



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.

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

In this month's Newsletter.....

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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, go 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/>

Fundraising

If you have a fundraising idea, please contact Gita Lobo 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.



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), Claire (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 11th 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) or Claire (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 or 07399533624 (please leave a message)

For **general enquires** contact our administrator **Judith** on judith@afso.org.uk or 01235 754700

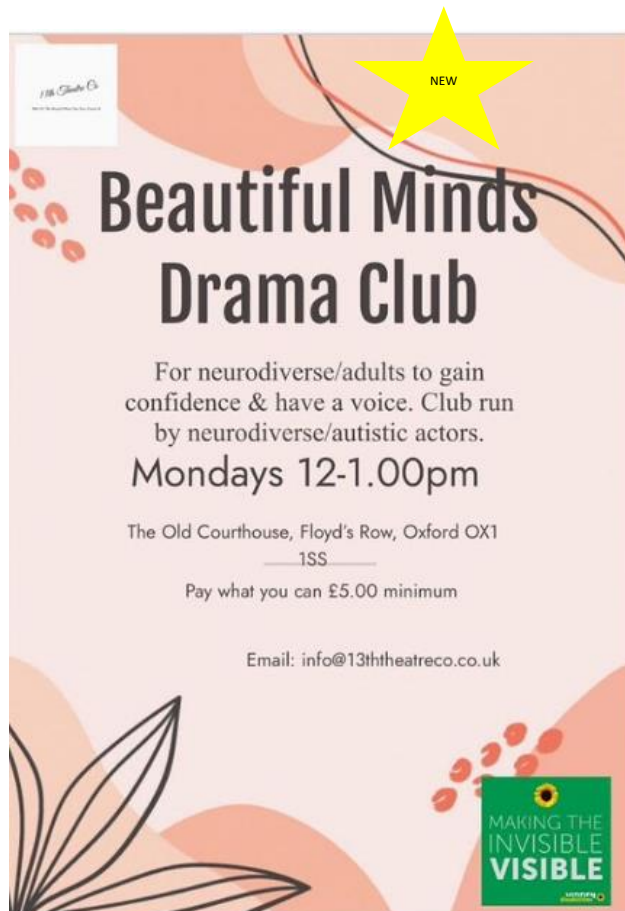
For enquires about **volunteering, jobs, fundraising** etc, contact our Chief Executive, **Gita** on gita@afso.org.uk or 07929 379125

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 and Events

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 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>

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

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>

Wheels for All: Witney Every Saturday 11am-2pm. £3 per session at Wood Green School, Witney OX28 1DX www.windrushbikeproject.uk

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](#)

SEN Drama classes for children, young people and young adults with special educational needs (no diagnosis needed) in Dorchester-on-Thames. For more information please 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)



NEW

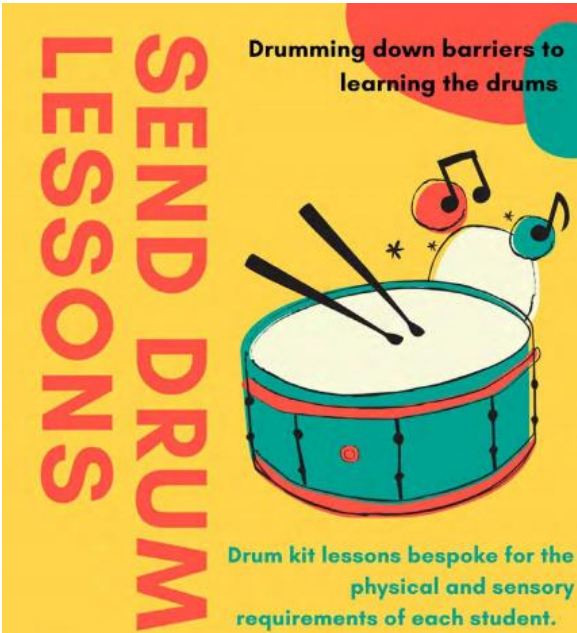
New Silent Disco Session!

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



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

KEEN. Please [sign up](#) with them if you want to go along.

- **Drama:** Monday 6:30-7:20pm @ St Clements Family Centre, Cross St, Oxford OX4 1DA (all ages)
- **Great Social:** Mondays 7:30-8:30pm @ St Clements Family Centre, Cross St, Oxford OX4 1DA (teens and adults)
- **Great Sports:** Tuesdays 7-8pm @ Leys Pool and Leisure Centre, Pegasus Road, Oxford OX4 6JL (teens and adults)
- **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 10th February 2:15-3:45pm is the KEEN Birthday Party. Please [sign up](#) to book a place.**

Smellie Wellies

Adult SEN session **Tuesday 19th March** 1-2pm with accompanying adult [More information](#)

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: bookings@thomley.org.uk or call 01844 338380						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Club , for teenagers aged 13+ 6.30-8.30pm: £6 per person Parents remain on site but not part of the club (YC)	Coasting Club , for adults of all abilities 5.30-7.30pm, £12 per person (Exclusive of food) (CC)	Adult Social Club 5.30pm-7.30pm, £7.50 per disabled adult. Call open for 6pm, see how social time goes as long as a structured activity. (SC)	13+ Day (Illustration of a cow)	13+ Day (Illustration of a cow)	Open for all (Illustration of a cow)	Open for all (Illustration of a cow)
Disability Family Day Family Sunday Roast day! Book either a 12pm or a 4.30pm sitting for you & your family. The site will be open from 12pm-7pm.	Closed (Illustration of a lion)	13+ Day (Illustration of a lion)	Preschool Day (Illustration of a lion)	13+ Day (Illustration of a lion)	Open for all (Illustration of a lion)	Open for all (Illustration of a lion)
Disability Family Day (Illustration of a penguin)	Open for all (Illustration of a penguin)	Disability Family Day (Illustration of a penguin)	Disability for all (Illustration of a penguin)	13+ Day (Illustration of a penguin)	Open for all (Illustration of a penguin)	Disability Family Day (Illustration of a penguin)
Closed (Illustration of a zebra)	Closed (Illustration of a zebra)	13+ Day (Illustration of a zebra)	Preschool Day (Illustration of a zebra)	13+ Day (Illustration of a zebra)	Open for all (Illustration of a zebra)	Quiet Day (Illustration of a zebra)
Closed (Illustration of a zebra)	Closed (Illustration of a zebra)	13+ Day (Illustration of a zebra)	Preschool Day (Illustration of a zebra)	13+ Day (Illustration of a zebra)	Open for all (Illustration of a zebra)	Open for all (Illustration of a zebra)

Abingdon & Witney College

Carers Oxfordshire

COURSES FOR CARERS

FREE ONLINE COURSES FOR CARERS IN OXFORDSHIRE THIS AUTUMN.

ART
 MESSAGE
 YOGA
 MINDFULNESS

WWW.CARERSOXFORDSHIRE.ORG.UK/EVENTS

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.). Please note that vehicle access is off Ardler Road. 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.- Click the link for more details about the group and this session

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

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 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/



Thomley



A-Fest

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

Tuesday 20th February 2024
9am-3pm
The Springfields Academy, Caine, 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






DISCOS 2024

JANUARY 26TH
FEBRUARY 23RD
MARCH 29TH
APRIL 26TH
MAY 31ST
JUNE 28TH
JULY 26TH
AUGUST 30TH
SEPTEMBER 27TH
OCTOBER 25TH
NOVEMBER 15TH

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





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

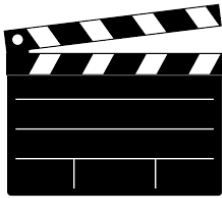



Registration is mandatory for all services and advance booking is necessary for all sessions. Fees / charges for families are all voluntary but contributions from our service users are an important source of income so we do have suggested contribution levels. Please visit our website or get in touch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

Web: www.campmohawk.org.uk
Email: info@campmohawk.org.uk
Tel: 0118 940 4045

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

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 second Sunday of the month at 10am in Oxford, & Aylesbury.

Vue usually shown on the last 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

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

Bure Park **Inclusive Football** 16+years. Email disability@bureparkjuiors.co.uk for more information.

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

Tower Hill Inclusive **football** team for over 8-s and young adults. Please contact Sue Newport in 07966 153797 or sue@rsbjn.co.uk

Well-being **Pickleball** Thursdays 1-2pm at Henely YMCA RG9 1NZ. Contact Phil 01491 411 849 or

phil@henleymca.org.uk

Cricket – Super 1's for free cricket sessions ages 8-25 years.

Monday - 4-5pm Abingdon Hub

Tuesdays 5-6pm Oxford Hub

Wednesdays 4:30-5:30pm Witney Hub

Fridays 4-5pm Bicester Hub

For more information contact rgiles@oxoncb.com or visit the [website](#)

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



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

Frozen Light is bringing us their new show and interactive experience for audiences with PMLD. **The Bar at the Edge of Time** is going on tour in 2024!

Frozen Light creates exciting and original multi-sensory theatre for audiences with profound and multiple learning disabilities (PMLD) and tours it to theatre venues and arts centres nationwide. This show allows people with PMLD to be transported to a bar where time doesn't exist, you'll even get a mocktail out of it!



North Wall, **Oxford 6-7th March 2024** [The Bar at the Edge of Time - The North Wall, Oxford](#)

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:

Mondays – 6.30pm-8.00pm A support group for parents or carers of dependent adults (18+)	Tuesdays – 9.30am-11.00am 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 9th/Tuesday 10th 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. Places are limited.

Carers Oxfordshire can offer support. For more information contact carersinfo@carersoxfordshire.org.uk 01235 424715 or www.carersoxfordshire.org.uk option to join via Teams.

FINANCIAL CHARGING AND DISABILITY RELATED EXPENDITURE

Oxfordshire Family Support Network are working with OCC to try and make the process of Financial Assessments and Disability Related Expenditure more transparent and clear for family carers and their relatives. There is a meeting on **Friday 19th January 2024**. If you manage the financial payments for your relative or yourself, and would like to be part of this working group, please sign up by contacting Kathy Liddell on 07821 987080 or Kathy.liddell@oxfsn.org.uk There will be an





Purple Advisory Care

SATURDAYS
10AM – 12PM
2nd Saturday of the Month
13th Jan, 10th Feb, 9th March,
13th April, 11th May, 15th June & 23rd July 2024

SEND SATURDAY CLUB
CARTERTON FAMILY CENTRE

Come and join P.A.C for our SEND Saturday Club. Parents/Carers with diagnosed and undiagnosed children, young people and adults are welcome, along with siblings and any other family members who'd like to come along.

Meet some other parents/carers and families in similar situations, allow your children, young people or adults to play/chill in a relaxed environment and seek support and advice should you need it.

Suggested Donation: £3.50

Carterton Family Centre, The Allandale, 8 Burford Road, Carterton, OX18 3AA. info@cartertonfamilycentre.com

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

Autism Oxford are offering an 'Autistic Mentor' service. This is aimed at autistic individuals or parents of autistic young people.

This is a package offer for £195. Which includes a 20-minute introductory call and then 4x 1hour sessions. This will be with one of our autistic peer support workers or parent expert peer support workers.

This service is bespoke and tailored to suit the individuals needs post diagnosis.

If you would like more information to help you decide if this is right for you, please email our therapies and ongoing support team at therapies@autismoxford.org.uk

Oxfordshire SEND Room is a private Facebook space for its members. More information can be found [here](#).

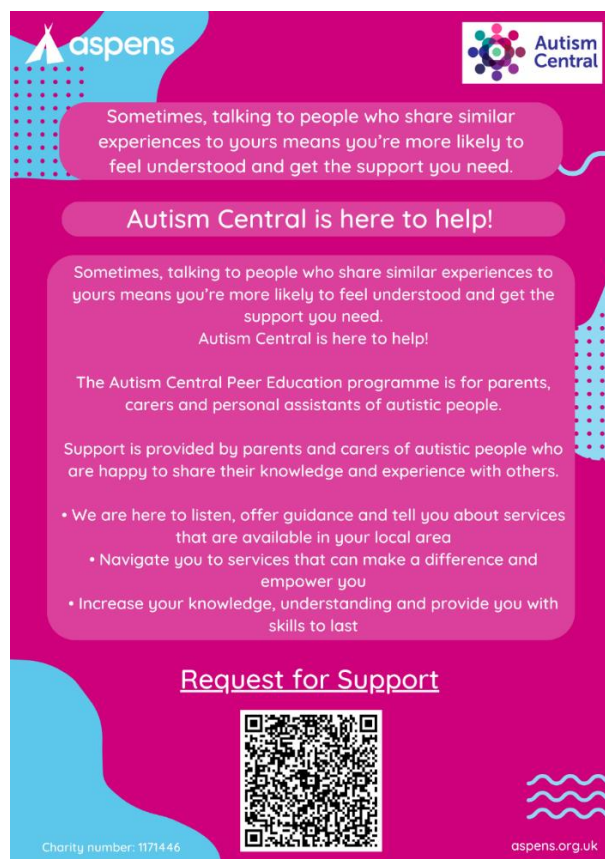
Reasonable adjustments in health care for those with learning disabilities

NHS England has published a web page on reasonable adjustments in Health Services for disabled people focusing on specific adjustments for people with learning disabilities. There are several videos and links to help both people in the health service as well as people with learning disabilities. You can find the web page [here](#)

Young Minds have a help line and web chat for parents and carers who are concerned about their child's mental health, up to the age of 25 years. More details can be found [Parents Helpline](#) | [Mental Health Help for Your Child](#) | [YoungMinds](#)

My Life My Choice have a range of opportunities for young people aged 18-29 years with a learning disability. More information can be found [here](#)

Sense – Make a friend online with virtual buddying. More information can be found [here](#)



The poster features the 'aspens' logo in the top left and the 'Autism Central' logo in the top right. A quote at the top reads: 'Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the support you need.' Below this, a central heading says 'Autism Central is here to help!'. A second quote follows: '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 text then states: '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.' A bulleted list includes: '• 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', and '• Increase your knowledge, understanding and provide you with skills to last'. A 'Request for Support' section contains a QR code. At the bottom left, it says 'Charity number: 1171446' and at the bottom right, 'aspens.org.uk'.



The poster features a coffee cup icon with a heart shape inside. The word 'SPACE' is written in large, bold, black letters. Below the title, it says 'Come join us at SPACE'. There are three main sections: 1. 'Where & When does SPACE meet?' with details: 'Friday's - Term time only', 'Time - 10am to 12.30pm', 'Upstairs lounge @ ICE Centre, Langdale Hall Witney OX28 6AB', and 'Parking in public car park Wheelchair & pushchair accessible'. 2. 'Who is SPACE for?' with the text: 'SPACE is for parents/carers of children or adults with special needs'. 3. 'What is SPACE for?' with the text: 'A place for parents and carers to meet, chat and feel included. To share experiences, information and support with one another'. At the bottom, it says 'Contact Jo on 07875890775'.

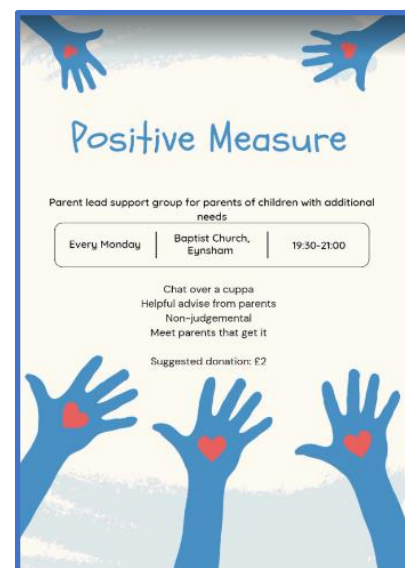
OAADSS (Oxfordshire Adult Autism Diagnosis Support Service) are a support service for adults (18+) with autism without a learning disability living in Oxfordshire. It offers information, workshops, groups and limited short term support. They offer online workshops, covering topics such as: Empathy; Healthy Living; Emotional Resilience; Making conversation and Small Talk; Budgeting and Managing Money; Assertiveness, Confidence and Self-Esteem; Executive Function; Managing Well-being during Coronavirus; Employment; and Post Diagnosis Workshops. Details about these can be found [here](#). They also provide [information](#) about getting help at work or University.

OAADSS groups:

- **ASPIration Social group:** Every Monday at their Didcot Office. The group is held in their training room and can hold up to around 12 people. You can help yourself to teas and coffees when there. The address is Baptist House, 129 Broadway, Didcot, OX11 8XD. They meet between 11.30-1pm. Booking in advance is required by either completing a form each week you wish to attend or sending us an email to aspiration@kingwood.org.uk or calling 07824 309000 so they can guarantee space. *Please note, the social group will not run on Bank Holidays or throughout the Christmas period.* [Social Groups & Events - OAADSS](#)
- **Zoom group:** Twice a month on the 1st and 3rd Wednesday of the month. A link will be sent before the meeting by email providing you have requested to go onto their café group mailing list. This meeting is attended by two aspiration facilitators from 5.30-6.30pm. During these Zoom groups they often have some of the members run different activities for people to join if they wish. Simon often runs a meditation session for 10-15 minutes. Nick uses the app Kahoot! to run a quiz for members to take part. To be added to their social group email list, please email them at aspiration@kingwood.org.uk and state that you would like to be added to the mailing list.

Connectivity - a friendship group for adults 18+ on the autism spectrum. They are based in Oxford and currently meet online. Please [email](#) for more information or go to their [website](#)

Guideposts - Better Connected is a UK-wide social club for anyone with autism or learning difficulties. They organise online events through the week, local meetups and a monthly community magazine. Their groups give you the chance to meet new people, explore your interests, or just have fun. There's something for everyone including Yoga, Music Quiz, Up Skilling, role-play, relaxation, Tea and chat, TV Gossip, Karaoke, anxiety support, Minecraft and a social club night. They also have a monthly magazine. Find out more on their [website](#).



Yellow Submarine - runs a variety of projects for adults living in Oxfordshire with mild or moderate learning disabilities and/or autism...

- Reach (new daytime project to help members achieve their goals and reach their full potential)
- Cafe Traineeships (within our social enterprise cafes)
- Monday Night Club (a weekly social club in Oxford)
- Tuesday Night Club (a weekly social club in Didcot)
- Wednesday Night Club (a weekly social club in Witney)
- Residential holidays (throughout the year)
- Adult Summer Day Activities (summer holidays only)

To refer a new member please complete their [online form](#) or give their office a call on 01865 236119 to find out more about their activities. More information can also be found [here](#)

Courses, Workshops & 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 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 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

NEW

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

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

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

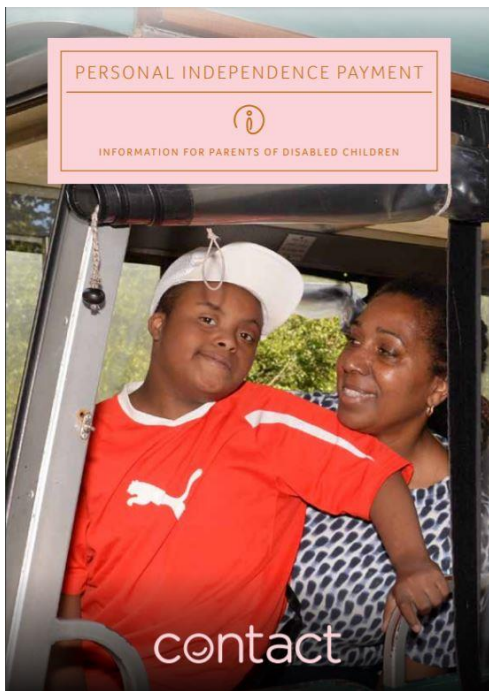
Thursday 28th March at 1:30pm (£11.55) [Autistic and thinking about pregnancy](#)

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

UPDATED Girl with the Curly Hair Project

Upcoming Webinars		February 2024
Thu 08 Feb	Executive Function & Autism - Webinar	Book this event
Mon 12 Feb	Eating & Autism - Webinar	Book this event
Thu 15 Feb	Developing Resilience - Webinar	Book this event
Tue 27 Feb	What is it like to be autistic? - Webinar	Book this event

Resources



oxfn Oxfordshire family SUPPORT NETWORK

All about health
easy read website

Locally and nationally available easy read healthcare information for people with a learning disability, their families, carers, professionals, and anyone who supports them.

<https://allabouthealth.oxfsn.org.uk>

You can scan the QR code here

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

<https://allabouthealth.oxfsn.org.uk>

Moving into Adulthood
HANDBOOK

Key Agencies Involved | Person Centred Planning | Year 9 Review | Education Matters | Social Care Matters

Health Care Matters | Money Matters | Mental Capacity Act 2005 | Getting a social life and having fun | Growing Up and Relationships

Supported Living | Finding Work | The Law and Legislation | Support Groups and other help | Jargon Buster

oxfn Oxfordshire family SUPPORT NETWORK

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

NEW Pregnancy resources

- [What to expect during your pregnancy](#)
- [What to expect in pregnancy](#)
- [Pregnancy information for health professionals](#)

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](#)

Social Tariff If you are claiming universal credit, pension credit or other benefits, you could be eligible for cheaper broadband and phone packages, available as part of a social tariff.

What are Social Tariffs?

Social Tariffs are Broadband and mobile deals offered by various suppliers to eligible households, who are in need of financial support with their broadband or phone services.

We are aware the following Social Tariffs are currently available:

- [BT Home Essentials Broadband | Universal Credit Broadband 1](#)
- [Social Tariff - Country Connect \(country-connect.co.uk\)](#)
- [Essential Fibre Low Income Broadband \(g.network\)](#)
- [Fair Fibre Plan | Hyperoptic](#)
- [Check postcode | KCOM Lightstream Real Fibre Broadband](#)
- [What is NOW Broadband Basics? \(nowtv.com\)](#)

- [Sky Broadband social tariff | Sky Help | Sky.com](#)
- [Register for Essential Broadband | Virgin Media](#)
- [VOXI For Now | VOXI](#)

Learn more about this: [Cheaper broadband and phone packages - Ofcom](#)

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](#)

Surveys

Department of Experimental Psychology
Anna Watts Building, Oxford OX2 6GG

Principal Investigator: Professor Gaia Scerif
Gaia.scerif@psy.ox.ac.uk, 01865 271403
Graduate Researcher: Aunnika Short, aunnika.short@psy.ox.ac.uk

Experimental Psychology
UNIVERSITY OF OXFORD

Survey on Research Perspectives of People with Disabilities
Ethics Approval Reference: R84271/RE003


PARENTS NEEDED FOR SURVEY ON DISABILITY RESEARCH

This survey is being conducted for researchers to better understand how we can include the needs and interests of people with disabilities in our work. As disability research is designed to improve quality of life for people with disabilities, we need to accurately represent their interests and focus our research on answering the questions that impact them most.

We are looking for volunteers who are parents of someone with a neurodevelopmental disability such as Down syndrome or autism, aged 18 and older to complete our online survey. This single survey would take about 30 minutes of your time. You would be asked to answer questions about your experiences with your child's disability, including access to interventions and resources, inclusion in research, and how your child's disability impacts your and your child's daily living.

If you are interested and would like more information, please contact Aunnika Short, aunnika.short@psy.ox.ac.uk at the Department of Experimental Psychology, OX2 6GG, Oxford. There is no obligation to take part.

You will be reimbursed for your time and contribution to our study. Scan the QR code below to take part!



Poster advert (Parent), version 1.0, October 2023

Institute of Education
UCL

SEEKING AUTISTIC 13-21 YEAR OLDS FOR RESEARCH

Are you an autistic adolescent or young adult who has experience of taking part in Social Skills Groups in school?

My name is Imogen Russo. I am a Trainee Educational Psychologist at UCL Institute of Education and I am interested in finding out about autistic young people's experiences of taking part in school-based Social Skills Groups and the perceived impact of such groups.

I am looking for the following individuals:

- Autistic* adolescents (aged 13-18) who are currently taking part in a school-based social skills group or autistic young people aged 13 to 21 years who have previously taken part in a school-based social skills group
- Parents/carers of autistic young people who are participating/have participated in a school-based social skills group.

*Participants will have a diagnosis of autism and be able to provide their date of diagnosis.

What is involved?

- Autistic adolescents/young adults will take part in either an interview or a focus group (up to 6 participants) conducted using an online 'chat' medium.
- Parents/carers will take part in either an interview (conducted via phone or Zoom) or a focus group conducted via an online 'chat' medium.

If you are interested in taking part in this research or would like more information, I would love to hear from you! Please email imogen.chandler.21@ucl.ac.uk Or scan the QR code:



Your participation will provide a valuable contribution to knowledge that can help support other autistic students.

Employment and Training



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](#) or email etreferrals@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
- ✓ Get latest opportunities from twitter.com/oxmeinfo
- ✓ See what is available on instagram.com/oxmeinfo

Get information and guidance online any time at www.oxme.info



**OXFORDSHIRE
COUNTY COUNCIL**



Support for young people in Oxfordshire can be found on the website OXME.info this includes:

- Information about choices for 16+ young people
- advice for young people with a disability and SEN
- To register for OXME updates

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 Coaching with Ways into Work. They work with young people aged 16+ (ideally 18+) to support into work. They offer employment coaches to support people with additional needs who want to get paid employment. Initially by supporting them to attend work at Oxford wood recycling centre, and then supporting them to attend interviews/create cv's/applications and once in the workplace to make reasonable adjustments to meet

their needs in a wide range of industries. More information can be found [here](#)

Apprenticeships: information on what is available in Oxfordshire can be found on the [OXME info opportunities website](#).

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



**Ambitious
about Autism**

talented autistic young people.

Have produced Toolkits to help more autistic young people access sustainable and meaningful employment. The resources will help employers to develop their awareness and understanding of autism. They will support the hiring of

NEW Web Designer Intern (3months) – remote working – closing date Friday 16th February 2024. Find out more [here](#).

NEW Managing stress and anxiety during job search. Book your place [here](#)

NEW Wood to Work is a programme that enables people with disabilities and/or disadvantages to find, access and stay in employment through specialist employment support. The programme is housed at, and run by Oxford Wood Recycling (OWR), in Abingdon Oxfordshire.

Although we often work with wood, Wood to Work is not a carpentry programme. We provide expert support towards achieving general, sustainable, paid employment in the community.

We believe that anyone can become employed if they are motivated, given the right job and the right support. The support on offer from OWR is free to job seekers and includes the opportunity to gain practical work experience across many disciplines within our working social enterprise, tailored support from a Senior Employment Coach and an experienced Employment Support Worker, and active support with finding and gaining suitable employment.

Once in work, individuals continue to receive support at their workplace for as long as required, including future support should circumstances change. More information available [here](#).

NEW Contracts Assistant (paid internship) – Hybrid/Milton Keynes for British Rail – closing date 23 February 2024. Find out more [here](#).

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 and ask to UNSUBSCRIBE.

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