

Short Breaks Update for Families with Disabled Children and Young People



Welcome to the January Short Breaks Update &...



Happy New Year to you all!

We have dance, cycling, football, swimming, discos & creative tasters as well as some upcoming theatre & other events!! There are support groups, workshops, webinars & more...



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Contact details:-

Pauline MacKinnon - 07554 330244; Email - 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



PARASOL PRESENTS

INCLUSIVE DANCE PARTIES

FOR CHILDREN AGED 5-12 YEARS

Children will have the opportunity to exercise playfully, learn basic choreography and show off all their new moves in our end of session disco!

VENUE: Tower Playbase, OX3 9RG

DATE: Thursdays during school term time

TIME: 4:30pm - 6pm

FIRST SESSION: Thursday 6th October

A tutorial video will also be sent via email so that your child can share what they have learnt with you and practice at home if they wish.

If you would like to book or have any questions, please email Kat at playbase@parasolproject.org

Please be aware that spaces are limited

YOU MOVE



Active
Oxfordshire



To book or if you have any questions, please email Kat on - playbase@parasolproject.org

Short Breaks Update for Families with Disabled Children and Young People



Young People's Mental Health Drop-In's are back!

After our successful trial during the summer holidays we have fundraised to be able to relaunch this valuable service. Huge thanks to [Witney Town Council](#) and Gentian Homes who have made it possible.

Thursdays 4-6pm

Carterton Family Centre, 1st Floor, The Allandale, Carterton

info@apcamgroup.org.uk

Short Breaks Update for Families with Disabled Children and Young People



FARINGDON JUNIOR YOUTH CLUB

FRIDAY EVENINGS – 6PM TO 8PM

**FOR YOUNG PEOPLE AGED 10 TO 13
YEARS (SCHOOL YEARS 6, 7 AND 8)**



**FRIDAY NIGHTS FROM 6PM TO 8PM AT
FARINGDON CRICKET CLUB, STANFORD
ROAD, FARINGDON, OXON. SN7 7AQ**

FREE ENTRANCE AND FREE ACTIVITIES

Tuckshop / Snacks available to purchase

Contact = 07436 270267 / martin.gillett@oxonplay.org.uk /
www.oxonplay.org.uk

This project is funded and supported by;



**OXFORDSHIRE
COUNTY COUNCIL**



Sessions will return on Friday 6th January 2023.

martin.gillett@oxonplay.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Wheels for all: Witney
recumbents • trikes • wheelchair carriers



Supportive, safe and inclusive cycling sessions for those with additional needs.

Every Saturday:
11am - 1pm, ages 2 yrs -16yrs. Family members welcome.
1pm - 2pm for 16+ yrs.

£3 per session.

**Wood Green School,
Witney, OX28 1DX**

Book by phone, email or website:
<https://windrushbikeproject.uk>
07766 829296

 @windrushbikepro
 @windrushbikeproject
 @windrushbikeproject
 wheelsforall@windrushbikeproject.uk
www.windrushbikeproject.uk



Every Saturday at Woodgreen school, try a bike, borrow a bike, ride in a safe space - book your place here:-

<https://bookwhen.com/windrushbikeproject?tag=wfa...>



NEW TEAM

Introducing our brand new Pan-Disability team.

We offer accessible football for children aged 6-9 with additional needs and disabilities.

First training session 7th January 2023

Time and venue to be confirmed.
Spaces are limited so please get in touch if you are interested.

CONTACT RYAN ON 07561 309585



AYLESBURYVALEDYNAMOS.CO.UK

Please contact Ryan on the number above if interested or go to the website - www.aylesburyvaledynamos.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Parent inclusive gymnastics classes every Sunday for children of ALL abilities.

**** Book your spot today ****

Venue - Tower Hill Community Primary School, Moor Avenue, Witney, OX28 6NB

Please go to our website to book:-

<https://www.noxgymnastics.com/try-gymnastics-lessons/>

Short Breaks Update for Families with Disabled Children and Young People



Inclusive Family Swim

January 8th, February 5th, March 5th

Didcot Wave are hosting an inclusive family swim on the first Sunday of every month from 5:30-6:30pm.

For any families with a child with SEND needs.

Pay on entry or book on the BETTER App £3.50 per person

For more information, please email - didcot@gll.org



For more info, please email - didcot@gll.org

Short Breaks Update for Families with Disabled Children and Young People



Join Pegasus studio for 3 FREE monthly creative tasters...

Making Music: Saturday 14th Jan, 10-1pm

Experiment with instruments, recording and mixing to create your own unique group track.

Making Moves: Saturday 11th Feb, 10-1pm

Get active and explore dance and movement inspired by the sounds and track you created.

Puppet Play: Saturday 11th March, 10-3pm

Try out drama games and exercises using props and puppets, PLUS celebratory lunch and laughs at the Tweedy's Musical Mayhem show.

You must be a member of Yellow Submarine member, aged 15-25 years, to apply. Contact Lisa at community@pegasustheatre.org.uk for more info and to fill out a sign-up form. Limited spaces & booking is essential!

**** Applications close - Tuesday 10th January 2023 ****

Short Breaks Update for Families with Disabled Children and Young People


theicecentre
Inclusive care education
WWW.ICE-CENTRE.CO.UK

DISCO'S 2023

JANUARY 27TH
FEBRUARY 24TH
MARCH 24TH
APRIL 28TH
MAY 26TH
JUNE 23RD
JULY 28TH
AUGUST 25TH
SEPTEMBER 29TH
OCTOBER 27TH
NOVEMBER 17TH

One Friday every month
LANGDALE HALL- OX28 6AB **£6 on the door - 6:30pm - 9pm**
If you would like any additional support please contact us on
01993 846 240

soundabout

Online Music Making 2023



Mon 5pm After School Club (Zoom)



Wed 5pm After School Club (Zoom)

Thurs 11am Soundabout Life (YouTube)



Sat 2pm Soundabout Live!
(Facebook Family Members Group)



Weekends Inclusive Choir Rehearsals
Visit [soundaboutchoirs.org.uk](https://www.soundaboutchoirs.org.uk)



Anytime! Hello, Goodbye & Routine Songs,
Soundabout Live! Replays
(Facebook & YouTube)



We've got lots of virtual music making sessions taking place this year! Aimed at people of all ages with severe and profound learning disabilities.

Find out more at www.soundabout.org.uk/virtual-sessions

Short Breaks Update for Families with Disabled Children and Young People



Singing Sundays 10.00am - 12.00 noon

With thanks to the Connected Communities Fund we will be offering singing with Emily and Holly in the garden once a month on the following dates in 2023...

- 29th January
- 26th February
- 26th March
- 30th April
- 28th May
- 25th June
- July – December dates will be announced in due course

Everyone is welcome and no previous experience necessary.
Hot and cold soft drinks will be available – donations welcome.

[Barracks Lane Community Garden \(barrackslanegarden.org.uk\)](http://barrackslanegarden.org.uk)

Short Breaks Update for Families with Disabled Children and Young People

LIVING WELLwith NEURODIVERSITY

NHS
Oxford Health
NHS Foundation Trust

A new support service 
from **Oxfordshire CAMHS** in collaboration with **AutismOxford**
UK Limited

Is **YOUR** family open to/
involved with CAMHS
NDC services?
Are **YOU** a parent/carer
of a young person
awaiting an assessment?



FREE ONLINE COURSES FOR YOU!

- The virtual sessions will be held in the evenings as an informal space for parents/carers to safely share their experiences/tips.
- It will be facilitated by professionals who will cover the basics of ADHD/Autism and much more!

Scan the QR code to access
the events and resources!

If you have any questions, please email us on
youngpeoplesupport@autismoxford.org.uk



*Working together to deliver the best for our
communities, our people & the environment*

| **Caring** | **Safe** | **Excellent** |

MISSION
VALUES

VISION

Outstanding care by
an outstanding team

This service is open to families involved with CAMHS/NDS. Any questions please email - youngpeoplesupport@autismoxford.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Sensory Suitcase Stories: Goldilocks

Saturday 11 February, 14:30-15:30, ages 2+

A special relaxed sensory edition of Suitcase Stories for audiences with access needs. The story has been adapted with specially designed sensory activities, a slower pace, partial Makaton signing and a flexible approach to delivery that will be improvised on the day to suit the audience needs.



Please call the Box Office on 01865 807600 in advance to book your place for this event.

More: <https://www.storymuseum.org.uk/whats-on/sensory-suitcase-stories-goldilocks>

Hey Little Bird

Saturday 25 March, 14:30-15:30, ages 3+



A special show suitable for audiences with special access needs. Join Emma Boor in her fancy hat shop as she tells the touching tale of a freshly hatched bird and his search to find his mum. A gentle tale for very young audiences featuring music, puppetry and a whole host of birds made out of hats! The story has been adapted with specially designed sensory activities, a slower pace, partial Makaton signing and a flexible approach to delivery that will be improvised on the day to suit the audience needs.

Please call the Box Office on 01865 807600 in advance to book your place for this event.

More: <https://www.storymuseum.org.uk/whats-on/hey-little-bird>

The Story Museum, 42 Pembroke Street, Oxford OX1 1BP. Tel: 01865 790050

www.storymuseum.org.uk

Short Breaks Update for Families with Disabled Children and Young People



VICTA
Student
Portal

summer
camp

2023



Summer Camp for those with a vision impairment

- **When:** 20th to 27th August 2023
- **Who:** 14 to 17 years
- **Location:** Dearne Valley, Denaby Main, Conisbrough, Sth Yorkshire, DN12 4EA
- **Cost:** £200
- **Closing Date:** Friday 28th April 2022

The VICTA Summer Camp is for teenagers aged 14-17 with a vision impairment and the theme for 2023 is Advocacy! Across eight action-packed days you will create memories and build new friendships that last a lifetime.

Take part in lots of new and life changing experiences that will develop key skills such as communication, teamwork and problem solving as well as increasing your independence and resilience. During the day, not only will you take on some thrill-seeking fun such as raft building, crate stacking and zipwire but you will also be participating in conservation work, contributing to the sustainability of the local environment through the John Muir Award. Last year, our participants planted wildflowers in the VICTA Wildflower Meadow and built bat boxes for the Dearne Valley site. In the evenings, there will be campfires, games and the opportunity to listen and network with some VICTA young adults who have gone on to have success in sport, business and many other fields.

If you would like to apply or find out more, please go to the VICTA website and complete the online form:-

[VICTA Summer Camp 2023 - VICTA](#)

Accessival

Accessible Festival for the whole community

Saturday 1st July 2023 - 11am-10pm
Music - Beer - Food - Play



Thomley's first festival is an opportunity for the whole community to experience the best of all the local festivals.

We will have various food stalls; alcohol stalls; live local bands on stage plus the best of Thomley for children and young people.

Bouncy castles, jumping pillow, archery, giant bubbles are just a handful of activities on offer to keep the younger generation entertained for the day. Early bird wristbands are now on sale: £12 per adult (which includes a glass) and £12 a child (which includes access to all the activities on the day). There is also limited camping availability and three camping pods available to book.



**Would you like to volunteer on the day, perform on stage, or have a food / alcohol stand? Please get in touch to book: festival@thomley.org.uk
Book your wristbands here: www.thomley.org.uk/events/festival/**

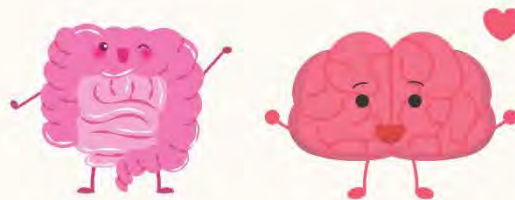
Book here - www.thomley.org.uk/events/festival/

Short Breaks Update for Families with Disabled Children and Young People



Research opportunity!

"Most parents of children with gastrointestinal symptoms say their health care team have not explained the link between physical symptoms and emotional wellbeing"



Researchers at the University of Surrey are looking how hospitals can better support the physical symptoms and emotional wellbeing of **children with gastrointestinal symptoms and/or conditions.**

Does your child have a digestive condition, like irritable bowel syndrome, gastroparesis, achalasia or functional dyspepsia? Or do they have diarrhoea, constipation or bloating? **We would like to talk with you and your child.**

In return, **we would like to give you a £20 Amazon voucher.**

Contact Rosie for more information:
r.satherley@surrey.ac.uk

Version 2.0 - 20.09.22; Gastrointestinal Psychosocial Support

Contact Rosie for more info - **r.satherley@surrey.ac.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



Over the last few years Pony Pursuits have been working with local Primary school children, who have been selected by their schools to attend our pony therapy sessions. The sessions have been a huge learning curve for all involved! The pony therapy sessions are bespoke and client led, in the sense that we meet individual requests rather than offering a structured format. Some of our clients don't want to ride and others only want to ride! We teach people about how ponies see the world and how to interpret their behaviour, how to be confident around them in a safe environment and how to care for ponies as well as ride them.

As well as learning about ponies, the children are learning more about themselves by addressing their fears, respecting boundaries, overcoming challenges, supporting each other and working together as a team. The benefits have been clear to see and so Pony Pursuits have decided to offer pony therapy sessions on an individual basis or with groups of adults & children who may find them beneficial due to a range of emotional, physical and psychological needs.

Pony Pursuits have recently moved Huckleberry Farm, in Heathfield (1 mile from Islip) and we are midway through our renovation project. Huckleberry is a stones throw from the A34 but is a perfect natural location to stay and play after your riding session. Walk along our woodland hack track or visit our woodland area equipped with tractor tyre sandpits, wooden teepees and swing & slide set. We also have guinea pigs to pet and will soon introduce our home reared, friendly chickens to their new home.

Pony Pursuits are an inclusive, non-elitist riding school aiming to provide a predominantly equestrian range of activities in a safe, relaxed environment where everyone is welcome.

Feel free to message me to register your interest and discuss your current situation and requirements. This enables us to tailor the sessions to meet your individual need, whether on a group or a private basis.

To find out more, please contact Charlotte on:-

Tel: 07748 598560; enquiries@ponypursuits.co.uk

www.ponypursuits.co.uk



Short Breaks Update for Families with Disabled Children and Young People



Dick Whittington Pantomime - Relaxed Performances

This year, the Chipping Norton Theatre are very lucky to be supported by the Albion Charity, and with their support they are offering free tickets to two of their relaxed performances! Remaining performances of this is on - Thursday 12th January at 12.30pm.

If you would be interested in booking, please contact the Box Office on - 01608 642350. Please note, there are a limited number of wheelchair spaces, so please let the box office know how many you will need.

Short Breaks Update for Families with Disabled Children and Young People



Odie's Odd Odyssey



Big shout out to the The Orpheus Centre! Their students had key roles in Odie's Odd Odyssey. Watch the FREE film to see Emily in a professional role as Athena! Other Orpheus students involved are Annabel and Joss as the Muse voices, and Archie who was running sound during filming. Many other Orpheus students joined us during the live tour as part of our work experience programme as either actors, front of house or stage management.

Thank you to all the Orpheus students and volunteers for helping to bring Odie's Odd Odyssey to the screen!

Head over to YouTube to watch it now for free:-

[FREE TO WATCH - Odie's Odd Odyssey! A 50-minute multi-sensory & interactive adventure - YouTube](#)

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly cinema screenings

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** have already shown their autism friendly viewing for this month. These are usually shown on the first Sunday of the month at 11.00am in Didcot, High Wycombe, Milton Keynes, Swindon & Witney.
- * **The Light** have already shown their autism friendly viewing in Banbury this month. [Autism-friendly screenings - Banbury - The Light](#).
- * **Odeon** haven't released what their autism friendly screening is yet but it is usually shown on the first Sunday of the month at 11.00am in Oxford, Aylesbury & Milton Keynes Stadium.
- * **Showcase** haven't released what their autism friendly screening is yet but it is usually shown on the 2nd Sunday of the month at 10.00am in Reading.
- * **Picturehouse** aren't having an autism friendly screening this month at The Phoenix in Oxford.
- * **Vue** haven't released what their autism friendly screening is yet but is usually shown on the last

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.

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

Hickory Dickory Dock

In Cooper School Performance Hall
Weds 15th to Sat 18th February 2023

Box Office Open!
Buy your tickets now!

Tickets available from
www.ticketsource.co.uk/lvp (booking fees apply)
(or call 07864 715708 for cash/cheque purchases, or assistance)

Family tickets available at discounted prices!

All profits will be donated to Nai's House

Early Bird discount!
Quote EARLYBIRD and get 10% off if you book before 1st Jan

A traditional family panto, suitable for all the family to enjoy!

www.launtanvillageplayers.org.uk

Launton Village Players present our family friendly panto—Hickory Dickory Dock! It will be performed in Cooper School Performance Hall in Bicester from Wednesday 5th to Saturday 18th February 2023.

Come and join Dame Lily and our heroes Tom and Jessie in our family panto as they travel around the world searching for pieces of the magical clock!

Quote EARLYBIRD and get 10% off your tickets if you book before 1st January - www.ticketsource.co.uk/lvp

Short Breaks Update for Families with Disabled Children and Young People



Disabled Living has an excellent reputation of organising the very prestigious Kidz to Adultz event since 2001 and now hold five of the largest FREE UK exhibitions totally dedicated to children and young adults up to 25 years with disabilities and additional needs, their parents, carers and all the professionals who support and work with them.

When? Thursday 16th March 2023, CBS Arena, 9.30am – 4.30pm

Register for **free** to attend Kidz to Adultz Middle! If you require further information please contact the Kidz to Adultz team - Tel: 0161 214 4592; Email: info@disabledliving.co.uk

Where? Coventry Building Society Arena (previously called Ricoh Arena), CV6 6AQ

The location of this event offers much easier access to the Kidz to Adultz events for people from Central England and the Midlands, including Warwickshire, Worcestershire, Leicestershire, Northamptonshire and further afield.

120+ exhibitors offering advice and information

Our exhibitors offer advice on many areas including funding, mobility, seating, beds, communication, accessible vehicles, education, legal matters, sensory and much more! Exhibitor listings for 2023 will be released soon!

FREE CPD accredited topical seminars

Boost your CPD portfolio and gain credits by attending one or more of the FREE topical seminars taking place alongside the exhibition. Seminars are presentations covering a wide range of issues and interests to families and carers of children with disabilities and special needs, and the professionals who work with them. Visit our CPD seminars page for more information.

For more info, please go to the website:-

Kidz to Adultz Middle - Free Event Organised by Disabled Living
(kidzexhibitions.co.uk)

Short Breaks Update for Families with Disabled Children and Young People



When Wednesdays
during term time

Time 4-5pm and
5.30-6.30pm

Sibling Support Online Workshops

Swings & Smiles is very excited to be offering our SIBSupport workshops online so that all siblings can access our support, even if they can't make it to our centre.

The workshops aim to support children with disabled siblings in their relationships and understanding of others as well themselves. We will encourage them to grow in confidence and resilience, and improve their overall wellbeing.

Swings & Smiles is a charity that supports disabled children and their families. We understand just how different life can be as a child with a disabled siblings, and our SIBSupport work is an important part of the services we offer.

These workshops will be a great opportunity for children to make new friends and spend time with peers who can relate to some of the highs and lows that come with having a disabled sibling. There is never a dull moment with plenty of activities and games on offer during each session. We'll be running the following sessions on Wednesdays during term-time:

Children in Years 3 to 6 - 4-5pm

Children in Year 7 and above - 5.30-6.30pm

If you would like to book onto one of our courses or find out more about our SIBSupport services please email sibsupport@swingsandsmiles.co.uk with the name and age of your child. We will then be in touch with a registration form to get you signed up and ready to go.

Registered Charity Number 1120598



To find out more or to book your place, please email:-

sibsupport@swingsandsmiles.co.uk

Short Breaks Update for Families with Disabled Children and Young People

“

Because Talking Matters

”

Parent and Carers Drop-Ins starting November 2022

A space and time to support the
mental health and wellbeing of you and your children and young
people.

Meet other parents and carers,
share stories, find support and advice from local like-minded people.

the first Thursday each month

4.30- 5.30

@Abingdon Carousel Family Centre
Caldecott Chase, Abingdon

and

the first Friday each month

10.00- 11.00

@The Barnes Cafe
Northcourt Road, Abingdon

Please get in touch for further info;
dani@mentalhealthnatters.org
www.mentalhealthnatters.org



**** Next dates are - 1st & 2nd December 2022 ****

For more info, please contact dani@mentalhealthnatters.org or
go to the website - www.mentalhealthnatters.org

Short Breaks Update for Families with Disabled Children and Young People



£2 per Family!

**Family Drop In Session
for Children with SEN**
Every Wednesday
6-8pm

The Hill Community Centre
Dover Avenue, Bretch Hill, OX16 0JJ

All Children must be
accompanied by an Adult.



This family session started last month & was a great success. It will now run weekly until the middle of December, so why not pop along enjoy some free refreshments & meet new people.

All ages & abilities welcome, we look forward to meeting you all.

Short Breaks Update for Families with Disabled Children and Young People



Welcome to this new SEN Support group in Banbury for parents/carers who have a child that has a diagnosis or is on the pathway of being diagnosed. This group all came together in less than a week and it came about because my own children have SEN and I have struggled to find local support groups that are accessible to me. My Mum then suggested that I make my own so that is what I have done!

[Cromwell Lodge Hotel](https://www.facebook.com/profile.php?id=100087505368087) have kindly offered their venue for FREE! Thank you so much! They will also provide tea/coffee and in return all we ask for is a £1 donation per person and this will support a local charity! I am really excited to kick off this journey with parents that can share their support and knowledge. Initially the sessions will be held every other week on a Monday 09.30am to 11:00am. The first session will be held on Monday 21st November with the next sessions planned on 5th & 19th December. We will then resume again on the 9th January 2023! 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



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 first 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

The dates for this term are:-

In person at the Wells Café, Garden Room, Peachcroft Farm, Whites Lane, Abingdon, OX14 2HP between 10.00am and 12.00pm (1st of the month, term time only)

6th January; 3rd February; 3rd March (Matt, Carers Oxon attending); 5th May (AFSO attending); 9th June & 7th July

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

16th January; 20th February; 20th March; 15th May;
19th June & 17th July

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

Or for more information, please go to our website -
www.shift-abingdon.org.uk

Short Breaks Update for Families with Disabled Children and Young People



Karen Irvani

B. Phil. Sp. Ed. (Autism) – University of Birmingham
T: 07503 752880
E: karen@asc-autism.co.uk

The Basement
156 Bath Road
Banbury
OX16 0TT

About...

- **Karen Irvani is both an autism parent and professional.** She holds a first-class Bachelor of Philosophy degree in Special Education (Autism) via University of Birmingham, in addition to her considerable parental 'lived' and professional experience. Karen also gave a TEDx talk in 2020 entitled "Have you found your tribe?" (available on YouTube).
- **Having supported autism families at home, in education, at work and in the community since 2012,** alongside her directorship of Bespoke Education & Support Services organisation Parents Talking Asperger's (PTA) CIC, Karen also offers evening/Saturday morning 1:1 autism advice and support consultancy appointments from a dedicated Consultancy Suite at her home in Banbury.

Karen fought long and hard to secure a specialist school placement for her autistic son in 2013 and went on to secure many other places (and preceding Education Health Care Plans (EHCPs) for other autistic children, both independently and in collaboration with legal advocates. Her drive has always been that children like hers should not struggle alone or be left abandoned in a largely challenging and unjust Special Educational Needs (SEN) system.

Significantly, the consultancy works *with* autistic people, as well as *for* them, because without autistic 'voice' Karen believes that her work has no authenticity, irrespective of her academic qualification and depth of parental 'lived' and professional experience.

Wider elements of Karen's Consultancy comprise access to specialists including Autism Advisory Teacher, Clinical Psychology, Speech & Language and Occupational Therapy, and legal specialists for Special Educational Needs (SEN) when required.

Services include:

- 1:1 Family advice/support for everyday living
- 1:1 Family advice/support for education
- 2:1 Friendship nurturing
- Communication/liaison advice/support with SEN, education, and healthcare professionals
- Commissioned EHCP applications/process navigation/support
 - 1:1 Workplace advice/signposting
 - Art therapy: 1:1 / 2:1
- Music therapy: guitar, ukulele and singing



Working with, and for, autistic people: at home, in education, at work and in the community

Karen used to run Parents Talking Aspergers but unfortunately the funding disappeared so it's no longer running. She does, however, hope to run some small group socials in 2023. Contact her for more information - karen@asc-autism.co.uk

Short Breaks Update for Families with Disabled Children and Young People

Autism Training...

© The Curly Hair Project 2017

The Curly Hair Project Autism Webinars January 2023

Gender Dysphoria	Mon 16/01	8pm
Meltdowns & Shutdowns	Thurs 19/01	8pm
Executive Function	Tues 24/1	8pm
Managing anxiety as an autistic child (parent/child)	Sat 28/1	10:00am

Access our events from your phone, PC or laptop!



All webinars last one hour unless otherwise stated.
Each are recorded & you will be given 3 days access after the webinar
– just buy a ticket and it will be sent automatically!

For further information & to book, please visit www.thegirlwiththecurlyhair.co.uk/events

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. All our work is based on personal, real-life examples and experiences. For more information & to book, please visit:-

www.thegirlwiththecurlyhair.co.uk/events

Short Breaks Update for Families with Disabled Children and Young People



Online Course and Live Workshop



Embracing Autism is an online 8 week course for parents of recently diagnosed children of any age including teens. It covers all the information you will need, to understand and support your child in the early weeks and months after diagnosis.

Coping and Behaviour at School and Home
Sensory Processing (including Eating)
Social Communication and Interaction
Anxiety & Stress
Sensory and Emotional Regulation

Register here: <https://courses.theyarethefuture.co.uk/embracing-autism-parent-course>

Every Monday a new topic is released, with a set of videos for you to watch (40-60 minutes total per week). You can watch them on desktop or mobile, or even listen whilst driving or preparing a meal! Dont worry if the course has already started - you can easily catch up.

In the final (8th) week we invite you to attend a Live Online Workshop on Zoom. The course is an exciting collaboration between Everlief and other autism professionals:

Dr Lucy Russell, Clinical Psychologist, Everlief
Dr Marcelina Watkinson, Clinical Psychologist, Everlief
Dr Cassie Coleman, Consultant Community Paediatrician, www.drcassie.co.uk
Aimee Laming, Specialist Speech & Language Therapist, Speech Therapy Matters Ltd
Nicci Paine, Clinical Specialist Occupational Therapist, LEAP Children's Therapy

To register, please go to our website - [Embracing Autism Online Course \(theyarethefuture.co.uk\)](https://courses.theyarethefuture.co.uk/embracing-autism-parent-course)

Short Breaks Update for Families with Disabled Children and Young People



Autism Oxford UK Limited

Autism Oxford UK Conference 2023
Anxiety and Autism

January 16th-17th 2023
at
The King's Centre Oxford



Keynote Speakers
Professor Tony Attwood &
Dr Michelle Garnett



Register your interest here: autismoxford.org.uk



Tickets now on sale!

Please go to the site for more info and to buy tickets...

[Homepage - Autism Oxford UK Limited](https://www.autismoxford.org.uk)

Short Breaks Update for Families with Disabled Children and Young People



An overview of each Level



- Level 1**
- What is the Makaton Language Programme
 - Stage 1 signs and symbols, **Immediate Needs / Establishing Interaction**
 - Stage 2 signs and symbols, **Home / Familiar People / Objects / Food / Events / Activities**
 - Additional Vocabulary signs and symbols, **Food / Drink / Home / Greetings**
 - **Finger Spelling**
 - Tips for effective signing
 - Makaton's place in the Signing World
 - Three formal levels of Makaton Use
 - Multi-Modal Communication
 - Signing for Comprehension and Expression
 - How are Makaton Symbols used?
 - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 2**
- Stage 3 signs and symbols, **Outside world / Animals / Fruit / Vehicles / Actions / Attributes / Locatives / Pronouns**
 - Stage 4 signs and symbols, **School / Work / Objects / People / Events / Activities / Pronouns / Spatial Location**
 - Additional Vocabulary signs and symbols, **Medical / Support / People / Personal Care**
 - Research Support for Signs and Symbol Use
 - Makaton Symbols Design Themes
 - Teaching Procedures
 - Signing for Comprehension and Expression
 - Practical Applications of Makaton
 - Sequencing Events
 - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 3**
- Revision of signs and symbols from Levels 1 & 2
 - Stage 5 signs and symbols, **The Community / People / Places / Activities / Interests / Events / Objects / Attributes / Feelings**
 - Stage 6 signs and symbols, **The Wider World / Places / Thinking & Knowing / Attributes / Pronouns / Prepositions**
 - Conveying meaning accurately by choosing the right signs & symbols
 - Talking about people
 - Signing for Comprehension and Expression
 - Talking about possession
 - Analysing Sign production
 - Using Signs and Symbols; developing techniques, position, movement & direction



- Level 4**
- Stage 7 signs and symbols, **Number / Time / Weather / Quantity / Money**
 - Stage 8 signs and symbols, **Leisure interests / Feelings / Casual Relationships**
 - **Additional IT** signs and symbols.
 - Time concepts
 - Keeping things simple (core)
 - Interpreting and Translating more detailed information
 - The power of Symbols
 - Integrating and extending personal Signing and Symbol skills
 - Using Signs and Symbols; developing techniques, position, movement & direction

Contact: LibbyMakatonTutor@gmail.com <https://www.ticketsource.co.uk/hands-aloud>



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@HandsAloud

Short Breaks Update for Families with Disabled Children and Young People



Create your Fundraising Action Plan

In this half day participatory workshop, you will join a group of peers from the small charity sector to create a fundraising action plan for your small charity. You will be guided by the trainer, Vic Hancock Fell, to consider whether your organisation has the right foundations in place to be successful with fundraising and to map out a 12 month action plan unique to your organisation.

Strong strategic and operational foundations are a regularly overlooked but critical part of being able to fundraise successfully and efficiently. A clear vision and strategy, an engaged Board of Trustees with fundraising expertise represented, budgeting to support fundraising, impact data and systems and processes are all fundamental to fundraising success.

This course will be online using Zoom.

Thursday 19th January (3.5 hours). 9.30am - 1.00pm; £40 - £70

Upcoming - if you are interested in an Emergency First Aid at Work course, the next one will be in person on Tuesday 14th March 2023, 9.30am – 4.00pm. Cost: £70 – £100. Spaces book up quickly so please go to the website for more information and to book!

More information and bookings taken on the OCVA website - [OCVA - current courses](#)
training@ocva.org.uk or call 01865 251946