

PARENT CARER SUPPORT GROUPS

Oxfordshire

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



Banbury



SEN Support Group Banbury.

About us

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

Find us on Facebook: SEN Support Group Banbury or message me on O7432003645

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

Sessions are held every other week on a Monday. 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

Bicester

Can you help?

BICESTER AUTISM

Donations

Donations are gratefully received

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 intrested 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



Parents Supporting **Parents**

Parents Views

Being able to attend an activity or gathering with incredibily 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.

appreciate the support that has w empowered self in meetings thankful for this group with the information you provide you put on

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

> I have made invaluable friendships, great helpful advice

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

Join Us For

Weekly Coffee & Chats

Training Sessions

Monthly Pub Socials

Profesional 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 neuridiverse conditions

Our focus is on providing a safe and supportive enviroment, 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 diagnosi

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

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)

Oxford



For more info, please contact:-

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









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



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



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 <a href="mailto:chackground-color: chackground-color: chackground-chackground-color: chackground-chac



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

JUNG LE

PARENT AND PROFESSIONALS

COFFEE MORNING

CONTACT KYLIE FOR MORE

INFORMATION:

KYLIE@OXFORDHUB.ORG

A joint venture from <u>Parent Power</u> and <u>SENtipede</u> - 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



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...

5th April Behaviour that challenges

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

WWYoxon@oxfordhealth.nhsuk

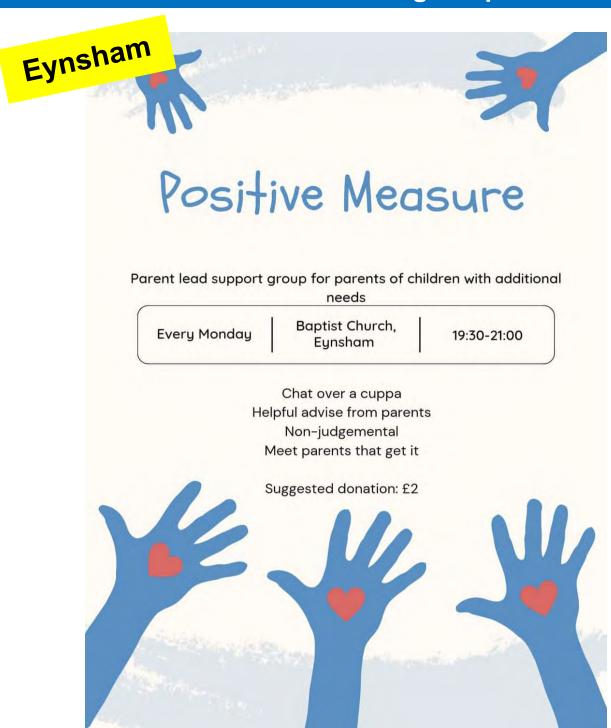
Please confirm that you consent to the use of your email.





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

WWYoxon@oxfordhealth.nhs.uk



Baptist Church, Lombard Street, Eynsham, OX29 4HT

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

Witney

Eden

Café



First Tuesday each month...

MONTHLY EVENING PARENT GROUP

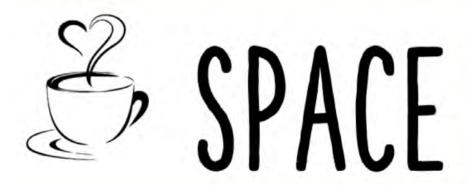
2nd April, 7th May, 4th June
Parent Clinic 6pm-8pm

At our new venue!

The Eden Cafe 6A Wesley Walk Witney OXON

info@apcamgroup.org.uk APCAMGROUP.ORG.UK

Contact us for more info:- info@apcamgroup.org.uk or go to our website - www.apcamgroup.org.uk or Facebook - https://www.facebook.com/apcamgroup



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



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



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





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

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 (3rd of the month)

** Please email us for dates in 2024 **

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



Facebook or Email - DyslexiaAbingdon@gmail.com

Abingdon...

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

Mental Health Natters

07960 727682 dani@mentalhealthenatters.org www.mentalhealthnatters.org

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

We offer;

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



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

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

Didcot

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.



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...