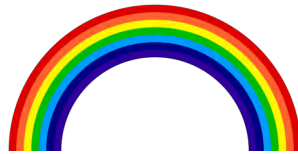


Short Breaks Update for Families with Disabled Children and Young People

1 of 3



Welcome to the June Short Breaks Update

Part 1 - Upcoming Activities

Lots of activities including family multisports, cricket, fun days, Have a Go, KEEN Olympics, festivals & events, cinema & lots more!!



What's in this edition...

P1	Welcome	P22	Cogges Summer Fete
P2	We Game - Carterton	P23	Big Fish Pub Quiz
P3	SEND family multi-sports club	P24	Friends 4 All Oxfordshire
P4	Littleworth Fun Day & Dog Show	P25-29	OPA Play & Activity Days
P5	Grove Challengers Football	P30	Abingdon RDA Celebration
P6	Magical Minds Family Fun	P31	Navigating the Future, Oxford
P7	Two new dance groups	P32	The ICE Centre Discos
P8	Super 1s - cricket	P33-34	Swings & Smiles, Thatcham
P9	SEND Swimming lessons	P35	Embolden 2 Conference
P10	Born to Move After School	P36	Have a Go! Festival
P11	Autism friendly/relaxed cinema	P37	Sensory Friendly Science Oxford
P12	Elkin Club - Early Years	P38-40	Events & Festivals
P13	KEEN Olympics	P41	The Ice Centre Summer Party
P14	Hill End ffennell festival	P42	Learn to Ride a Bike course
P15	Fathers Day at Thomley	P43	Thomley Camping
P16	The Music Club	P44	Regatta for the Disabled Henley
P17	Open Farm Sunday	P45	OxPCF - who we are, what we do
P18	Wildlife Discovery	P46-52	Various - info & groups
P19	REACH - open evening	P53-55	Research opportunities
P20	SEND Saturday Club	P56-65	Training, events & webinars
P21	Eynsham Skate Fest	P66-73	Various therapies & support

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



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

Young people, parents, friends, aunties, uncles - everyone is welcome! First Sunday each month - 6th July, 3rd August, 7th Sept, 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

Short Breaks Update for Families with Disabled Children and Young People



active future

SEN/D Multi-Sports Club

We are delighted to be launching our first multi-sport club in the Oxfordshire area. The sessions will include lots of Nefr wars, chase games, dodgeball, a chance to get active without thinking about and most importantly lots of fun! At Active Future if children come to join sport's sessions they get to play the games they love. The sessions are fully inclusive and are for all children regardless of athletic ability and we are particularly SEN/D friendly.

WHEN Check Facebook Page Sessions will be in different locations most weeks

WHERE Check Facebook Page Sessions will be in different locations throughout the year

Active Future SEND multi-sport clubs in Botley, Brize Norton & Didcot.

Various fortnightly sessions for children with additional needs, their siblings & their parents/carers.

Everyone can join in!

TO BOOK YOUR PLACE



Scan Me!



afsouthoxfordshire@activefuture



07850 553629

Cost - £10/family per session.

To book, please go to the appropriate location booking link:-

Brize Norton (Elder Bank Hall)

<https://shorturl.at/IM3bR>

Botley (West Oxford)

<https://shorturl.at/WHhsw>

Didcot (Fleet Meadow)

<https://shorturl.at/UjcdC>

For more information or if assistance is needed to book, please email Active Future on:-

afsouthoxfordshire@activefuture.info

Date	Location	Session Time
Dates to come...		
01/06/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
08/06/2025	West Oxford (Botley)	14:00 - 15:30
15/06/2025		
22/06/2025	Fleet Meadow (Didcot)	15:00 - 16:30
29/06/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
06/07/2025	West Oxford (Botley)	14:00 - 15:30
13/07/2025		
20/07/2025	Fleet Meadow (Didcot)	15:00 - 16:30
27/07/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
03/08/2025	West Oxford (Botley)	14:00 - 15:30
10/08/2025		
17/08/2025	Fleet Meadow (Didcot)	15:00 - 16:30
24/08/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
31/08/2025	West Oxford (Botley)	14:00 - 15:30
07/09/2025		
14/09/2025	Fleet Meadow (Didcot)	15:00 - 16:30
21/09/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
28/09/2025	West Oxford (Botley)	14:00 - 15:30
05/10/2025		
12/10/2025	Fleet Meadow (Didcot)	15:00 - 16:30
19/10/2025		
26/10/2025	West Oxford (Botley)	14:00 - 15:30
02/11/2025		
09/11/2025	Fleet Meadow (Didcot)	15:00 - 16:30
16/11/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
23/11/2025	West Oxford (Botley)	14:00 - 15:30
30/11/2025		
07/12/2025	Fleet Meadow (Didcot)	15:00 - 16:30
14/12/2025	ElderBank Hall (Brize Norton)	15:00 - 16:30
21/12/2025	West Oxford (Botley)	14:00 - 15:30
28/12/2025		

LITTLEWORTH FUN DAY & DOG SHOW

SUNDAY 1ST JUNE

FROM 1PM AT THE PLAYING FIELD

FAMILY FUN

PLANT STALL / CAKES
COCONUT SHY/TOMBOLA
SKITTLES / WINE & WATER
GOLF/RAFFLE/STORY TELLING
PIMM'S BAR / TEAS / BBQ
EGG CATCHING

DOG SHOW

Starts 1.30, £2 per class
PRETTIEST BITCH/MOST HANDSOME DOG
BEST BISCUIT CATCHER/WAGGIEST TAIL
MUSICAL SIT / BEST YOUNG HANDLER
THE DOG THE JUDGE WOULD MOST LIKE TO
TAKE HOME


FREE PARKING

ENTRY £2
UNDER 12s FREE

SN7 8ED



Short Breaks Update for Families with Disabled Children and Young People



GROVE CHALLENGERS FC

SEN FRIENDLY FOOTBALL TRAINING

EXCITING NEWS FOR SEN-REGISTERED CHILDREN!

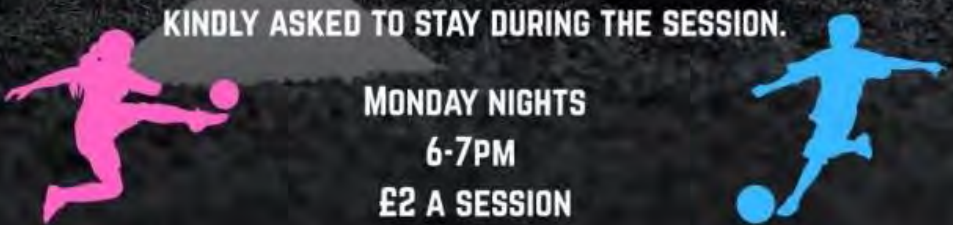
GROVE CHALLENGERS FC IS INVITING CHILDREN OF ALL ABILITIES, AGED 7-15, TO JOIN OUR SEN-FRIENDLY FOOTBALL TRAINING SESSIONS IN GROVE.

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](mailto:gcfc.register@gmail.com)



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

BICESTER AUTISM



Magical Minds Family Fun



Free Play
Creativity
Inclusive
Dress Up
Sensory Toys
Positivity
Crafts
Messy Play
Nurture
Explore
Friendships
Stimulating
Visualisation

Next dates



join us
for fun
friendships
free play &
family time

4.30 - 5.30pm

3rd June
10th June
17th June
24th June
1st July
8th July
15th July

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

Made with PosterMyWall.com

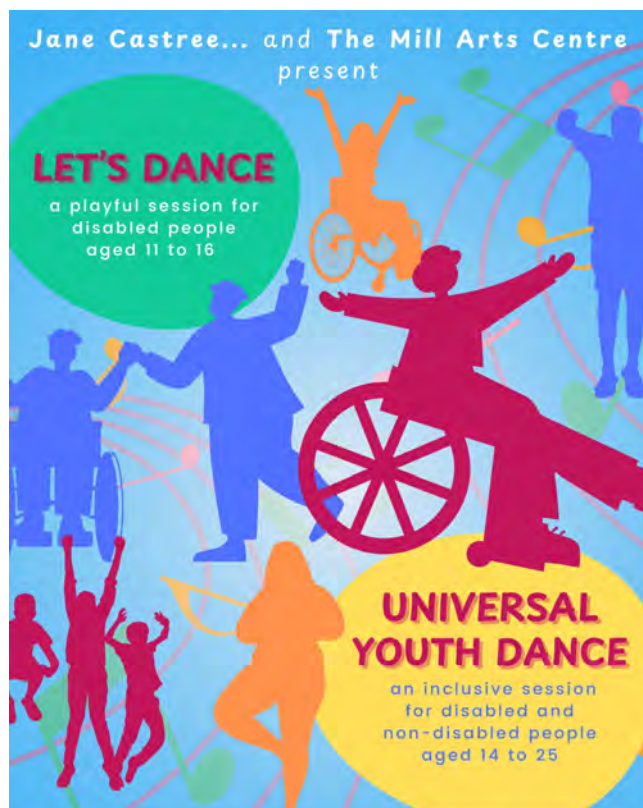
Contact us!

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



The Mill
ARTS CENTRE / BANBURY

Supported by

well together

The Sunshine Centre
SUPPORTING & ENCOURAGING COMMUNITIES

Let's Dance - a playful session for disabled people aged 11-16 years on Tuesdays, 3.45pm to 4.45pm

Universal Youth Dance - inclusive dance for disabled and non-disabled people aged 14-25 years on Tuesdays, 5.00pm to 6.30pm.

Both held at same venue -
The Sunshine Centre, Edmunds Road,
Banbury, OX16 0PJ

TWO NEW DANCE GROUPS IN BANBURY

** Started 6th May 2025 **

A detailed poster for dance sessions. It features two main sections: 'LET'S DANCE' and 'UNIVERSAL YOUTH DANCE'. Each section includes a clock icon for time, a calendar icon for dates, a building icon for the venue, a coin icon for pricing, a website icon for more info, and an envelope icon for contact. The background has silhouettes of people dancing.

LET'S DANCE

3:45pm - 4:45pm

6th May, 13th May, 20th May,
3rd June, 10th June, 17th June,
24th June, 1st July, 8th July

The Sunshine Centre,
Edmunds Rd, Banbury OX16 0PJ

Choose what you pay:
Free | £5 | £10

[www.themillartscentre.co.uk/
shows/youth-dance-programme](http://www.themillartscentre.co.uk/shows/youth-dance-programme)

Holly Gilson:
holly.gilson@themillartscentre.co.uk

Jane Castree:
07538789721

UNIVERSAL YOUTH DANCE

5pm - 6:30pm

6th May, 13th May, 20th May,
3rd June, 10th June, 17th June,
24th June, 1st July, 8th July

The Sunshine Centre,
Edmunds Rd, Banbury OX16 0PJ

Choose what you pay:
Free | £5 | £10

[www.themillartscentre.co.uk/
shows/youth-dance-programme](http://www.themillartscentre.co.uk/shows/youth-dance-programme)

Holly Gilson:
holly.gilson@themillartscentre.co.uk

Jane Castree: 07538789721

To book - email Holly Gilson on holly.gilson@themillartscentre.co.uk

For more info - phone Jane Castree on 07538 789721

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

**Super
1s**

**ALL DISABILITIES
WELCOME**

AGES 12 - 25

**FREE INCLUSIVE
CRICKET SESSIONS**

**GET ACTIVE AND
MAKE NEW FRIENDS!**



OXFORD HUB

**TUESDAY
4.30PM ONWARDS**

**HORSPATH CRICKET
CLUB
HORSPATH
OXFORD
OX33 1RT**

WITNEY HUB

**WEDNESDAY
4.30PM ONWARDS**

**THE ICE CENTER
LANGDALE HALL
MARKET SQUARE
WITNEY
OX28 6AB**

ABINGDON HUB

**THURSDAY
4.30PM ONWARDS**

**ABINGDON VALE
CRICKET CLUB
HALES MEADOWS
CULHAM RD
OX14 3HP**

BICESTER HUB

**FRIDAY
4.30PM ONWARDS**

**BICESTER & NORTH
OXFORD CRICKET
CLUB
CHESTERTON
OX26 1TH**



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 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>

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

BORN TO MOVE LESMILLS

FREE

Fun-fuelled classes, there's plenty of opportunity for young children to develop skills, explore, and move to a beat.

Wed 4 June - 9 July

3.30-4pm - Early Years (Walking - 4)
Cholsey Pavilion, Station Road, OX10 9PT

To book please scan the QR code below or visit southandvale.gov.uk/TermTimeActivities

SCAN ME

South Oxfordshire District Council

YOU MOVE

Two new FREE fun after school groups in Cholsey!

Although not SEND specific, they do wish these sessions to be as inclusive as possible, so please email them to find out more before booking:-

youmove@southandvale.gov.uk

To book please go to www.southandvale.gov.uk/south-and-vale-term-time-activities/ or scan the QR code on the appropriate poster.

N.B. This is not childcare, parents have to stay on site. For the Early Years session, parents are encouraged to join in and support their child to take part.

BORN TO MOVE LESMILLS

FREE

Combining moves from martial arts, sports conditioning, dance and yoga. Leave feeling fitter, more mentally energized and able to take on the world.

Wed 4 June - 9 July

4-4.45 - Reception - Year 4
Cholsey Pavilion, Station Road, OX10 9PT

To book please scan the QR code below or visit southandvale.gov.uk/TermTimeActivities

SCAN ME

South Oxfordshire District Council

YOU MOVE

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** are showing Lilo & Stitch on Sunday 8th June at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light, Banbury** are showing Peppa Meets the Baby Cinema Experience on 1st June at 9.45am; Sylvanian Families: The Movie on 7th June; Baby Shark & Bebefinn's Big Birthday Bash on 14th June, both at 10.00am. For more info - [Relaxed Screenings - Banbury - The Light](#).
- * **Odeon** are showing Lilo & Stitch on Sunday 8th & How to Train Your Dragon on Sunday 22nd June, both at 10am in Aylesbury & Milton Keynes Stadium. Tickets are usually bookable 5 days in advance. Need more info, call their helpline; 10am-5pm on 03330 151208.
- * **Showcase Reading** are showing Peppa Meets the Baby Cinema Experience on Sunday 1st June; Lilo & Stitch on Sunday 8th & 29th June & How to Train Your Dragon on Sunday 15th June, all at 10.30am. Please go to their website for more info:- <https://www.showcasecinemas.co.uk/autism-friendly-screenings/>
- * **Picturehouse** are showing Robot Dreams on Sunday 15th June at 11.00am at The Phoenix in Oxford & at 11.45am at The Regal in Henley-on-Thames.
- * **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, Newbury, Oxford & Reading.

Accessible Screenings UK website has details of screenings - [Types of Screenings | UKCA \(accessiblescreeningsuk.co.uk\)](https://www.accessiblescreeningsuk.co.uk/) should you wish to find out more.

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/>



Short Breaks Update for Families with Disabled Children and Young People

Luminelle ELKIN CLUB

taking place in Eynsham, West Oxfordshire

Join Luminelle for a joyful, inclusive, community arts programme for early years children and their parents or carers. Come along for playful and exciting weekly creative dance & multi-sensory movement sessions including free play, arts & crafts activities, social time and refreshments.

ELKIN CLUB is designed for parents and their children to connect with each other, in a relaxed, inclusive, SEN-friendly and neuroaffirming environment that is safe and welcoming for all.



COST:

drop in - £12 for 1 parent + child*
pay for a block - £50 for 5 weeks
***Additional child £4**

****PAY IN PERSON**

DATES:


Sessions will take place on
Friday mornings, 10am-12pm
Friday 6th, 13th, 20th June
Friday 4th, 11th July

CONTACT:

danielle@luminelle.co.uk
*for more information or to confirm
your a place in advance*

VENUE:

**The Music Room, Queen Street,
Eynsham, OX29 4JD**

Luminelle 

your
coop

The Midcounties
Co-operative

**For more information or to book your place in advance, please
email - danielle@luminelle.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



The annual KEEN Olympics!

When: Saturday 7th June, 2-5pm

Where: New College Sports Ground, St Cross Road, Oxford, OX1 3TJ

Parking: We are able to use both the car park at New College Sports Ground, and the car park next door at the St Cross Building. **Accessibility and toilets:** The field is wheelchair accessible and there are toilets on site. There is a small step to the toilets on site.

What will we be doing?

A sunny afternoon together of games, team sports and more from 2pm to 5pm with a break for snacks and drinks in the middle. All ending, of course, with the Olympics End of Term Ceremony with our Olympic Torch where we bestow upon everyone their well deserved medals & certificates!

Who: Any and every KEEN superstar is welcome - we want to celebrate you all, how proud we are of you all and everything you've accomplished this year. Whether you come every week, or haven't been since the last Olympics, we can't wait to see you there!

To sign up and take part, please fill in this form - [KEEN Olympics 2025 - Sign-up](#)

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

A vibrant festival poster for Hill End ffennell festival. The background is a bright yellow sunburst. At the top, red and purple bunting hangs across the width. The text 'EYNHAM ROAD, FARMOOR OX2 9NJ' is in green. Below it, a green banner contains 'SATURDAY 7 JUNE 2025' and '11 AM - 4 PM' in white. The main title 'Hill End ffennell festival' is in large, stylized letters (purple for 'Hill End', red for 'ffennell', and green for 'festival'). Below the title, 'get outdoors and explore!' is written in purple. A QR code is on the right. The bottom section features a green landscape with trees, tents, and people, with a list of activities and a booking link.

EYNHAM ROAD, FARMOOR OX2 9NJ

SATURDAY 7 JUNE 2025
11 AM - 4 PM

**Hill End
ffennell
festival**

get outdoors and explore!

**THE GREAT
BIG GREEN
WEEK**

climbing wall - downhill racers - circus skills - Real Kingdoms Adventures
live music - Oxford Sailing - pond dipping - willow weaving - natural arts
bushcraft skills - sun printing - WW1 practice trench tours - nature walks
get knotted! - Friends of Hill End cafe & BBQ - raffle ... and much more!

free parking - sorry no dogs. Full details and bookings:
<https://hill-end.org/news/ffennelfestival25>

A glorious family day out at Hill End, full of adventure, learning and fun.

*** TICKETS ON SALE NOW ***

Early bird tickets available until 9th May - family of four ONLY £20!

<https://hill-end.org/activities/upcoming-events/>

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

Father's Day at Thomley...

Sunday 8th June 2025, 11am-3pm

Come and join us between 11am and 3pm for a Father's Day meal where we will be cooking up a BBQ meal for you and the family. Including burgers, herby chicken kebabs, sausages, salad and coleslaw.

Father's Day is a day that some of our families struggle to celebrate. So take advantage of our accessible, familiar venue and celebrate it here at Thomley with us!



Join us on Sunday 8th June and book in for the 12pm or 1:30pm slot where we will serve the adults meal for £15. Children (up to 15) will also get a free meal included in their entry fee (children can have a hot dog and a burger plus unlimited salad). Those who have a membership will enter for free and it's just £7 for their food. Pudding of Eaton Mess is available for £3.50.

We will also be having a game of football and tug of war for those wanting to join in plus card making in the art room! Please note, disabled families are still welcome to book in for the meal, even if Dad may not be able to make it. Bookings must be made by the end of Friday 6th June.

**Please book by visiting our
online calendar, here:
thomley.org.uk/calendar/**



Thomley

**Please book in by Friday 6th June. Book here:-
<https://online1.venpos.net/VenposJourneyUI/...>**

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



8th June 2025 14.30 – 16.30

@ **WALLINGFORD SPORTS PARK PAVILION,**

HITHERCROFT ROAD, WALLINGFORD, OX10 9RB

Free for music club members & families/carers

£5.00 non members & £3.00 Siblings/£10 Family

REFRESHMENTS/ RAFFLE AVAILABLE

GUEST Dave Benson Phillips



www.music4disabledchildren.org.uk

contact Julie Hinton 07946648002

For more info - www.music4disabledchildren.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Abingdon
& Witney
College

COMMON LEYS FARM

OPEN FARM SUNDAY

SUNDAY 8TH JUNE
11:00am - 3:00pm

KIDS
UNDER 3
FREE*

Entry £3 ^{per} person | Sat Nav: OX29 9UU

Common Leys Farm | Hailey | Witney



MAKE IT SIMPLE - PAY BY CASH

HOT FOOD AND DRINKS AVAILABLE

INDOOR AND OUTDOOR ACTIVITIES:

ANIMAL HANDLING | PLANT SALE | PONY RIDES
FACE PAINTING | VINTAGE TRACTORS | ANIMAL FEEDING
SHEEP SHEARING | FARM SHOP OPEN

*Children under 3 free with a paying adult

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



Discover our nature
trail and craft activities

Email: amandasimons.as@gmail.com, cath.lidbetter@gmail.com
or info@wildaboutwallingford.org.uk

For more information, please email info@wildaboutwallingford.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Brand new SEN youth club!

REACH - a brand new SEN youth club, tailored for children with SEN diagnosis, aged 11-16 (year 6 leavers-year 11).

We are holding an open evening for parents/carers and professionals on Tuesday 10th June 2025 @ 6pm.

The event will be held at Wood Farm Youth Centre, Titup Hall Drive, Headington, Oxford, OX3 8QQ.

We kindly ask that no young people attend this event.

The purpose of this event is to showcase who we are, to have a brief talk and Q&A and to register your interest for a space for your young person to attend.

Refreshments and parking will be available.

This is NOT a drop in event, and we would appreciate prompt arrival. We aim to be finished by 7pm.

REACH will be a closed session (by invite only), so if you are unable to attend the open evening and are interested in your young person

attending, please contact:

Email: karisdaniels.kd@gmail.com

Phone: 07464607047

**** This is an Open Evening for parents/carers & professionals ONLY ****

For more information, please email karisdaniels.kd@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



2025

SEND SATURDAY CLUB

CARTERTON FAMILY CENTRE

Saturday

Remaining dates...

14th June
& 12th July 2025

10AM-12PM

**SESSION COST
£4.50**

- Free Flow Play
- Outdoor Play
- Craft Activities
- Tea, Coffee & Biscuits
- A Safe and Inclusive Environment
- Sensory Play

COME AND JOIN P.A.C FOR OUR SEND SATURDAY CLUB.

PARENTS/CARERS WITH DIAGNOSED AND UNDIAGNOSED CHILDREN, YOUNG PEOPLE AND ADULTS ARE WELCOME, ALONG WITH SIBLINGS AND ANY OTHER FAMILY MEMBERS WHO'D LIKE TO COME ALONG.

MEET SOME OTHER PARENTS/CARERS AND FAMILIES IN SIMILAR SITUATIONS, ALLOW YOUR CHILDREN, YOUNG PEOPLE OR ADULTS TO PLAY/CHILL IN A RELAXED ENVIRONMENT AND SEEK SUPPORT AND ADVICE SHOULD YOU NEED IT.

 www.purpleadvisorycare.co.uk

Carterton Family Centre, The Allandale, 8 Burford Road,
Carterton, OX18 3AA. Info@cartertonfamilycentre.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



EYNESHAM SKATE FEST

15TH OF JUNE 10AM-6PM
EYNESHAM SKATEPARK
SKATEBOARDING • SCOOTERING

ACTIVITIES

10AM	UNDER 9S SKATEBOARDING SESSION	FREE ENTRY!
10.45AM	UNDER 18S SKATEBOARDING SESSION	
11.30AM	UNDER 9S SCOOTERING SESSION	
12.15PM	UNDER 18S SCOOTERING SESSION	
1.30-5PM	BEST TRICK COMPETITION	£2 TO ENTER
	SKATEBOARD AND STUNT SCOOTER	
	UNDER 12S • UNDER 18S • ADULTS	

FROM 5PM WHEELED JAM!

FOOD STALLS • SKATE SHOPS • DEMO • AND MUCH MORE

Broken Boards
EVENT BY BROKEN BOARDS
SKATEBOARDING AND SCOOTERING
CLUB IN OXFORDSHIRE

REGISTER FOR THE ACTIVITIES HERE



WITH THE SUPPORT OF

EYNESHAM PARISH COUNCIL

DESA

Enuff SKATEBOARDS

REX
PERFORMANCE PROTECTION

Eynsham Skatepark, 4BS 1 Oxford Road, Eynsham, nr Witney, OX29 4AD

Free entry to the event but activities require registration.

Secure your spot here: <https://bookwhen.com/skatefest>)

Short Breaks Update for Families with Disabled Children and Young People

Witney

Cogges Summer Fete



Sunday 15th June 11am-4pm

Fete games: hook a duck, coconut shy, spin to win, splat the rat, wire buzzer, electric rabbit racing, jolly jars, plinko. **Races on the lawn:** sack, hobby horse, pigs, hoppers. **Mini ride-on tractor race circuit.** **Craft:** pebble painting, edible bracelets, clay creatures. **Bouncy castle, face painting, live music, BBQ & Bar.**

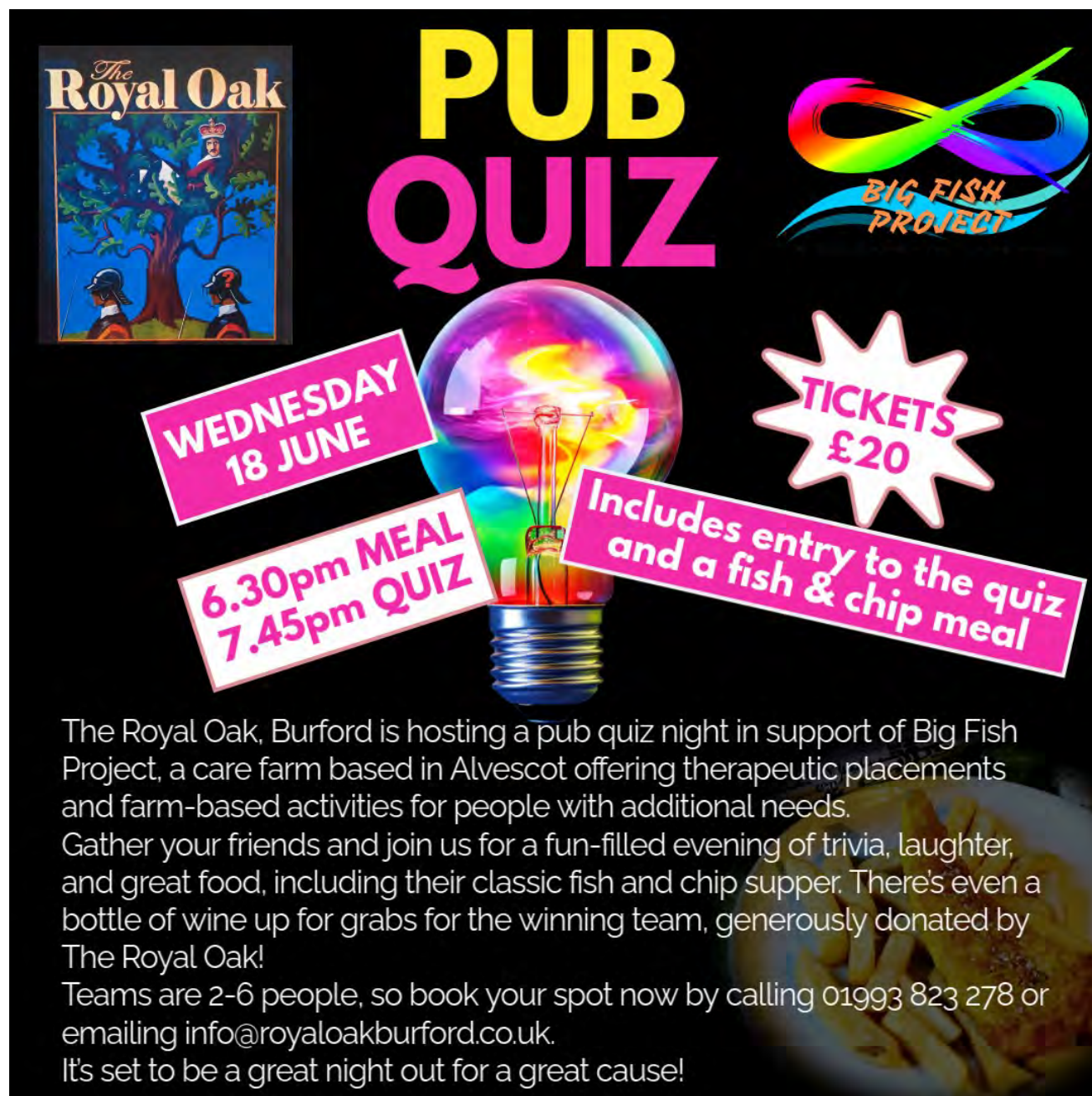
www.cogges.org.uk

Standard admissions apply. Free for Annual Pass holders.

<https://www.cogges.org.uk/>

Please note, our Main address and postcode - Cogges Manor Farm, Church Lane, Witney OX28 3LA but this will take you to the disabled car park next to the Cogges entrance in Church Lane. Blue badge holders, please call 01993 772602 if you need assistance or advice. **FREE** parking is available at Cogges Hill Road Car Park - OX28 3FR.

Short Breaks Update for Families with Disabled Children and Young People



PUB QUIZ

WEDNESDAY 18 JUNE

6.30pm MEAL 7.45pm QUIZ

TICKETS £20

Includes entry to the quiz and a fish & chip meal

The Royal Oak, Burford is hosting a pub quiz night in support of Big Fish Project, a care farm based in Alvescot offering therapeutic placements and farm-based activities for people with additional needs. Gather your friends and join us for a fun-filled evening of trivia, laughter, and great food, including their classic fish and chip supper. There's even a bottle of wine up for grabs for the winning team, generously donated by The Royal Oak!

Teams are 2-6 people, so book your spot now by calling 01993 823 278 or emailing info@royaloakburford.co.uk. It's set to be a great night out for a great cause!

To book your spot, call 01993 823278 or email info@royaloakburford.co.uk

For more info on Big Fish - Email - info@bigfishproject.com;
Text - 0750 302 6679; Web - www.bigfishproject.com

Short Breaks Update for Families with Disabled Children and Young People



New Club Friendship 4 All Oxfordshire

A club for **adults with learning difficulties** looking to make new friends in a safe environment.



3rd Thursday of every month
Online and in-person activities

Contact for more information:

oxfordshire@guideposts.org.uk

01993 893560

www.guideposts.org.uk

Registered Charity No. 272619



**Guideposts
Trust**

If you or someone you know would benefit from this group, contact us via oxfordshire@guideposts.org.uk or 01993 893560

Short Breaks Update for Families with Disabled Children and Young People



OPA PLAY AND ACTIVITY DAYS 2025

Vauxhall Barracks / Didcot	Saturday 21 st June
RAF Benson / Wallingford	Saturday 28 th June
RAF Brize Norton / Carterton	Saturday 5 th July
South Abingdon	Saturday 12 th July
Blackbird / Greater Leys	Saturday 19 th July
Banbury - Peoples Park	Wednesday 23 rd July
Eynsham	Friday 25 th July
Heyford Park	Saturday 26 th July
Henley	Wednesday 30 th July
Faringdon	Friday 1 st August
Bicester	Saturday 2 nd August
Berinsfield	Tuesday 5 th August
Witney	Thursday 7 th August
Bicester Garrison / Ambrosden	Friday 8 th August
Banbury - Princess Diana Park	Wednesday 13 th August

- These events are subject to Funding and Landowner Permissions
- ALL Events will offer both FREE Entrance and FREE Activities
- NO Childcare is provided, these are Family based events
- Individual event posters will be issued prior to each event
- Play Days will run from 11am until 3pm
- If you would like to be involved in any of these events to promote your organisation please e-mail martin.gillett@oxonplay.org.uk (NB: these are not for profit, Community events)



For more information, please email OPA on - martin.gillett@oxonplay.org.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

Saturday 21st June 2025 11.00am–3.00pm

Didcot / Vauxhall Barracks Play & Activity Day

Edmonds Park, Didcot, Oxon. OX11 8QX

FREE Entrance and FREE Activities for Children and Young People of all ages and their Families



**ARMED FORCES
PLAYDAYS** play day

Go Kart Party / Creating Art / Art Avalanche / Fabric Upcycling / Ride on Time / Body Zorbing / Giant Bubbles / Smoothie Bike / DIY Face Painting / Fire Play / Bright Sparks Science / SOHA / Library Service / Active Communities Team and more!!

Bringing Armed Forces Families and Local Communities Together Through Play

For further details please contact - Oxfordshire Play Association

Tel: 07436 270267 / www.oxonplay.org.uk / martin.gillett@oxonplay.org.uk

This is an Open Access event - Please note that NO Childcare is provided / There is very limited Parking on site / Food and Refreshments will need to be purchased although you are most welcome to bring a picnic / This event will be Photographed

This event is funded and supported by:



For more information, please email OPA on - martin.gillett@oxonplay.org.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

Benson / RAF Benson Play & Activity Day

Saturday 28th June 2025—11am-3pm



Sunnyside,
Benson.OX10 6LZ



Smoothie Bike * DIY Face Painting * Fire Play * Arts & Crafts * Art Avalanche * Go Kart Party * Body Zorbing * Fabric Upcycling * Ride on Time * Giant Bubbles * Bright Sparks Science * SODC Active Communities and more...



Free Entrance & Free Activities for Families,
Children and Young People of all ages

Bringing Armed Forces Families
and Local Communities Together

No Childcare Is Provided —This Event will be Photographed
For Further Information Please Contact the Oxfordshire Play Association;
T = 07436 270267 / W = www.oxonplay.org.uk /
E = martin.gillett@oxonplay.org.uk



For more information, please email OPA on - martin.gillett@oxonplay.org.uk

Short Breaks Update for Families with Disabled Children and Young People



RAF Brize Norton / Carterton Play & Activity Day

Saturday 5th July 2025, 11am – 3pm
Alvescot Road Recreation Ground
Carterton, Oxon. OX18 3BS

FREE ENTRANCE AND FREE ACTIVITIES



**Art Avalanche / Go Kart Party / Body Zorbing / Smoothie Bike
/ DIY Face Painting / Giant Bubbles / Arts & Crafts /
Ride on Time / Groovy Su / Fire Play / Creating Art / Bright Sparks
Science / OU Chemistry Outreach Team / Home Start plus more!!**

Bringing Armed Forces Families and Local Communities Together

**This is an open access event & NO childcare is provided / The event will be photographed & filmed.
There is NO parking on site / Food & Refreshments will need to be purchased or please do feel to
bring a picnic.**

**For further information please contact - ☎ 07436 270267 / 📧 martin.gillett@oxonplay.org.uk
/ 🌐 www.oxonplay.org.uk**

THIS EVENT IS FUNDED AND SUPPORTED BY



For more information, please email OPA on - martin.gillett@oxonplay.org.uk

Short Breaks Update for Families with Disabled Children and Young People



FREE ENTRANCE
AND FREE
ACTIVITIES!

www.oxonplay.org.uk / 07436 270267

SOUTH ABINGDON PLAY AND **ACTIVITY DAY 2025**

LADYGROVE MEADOW, DRAYTON ROAD,
ABINGDON. OX14 5HX

SATURDAY 12TH JULY 2025
11AM UNTIL 3PM



Go Kart Party * Muzo Academy * Art Avalanche * Giant Bubbles * Smoothie Bike * DIY Face Painting * Churches Together In Abingdon * Arts & Crafts * Ride on Time * Abingdon Carousel * Fabric Upcycling * Fire Play * Body Zorbing * Tricky Trails Biking * Bright Sparks Science * Creating Art and more!!

BRINGING COMMUNITIES TOGETHER THROUGH PLAY

For further details please contact - Oxfordshire Play Association
Tel: 07436 270267 / www.oxonplay.org.uk / martin.gillett@oxonplay.org.uk

This is an Open Access event. Please note that NO Childcare is provided. There is very limited Parking on site. Food and Refreshments are being provided by Inspiring Minds and will need to be purchased, you are most welcome to bring a picnic.



For more information, please email OPA on - martin.gillett@oxonplay.org.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



ABINGDON RDA
50TH
ANNIVERSARY CELEBRATION

Saturday 21st June
2pm to 5pm

LOWER LODGE RIDING SCHOOL, CHARNEY ROAD,
SOUTHMOOR, OX13 5HW

FREE ENTRY

JOIN US FOR LOTS OF FUN!

- ice cream van •
- face painting •
- games •
- pony parade •
- stalls •
- refreshments •
- and much more!

**RAYMEKHIS IS BACK SERVING
UP SOME DELICIOUS FOOD!**

Local business stalls – if you would like to book a stall please
get in touch 07717510410

Short Breaks Update for Families with Disabled Children and Young People

Navigating the Future

Thursday 26th June



An event for everyone

ABOUT our event

When: Thursday 26th June 3.30-6.30pm

Where: Mabel Prichard School, Secondary Site

What: An evening where exhibitors from all the pathways our learners may encounter will be represented for parents and carers to talk to gain information to support their young people into the future

Who: SEND leisure activities/ day centres/ FE providers/ Therapists/ Adult disability team/ supported employment/ therapists/ residential and supported living and many more.

Rosie's Café: Event Caterers, please come and enjoy our hospitality

Everyone is welcome: Please invite family, friends or professionals interested

Any Further Questions: Contact Alison, Tor or Liz at Mabel Prichard

To find out more or if you have questions, please contact Alison, Tor or Liz at Mabel Prichard on - 01865 777878

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



EVENTS 2025

FRIDAY DISCO DATES:

JANUARY 31ST

FEBRUARY 28TH

MARCH 28TH

APRIL 25TH

MAY 30TH

JUNE 27TH

JULY SEE EVENT DETAILS

AUGUST 29TH

SEPTEMBER 26TH

OCTOBER 31ST

NOVEMBER 28TH

DECEMBER SEE EVENT DETAILS

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

SUMMER & CHRISTMAS EVENTS HAVE ADDITIONAL COST

EVENT DATES:

SATURDAY 19TH JULY - SUMMER PARTY

SATURDAY 13TH DECEMBER - CHRISTMAS BALL

EVENTS ARE CHARGEABLE & TICKETED ONLY

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

Short Breaks Update for Families with Disabled Children and Young People



FAMILY PLAY SESSIONS

We are open weekdays, weekends and during school holidays to deliver sessions for the whole family.

At these sessions we offer a variety of activities depending on the children booked in. These sessions are £5 per family.

Where: A Place to Play, Lower Way
Thatcham RG19 3RR

**For more
information
contact
office@swingsandsmiles.co.uk**

Charity number: 1120598

For more information, contact office@swingsandsmiles.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

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

Tuesday & Wednesday for ages 14 -19 – 3.30pm to 5.30pm

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 6+ - Thursday 6pm – 7.30pm

Youth club Year 9+ - Tuesday 7pm – 8.30pm

Accessible Climbing Dates – for children aged 10+ (The Waterside Centre)

16th August; 20th September; 18th October; 15th November & 20th December

SEND Swim and Sports

The Willink Leisure Centre - 28th June; 1pm – 3pm.

Swimming and Sensory Football at Willink Leisure Centre is an inclusive activity for the whole family. Each family will enjoy 45 minutes in the pool, during which they can choose to participate in optional games facilitated by the staff. The staff will also be available to assist families with changing before and after swimming. Following the swim, we will spend an additional 45 minutes in the sports hall engaging in sensory football. The staff will lead this session, ensuring it is inclusive and accessible to everyone. This session will include a warm-up, as well as opportunities to practice passing the ball and working together as a team.

Staff will not be in the pool for this session, it is a family session and parents/carers need to support their children in the pool. There needs to be a one adult to 2 children ratio. Please be aware there are no changing places or hoists within the changing rooms but a pool hoist is available.

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. Only during football season (Sept-May).

Swings & Smiles, A Place to Play, Lower Way, Thatcham, RG19 3RR
www.swingsandsmiles.co.uk; 01635 285170; office@swingsandsmiles.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

2025

EMBOLDEN 2 CONFERENCE

[REGISTER HERE](#) or 

01 JULY 2025
10.00 AM - 2.00 PM



**DIDCOT
CIVIC
CENTRE**



- PARKING AVAILABLE
- TRAINS DIRECT TO DIDCOT PARKWAY

Please join OxfSN who will present their findings from the 3 year Embolden 2 project which has focused on working with older family carers to plan ahead. We are keen to involve as many people as possible to discuss our ideas for the next steps and recommendations for services.

 07821 987080
 Kathy.liddell@oxfsn.org.uk

 **Oxfordshire family
SUPPORT NETWORK**

 **COMMUNITY
FUND**

You can book by scanning the QR code or visiting our Eventbrite page:-
<https://www.eventbrite.co.uk/.../embolden-conference...>

Short Breaks Update for Families with Disabled Children and Young People

A vibrant poster for the 'Have a Go! Festival'. The title 'Have a Go! Festival' is in large, bold, yellow letters with a blue outline, set against a blue sky background with a bright yellow sun. Below the title, a yellow banner reads 'Thursday 3rd of July 2025'. The poster features several photographs of people participating in various sports: a person in a striped shirt running, a man in a green shirt holding a rugby ball, a woman in a black top and leggings kicking a soccer ball, and a group of people in red shirts playing a game. Text boxes provide details: 'FREE ENTRY!' in a yellow box, 'Adult Learning Disability Event' in a blue box, 'Free tasters in football, cycling, dance, boxing and much more!' in a yellow box, and 'Join in and get active ! 10:00-14:00' in a yellow box. Contact information for Hannah Osman is also provided. Logos for NHS Oxford Health and Active Oxfordshire are at the bottom.

Have a Go! Festival

FREE ENTRY!

Thursday 3rd of July 2025

Adult Learning Disability Event

Free tasters in football, cycling, dance, boxing and much more!

Join in and get active !
10:00-14:00
For more information contact
Hannah Osman
Hannah.Osman@oxfordhealth.nhs.uk

Horspath Athletics Track, Oxford
OX4 2RR
Free parking available

NHS Oxford Health
NHS Foundation Trust

Active Oxfordshire

This event is put on by Oxford Health NHS and Active Oxfordshire. It is a free sports day event for adults with a learning disability living in and around Oxfordshire. There will be activities for people to have a go - football, boxing, dance, rugby, cycling, tennis, cricket, and lots more. The activities are aimed at adults, so minimum age is 16 years.

Please note, the event is weather dependent and if the forecast is not looking good, they will unfortunately need to cancel so do keep an eye on the Oxford Health social media.

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

Sensory Friendly Family Day - 5th July



Family Days

Exploration Zone with
20+ hands-on exhibits

Woodland & Explorer Backpacks

Outdoor Water Lab

Visitor café open 10am - 4pm

5 July: Sensory-friendly Family Day

Lower capacity / online resources & virtual tour



Book ahead

scienceoxford.com

Science Oxford Centre, Quarry Road,
Headington, Oxford OX3 8SB



Monthly
**STEM
CLUBS**

Ages
5-12

Creative
Computing,
Science &
Nature Clubs

**** Sensory-friendly Family Day is on 5th July ****

Book your tickets here - [Science Oxford Sensory Friendly Summer Family Day](#)

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



For more info, please go to - www.parallellifestyle.com

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

Accessival

Accessible Festival for the whole community

Saturday 5th July 2025 - 11am-10pm
Music - Beer - Food - Play



Thomley's festival is an opportunity for the whole community to experience the best of all the local festivals.

We will have various food stalls; alcohol stalls; live local bands on stage plus the best of Thomley for children and young people.

Bouncy castles, jumping pillow, archery, giant bubbles are just a handful of activities on offer to keep the younger generation entertained for the day. Tickets are now on sale: £14 per adult and £14 a child.

Camping pitches available to book for the night before and night of the festival. Entertainment & food also available Friday night.



Would you like to volunteer on the day? Please get in touch if you can help: fundraising@thomley.org.uk
Book your tickets here: <https://thomley.org.uk/events/accessival-2025/>

There is a family ticket on sale for £50 (2 adults and 2 children) for a limited time!

Book your tickets here: <https://buff.ly/4gugAlK>

Short Breaks Update for Families with Disabled Children and Young People



For more information, please go to www.bicesterautismadhd.co.uk

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

A vibrant blue poster for 'THE ICE CENTRE SUMMER PARTY'. The title is in large, bold, white letters, with a stylized sun graphic behind the word 'SUMMER'. Below the title, it lists activities: 'DJ | BBQ | Twistina & Twistopher'. 'Twistina' is in a blue box with 'The Amazing Balloon Lady' underneath, and 'Twistopher' is in a green box with 'Traditional Family Entertainment' underneath. Further down, it says 'PHOTO BOOTH', 'Saturday 19th July 2025', 'The ICE Centre, Langdale hall, Witney', and '7pm - Midnight'. The ticket information is 'TICKETS £20 INCLUDES BBQ' in large white letters, followed by 'burger/hotdog/vegetarian plus chips'. A logo for 'BURGERS & BREWS' with a burger icon and 'Established 2020' is on the right. At the bottom, it says 'Tickets to be purchased by contacting info@ice-centre.co.uk or call 01993 846 240'. The background features white clouds and a bright sun.

THE ICE CENTRE
SUMMER PARTY

DJ | BBQ | **Twistina** & **Twistopher**
The Amazing Balloon Lady Traditional Family Entertainment

PHOTO BOOTH

Saturday 19th July 2025
The ICE Centre, Langdale hall, Witney
7pm - Midnight

TICKETS £20
INCLUDES BBQ
burger/hotdog/vegetarian plus chips

BURGERS & BREWS
— Established 2020 —

Tickets to be purchased by
contacting info@ice-centre.co.uk
or call 01993 846 240

Tickets can be purchased by contacting info@ice-centre.co.uk
or call us on 01993 846 240.

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?

Use the QR code below to see a 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 & Rescue Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust and Oxford Brookes University.

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



Next date:

Mon 28 July - Fri 01 Aug 2025

(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



For more information & booking, please email:- learntrabike@gmail.com

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

Thomley Camping!

Last weekend...

Friday 1st - Sunday 3rd August
One or two night camp

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy our facilities for longer than usual! The whole site is closed to visitors other than campers and you can pitch up anywhere you would like to go on our large field.

It is £10 per person per night to camp at Thomley. The cafe and food will be available until 9pm and will re-open at 8am on the following morning. You can purchase snacks, drinks (including alcohol), dinner and breakfast. There will also be activities throughout your stay such as marshmallows around the fire-pit, archery and giant bubbles.

No alcohol, disposable BBQs / fires and no hot food are to be brought on site by visitors due to licensing and health & safety.

YOU CAN UPGRADE to a camping pod or camping pitch in our designated area, which includes a fenced in area with electric points for each pitch, drinking water, washing up sink, a toilet / shower and BBQ stations.



Please book on the website:
www.thomley.org.uk/calendar

Bookings are to be paid for
upfront and are non-refundable



To book - <https://thomley.org.uk/events/camping-7/>

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



The poster features a collage of five photographs: a child with face paint blowing a bubble, a group in a rowing boat, a child with a dog, a child on a rowing machine, and a child playing maracas. Decorative elements include stars, a ship's wheel, and a duck. The Regatta logo is in the top right, and a QR code is in the bottom right.

Regatta for the disabled HENLEY

SATURDAY 30 AUGUST 2025

£5 Entry Carers & Under 4s Free

Registered Charity No 1137453

Sponsored by **SHANLY FOUNDATION**

A fun day out by the river for all abilities
The Paddock, Phyllis Court Club, Henley-on-Thames RG9 2HT
10.00-4.00pm

www.regattaforthedisabled.org

Lots of free activities including boat trips, climbing wall (both wheelchair accessible), soft archery, drumming, Millers Ark Animals, Punch & Judy shows, circus skills, face painting & much more!! RevoLOO fully accessible toilets with attendant and electric hoist.

www.regattaforthedisabled.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

Did you know there's a voice for
SEND parent carers in Oxfordshire?



WHO ARE WE?

A dedicated group of parent carers of children and young people with Special Educational Needs and disabilities.

WHAT DO WE DO?

As an independent group, we gather the lived experiences of families in Oxfordshire. We share this feedback with the local authority, education settings, and health providers. The forum aims to help your voice be used to shape and improve services in Oxfordshire, to better meet the needs of children and young people with SEND and their families.



HOW CAN YOU GET INVOLVED?

Sign up to our mailing list: bit.ly/OXPCF

Relevant news and events, updates on our work, and opportunities for feedback and participation - for parent carers and professionals

Join our SEND Room: facebook.com/groups/oxsendroom

A private peer support group on Facebook to connect with other parent carers

Volunteer: oxpcf.org.uk/volunteer

A range of opportunities to make a real impact for SEND families in Oxfordshire

Connect:  oxpcf.org.uk  bit.ly/whatsapp-oxpcf  [/ox_parentcarers_forum](https://www.instagram.com/ox_parentcarers_forum)
 [/oxpcf](https://www.facebook.com/oxpcf)  [/company/oxfordshire-parent-carers-forum](https://www.linkedin.com/company/oxfordshire-parent-carers-forum)



TOGETHER EVERYONE ACHIEVES MORE

Mailing list – www.bit.ly/OXPCF

WhatsApp – www.bitly.whatsapp-oxpcf

Website – www.oxpcf.org.uk

Facebook – www.facebook.com/oxpcf

Instagram – www.instagram.com/ox_parentcarers_forum

SEND Room – www.facebook.com/groups/oxsendroom

Volunteer – www.oxpcf.org.uk/volunteer

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



Rebound Therapy is returning to OXSRAD!

We're thrilled to be bringing back this essential movement-based service designed to support balance, coordination, and wellbeing in a fully inclusive way.

To help us plan the right sessions, we're asking anyone who's interested to fill in a quick interest form:-

 <https://forms.gle/zxE4CiyfPDgk6KEe8>

Whether you're new to Rebound or a returning participant, your input will help us shape a fantastic programme.

Thank you for helping us bring this vital service back stronger than ever!

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

Short Breaks Update for Families with Disabled Children and Young People



OUTDOOR LEARNING GROUP SESSIONS



Stay and Play
Under 5's sessions
930 - 1045 am
Story time with a linked outdoor activity

£7.50 for 1 adult and 2 children
Each extra child £2.50

STARTING THIS SEPTEMBER ON FRIDAYS



Stay and Play
Under 8's sessions
11 - 1230 pm

£10 for 1 adult and 2 children
Each extra child £2.50

Drop Off
aged 8 + sessions
1 - 230 pm

£15 per child



ORIENTEERING | DEN BUILDING | ASSAULT COURSE
NATURE STUDIES | TEAM GAMES | CRAFTS

CONTACT DETAILS
INSPIREDTUTORINGSERVICES
@GMAIL.COM



HOW TO FIND US:
LASHFORD LANE
DRY SANDFORD,
NEAR ABINGDON
OX13 6DY

Weekly April - October
Monthly November - March

For more information, please contact us on inspiredtutoringservices@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

Thame Music Therapy



thamemusictherapy.co.uk
info@thamemusictherapy.co.uk



1:1 Music Therapy
Specialist Music Lessons
Inclusive Workshops



Hugh Anderson
Music Therapist
BAMT Member & HCPC Registered

BAMT BRITISH ASSOCIATION
FOR MUSIC THERAPY

hcpc
registered
www.hcpc-uk.org

For more information, contact Hugh on oxfordshire@guideposts.org.uk or
01993 893560

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



HELP US TO AIM HIGH

Ambition starts with you: can you be a part of Aim RDA's continued progress and success?

VOLUNTEER We are always looking for volunteers aged 14+, no experience required: just passion

FUNDRAISE We would love to become your next worthy cause: every £ makes a difference

DONATE Visit our Crowdfunder at bit.ly/aimgroupprda

PARTICIPATE Aim RDA considers participant applications from disabled people aged 8+

STAY IN TOUCH

- bit.ly/aimgroupprda
- [@aimgroupprda](https://www.facebook.com/aimgroupprda)
- [@aim_rda](https://www.instagram.com/aim_rda)
- www.aimrda.co.uk
- trustees@aimrda.co.uk



AIM RDA

Connecting disabled people in Berkshire, Wiltshire and Oxfordshire with horses, opportunity, and life-changing support

A MEMBER GROUP OF THE RIDING FOR THE DISABLED ASSOCIATION (RDAUK)



ABILITY - INDEPENDENCE - MOTIVATION



WHO ARE WE?

Aim RDA is a member group of the Riding for the Disabled Association (RDA), founded in 2024 by a group of passionate, experienced volunteers. We are named after our core values of "ability, independence, motivation", which are present in all of our accessible equestrian activities.

WHO ARE WE FOR?

Aim RDA works with disabled participants aged 8+, with no upper age limit. We prioritise those who would otherwise struggle to access mainstream riding provision. Our approach is participant-focused, empowering and progressive: RDA can be so much more than most people realise.

WHERE ARE WE?

Shrivenham Equestrian Centre, SN6 8LA: Wednesday evenings & Sunday afternoons (coming 2025)
Lambourn RDA, RG17 0TJ: Friday daytime (unmounted sessions only) & Saturday afternoons

WHAT DO WE DO?

Aim RDA connects disabled participants with horses, through accessible riding and unmounted equine-assisted activities. Our sessions are as diverse as our participants, and range from therapeutic to technical and competitive. Riding and spending time with horses can provide unmatched, life-changing benefits to mental and physical well-being, social, motor, and coordination skills. We have experience of a diverse range of disabilities. RDA's motto is "it's what you can do that counts": Aim RDA wants to "make it count" for every participant in its family.



AIM GROUP RDA IS A REGISTERED CHARITY NO. 1208952

[WWW.AIMRDA.CO.UK](https://www.aimrda.co.uk)

Find out more about us today www.aimrda.co.uk

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



BIG FISH PROJECT

A THERAPEUTIC CARE FARM

Big Fish Project is based in Abberley Farm, Alvescot. We are a care farm, providing therapeutic placements, farm-based activities and work experience for people from 10 years old to adults, including those with learning disabilities, autism, ADHD, SEND and mental health challenges.

We are open Mondays, Tuesdays and Fridays from 9 AM to 3 PM and offer bespoke sessions, from one hour to full-day experiences.

We offer both one-off and regular placements.

**For more information
visit www.bigfishproject.com
call or text 0750 302 6679
email info@bigfishproject.com**

Email - info@bigfishproject.com; Text - 0750 302 6679

Web - www.bigfishproject.com

Short Breaks Update for Families with Disabled Children and Young People



Low cost and free activities for families to enjoy together!

Enjoy a fantastic range of activities, including

- Swimming
- Badminton
- Activity packs
- Stay and Play sessions
- Soft Play
- Children's holiday activities & so much more!

Find out more here:



YOU MOVE

YouMove is here to offer free and low cost activities for children 0-17 and their families on benefit related free school meals or Universal Credit, refugee children, young carers, and children supported by early help services.

If you are a family with 0-18 year olds and are in receipt of benefits related free school meals, Personal Independence Payment, Universal Credit or have Strength and Needs assessment or are young carers or refugees...you can apply for a YouMove card. To find out more or apply, contact your local Activator today:-

Oxford City - Ben 07485 311346

Cherwell - Harry—01295 221980


West Oxfordshire - Nicole 01993 861570

Vale of White Horse - Marc 07801 203571

South Oxfordshire - Kayleigh 07717 225679

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



Free Audiobooks for kids

who struggle to read as a result of:


- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions

Free Audiobooks for under 25s

who struggle to read as a result of:

- Visual impairment
- Dyslexia
- ADHD
- Autism
- And other physical or neurological conditions



Calibre Audio is a charity registered in England and Wales (286614) and Scotland (SC051461).



Calibre Audio offers a lifetime of free audiobooks for those under 25 who struggle with reading printed materials.

BENEFITS OF AUDIOBOOKS:

- Improve reading and comprehension skills
- Boost confidence
- Increase enjoyment in reading
- Support emotional intelligence and mental wellbeing
- Develop a life-long love of reading

MEMBERSHIP INCLUDES:

- Free and unlimited access to thousands of new and classic titles
- Educational texts covering Key Stage 1-4, GCSE and A-Level
- Listen anywhere via download, streaming and Alexa
- New titles added every week



calibreaudio.org.uk



Calibre Audio is a charity registered in England, Wales (286614) and Scotland (SC051461)

National charity, **Calibre Audio** offer free audiobook memberships to children and young adults (0-25 years) with SEND giving them unlimited access to over 18,000 titles. We believe that everyone deserves to enjoy a good book, but we know not everyone enjoys reading, and our audiobook service aims to make books accessible to all.

The charity is on a mission to encourage as many eligible young people as possible to join and use audiobooks to support their education and relaxation. The collection is full of leading contemporary children's authors, including Michael Morpurgo, Jacqueline Wilson, J.K Rowling, Malorie Blackman, David Walliams, Phillip Pullman – as well as classics. Calibre also ensures titles that support the GCSE, A Level and PSHE national curriculum are available.

Calibre Audio supports anyone with a print disability, that is any special educational need, health condition or disability that impacts on the ability to read print. No referral is needed, and no medical evidence is required to create a membership. Find out more about membership by visiting <https://www.calibreaudio.org.uk/> or calling Membership Services on 01296 432339.

Short Breaks Update for Families with Disabled Children and Young People

Open for input
until 2026



Care on the move

How can we better understand everyday journeys for children with SEND?

Are you a family in Oxford or Swindon with children aged 4-11 who have special educational needs or disabilities (SEND)?

Take part in this new research project and help us shape the conversation.

Choose your preferred involvement from:

- Interview
- Keeping a diary
- Group workshop

[Find out More](#)

Contact:
careonthemove@ouce.ox.ac.uk
07874 944 294

Research approved by the University of Oxford Central University Research Ethics Committee (Reference no RB3467/RE001)



Economic and Social Research Council

Please contact careonthemove@ouce.ox.ac.uk if you would like more information or wish to participate.

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



CUREC Ethics Approval REF: R90304/RE001

Project Title: Strengths in Autistic Children and Young People (CYP)

Version 1.0 Mar 2024

ARE YOU A YOUNG PERSON AGED 12 TO 15?

CAN YOU TELL US WHAT YOU ENJOY
AND WHAT IS IMPORTANT TO YOU?

We are looking for AUTISTIC YOUNG PEOPLE to help us learn about
strengths in autism!

You will have two conversations with us (online or in person at Uni of Oxford) where we:

- Complete a questionnaire together about your strengths and you can tell us if the questions make sense (up to 90 min)
- Explore together how you will use your strengths in everyday life (up to 60 min)

You will receive a voucher to thank you for taking part!

WATCH VIDEO ABOUT
THE STUDY HERE



Any Questions?

Email Dr. Jiedi Lei

jiedi.lei@psych.ox.ac.uk

REGISTER
HERE



<https://t.ly/A5Kfw>

Questions? Email Dr Jiedi Lei at - jiedi.lei@psych.ox.ac.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

AUTISTIC PEOPLE'S SCHOOLING & MENTAL HEALTH



What is it about?

We aim to better understand how **different types of schooling**, specifically mainstream versus special schools, affect the **mental health outcomes** of autistic people

Who can participate?

We are looking for people who:

- Are autistic (clinically or self diagnosed)
- Are 18 years or older
- Have gone to school in the UK

Chance to win a £10 voucher!

What's involved?

15-20 min online survey

Join the study!

Scan the barcode to join the study!

Email us at a.a.tambawala@sms.ed.ac.uk with any questions



THE UNIVERSITY of EDINBURGH
School of Philosophy, Psychology
and Language Sciences

Questions? Email us at - a.a.tambawala@sms.ed.ac.uk

Lifeskills Programme at Thomley - join now!

Thomley and New Meaning run a post 16 provision for those with an EHCP. The course is designed to offer basic lifeskills development plus a qualification of varying levels. This is an opportunity for those who are not in education or not ready for a working environment. The classroom is based at Thomley and the students will engage in various work experience and learning based activities on Thomley's main site.



The course is run for a half day on a Wednesday, full day on a Thursday and full day on a Friday in term time. The course is led by an experienced Lead Tutor and Teaching Assistants. The course type and qualifications that can be achieved are below:

Achieve Entry level 1-3

Each entry level qualification is available at three sub-levels - 1, 2 and 3. Entry level 3 being the most difficult.

Qualifications include:

- Entry level award / diploma / certificate
- Entry level essential skills / functional skills
- Skills for life

Boost Level 1

Qualifications include:

- Level one award
- Level one diploma
- Level one certificate
- Level one ESOL
- Level one essential skills / functional skills
- Level one NVQ
- Music grades 1, 2 & 3

Boost Level 2

Qualifications include:

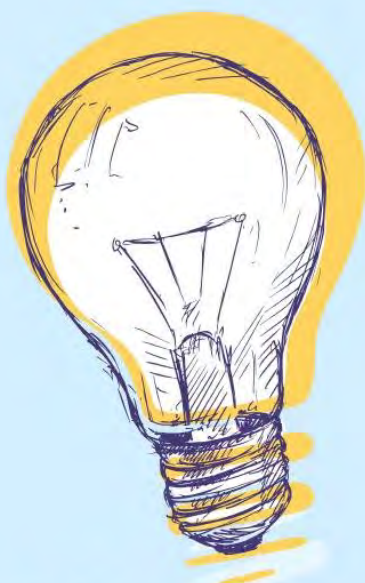
- CSE grade 1
- Intermediate apprenticeship
- Level 2 award / certificate / diploma / essential skills / functional skills / national certificate / national diploma / NVQ
- Music grades 4 and 5

Please get in touch if you are interested in joining the course for the 2025/2026 academic year. Now is the time to apply so that there is plenty of time to get you enrolled on the course. Please contact us ASAP to register your interest, by contacting our Chief Executive Joe Kitchen: joekitchen@thomley.org.uk

For more info, contact Joe Kitchen: joekitchen@thomley.org.uk

PDA for parents & carers

2nd & 9th June, 6.45pm - 9.30pm



We'll cover...

- What is PDA?
- What are demands?
- Helpful approaches
- Diagnosis
- Education
- Siblings

Live online

Our two-part online course is here to support parents, carers, and family members of PDAers and explore tailored approaches that work best for them. To book:-

<https://www.eventbrite.com/.../pda-for-parents-and-carers...>

This course offers a welcoming and flexible environment where you can participate however feels right - whether that's chatting, asking questions, or simply listening with your camera off.

Can't make this date? Check our website for additional sessions.

For any questions about the training, please contact us:-

training.support@pdasociety.org.uk

Short Breaks Update for Families with Disabled Children and Young People



The poster features a purple background with yellow and white text. At the top left, there are two small photos: one of a group of children sitting on a colorful mat in a room, and another of a woman and two children making hand signs. To the right of these is the 'simply Sign BSL' logo, which includes an illustration of two people signing. Further right is a photo of hands forming the letters 'B', 'S', and 'L'. The main title 'British Sign Language for Children aged 5-11 yrs' is in large, bold, yellow letters. Below the title, a pink starburst contains the price '£45'. A yellow rounded rectangle contains the text: 'JOIN US AT SIMPLY SIGN BSL FOR A 4 WEEK WORKSHOP FOR CHILDREN COVERING TOPICS SUCH AS GREETINGS, EMOTIONS, FAMILY AND SO MUCH MORE!'. Below this, the location 'Kingsmere Community Centre - Bicester' and time '4.45-5.30pm' are listed, followed by the dates 'Wednesday 4th, 11th, 18th, 25th June'. Contact information includes 'For more information contact us today!', 'Email: simplysignbsl@gmail.com', and 'Call/Whatsapp: 07825 737 284'. At the bottom left is a photo of two women, and at the bottom right is an illustration of a man making a hand sign.

British Sign Language for Children aged 5-11 yrs

£45

JOIN US AT SIMPLY SIGN BSL FOR A 4 WEEK WORKSHOP FOR CHILDREN COVERING TOPICS SUCH AS GREETINGS, EMOTIONS, FAMILY AND SO MUCH MORE!

Location: Kingsmere Community Centre - Bicester
4.45-5.30pm
Wednesday 4th, 11th, 18th, 25th June

For more information contact us today!
Email: simplysignbsl@gmail.com
Call/Whatsapp: 07825 737 284

Simply Sign BSL (<https://www.facebook.com/SimplySignBSL>) are running a British Sign Language workshop over 4 weekly sessions in Bicester. They also run adult courses. Please contact them direct for more information:-

Email - simplysignbsl@gmail.com

Call or WhatsApp - 07825 737 284

Short Breaks Update for Families with Disabled Children and Young People



A Short Course for Parents and Carers of Children and Young People with SEND Support Needs

We will be exploring how to look after our own wellbeing, whilst supporting our child with Special Educational Needs and or Disabilities

This four-week course is running at our Witney Mind Hub, each Wednesday between 10am and 1pm

From 11th June to 2nd July

Please note we are unable to provide childcare facilities

A 30 min Options Appointment with a wellbeing worker, is needed **before** you book onto the Course

Contact our information team:

To book an Options appointment and request a place on the course.

Call: 01865 247788 – 9.30-4.30 Mon-Thurs / 9.30-4pm Fri

Email: info@oxfordshiremind.org.uk

Text: 07451 277973



oxfordshiremind.org.uk

Registered Charity Number: 261476

For book an Options Appointment & request a place, call 01865 247788 or email info@oxfordshiremind.org.uk or text 07451 277973.

Short Breaks Update for Families with Disabled Children and Young People

With Andrew from
the CAB



'Navigating DLA and PIP'

Date: 11th June 2025 **Time:** 12.30pm - 1.30pm **Location:** On Zoom

To register, you will need to have a referral with us.
If you haven't made one, visit our website to complete it.

citizens
advice

To request a link for this session, please email advice@afso.org.uk

www.afso.org.uk

With Pauline from the
Short Breaks Team



'Introducing Short Breaks: "Out-of-School" Activities and More in Oxfordshire'

Date: 19th June 2025 **Time:** 12.00pm - 1.30pm **Location:** On Zoom

To register, you will need to have a referral with us.
If you haven't made one, visit our website to complete it.

To request a link for this session, please email advice@afso.org.uk

www.afso.org.uk

If you have already made a referral to us, please email us for the Zoom link - advice@afso.org.uk If you have not made a referral but would like to attend our future Q&As, please make a referral using the forms on our website - www.afso.org.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



Microsoft Excel Refresher

This course is ideal for those with some Excel knowledge who are looking to refresh their skills and start to use some of the additional elements of Excel in a practical, hands-on session. You will need to bring a laptop and mouse to the session.

Wednesday 5th June (3 hours). 9.30am - 12.30pm; £40-£70.

Emergency First Aid at Work

The Emergency First Aid at Work course meets the requirements of the HSE (Health and Safety Executive) and is nationally recognised, designed for those who have a specific responsibility at work to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities.

During this 1-day course, learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds and bleeding and minor injuries.

Wednesday 11th June (7 hours). 9.30am - 4.30pm; £75 - £105.

Volunteering Good Practice & the Law

An essential session for those responsible for managing volunteers. This informative and engaging workshop will highlight - Key areas to be aware of regarding legal issues; Good practice in volunteering; Tips to make sure you are adhering to your responsibilities in protecting volunteer's rights.

Wednesday 2nd July (3 hours). 10am - 1pm; £40 - £70.

Creating your EDI Action Plan - Well Intentioned to Well Executed (* on Zoom *)

The Well Intentioned to Well Executed virtual workshop primes organisations to take meaningful action towards building an anti-oppressive and inclusive workplace culture.

The workshop has 3 main focus areas - A general refresher on language, frameworks and skills; A mini assessment for where your organisation stands with their EDI efforts; Building a personalised toolkit for your EDI strategy/rights.

Thursday 10th July (3.5 hours). 1pm - 4.30pm; £75 - £105.

Recruiting & Retaining Volunteers

Volunteer recruitment is a constant challenge for many organisations. This interactive workshop will:- Reflect on your current recruitment methods for volunteers; Explore the volunteer journey; Critique current volunteer recruitment campaigns to discover new ways of working.

Wednesday 16th July (3 hours). 10am - 1pm; £40 - £70.

Please note - unless specified otherwise, these courses will run in-person at The Source, located next door to OCVA's offices in Oxford.

More information and bookings taken on the OCVA website - [OCVA - current courses](https://www.ocva.org.uk/current-courses)
training@ocva.org.uk or call 01865 251946

Short Breaks Update for Families with Disabled Children and Young People

For teachers & educators...

Online workshop



For teachers: Supporting autistic students with a PDA profile

Pathological Demand Avoidance (PDA) is an autistic profile characterised by extreme anxiety in response to everyday expectations, whether external or self-imposed. Students with a PDA profile often use creative and complex strategies to avoid demands as a way to manage their anxiety.

Designed for teachers, this workshop blends professional expertise and lived experience to deepen understanding of PDA. Gain practical, classroom-focused strategies to create a flexible, supportive learning environment tailored to autistic students with a PDA profile.

Wednesday 15th October 4pm-7pm

£28 per person (+ booking fee)

Tickets available from Eventbrite

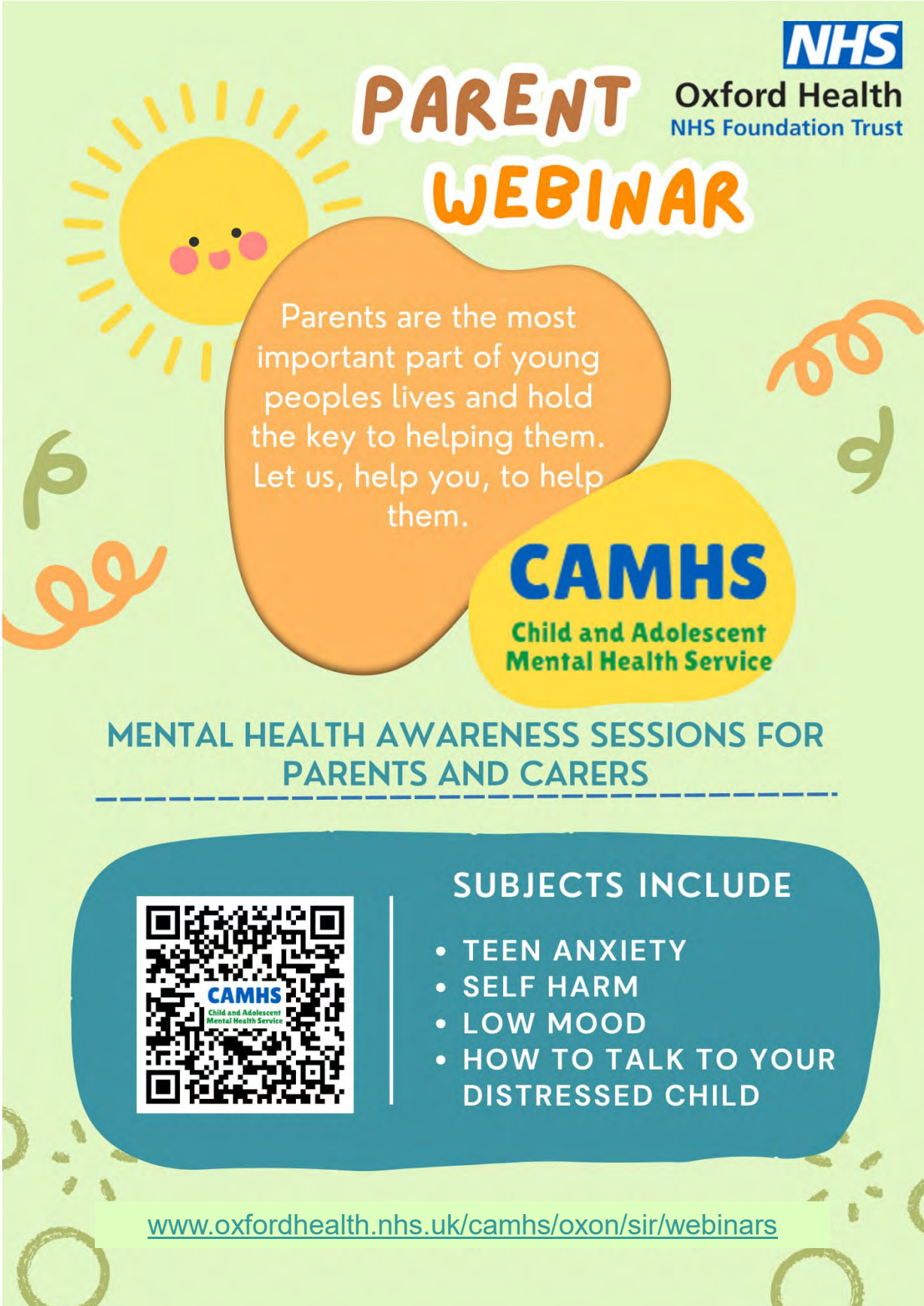
** Please note: Due to the privacy of the attendees, this event will **NOT** be recorded.*

Led by professionals with both expertise and lived experience, this workshop will equip you with valuable insights, tools, and techniques. For privacy and confidentiality reasons, these events will NOT be recorded. Sessions will be held on Microsoft Teams.

Spaces are limited - secure your spot now!

<https://www.eventbrite.co.uk/o/autism-oxford-uk-32230677417>

Short Breaks Update for Families with Disabled Children and Young People



NHS
Oxford Health
NHS Foundation Trust

PARENT WEBINAR


Parents are the most important part of young people's lives and hold the key to helping them. Let us help you, to help them.

CAMHS
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

SUBJECTS INCLUDE

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD


CAMHS
Child and Adolescent Mental Health Service

www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars

Short Breaks Update for Families with Disabled Children and Young People



Online Course and Live Workshop



Embracing Autism is an online 8 week course for parents of recently diagnosed children of any age including teens. It covers all the information you will need, to understand and support your child in the early weeks and months after diagnosis.

Coping and Behaviour at School and Home
Sensory Processing (including Eating)
Social Communication and Interaction
Anxiety & Stress
Sensory and Emotional Regulation

Register here: <https://courses.theyarethefuture.co.uk/embracing-autism-parent-course>

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Don't worry if the course has already started - you can easily catch up.

In the final (8th) week we invite you to attend a Live Online Workshop on Zoom. The course is an exciting collaboration between Everlief and other autism professionals:

Dr Lucy Russell, Clinical Psychologist, Everlief
Dr Marcelina Watkinson, Clinical Psychologist, Everlief
Dr Cassie Coleman, Consultant Community Paediatrician, www.drcassie.co.uk
Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd
Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy

To register, please go to our website - [Embracing Autism Online Course](#)

Short Breaks Update for Families with Disabled Children and Young People



An overview of each Level

Makaton Level 1 Workshop

- Level 1
- What is the Makaton Language Programme
- Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
- Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
- Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
- **Finger Spelling**
- Tips for effective signing
- Makaton's place in the Signing World
- Three formal levels of Makaton Use
- Multi-Modal Communication
- Signing for Comprehension and Expression
- How are Makaton Symbols used?
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 2 Workshop

- Level 2
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
- Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
- Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
- Research Support for Signs and Symbol Use
- Makaton Symbols Design Themes
- Teaching Procedures
- Signing for Comprehension and Expression
- Practical Applications of Makaton
- Sequencing Events
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 3 Workshop

- Level 3
- Revision of signs and symbols from Levels 1 & 2
- Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
- Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
- Conveying meaning accurately by choosing the right signs & symbols
- Talking about people
- Signing for Comprehension and Expression
- Talking about possession
- Analysing Sign production
- Using Signs and Symbols; developing techniques, position, movement & direction

Makaton Level 4 Workshop

- Level 4
- Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
- Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
- **Additional IT** signs and symbols.
- Time concepts
- Keeping things simple (core)
- Interpreting and Translating more detailed information
- The power of Symbols
- Integrating and extending personal Signing and Symbol skills
- Using Signs and Symbols; developing techniques, position, movement & direction

Contact: LibbyMakatonTutor@gmail.com <https://www.ticketsource.co.uk/hands-aloud>



@HandsAloudMakaton



@HandsAloudMakaton



@Hands Aloud Makaton



@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People


Charity no: 1171446 aspens.org.uk


Autism Central
For parents and carers

Autism Central is here to help!

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Help you navigate to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

Request for Support by scanning the QR code or emailing autismcentralsoutheast@aspens.org.uk



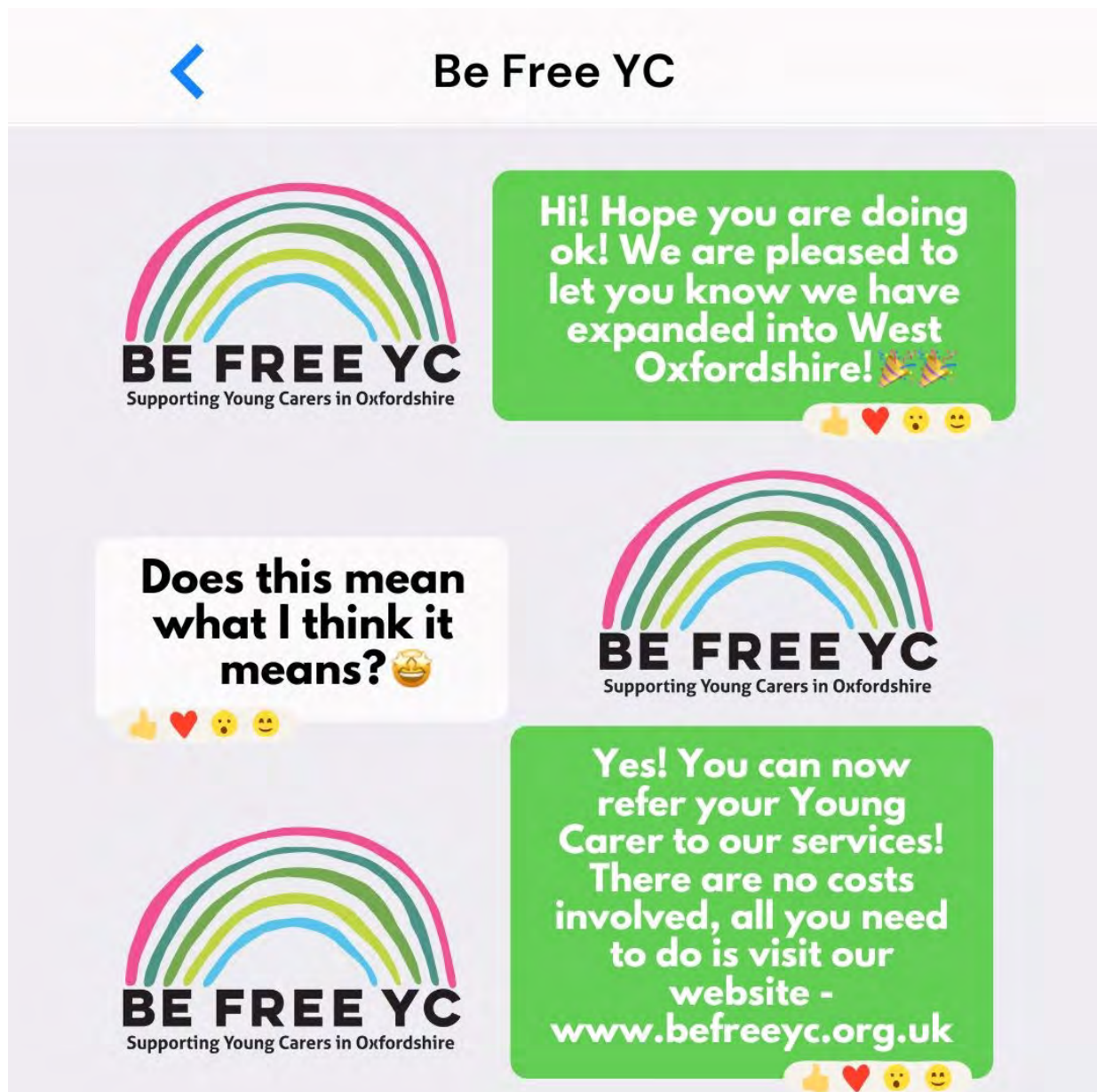


The project is run by leading not-for-profit organisations, supporting families and autistic people and has been commissioned by Health Education England. It has been set up to help parents/carers access information they can trust, all in one place. Our resources have been developed together with autistic people, parents and carers and subject matter experts, and follow the most recent research and guidance. Families do not need to have a diagnosis to access support through us.

Scan the QR code above or email us—autismcentralsoutheast@aspens.org.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



Be Free Young Carers supports young people aged between 8-17 years old, with caring responsibilities. We offer FREE respite trips in the school holidays to theme parks and trampoline parks as well as many other exciting places. We also provide a bespoke befriending service, 121 emotional support, counselling and more! Do you know a young carer? Do you think our services can help you and your family? To register a young carer in West Oxfordshire, please head over to our website and fill out a referral form - <https://befreeyc.org.uk/>

Need more info? Contact our West Oxfordshire YC Youth Workers Carly & Tabitha at westox@befreeyc.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Support service for over 18s...

WHO WE ARE

Arise Youth Support is a specialist provider supporting young people 18+ who have been diagnosed with learning disabilities, physical disabilities, and/or Autism Spectrum, to achieve the best outcomes and independence whilst living in their own homes or community-based support.

Our focus is on working with young people who are transitioning into adulthood. Promoting independence, encouraging self-awareness, and building confidence.



WE PROVIDE

care and support
personal care
meal prep
medication
social activities
overnight care
24 live in care
respite care



ACCREDITATIONS



ADDRESS

F111 CHERWELL BUSINESS VILLAGE
SOUTHAM ROAD
BANBURY
OXFORDSHIRE
OX16 2SP

EMAIL

INFO@ARISEYOUTHSUPPORT.ORG

OFFICE LINE

+44 1865 956285

**ARISE
YOUTH
SUPPORT**
CULTIVATING HAPPINESS

Please contact Arise Youth Support direct if you're interested in finding out more about their service - info@ariseyouthsupport.org or visit their website - What we do – ariseyouthsupport.org

Short Breaks Update for Families with Disabled Children and Young People



**Hi,
I'm Emma Polin.**

**I am your community connector
for the National Deaf Children's
Society in Oxfordshire.**

**I'm here for you – offering support,
sharing my experience, and helping
you access local resources and
services, including those from the
National Deaf Children's Society,
while also connecting you with
other parents and deaf children in
your community.**

As a parent of a deaf child myself,
I know how important it is to have the
right support and people around you.

Our connection is on your terms – at
your pace, in the way that works best
for you. Whenever you need support,
I'm here, and I look forward to
connecting with you.

Email address:
Emma.Polin@ndcs.org.uk

Phone number:
07974363483



For more information, please contact Emma on emma.polin@ndcs.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Speech and Language Therapy with Lesley

Creating confident communicators, one child at a time

Every child is unique. I am dedicated to providing personalised and compassionate speech and language therapy for children aged 3-11 years.

**Serving private clients
in North Hampshire and
Oxfordshire**

Offering support for children
who:

- have speech sound difficulties
- need help understanding spoken language
- struggle to follow instructions
- have limited vocabulary

Take a look at my website for
further information:

www.sltwithlesley.co.uk

Contact me to discuss your child on:

07702 490377 or via email:

sltwithlesley@gmail.com

Lesley offers bespoke, tailored speech and language support service for 3-11 year olds in Oxfordshire and North Hampshire.

For more information, please go to the website -
<https://sltwithlesley.co.uk/> or contact Lesley via
Facebook - <https://www.facebook.com/sltwithlesley>

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



AT HOME SENSORY SESSIONS - WITH SOPHIE



WHAT IS THIS SERVICE?

A UNIQUE AND INDEPENDENT HOME MASSAGE THERAPY AND SENSORY INTEGRATION SERVICE FOR CHILDREN WITH SEND. COVERING AREAS IN WOKINGHAM, WEST BERKS, HAMPSHIRE AND OXFORDSHIRE.



MEET SOPHIE



Hi! I'm Sophie.

I left school and started a Massage Therapy Apprenticeship at Reading Borough Council. Fast forward to now, I have worked as a Massage and Sensory Therapist, and with children and young people with SEND for over 10 years. This is my first and only job!

I have a Level 3 NVQ, Diploma in Massage, Anatomy and Physiology and have a fully enhanced DBS check.

WHAT DOES THIS SERVICE OFFER?

- Massage and sensory therapy sessions for children and young people with SEND within their family home.
- Support and advice to parents/carers regarding sensory regulation techniques and opportunities to learn massage techniques to support your child day to day.

WHO WOULD BENEFIT?



- Does your child have a diagnosed or undiagnosed special educational need?
- Does your child benefit from deep pressure?
- Does your child seek touch/tactile input?
- Does your child display sensory needs?
- Does your child need dedicated calming time after school, at the weekend or during holidays?



HOW TO FIND OUT MORE AND MAKE CONTACT



Please search for my Facebook page below to find out more information and to get in touch!



WHAT ARE THE BENEFITS?

- HELPS TO IMPROVE QUALITY OF SLEEP
- HELPS TO REGULATE SENSORY NEEDS AND PROVIDES SENSORY INPUT
- THE OPPORTUNITY TO LEARN SELF-REGULATION TECHNIQUES TO SUPPORT EMOTIONAL WELL-BEING
- THE OPPORTUNITY FOR DEDICATED CALMING AND RELAXATION TIME
- HELPS TO IMPROVES MOTOR, BALANCE AND CO-ORDINATION SKILLS



AT HOME SENSORY SESSIONS - WITH SOPHIE



sensoryandmassagetherapy@hotmail.com OR [Facebook - At Home Sensory sessions](#)

Short Breaks Update for Families with Disabled Children and Young People



Delia the OT

Advanced Sensory Integration Practitioner



Occupational Therapy (OT) helps children to engage with their daily activities, develop their skills and build their independence.

OT can help with:

- Fine Motor Skills: pencil control, handwriting, scissor skills
- Posture and gross motor skills
- Sensory regulation: supporting attention, concentration and accessing learning
- Sensory processing, recognising sensory needs and strategies
- Supporting body awareness and skill development
- Motor Planning: learning new skills, coming up with ideas, sequencing and problem-solving
- Sleep: supporting getting to sleep and reducing night wakings using routines and strategies
- Daily skills: meal time strategies, toileting, self care, dressing, buttons, zips and tying shoes



OT CAN BENEFIT:

- Classroom Routines
- Self Confidence
- Independence
- Teacher Knowledge
- Access to Learning
- Academic Success



07737 336723

deliatheotoxford@gmail.com

Contact Delia on - deliatheotoxford@gmail.com or 07737 336723

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



LIVING WELL WITH NEURODIVERGENCE

<https://onhs.autismoxford.com/>



- Do you live in Oxfordshire?
- Are you open to or waiting for a CAMHS Service?
- Do you think your young person is autistic and/or ADHD or have they recently received a diagnosis?

If yes to the above, then this is the service for you and your young person.



Brief 1:1 Advice sessions with one of our team



Workshops for parents



Just for Us peer group for young people



Workshops for young people



Essentials for young People



Parent Support Groups

If you would like to book a session, please complete an enquiry form through the 'Living Well with Neurodivergence' section on our website <https://onhs.autismoxford.com/> or alternatively, contact us at youngpeoplesupport@autismoxford.org.uk