

# 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 - [cdsredesign@oxfordshire.gov.uk](mailto:cdsredesign@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 **17th April** (only once this month due to Easter holidays).

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

## Bicester

### Can you help?

#### BICESTER AUTISM

##### Donations

Donations are gratefully received via:  
[www.justgiving.com/bicesterautism](http://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](mailto:bicesterautism@gmail.com)



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



[www.facebook.com/bicesterautism](http://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](mailto:bicesterautism@gmail.com); [www.bicesterautismadhd.co.uk](http://www.bicesterautismadhd.co.uk)

[www.facebook.com/bicesterautism](http://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](mailto:felicityscroggie@gmail.com) and leave your name and number for a call back



**For more information, please contact Felicity on:-**

**[felicityscroggie@gmail.com](mailto:felicityscroggie@gmail.com)**

**(leave your name and number for a call back)**

# 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:-**

**Kerrisa - [kerrisa@oxfordhub.org](mailto:kerrisa@oxfordhub.org)**  
**Sophia - [jigsawoxford@gmail.com](mailto: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 - 15th & 29th April

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](mailto: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](mailto:lucy@homestartoxford.org.uk)

# 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](mailto:chachadvpc@outlook.com).  
Based at The Dovecote, Nightingale Ave, Oxford OX4 7BU.

# 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

Next session are: ~~21st March~~ 18th April and  
2nd May

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...next meetings are 18th April & 2nd May.

Please contact Kylie for more info - [kylie@oxfordhub.org](mailto:kylie@oxfordhub.org)



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

Online

## Stronger together



The chance to connect with like-minded people who have walked in your shoes.

**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 to answer any questions you may have.

These are the topics we will be discussing January – April 2024, all sessions are 11am-12pm:

Next session...

**5<sup>th</sup> April**  
Behaviour that challenges

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.



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

[WWYoxon@oxfordhealth.nhs.uk](mailto:WWYoxon@oxfordhealth.nhs.uk)

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

Eynsham

## Positive Measure

Parent lead support group for parents of children with additional needs

Every Monday

Baptist Church,  
Eynsham

19:30-21:00

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

Suggested donation: £2

Baptist Church, Lombard Street, Eynsham, OX29 4HT

If you'd like more information, please contact Emma on  
07828 888064

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

**Witney**



First Tuesday each month...

## MONTHLY EVENING PARENT GROUP

**2nd April, 7th May, 4th June**

**Parent Clinic 6pm-8pm**

At our new venue!



The Eden Cafe  
6A Wesley Walk  
Witney  
OXON

[info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk)  
[APCAMGROUP.ORG.UK](http://APCAMGROUP.ORG.UK)

Contact us for more info:- [info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk) or go to our website - [www.apcamgroup.org.uk](http://www.apcamgroup.org.uk) or Facebook - <https://www.facebook.com/apcamgroup>

# 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](mailto:chatandacuppa@yahoo.com)

For more information, please message us:-  
[chatandacuppa@yahoo.com](mailto: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](http://apcamgroup.org.uk)  
[info@apcamgroup.org.uk](mailto: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](mailto: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: [shift-abingdon.org.uk](http://shift-abingdon.org.uk)

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)

**19th April, 10th May & 14th June 2024**

**Online** Monday evenings (Zoom) between 8.00pm and 9.30pm (3<sup>rd</sup> of the month)

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

To join our mailing list, please email  
[info@shift-abingdon.org.uk](mailto: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](mailto:DyslexiaAbingdon@gmail.com)

 **Dyslexia Abingdon**   
The social!

Facebook or Email - [DyslexiaAbingdon@gmail.com](mailto: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](mailto:dani@mentalhealthnatters.org)

[www.mentalhealthnatters.org](http://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](mailto: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)

**26th April 10.30-12:00**

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 session. Open to all parents in the SEN community. We look forward to seeing you!

To book your ticket and for further details click this link:-

<https://www.eventbrite.co.uk/.../wellbeing-session-sen...>