



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!



Contact details:- Pauline MacKinnon - 07554 330244
Email - shortbreaksfordisabledchildren@oxfordshire.gov.uk

**** If you'd like to receive these newsletters, please email us! ****

Short Breaks Update for Families with Disabled Children and Young People

Virtual

Wellbeing Matters

Parental wellbeing sessions once a month on teams

Next sessions:

Contact us for dates!

Join the facebook group
"Parents of
Neurodivergent
Children"



A safe space to
talk, listen and
share without
judgement

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

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

Short Breaks Update for Families with Disabled Children and Young People

Banbury



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](#)

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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.*

For further info, please email:-

sshepley@hillview-school.co.uk

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Short Breaks Update for Families with Disabled Children and Young People

Banbury



SEN Support Group Banbury.

About us

A support group that is run every other Monday to help support parents/carers of children with SEN, diagnosed or undiagnosed. Tea/coffee and refreshments will be provided. £1 donation per person.

Find us on Facebook: SEN Support Group Banbury or message me on 07432003645

Cromwell Lodge Hotel, OX16 0TB. Every other Monday 09.30am-11.00am.

Sessions are held every other week on a Monday.

Next meetings - 9th & 23rd June 2025

Please do get in touch to check dates. Come along, everyone is welcome.

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

Short Breaks Update for Families with Disabled Children and Young People

Bicester

BICESTER AUTISM

Coffee & Chat Dates

Pop along Every Friday 9.30 till 11.30 Term Time Only

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

No diagnosis needed

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

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

Come Join Us

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

Next dates

6th June
13th June
20th June
27th June
4th July
11th July
18th July

Made with PosterMyWall.com

Contact us!

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

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

Kidlington



I'm Leandra, mum to 3 neurodivergent boys with Autism and ADHD

I host coffee mornings where parents and carers can offload, connect, and build a safe, supportive community.

Every Wednesday
Stanley's Sweets & Treats
9:30 to 11:30

@sentipede


Do come along - all welcome!

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

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

Kidlington

*Spring/Summer
2025*

Parent Support Groups

NEW!

**Join us this term for our new
round of parent support groups!
Current and new parents all welcome!**

Peer support groups for parents of adults or teenagers who have additional needs and/or mental health concerns.

These are parent-focused groups, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your adult child or teenager.



When? **Mondays** 6.30 - 8pm
Parents of adult children

Tuesdays 6.30 - 8pm
Parents of secondary school
aged children

Where? St Mary's Church Hall
Church Street
Kidlington OX5 2AZ

Cost? Free!

**Empowering parents through shared
experience and professional support**

If this sounds like the group for you, please get in
touch with Rachel on 07514007374
Alternatively email rachelreahub@gmail.com and
leave your name and number for a call back



**For more information, please contact Rachel on 07514 007374
(leave your name & number for a callback) OR
email her on rachelreahub@gmail.com**

Short Breaks Update for Families with Disabled Children and Young People

Oxford

EVERY TUESDAY
9.30-12.30

Parent Power

COFFEE MORNING

@ Windale Hub
windale avenue
OX46JD
(at the back of the school, in the old nursery)

please contact Kerrisa
07903174415
kerrisa@oxfordhub.org
or
Sophia :
jigsawoxford@gmail.com

Come & join us at our weekly stay & play sessions, meet new parents
Support available from Parent Power & SEN advice
Light refreshments/breakfast available

Food bank available for attendees



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

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Short Breaks Update for Families with Disabled Children and Young People

Oxford

Walk and talk

It can often be a challenging and isolating journey!
So come along for some fresh air with some like minded individuals .

First Tuesday of every month

From 5:45 pm (Approx. 1hr)



Meeting at Sunny Mead Park by
Cutteslowe Centre center, OX2 7SX

Local car parking is normally available

Contact Lorraine via
our Facebook page

Participants' are responsible for their own safety
and wellbeing.



FOLLOW   

Walk size is usually between 2-4 people, covering topics of choice by those attending. We normally loop around Cutteslowe Park Peace Mile track. There is plenty of parking around the meet-up area.

For more information, please contact us on:-

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

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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.

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



The poster features a light blue background with a green gradient at the bottom. On the left, there are two stylized human figures made of colorful geometric shapes. In the top right corner, there is a circular collage of various people and buildings. Below this, on the right, is a circular logo with a colorful bird and the text 'Be courageous'. In the center, the text 'Parent Power Coffee Mornings' is written in large, bold, green and white letters, followed by 'Every Thursday at TOA' in green. Below this, it says 'Come and join Karrisa from Oxford Hub offering support to families if needed.' To the left of this text is a circular logo with an eye and the text 'Be curious'. Below the text, there is a drawing of a cup of coffee with a heart-shaped latte art. To the right of the coffee is a wooden A-frame sign with a chalkboard that reads: 'Coffee Morning Every Thursday Held in TOA Library Time: 9:30 - 11am'. At the bottom, there are logos for 'Oxford Hub' and 'The OXFORD Academy'.

**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

Oxford Hub

The OXFORD Academy

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

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

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Short Breaks Update for Families with Disabled Children and Young People

PARENT POWER



Need help or support?



EVERY THURSDAY



09:00 AM – 11:00 AM



Greyfriars Secondary School,
Cricket Road, Oxford, OX4 3DR



Learn English Skills



Meet other families
to build parent
power

Please come to main
reception or contact

Kylie@oxfordhub.org
07707918532

Oxford

GREYFRIARS
CATHOLIC SCHOOL

01865 749933
greyfriarsoxford.org.uk

**Oxford
Hub**

For more info, please contact:-

Kylie - kylie@oxfordhub.org or 07707 918532

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

A poster for 'SEN COFFEE MORNINGS!' featuring a green background with a floral illustration on the left. At the top right are the 'Oxford Hub' and 'SENtipe de' logos. The title 'SEN COFFEE MORNINGS!' is in large white letters on an orange banner. Below this, text describes fortnightly coffee mornings for parents of children with SEN. It includes details for the next session on 5th June 2025, from 9.30-11:00 at The Jungle, Templars Square. A quote bubble at the bottom right contains the contact email DONNA@OXFORDHUB.ORG FOR MORE INFORMATION.

SEN COFFEE MORNINGS!

Fortnightly coffee mornings for **PARENTS** of children with **SEN** (diagnosed/undiagnosed) and professionals.

Join us for a **FREE** talk presented by a guest speaker.

It's a time to relax, chat, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee.

NEXT SESSION

5th June 2025

Time:
9.30-11:00

Location:
The Jungle, Templars Square (OX4 3XH)

“ DONNA@OXFORDHUB.ORG FOR MORE INFORMATION **”**

A joint venture from the Oxford Hub and [SENTipe de](https://www.oxfordshire.gov.uk/shortbreaks) working together to support our families. We meet fortnightly in term-time. Contact us to confirm our next meet up dates.

Please contact Donna for more info – donna@oxfordhub.org

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

PARENT AND SEN SUPPORT GROUP



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



Cuttleslowe 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>

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Short Breaks Update for Families with Disabled Children and Young People

Online

NHS
Oxford Health
NHS Foundation Trust

CAMHS
Child and Adolescent
Mental Health Service

OXFORDSHIRE WALKING WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

NEXT DATES...

JUN COFFEE MORNING SOUTH OXON

06 12PM - 1PM - LOCATION SHARED WHEN BOOKED

JUL SLEEP

04 12PM - 1PM ONLINE

AUG WELLBEING WALK

13 LOCATION AND TIME SHARED ON BOOKING

TO REGISTER FOLLOW
THE LINK OR QR :



WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/

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

WWYoxon@oxfordhealth.nhs.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

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.

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

Witney

Come join us at SPACE

Where & When does SPACE meet?

Friday's - Term time only

Time - 10am to 12.30pm

**Upstairs lounge @ ICE Centre,
Langdale Hall Witney OX28**

6AB

Parking in public car park

Wheelchair & pushchair accessible

Who is SPACE for?

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

**A place for parents and
carers to meet, chat and
feel included.**

**To share experiences,
information and support
with one another**

What is SPACE for?

Contact Jo on 07875890775

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

Witney

Follow us on
Facebook and
Instagram

chat

**and a
cuppa**

**For families supporting children
on the autistic spectrum**

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

All families welcome, with or
without a diagnosis.

Upstairs in the Como Lounge
34 Market Square, Witney

9am - 10.30am

If you have any questions,
please email
chatandacuppa@yahoo.com

For more information, please message us:-

chatandacuppa@yahoo.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

Carterton

DROP IN SESSIONS THURSDAYS

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

**Young people:
4-6pm**

APCAM

Assisting Parents with Children Affected by Mental Health

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

**apcamgroup.org.uk
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

Kingston Bagpuize



SquiggleSPACE

Supporting Parents And Carers Effectively

A fully inclusive and welcoming support group for neurodiverse families.

Whether you are a parent/carers of neurodiverse children or a relative wanting to gain understanding on how to support your loved ones - This is for you!

Come and join us for a relaxed and informal drop-in session, share experiences, ask advice and meet others that just “get it!”.
Stay for as little or as long as you like.

The kettle will be on, the biscuits will be out and we will be there with an open mind and a listening ear.

Wednesday Evenings 6.30pm - 8.30pm

June Dates: 11th & 25th

July Dates: 9th & 23rd

August Dates: 6th & 20th

St John the Baptist Church, Abingdon Road, Kingston Bagpuize

For more information contact Kirsty - squigglespace@outlook.com

Contact Kirsty - squigglespace@outlook.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

Abingdon

Peer support group for
parents of neurodivergent
children and young people

Every last Friday of each month

 **9:30-11:30**



Coffee Mornings

Next dates...



27 June



18 July



Beans&Blends, Abingdon



Neurodiverse 
Voices 

 **Autism**
CHAMPIONS CIC

[NDV Podcast: Neurodiverse Voices FB page](#)

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Short Breaks Update for Families with Disabled Children and Young People

Abingdon




10:00 to 12:00



1st and 3rd Saturday of each month
at Pablo Lounge, Market Place, Abingdon.

Come to ask questions, share stories or
simply be with dyslexic folks.

Everybody is welcome.

It is not meant to be a coaching or problem
solving service, although attendees may
have useful information to share.

   DyslexiaAbingdon@gmail.com

 **Dyslexia Abingdon** 
The social!

Facebook or Email - DyslexiaAbingdon@gmail.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

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

We're happily hosting 3 new dates for our SEND family friendly group. All are welcome for signposting, just a natter and a understanding ear! ♥

Hi!

SEND

BUZZ - Coffee Morning
Located

@cornerstoneartscentre

Friday 10am 16th of May

Friday 10am 6th of June

Friday 10am 20th of June



Cornerstone Arts Centre, Didcot, OX11 7NE

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

Didcot

SEN Parents Wellbeing Coffee Morning



**Feeling stressed or alone?
We are here to support you!
Come join our Wellbeing sessions.**

VENUE

Unit 7
Hawksworth Road
Didcot
OX11 7HR

BOOK YOUR FREE TICKET
[OxfordCreators.co.uk/parents](https://www.oxfordcreators.co.uk/parents)

**Please go to the website for specific dates and
next sessions.**

At Oxford Creators we understand that your journey might feel overwhelming and lonely at times & we are here to support you.

What can you expect? Coffee, tea and cakes; to meet other parents and a free Body Balance/ yoga/meditation session. Open to all parents in the SEN community.
We look forward to seeing you!

To book your ticket and for further details, please go to:-

<https://www.oxfordcreators.co.uk/parents>

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



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
5th June, 6pm-8pm

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

Email us at NeurodiverseNatters@outlook.com
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)

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community short breaks for disabled children in Oxfordshire

Come join us...

Faringdon Town

Carers Community Vale of the White Horse

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

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

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

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

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

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

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

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

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



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

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