



**Welcome** to our **February** Newsletter, and a particular warm welcome to the new families that have joined us. We have highlighted new information, as some things appear regularly, so new families can see what is available.

*Once your young person turns 18 years old, we will start sending you a newsletter more aimed at their needs*

**Please contact our staff if you need support or information.**  
**Scroll down for our contact details.**

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## **Thank you to.....**

**Thank You to everyone** who donates to us regularly by **Standing Order or Payroll Giving**.

As a small local charity, we rely on donations and grants – as all our support and activities are provided free of charge or subsidised. We are constantly fundraising just to keep on going. Regular giving helps us immensely.

**If EVERY family donated £10 a year, it could fund a Family Practitioner.**

For a one-off donation, got to our [Just Giving Page](#)

**To setup a Standing Order is easy – simple click on the *Regular Donations* button above, complete the form and send it to us – we will do the rest!**

**Payroll Giving** is tax free – simply talk to your employer. <https://payrollgiving.co.uk/>

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## **Fundraising**

If you have a fundraising idea, please contact Gita Lobo [gita@afso.org.uk](mailto:gita@afso.org.uk) and she can send you some information. We can also help publicise the event.

*Please let us know if you fundraise for us and we can share your achievements in future Newsletters.*

# AFSO NEWS

**NEWS:** Unfortunately, we have temporarily **CLOSED new applications** to all our Youth Groups.

This was a difficult decision - but is necessary due to the long waiting list for youth groups, and the need to secure funding.

The current waiting time for new applications to our youth groups is between 18 months to 2 years. We know this is disappointing, and we are seeking additional funding to create additional spaces at all our groups. When we receive funding, we intend to increase the number of spaces, reduce the waiting time, and accept new applications as soon as it is feasible. When we have news we will share an update via Facebook and our email mailing list.



**If you have already submitted an application form: Your application remains on the waiting list and we will contact you as soon as we have a space.** We are a small team and are trying to keep admin to a minimum – so please do be patient and await further news.


## **Other youth groups/activities**

For details of other youth groups and activities across Oxfordshire please visit the Family Information Directory (please note, other services may also have waiting lists as youth work across Oxfordshire is heavily reliant on charities)

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page>

Many thanks for your patience and understanding.

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**Do you have a question for knowledgeable and supportive Family Practitioners?**

If so, come along to our online Q&A sessions to ask your questions or listen to what other parents are asking.

**If you have made a referral, and your child or young adult has an autism diagnosis, you can come along.**

Contact Vicky ([vicky@afso.org.uk](mailto:vicky@afso.org.uk)), Claire ([claire@afso.org.uk](mailto:claire@afso.org.uk)) for the zoom link.

Our next **Q&As**, where you can bring any of your questions, are on:  
**Monday 19th Feb 2024 7-8:30pm**  
**Monday 11th March 2024 7-8:30pm**

# 'ALL THINGS SENSORY' Q&A with AFSO and Kathy Stevenson (Occupational Therapist)

Date: Monday 11<sup>th</sup> March 2024  
7.00pm – 8.30pm

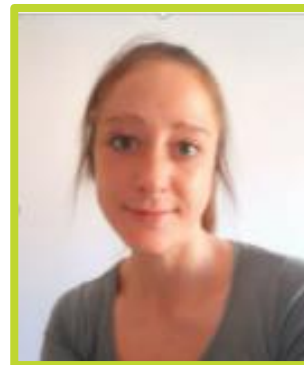


If you have made a referral, and your child or young person has an autism diagnosis, you can come along. You can contact Vicky ([vicky@afso.org.uk](mailto:vicky@afso.org.uk)) or Claire ([claire@afso.org.uk](mailto:claire@afso.org.uk)) to share your questions in advance and to receive the zoom link.

## How to Contact Us



**Claire** is our Family Practitioner for families with **young people aged 14-25 years old**. She can be contacted on [claire@afso.org.uk](mailto:claire@afso.org.uk) or 07399533624 (Please leave a message)



**Vicky** is our Family Practitioner for families with a **child under 14 years old**. She can be contacted on [vicky@afso.org.uk](mailto:vicky@afso.org.uk) or 07908070320 (Please leave a message)

For **general enquires** contact our administrator **Judith** on [judith@afso.org.uk](mailto:judith@afso.org.uk) or 01235 754700

For enquires about **volunteering, jobs, fundraising** etc, contact our Chief Executive, **Gita** on [gita@afso.org.uk](mailto:gita@afso.org.uk) or 07929 379125

**Autistic Parent Group** If you are a parent with an autism diagnosis yourself, or believe you have autism, then we run an online support group for you. The participants have called the group 'Autistic Parent Group'. There is a private Facebook Group and a WhatsApp group but new members are encouraged to join a meeting before being added to the WhatsApp group - so that other members can meet them first. **Please contact Vicky or Claire for more details.**

If, as an adult, you wish to pursue an autism diagnosis, please contact OAADSS (Oxfordshire Adult Autism Diagnostic Support Service) <https://oaadss.org.uk/>

## Local Activities

**Family Information Directory and SEND Local Offer** There are lots of providers and support groups listed in these pages on the Oxfordshire County Council [Website](#), as well as information on education. The information includes those up to 25 years old

**NEW**



**FREE\* DANCE CLASSES**  
Specialist dance classes for children and young people with SEND and Wheelchair users  
Available for 26 weeks starting 04/11/2023

**inclusive dance school**

**Wheelchair Dance Classes**  
Saturdays 3pm–4pm  
Wychwood School,  
Milton Under Wychwood

**Boys Musical Theatre Class**  
Wednesdays 4pm–4:45pm  
The Life Centre,  
Milton Under Wychwood

**Girls Contemporary Class**  
Tuesdays 4pm–4:45  
The Life Centre, Milton Under Wychwood


Please email [info@sunraedance.co.uk](mailto:info@sunraedance.co.uk) for more information or to book a place.

\*With thanks to Active Oxfordshire and YouMove we can now support children from low income families in receipt of benefit related free school meals. £30 a month if you don't qualify.

**Active Oxfordshire** **YOU MOVE**

**SEND DRUM LESSONS**

Drumming down barriers to learning the drums



Drum kit lessons bespoke for the physical and sensory requirements of each student.

Contact: 07983651098/felixbartlett.com

**NEW**

Express. Empower. Engage

Sensory Family Days

**SCIENCEOXFORD**

7th October - SOLD OUT  
6th January 2024  
30th March 2024  
6th July 2024  
5th October 2024



**NEW ACCESS-FRIENDLY MUSEUM DAY – free museum entry for families with access needs**

**Date:** 16 March, 09:30-17:30 adjusted lighting and sounds to suit those who prefer a more relaxed experience. Entry is by timed ticket to help avoid crowds.

To book, visit the website or call the Box Office on 01865 807600: <https://bit.ly/3GVms8x>

**Nothing Without Us** is a co-produced gallery trail that shares the lived experiences of disabled people, their stories revealed by objects in the Pitt Rivers Museum, Oxford, running from **16th November 2023 - 31st May 2024**. Find out more here: <https://www.prm.ox.ac.uk/event/nothing-without-us>



## Unlocking possibilities with a trusted companion

### Family Dog Workshops

When Mitchell was diagnosed with autism, mum Kath started looking into assistance dogs. Her research helped her to decide that an assistance dog wasn't the right choice for their family, but that a well-trained pet dog could make a huge difference. Dogs for Good's autism Family Dog workshops offered a great place to start.

Dogs for Good Family Dog workshops are designed for families with an autistic child who would like to explore the positive impact that a pet dog can bring to the whole family.

Our online workshops enable you to seek advice, support and ask questions from our experienced instructors, as well as opportunities to share experiences with other families.

- Regular online workshops
- Suitable for whatever stage you are in having a dog as a family pet
- Instructors experienced in working with families, autism and pet dog training
- Online resources and guides
- Ongoing aftercare telephone and email support
- Our Family Dog community to share experiences

We offer on-going support for you, your family and your dog for as long as you need us.

Book online at [dogsforgood.org](http://dogsforgood.org).  
£60 for a series of three workshops




Scan Me



Kath Mitchell and family dog Maggie

*#MakeLifePossible*

## Camp Mohawk



### The Woodland Centre Trust

For children and young people with special needs

Camp Mohawk is a day centre for children with special needs and their families, set in 5 acres of beautiful countryside, just outside Wargrave, Berkshire. Throughout the year the centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Our facilities include adventure playgrounds, swings, sensory garden, play village, soft play and sensory rooms, art / craft room, music room, play lounge and, in the summer months, an outdoor, heated play pool. All this is set in approximately 5 acres of natural woodland.

**What we offer:**

- **Family Days** in school holidays and on Saturdays in term time – children / young people need to be accompanied by a parent / carer but we have a team of staff and volunteers on hand to provide support and assistance
- **Short Breaks** activities for children / young people aged 8 to 25 who have High Functioning Autism / Asperger's Syndrome
- **Special events** including sensory sensitive fireworks displays and Christmas parties
- **Group sessions / days** for SEND support groups, schools and groups of families

Registration is mandatory for all services and advance booking is necessary for all sessions. Fees / charges for families are all voluntary but contributions from our service users are an important source of income so we do have suggested contribution levels. Please visit our website or get in touch for more information:

Web: [www.campmohawk.org.uk](http://www.campmohawk.org.uk)  
Email: [info@campmohawk.org.uk](mailto:info@campmohawk.org.uk)  
Tel: 0118 940 4045

THE WOODLAND CENTRE TRUST, Highfield Lane, Crazies Hill, Wargrave, Berks. RG10 8PU. Registered Charity No. 1202580

**KEEN** for more information go to their website [www.keenoxford.org](http://www.keenoxford.org)

- **Drama:** Mondays **6:30pm-7:20pm** @ St Clements Family Centre, Cross St, Oxford OX4 1DA (all ages)
- **Zig-Zag:** **5:15pm-6:15pm** @ Leys Pool and Leisure Centre, Pegasus Road, Oxford OX4 6JL (4-13 year olds)
- **Great Social:** Mondays 7:30-8:30pm @ St Clements Family Centre, Cross St, Oxford OX4 1DA (18+ years)
- **Great Sports:** Tuesdays 7-8pm @ Leys Pool and Leisure Centre, Pegasus Road, Oxford OX4 6JL (18+ years)
- **All Sorts:** Saturdays 2:15-3:45pm @ Leys Pool and Leisure Centre, Pegasus Road, Oxford OX4 6JL
- **Gardening:** Fridays 3pm-4:30pm Elder Stubbs Allotments in summer months
- **Virtual Sessions:**
  - Storycrafts: Wednesdays 5:30-6pm
  - Keen Chats: Wednesdays 6:15-6:45pm
  - Globetrotting: Fridays 5-5:30pm - fortnightly
  - Keens Got Talent: Fridays 6-6:30pm
  - Yogo: Sundays 10-10:30am
  - Storytime: Sundays 6-6:30pm
  - Holiday Sessions: various times

**Saturday 10<sup>th</sup> February 2:15-3:45pm is the KEEN Birthday Party. Please [sign up](#) to book a place.**

**Thomley** is a place for people of all abilities and disabilities. They provide an exciting site for disabled people, their families, carers and friends. They support people at any stage of their diagnostic journey, whatever their additional needs. [More information and to book.](#) They are located off Menmarsh Road, Worminghall, Bucks HP18 9JZ

February 2024 Activities		Theme: Baby Animals		Thomley		
To book, email: <a href="mailto:bookings@thomley.org.uk">bookings@thomley.org.uk</a> or call 01844 338380						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth Club for teenagers aged 13+</b> 6.30-8.30pm £5 per person Parents remain on site but not part of the club (YC)	<b>Cooking Club for adults of all abilities</b> 1.00-7.30pm. £12 per person 2 inclusive of food (CC)	<b>Adult Social Club</b> 7.30pm-10.30pm. £12 per person £1000 cash. Call open for 10 mins - see what you can do for a restricted activity (SC)	<b>1<sup>st</sup> February 13+ Day</b> (13+)	<b>Open for all</b> (Open for all)	<b>Open for all</b> (Open for all)	
<b>Disability Family Day Family Sunday Roast day!</b> Book online a table at 11am - waiting for you & your family. The club will be open from 11am-10pm	<b>Closed</b> (Closed)	<b>13+ Day</b> (13+)	<b>Preschool Day</b> (Preschool Day)	<b>13+ Day</b> (13+)	<b>Open for all</b> (Open for all)	<b>Open for all</b> (Open for all)
<b>Disability Family Day</b> (Disability Family Day)	<b>Open for all</b> (Open for all)	<b>Disability Family Day</b> (Disability Family Day)	<b>Disability for all</b> (Disability for all)	<b>13+ Day</b> (13+)	<b>Open for all</b> (Open for all)	<b>Disability Family Day</b> (Disability Family Day)
<b>19<sup>th</sup> Home planning</b> (Home planning)	<b>Closed</b> (Closed)	<b>13+ Day</b> (13+)	<b>Preschool Day</b> (Preschool Day)	<b>13+ Day</b> (13+)	<b>Open for all</b> (Open for all)	<b>Quiet Day</b> (Quiet Day)
<b>26<sup>th</sup> Closed</b> (Closed)	<b>13+ Day</b> (13+)	<b>Preschool Day</b> (Preschool Day)	<b>13+ Day</b> (13+)	<b>1<sup>st</sup> March</b> (1 <sup>st</sup> March)	<b>Open for all</b> (Open for all)	<b>Open for all</b> (Open for all)

**Smellie Wellies**

Child SEN session **Saturday 16th March** 11am-12pm with accompanying adult.

[More information](#)

Adult SEND session **Tuesday 19th March** 1-2pm with accompanying adult

**NEW** ASDAN 2 Day Animal Care Short Course. 10am-3:30pm £125 for 13-19 year olds

- \* 2 & 3 March
- \* 8 & 9 April
- \* 28 & 29 May
- \* 29 & 30 June

**Inclusive Dance parties** for children aged 5-12 years at Tower Playbase OX3 9RG.

Thursdays 4:30-6pm during term time. To book, or ask for more information click [here](#).

**Sprouts Play** Barn at Millets Garden Centre runs SEN sessions. These will be held on the first Thursday of each month, from 3 - 5:30pm. To book, or for more information click [here](#).

**Snakes and Ladders** - Abingdon SEND sessions for 0-12 years. Wednesdays 4:15-6:15pm Term time only. Includes the summer holidays this year! Free admission for up to 2 adults and 2 children (at least one with SEN). DLA letter to be shown on arrival. For more information and to book go to their [website](#).

**Partyman World** at the Kassam, offer free Autism Friendly SEN session for children and young adults on Thursdays 6pm-8pm and Sundays 9am-10am. For more information see their [website](#).

**Spectrum Gaming** is an online community for autistic young people. For more information go to their [website](#) (CURRENTLY FULL)

**Fuze coding** and gaming workshops are based in Thame. For information and availability go to their [website](#)

**Clip and Climb**, Unit 3 Bessemer Close, Bicester OX26 6QE have quieter family sessions on Fridays 4:30pm and Saturdays 9am during term time and at 9am every morning during the school holidays. To book go or their [website](#)

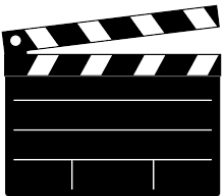
**Jump Stars** in Bicester has SEN sessions for children and their families on first Monday of the month 5-6pm. £8pp. More information [here](#).

**The Engine Shed**, the special interest group for autistic children and young people who love trains, based in Reading, meeting at Caversham Methodist Church, in Gosbrook Road (RG4 8EB.). Model railways and train sets for all abilities are set up and a range of train-related resources are available to play with. Engine Shed sessions are free of charge and free snacks and drinks are provided. There is no need to book and all are welcome, including siblings and grandparents.

<http://www.theengineshed.org.uk/reading/>

**Museum of Rural Life** Redlands Road Reading, Berkshire RG1 5EX They are offering a new series of sessions for neurodivergent visitors of all ages. Find out more [here](#)

## Cinema



### Autism Friendly Screenings

**Cineworld** showing on 1st Sunday of the month in **Didcot**, and **Witney**.

**Showcase** showing on the 2nd Sunday of the month in **Reading**.

**Picturehouse** showing on the 3rd Sunday of every month at 11.00 am at The Phoenix in **Oxford** & **The Regal in Henley-on-Thames**.

**Odeon** usually shown on the third Sunday of the month at 10am in **Oxford**, & **Aylesbury**.

**Vue** usually shown on the first Sunday of the month at Bicester, Newbury, Oxford & Reading.

**Light Cinema** in **Banbury** showing autism friendly screenings on various dates. Follow this [link](#) for more information.

*Please click on the picture for more information about the other cinemas.*

**Have you got your 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 information click on the card above.

## Cards





## Sport

**SAVE THE DATE**  
**SAVE THE DATE**  
**SAVE THE DATE**

**SPORT TOGETHER**  
Berkshire

**Sport Together Berkshire CIC**  
**FESTIVAL OF INCLUSIVITY**  
**at Reading FC Training Dome**  
**Friday 16th February, 2024**

Join us for a great day of activity  
including:  
Football, Rugby, Cricket, Hockey,  
Arts and Crafts, Sensory Room  
and much more!

**Bookings from Jan 24**

**NEW**

**NEW SEND SWIMMING LESSONS** at Abbey Sports Centre in Berinsfield Monday 5-5:30pm and Tuesday 4-4:30pm for over 4's.  
[www.better.org.uk/lessons](http://www.better.org.uk/lessons)

**The Henley YMCA** running Pan Disability Football sessions for children aged 8-11, all disability groups are welcome! Only £3 a session. For more info, email [phil@henleymca.org.uk](mailto:phil@henleymca.org.uk)

**Boccia** at Windrush Leisure Centre in Witney. Wednesdays 10:45-11:45am call 01993 861564 for more information.

**Tower Hill Inclusive football team** at Witney ATP Mondays 6-7pm for children aged 8+ and including young adults. Contact Sue on 07966 153797 or [sue@rsbjn.co.uk](mailto:sue@rsbjn.co.uk) Aylesbury Pan disability **football** for 8-11 year olds. For more information [www.aylesburyvaledynamos.co.uk](http://www.aylesburyvaledynamos.co.uk)

**Bure Park Inclusive Football** 16-19 year olds. Email [disability@bureparkjuiors.co.uk](mailto:disability@bureparkjuiors.co.uk) for more information.

**Comets – Bicester disabled children football.** For more information

contact  
[adz@flyingfields.co.uk](mailto:adz@flyingfields.co.uk)

**Gymnastic Classes** Witney OX28 6NB. To book, or for more information click here  
**Gosford All Blacks SEN friendly rugby** for 4-17 year olds. Email [youth@gosfordrugby.com](mailto:youth@gosfordrugby.com) or call 07531118213

**Learning Disability Tennis** for Improvers and beginners at Whitehorse Leisure & Tennis Centre Saturdays 10-11am cost £2.95. For more information contact [sue.auger@gll.org](mailto:sue.auger@gll.org) or [www.better.org.uk/white-horse](http://www.better.org.uk/white-horse)

**Gosford All Blacks Rugby** SEN-friendly family group sessions Sundays 10-11am ages 4 to 17 years. Email [youth@gosfordrugby.com](mailto:youth@gosfordrugby.com) or tel 0753 111 8213

**Wheels for All: Witney** Supportive safe and inclusive cycling session for those with additional needs. Every Saturday 11am-1pm for ages 2years and over. Family Members welcome. £3 per session at Wood Green School, Witney, OX28 1DX. <https://windrushbikeproject.uk>



# Theatre

## Sensory Suitcase Stories - The Golden Fish

**Saturday 10 February, 14:30-15:30, ages 2+**

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



**For more info - [Sensory Suitcase Stories: The Golden Fish | The Story Museum](#)**

## Relaxed Performance - In The Dead of Night

**Friday 16 February, 14:30-15:30, ages 5+**

A family show's adaptation of Arthur McBain's charming book about overcoming your fears. Will Lily conquer her fears? Will she conquer her fright? Will she conquer the ghouls in the dead of the night? A thrilling, funny, & heart-warming story about an awesome girl called Lily who faces her fears, conquers the ghouls, and saves the day.



**For more info - [In the Dead of Night | The Story Museum](#)**

## Non-Verbal Show - The Farmer & The Clown

**Sunday 3 March, 11:00-12:00 & 14:30-15:30, for ages 2+**

A beautiful non-verbal adaptation of Marla Frazee's magnificent wordless picture book, created in collaboration with a BSL consultant and accessible to non-English speaking audiences as well as D/deaf & HOH.

An old farmer, living alone in the middle of nowhere, rescues a baby clown who has fallen off a circus train. He is initially reluctant, but, as they spend time together at his farm, they find friendship through play & laughter and find something new in themselves by being with each other.



Flibbertigibbet Theatre retell this charming story through silent comedy, movement, slapstick and live music.

**For more info - [The Farmer and the Clown | The Story Museum](#)**

## Access-Friendly Museum Day – free museum entry for families with access needs

**Saturday 16 March, 9:30-17:30**

Join us for our access-friendly museum day with exclusive FREE access to all of our museum spaces with adjusted lighting and sounds to suit those who prefer a more relaxed experience.

Entry is by timed ticket to help avoid crowds.

Register your interest - [marketing@storymuseum.org.uk](mailto:marketing@storymuseum.org.uk)



**For more info - [Access Friendly Day | The Story Museum](#)**

# Local Support

## Are you a parent or carer of a child who struggles with mental health issues and/or is neuro-diverse?

If so, you might be interested in joining one of the following support groups:

<b>Mondays – 6.30pm-8.00pm</b> A support group for parents or carers of dependent adults (18+)	<b>Tuesdays – 9.30am-11.00am</b> A support group for parents or carers of children aged between 11-18
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These will be facilitated groups where parents/carers can meet together to share experiences and get moral support in a safe space. The facilitator is a professionally accredited therapist (UKCP, MBACP).

There is no fee for attending.

Groups will start on Monday 9- /Tuesday 10- of October 2023 and will run for 10 weeks. It is expected that you will attend all ten sessions if possible.



This project is an initiative of the Anglican Church in Kidlington and the groups will meet on Church premises. Please contact Rev'd Felicity Scroggie in the first instance to express an interest: [felicityscroggie@gmail.com](mailto:felicityscroggie@gmail.com). Places are limited.

**NEW**

# Stay & Play SEND Sessions

1-2pm on Mondays

A group for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed.

Booking required. Limited spaces available.

**£2 per session**

To book call: 01295 276769

The Sunshine Centre Registered Charity Number 324335 / Registered in England & Wales No 05276714

## ABINGDON

**SEND Play Session** for families with children with SEND aged 0-19years. Spaces are free but need to be booked via [g.hicks@abingdoncarousel.org.uk](mailto:g.hicks@abingdoncarousel.org.uk)

OASIS Coffee and Chat (non members welcome) at Abingdon Health and Wellbeing Centre OX14 4GD. Fridays 9:30-11:30am. Please find them on [Facebook](#) for future dates

**SHIFT** Coffee and Chat in person on Fridays 10am-12noon at Wells Café (Garden Room), Peachcroft Farm. Check with them for dates. Also on Zoom on Mondays 20:00-21:00. Email [info@shift-abingdon.org.uk](mailto:info@shift-abingdon.org.uk) for more information.

**Mental Health Natters** Parent/Carers of child struggling with attending, enjoying or transitioning schools 2-3pm Thursdays during term time at Abingdon Carousel Family Centre. They also run groups for parent/carers for secondary aged children and Year 6 children and their parents about transitioning. For more information <https://www.mentalhealthnatters.org/young-people>

## BANBURY

**Stay and Play SEND Sessions** 1-2pm on Mondays for children with additional needs and/or disabilities and their families (no diagnosis needed). £2 per session, To book call 01295 276769

**All Things SEND** Friday mornings 8:45am-11am at Hill View School Community Bungalow, OX16 1DN. For more information contact Emma Ford [eford@hillview-school.co.uk](mailto:eford@hillview-school.co.uk) or Emma Jeavons [ejeavons@hillview-school.co.uk](mailto:ejeavons@hillview-school.co.uk)

**SEN Support Group Banbury.** A support group that is run every other Monday to help support parents/carers of children with SEN (diagnosed or undiagnosed). Refreshments will be provided. £1 per person. More information can be found on their [Facebook page](#). They meet at Cromwell Lodge Hotel, OX16 0TB. You can also message on 07432003645

**SEN Social Family Club** at The Hill Community Centre, Dover Av, Bretch Hill, OX16 0JJ. £2 per family, Every Wednesday 5:30-7:30pm. £2 per family [Facebook](#)

## **BICESTER**

**Bicester Autism** - ASD (no need for a diagnosis)

Monthly coffee and chat mornings 09.30 – 11.00 and pub nights 19.30 – 22.00.

[Website](#)

## **CARTERTON**

**APCAM** Clinic at Carterton Family Centre, The Allandale, Carterton OX18 3AA are supporting parents and children affected by mental health difficulties and SEN needs. Running on

Thursdays:

Parents 9:30am-4pm

Young People 4pm-6pm

Parents 7pm-9pm

Please contact them on [info@apcamgroup.org.uk](mailto:info@apcamgroup.org.uk) or <https://www.facebook.com/apcamgroup> for more information.

**Purple Advisory Care** – Carterton Saturday Club. Family Drop in and Facebook Support Page [www.facebook.com/purpleadvisorycare](https://www.facebook.com/purpleadvisorycare) 07526 532385

## **CHOLSEY**

**Autism and ADHD Support group** on [Facebook](#)

## **CHIPPING NORTON**

**Chipping Norton Parent Pals** – meet every last Tuesday 7pm-9pm at the Town Hall.

More information on [Facebook](#)

## **DIDCOT**

SEND Coffee and Chat for SEND parents, guardians and children at Bizzy Bees GWP- Didcot. Every Wednesday 9:30-11:30am

**SEN Parents Wellbeing Coffee Mornings by Oxford Creators** held, at Fitness & Wellbeing Hub, Unit 7, Hawksworth Road Didcot OX11 7HR. For more information follow their Facebook page or [www.oxfordcreators.co.uk](http://www.oxfordcreators.co.uk)

## **EYNSHAM**

**Positive Measure** parent group at Baptist Church, Lombard St, Eynsham, OX29 4HT. Mondays 19:30-21:00. for more information call Emma 07828 888064

## **GROVE/WANTAGE**

OASIS Coffee and Chat (non members welcome), at Grove Methodist Church, Wednesdays 9:30-11:30am [contact](#) them for future dates.

## **HENLEY-ON-THAMES**

**Neurodiverse Family Support** – peer group for neurodiverse families on [Facebook](#)

Autism Support Henely - Coffee and Chat every second Thursday of the month 1pm-3pm

[Facebook](#)

## **KIDLINGTON**



## **UPDATED** Parents/carers of a child/adult who struggles with mental health issues

**and/or is neurodiverse.** Facilitated 10 week groups meeting at the Anglican Church. Mondays 6:30-8pm for parents/carers of dependent adults. Tuesdays 9:30-11am for parents/carers of 11-18 year olds. You will be expected to attend the whole course. Contact [felicityscroggie@gmail.com](mailto:felicityscroggie@gmail.com) for more information.

## **OXFORD**

**Jungle** – Templars Square Shopping Centre, Cowley

Fortnightly coffee mornings for parents of SEN Children, diagnosed or undiagnosed with a FREE talk presented by a guest speaker. Thursdays 9:30-11am

**Jigsaw** – Dovecote Centre SEN Stay and Play Morning

Every Thursday (term time only) £1 per family. All Children under 5 years old (with or without diagnosis). Carol 01865 712299 [leysdvpc@hotmail.com](mailto:leysdvpc@hotmail.com) [FACEBOOK](#)

**Rosehill SEND Group** – Tuesdays 9:30-11am for anyone with a child with additional needs aged 0-4 years. For more information about this programme go to <https://www.peeple.org.uk/ltp>

**SEN Squirrels** – Drop in group for children with additional needs aged 0-5years (with or without diagnosis) and their families. Fridays 10-1:30am. £2. St John's Church Hall, Kidlington.

[Kidlington.communityhub@gmail.com](mailto:Kidlington.communityhub@gmail.com) or [www.kidlinks.org.uk](http://www.kidlinks.org.uk)

**SEN Parent Peer Support Group** Mondays 9:15-10:30am at John Henry Newman Academy, Littlemore. Contact [Lucy@homestartoxford.org.uk](mailto:Lucy@homestartoxford.org.uk) or 07734389799 for information.

**Jigsaw in Oxford** welcome anyone who has a SEN child that they care for. Please see their Facebook page for more details [www.facebook.com/JigsawOxford](http://www.facebook.com/JigsawOxford)

**SENTipede** coffee morning is for parents of children with a diagnosis of a Special Education Need, those who are awaiting diagnosis, or those who feel that their child might have an additional need. Every Wednesday (term time) at 9:30am @ Stanley's Sweets, Kidlington OX5 2DL. For more information see their Facebook Page

<https://www.facebook.com/profile.php?id=100081046189579>

**Cafelias** has pop up sessions for parents and children. More information can be found [What's On | Cafelias \(cafelias.co.uk\)](#)

## **WALLINGFORD**

**Warrior Parents to children on the Spectrum** – support via facebook and meetings [Facebook](#)

## **WITNEY**

**DITTO (Doing It Together To Overcome)** aims to offer all vulnerable people, regardless of age, gender, ethnicity or ability a place to meet up, socialise and have fun. They meet on Wednesdays at Langdale Hall, Witney, OX28 6AB. email [dittowitney@outlook.com](mailto:dittowitney@outlook.com) [Facebook](#)

**Chat and a Cuppa** - Welcome Church, High St, Witney, OX28 6HL. Last Friday of the month from 10am-12 noon. To confirm attendance, or to ask questions, please email [chatandcuppa@yahoo.com](mailto:chatandcuppa@yahoo.com) All families welcome, with or without a diagnosis.

**SPACE** - Upstairs Lounge, @ICE Centre, Langdale Hall, Witney, OX28 6AB. Fridays during term time 10am-12:30pm. Call Jo for more information 07875 890775

## **COUNTY WIDE/National**

**Mental Health Matters are offering:**

- \* Parent/carer Drop ins for those with children/teens struggling with attending, enjoying or transitioning schools. 2-3pm Thursdays in term time @ Abingdon Carousel Family Centre.

- \* Support for parents/carers and young people aged 12-16 struggling with school attendance.
  - \* Support for year 6 children and their parents with transitioning to secondary school
- For more information go to [How we can help young people | Mental Health Natters!](#)

**SENSE** are offering a Virtual Buddying online scheme for any age. For more information, and to register, go [here](#)

**Carers Oxfordshire** can offer support. For more information contact [carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk) 01235 424715 or [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

**Carers Oxfordshire** are offering Carefree Short Breaks for carers with just a booking free of £25. You must be over 21, a full-time unpaid carer, able to arrange interim care and able to pay for your own transport, food, insurance etc. The break is only for the carer. They can take a companion but not the person they care for.

They are also offering Counselling for Carers in Oxford, where you pay what you can afford. Please contact [Matt Carter](#) for more information about either of these activities.

**Stronger together** - Walking With You (WWY) is a parent led support group open to anyone caring for children and young people, up to the age of 25 years, experiencing mental health difficulties.

If you would like to join the sessions or want more information, please contact [wwyoxon@oxfordhealth.nhs.uk](mailto:wwyoxon@oxfordhealth.nhs.uk)

SOS!SEN offer a free termtime national helpline staffed by a team of volunteers to offer next step advice and support on questions and issues you may have relating to your child's SEN provision [Helpline – SOS!SEN \(sossen.org.uk\)](#)

**aspens**

**Autism Central**

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.

**Autism Central is here to help!**

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.  
Autism Central is here to help!

The Autism Central Peer Education programme is for parents, carers and personal assistants of autistic people.

Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others.

- We are here to listen, offer guidance and tell you about services that are available in your local area
- Navigate you to services that can make a difference and empower you
- Increase your knowledge, understanding and provide you with skills to last

**Request for Support**

Charity number: 1171446

[aspens.org.uk](http://aspens.org.uk)

# Events

## Mother's Day at Thomley

**Sunday 17th March**  
12pm or 1:30pm



Come and join us for a lovely Mother's Day meal, where you can pre-book your lunch slot for 12pm or 1:30pm.

The meal will be cottage pie followed by a pudding included in your meal price. If your children would like an alternative option please let us know in advance.

Mother's Day is another day that some of our families struggle to celebrate. So take advantage of our accessible, familiar venue and celebrate it with us!

All adult meals are £13 and children (up to 15) will also get a free meal after paying their entry fee of £13. Child members will be able to have their meal for just £6 (please email: [bookings@thomley.org.uk](mailto:bookings@thomley.org.uk) to arrange the discount).

We will also be planting a little flower pot to take home as gifts for Mum and have Mother's Day craft available in the art room. The site will be open from 11am-3pm for you to use either side of your meal.

Please book on our website by visiting the online calendar: [www.thomley.org.uk/calendar/](http://www.thomley.org.uk/calendar/)



**NEW**



**OXFORDSHIRE PARENT CARERS FORUM**  
A Voice for Parent Carers in Oxfordshire

**Better Together**  
28th March 9.30am - 2.30pm  
@Kassam Stadium, Oxford

*Finding Solutions for Better Outcomes for Children and Young People with SEND in Oxfordshire*

### BETTER TOGETHER 2024

Finding solutions for better outcomes for children and young people with SEND in Oxfordshire

**28th March 2024**  
9.30am - 2.30pm  
@Kassam Stadium, Oxford

[www.tinyurl.com/OxPCFBetterTogether](http://www.tinyurl.com/OxPCFBetterTogether)




An opportunity for family carers, professionals and organisations who support children and young people with SEND 0 - 18 (or up to 25 with an EHCP) to work together to find a positive way forward to improve services and outcomes.

**NEW**

**NEW**

You are invited to a **FREE**

# FAMILY FUN DAY

Thursday 15th February 2024

Brunel Arcade Reading Station RG1 1LT

— at Reading Station —

Enjoy activities including:

- Quizzes to enjoy exploring the station
- Meeting British Transport Police; you may be lucky enough to see inside a police van
- Using props to take photos as someone who works on the railway
- Signalling activity for Lego fans
- Decorating signs for the station

Suitable for ages 4-11. Children must be accompanied by adults.



Time slots between 10 am & 3.30 pm

Booking essential





<http://tinyurl.com/58xadbw9>



**NEW**

## FREE 'HOLI' MULTISENSORY WORKSHOP

By Rhyming Multisensory Stories

Rhyming Multisensory Stories  
STORYTELLING THROUGH THE SENSES

Join me for a multisensory exploration of the Festival of Holi  
Multisensory story walk-through and themed sensory activity ideas

**3 DATES AVAILABLE**

Mon 4th March 3.30pm - 4pm  
Thurs 7th March 4pm - 4.30pm  
Mon 11th March 3pm - 3.30pm

**SAVE YOUR SPOT!**

email: [rhymingmultisensorystories@outlook.com](mailto:rhymingmultisensorystories@outlook.com)





## A-Fest

### A-Fest 2024: A Festival Celebrating Autism and Autistic Individuals

Tuesday 20th February 2024  
9am-3pm  
The Springfields Academy, Calne, SN11 0DS

Come and join us for A-Fest 2024. A day to celebrate autism and autistic individuals and share effective practice.

A-Fest 2024 is a day to learn about, share and celebrate effective autism practice. A limited number of Early Bird tickets for A-Fest 2024 are now available until 31st December 2023. You will then be sent a full programme in January when you can select your session choices.

Early Bird tickets are just £60pp, including refreshments at break and lunch. Previous sessions include: Autism and Social Motivation, Structured Teaching, Supporting Anxious Learners, Autism Therapy Provision, Visually Supported Conversations, Developing a Semi-formal Curriculum, Encouraging Independence and Designing Inclusive Provision.

To book your place, please contact:  
autismsupport@springfields.wilts.sch.uk






Oxfordshire family SUPPORT NETWORK

## Events for 2024

NEW

<p><b>The Care Act - Key duties and top tips</b></p> <p>Thursday 1st February 10.30 - 12.30</p> <p>Understanding The Care Act &amp; how it relates to your relative &amp; planning for the future</p> <p>Online</p> <p><a href="#">Book here</a></p>	<p><b>Maintaining Friendships &amp; a getting a social life</b></p> <p>Wednesday 21st February 12.30 - 2.30</p> <p>How do you help your relative maintain friendships &amp; a social life as they get older?</p> <p>Online</p> <p><a href="#">Book here</a></p>
<p><b>Q &amp; A with Adult Social Care</b></p> <p>Wednesday 13th March 10.00 - 12.30</p> <p>Your opportunity to meet professionals from different departments across ASC</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p><a href="#">Book here</a></p>	<p><b>Money Matters - Planning Ahead</b></p> <p>Tuesday 23rd April 10.00 - 3.00</p> <p>Covering Wills and Trusts, Applying for Deputyships, Mental Capacity and Deprivation of Liberty, Universal Credit Migration</p> <p>Didcot Civic Centre, Didcot</p> <p><a href="#">Book here</a></p>
<p><b>Planning for Supported Living using Person Centre Planning Tools</b></p> <p>9th and 16th May 10.00 - 2.00</p> <p>2 day course using the person centred planning approach to plan ahead for supported living.</p> <p>Dean Court Community Centre, Pinnocks Way, Botley</p> <p><a href="#">Book here</a></p>	<p><b>Supported Living for family carers by family carers</b></p> <p>Thursday 20th June 10.00 - 3.00</p> <p>Hear from family carers who have gone through the process of finding supported living &amp; meet with &amp; hear from support providers.</p> <p>Seacourt Hall, Botley</p> <p><a href="#">Book here</a></p>

Kidz to Adultz southern event will be on **2nd March 2024 @9:30am-4pm** at the Farnborough International. More information can be found [here](#).

## Siblings



**You Move** provides free or low cost activities for Oxfordshire families. If your child is in receipt of benefits related to free school meals, or in need of support, this includes refugee children, young carers and children on the edge of care please contact them.

**SENSE** - support for young carers and siblings aged 5-18 years of people with disabilities. Your child could attend a virtual book club, games night or wellbeing session. More information can be found [here](#)

# Courses, Workshops & Webinars

**NEW**

**NEW**

## PARENT WEBINAR


Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.

**CAMHS**  
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

**SUBJECTS INCLUDE**

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS)

## FREE! PDA Society Q&A Live Events

Your questions answered by guest speakers

Live - Limited number of places available

- February 21st, 8pm-9pm (GMT)  
Selective Mutism
- February 28th 10am-11am (GMT)  
The Importance of Diagnosis
- March 6th, 8pm-9pm (GMT)  
Supporting Male Parents and Carers

*These Q&A Live Events are free of charge thanks to a generous grant from the Openwork Partnership*



Tickets available now

[www.pdasociety.org.uk](http://www.pdasociety.org.uk)

Events & Training

Thanks to a generous grant from the Openwork Partnership, we've been able to offer free tickets to our most recent Q&A Live events.

On each of our Q&A Lives we welcome guest speakers to discuss a specific topic and take questions from audience members. These sessions are then recorded and we make them available as a recording a couple of weeks later.

To book onto the sessions: <https://www.pdasociety.org.uk/qa-live-events/>



## What is PDA? Live online course

February 27th, 6pm-9.30pm (GMT)

Suitable for parents, carers & professionals who would like to learn more about PDA (Pathological Demand Avoidance)

- What demands are and their effects
- PDA demand avoidance
- Helpful approaches
- Resources/signposting
- Q&A with Julia Daunt - PDA Adult, blogger, author and trainer

Parent/Carer £25 | Professional £55  
(plus booking fee)



[www.pdasociety.org.uk](http://www.pdasociety.org.uk)

Events & Training

This is an introductory session offering an overview of PDA and includes topics such as what are demands and their effects, exploring PDA demand avoidance and sharing approaches which might be beneficial. There's also the opportunity to put questions to our guest speaker Julia Daunt, a PDA adult.

For more information and to book tickets:-

<https://www.eventbrite.co.uk/.../what-is-pda-tickets...>

**NEW**

## Appeals against contents including post Annual Review and cease to maintain appeals

**SOS SEN**



**9TH FEBRUARY**



**7-9PM**

COST: £20

HOW: Microsoft Teams

Hosted by Eleanor Wright, Legal Officer for SOS!SEN.

This is an interactive webinar which means you will be able to ask Eleanor questions throughout the duration. We will also have an advisor on the chat feed to answer any questions you may have.

The webinar will include:

- Time limits for appealing
- Mediation
- When can you appeal against contents of an EHCP?
- Which parts of the EHCP can you appeal against?
- Brief summary on drafting appeal grounds
- Supporting evidence, witnesses and reports
- Tribunal process and strategy
- What should the LA response cover and what to do if it fails to comply
- Applications to tribunal
- Brief overview on working documents
- Case management forms and hearings
- Judicial Alternative Dispute Resolution
- Settling appeals
- Checking the document bundle and preparing for hearing.



If you would like to attend the virtual webinar, please click the link to pay for a ticket. Once payment has been received you will be sent the Microsoft Teams link from Admin.



## EBSNA Webinar

19TH FEBRUARY
6.30-8PM

**COST: £10**  
**HOW: Microsoft Teams**  
**Hosted by Megan Booth from SOS!SEN**

Emotionally Based School Non-Attendance webinar will include -

- Explains what EBSNA is
- Signs of and reasons for EBSNA
- how to talk to school about it
- Reasonable adjustments you can expect
- How to capture your child's view
- Q&A session at the end

If you would like to attend the virtual webinar, please use the payment link to pay for your ticket. Once payment has been received you will be sent the Microsoft Teams link from Admin.

## Going to tribunal with your SEND appeal?

29TH FEBRUARY
7-9PM

**COST: £20**  
**HOW: Microsoft Teams**

Join Eleanor Wright, Legal Officer and Charlotte Burnell, experienced volunteer, who will be answering questions and providing insight on how to prepare and what to expect.

The webinar will include:

- What is the Special Needs & Disability Tribunal?
- The hearing - on-line, paper or face to face?
- How to prepare for and take part in online hearings
- The Bundle
- The Working Document
- Late evidence
- Witnesses
- Helpful hints and tips

If you would like to attend the virtual webinar, please click the link to pay for a ticket. Once payment has been received you will be sent the Microsoft Teams link from Admin.

**ERIC – The Childrens Bowl and Bladder Charity** have some events coming up. *There are not SEND specific but they are informed about how SEN, anxiety, autism, and sensory needs impact toileting.* <https://eric.org.uk/events/>

**February 7 @ 12pm-2pm** 'Talking about toileting with additional needs

**February 22 @7pm-8:30pm** 'Talking about bedwetting

Resource [Teenagers and young people - ERIC](#)

**UPDATED: Autism Oxford Webinars (£10 per webinar):**

They have pre-recorded a number of Webinars that you can buy with subjects including:

- An Introduction to PDA Anger Management Autism & Alexithymia
- Autism & Face Blindness Autism & Periods Autism & Personality Disorders
- Autism & Puberty Autism & Anxiety Autistic Socialising Camouflaging
- Emotional Regulation Getting ready for Employment Managing Transitions

<https://autismoxford.com/product-category/webinars/>



Also

Tuesday 6<sup>th</sup> Feb February 10am (£11.55) [Supporting Language and Development in Autistic individuals](#)

Tuesday 27<sup>th</sup> February at 1pm (£11.55) [Eating Disorders and Neurodivergence Webinar](#)

Thursday 14<sup>th</sup> March at 11am (£11.55) [Pain and Health Assessments](#)

Thursday 28<sup>th</sup> March at 1:30pm (£11.55) [Autistic and thinking about pregnancy](#)

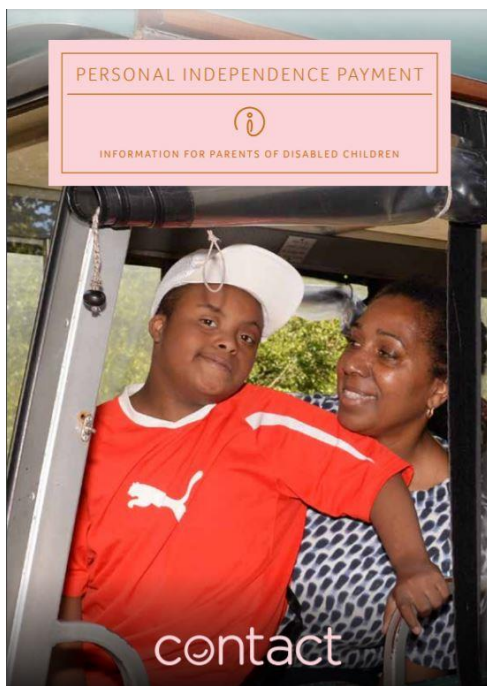
Thursday 18<sup>th</sup> April at 1:30pm (£11.55) [Autism and Pregnancy Webinar Series – Webinar what to expect in pregnancy](#)

**UPDATED**  
**Girl with the Curly Hair Project**

Upcoming Webinars		February 2024
Thu <b>08</b> Feb	<a href="#">Executive Function &amp; Autism</a> - Webinar	<a href="#">Book this event</a>
Mon <b>12</b> Feb	<a href="#">Eating &amp; Autism</a> - Webinar	<a href="#">Book this event</a>
Thu <b>15</b> Feb	<a href="#">Developing Resilience</a> - Webinar	<a href="#">Book this event</a>
Tue <b>27</b> Feb	<a href="#">What is it like to be autistic?</a> - Webinar	<a href="#">Book this event</a>

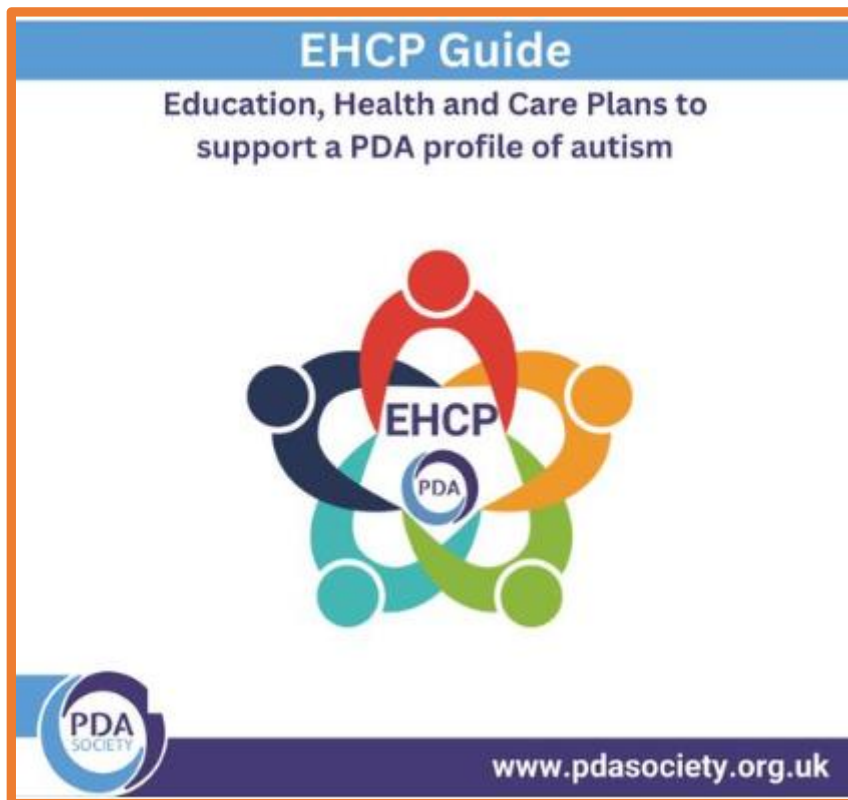
## Resources

What are reasonable adjustments at school? <https://autisticgirlsnetwork.org/reasonable-adjustments-possible-at-school/>



**NEW Blog** on Supporting autistic young people through **exams**.  
Also a booklet about [what is revision](#) and some [visual revision timetables](#)

**48 Apps for Autism and ADHD** This is a link to a post on TikTok. They do go through quite fast so you may like to use the pause feature! [Neurodivergent lou \(@neurodivergent .lou\)'s video of void pet | TikTok](#)



## **SPECIAL NEEDS JUNGLE**

**What's out there for disabled young people after education? Take part in research!**

**Funding Fact Check 1: The DfE says SEND cash is up by 60%. Let's find out if that's true...**

**What's the law when a council says it can't comply because of resource issues, though it's "trying its best"**

**SEND Funding Fact Check 2: Record funding or lack of cash? Which is true—and where's the money gone?**

**SEND Improvement: Supported internships without EHCPs, plus "incredible", "unforgettable" disabled children's short breaks**

**The project helping schools and parents find common ground, so children with SEND can thrive in mainstream secondary**

# 16 Plus



**\*\* 16yrs+ \*\***

**NEW**

## New Silent Disco Session!

Style Acre is starting a new session for anyone who likes listening to music and having a boogie!


**It is at The Junction, Didcot (42 Lydalls Road, OX11 7HX) 1pm-2pm every Tuesday and costs £3.**

**How does a silent disco work?**  
*Everyone wears headphones which play the same songs. There are two music channels to choose from and you can switch between the two. We'll have disco lights and refreshments!*

For more info contact Anita on 07760 527 610 or [apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk)

## Moving into Adulthood

### HANDBOOK



**oxfn** Oxfordshire family SUPPORT NETWORK

# oxme.info

**Not sure what you're doing after GCSEs or beyond?**

The Youth Opportunities: Education, Employment & Training (EET) team help young people stay in learning/training until 18. This can be in school, college, training provider or an apprenticeship. Our service can support you to find a learning/training destination that suits you.

**Support and opportunities for young people aged 16-18, or up to 25 if you have an EHCP or have been a child we care for**


Left school or about to leave school without plans? Our EET caseworkers can [help](#)

1. [Register for support at www.oxme.info/register](http://www.oxme.info/register)
2. Contact the [EET support team](mailto:eetreferrals@oxfordshire.gov.uk) or email [eetreferrals@oxfordshire.gov.uk](mailto:eetreferrals@oxfordshire.gov.uk)

We list 300+ jobs, apprenticeships, traineeships, courses, learning and other opportunities all around Oxfordshire, updated daily. You can contact us for information in all kinds of ways.

- ✓ Get [weekly bulletins](#) of opportunities and activities!
- ✓ Visit us at [facebook.com/oxmeinfo](https://facebook.com/oxmeinfo)
- ✓ Get latest opportunities from [twitter.com/oxmeinfo](https://twitter.com/oxmeinfo)
- ✓ See what is available on [instagram.com/oxmeinfo](https://instagram.com/oxmeinfo)

Get information and guidance online any time at [www.oxme.info](http://www.oxme.info)




## BURE PARK FC INCLUSIVE FOOTBALL AGES 16+

**-BE ACTIVE - HAVE FUN - MAKE NEW FRIENDS - PLAY FOOTBALL-**

We are a friendly adult (16+) football team looking for new men and women to join our pan disability team. All abilities are welcome!

**Date** - 8th January 2024 (Every Monday from this date)  
**Time** - 17:45-18:45  
**Location** - Cooper School, Churchill Road, Bicester, OX26 4RS  
**Bus Route** - 17, S5 & X5  
**Train Station** - Bicester North (12 minute walk/4 minute cycle)  
**Team manager** - Paul Fellows  
**Email** - [disability@bureparkjuniors.co.uk](mailto:disability@bureparkjuniors.co.uk)  
**Telephone** - 07831 123183 (Call, Text or WhatsApp)





Support for young people in Oxfordshire can be found on the website [OXME.info](http://OXME.info)

- Information about choices for 16+ young people can be found [here](#)
- There is specific advice for young people with a disability and SEN which can be found [here](#)
- To register for OXME updates please click [here](#)

Oxfordshire Employment aim to help those with disability or a long-term health condition to find and keep employment. more information can be found [here](#).

Employment Passport initiative. An article about this can be found [here](#). More details can be found [here](#)

Ambitious about Autism have toolkits to enable young people to access sustainable and meaningful employment opportunities. More information can be found [here](#)

## Surveys

## Oral health survey

Tell us about helping your child with SEND to look after their teeth and gums

**healthwatch**  
Oxfordshire

#YourVoiceCounts



### Share your experiences - what's it like helping your child with SEND to look after their teeth and gums

Healthwatch Oxfordshire wants to hear from parents and carers of children with special educational needs and disabilities in Oxfordshire about what it is like helping your child to look after their teeth and gums.

We're interested in hearing about all aspects of oral health, which includes information, learning and support to prevent problems with teeth and gums, as well as treatment by dentists and specialists like orthodontists. We would like to know what you find helpful, what is challenging and what would support you - and we would like to hear from you even if your child has not had a formal SEND diagnosis. We will share these experiences with the people who make decisions about health and social care in Oxfordshire.

**Please share your views by completing our [survey](#).** Our survey is anonymous and will take around 10 minutes to complete.

### **A study with young people to help them identify, explore, and apply their unique strengths**

Dr. Jiedi Lei at Oxford University is looking to better understand how to help autistic young people identify, explore, and apply their unique strengths in everyday life! They are inviting autistic young people aged 12-18 years who do not have a Learning Disability to join a Young People's Advisory Group (YPAG). YPAG members will join online meetings up to 4 times per year during 2024 and 2025 to help Jiedi and her team develop meaningful research that explore strengths in autism! You will receive £15/hour in gift vouchers for your participation. Find out more and register your interest here: <https://t.ly/3txQD>

NOTE: They plan to recruit parent/carers to join a separate Advisory Group later in 2024.

## Help Support AFSO

If you shop online, there is a free way of helping support AFSO without it costing you anything. Please sign up by clicking on the picture below.



For a one off donation, just go to our Just Giving Page by clicking on the picture below.



Best wishes

From All Of us at AFSO



***Please note that all events, activities, courses etc, mentioned above, are not endorsed by Autism Family Support Oxfordshire.***

If you no longer want to receive our emails about local events, activities, news etc, please email us at [info@afso.org.uk](mailto:info@afso.org.uk) and ask to UNSUBSCRIBE.

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