3 of 3



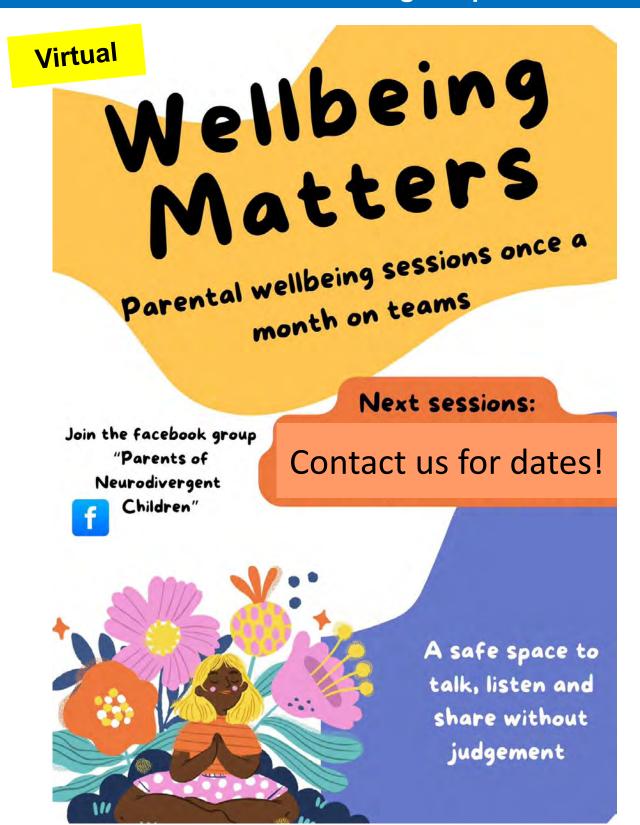
PARENT CARER SUPPORT GROUPS

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!





Please join the <u>Parents of Neurodiverse Children</u> group & a Teams link will be sent to you for their online support group.



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, 0X16 2PA

Join the Facebook group f The Neurodiverse Parenting Village

For more info, please join our FB group:-

Parents of Neurodiverse Children



For further info, please email:-

sshepley@hillview-school.co.uk

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 O7432003645

Cromwell Lodge Hotel, OX16 OTB. Every other Monday O9.3Oam-11.OOam.

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

Bicester

ESTER AUTISM

ee & Chat Pop along **Every Friday** 9.30 till 11.30

Term Time Only

Come Join Us

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



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







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



Every Wednesday

<u>Stanley's Sweets & Treats</u>

9:30 to 11:30



Do come along - all welcome!

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

Kidlington



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

touch with Rachel on 07514007374

Alternatively email rachelreahub@gmail.com and leave your name and number for a call back

Oxford



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 - <u>karrisa@oxfordhub.org</u> Sophia - jigsawoxford@gmail.com



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



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



Please contact us on 07523 848948 or chachadvpc@outlook.com.

Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.



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



For more info, please contact:-

Kylie - kylie@oxfordhub.org or 07707 918532



A joint venture from the Oxford Hub and <u>SENtipede</u> 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

Oxford



For more information, please contact us on:-

https://www.facebook.com/Neurodiuniverse

Online



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

SLEEP

04 12PM - 1PM ONLINE

AUG WELLBEING WALK

13 LOCATION AND TIME SHARED ON BOOKING

TO REGISTER FOLLOW
THE LINK OR OR:



WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOL VEMENT/OXON/WWY/

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

WWYoxon@oxfordhealth.nhs.uk





Positive Measure

Parent-led support group for parents of children with additional needs

Every Monday	Baptist Church Hall, Eynsham	19:30-21:00
Monthy Daytime Group (TBA on our socials)	Jessie's Art Shed, Eynsham	10:30-12:00

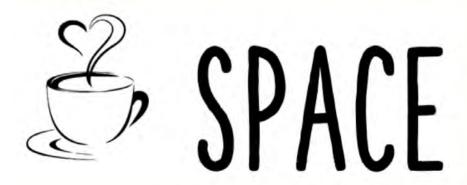
Chat over a cuppa
Helpful advice
Non-judgemental
Meet parents that get it

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.



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, infomation and support with one another

What is SPACE for?

Contact Jo on 07875890775

Witney



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.

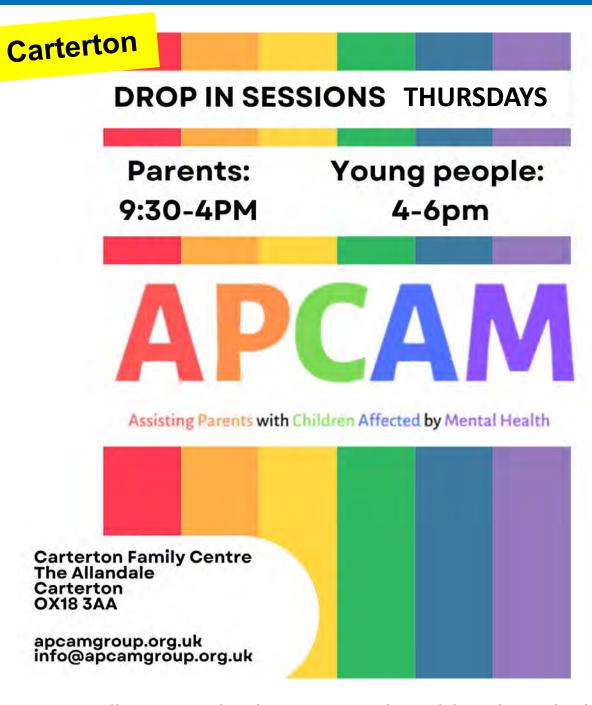
Upstairs in the Como Lounge 34 Market Square, Witney

9am - 10.30am

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

For more information, please message us:-

chatandacuppa@yahoo.com



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

Kingston Bagpuize



SquiggleSPACE

supporting a mental sale can end an exercise

A fully inclusive and welcoming support group for neurodiverse families.

Whether you are a parent/carer 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 Saptist Church, Abingdon Road, Kingston Bagpuize

For more information contact Kirsty - squigglespace@outlook.com

Contact Kirsty - squigglespace@outlook.com





27 June

18 July

Beans&Blends, Abingdon





NDV Podcast: Neurodiverse Voices FB page



Facebook or Email - DyslexiaAbingdon@gmail.com

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@mentalhealthenatters.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



For more info, contact Dani on - <u>dani@mentalhealthnatters.org</u> OR go to our website - <u>https://www.mentalhealthnatters.org/young-people</u>

Facebook page - https://www.facebook.com/mentalhealthnatters

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!



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



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



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

For more info - <u>NeurodiverseNatters@outlook.com</u> or follow us on Facebook - <u>@NeurodiverseNatters</u>

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.

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

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

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

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

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

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

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

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



Faringdon Town Edition Eleven | 101

This article is about an unpaid carers of adults peer support group that meets in St Alban's Church in Watchfield. The group meets in term-time on Wednesdays from 9.30am to 11.30am. For more info - carerscommunityvowh@gmail.com