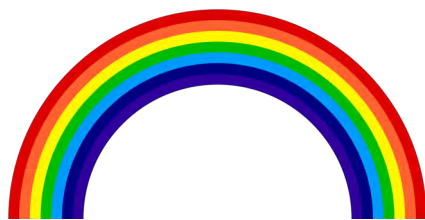


Short Breaks Update for Families with Disabled Children and Young People



PARENT CARER SUPPORT GROUPS Oxfordshire

**** Please check in with groups direct to ensure that they're running before you try to attend ****



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

Banbury



SEN Support Group Banbury.

About us

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

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

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

Sessions are held every other week on a Monday. We'll be at Cromwell Lodge Hotel on **1st & 15th July**.

Please do come along...everyone is welcome.

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

Short Breaks Update for Families with Disabled Children and Young People

Banbury

The Hill

Saturday

4th May - 8th June - 13th July

DAD-URDAY

Dad's Support Group

11:00 - 1:00pm

Looking for a safe space to spend some time with your 0-16 year old children on a Saturday morning?

- Recieve support and advice
- Games & Activities
- Refreshments

Please note: your children remain your responsibility throughout the session



THEHILLBANBURY.COM

Not a SEND-specific group but a new dad's support group starting up at The Hill in Banbury.

Being a dad can be both an incredible and overwhelming experience, and it's so important to have a community of support around you. Whether you're looking to share parenting tips, discuss the joys and challenges of fatherhood, or simply connect with other dads in the local community, this group is for you!

Come along to receive FREE support and advice, while getting to spend some quality time with your children in a safe space! Light refreshments will be available.

Please note:- your children will remain your responsibility throughout the session.

Short Breaks Update for Families with Disabled Children and Young People

Bicester

Can you help?

BICESTER AUTISM

Donations

Donations are gratefully received via:
www.justgiving.com/bicesterautism

If you or your company feel you would like to donate items or fundraise please get in contact

Volunteering

We would love to hear from anyone interested in volunteering to help us pursue our projects in supporting families in the Bicester area



Registered Charity Number 1205059

Contact Us



bicesterautism@gmail.com



www.bicesterautismadhd.co.uk



www.facebook.com/bicesterautism

we also have a closed fb group you can find details for this on above



[bicesterautism](https://www.instagram.com/bicesterautism)



BICESTER AUTISM



Parents Supporting Parents

Parents Views

Being able to attend an activity or gathering with my child without feeling uncomfortable or judged or looked down upon with friendly people who are caring and supportive and very understanding and non judgmental.

Tips and advice which I have taken from the chat sessions I have attended to help advocate for my child.

I appreciate the support that has now empowered myself in meetings

I love the coffee and chats it really helps to talk to people who understand and share experiences

I am incredibly thankful for this group with the information you provide and events you put on

It's been helpful to hear others experiences and to find some solidarity

I have made invaluable friendships, great helpful advice



Join Us For Weekly Coffee & Chats

Training Sessions

Monthly Pub Socials

Professional Speakers

Parent Socials

Information Sharing

Magical Mind Family Activity Sessions

Closed Facebook Page

Teen Sessions

Holiday Activities

Workshops

Day Trips

& So Much More.....

BICESTER AUTISM

is a local charity dedicated to supporting parents and carers of autistic children, those with ADHD and other neurodiverse conditions

Our focus is on providing a safe and supportive environment, which enables parents and carers to share experiences and knowledge, to be able to signpost, empower and inspire others, whilst being prepared to listen, laugh and cry together to encourage and support one another along with building friendships along the way

Run entirely by volunteers who all have autistic children of their own.

We support families within Bicester & surrounding area

We are open to all parents and carers of children with neurodiverse traits, with or without a diagnosis

Don't hesitate, join our closed fb group today or pop along to one of our events

we look forward to welcoming you and your family.

Contact us!

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

www.facebook.com/bicesterautism

Short Breaks Update for Families with Disabled Children and Young People

Kidlington

New!

Parent Support Group

A peer support group for parents of teens that have additional needs and/or mental health concerns.

This is a parent-focussed group, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your teen.



When? Tuesdays 6-7.30pm
Starting Spring 2024

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

Cost? Free!

Empowering parents through shared experience and professional support

If this sounds like the group for you, please get in touch with Felicity on **07821 542182**
Alternatively email felicityscroggie@gmail.com and leave your name and number for a call back

For more information, please contact Felicity on:-

felicityscroggie@gmail.com

(leave your name and number for a call back)

Short Breaks Update for Families with Disabled Children and Young People



Neurodiverse Natters Chinnor

Neurodiverse Natters is a group ran by parents of ND Children offering support and information to other ND parents/carers.

Coffee and a chat	Parent support
Child activity Sessions	Workshops
Informative talks	Specialist help
Friendship	Information sharing

Join us for a coffee and a chat

Chinnor Pavilion??? - Thursday 4th July

4pm-6pm??

Meetings will be held fortnightly on Thursdays

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

Email us at NeurodiverseNatters@outlook.com
for more information or follow us on Facebook
[@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

For more info - NeurodiverseNatters@outlook.com or follow us on
Facebook - [@NeurodiverseNatters](https://www.facebook.com/NeurodiverseNatters)

Short Breaks Update for Families with Disabled Children and Young People

Oxford

EVERY TUESDAY
9.30-12.30

Parent Power

COFFEE MORNING

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



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

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

Food bank available for attendees



For more info, please contact:-

Karrisa - karrisa@oxfordhub.org
Sophia - jigsawoxford@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Oxford



**HOME
START**
Oxford



SEN Parent Peer Support Group

Tuesdays (fortnightly)

Next sessions - 2nd & 16th July

FREE

2.00-3.00pm

John Henry Newman Academy, Littlemore, OX4 4LS

An opportunity for parents to chat and share their experiences alongside a stay and play session for the children.

**For more information, please email
lucy@homestartoxford.org.uk**



This group runs fortnightly at the John Henry Newman Academy, Littlemore. If you would like any information, please email Lucy - lucy@homestartoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Oxford

WALK AND TALK

A chance to meet other neurodivergent adults, or parents of neurodivergent children.

No pressure - Just turn up, walk and talk.
Being neurodivergent or supporting neurodivergent children can be a challenging and often a isolating journey.

So come get some fresh air, exercise, and share lived experiences to support each other

Every Tuesday
Meet: Sunnymead Park,
OX2 7SX
Time: 5:45pm
Approx 1hr long

Starts 9th April

All abilities welcome.

NEURODIUNIVERSE
WE ARE WHO WE ARE

Whilst on the walk participants are responsible for their own safety and wellbeing. Neurodiuniverse- we are who we are hold no responsibility for individuals. If you are concerned please seek medical advice before 😊

For more information, please contact us on - <https://www.facebook.com/Neurodiuniverse>

Short Breaks Update for Families with Disabled Children and Young People

Oxford



THE DOVECOTE STAY AND PLAY SEND SUPPORT SESSION EVERY THURSDAY 9.30AM TILL 12PM

THE DOVECOTE IS A WELCOMING SPACE WHERE FAMILIES WITH CHILDREN FACING ADDITIONAL NEEDS, WHETHER DIAGNOSED OR NOT, COME TOGETHER. LED BY EXPERIENCED STAFF MEMBERS CAROL, CHARITY, AND SOPHIA, THE ATMOSPHERE IS FILLED WITH WARMTH AND SUPPORT. HOT DRINKS ARE SHARED, AND CHILDREN ARE EMBRACED WITH ENGAGING ACTIVITIES, INCLUDING THE USE OF A DELIGHTFUL SENSORY ROOM. IT'S A HAVEN WHERE FAMILIES CONNECT AND FIND SOLACE IN A NURTURING ENVIRONMENT. DURING OUR SESSIONS, YOU'LL FIND DROP-IN ADVICE, AND IF YOU CHOOSE TO BRING YOUR CHILD SENSORY PLAY AND ACCESS TO BOTH INDOOR AND OUTDOOR PROVISIONS

PLEASE CONTACT CHARITY AT THE DOVECOTE FOR FURTHER ADVICE:
07523848948 OR CHACHADVPC@OUTLOOK.COM



Please contact us on 07523 848948 or chachadvpc@outlook.com.
Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.

Short Breaks Update for Families with Disabled Children and Young People

Oxford



Parent Power Coffee Mornings Every Thursday at TOA

Come and join Karrisa from Oxford Hub offering support to families if needed.



Tea & Coffee provided.

Please contact Karrisa at
karrisa@oxfordhub.org
07903174415



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

Short Breaks Update for Families with Disabled Children and Young People

PARENT POWER



Oxford

Need help or support?



EVERY THURSDAY



09:00 AM - 11:00 AM



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



Learn English Skills



Meet other families
to build parent
power

Please come to main
reception or contact

Kylie@oxfordhub.org
07707918532



For more info, please contact:-

Kylie - kylie@oxfordhub.org or 07707 918532

Short Breaks Update for Families with Disabled Children and Young People

Oxford

SEN COFFEE MORNINGS!

Oxford
Hub

PAP (Parents and Professionals)
Fortnightly Coffee Mornings, mainly aimed at PARENTS of children with SEN (diagnosed/undiagnosed) to get together for a FREE talk presented by a guest speaker. Its a time to relax, refresh, chat, spill the beans, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee.

Coffee Mornings are every other Thursday,
9.30-11am

Come join us!

Location: The Jungle, Templars Square
Shopping Centre



JUNGLE

“
PARENT AND PROFESSIONALS
COFFEE MORNING
CONTACT KYLIE FOR MORE
INFORMATION:
KYLIE@OXFORDHUB.ORG

A joint venture from [Parent Power](#) and [SENTipede](#) - working together to support our families. We meet fortnightly & our next meetings are on 4th* & 18th July.

* NB - 4th July will be held at Blenheim Palace - contact Donna/Kylie at the Oxford Hub if you want to join us.

Please contact Kylie for more info - kylie@oxfordhub.org

Short Breaks Update for Families with Disabled Children and Young People

Oxford

PARENT AND SEN SUPPORT GROUP



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



Cutteslowe Community Centre, OX2 7SX
First and third Fridays of the month.
2-3pm



Library of resources to
Read, view and take copies.



For more information, please contact us on - [https://
www.facebook.com/Neurodiuniverse](https://www.facebook.com/Neurodiuniverse)

Short Breaks Update for Families with Disabled Children and Young People

Online



Walking With You (WWY) is a parent led support group open to anyone caring for children and young people, up to the age of 25, experiencing mental health difficulties. This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

Sessions take place on-line using Microsoft Teams. You can join and leave the session at any point.

Mental Health Professionals from CAMHS will be on-hand to support and answer any questions you may have.

These are the dates we will be meeting July 24 and all sessions are 11am-12pm.

Last session this term...

5th July – topic to be confirmed

If you would like to join any of these sessions or would like information, please contact:

WWYoxon@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email to be contacted by us at WWY.

Please fill out our short survey and let us know what topics you would like to hear!



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

WWYoxon@oxfordhealth.nhs.uk

Short Breaks Update for Families with Disabled Children and Young People

Eynsham



Positive Measure

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

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

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

Page www.facebook.com/positivemeasure
Group www.facebook.com/groups/positivemeasure
Instagram: www.instagram.com/poitive_measure



Baptist Church, Lombard Street, Eynsham, OX29 4HT
Jessie's Art Shed - 9 High Street, Eynsham, OX29 4HA

If you'd like more information, please contact Emma on 07828 888064 or check out their Facebook page.

Short Breaks Update for Families with Disabled Children and Young People



SPACE

Witney

Come join us at SPACE

**Where & When
does
SPACE meet?**

Friday's - Term time only
Time - 10am to 12.30pm
**Upstairs lounge @ ICE Centre,
Langdale Hall Witney OX28
6AB**
Parking in public car park
Wheelchair & pushchair accessible

**Who is
SPACE for?**

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

**A place for parents and
carers to meet, chat and
feel included.**
**To share experiences,
infomation and support
with one another**

**What is
SPACE for?**

Contact Jo on 07875890775

Short Breaks Update for Families with Disabled Children and Young People

Witney

Follow us on
Facebook and
Instagram

chat

**and a
cuppa**

For families supporting children on the autistic spectrum

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

All families welcome, with or
without a diagnosis.

Welcome Church, High St,
Witney OX28 6HL

10am - 12noon

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

For more information, please message us:-
chatandacuppa@yahoo.com

Short Breaks Update for Families with Disabled Children and Young People

Carterton

DROP IN SESSIONS THIS WEEK:

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

**Young people:
4-6pm**

APCAM

Assisting Parents with Children Affected by Mental Health

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

**apcamgroup.org.uk
info@apcamgroup.org.uk**

We usually meet on the above times each week but please do check our info/website before attending as occasionally we need to adjust our session times.

Please do not hesitate to reach out if you need support either via email info@apcamgroup.org.uk or come to our Facebook page - <https://www.facebook.com/apcamgroup>

Short Breaks Update for Families with Disabled Children and Young People

Abingdon



SUPPORT · HELP · INFORMATION · FAMILIES · TOGETHER!
for all those caring for children with SEND

WHO ARE WE?

SHIFT are an informal support group that welcomes parents, carers and extended family members of any child with SEND (with or without a diagnosis)

WHAT DO WE DO?

SHIFT meet together in the Abingdon area for a friendly, supportive chat, offering help and advice to those in need.

WHEN DO WE MEET?

SHIFT meets monthly in person on the 2nd Friday of the month for 'Coffee & Chat' from 10-12 noon.

We also hold online 'Virtual Shift' sessions via Zoom on the third Monday of the month from 8-9.30pm.

For more information visit <https://www.facebook.com/ShiftAbingdon>

SHIFT meets in term time only:-

In person at the Wells Café, Garden Room, Peachcroft Farm, Whites Lane, Abingdon, OX14 2HP between 10.00am and 12.00pm (2nd Friday of the month, term time only)

**** Please email us for further dates in 2024 ****

Online Monday evenings (Zoom) between 8.00pm and 9.30pm (3rd of the month)

**** Please email us for dates in 2024 ****

To join our mailing list, please email info@shift-abingdon.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Abingdon




10:00 to 12:00

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

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

Everybody is welcome.

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

   DyslexiaAbingdon@gmail.com

 **Dyslexia Abingdon** 
The social!

Facebook or Email - DyslexiaAbingdon@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Abingdon...

We work together with children, young people, parents, carers, schools and local organisations and support at home, school or in the local community.

Mental Health Natters

07960 727682

dani@mentalhealthnatters.org

www.mentalhealthnatters.org

We are a dedicated education and therapeutic team with both professional and lived experience of supporting families with additional needs, including mental health.

We offer;

- *1:1 mental health support for children and young people
- *1:1 tuition for children and young people
- *small groups for children and young people
- *parent and carer groups in Abingdon and Wantage
- *Arts Award Bronze sessions



mental health
natters

BECAUSE TALKING MATTERS

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

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

Didcot

SEND BUZZ - Coffee Meet Up

All welcome in child friendly environment, signposting or just a good chatter.



Thursdays 9:30am - 11:30am

Bizzy Bees Cafe, GWP Harwell

This parent support group meets every Thursday morning. For more information, please contact:-

Terez Moore on 07816 586655 - text or WhatsApp.

Short Breaks Update for Families with Disabled Children and Young People

Didcot



SEN Parents Wellbeing Coffee Morning

OXFORD CREATORS
EDUCATION

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

VENUE
Unit 7
Hawksworth Road
Didcot
OX11 7HR

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

Friday 12th July - 10.30am-12.00pm

Wellbeing venue details on website

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

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

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

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

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