

Short Breaks Update for Families with Disabled Children and Young People

Welcome to the **December Short Breaks Update**.
We hope you will find the information in this edition useful.
Please share it with your friends, families and colleagues.

DON'T MISS...

...Tilly's great news story on p2 & a Frozen Light theatre opportunity on p6. There's also plenty of opportunities to get into the Christmas spirit on pages 16-18.

Wishing you all a very Merry Christmas & a Happy New Year!



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Contact details:

Kay Willis, Disability Services Development Manager: 07920 252 095

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Tilly Woodley, together with Home Manager Christine Hamilton

Oxfordshire's Supported Internship Programme makes a kitchen job the perfect recipe for Tilly's happiness...

It's no exaggeration to say that getting her first job was a dream come true for Tilly Woodley. The 21-year-old from Blackbird Leys, Oxford, who has a learning disability, never thought she would find paid employment, let alone a role that she so thoroughly enjoys.

"When they offered me the job I was really, really shocked. I was speechless. I really like it here and feel very happy and settled."

Tilly, who works as a kitchen assistant two days a week in a care home, added: *"I do all sorts of kitchen duties like washing up, peeling potatoes, prepping food and sandwiches. Sometimes, I help serve the residents and that helps me build up my confidence a bit more by talking to them. They are all lovely people."*

She found her perfect job through a Oxfordshire Supported Internship Programme – a partnership between Oxfordshire Employment, Mencap, Activate Learning and Abingdon and Witney College. The scheme supports young people who have an education and health care support plan into work placements with an expectation of employment. Currently the programme is achieving positive outcomes above the national average and this year more than 66 per cent of interns will enter the job market.

Tilly works in the kitchens at MHA Brookfield Care Home, just a short stroll from her family home in Blackbird Leys. Oxfordshire Employment's team contacted Home Manager Christine Hamilton who felt the principle of helping people like Tilly into work chimed with her charitable organisation's core values of being a person-centre for both residents and staff as well as forging links in the community.

She said: *"It is really important that we recognise that as an employer we have a responsibility to support our local community in gaining the skills they need to enable them to have a meaningful career. I have been very impressed by the enthusiasm shown by our interns. It's been such a positive experience,"* says Christine who has been at the 66-bed care and nursing home for the past 18 months. *"I would recommend this partnership to any employer in the county. We've taken on another intern as well as Tilly and I hope her story will inspire others to take part."*

Tilly, spent 10 months taking part in a supported internship – three days a week in the work environment and one day a week at City of Oxford College. She recalls: *"I had to learn all sorts of things on my course like health and safety and Control of Substances Hazardous to Health (COSHH). It was quite a lot of work. But I enjoyed it. When I came to Brookfield I was quite scared and nervous to start with. But everyone was very helpful and supportive and I was able settle in really well."*

Her delight at getting the job affected her whole family. The youngest of five children, Tilly beams with pride as she says how proud her mum and dad are of her, how they all celebrated her success and how she can now treat them to a meal from her wages. Her advice to other young people like her about Oxfordshire Employment and internships is: *"Go for it. Give it a shot and see how you settle in. Don't be scared. You'll settle in quickly. When I get up in the morning I'm excited to go to work."*



Short Breaks Update for Families with Disabled Children and Young People

Join us

Membership is free and does not commit you to anything.



**OXFORDSHIRE
PARENT CARERS FORUM**

oxfn



Oxfordshire Parent Carers Forum - an opportunity to get involved, be informed and have your say!

To find out more and/or to register an interest in joining the forum:

Tel: 07394 735666

Email: info@oxpcf.org.uk

Web: www.oxpcf.org.uk

Facebook: <https://www.facebook.com/oxpcf/>

Twitter: @OxPCForum

Instagram: ox_parentcarers_forum

Address: c/o OXFSN Slade House,
Horspath Driftway, HEADINGTON,
Oxford OX3 7JH



*The voice of Parent Carers
in Oxfordshire*

Who are we?

We are a group of parents just like you. Our children have a wide range of needs, from mild to severe, including physical disabilities. Some have 'hidden' impairments, like mental health issues, ADHD or dyslexia, while others have behavioural problems, or no firm diagnosis.



What do we do?

As members of the National Network of Parent Carer Forum's we support the development of parent carer participation, a process in which parents work together with professionals to make improvements to local services.

We believe that 'Every Child Matters' and that all disabled children and young people in Oxfordshire, should have access to the same opportunities, experiences and information, as any other child.

Our Vision is to be a well informed, connected and empowered community of families of children with disabilities or additional needs.

We will offer support to each other and working in partnership with health, education and social care we will create quality services that meet the needs of all parent carers and their children/young people.

We will build links with as many informal and formal groups both those of parents and professionals and use those links to promote communication between professionals and parent bodies.

We aim to provide reasoned feedback and support to professionals and ensure young people and their families are listened to.

How to get involved?

By joining us you can:

- Receive information about opportunities for you to help shape local and national services
- Opportunities to meet like minded families,
- Contact us at any time for information; sign posting; support groups or to tell us 'What is going well?' or 'What would be better if?'

Are you a Parent; Grand Parent or Carer?

Do you have parental responsibility for a child or young person with additional needs or a disability, who is aged between birth and 25 years old and lives in Oxfordshire?

Are you a friend of Parent Carers?

Are you a practitioner; provide services; provide resources; run a support group; provide parent courses; run articles?



Would you like to:

- Receive information relevant to changes
- Let us know about your service or resource so we can signpost families,
- Provide information to our families
- Share dates of workshops, courses or events
- Receive our press releases
- Let families know about us

Short Breaks Update for Families with Disabled Children and Young People



Autumn Fun at Forest School Club



At the end of school on Mondays an all-girl group of children at Bishopswood School get themselves ready for Forest School Club. Whatever the weather they have fun exploring, playing together and learning woodland skills. They are keen to discover new areas of the Forest School site climbing trees, making dens from large sticks and tarpaulin, splashing around in the mud and playing follow my leader. They love the hammock and swing too.



Each week they have a go at lighting the fire with the fire strike, timid at first, but becoming more and more confident as the weeks progress. They have been very good at following the Fire Safety rules of not walking within the fire circle and keeping within the Forest School site. One of the highlights of the session is cooking something on the fire and then eating it. They have popped popcorn and toasted marshmallows and made dough for pastry, twirling it onto a cooking stick which they had cut from the willow growing around the site, then cooking it over the fire and eating it filled with chocolate. They remember too to wash their hands before cooking and eating. At Hallowe'en they carefully carved their pumpkins and at Bonfire Night they held their sparklers at arm's length watching the sparkles cascade.

At the end of each session they come back in to school happily chatting and singing. They love Forest School and can't wait until next week.



Short Breaks Update for Families with Disabled Children and Young People



Eleven year old Alex rides the waves on a surfboard designed by Cerebra's Innovation Centre



The team at the [Cerebra Innovation Centre](#) are dedicated to designing and making bespoke products that enrich a child's life, giving them new experiences that wouldn't otherwise be possible.

Created in partnership with Roger Cooper, our surfboard was designed for children with limited mobility and brain conditions. It allows wheelchair-bound adrenaline junkies to get out of their

chairs and onto the water. The tandem design includes a supportive seat for the child and plenty of space on the back for an experienced surfer to steer it in the right direction. They have been a great success providing endless hours of fun to thrill-seeking children who could not otherwise experience the benefits and thrill of catching waves.

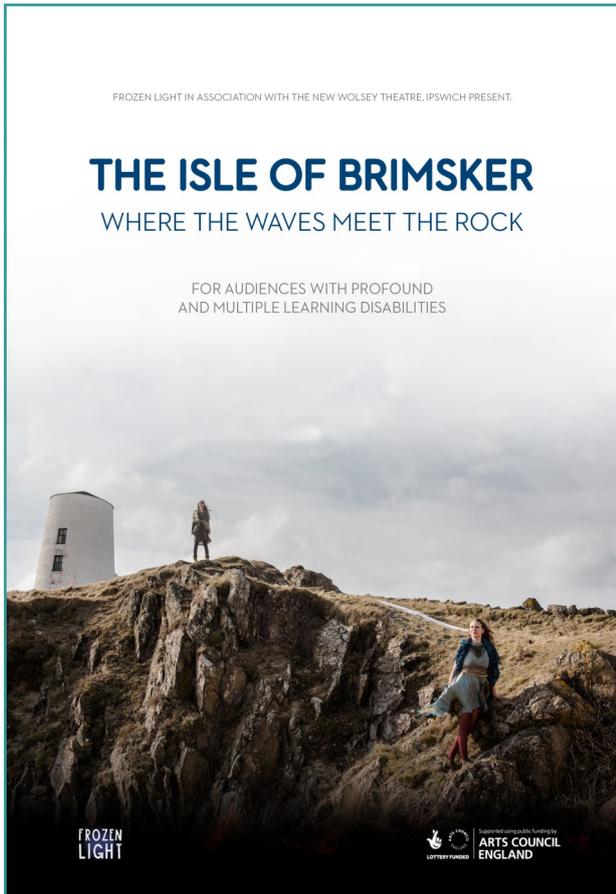
The latest to try one of the boards was 11 year old Alex who has quadriplegic athetoid cerebral palsy. Alex is from Eastleigh in Hampshire and was on holiday with her family in south Wales when she took part in a session organised by [The Wave Project](#).

Following Alex's session her mum Charlene told us: *"Thank you so much. Alex absolutely loved it and even asked if we could move to South Wales so she could surf more often. The photos of the day are amazing and, to be honest, brought a little tear to her eye. To take part in something we thought she would never be able to access is just incredible and we really cannot thank you all enough."*

To read the full article, please go to - [Cerebra - ride the waves](#), OR visit their main website - <https://www.cerebra.org.uk/>



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Theatre opportunity...

A new multi-sensory story from Frozen Light, specialists in making theatre for audiences with Profound and Multiple Learning Disabilities.

Coming to Oxford in January 2019.
Trailer, more information & dates on their website:-

<http://frozenlighttheatre.com/isle-brimsker/> or email them:-

info@frozenlighttheatre.com

A lighthouse keeper lives on a desolate outcrop surrounded by stormy seas. Duty bound to maintain the light that guides boats away from danger, she lives a solitary existence. Until one day a runaway lands on the shore and together they face the inevitable. Change is on the horizon but not in the form she expects.

How do you survive when faced with the biggest decisions of your life? Would you change the world or change yourself?

A new multi-sensory story from Frozen Light, specialists in making theatre for audiences with profound and multiple learning disabilities.

"The way the show is so carefully tailored to the audience's needs provides a vital reminder that theatre can accommodate everyone." The Stage ★★★★★

Commissioned by Harlow Playhouse, The Phoenix Theatre & Arts Centre, Bordon, Vivacity Key Theatre, Peterborough. With support from The Garage Norwich, house and The Point Eastleigh.



JMA Photography

Running Time: 1 hour
Suitability: Audiences with profound and multiple learning disabilities 13+

f: [frozenlighttheatre](https://www.facebook.com/frozenlighttheatre)
t: [@frozentheatre](https://twitter.com/frozentheatre)
i: [frozenlighttheatre](https://www.instagram.com/frozenlighttheatre)

Vivacity HARLOW PLAYHOUSE CREATE • ENJOY • FOR ALL PHOENIX Theatre & Arts Centre THE GARAGE NORWICH the point EASTLEIGH

f FOYLE FOUNDATION

ANDREW LLOYD WEBBER FOUNDATION

Short Breaks Update for Families with Disabled Children and Young People



Thomley

A place for people of all abilities and disabilities

Upcoming events...

Roast Dinner Day

Sunday 9th December

Join us for an accessible roast, 12pm or 2pm sitting - booking essential.

Christmas Party Day

Saturday 15th December

Join us for festive food, Santa (book in advance) and Lord Williams's Festival Chorus Choir!

Making mince pies

Friday 21st December

Make a mince pie to take home if you can resist eating it before!

Christmas Disco

Friday 21st December, 5:30-8pm

Disco time! First hour is a 'Quiet Hour', food available on the night too

Sparkly snow slime!

Saturday 22nd December

Slime is becoming as popular as the giant bubbles, and who doesn't love sparkles!?

Lego Day

Saturday 19th January

Bake Lego biscuits, take part in a Lego obstacle course or join in with Adam's Lego workshop. Adam's afternoon workshop is more advanced for all those Lego experts!

Giant bubbles

Saturday 26th January

We couldn't not have giant bubbles on our schedule, could we?



Please contact Thomley direct for more information on all of these activities:-

Thomley, Menmarsh Road, Worminghall, Buckinghamshire HP18 9JZ

01844 338380; www.thomley.org.uk; bookings@thomley.org.uk

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Introducing...



**** Special Needs Dance Class ****

Day:- Mondays

Time:- 5.30pm - 6.30pm

Venue:- Over Norton Village Hall, Over Norton, OX7 5PP

This class is for young people from the age of 11 up to adult, who have special needs. Places are limited to 10 maximum to ensure attention is given to each dancer, and they can make progress. Booking is essential.

The first class is FREE to attend!!!

To book a place, please email:- janepearsonsenjoy@gmail.com



Short Breaks Update for Families with Disabled Children and Young People

Events at the Music Club



November & December 2018



Sunday 4th November - Morris Dancers
2-4pm

Sunday 16th December - Christmas Fun day
with Roke Band, raffle, games and more,
2-4pm

THEATRE OUTINGS

Saturday 3rd November - The band at New
Theatre Oxford, 2.30pm

Thursday 27th December - Christmas Panto
to see Dick Whittington at Oxford Playhouse,
11am



Music for children
and young people
with learning
disabilities



Meetings held at
Woodcote
Village Hall at
Reading Road, RG8
0SD

Call 07768 298 297
for further details

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South Family Centres - sessions for under 5s with SEND...



Red Kite Family Centre, Thame

Sensory Explorers for children under 5 with additional or sensory needs.

Thursday mornings 10am – 11.30am.
Term time only.

Contact: info@redkitefamilycentre.org
01844 261163
www.redkitefamilycentre.org/



The Berin Centre, Berinsfield

Hosts an OCC SEN/disabilities session every Friday 10am - 12.00. Term time only.

Contact: **01865 341944**
familyservices@outlook.com



First Steps Family Hubs, Chalgrove and Watlington

Messy Monday Stay and Play includes sensory session - Chalgrove Family Hub. 10am – 11.30am. Under 5's.

Tea and Tinies session includes sensory play for babies under 1s - Watlington Family Hub. Thursdays from 10am – 11.30am.

Contact details: info@firststepshub.org.uk or 01865 400234 Website: www.firststepshub.org.uk

Both term time only.



Abingdon Carousel, Abingdon

Downs Syndrome Oxford Early Development Group for children under 5. Weekly on Wednesdays 9.30am – 12noon. Term time only.

Contact: co-ordinator@abingdoncarousel.org.uk
07707491468
www.abingdoncarousel.org.uk

**** Please contact the groups direct for more information ****

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North & Central area - sessions for under 5s with SEND...



Kidlington Community Hub at St John's, Kidlington

Little Stars - Stay and Play session for children with additional needs.
[St John's Church, The Broadway, Kidlington, OX5 1DD]

Tuesday afternoons 1.00pm – 2.40pm.

Contact: kidlington.communityhub@gmail.com

<https://en-gb.facebook.com/KidlingtonHubStJohns/>



Ambrosden4children, Ambrosden

Our open access sessions are fully inclusive & children with additional needs are very welcome to come with their carers. We always have a variety of sensory material for babies and under 1s - as well as thinking creatively about providing for early movers and heuristic play. We have small friendly groups which are not too noisy or overwhelming (max 20).

Mondays 9.30am - 11.00am - Ambrosden Village Hall, Merton Road, Ambrosden, OX25 2LW
AND Thursdays 9.30am - 11.00am - St Mary's Church, Church Walk, Ambrosden, OX25 2UJ

Contact- Rosie Hayes at Ambrosden4Children@gmail.com for more information.



OXSRAD Tots, Oxford

A unique place for your child to learn through physical, imaginative & sensory play all under one roof. From bouncy castle to a sensory room.

Every Friday 10.00am - 12.00pm. OXSRAD, Marsh Land, Oxford, OX3 0NQ

Contact - Lorraine Jukes, Nursery Nurse on Lorraine.jukes180@hotmail.co.uk or **01865 741336** for more information.

Find us on Facebook by searching "OXSRAD Tots" for up-to-date admission prices and events.

**** Please contact the groups direct for more information ****

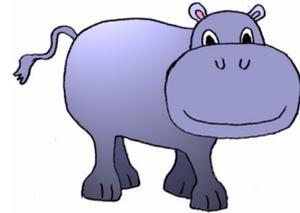
Short Breaks Update for Families with Disabled Children and Young People

Parent Support Group...



HIPPOS at Mabel Prichard School

HIPPOS is an informal support group, run by parents, for all parents and carers of children and young adults with special needs living in Oxfordshire. Meetings are held once a term and are free. We also put information onto our Facebook page (HIPPOS Information).



Where?

Mabel Prichard School (Primary Site, Cuddesdon Way, Oxford, OX4 6SB).

When?

Term 3: 9.30 - 11.30am- 23 January 2019

Rupert da Silva the Director of KEEN Oxford (www.keenoxford.org) will talk about the various free fun activities they provide for under 18s with SEN.



Term 4: 9.30 - 11.30am - 12 March 2019

Michelle Millard, Home Improvement Agency Case Worker and *Karen Jackson*, Children's Occupational Therapist - Oxford City Council, will talk about the various home improvements such as wet rooms, they can provide.

For more information about our meetings please contact *Melissa* or *Joy* on:
melissasheard17@gmail.com (Founder of HIPPOS Support Group)
joyruranga@yahoo.co.uk (Founder of Leys in Touch)

Kidz to Adultz events - dates for your diary 2019



Short Breaks Update for Families with Disabled Children and Young People

Parent Support Group...



S.P.A.C.E.

WITNEY

Do you have a child with Special Needs?

Do you need a friendly ear?

Do you need some Space?

Special School or Mainstream School

Come and join us for a coffee and a chat.

All members of the family and under 5's welcome to come along.

Fridays - 9.30-11.45am - Term Time only

at

**The Witney Family Solution Service Hub – OX28 4YA
(old Witney Early Intervention Hub next to Windrush leisure Centre)**

For more information contact:-

Sharon 07833 386014

or

Gwen Taylor (OSLO) 07841 022443

Supporting **P**arents **A**nd **C**hildren **E**qually

Short Breaks Update for Families with Disabled Children and Young People

WHITE HORSE LEISURE & TENNIS CENTRE DISABILITY/SEN SESSIONS

Wednes- day	Weekly	Tennis for children with additional needs (age 4-11)	4pm-5pm	£3pp
Thursday	Monthly	Visual Impaired Tennis (Last Thursday of month)	11am-12pm	£6pp
Friday	Weekly	Multi Sport session for adults with Learning Difficulties	13.30pm-14.30pm	£3pp
	Weekly	Wheelchair Tennis	6.30pm-8pm	£3pp
	Fortnight-ly	Wheelchair Basketball	6.45pm-7.45pm	£3pp
Saturday	Weekly	Tennis for children & adults with Down Syndrome	11am-12pm	£2.50pp



Hi, I'm Megan the Community Sports Manager for South Oxfordshire and the Vale of White Horse. I work to increase sporting participation for all. If you would like to get more active and are wanting to use your local leisure centre, I'm here to help you along that journey. You can contact me on Megan.Horwood@GLL.org or call on 07806 199555. I'm happy to meet you at your local leisure centre to show you round and introduce you to the activities that we have going on.

For more information speak to a member of staff at White Horse Leisure & Tennis Centre, Audlett Drive, OX14 3PJ or call 01235 540700 or textphone only 07483031963

For all Tennis sessions – sue.auger@gll.org

In Partnership with

 Tennis Foundation

 TENNIS
OXFORDSHIRE

 Vale
of White Horse
District Council

 OXFORDSHIRE
HEAT
WHEELCHAIR
BASKETBALL

 DSActive
Activities for people
with Down's syndrome

 BETTER
the feel good place

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



Our Better Inclusive membership gives disabled people anytime access to our gyms, pools and fitness classes. Better still, it lets you use the facilities at over 250 Better leisure centres, across the UK, for just **£19.95 per month**, payable by Direct Debit.

For more information, contact your local Better leisure centre at www.better.org.uk/contactus



FITNESS WITH A LITTLE MORE FREEDOM

At Better we believe fitness is for everybody. Our centres offer a welcoming environment and opportunities to discuss your personal requirements with our friendly, fully trained staff. You'll also be able to enjoy lots of great membership benefits.

Better inclusive membership benefits

- No joining fee
- No minimum contract
- Free entry for your carer/personal assistant*
- Anytime access to our gyms, swimming pools and fitness classes
- Free personalised fitness induction
- Free access to an expert fitness instructor, who'll create a personalised exercise programme
- Free refocus sessions every six weeks to keep you feeling motivated

Plus, enjoy discounts of up to 30% on other activities not included in your membership and advance online and telephone booking up to 20 days ahead.

Where can I find out more?

To apply for a Better Inclusive Membership, just speak to a member of staff at your local Better leisure centre (remember to take your proof of eligibility with you), call us on 020 3457 8700, or visit www.better.org.uk/contactus.

Am I eligible?

To be eligible for a Better Inclusive membership, you must be aged 16 or over and be in receipt of any of the following:

- Pip (Personal Independence Payment)
- Disability Working Allowance for over 60s
- Employment & Support Allowance
- Disability Living Allowance
- Industrial Injuries Disablement Benefit
- Disabled Person's Tax Credit
- Blue Badge (parking)

*Free entry is for a personal assistant/carer supporting your visit. Normal fees apply for personal use of the facilities by a personal assistant or carer, visit www.better.org.uk/membership or speak to a member of staff for prices and membership options. Terms and conditions apply, visit www.better.org.uk/terms for more details. Proof of eligibility is required when joining. All activities and facilities are subject to programme changes and availability. Peak and off-peak times vary by location. No minimum contract not applicable for annual memberships. 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

Short Breaks Update for Families with Disabled Children and Young People

AN OXFORD PLAYHOUSE PANTOMIME
Friday 23 November 2018 to Sunday 6 January 2019

Dick WHITTINGTON AND HIS CAT

Tickets from £10

Written and directed by Steve Marmion

★★★★★
"Sensational."
Oxford Times on
Jack and the Beanstalk 2017

OP
OXFORD
PLAYHOUSE

01865 305305
www.oxfordplayhouse.com
Registered Charity No. 900039

supported by
OXFORD CITY COUNCIL

supported using public funding by
ARTS COUNCIL
ENGLAND

LOTTERY FUNDED

Audio Described performances will be on:-

Sunday 9th December at 4.00pm | Touch tour at 2.30pm

Saturday 29th December at 6.00pm | Touch tour at 4.30pm

The Relaxed Performance will be on:- Thursday 3rd Jan at 11.00am

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

**** All of these shows will be Relaxed Performances ****

AN OXFORD PLAYHOUSE AND READING REP THEATRE PRODUCTION
IN ASSOCIATION WITH READING LIBRARIES

Alby the Penguin Saves Christmas

**Thursday 6 December 2018
to Saturday 5 January 2019**

Written and directed by **Helen Eastman**
from an original idea by **Hannah Groombridge**

Tickets £9 to £11 | Children £7 to £9

Perfect for
ages 3 to 6
and their
families



bt
BURTON TAYLOR
STUDIO THEATRE

Registered charity no. 900039
Illustration: Caroline Siew Cheng Teng

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READING REP THEATRE

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Christmas Tree Festival

4th-8th December, 10-4

Abingdon Community Free Space Shop
(opposite H Samuels) Bury Street,
Abingdon, OX14 3QY

Spectacular display of
decorated Christmas trees

Bring your family/friends/groups to see all
the beautiful trees

Vote for your favourite tree just £1.00 per entry

Be part of our memorial tree and add your ornament
or use one of ours to remember a loved one this
christmas only £2.00 per decoration all profits to Late Spring

Between 1-3 pm we have the following activities

Donations welcome

- | | |
|-----------|--|
| Tuesday | Age UK The Big Knit (collect your free patterns) |
| Wednesday | Christmas card making |
| Thursday | Staying well this winter roadshow |
| Friday | Wreath making |
| Saturday | Christmas Carols |

For further details please call 01235 520463 or email
traceydesmond@carersoxfordshire.org.uk

Free admission

Guess the weight
of the Christmas cake

A truly magical
Christmas experience

Winner of the best tree and
the weight of the cake
Saturday 8th at 2.45pm

Trees kindly
donated by 3 REG
Dalton Barracks



Action for Carers Oxfordshire which is a registered charity (no. 1149577) and company limited by guarantee. Registered in England & Wales No: 08125002. Registered Office: 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly cinema screenings for this month

On Sunday mornings throughout the month, 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 and 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 *The Grinch* on Sunday 2nd December at 11.00am in Didcot, Witney, High Wycombe & Milton Keynes. N.B. *The Grinch* has an additional short film before the main feature. This is called 'Yellow is the New Black' and is about the Despicable Me Minions escaping from prison.
- * **Odeon** are showing *Wreck It Ralph 2* on Sunday 9th December at 10.15am, Banbury, Oxford, Maidenhead & Milton Keynes Stadium. PLUS 2 extra screenings this month - *The Grinch* (please see note on above re: short film before main titles) on Sunday 16th December & *Mary Poppins* on Sunday 30th December. Both showing at Oxford & Milton Keynes Stadium at 10.15am.
- * **Showcase** are showing Disney's *The Nutcracker & the Four Realms* (PG) on Sunday 9th December at 10.00am in Reading.
- * **Vue** have not specified yet which film they will be showing yet but they are always on the last Sunday of the month at 10.15am in Bicester, Oxford, Newbury & Reading. Please see their website for more details - www.myvue.com

The Dimensions website has details of these screenings. Please go to their website:- <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/> should you wish to find out more.

The Beacon in Wantage (Portway, Wantage, OX12 9BX) also has autism-friendly screenings once a month if there is enough take-up for tickets in advance. Tickets cost £3. To book, please call 01235 763 456 or via their website:- <http://beaconwantage.co.uk/cinema>

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

Useful cards...

These are some of the cards that we know of that you may find helpful. Do let us know if you know of any others...

- **Max Card** - This is a discount card for families of disabled and children with additional needs. Families simply show their Max Card upon entry to a venue in order to obtain free or discounted admission. Free to families in Oxon who have a child with SEND. If you would like to register for a card, please contact Michelle - michelleevans@carersoxfordshire.org.uk OR Pauline - pauline.mackinnon@oxfordshire.gov.uk 
- **CEA cinema 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 the website for more info. <https://www.ceacard.co.uk/> 
- **Disability Identification Card** - The aim of the National DID Card is to remove the need for individuals to carry their paper documentation with them at all times. In particular parents of children with disabilities and special needs, whose children's disability is not immediately obvious, such as autism, global developmental delay and other disabilities find it hard to explain their disability, especially if the children are present and who may be unaware that they have a disability. <http://www.did-card.co.uk/> or Email:- admin@didcard.co.uk 
- **Safe Places Scheme** - this scheme offers extra reassurance to vulnerable people who may be feeling lost, worried or threatened while out and about in the community. Local shops & businesses signed up to this scheme, display a sign in their window. Those who might benefit from the scheme carry a card which provides a named contact person of their choice. If someone shows the card in a Safe Place, the business or shop will contact the helper named on the card and keep the vulnerable person safe until their supporter arrives. Even if people do not have a card they can still ask for assistance. If anyone is interested or has a business that would like to become a designated safe place – please contact OxFSN via email info@oxfsn.org.uk or call 07786 731634. 
- **Autism Alert Card** scheme - available from Autism Oxford for anyone on the autistic spectrum in Oxfordshire. Applications can be made on-line or downloaded and posted. More information available here - [Autism Alert Card](#) 
- **Journey Assistance Cards** - The Journey Assistance Card has been developed specifically to help passengers with hidden disabilities use public transport with confidence and remove the potential conflict or upset situations that can occur on boarding the bus. This is not a permit to travel card, they are an aid to assist the journey. More information is available on the Oxford Bus Company's "Access for All" webpage - <https://www.oxfordbus.co.uk/accessforall/> 

Short Breaks Update for Families with Disabled Children and Young People

LOCAL OFFER INFO...



Support and services available for children and young people with SEND



“A Parent’s Guide to Outcomes” is a document produced by SENDIASS and is available to download from the link on the following webpage:-

[Advice for Parents of Children with SEN](#)



** SENDIASS - Talking Points sessions **

If you would like to find out more about the SEN system, or are looking for a chance to talk things through, join us at one of our free Wednesday morning Talking Points drop-in sessions. These advice sessions run from 10-11.30am.



They are held on the first Wednesday of each month in County Hall, New Road, Oxford.

EDUCATION, HEALTH & CARE PLAN * Reviewing an EHCP *



Is your child’s EHC Plan due for review? You may find the Oxfordshire County Council website page on how it is reviewed and how you will be involved useful. Please go to - [Reviewing an EHCP](#) to find out more. There are also some useful links to guidance provided by the Council for Disabled Children (CRC) including an animation video to help explain the process to parents - [Council for Disabled Children - animation](#).

Short Breaks Update for Families with Disabled Children and Young People



Equal Apply

The 2010 Equality Act mandates that it is against the law to discriminate against people because of a disability, including a learning disability. This extends to discrimination in the application process.

Equal Apply is a job advertisement social enterprise website designed to be accessible to people with a range of learning disabilities. A number of charities in the Oxford area are already involved, including Yellow Submarine, Aspire & FarmAbility.

It is currently free to advertise on the website while they are in a period of development. Once the site is fully launched, there will be fees for advertising jobs, with any profits being donated to the charities they work with. You can post any job vacancies on:- www.equalapply.co.uk

Supported Internship Programme

The Supported Internship Programme is a partnership between Oxfordshire Employment, Mencap, Activate Learning & Abingdon and Witney College. It supports those with EHCPs into work placements with an expectation of employment.

They have dedicated employment advisers who support people with long term health issues or disabilities to find and remain in employment.

Please go to the website for more information - Oxfordshire Employment



Based in Didcot, SOFEA work with young people to build their employability, whilst providing nutritious food for those in need. Please go to their website to find out more:-

<https://www.sofea.uk.com/>



Based in Witney, Synolos offer practical support & encouragement to help empower lives where that help is needed. They work with individuals with learning difficulties and autism; who are NEET (Not in Education, Training or Employment); with low or no qualifications; struggling at school in years 7-11; who are young & unemployed; struggling with mental health issues; who are long-term unemployed, aged 24–50+; those on long term sick/leave who are seeking to get closer to employment.

Please see their website for further details and courses on offer:-

<http://www.synolos.co.uk/>

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

Are you a carer?



Have you applied for a Carers' Grant?

If not, you can do so by completing a carers' assessment. This is an opportunity for you to tell Carers Oxfordshire about your caring role so that they can provide you with the right information, advice or support. Your physical & emotional wellbeing & quality of life are at the heart of the assessment & there will be opportunities throughout for you to tell them if or how your caring role can be best supported. If you haven't applied as yet, please go to the website to complete an on-line assessment:-

<http://www.carersoxfordshire.org.uk/cms/content/carers-assessments>

Have you heard of Easy News?



Produced by United Response*, Easy News is the first online news magazine designed to be accessible for people with learning disabilities. Easy News uses simplified text and useful pictures to create accessible, politically neutral summaries of key news stories and events. Please go to their website to download the latest edition or to subscribe to it via their newsletter:-

<https://www.unitedresponse.org.uk/easy-news>

*United Response provides a range of support services for adults & young people with learning disabilities, autism, mental health needs or physical disabilities.



Looking for activities or Ofsted registered childcare?

Don't forget to look on the Family Services Directory! There's loads of information on activities & events happening in our County some of these are detailed on the Directory. It's **free** to advertise events...just register and you can add them.

Please encourage families to search for events happening near them & any activity providers to register and add their details so others can find out about them too:-

www.oxfordshire.gov.uk/familyinformation

Short Breaks Update for Families with Disabled Children and Young People

Personal Independence Payments (PIP)...



In England and Wales, PIP has replaced the Disability Living Allowance (DLA) for people aged between 16 and 64. If you already receive DLA you do not need to do anything until DWP contact you by letter and invite you to apply for PIP.

Mencap have created a Personal Independence Payment (PIP) factsheet which includes all the information you need about this benefit, including current rates and how to apply:-

<https://www.mencap.org.uk/advice-and-support/benefits/personal-independence-payment-pip>

**** Don't miss **** the link to an additional factsheet in "The application process" section to help with filling in the PIP form..."How your disability affects you" (PIP2).

Support with finances...



Dosh supports people with a learning disability to be more independent and have more control over their money. Their services are aimed more at young adults so a useful site for families with young people "moving into adulthood".

They provide financial advocacy, appointee-ship for benefits and account management for self-directed support budgets. They believe that everyone should have personalised support to use their money in the way they want and for the things they enjoy. Please go to their website to find out more about the services they offer:- <http://www.dosh.org/>

Go to The **Turn2us** website for new benefit rates for 2018 & to search for grants.

<https://www.turn2us.org.uk/About-Us/News/Benefit-Rates-2018>

<https://grants-search.turn2us.org.uk/>

DON'T FORGET...
Click on our **BENEFITS CALCULATOR** and **GRANTS SEARCH** to see what financial help is available.



Short Breaks Update for Families with Disabled Children and Young People

Grants and funding opportunities



<https://skybadger.co.uk/>



<https://www.disability-grants.org/>



Oxfordshire Community Foundation (OCF) provides a variety of grant programmes that help community groups and charities in Oxfordshire improve people's lives. Operating three grant programmes, they enable groups & charities to decide which programme is most suitable for them. Details are available on <https://oxfordshire.org/grants/> They have a number of available grants so please go to the website to find out more.



The True Colours Trust



The True Colours Trust are committed to supporting a large number of excellent organisations and projects that support disabled children and their families on a daily basis. Not for profit organisations can apply. Grants of up to £10,000 are available. To learn more, please go to their website:- <http://www.truecolourstrust.org.uk/>

Short Breaks Update for Families with Disabled Children and Young People

Fundraising...



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

Tree of Hope children's charity helps children and young people with a disability or illness by supporting their families to raise the funds that they need to pay for specialist care that is not freely available through the UK healthcare system. We are the crowdfunding children's charity of choice for young people with healthcare needs, giving access to corporate donations, GiftAid and potential grants from Trusts and Foundations. Most importantly we give reassurance for your donors that their money will be spent on your child and their healthcare needs.

With Tree of Hope behind you, we can help your campaign get off the ground, getting maximum exposure and helping your campaign reach its target as quickly as possible. As a crowdfunding children's charity, we can help you to achieve and surpass your fundraising target. We enable parents to fundraise under the banner of a registered charity, with their very own campaign established for the benefit of their child. Each donation is subject to a 7.5% contribution which goes towards the core running costs of the charity. We have kept this at its absolute minimum so your child benefits as much as possible from donations and the majority of families find that the addition of Gift Aid covers fees and still adds extra to your campaign. Crowdfunding as an individual will NOT enable you to claim gift aid and cover fees in this way and donors may be concerned about the lack of regulation around crowdfunding and how the money can be used. Tree of Hope is a registered charity working under Charity Commission regulations, providing a safe and secure home for your donations.

N.B. By including the article above, we are not in any way endorsing or recommending the Tree of Hope charity. Should you be interested in using their services for a fundraising activity, please look into their service further before making your decision.

Short Breaks Update for Families with Disabled Children and Young People



Supported by Witherslack Group



Proudly presents our 6th

Attwood & Garnett on Autism & Asperger's

Professor Tony Attwood

World Renowned Author of "The Complete Guide to Asperger's Syndrome"™

Dr Michelle Garnett

Founder and Director, Minds & Hearts Asperger's™ Syndrome and Autism Clinic

Autism Oxford's Highly Acclaimed Autistic Training Team

NAS Professional Awards Finalist 2014 & 2015, Winner 2016

Chaired by: Professor Geoff Bird PhD

Dept of Experimental Psychology and Brasenose College, University of Oxford

Professor Geoff Bird PhD, will discuss his research into Autism and Empathy

also featuring

"Ask the Experts" extended Q & A session on both days facilitated by Jonas Torrance, Therapy & Movement Psychotherapist; author of "Therapeutic Adventures with Autistic Children"

Day 1: Could this be Autism?

Differentiating Autism from other Conditions

Day 2: Anxiety, Empathy, Emotional Distress

& Finding Closure (from hurtful experiences)

A 2 Day Event in Historic Oxford City

on Thursday 10th & Friday 11th January 2019

The Kings Centre, Oxford OX2 0ES

Autism is now a clinical priority for the NHS

Are you and your team prepared?

Booking rates, including refreshments and lunch --

Both days - Professionals: £295+VAT; People w ASC & Family Members: £245+VAT

One day - Professionals: £195+VAT; People w ASC & Family Members: £165+VAT

Concession rates: Two days: £195 +VAT; One day: £130 +VAT

Group Discount: 20% off for groups of 5 or more professionals

**** Now with more speakers & new topics...see website for details ****

For fast, easy, secure booking:- <http://www.autismoxford.org/index.php/events>

Short Breaks Update for Families with Disabled Children and Young People

the curly hair project

Autism Learning Days in Bicester



Be inspired and learn from people who really live with the condition
Gain a strong understanding of autism

Choose an event and attend one or more sessions,
or save money with the All Day ticket

Suitable for:
Autistic adults, Parents and carers

Anyone working with autistic adults or autistic children



There are more events, animated films, training, books and lots more on our website, so do come and have a look.



Autism Learning Day 1

Talk 1: Understanding and managing anxiety

Talk 2: Social Energy Theory (this theory about socialising will change your life!)

Talk 3: What is sensory processing and how does it affect autistic people?

Talk 4: Understanding and managing strong and atypical emotions

Video: A day at primary school for the girl with the curly hair & discussion

Thurs 24 January 2019

Autism Learning Day 2

Talk 1: How autism affects the family & improving family relationships

Talk 2: 10 ways to understand each other

Talk 3: How to be a more effective communicator

Talk 4: Helping autistic people become more productive and efficient

Video: A day at Secondary school for the girl with the curly hair & discussion

Thurs 11 April 2019

There'll be lots of breaks
Lunch is not provided so please bring your own, but there are also shops nearby
Browse and purchase the amazing range of 'the girl with the curly hair' books

About Us

The Curly Hair Project (CHP) is an award-winning social enterprise founded by autistic author and entrepreneur **Alis Rowe**. CHP resources are used by individuals, families and professionals worldwide. Endorsed by the world's leading psychologist in autism, Professor Tony Attwood. As featured on BBC Radio 4 twice.

For more information

email sam@thegirlwiththecurlyhair.co.uk

Prices	
All day ticket	Individuals £41
	Professionals £99
Talk/video ticket	Individuals £13
	Professionals £30
Exhibitor space	Professionals £50
Excludes booking fee and VAT	

Book at www.thegirlwiththecurlyhair.co.uk/events

Venue:- OYAP, The Old St Edburg's School, Cemetery Road, Bicester, OX26 6BB

Short Breaks Update for Families with Disabled Children and Young People

Playwork training...



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2018/19 INTRODUCTION TO PLAYWORK

(Learning through Play)

Short course on Playwork

Are you a practitioner working with children? We know that children love to play, and that we want them to learn. How do we encourage learning through that play and what should we, as practitioners do to give children the best opportunities for self-expression and creativity?

- This short course will help you to: Explain your role as a Playworker
- Justify the importance of Play.
- List the 16 Play Types
- Explain what is meant by 'Loose Parts'



My Learning Tree

Introduction to
Playwork
(Learning through Play)

Book your place
through Step Into
Training if you want to
know more about
Children's need to Play.

Bespoke 3 hour
courses available
through My Learning
Tree (£200 per
session)

What are Loose Parts?

MY LEARNING TREE
Wendy Boone
Early Years Consultant/Trainer

Telephone:
07876715466
Email Address:
mylearningtree05@gmail.com

Short Breaks Update for Families with Disabled Children and Young People

Training opportunities



Recruiting and Retaining Volunteers

An action-packed session filled with practical suggestions and plenty of opportunities to share ideas on how to recruit volunteers and keep hold of them! Volunteer recruitment is a constant challenge for many organisations. This workshop will explore national and local trends in motivations to volunteer and barriers inhibiting volunteering. Equipped with this knowledge you will have the chance to critique current volunteer recruitment campaigns, analyse new and innovative ways for working and learn about current developments in the sector in Oxfordshire.

Thursday 6th December 2018. 10.00am - 1.00pm. £40 – £65.

Fundamentals of GDPR: For any charity that has either not started the GDPR planning or needs a refresher

The General Data Protection Regulation (GDPR) came into effect on the 25th of May 2018 and is the most significant change to data protection law in almost 20 years. The GDPR strengthens a number of existing principles and introduces more rights for individuals in the use of their personal data. GDPR should not be viewed as a tick-box exercise, that once 'compliant' it can be forgotten about. Charities need to view the regulation as one that requires on going monitoring and adherence. This half day training session will introduce GDPR to delegates, describe the differences between the Data Protection Act 1998 and provide practical steps that need to be taken in order to start and continue implementing GDPR.

Tuesday 11th December 2018. 10.00-1.00pm. £60 – £90.

If you have any questions about courses or can't find what you're looking for?

Email - training@ocva.org.uk or call 01865 251946.

<https://ocva.org.uk/services/training/>