 BOYS AND GIRLS

 FRIDAY EVENING

 6PM - 7PM

 WOOTTON COMMUNITY CENTRE
OX13 6DA



SCAN ME



For more information email
Gemma Samways
stedmundsinclusive@gmail.com

Email - stedmundsinclusive@gmail.com

Scan QR code to see the training venue.

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



GROVE CHALLENGERS FC



SEN FRIENDLY FOOTBALL TRAINING

EXCITING NEWS FOR SEN-REGISTERED CHILDREN!

GROVE CHALLENGERS FC IS INVITING CHILDREN OF ALL ABILITIES, AGED 7-15, TO JOIN OUR SEN-FRIENDLY FOOTBALL TRAINING SESSIONS IN GROVE.

ALL THE CHILDREN NEED IS AN ABILITY TO MOVE FREELY ON THE GRASS AND A WILLINGNESS TO LISTEN, PLAY AND HAVE FUN!

SESSIONS ARE RUN BY QUALIFIED COACHES, WITH A FOCUS ON CREATING A SUPPORTIVE, ENJOYABLE, AND INCLUSIVE EXPERIENCE FOR EVERYONE. PARENTS ARE KINDLY ASKED TO STAY DURING THE SESSION.



**MONDAY NIGHTS
6-7PM
£2 A SESSION**



**IF YOU ARE INTERESTED OR WOULD LIKE MORE INFORMATION PLEASE CONTACT KARANN ON
GCFC.REGISTER@GMAIL.COM**

To find out more or if you have questions, please contact Karann on gcfc.register@gmail.com

Short Breaks Update for Families with Disabled Children and Young People



WITNEY ATP
MONDAY 6-7PM

COME AND
JOIN US!

TOWER HILL INCLUSIVE TEAM

We are a friendly team that aims to create a nurturing, supportive environment. Several coaches work with the team at each session, building self confidence and social skills as well as footballing talent!

Children over 8 and young adults all welcome. Please contact Sue Newport on 07966 153797 or sue@rsbjn.co.uk

Training up to mid-July 26 before a summer break!

**For more information, please contact Sue Newport on
07966 153797 or via email - sue@rsbjn.co.uk**

Short Breaks Update for Families with Disabled Children and Young People

WITNEY VIKINGS

FOOTBALL CLUB



INCLUSIVE FOOTBALL SESSIONS

12+

- ✓ FUN
- ✓ INCLUSIVE
- ✓ SUPPORTIVE
- ✓ FOR EVERYONE

FOOTBALL WITHOUT BARRIERS



WHO'S IT FOR?

- Boys & Girls aged 12+
- Children with additional needs (SEND)
- All abilities – beginners welcome

SESSION DETAILS

📍 Location: Witney ATP

** Details TBA once we have more players **

WHAT TO EXPECT

- Fun, relaxed sessions
- FA-qualified, inclusive coaches
- Small-sided games & activities
- Focus on enjoyment, confidence and teamwork

TASTER SESSIONS ARE FREE!

GET IN TOUCH!

👤 Contact: Steve

✉ Email: bott6@hotmail.com

☎ Phone: 07597 738367

📘 Find us on Facebook

📷 Follow us on Instagram

⚽ **PLAY. BELONG. GROW. TOGETHER.** ⚽

A collaboration with Springfield School and Oxfordshire FA. We need more players before we can start training sessions so if you're interested, please contact Steve on bott6@hotmail.com or phone 07597 738367.

Short Breaks Update for Families with Disabled Children and Young People



Here for young people
Here for communities
Here for you

**HENLEY YMCA,
2 LAWSON ROAD,
HENLEY-ON-THAMES,
RG91NZ.**



come join us !

SIGN UP NOW -SIGN UP NOW - SIGN UP NOW- SIGN UP NOW- SIGN UP NOW- SIGN UP NOW



**youth disability
football sessions**

U12 (AGES 8 - 11 YEARS)

WEDNESDAYS ● 5PM - 6PM

£3.00

CONTACT: 01491 411849

EMAIL: PHIL@HENLEYYMCA.ORG.UK



The Henley YMCA in partnership with Oxfordshire FA are now running JUSTPLAY Youth Pan Disability Football sessions for children aged 8-11, all disability groups are welcome! Only £3 a session. Youth Pan Disability Football - every Wednesday, 5-6pm. If interested, please fill out the form:- <https://forms.office.com/e/8t5ZAwGa1x> For more info, email phil@henleyymca.org.uk

Our sessions are social drop-in sessions, that are inclusive, fun filled, exciting and affordable. They are designed for the participants to enjoy, improve their physical and mental health, reduce stress and help the community to socialise, as well as staying active and healthy!

Short Breaks Update for Families with Disabled Children and Young People

JUMP INC
By **AIRHOP**
BICESTER



SEN SESSIONS

Inclusive sessions for a happier bounce.

EVERY MONDAY 6PM - 7PM

- Reduced Capacity
- Reduced Lighting
- No Music
- FREE Companion Tickets – Carers go free with valid ID.

Book online at
jump-inc.uk

5 Talisman Business Park
Talisman Road
Bicester
OX26 6HR

To book, please go to:-

<https://www.airhop.co.uk/adventure-trampoline-park-bicester/activities/sen-trampolining-activities/>

Short Breaks Update for Families with Disabled Children and Young People

SEND JUMP SESSIONS

Our dedicated jump sessions create a safe and inclusive environment for individuals with Special Educational Needs and Disabilities and includes use of both the Trampoline Park and Soft Play.

When - every Sunday from 4pm-5pm
Cost - £7.30/child with free adult carer

Please note that there is no additional charge for one accompanying adult/carers for this session.

For more information email carterton@gll.org, book via the Better UK app or at better.org.uk/book



Carterton Leisure Centre – carterton@gll.org
<https://www.better.org.uk/book-activity>

BETTER

The session will run at a reduced capacity and is for children aged over 18 months. Supervision ratio for under 8's apply: 18 months - 4 years = 1 adult : 1 child. 5 years - 7 years = 1 adult : 10 children and over 8 years = no ratios apply. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: X843398

Short Breaks Update for Families with Disabled Children and Young People



Rebound Therapy at OXSRAD!

Rebound Therapy is a trampoline-based programme for people of all ages with disabilities and additional needs, helping build movement, coordination, communication, and confidence in a safe and accessible setting.

If you would like to attend Rebound Therapy, please register your interest using the form on our website –

<https://www.oxsrad.org/whatson>

OXSRAD, Court Place Farm, OXSRAD, Marsh Lane, Headington, Oxford, OX3 0NQ

Short Breaks Update for Families with Disabled Children and Young People



**** Every Sunday morning from 10am-11am in Milton Keynes ****

An inclusive session for anyone that finds daily life that little bit harder. With lower lighting levels and calmer music, the Special Educational Needs session is suitable for ages 2+. £12 per child & one carer goes FREE with every paying participant. Siblings may also book to jump at the same time but any children aged 2-4 must be supervised on a 1:1 basis.

<https://www.topjump.uk/>

Parent advice - "We tend to jump off at 10:45 and pop shoes on and get a drink before the main session opens at 11:00 and people are waiting around and using the lockers. It can get busy so to avoid that we head out at 10:45am."

info@topjump.uk

01908 380508

Venue address - TopJump Inflatable Park & VR Arcade MK,
Northfield Drive, Milton Keynes, MK15 0DQ