



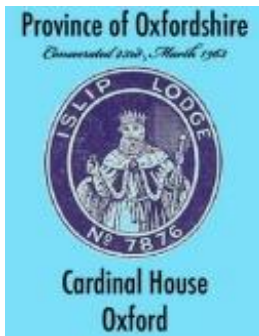
**Welcome** to our **March** Newsletter, and a particular warm welcome to the new families that have joined us. We have highlighted new information, as some things appear regularly, so new families can see what is available.

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

**In this month's Newsletter.....**

P1	Thank yous	P12+13	Courses, Workshops and Webinars
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**Thank you to.....**



**Thank you to Islip Lodge** for their kind donation of £200 towards the work of AFSO. We appreciate their generosity.

**Thank you to all who support us through Easy Fundraising.** £144 has just been paid to

A Link to support us this way can be found at the bottom of this newsletter.



us.

**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/>

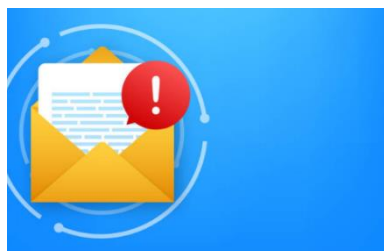
# Fundraising

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.*

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## AFSO NEWS



We have been experiencing some issues in sending emails to certain email addresses including: @yahoo.com, @ yahoo.co.uk, @ymail.com, @sky.com and @aol.com.

We are working to resolve the issue but if you would like us to send your newsletter to another email address, please let us know.

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**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&A** is on:  
**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**



**AUTISM  
FAMILY  
SUPPORT\***  
OXFORDSHIRE



**NHS**

**Oxford Health  
NHS Foundation Trust**

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)

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

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**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/>*

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## 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

**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](http://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](#)



# Beautiful Minds Drama Club

For neurodiverse/adults to gain confidence & have a voice. Club run by neurodiverse/autistic actors.

**Mondays 12-1.00pm**

The Old Courthouse, Floyd's Row, Oxford OX1 1SS

Pay what you can £5.00 minimum

Email: [info@13ththeatreco.co.uk](mailto:info@13ththeatreco.co.uk)




## Events for 2024

<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>

**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](#).



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



### 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)

# 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](mailto:felixbartlett.com)

**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

### Smellie Wellies

Adult SEN session **Tuesday 19<sup>th</sup> 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

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

## March 2024 Activities

Theme: Baby Animal

To book, email: [bookings@thomley.org.uk](mailto:bookings@thomley.org.uk) or call 01844 338380

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <sup>rd</sup> <b>Disability Family Day</b> Theme: Baby Animals Workshops/Physical: 11am- Seamus Joke 1:30pm- Circus Skills 2:30pm- Silliness Art: Puzzy Craft and other exciting activities!	4 <sup>th</sup> <b>Closed</b>	5 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Penguin Sandwiches 1:30pm- Football Challenges Art: Fingerprint Sheep and other exciting activities!	6 <sup>th</sup> <b>Preschool Day</b> Theme: Baby Animals Workshops/Physical: 11am- Sing time 1:30am- Cooking - Marshmallow lamb biscuits 1:30pm- Giant bubbles Seamus: Let's get messy Art: Finger print sheep and other exciting activities!	7 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Penguin Sandwiches 1:30pm- Football 2:30pm- Art With Kevin Art: Fingerprint Sheep and other exciting activities!	8 <sup>th</sup> <b>Open for all</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Marshmallow lamb biscuits 1:30pm- Giant bubbles Art: Finger print making and other exciting activities!	9 <sup>th</sup> <b>Disability Family Day</b> Theme: Baby Animals Workshops/Physical: 11am- Animal print biscuit decorating 1:30pm- Seamus Joke Art: Muddy pig's sensory painting and other exciting activities! 2pm- Jelly worm experimenting At 2pm
10 <sup>th</sup> <b>Closed</b>	11 <sup>th</sup> <b>Closed</b> Everyday this week we will be doing great science experiments. So make sure you get involved!	12 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Cookie Race 1:30pm- Parachute Games Art: Crafts Craft and other exciting activities!	13 <sup>th</sup> <b>Preschool Day</b> Theme: Baby Animals Workshops/Physical: 11am- Sing time 1:30am- Baby monkey toast Seamus: Let's get messy Art: Rolling doughs and other exciting activities!	14 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Cookie Race 1:30pm- Parachute Games 2:30pm- Art With Kevin Art: Crafts Craft and other exciting activities!	15 <sup>th</sup> <b>Open for all</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Monkey food art 1:30pm- Coconut shy Art: Paper plate craft and other exciting activities!	16 <sup>th</sup> <b>Disability Family Day</b> Theme: Baby Animals Workshops/Physical: 11am- Basketball 1:30pm- Bubble machine Art: Build a bear craft and other exciting activities! 2pm- Digging for worms, 2pm
17 <sup>th</sup> <b>Mother's Day Meal</b> Join us for a Cottage pie and apple crumble! Book with a 2pm or 1:30pm sitting for you & your family. The site will be open from 11am-3pm to allow extra activities include creating something for Mum to take home and send messages! For more details look at social media on the newsletter!	18 <sup>th</sup> <b>Closed</b>	19 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Popcorn 1:30pm- Tennis 2pm- Sign up to feed the ducks and chickens! Art: Paper Plate Pandas and other exciting activities!	20 <sup>th</sup> <b>Preschool Day</b> Theme: Baby Animals Workshops/Physical: 11am- Sing time 1:30am- Cooking - Sausage dog banana snack 1:30pm- Matchbox car races Seamus: Let's get messy Art: Hanging pig craft and other exciting activities!	21 <sup>st</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Popcorn 1:30pm- Tennis 2:30pm- Art With Kevin Art: Paper Plate Pandas and other exciting activities!	22 <sup>nd</sup> <b>Open for all</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Sausage dog banana snack 1:30pm- Toy car racing Art: Pressure craft and other exciting activities!	23 <sup>rd</sup> <b>Disability Family Day</b> Theme: Baby Animals Workshops/Physical: 11am- Marshmallow sheep cupcakes 1:30pm- Basketball Art: Springs sheep craft and other exciting activities!
24 <sup>th</sup> <b>Closed</b>	25 <sup>th</sup> <b>Closed</b>	26 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Animal Toast 1:30pm- Vortex Hoosters Art: Build A Bear and other exciting activities! 2pm Hortic planting	27 <sup>th</sup> <b>Preschool Day</b> Theme: Baby Animals Workshops/Physical: 11am- Sing time 1:30am- Cooking - Easter chocolate milk 1:30pm- Bubble machine Seamus: Let's get messy Art: Let's stick cow puppets and other exciting activities!	28 <sup>th</sup> <b>13+ Day</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Animal Toast 1:30pm- Vortex Hoosters 2:30pm- Art With Kevin Art: Build A Bear and other exciting activities!	29 <sup>th</sup> <b>Open for all</b> Theme: Baby Animals Workshops/Physical: 11am- Cooking - Easter chocolate milk 1:30pm- Bubble machine Art: Cow craft and other exciting activities!	30 <sup>th</sup> <b>Disability Family Day</b> Theme: Baby Animals Workshops/Physical: 11am- Easter hunt 1:30pm- Parachute games 2pm Sign up to feed the ducks, and chickens! Art: Use cow felt painting and other exciting activities!
31 <sup>st</sup> <b>Quiet Day</b> Theme: Baby Animals Workshops/Physical: 11am- Easter Fables 1:30pm- Easter Hunt 2:30pm- Archery Art: Handpicking Art and other exciting activities!						

Abingdon & Witney College


Carers Oxfordshire

## COURSES FOR CARERS

FREE ONLINE COURSES FOR CARERS IN OXFORDSHIRE THIS AUTUMN.

ART  
MASSAGE  
YOGA  
MINDFULNESS

WWW.CARERSOXFORDSHIRE.ORG.UK/EVENTS

 **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

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/>

theicecentre  
inclusive care education  
www.theicecentre.co.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

## 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!

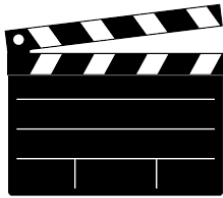
All adult meals are £13 and children (up to 15) will also get a free meal after paying their entry fee of £13. Child members will be able to have their meal for just £6 (please email: [bookings@thomley.org.uk](mailto:bookings@thomley.org.uk) to arrange the discount).

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/)

 **Thomley**

## 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

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:rgiles@oxoncb.com) or visit the [website](#)



## Theatre

### 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](#)**

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

# Local Support

**NEW** Oxford Women with Autism Spectrum Disorder [facebook group](#).

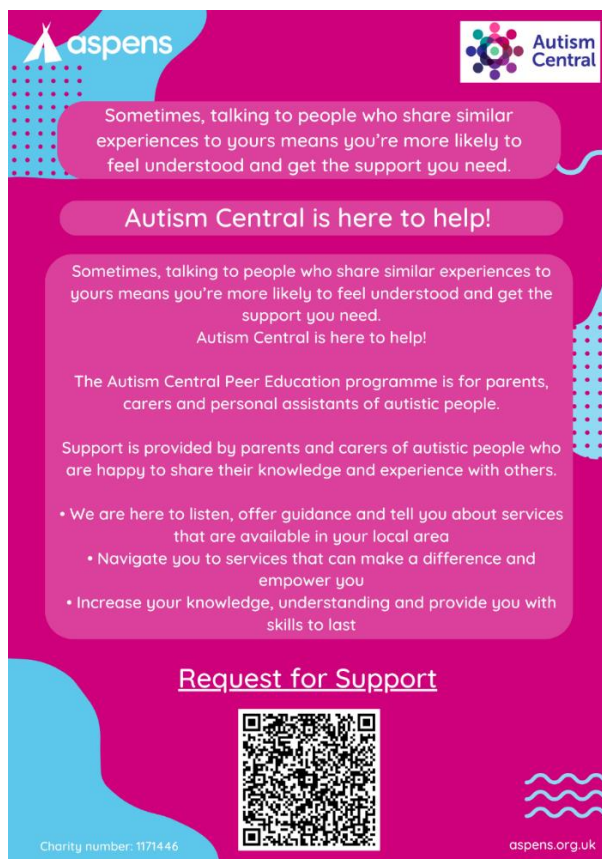
**Carers Oxfordshire** are offering Carefree Short Breaks for carers with just a booking free of £25. You must be over 21, a full-time unpaid carer, able to arrange interim care and able to pay for your own transport, food, insurance etc. The break is only for the carer. They can take a companion but 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)

**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](mailto:therapies@autismoxford.org.uk)

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



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



 **SPACE**

**Come join us at SPACE**

**Where & When does SPACE meet?** Friday's - Term time only  
Time - 10am to 12.30pm  
Upstairs lounge @ ICE Centre, Langdale Hall Witney OX28 6AB  
Parking in public car park  
Wheelchair & pushchair accessible

**Who is SPACE for?** SPACE is for parents/carers of children or adults with special needs

A place for parents and carers to meet, chat and feel included. To share experiences, information and support with one another

**What is SPACE for?**

Contact Jo on 07875890775

## 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](#)

**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](mailto: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](mailto: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](#).

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

**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](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/ga-live-events/>

**Send provision for over 16's (inc. phase transfer) Webinar** **SOS SEN**

**14TH MARCH** **6.30-8PM** **NEW**

**COST: £10**  
**HOW: Microsoft Teams**  
 Hosted by Eleanor Wright, Legal Officer for SOS!SEN

**This webinar will include -**

- Difference in SEND law between children and young people and legal consequences
- Mental capacity
- Preparation for adulthood - when does this start, what should be considered
- Amending EHCPs for post 16 education
- Social care involvement
- 5 day packages
- Can LAs limit how long they will fund post 18 education?
- Ceasing to maintain EHCPs
- Higher education (summary)
- Transport for over 16s
- 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.

**Effective Complaints Webinar** **SOS SEN** **NEW**

**18TH MARCH** **10.30AM-12PM**

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

**This webinar will include -**

- Understand the different avenues for complaints depending on what you are complaining about
- Ideas on how to format your complaint for clarity
- Details about complaining to the Local Government and Social Care Ombudsman
- What they can investigate, remedies they can offer

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.

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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.

## 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

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](#)

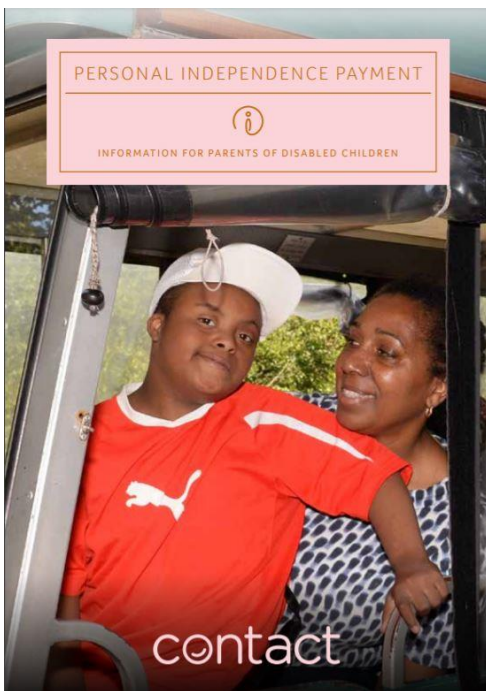
Thursday 18th April at 1:30pm (£11.55)

[Autism and Pregnancy Webinar Series – Webinar what to expect in pregnancy](#)

**UPDATED** [Girl with the Curly Hair Project](#)

Upcoming Webinars		March 2024
Thu 07 Mar	<a href="#">Understanding Challenging Behaviour</a> - Webinar	<a href="#">Book this event</a>
Tue 12 Mar	<a href="#">Understanding Masking</a> - Webinar	<a href="#">Book this event</a>
Thu 14 Mar	<a href="#">Anxiety &amp; Autism</a> - Webinar	<a href="#">Book this event</a>
Wed 20 Mar	<a href="#">Sensory Processing &amp; Autism</a> - Webinar	<a href="#">Book this event</a>

## 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.oxfn.org.uk>

You can scan the QR code here

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

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

**Moving into Adulthood**  
HANDBOOK

oxfn Oxfordshire family SUPPORT NETWORK



This website gives step by step parental control guides to help parents/carers set up the right controls and privacy settings on the networks, gadgets, apps and sites that your children and young people use, to give them a safer online experience.

**Blog** on Supporting autistic young people through **exams**.

Also a booklet about [what is revision](#) and some [visual revision timetables](#)



**NEW:** Menstruation – a guide from the NAS : <https://www.autism.org.uk/advice-and-guidance/topics/physical-health/menstruation>

**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

## Pregnancy resources

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

**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](mailto:Gaia.scerif@psy.ox.ac.uk), 01865 271403  
Graduate Researcher: Aunnika Short, [aunnika.short@psy.ox.ac.uk](mailto:aunnika.short@psy.ox.ac.uk)



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](mailto: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](mailto: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](mailto: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](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)



**OXFORDSHIRE  
COUNTY COUNCIL**



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



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

**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](#).

# 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.



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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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