

Short Breaks Update for Families with Disabled Children and Young People

Welcome to the **April Short Breaks Update**.

We hope you will find the information in this edition useful.

Please share it with your friends, families and colleagues.



It's Autism Awareness month and Play Days are back! Don't miss the chance to ceilidh the night away (p7) or to join the "pop up" choir (p11).
There are also some great sport & fundraising opportunities to take part in (p8-9; p12; p20).



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Contact details:

Kay Willis, Disability Services Development Manager: 07920 252 095

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'FREE PLAY RANGER SESSIONS AT ROSE HILL'

FOR CHILDREN AND YOUNG PEOPLE OF ALL AGES!

AT ROSE HILL RECREATION GROUND (BEHIND ROSE HILL COMMUNITY CENTRE) - 11AM UNTIL 3PM



EASTER HOLIDAYS 2019

TUESDAY 9TH, WEDNESDAY 10TH AND THURSDAY 11TH APRIL

TUESDAY 16TH, WEDNESDAY 17TH AND THURSDAY 18TH

APRIL

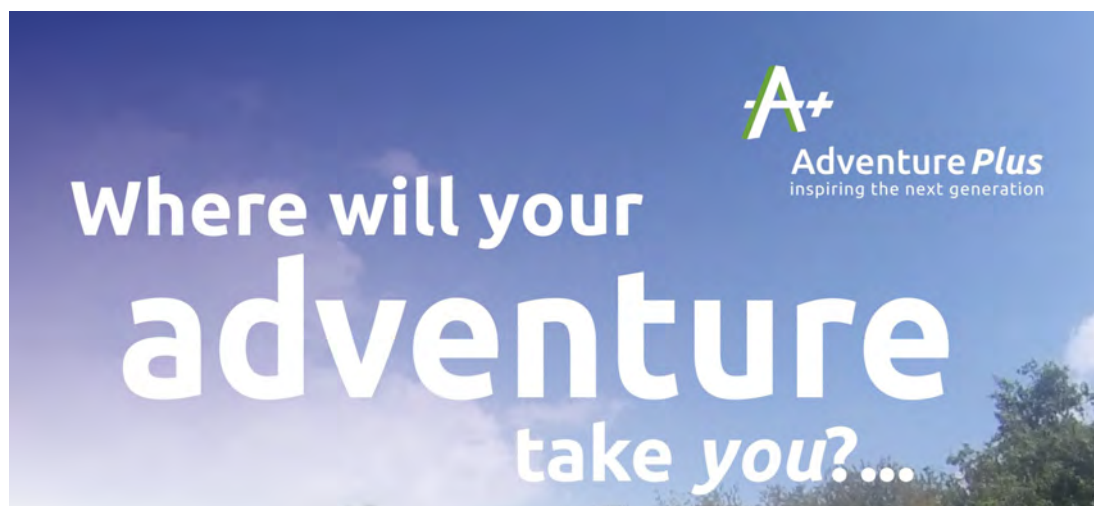
If we don't let them jump how will Children know if they can fly?

- These are open access sessions, NO Childcare is provided
- Parents / Carers remain responsible for their Children at ALL times, Parents / Carers are most welcome to join in
- Play is Fun and NOT always clean and dry, these sessions take place outside...Whatever the Weather! Please wear suitable clothes 😊

For further information please contact the Oxfordshire Play Association – 01865 779474 / enquiries@oxonplay.org.uk



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TA holidays 2019 – Bookings Open

2019 is well and truly underway! We hope that it has been a good start all round to this new year. Our wonderful team has been busy with planning and praying for our Total Adventure holidays 2019!

Our theme this year is “You’ve got a friend in Him”, based on the verse “...*there is a friend who sticks closer than a brother*” Prov 18:24b. We can’t wait to welcome many children to our TA holidays this year and share this good news with them.

Total Adventure holidays are open to any young person aged 8-15. Each week is packed full of opportunities. Try your hand at archery, fencing, climbing, canoeing, bushcraft, hang out with old and new friends, play sport, read, talk or make something to remember the week by in arts and crafts sessions.

[TA Easter \(8-11s\)](#) - 8th-12th April

[TA Peak \(12-15s\)](#) 29th July-2nd August

[TA Beacon \(8-12s\)](#) - 12th-16th August

[Book online](#) and give your children opportunities to make memories and friends that last a lifetime and be encouraged as they live the adventure of faith.

[Scampers](#) (Senior Campers, ages 16-17) are also welcome on Total Adventure holidays. You will experience all the fun of a Total Adventure holiday with the added responsibility of helping the leaders.

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Upcoming workshops...

Animalia animal workshop

Monday 8th April, 1-3pm

See a selection of rare and exotic animals up close and find out more about them.

Lionel the train

8th, 12th & 15th April

Lionel will be taking you on trips around the Thomley site throughout Easter!

NEW...Laser tag!

Tuesday 9th April

Try out our laser tag sets as you battle to be last in the game!

Bouncy Castle

Friday 12th April

The classic bouncy castle will be up for the day from 10am-2:30pm (weather permitting)

Birds of Prey workshop

Monday 15th April

A great chance to see and find out more about Birds of Prey!

Sarah's Adventures in Science!

Tuesday 16th April

Sarah will be exploring the volcano in a bottle!!

Inflatable Assault Course

Friday 19th April

The assault course is a firm favourite with visitors, can you make it to the end of the course?

Roast Dinner Day

Sunday 14th April

Join us for yummy roast chicken or vegetable option (photo right)

Spring Open Day

Saturday 4th May

SO MUCH to do on this day! See full details on the Spring Open Day poster.

Camping

Friday 24th May - Saturday 25th May

For full details see camping poster.



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

BRACKLEY

FREE EVENT
For everyone

Play and Activity Day

Love where you live

Wednesday, 10 April 2019, 11am - 3pm
Brackley Park,
High Street, Brackley, NN13 7DW



DJ workshops · Rodeo bulls · Tricky Trail Mountain Biking · Sumo suits
· DIY face painting · The Smoothie Bike · Space hoppers · Picnic area ·
Football · Soft archery · **There is no on site parking available**



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www.oxfolk.org.uk info@oxfolk.org.uk 07866 804220

FAMILY & SEN CEILIDH

Saturday 13th April 2019

4.00pm to 6.00pm

*** No charge – donation on entry ***

OPEN TO ANYBODY – BRING SIBLINGS, GRANNY, FRIENDS

This is a barn dance with a live band and caller who are experienced with people who have special needs. Simple instructions and dances, allowing time and at a suitable speed.

Great fun is to be had! Wheelchair dancing is fantastic!

We suggest - if you need it, bring a carer with you who will help you. We all get it wrong some of the time - normally with lots of laughs!!

Any questions, please contact us.

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POWERCHAIR FOOTBALL FESTIVAL

DO YOU HAVE A PHYSICAL DISABILITY AND LIVE IN OXFORDSHIRE & THE SURROUNDING AREAS?

DO YOU WANT TO PLAY FOOTBALL? IF THE ANSWER IS YES – COME ALONG TO TRY THIS FAST-PACED EXCITING SPORT!

DATE: SUNDAY 14th APRIL 2019

LOCATION: PARK SPORTS CENTRE, HOLTON, OXFORD, OX33 1QZ

TIME: 1PM-3PM

COST: FREE

OPEN TO ALL AGES. POWERCHAIRS AND EQUIPMENT WILL BE PROVIDED BUT IS LIMITED

REGULAR SESSIONS SET TO FOLLOW

CONTACT: ADAM MCEVOY,
National Development Manager
The Wheelchair Football Association
adam.mcevoy@thewfa.org.uk
07885 408440

TO REGISTER PLEASE VISIT:
<https://goo.gl/forms/WBv27TmVzFJKUuXA2>

To register, please click here:- [Powerchair Football Festival - register](https://goo.gl/forms/WBv27TmVzFJKUuXA2)

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**SEND
RUGBY**

**FUN, SAFE, AND INCLUSIVE
NON-CONTACT RUGBY ACTIVITIES
FOR CHILDREN WITH SPECIAL
EDUCATIONAL NEEDS
AND DISABILITIES
AND THOSE LACKING
CONFIDENCE IN SPORT**

**Sundays: 27th January,
17th February, 3rd March,
17th March, 31st March,
14th April
10:30–12:00 noon**

**SUPPORTED BY KEEN OXFORD
SUPERVISED BY EXPERIENCED,
QUALIFIED COACHES AND PLAYERS OF
OXFORD RUGBY CLUB**

OXFORD RUGBY CLUB
North Hinksey Village OX2 0NA Just off the A34
www.pitchero.com/clubs/oxfordrhc
Email: alanbarnett33@ntlworld.com
Tel: 07565 564349



For more info, go to their [website](http://www.pitchero.com/clubs/oxfordrhc) or email - alanbarnett33@ntlworld.com

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Last chance - Tour the World War I Battlefields in Belgium & France - for 14-17 year olds with visual impairment



Who: 14 to 17 years

When: 15 to 19 April 2019

Location: Belgium and France, departing from Maidstone, Kent

Cost: £200

**** We have a couple of last minute places available on our French/Belgium tour during the Easter holidays. ****

This is the perfect opportunity for any young people aged 14 to 17 years with an interest in history. Come and join us - this trip will help bring the subject to life!

Our historical tour will take us to World War I battlefields and other areas of historical importance. While in Ypres our group will have the unique opportunity to take part in the 'Last Post' Ceremony and will be given the chance to lay a wreath at the Menin Gate.

This trip promises to be a thought provoking experience but is also an opportunity for young people to experience travel with a group of people their own age, to socialise and to share experiences. Visiting the sites in person will leave our group with a lasting understanding of The Great War.

To find out more and to apply, please click on this link - <https://www.victa.org.uk/ww1/>

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soundabout
make music change lives

**EVERYONE
WELCOME!**

Occurs Monthly
Contact Soundabout by email
choir@soundabout.org.uk
Time: 3.30 - 5pm
'Pop up and make music change lives'

**** Please contact Soundabout direct on choir@soundabout.org.uk for the date of the next meet-up. ****

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

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Flexicare Community Walk

Sunday 12th May 2019

Join us for 2 circular routes of 5 or 10 miles across the Ridgeway and a wheelchair/buggy friendly route around the village. Homemade refreshments will be provided on route.

Starting at Snells Hall | East Hendred | OX12 8LA

Raising money to support Flexicare; a small Oxfordshire Children's Charity who provide free specialised sitting services for families with a severely disabled child.

Sign up on www.flexicare.org

Charity Number: 1172635 flexicareoxford 

Blue badge parking is available at Snells Hall. Flexicare will provide lunch at the end and can cater for most diets, particularly if they have notice. Access is level except for the toilets but there are no changing places.

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Les Misérables - audio described performance (for the visually impaired) in Milton Keynes



Who: 5 to 29 years plus 1 guest (please note if the applicant is under 18 the guest must be 18 or over)

When: 22 May 2019

Location: Milton Keynes Theatre

Cost: £20 for a pair of tickets

Closing date: Friday 19 April

Cameron Mackintosh's acclaimed production of *Les Misérables* is now touring the UK, stopping at Milton Keynes Theatre where there will be an audio described performance on Wednesday 22 May.

With glorious new staging and dazzlingly re-imagined scenery inspired by the paintings of Victor Hugo, this breath-taking production promises to be amazing. Boublil and Schönberg's magnificent score of *Les Misérables* includes the well-loved songs, "I Dreamed a Dream", "On My Own", "Stars", "Bring Him Home", "Do You Hear the People Sing?", "One Day More" and many more!

There is also an accompanying touch tour available where you will be able to get hands on with parts of the set, clothing and props used by the cast. Storm the barricades for a ticket!

Please note: The performance includes gunfire, smoke and flashing light effects.

If you would like to apply for tickets, please complete the online application form via this link - <https://www.victa.org.uk/les-mis-mk/>

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Oxford Mencap - Summer holidays for 16 years+ and volunteering opportunity...

Every summer, Oxford Mencap run a holiday programme at Hill End in Oxford. All the holiday guests are from Oxfordshire and the holidays are about shared experiences, friendships and fun. This includes one to one care, residential accommodation and all activities. Each guest has their own volunteer working with them, helping with personal care as necessary and helping them to enjoy all the activities on offer. These activities include:- bowling, trips to theme parks, BBQ's, zoo, swimming, discos and much more. This year, they are also including a week in Wales.

The 2019 holidays are divided into five separate weeks:-

- Week 1 - Friday 19th to Saturday 26th July
- Week 2 - Top Camp - Saturday 26th July to Saturday 3rd August (a week for those who have more needs and who will have two to one support)
- Week 2 - Bottom Camp - Saturday 26th July to Saturday 3rd August
- Week 3 - Saturday 3rd to Saturday 10th August
- Wales - Friday 13th to Sunday 22nd September - this group go to a cottage in Wales

For more details, how to apply and costs involved, please contact Oxford Mencap direct to find out more - administrator@oxfordmencap.org.uk

Oxford Mencap are also looking for volunteers to enable them to run these holidays. Please contact them direct for further details and to request an application pack.



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Peak District National Park opportunity for 18-29 year olds with visual impairment



Who: 18 to 29 years

When: 9 to 14 August 2019

Location: Peak District, England (staying at YHA Alstonefield)

Cost: £90

Closing date: Friday 17 May 2019

Join VICTA as we team up with the Peak District National Park this summer. As well as enjoying plenty of time outdoors in the English summer sunshine, you will actively contribute to the diverse range of environmental and conservation projects that maintain the upkeep of one of the UK's most popular and important destinations, earning your John Muir Discovery Award in the process.

You will also spend a day out at an outdoor adventure centre taking part in fun activities like climbing, rambling, canoeing and kayaking around the Peak District!

Make a positive environmental impact to a UK National Park, try new activities with new friends and earn an award all at the same time.

All participants are expected to make their own travel arrangements to and from the meeting points at the start and end of the trip.

To find out more and to apply, please click on this link - [VICTA Peak District](#).

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Here at Charles Clinkard we understand that having shoes fitted can be an especially daunting experience for anyone on the autistic spectrum. We have teamed up with the organisation **Daisy Chain** and have trained our staff to offer families affected by autism more suitable ways to use our services.

How Can We Support You During Your Visit?

- Provide **sensory packs**
- **Turning off** the video screens
- **Dimming** of the store lights
- A **quieter** store time

Make An Appointment

To make an appointment to discuss specific requirements you might have, please call your local store directly:

Burford Store	Witney Store
01993835790	01993835715

Visit our website at
www.charlesclinkard.co.uk

Short Breaks Update for Families with Disabled Children and Young People



Disabled Living is a charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled adults, children, older people, carers and the professionals who support them. In addition, they support people with bladder and bowel problems through their service - Bladder and Bowel UK. They organise Kidz to Adultz events and produce a number of e-newsletters. These can all be viewed and downloaded from www.disabledliving.co.uk or you can sign up to receive these direct by sending them an email on info@disabledliving.co.uk.

Some of you may also be interested in the **grants information** on pages 14 & 15 of their most recent newsletter - [Disabled Living March 2019](#).

The article on *“Improving advice and information for potty training children with Down Syndrome”* on page 3 may also be of interest. Along with “Ups of Downs”, a new Facebook page has been set up specifically to help support parents and professionals working with children who have Down Syndrome with potty training. This is a closed group for sharing advice, experiences and resources. The link to the Facebook group is here - [Going Potty?](#)



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Understanding & Working with Autism

A half day training session offered on 3 separate dates:-

10.45 for 11 am - 3 pm on Wednesday 24th April 2019

10.45 for 11 am - 3pm on Monday 13th May 2019

10.45 for 11am - 3pm on Tuesday 4th June 2019

Venue - Abell House, The Slade, Horspath Driftway, Oxford OX3 7JH

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**\*\* This course is FREE to attend for staff working in Oxfordshire \*\***

### **Prior booking is necessary**

This training is very popular and usually over subscribed. Last time we advertised there were 500 applications for 250 places. If you book a place, please let us know if you cannot attend so that we can offer your place to someone on the waiting list. Depending on circumstances, a £50 + VAT charge may be incurred by those failing to attend without letting us know in advance.

***Refreshments provided; please bring your own lunch***

### ***After attending this course you will:***

- have an understanding of the Autism Spectrum and its key features
- have awareness of what Autism looks like and appreciation of how it feels on the inside
- have insights into everyday issues that can affect people with Autism, such as sensory issues, anxiety, fear, low self-esteem
- be able to identify and use some autism-friendly strategies and 'reasonable adjustments'
- understand the importance of Autism-friendly 'reasonable adjustments'
- be aware of autism services & organisations in Oxfordshire & the Alert Card Scheme

**Funded by the Oxfordshire Clinical Commissioning Group**

**Limited Spaces Available**

**BOOKING IS ESSENTIAL!**

To book, please email Autism Oxford on - [researchupdate@autismoxford.org.uk](mailto:researchupdate@autismoxford.org.uk)

Please give your NAME, EMAIL, JOB TITLE, ORGANISATION and  
CHOICE OF DATE

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



**Thomley**  
A place for people of all  
abilities and disabilities

## Paul Isaacs

Autism Expert & Thomley Patron



**Friday 26th April**  
**“Life with Autism”**  
(For introductory parents, siblings,  
friends, teachers)

**Friday 21st June**  
**“Understanding the  
mechanics of Autism”**  
(Helping parents and children  
understand Autism)

Join us for an informal conference with Paul Isaacs in the Thomley Pavilion, arrive any time from 5:45pm for a 6:15pm start, it is £5 per person to attend the talk.

The soft play areas will be open for those wishing to bring their children, just £3 per child to come too!  
Hot dogs, cake and drinks are all available from the cafe to buy on the night.

Please share this with your contacts who may benefit from hearing Paul's fantastic talk.

**Booking is essential, email us on:**  
**bookings@thomley.org.uk**  
**Or, call: 01844 338380**

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



**Fundraising opportunity...**

## *Bike Oxford* Sunday 19<sup>th</sup> May



### **Would you be interested in raising funds for Thomley?**

If yes, you could be part of Thomley's Bike Oxford Team on Sunday 19<sup>th</sup> May! If you would like to join them, please get in touch by emailing - [lisahanton@thomley.org.uk](mailto:lisahanton@thomley.org.uk) with your request and the mileage you would like to do - 25, 50 or 80 miles. In return for your place all they are asking is that you raise a minimum sponsorship of £200.



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



## **Molly Olly's Wishes supports children 0-18 years with life limiting illnesses**

**We are very grateful for all donations which enable us to provide the following:-**

### **Wishes**

Wishes have an average value of £500 and can be for anything and everything from medical aids, toys, days out, shopping vouchers, electronic devices, funds to help with transport costs etc.

### **'Olly The Brave' Packs**

Olly the Brave is a therapeutic toy which is designed to help children who have serious illness. He, and the story of how he becomes unwell and the treatment he needs (which is explained in the accompanying books 'Olly the Brave and the Wigglys' and 'Olly being Brave and Chemotherapy') have been developed to help children to relate to and to share their experience with, whilst coming to terms with having a Hickman Line and hair loss. We distribute these packs to over 35 hospitals throughout the UK.



**If you wish to know more about our charity, please visit our website**

**[www.mollyolly.co.uk](http://www.mollyolly.co.uk) or contact [rachel@mollyolly.co.uk](mailto:rachel@mollyolly.co.uk)**

# 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.

This month, some cinemas have additional screenings for Autism Awareness Month as below.

- \* **Cineworld** are showing Dumbo on Sunday 7th April at 11.00am. Missing Link is on Friday 12th April at 11.00am. Both of these films are on in Didcot, Witney, High Wycombe & Milton Keynes.
- \* **Showcase** are showing Dumbo on Sunday 14th April at 10.00am. Missing Link is on Sunday 28th April at 10.00am. Both films are on in Reading.
- \* **Picturehouse** cinemas are showing Wreck-It Ralph: Ralph Breaks The Internet (PG) on Sunday 21st April at 11.00am at The Phoenix in Oxford & The Regal in Henley-on-Thames.
- \* **Odeon** are showing several films - Dumbo (PG) on Mon 1st April at 6.15pm at Oxford, Aylesbury & Milton Keynes Stadium; Captain Marvel (12A) on Tues 2nd April at 5.30pm in Oxford George Street, at 3.30pm in Aylesbury & at 6.30pm at Milton Keynes Stadium; Instant Family (12A) on Wed 3rd April at 2.30pm at Oxford George Street & 3.40pm at Milton Keynes Stadium; The Lego Movie 2 (U) on Thurs 4th April at 4.30pm at Oxford George Street & at 3.40pm at Milton Keynes Stadium.
- \* **Vue** have not yet specified the film this month but it's always on the last Sunday of the month at 10.15am in Bicester, Oxford, Newbury & Reading.

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/>



Visit [www.oxfordshire.gov.uk/shortbreaks](http://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

## Training opportunities



Only one course on offer in April but OCVA have more detail on the types of courses they can offer on their website. Please visit their website or contact them direct for more information.

### **Fire Warden/Marshall Training - Level 2**

This level 2 course is aimed at anyone who requires a course as a Fire Warden or a Fire Marshal. The course covers the latest fire safety regulations and the roles and duties of employees and their responsibilities on Fire Safety.

The QA Level 2 Award in Fire Safety (QCF) is a regulated and nationally recognised qualification that has been specifically designed for anyone who has a specific responsibility for fire safety in the workplace, such as designated fire wardens/fire marshals.

Tuesday 23rd April 2019. 10.00am - approx. 2.00pm (refreshments from 9.45am). £80-£110.

**\*\* Please note - booking for this course closes at 12.00 noon on Tuesday 9th April \*\***

Venue:- OCVA offices, The Old Court House, Floyds Row, St Aldates, Oxford, OX1 1SS.

More information and bookings taken on the OCVA website - <https://ocva.org.uk/all-courses/>

If you have any questions about courses or can't find what you're looking for, please email:-  
training@ocva.org.uk or call 01865 251946.