

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

1 of 4



## Welcome to the October Short Breaks Update

### Part 1 - Upcoming Activities

...can hardly believe it but the "C" word is already appearing!!!!

Coming up - reptiles SEN session, learn to ride a bike, gaming, Minecraft & Pokemon, Turtle Opera is back, Trunk or Treat, Christmas events & more...



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

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

## Universal Youth Dance



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](mailto:janecastreecreative@outlook.com)  
07538 789 721



The  
**Mill**  
ARTS CENTRE / BANBURY

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

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



To book tickets, please contact MOMExotics direct:-

07423 079706

[mmackie@momexotics.com](mailto:mmackie@momexotics.com)

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

EXPLORE YOUR PARALYMPIC POTENTIAL



## FEMALE FOCUS

We are looking for **women and girls** with a **physical or visual impairment** to come and find out which **Paralympic Sports** could be for them!

**Saturday 3<sup>rd</sup> October 2026**

Rivermead Leisure Centre, **Reading**.

Scan the QR code to find out more,  
apply now and see what is possible!

<https://linktr.ee/ParalympicPotentialDocuments>



**For more info, please go to -**

**[https://linktr.ee/ParalympicPotentialDocuments?utm\\_source=qr\\_code](https://linktr.ee/ParalympicPotentialDocuments?utm_source=qr_code)**

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# INSIDE LIFE & MIND

A free science fair for all ages  
with stalls, activities, and talks



Scan or visit  
[bit.ly/insidelam](https://bit.ly/insidelam)

**SAT 3 OCT 12:00–17:00**

Life & Mind Building,  
South Parks Road, OX1 3EL



FREE science fair! Learn more-:

<https://www.eventbrite.co.uk/.../inside-life-and-mind...>

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



## **We Game! APCAM fully inclusive gaming...SEN/Autism friendly sessions**

Young people, parents, friends, aunties, uncles - everyone is welcome! We meet on the first Sunday each month from 3pm - 5pm at Carterton Family Centre, The Allandale, Burford Road, Carterton, OX18 3AA. [Under 11s must be accompanied by an adult. Parental details and contacts will be required for all under 16s.]

Also occasionally run at The Corn Exchange in Witney, please contact us for details:-

[wegame@apcamgroup.org.uk](mailto:wegame@apcamgroup.org.uk)

# 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](mailto: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

Eynsham

## THERAPEUTIC CREATIVE GROUPS THIS TERM (from Sept) AT THE NOOK



**TUESDAYS**



**1:45–2:45 CREATIVE PROJECTS (11+)**

**WEDNESDAYS**

**9:30–11:30 CREATIVE WRITING & ART (11–14)**

**11:45–1:45 CREATIVE WRITING & ART (14+)**



**THURSDAYS**



**1:00–3:00 CREATIVE WRITING & ART (11+)**



**FRIDAYS**

**4:15–5:15 ART & CRAFTS CLUB (7–11)**

FREE TRIALS AVAILABLE  
CONTACT: [ali.thenook@gmail.com](mailto:ali.thenook@gmail.com)



SMALL  
GROUPS

GENTLE

KIND

FUN

For more info, contact - [ali.thenook@gmail.com](mailto:ali.thenook@gmail.com)

<https://www.thenookoxfordshire.com/>

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

For adults...

*A calm, inclusive space to just be.*



**CONNECTED COMMUNITIES FUND**

CONNECT • UNWIND • PLAY

# GAMES NIGHTS

A MONTHLY MEET-UP FOR NEURODIVERGENT ADULTS

**OUR ORIGINAL VENUE**

**THE PRINCE OF WALES, IFFLEY**

The Prince of Wales, Iffley, Oxford OX4 4EL

**1ST WEDNESDAY OF EVERY MONTH!**

**OUR NEW VENUE!**

**YARTON ROYAL BRITISH LEGION CLUB**

1 Oxford Road, Yarnton, Kidlington, OX5 1PA

**EVERY 3RD THURSDAY OF THE MONTH!**



**FROM 7:30 PM**

**GAMES PROVIDED**

**DRINKS/SNACKS AVAILABLE AT THE VENUE**

**FIRST ONE ON THURSDAY 21ST MAY**

**FROM 7:30 PM**

**GAMES PROVIDED**

**DRINKS/SNACKS AVAILABLE AT THE VENUE**

COME AS YOU ARE. Always.

CONNECT • UNWIND • PLAY

A calm, inclusive space

Games provided

Drinks/snacks available from the bar

Real people. Real connection.

COME AS YOU ARE. Always.

*We Are Who We Are*

A huge thank you to the **Connected Communities Fund** for supporting Neurodiuniverse and helping us continue creating inclusive community spaces like this.

**CONNECTED COMMUNITIES FUND**

neurodiuniverse@gmail.com

www.neurodiuniverse-wearewhoweare.co.uk

f i d in

For neurodiverse adults - come along and join us, all welcome!  
Iffley - 1st Wed each month & Yarnton - 3rd Thurs each month.

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

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

Didcot

## Drop In Sessions

No booking required



**oxfsn** Oxfordshire family  
SUPPORT NETWORK

for family carers  
looking for advice &  
support

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

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

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

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

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

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

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

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

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

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

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

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

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



## Autism friendly/relaxed cinema screenings

Films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments. These autism friendly adjustments aim to reduce over-stimulation & create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

- **Cineworld** haven't released what their screening is yet but it's usually shown on a Sunday morning at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- **The Light, Banbury** are showing relaxed screenings of Hocus Pocus on Sunday 25<sup>th</sup> October & Scooby Doo on Sunday 1<sup>st</sup> November, both at 10.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- **Odeon** haven't released what their autism friendly screening is yet, but it's usually shown once a month at Aylesbury & at Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- **Showcase Reading** haven't released what their autism friendly screening is yet, but it's usually shown on Sunday mornings & they also do adult screenings on Thursday evenings. Go to their website for info on other screenings:- <https://www.showcasecinemas.co.uk/sensory-friendly-screenings/>
- **Picturehouse** - no listings yet for autism friendly screenings but you can contact them on:- [Picturehouse | Cinema Tickets | The Best Films And Events](#) to find out more.
- **Vue** haven't released what their autism friendly screening is yet but it's usually shown on the last Sunday of each month at 10.30am. Tickets are usually bookable 5 days in advance and shown at Bicester, Oxford, Swindon & Reading.

**Have you got a CEA card yet?** This card enables a disabled cinema go-er (aged 8 yrs +) to receive a complimentary ticket for someone to go with them to participating cinemas. Please go to their website for more info:-

<https://www.ceacard.co.uk/>



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

## Adult Cooking Club

For adults aged 16+

£15 per session - 5:30pm-7:30pm - Dates on our online calendar



Learn everything from planning, preparing and cooking a lovely three course meal (plus you get to eat it!). Not forgetting the extras, like laying the table and of course, cleaning the dishes! Enjoyable life skills with other adults. Our cooking club is very popular and has been a fantastic social opportunity for disabled adults.

Booking is essential, please book on our website calendar:

[www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)

Or, call: 01844 338380



**Next dates – Tuesdays 13<sup>th</sup> October, 10<sup>th</sup> November & 8<sup>th</sup> December**

**To book, please visit our website:-**

**<https://thomley.org.uk/events/adult-cooking-club-11/>**

**If you'd like to know more about the sessions, please email us:-**

**[bookings@thomley.org.uk](mailto:bookings@thomley.org.uk)**

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



## 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](mailto:neurodiuniverse@gmail.com)

 [www.neurodiuniverse-wearewhoweare.co.uk](http://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 \*\*

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



Early Years  
family information day

Milton Keynes

We are partnering with RSBC for our next Navigating the Early Years session! Join us on **Saturday 10<sup>th</sup> October** for a friendly family information day, designed for parents of children aged 0 to 5 who have a vision impairment.

The session is free, and will be relaxed and supportive as always, giving you the opportunity to meet other families, connect with specialists, and gain practical information to support your child's development. We can't wait to see you there!

**To sign up, click the link:-**

**<https://www.victa.org.uk/victa.../rsbc-early-years-day/>**

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

A green pixelated background featuring Minecraft-themed items: three red hearts, a TNT block, two diamond eggs, two beehives, and a Steve character holding a pickaxe. Text boxes provide details about the club.

## SOCIAL MINECRAFT CLUB FOR KIDS

- Bring your own device, pull up a beanbag and play!
- Tea and biscuits for grown-ups
- For primary aged children (4-11)
- Adult-accompanied
- All neurotypes welcome!
- The Wolvercote Mill, Oxford, OX2 8FF

Next sessions –  
10<sup>th</sup>, 24<sup>th</sup> Oct;  
7<sup>th</sup>, 21<sup>st</sup> Nov;  
5<sup>th</sup> & 19<sup>th</sup> Dec  
10am-11.30am



**For more session dates and to book -**

<https://www.eventbrite.co.uk/e/social-minecraft-club-for-kids-tickets-1985990410780>

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

**NEW...**

## **Into Adulthood - Social group**



A small social group for autistic young people aged 15-18 without intellectual disabilities who need the presence of a parent carer in order to attend

A calm and inclusive space to connect or sit alongside others - bring your own calm activities or join in with ours

An opportunity for connection and peer support for parent carers

WHEN

**2nd  
Saturday  
of the  
month**

TIME

**1.30 -  
2.30  
pm**

WHERE

**Wolvercote Hub  
St Peter's Road,  
Oxford, OX2 8AU**

COST

**£10**

INFO and BOOKINGS

**[info@intoadulthood.org](mailto:info@intoadulthood.org)**

## **Upcoming dates...**

**10<sup>th</sup> October; 14<sup>th</sup> November  
& 12<sup>th</sup> December 2026**

For more info or to book, please email  
**[info@intoadulthood.org](mailto:info@intoadulthood.org)**

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



11<sup>th</sup> OCTOBER 2026 14.30 – 16.30

@ WALLINGFORD SPORTS PARK PAVILION,

HITHERCROFT ROAD, WALLINGFORD, OX10 9RB

£5.00 per music club member & £3.00 siblings or £10.00 per family

£10 non members & £5 a sibling

REFRESHMENTS AVAILABLE

GUEST The Rock Choir



[www.music4disabledchildren.org.uk](http://www.music4disabledchildren.org.uk)

Contact Julie Hinton 07946648002

**For more info - [www.music4disabledchildren.org.uk](http://www.music4disabledchildren.org.uk) or  
contact Julie Hinton on 07946 648002**

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

Style Acre  
Supporting people with learning disabilities



**For adults (18+)...**



## **POP Meetups 2026**

*Pathways of Possibility*

These meetups will focus on communication and sensations. They will give people opportunities to interact with other people, stimuli, and the world around them. There will be different sensory activities each time with music, sounds, lights, and things to touch and feel. Sometimes there will be sensory stories or other activities.

For more info and to book on please contact Anita Powell -  
[apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk)

## **Remaining dates...**



**Friday October 9th, 1.00 - 2.30**

Windrush Leisure Centre, Witney

**Monday November 16th, 10.30 - 12.00**

Cornerstone, Didcot

**Friday December 4th, 1.00 - 2.30**

Windrush Leisure Centre, Witney

**For more info or to book, please contact Anita Powell -**  
[\*\*apowell@styleacre.org.uk\*\*](mailto:apowell@styleacre.org.uk)

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

**NEW**



Come and join a group of families in a supportive group setting for a programme full of fun, led by our Habilitation Specialists.

## Guide Dogs My Time to Play

Do you have a child with sight loss under the age of 4?



Join us at our Guide Dogs My Time to Play sessions for children with sight loss aged from birth to four to help develop a broad range of skills through play in a welcoming group setting.

The sessions are designed to build your child's confidence and encourage them to use their non-visual senses. Each session is based around a sensory story and includes songs, movement, and related activities.

### Dates:

Thursdays:

15<sup>th</sup> October

29<sup>th</sup> October

12<sup>th</sup> November

26<sup>th</sup> November

10<sup>th</sup> December

7<sup>th</sup> January 2027



**Time:** 10:30am - 12:00pm

**Age:** 0 - 4 years old

**Cost:** Free

**Venue:** The Playroom,  
District Community Centre,  
Gentian Mews, Didcot,  
Oxfordshire, OX11 6GR.

If you would like to attend our Guide Dogs My Time to Play sessions, please call us on 0800 781 1444 or complete the [online enquiry form](#) to register your interest. If you need further information, please don't hesitate to contact us.

Telephone: 0800 781 1444

Email: [information@guidedogs.org.uk](mailto:information@guidedogs.org.uk)



**We ask you to register with us first & to do so either call us on 0800 781 1444 or fill in the online enquiry form -**

**<https://www.guidedogs.org.uk/getting-support/getting-in-touch-form/>**

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

## Oxfordshire Little Ears

17<sup>th</sup> Oct; 21<sup>st</sup> Nov &  
19<sup>th</sup> Dec...



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!



For more information, contact Emma Polin:  
[Emma.Polin@ndcs.org.uk](mailto:Emma.Polin@ndcs.org.uk)  
07974 363483

For more info, please contact Emma Polin on  
[emma.polin@ndcs.org.uk](mailto:emma.polin@ndcs.org.uk) or 07974 363483

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

## *Swings & Smiles, Thatcham*



**The following sessions are now open to Oxfordshire families, but you do need to register with Swings & Smiles first...**

### **Nexus (The Waterside Centre) After School Club**

Wednesdays for ages 14 -19; 3.30pm to 5.30pm (48 weeks of the year).

This group is aimed at young people who attend a special needs school or resource unit, that are able to communicate their needs to the staff and use the toilet independently. The group aims to give young people the opportunity to find common interests with like-minded peers, form friendships and have fun together.

### **Family Play (0–19-year-olds + family members)**

Tuesday 3pm – 5pm; Friday 3.30pm – 5.30pm; Saturday (alternate Saturdays) – 9.30am – 12.30pm; Sunday 10am - 12pm and 1pm – 3pm

### **Youth clubs**

Mini Spec – Year 3 to Year 5 – Tuesdays 5.15pm to 6.45pm

Spectrum – Year 6 – Year 8 – Fridays 6pm – 7.30pm

Oasis – Year 9 + - Thursday 7.45pm – 9.15pm

Oasis (The Waterside Centre) Year 9+ - Tuesdays - 6pm – 7.30pm

Youth club Year 9+ - Thursday 6pm – 7.30pm

### **Accessible Climbing Dates – for children aged 10+ (The Waterside Centre, Newbury, RG14 1DS)**

17th Oct; 21st Nov & 19th Dec. Session - £10/child.

### **Reading Football Club – Outreach**

We offer a sensory space at home games for Reading Football Club and aim to attend between 1 and 2 matches per month. Season runs Sept-end May each year. Dates to come...

### **Fundraising Events**

We have several fun activities for fundraising. Check out our current planned events here:-

<https://www.swingsandsmiles.co.uk/events>

Swings & Smiles, A Place to Play, Lower Way, Thatcham, RG19 3RR  
[www.swingsandsmiles.co.uk](http://www.swingsandsmiles.co.uk); 01635 285170; [office@swingsandsmiles.co.uk](mailto:office@swingsandsmiles.co.uk)

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



A colorful poster for the Heyford Park Kids Pokémon Club. The title 'HEYFORD PARK KIDS POKÉMON CLUB!' is prominently displayed in a stylized font. Below the title, a purple box states 'ENTRY FEE: £3 PER CHILD 10-12'. A banner below that reads 'JOIN THE ADVENTURE! FUN, BATTLES & FRIENDSHIP!'. The central illustration shows four children and several Pokémon (Pikachu, Charmander, Eevee, Squirtle, and Bulbasaur) playing cards on a grassy field. In the background, there is a church and a tree. The poster is decorated with various Pokémon-themed icons like Poké Balls, elemental symbols (Fire, Water, Grass, Electric), and bunting. At the bottom, there are five circular icons: three with a large 'X' and two with dates. The text 'WHERE: HEYFORD PARK CHAPEL BRICE ROAD, OX25 5TE' is written below the icons, followed by the email 'FOR ENQUIRIES EMAIL: heyfordpokemon@proton.me'.

**HEYFORD PARK KIDS**  
**POKÉMON CLUB!**

**ENTRY FEE: £3 PER CHILD**  
**10-12**

**JOIN THE ADVENTURE!**  
**FUN, BATTLES & FRIENDSHIP!**

**WHERE: HEYFORD PARK CHAPEL**  
**BRICE ROAD, OX25 5TE**

FOR ENQUIRIES EMAIL: [heyfordpokemon@proton.me](mailto:heyfordpokemon@proton.me)

For more info - [heyfordpokemon@proton.me](mailto:heyfordpokemon@proton.me)

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

## PINEWOOD (WOKINGHAM) MINIATURE RAILWAY

[www.pinewoodrailway.co.uk](http://www.pinewoodrailway.co.uk)



Visit our railway and ride on steam and diesel trains at:  
**Pinewood Leisure Centre**, Old Wokingham Road,  
Wokingham, Berkshire, RG40 3AQ.



**Open on the third Sunday of the month from March to October**

**Train rides from 1:30pm until 4pm**

**Running Days in 2026**

**October 18<sup>th</sup>**

**November 15<sup>th</sup>** (from 11am until 3pm)

**Santa Specials - December tba**

### **For more information:**

See our website: [www.pinewoodrailway.co.uk](http://www.pinewoodrailway.co.uk)

Find us on Facebook: [www.facebook.com/PinewoodMiniatureRailway](https://www.facebook.com/PinewoodMiniatureRailway)

Email: [secretary@pinewoodrailway.co.uk](mailto:secretary@pinewoodrailway.co.uk)

The railway is run and maintained entirely by volunteers, we welcome new members.  
Contact the Secretary, or ask any member on running days.

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**For more info, please go to the website –**  
**[www.pinewoodrailway.co.uk](http://www.pinewoodrailway.co.uk) or**  
**email – [secretary@pinewoodrailway.co.uk](mailto:secretary@pinewoodrailway.co.uk)**

# **Reduced sound Fireworks display Saturday 24th October, 5-8pm**

All are welcome to join us at Thomley for our reduced sound firework display. Carefully selected fireworks that are amazing to watch but with less noise than most displays. The familiar surroundings of Thomley will hopefully help all visitors enjoy the night. We also have ear defenders for those who require them and the pavilion can be used to watch from inside, if again this is easier for some people. Watch the amazing fire artist whilst you wait for the fireworks display and buy a treat from one of the stalls!

## **Prices**

- \* £26 per family (2 adults and 2 children)
- \* £9 single tickets

## **Food & Drink**

Beer/wine/spirits/mulled wine/soft drinks  
Pizzas, Chips, Burgers, Sticky toffee  
apple crumble, Candy floss & more

## **BOOK TICKETS**

Tickets for the event can be purchased on our website:

<https://thomley.digitickets.co.uk/event-tickets/81748?catID=73701>

**Thomley**



**Please book your tickets here:-**

<https://thomley.digitickets.co.uk/event-tickets/81748?catID=73701>

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

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

## CHILDREN'S COURSE:

# Learn to Ride a Bike

### THIS COURSE IS SUITABLE FOR:

Children with motor co-ordination difficulties (DCD/dyspraxia) aged 7-16 years who have struggled to learn to ride a two-wheeled bike.

The course includes up to 12 children, so it is only suitable for children who do not have behavioural or emotional difficulties that would impact on their ability to work in a group setting and with different volunteers helping them learn to ride during the course.

### WHAT DOES IT INVOLVE?

The course takes place indoors, in a large event space. See this link to the '[Learn to Ride a Bike](#)'\* video that we made a few years ago that shows our approach.

### COST?

The course is free of charge to participants.

### WHO RUNS THE COURSE?

Mainly experienced volunteers, with leadership from the Fire Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust, Oxford Brookes University, and the Oxford Dyspraxia Foundation group.

### IMPORTANT INFORMATION

Children on the course must bring their own bike and helmet and be accompanied by an adult at all times.

### FOR FURTHER INFORMATION AND BOOKING

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



### Next date:

Mon 26th to Fri 30th Oct 2026

(1-2 hours every morning)

### Venue:

MINI Plant Visitor Centre,  
Cowley, Oxford, OX4 6NL  
(Free parking in MINI Plant car park)



\*Learn to Ride a Bike video  
QR Code and webpage  
[www.youtube.com/watch?v=vZ6BHC-W5Q0](https://www.youtube.com/watch?v=vZ6BHC-W5Q0)



To secure a place, please email -  
[learntrabike@gmail.com](mailto:learntrabike@gmail.com)

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



**JOIN OUR HALF-TERM MUSIC & DRAMA PROJECT FOR AUTISTIC 11 - 15 YEAR OLDS**



Apply now  
**FREE**  
Limited availability

Tue 27 - Fri 30 October  
**11am - 3:30pm**  
Ogston Music School,  
**OXFORD**

## **APPLY NOW for Turtle Opera Oxford 2026!**

Turtle Opera is a FREE music and drama project for autistic 11-15 year olds. Join us for four days of fun, friendships and creation during the October half term at the Ogston Music School in Oxford.

Tuesday 27th - Friday 30th October 2026

11am - 3:30pm

Ogston Music School, Oxford

To apply please fill in the online application form - <https://buff.ly/H7W36SR>

Please email [ellie@turtlekeyarts.org.uk](mailto:ellie@turtlekeyarts.org.uk) for more information or if you have any questions.

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



## HALF-TERM AT THE NOOK

## EXPLORING ALL THINGS NOCTURNAL

**MONDAY 26TH OCTOBER**

As the seasons change we will be exploring nature at night time to inspire our creativity. From luna moths to swooping owls and sparkling midnight skies. Everything from watercolour, acrylic and glow in the dark paints will be available to bring your ideas to life. A truly magical time will be had!

**10:00-12:30 £30**  
Our morning session will focus on painting and illustration of animals and magical scenes, using acrylic and watercolour.

**1:30-4:00 £30**  
Our afternoon session will look at collage and texture: adding mixed media elements and layers with paper and pattern for 3d effects.

**WHOLE DAY 10:00-4:00 £60**

CONTACT [ali.thenook@gmail.com](mailto:ali.thenook@gmail.com)  
[www.thenookoxfordshire.com](http://www.thenookoxfordshire.com)

For more info, contact - [ali.thenook@gmail.com](mailto:ali.thenook@gmail.com)

<https://www.thenookoxfordshire.com/>

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

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

## Trunk or Treat

**Saturday 31st October, from 5pm-8pm**

'Trunk or Treat' has been such a hit since we started offering this event several years ago. This trend started in America and we think it is a fantastic accessible activity to bring to you, which is a little bit different to the usual trick or treat! £8 per child / young person to attend.

The activity involves the trunk of your car being open and displaying treats, sometimes games, and decorations. Take a trip around our site and visit the trunks! You can still attend even if you don't want to decorate your own trunk.

Hot food and drink plus lots of Halloween treats will be served from the cafe. We will also be making Halloween slime, doing Halloween facepainting and spooky stories around the firepit!

### Book tickets on our website:

<https://thomley.digitickets.co.uk/event-tickets/81749?catID=73701>



### What is Trunk or Treat?

A different option to traditional trick or treating - in a safe and secure setting. Go around the boots of decorated cars rather than knocking on front doors!

A fun evening of spooky fun!

**Book tickets:-** <https://thomley.digitickets.co.uk/event-tickets/81749...>

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

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



THE  
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](mailto: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](mailto:Becky@TheBeckyLovelessCollective.org) for the  
information pack.

# 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!

[Redacted]

THE ROUTE INTO SUPPORTED LIVING

10<sup>th</sup> November, 10.00 - 14.00  
Information Event  
Didcot Civic Hall, Didcot

PERSON CENTRED PLANNING

17<sup>th</sup> & 19<sup>th</sup> November, 10.00 - 14.00  
OxFSN Office  
23<sup>rd</sup> & 25<sup>th</sup> February, 10.00 - 14.00  
OxFSN Office

SUPPORTED LIVING

9<sup>th</sup> December, 19.00 - 21.00  
Online Zoom Event

PLANNING AHEAD

12<sup>th</sup> January, 2027 10.00 - 13.00  
OxFSN Office

WILLS & TRUSTS

4<sup>th</sup> 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](http://www.oxfordshire.gov.uk/shortbreaks) to keep up to date with community short breaks for disabled children in Oxfordshire

## Christmas Light Walk

Every night from 3rd-6th & 11th-13th December, 5pm-8pm

*(3rd is a 'Quiet' session with limited bookings)*



Enjoy a Christmas Light Walk with a difference, as Thomley's grounds light up for the whole community to come and experience.

Our pavilion is open for refreshments, food and indoor warm space after you've taken in all of the amazing festive lights!

This is an affordable and accessible option for the whole community to benefit from.



**Please book tickets on our website:**

<https://thomley.digitickets.co.uk/event-tickets/82216?catID=73701>

**Book here - <https://thomley.digitickets.co.uk/event-tickets/82216...>**

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

YOU ARE INVITED TO  
THE ICE CENTRE'S

2026

*Christmas Ball*

DJ | FOOD | ENTERTAINMENT | PHOTOBOOTH

SATURDAY | 05 DEC 2026 | 7PM - 11PM

THE ICE CENTRE, WITNEY  
**£55.00 per person**

GOOD FRIENDS  
BRIGHTER MOMENTS  
A MORE INCLUSIVE CHRISTMAS

*Let's Celebrate Together*

**Tickets – call us on 01993 846240 or email us  
[info@ice-centre.co.uk](mailto:info@ice-centre.co.uk)**

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

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

**FREE ENTRY...**



## Christmas Market

*5th and 6th December 12pm - 6pm*

*FREE entry - No need to book*

*Christmas stalls - Food - Activities - Christmas Raffle - Grotto - Soft play*

*Stay on after the Christmas Market for our Christmas Light Trail event  
which starts at 5pm! Tickets essential on our website*

***Where are we?***

**Thomley, Menmarsh  
Road, Worminghall,  
HP189JZ**



**Thomley**

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

# **Christmas Dinner with Father Christmas! Sunday 13th December**



**Join us for an accessible Christmas dinner with all the trimmings! Our chef will ensure you have an amazing dinner, in a familiar and disability-friendly setting. Father Christmas will make an appearance during your dinner too and bring everyone a Christmas present! Facilities open from 11am-3pm.**

**Please book your tickets on our website:**  
<https://thomley.digitickets.co.uk/event-tickets/82095?catID=73701>

**Book here - <https://thomley.digitickets.co.uk/event-tickets/82095...>**

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

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

## Breakfast with Father Christmas

19th, 20th, 21st & 22nd December  
from 8am - 10am. Booking is essential



### Thomley

Breakfast with Father Christmas is an incredibly popular way to see Father Christmas at Thomley, with the added bonus of activities, a lovely breakfast and maybe even some snow! £12 for parents and carers, £15 for children or disabled adults. Please arrive for 8am for the start of the experience.

Please book your places on our website:  
<https://thomley.digitickets.co.uk/event-tickets/82019?catID=73701>

Please note only the pavilion  
is open for this event

Thomley, Menmarsh Road,  
Worminghall, HP189JZ

**We have limited spaces, so please book your tickets here:-**

**<https://thomley.digitickets.co.uk/event-tickets/82019...>**

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



## Testing the Waters...would anyone be interested??

I'm thinking of offering a session in Stadhampton, initially monthly (and potentially fortnightly if there is genuine interest), for around 3 hours. A nurturing space to land, breathe, connect and recharge. Is this something you feel teenage girls would want or benefit from? What would be the best time? Midweek evening? Friday evening? Saturday afternoon/evening? Sunday afternoon? What would your daughter love to see included?

I'd be so grateful for your thoughts, ideas and honest feedback — and please feel free to share this with another parent/carers who might have a girl who would benefit. Maybe together we can create a safe, nurturing, supportive little space for our precious teenage girls. A place to land, come back down to earth, connect, and just be themselves. Sam x

**If interested, please get in touch with Sam direct:-**

**<https://www.facebook.com/groups/403331469732886/user/100051795036372>**

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



**Youth groups  
for autistic  
young people  
without  
intellectual  
disabilities**

An inclusive space to  
develop independence,  
friendships & social  
skills...



...run by a specialist,  
experienced team providing  
a safe, fun and structured  
environment...

... based in  
Wolvercote Young  
People's Club



**Juniors (8 - 12 years)  
Saturdays  
10:00am - 12:00pm**



**Seniors (13 - 17 years)  
Fridays  
6:30pm - 8:30pm**



Contact us at  
[info@and-oxfordshire.co.uk](mailto:info@and-oxfordshire.co.uk)

**Wolvercote Young People's Centre, St Peter's Rd, Oxford, OX2 8AU**  
**Please email direct for more information:-**  
**[info@and-oxfordshire.co.uk](mailto:info@and-oxfordshire.co.uk)**

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

**Online  
interest  
groups for  
those with  
Autism...**

**GROVE**

**Interest group for Autistic kids, by Autistic adults!**

**Age 8 - 12**

**Thursday  
1.30 - 2.30**



**POKEMON**

**GROVE**

**Interest group for Autistic kids, by Autistic adults!**

**For under 12s**

**Tuesday 5-6pm**



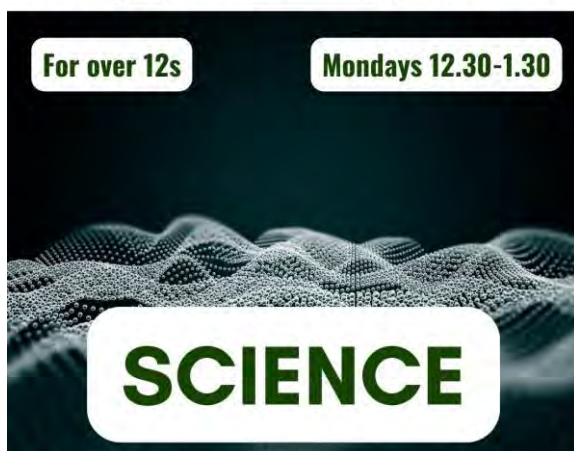
**REPTILES**

**GROVE**

**Interest group for Autistic kids, by Autistic adults!**

**For over 12s**

**Mondays 12.30-1.30**



**SCIENCE**

**...and there are more - check out the webpage for more info:-**

**<https://www.gr0ve.org/online-interest-groups>**

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

## WILDLIFE PALS

Tuesday 4-5:30pm

Wildlife Pals is a small, inclusive group for children with additional needs, focused on nature, movement and outdoor exploration. Following their lead to create sessions that adapt to their interests and energy

Sessions include:

- Wildlife exploration and nature discovery
- active outdoor play and games
- Creative activities
- Space to move, explore and be themselves

**Ages 7 +**

**£25 Per Session**

**Email - [kim@equilore.co.uk](mailto:kim@equilore.co.uk) for more info**



## BARN PALS

Friday 4 - 5:30pm

Barn Pals is a small, friendly group centred around building confidence, connection and hands on experience with horses. Sessions give children a chance to learn new skills, spend time with horses and enjoy being part of the yard.

Sessions include:

- Horse care and handling
- Ground based activities
- learning about horses behaviour and welfare
- Confidence building exercises

**Ages 7 +**

**£25 Per Session**

**Email - [kim@equilore.co.uk](mailto:kim@equilore.co.uk) for more info**



Location – Equilore, Park End, Croughton, NN13 5LX

To book – [kim@equilore.co.uk](mailto:kim@equilore.co.uk) For more info, call on 07787 402236 or go to our website - [www.equilore.co.uk](http://www.equilore.co.uk)