Welcome to the July Short Breaks Update.

We trust that you are all still keeping safe and well. With the situation ongoing, our newsletter remains a little different again this month but we hope you will find the information useful.

Please share it electronically with your friends, families and colleagues.

In this edition, we have a pre-school aged online dance class opportunity, a virtual music festival, Q&A session, camping at Thomley, facemask exemptions & Frozen Light have a new podcast.

Do refer back to the links in the May & June editions for activity ideas etc (www.oxfordshire.gov.uk/shortbreaks). We will also add any new info to our Facebook group page (Oxfordshire SEND Families Together) as and when we know about them.

Contact details:-
Danny Hearn - 01865 323780; Email - cdsredesign@oxfordshire.gov.uk

** If you’d like to receive these newsletters, please email us! **
All of our commissioned providers are hoping to be able to offer some activities to families in the upcoming holidays and are already planning ahead. We are waiting on some further clarification from central government but we are hopeful that activities/holiday playschemes will be able to run.

However, the offer from our commissioned providers will be on a greatly reduced level than that which they would normally be able to offer. Due to the stricter guidelines that have to be in place, we are asking families to only use one provider as this will free up potential space and enable more children/young people to safely attend an activity in the holidays. Providers are likely to be able to offer one session per week and where possible, on the same day of the week across the holidays to enable “bubbles” of children/young people to be in operation.

If you are interested in using one of the commissioned providers, please do contact them direct to find out more and to express your interest.

All the commissioned providers are listed on our Short Breaks webpage - [www.oxfordshire.gov.uk/shortbreaks](http://www.oxfordshire.gov.uk/shortbreaks)
Although based in Lancashire, thanks to Zoom anyone can join DanceSyndrome for their inclusive online dance classes! Dancing is for everyone, whatever your age or ability. Join DanceSyndrome’s Everybody Dance session - a pre-school aged dance classes delivered online via Zoom! [This session is specifically for young children, typically pre-school age. If you are looking for a session for adults please check out www.dancesyndrome.co.uk/events for more information.]

Everybody Dance is a fun, accessible and inclusive dance and fitness session for infants to get moving and have a good time. The sessions include both upbeat and gentle dance, together with movement to music. Our dancers, both with and without learning disabilities, work alongside each other to offer dance workshops for people with and without learning disabilities.

The 45-minute session is now free thanks to grant funding! We just need to collect some data for funding and safeguarding purposes. Your data will not be shared. For more info & to take part, please go to https://bit.ly/DSinfants and fill in the form. We will email you the meeting log in details. For safeguarding reasons, we ask parents to use the name that appears on your Zoom account rather than your child's name when completing the form.

We look forward to you joining us!
Soundabout was founded in 1995 by John and Sarah Hal, in memory of their son Thomas. This is Thomas’ story - [https://bit.ly/3eLFqyD](https://bit.ly/3eLFqyD).

Every year, Soundabout supporters gather at the beautiful Chalkhouse Green Farm for a special fundraising event. Sadly, due to COVID-19, this event is unable to go ahead so we are moving the festivities online instead! Join us on Sunday 12th July on Facebook for Thomas’ Tea Party – an incredibly special fundraising event featuring amazing musicians and celebrity guests. We can’t wait to join you all for Thomas’ Tea Party to celebrate 25 years of Soundabout.

The festivities will start at 2.00pm with an introduction from award-winning actress Jessica Hynes, who recently starred as Rosie’s mum in the brilliant BBC1 drama *There She Goes*. Live music performances will follow throughout the afternoon until 6pm. Join us by hosting your own socially distanced tea party at home, whilst listening to fantastic music and raising vital funds.

**Thomas’ Tea Party** is free to attend but do consider making a suggested donation of £10 to Soundabout through our Just Giving page ([https://www.justgiving.com/campaign/ThomasTeaParty](https://www.justgiving.com/campaign/ThomasTeaParty)) so that we can continue changing lives through music, for all the Thomas’ of the world. Thank you...

[https://www.facebook.com/SoundaboutUK](https://www.facebook.com/SoundaboutUK)
** Online Q&A session **

SEND Support during COVID-19 and beyond - for those ** without ** an EHCP

Tuesday 16th July 2020 - 12.15pm - 1.30pm

Oxon Family Support Network (OxFSN) & Oxon Parent Carers (OxPCF) are hosting another online interactive session. This session is for parents/carers of children/young people ** without ** an EHC Plan (EHCP) and will be a live online session using Zoom.

To register your place, please book using this Eventbrite link - Q & A session - 16th July. You will receive joining instructions nearer to the event.

If you cannot make the session but have questions around this subject and how this is going to impact your child, please get in contact. All questions will be asked anonymously and we will follow up with a written Q&A sheet.

Please submit your question to the OxPCF team by email via info@oxpcf.org.uk or through FB messenger on the OxPCF Facebook page by the evening of Monday 13th July.
Thomley Camping

Friday 14th August (4:30pm) - Sunday 16th August
Available to book for either or both nights

The Thomley camping experience is a lovely, safe setting to test out camping for the first time, or just enjoy staying with us for longer than usual! Our accessible toilets are open all night and the grounds are secure, which makes it the perfect place for accessible camping.

It is £10 per person per night to camp at Thomley. The cafe will be open for takeaway until 9pm and will re-open at 8am on the following morning, where you can purchase snacks, drinks, dinner and breakfast. There will also be some activities over the weekend, such as archery and fire-pit activities.

There will be social distance, hand-washing and indoor restrictions in place; which are subject to change dependant on government advice.

Please book by calling:
01844 338380
Or by emailing us:
bookings@thomley.org.uk

Please note: No disposable BBQs / fires are allowed and no hot food is to be brought on site by visitors.

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

The Thomley 6 a side
Sunday 30th August 2020
There are a couple of team spaces left in our mens 6 a side tournament. A fun afternoon of football, with activities for the kids and a bbq.

Quiz Night!
Saturday 10th October 2020
Enter a team into the first Thomley Quiz Night. Only £30 per team of 6 to enter, food and bar available on the night too. The bar will also be open!

Thomley Race Night
Saturday 14th November 2020
Book up to 8 people per table and enjoy Thomley’s very first race night! It’s £5 per person, or £10 per person to include a hot food buffet for your table. The bar will also be open!

For any fundraising enquiry or ideas please contact us, we would love to hear from you: fundraising@thomley.org.uk

Please contact Thomley direct for more information on all of their activities:-
Thomley, Menmarsh Road, Worminghall, Buckinghamshire HP18 9JZ
01844 338380; www.thomley.org.uk; facebook.com/FriendsOfThomley

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire
The rules have recently changed regarding wearing facemasks on public transport. However, if you cannot wear a facemask because of a disability or a health problem, you can carry an “exemption” card to show the driver or conductor. There are also parent and children exemption cards. You can download and print the individual cards from here - https://www.keepsafe.org.uk/posters Keep Safe also have a variety of different “Easy read” posters available re: Covid19 there as well which may be helpful. These include symptoms, testing, current rules, support bubbles and more.

Alternatively, you can also order a “Face mask exempt” badge from the Euan’s Guide website - https://www.euansguide.com/news/face-mask-exempt-badges/

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire
Short Breaks Update for Families with Disabled Children and Young People

MyLiferaft helps you stay on top of all the information that comes with caring for someone – and share it with the people who need it. Through a tablet, laptop or phone, you can keep your care network up-to-date.

Keep and update all the details about health, care and well-being. Manage careplans with Goals, Actions and Reviews.

Share your MyLiferaft with the people who support you, either online or with printed reports. Forms, such as the DLA Application, can be automatically pre-populated with up-to-date information.

It is your information, you control it, you decide what people see and when.

Search online for MyLiferaft and watch Sofia’s story

www.MyLiferaft.com

** SPECIAL OFFER **

One year’s free Premium MyLiferaft account (normally £120) - please use the code - OXFORD365

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire
Frozen Light are a touring theatre group that create exciting and original multi-sensory theatre for audiences with profound and multiple learning disabilities (PMLD). At this moment in time it’s currently unclear when they will be able to tour their multi-sensory theatre shows so they have started up The Frozen Light Podcast as a way of staying in touch with the PMLD community in the age of Covid19. They also want to document the lives of people with PMLD and their surrounding networks experience of this period in history. The podcast is hosted by Co-Artistic Directors of Frozen Light, Amber Onat Gregory and Lucy Garland. Every week they welcome new guests to discuss their current life experiences.

On the website there’s more information - where to find out more about things discussed with their guests, episode transcripts and photos of the guests! You can also listen to the podcast in all the different places you may usually access podcasts…it’s on Apple Podcast, Spotify, Google Play and more. Three episodes have been released so far and they plan to have a new episode out every Wednesday for the next couple of months.

- **Episode 1** - We speak to Sharon Slade who is a family carer (mum of Lauren, one of our regular audience members) and Frozen Light trustee.
- **Episode 2** - We talk Core and Essential Service Standards with Sensory Engagement specialist Joanna Grace.
- **Episode 3** - We chat with Hugh and Emma Murphy about life in lockdown- featuring dogs and Hugh on the guitar!

In the next few weeks you’ll be hearing from “Born at the Right Time”, “Surviving through Story”, “Riding on a Star” and many more.

You can listen to the Frozen Light Podcast on their website:-
[www.frozenlighttheatre.com/podcast](http://www.frozenlighttheatre.com/podcast)

Contact us via email - info@frozenlighttheatre.com
Registered office - The Garage, 14 Chapelfield North, Norwich, NR2 1NY
Short Breaks Update for Families with Disabled Children and Young People

During lockdown, Secret London provided links to some great ideas of things you might like to try. If you haven’t already tried them, maybe something here will be appealing...

1. Refresh your wardrobe by upcycling old clothes
2. Get your culture fix with the Royal Opera House’s upcoming streamed productions
3. Become a guitar hero with Fender’s free lessons
4. Be lulled to sleep by a Dolly Parton bedtime story
5. Hop on a tour of the world’s greatest art galleries
6. Become a master of disguise with a little help from a former CIA officer
7. Watch the Northern Lights on this breath-taking live stream
8. Take an online baking workshop
9. Make your favourite restaurant dish at home
10. Stream The Globe’s past Shakespeare productions for free
11. Join one of Joe Wicks’ upbeat PE lessons
12. Adopt a grandparent and help them beat loneliness
13. Set off on a virtual walking tour of London
14. Brush up your photography skills with Nikon’s free online classes
Oxfordshire County Council - information from the government on their website - https://news.oxfordshire.gov.uk/coronavirus-information-from-the-government/

Turn2us is a national charity helping people when times get tough. They provide financial support to help people get back on track. Read the latest information on the coronavirus and benefits guidance on their website - https://www.turn2us.org.uk/

Easy Read Online’s webpage has current news items and includes downloadable pdf’s on a variety of topics.

** New guidelines on Staying Alert & Safe now available **
https://www.easy-read-online.co.uk/news/
There is also an Easy Read Facebook page which you may like to join
https://www.facebook.com/groups/2843154462396049/

Virtual KEEN sessions are continuing - go to their website to sign up...loads of activities to take part in, all listed within the weekly schedule. To view the activities visit this page:
https://www.keenoxford.org/online-projects

To register as a participant with KEEN, fill in this form:- https://docs.google.com/forms/d/e/1FAIpQLSefD-3tMNMvXudpvmi2DZ74lxryhEp4VwA-2aPwip06RoLhDg/viewform
OR contact KEEN on 07806 743 595 or keen@keenoxford.org

Active Oxfordshire have lots of ideas on their website to help you and your family (whatever your age!) stay active and keep fit during Covid-19 - Active Oxfordshire - stay active

Useful websites/links...
Retina UK are a charity who support adults, young people and children affected by inherited progressive sight loss. We also invest in medical research to ensure that people can lead a fulfilling life. We run a helpline and there’s lots of information and support on their website, including a children & young people section.

Helpline - 0300 111 4000   Website: https://retinauk.org.uk

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand!

Check out our website for our webinars and other upcoming events:-
https://thegirlwiththecurlyhair.co.uk/services/events/

KEEN are “hosting” a new online calendar for any group in Oxfordshire to add their activities. You can see more details of what’s running when by going to their website - https://www.keenoxford.org/outside-keen Click the event on the calendar and a dialogue box will appear with more information! The calendar will be added to in the next few weeks so do have a look from time to time....

* If you’re an activity provider - please contact Dylan at KEEN on dylan@keenoxford.org & he will send you more details.
You can also “host” the calendar on your site...
Short Breaks Update for Families with Disabled Children and Young People

• Kidz to Adultz South *
  Tuesday 18th May 2021 at the Farnborough International Exhibition and Conference Centre

[N.B. The September 2020 date has been cancelled & replaced with May 21 date]

This event is free and you can find out more, register for your tickets and for updates - https://www.kidzexhibitions.co.uk/kidz-south/.

Until the Kidz to Adultz events resume, and to support our Kidz to Adultz audience, we have an online channel - Kidz to Adultz Exhibitions: LIVE! Our exhibitors will showcase their products, services, competitions and much more with LIVE videos each week on our Facebook channel! To join in, all you have to do is:-

⇒ Like & Share our Facebook Page - Kidz to Adultz Exhibitions
⇒ Open the link when you see us go LIVE
⇒ Link with our exhibitors DIRECTLY during the video followed by a Q&A session!

https://www.kidzexhibitions.co.uk/

The Council for Disabled Children has recently launched a CDC Questions email address - CDCQuestions@ncb.org.uk providing the opportunity to ask questions about how Coronavirus will impact on children and young people with SEND as well as other questions relating to the impact on families; the education, health, social care sectors; and the voluntary and community sector. Each week the questions received are collated and shared with the Department for Education (DfE) as well as colleagues with specific areas of expertise within CDC.

You can download the latest in the series of weekly CDC FAQs - https://councilfordisabledchildren.org.uk/help-resources/resources/frequently-asked-questions

For questions relating to specific individual circumstances the Contact helpline (0800 808 3555) and website (https://contact.org.uk/) are an excellent source of information and support.

Visit www.oxfordshire.gov.uk/shortbreaks to keep up to date with short breaks and respite care services for disabled children in Oxfordshire
New online Makaton training delivered by ‘Hands Aloud’

Taster sessions, Using Makaton With Singing, Levels 1 & 2 all available at a variety of times during weekdays and weekends. Evenings also available.

You need to have an internet connection and able to access Zoom software to participate in this new online Makaton training.

All workshops part of the official Makaton Charity language program delivered by a licensed Makaton Tutor - Libby Lumley Stafford

Where necessary manuals will be posted out ahead of the workshop, other resources will be emailed to you. Level 1 & 2 workshops are the new version of the Foundation & Beginners Workshops so a great place to start your Makaton training.

If you have family members or friends in different homes and you wish to have a training session that is just for your group, this can be arranged.

Contact: LibbyMakatonTutor@gmail.com

Booking information, dates and more details
www.ticketsource.co.uk/hands-aloud
www.facebook.com/HandsAloudMakaton

Please click on the booking page link below for costs, training levels and available dates. New dates are also being added regularly.

Book on training - www.ticketsource.co.uk/hands-aloud