

Short Breaks Update for Families with Disabled Children and Young People



VIRTUAL MEETINGS
£7 per month

An alternative way to take part in the fun and adventure of Girlguiding for girls aged 4 – 18 who are unable to attend face-to-face meetings for health or social reasons. Previous membership is not necessary.

All girls have a home in Girlguiding – whoever they are, and wherever they are in the UK. We are Girlguiding Connect district – LaSER.

Level	Age Range	Days
Rainbows	for 4 – 7 year olds	Mondays & Thursdays
Brownies	for 7 – 10 year olds	Mondays & Thursdays
Guides	for 10 – 14 year olds	Mondays & Wednesdays
Rangers	for 14 – 18 year olds	Thursdays

Email: connectdistrict@girlguidinglaser.org.uk
Join: bit.ly/joinggconnect
Instagram/TikTok: @ggconnectdistrict Facebook: Girlguiding Connect district



Girlguiding Connect Information Sessions

Find out how and why to connect to Connect – no commitment



To find out more and sign up for an info session:
<https://linktr.ee/girlguidingconnect>



To find out more, please email:-
connectdistrict@girlguidinglaser.org.uk

To sign up for info session:-
[Sign up - Girlguiding Connect](https://linktr.ee/girlguidingconnect)

Short Breaks Update for Families with Disabled Children and Young People

**** Next sessions - 4th & 18th June ****



Youth Club

FIRST SESSION FREE

For ages 13 and over every other Thursday, from 6:30pm - 8:30pm

£ 6.50 per session to attend or £ 5 if in receipt of benefits



Parents remain on site whilst the session takes place

For the latest session updates keep an eye on our Instagram page: Thomley_



To book youth club, please go here - <https://buff.ly/42gym80>

Short Breaks Update for Families with Disabled Children and Young People



New Club Friendship 4 All Oxfordshire

A club for **adults with learning difficulties** looking to make new friends in a safe environment.



3rd Thursday of every month
Online and in-person activities

Contact for more information:

oxfordshire@guideposts.org.uk

01993 893560

www.guideposts.org.uk

Registered Charity No. 272619



**Guideposts
Trust**

**If you or someone you know would benefit from this group,
contact us via oxfordshire@guideposts.org.uk or 01993 893560**

Short Breaks Update for Families with Disabled Children and Young People

Beautiful Minds Drama Club for neurodiverse/ autistic adults



St Columbas URC
Alfred Street Oxford
Mondays
12–1.00pm £10
per session

Contact
info@13ththeatreco.co.uk,
X @13ththeatre

13th Theatre Co.

Why fit the mould, when you, can create it...

Come and join our friendly, welcoming community. Break out of your shell, have fun, make friends and take part in shows. Parents and carers are welcome. The first session is a taster session and is free; £10 per session after that, pay at the session.

If you would like to put your name on the waitlist or have any questions please contact info@13ththeatreco.co.uk

Short Breaks Update for Families with Disabled Children and Young People

Shadowlight Supported Studios

EVERY FRIDAY

Mornings and some full-day sessions held at Film Oxford



Weekly workshops for learning disabled and autistic adults who love being creative.

FREE ART & FILMMAKING WORKSHOPS

**Contact us if interested:
shadowlightartists@filmoxford.org**

Free Creative Workshops for Learning-Disabled Adults!

Join Shadowlight Supported Studios for inspiring, hands-on sessions in art, photography, and filmmaking - all led by professional artists!

Venue - Film Oxford, 54 Catherine Street, Oxford, OX4 3AH

Get the full schedule and find out more - shadowlightartists@filmoxford.org

Short Breaks Update for Families with Disabled Children and Young People



Michelle Buckner



Colora Art Tutoring



★ 18 years experience in Education specialising in Art, Children and young peoples mental health, ASD and SEN

★ Trained and worked in a counselling service with psychologists to support children with emotional literacy understanding and management using a form of art therapy

1.1 Online Art and Wellbeing sessions

For children age 6-14 years including teens/young adults with SEN

Wellbeing/Art

Art

Art Skills



Daytime, afterschool and weekend availability

colora.art.tutoring

www.bookwhen.com/coloraart

coloraart@hotmail.com



1.1 Art Skills
(Age 11-14)

30 or 40 minute sessions available

Each term will focus on a different material and techniques








*Pencil
*Chalk
*Charcoal
*Paint
*Oil pastels

1.1 Art
(Age 7-14)

30 or 40 minute sessions available

*These sessions follow a theme or topic for each age group and will change each term

*Sessions look at other artists work

*Different materials used each week

Age 7-11
Age 11-14








1.1 Wellbeing/Art
(Children age 6-11, teens and young adults with high level of SEND or learning difficulties)

20 or 30 minute sessions available




*Sessions teach children to recognise, understand and manage emotional literacy through film and art

*Colours of emotions

*Focus on facial expressions in characters and ourselves

*Self awareness

*Body language

*Identifying Triggers

*Tools to manage and regulate emotions

*Art activity in each session connected to emotions including drawing, painting, collage, nature art and more

*Focus on **Angry, Scared, Sad, Anxious** and Self esteem





If you are interested or would like more information, please email at coloraart@hotmail.com

Short Breaks Update for Families with Disabled Children and Young People



Family Doodle Club



Did you know that we have a family doodle club once a month?

Come and join us to relax and let your imagination fly!!

2nd Saturday of every month - 10.30am-11.30am.

Kidlington Library, Ron Groves House, 23 Oxford Rd, Kidlington, OX5 2BP

Short Breaks Update for Families with Disabled Children and Young People



SEN CLASSES

Every Sunday morning
11am - 11.45am

At NOX we believe in gymnastics for ALL

We know that some children need a little more support and guidance to get involved in our classes. Every Sunday morning we run fun, parent-inclusive classes using a wide range of equipment and interactive games!

 hello@noxgymnastics.com

One of our core beliefs at NOX is that gymnastics should be available to everyone. If you think your child might benefit from some extra support during class, then our 11am class on Sunday morning is the perfect opportunity to provide this.

Spend quality time with your children while allowing them to explore our interactive open-gym environment and learn some new skills.

If you are interested, visit <https://www.noxgymnastics.com/.../gymnastics-taster.../> for more information or **sign up for a FREE trial!** We also have parkour sessions!

Short Breaks Update for Families with Disabled Children and Young People



MLCT
More Leisure
Community Trust



SEN SESSION

Come along and enjoy ice skating during quieter hours with a friendly team available to support on and off the ice

This session is designed for anyone with additional needs and their families/carers

Specialised equipment available



EVERY MONDAY, 1:30PM - 2:45PM



**OXFORD ICE RINK, OXPENS RD,
OX1 1RX**

£6 PER PERSON

FIND OUT MORE:



For more information or to book:-

www.oxfordcityleisure.com/oxford-ice-rink/ice-skating/ice-skating-sessions/

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

Short Breaks Update for Families with Disabled Children and Young People

Banbury



A non-contact boxing class for neurodiverse children who just need the right environment to thrive.

Fight Back Crew is a non-contact boxing class for children in Banbury who just need the right environment to thrive. If you're a parent and this resonates, please get in touch. Sometimes all it takes is one safe space for a child to realise their potential.

Mondays 4.30pm to 5.30pm; £5 per child

Venue - Spit 'n Sawdust Fitness & Boxing Club, 49A North Bar Street, Banbury, OX16 0TH

For more info, contact Dave by texting him - 07888 829534

Short Breaks Update for Families with Disabled Children and Young People



The Engine Shed is a special interest group for autistic children and young people who love trains. Based in Reading, we meet at 12B Southview Park, off Marsack Street, Caversham, Reading RG4 5AF, usually on the last Saturday of the month.

Model railways and train sets for all abilities are set up and a range of train-related resources are available to play with. The Engine Shed sessions are free of charge, free snacks and drinks are provided. There is no need to book and all are welcome, including siblings and grandparents.

The sessions do tend to be split based on age but realise that with siblings etc this breakdown is not straightforward but please come to the one that suits you and your group best. We understand that not all attendees will always be within the suggested age range.

**** Saturdays 30th May & 27th June 2026 ****
(Timings - 10 am to 12 midday: ages 10 and under
& 12 midday to 2pm: ages 11 to 17 years)

We do also run some pop-up summer sessions but you need to be on our mailing list to receive details of those (to join, email the coordinator below) or go to our Facebook group - <https://www.facebook.com/theengineshed>

For more information - <http://www.theengineshed.org.uk/reading/> or if you would like to know more, require clarification or just want to check sessions are running before you travel, details etc then please email the Coordinator Sarah at mail@theengineshed.org.uk

Short Breaks Update for Families with Disabled Children and Young People

Little Engines Early Years Engine Shed Group

**6 & 20 July &
3 & 17 August**

**10.00 to
11.15 am**



Early years group for pre-school children who are on the autistic pathway or who would benefit from attending the group. No need to book. Just turn up. Free refreshments. Parking on nearby streets for 2 hours free.

The Engine Shed,
12b Southview Park, Caversham, Reading RG4 5AF
www.theengineshed.org.uk Find us on Facebook

**For more information, please email Sarah at
mail@theengineshed.org.uk**

**or go to our Facebook page -
<https://www.facebook.com/theengineshed>**

Short Breaks Update for Families with Disabled Children and Young People

The Engine Shed is launching a new group, called Ramble and Rail, for young autistic adults aged 18 to 25.

It will provide opportunities to get out and enjoy the countryside, taking guided walks from railway stations in nearby parts of Oxfordshire, Surrey and Hampshire that can be reached by train from Reading.

Email Sarah at mail@theengineshed.org.uk for more information and details of forthcoming walks.



**For more information, please email Sarah
at mail@theengineshed.org.uk**

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

Short Breaks Update for Families with Disabled Children and Young People



SEN skateboarding session every Monday at 5pm in Bampton (term-time only). £12 per child (£20 for 2 siblings). No more than 4 children.

To find out more & to book, please go to the website - www.brokenboardsltd.com

Short Breaks Update for Families with Disabled Children and Young People



SEN FRIENDLY SMALL GROUP TAE KWON DO CLASS IN THAME

- Self-defense skills
- Discipline & focus
- Physical fitness
- Fun, safe, SEN friendly environment
- 4 spaces available for ages 12-16

**Building Confidence,
One Kick at a Time**

Thursdays 4.45pm-5.30pm

Contact us for a FREE TRIAL CLASS

www.bookwhen.com/bytomictkd



www.btkd.co.uk

**Contact for a FREE trial class - www.btkd.co.uk
www.bookwhen.com/bytomictkd**

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

Short Breaks Update for Families with Disabled Children and Young People



LEARN TO SWIM WITH **CRAZY CRABS SWIM SCHOOL**



SEN swimming lessons available - priced the same as all of our other lessons



A variety of lessons - private, 2-2-1 & small group lessons for beginners up until to adults



Maximum 5 children per class, to guarantee high-quality lessons with our experienced teachers



Multiple locations across Oxfordshire, in intimate private pools

To find out more, email us at
info@crazycrabsswimschool.co.uk



To find out more, email us on - info@crazycrabsswimschool.co.uk

Short Breaks Update for Families with Disabled Children and Young People

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



Express. Empower. Engage

If you have any questions or would like more information, please contact Felix on 07983 651098

Chess Club



FRIDAYS
5.00 - 7.00 pm
Faringdon Library
ALL WELCOME !

Do come along!

This is a FREE club, drop in anytime, open to all ages and abilities. All are welcome.

Cats aren't provided but refreshments are!!

Any queries, please contact the Faringdon library
on 01865 815152

Short Breaks Update for Families with Disabled Children and Young People

*** Online ***



DSEngage LIVE | 4pm Disco

Join people who have Down's Syndrome from all over the country for the Down's Syndrome Association's 4pm Disco. Pick your favourite song, turn on your disco lights, and have a dance around your living room.

For details of our next session and to sign up, please go to our website - [DSEngage - 4pm Disco](#)

Short Breaks Update for Families with Disabled Children and Young People



**Inclusive dance classes in Oxfordshire
for ages 16+ with learning disabilities and autism.**

**Join us to dance, perform, be creative
and make new friends in a fun and inclusive space.**

Mondays 5.30 - 7pm

The Mill (Banbury)



Thursdays 6-7.30pm

Old Fire Station (Oxford)



To Book:

www.ticketsource.co.uk/anjalidance

email info@anjali.co.uk OR text 07482 169 667

These weekly, term-time sessions are for people with learning disabilities,
autism and

associated conditions, aged 16 years+. Cost - £9.50 per class.

To book - <https://www.ticketsource.co.uk/anjalidance>

Short Breaks Update for Families with Disabled Children and Young People



inclusive dance school

FREE* DANCE CLASSES

Specialist dance classes for children
and young people with SEND and
Wheelchair users

Available for 26 weeks starting 04/11/2023

Wheelchair Dance Classes

Saturdays 3pm–4pm

Wychwood School,
Milton Under Wychwood



Boys Musical Theatre Class

Wednesdays 4pm–4:45pm

The Life Centre,
Milton Under Wychwood



Girls Contemporary Class

Tuesdays 4pm–4:45

The Life Centre, Milton Under Wychwood



Please email info@sunraedance.co.uk for more information

or to book a place.

*With thanks to Active Oxfordshire and YouMove we
can now support children from low income families
in receipt of benefit related free school meals.

£30 a month if you don't qualify.



Sun-Rae Inclusive Dance School welcome disabled and non-disabled children in their classes (and also have classes for adults). They also have some funding for some free dance classes for children in receipt of benefit related free school meals, or £30 per month if you don't qualify.

For more information, email info@sunraedance.co.uk

Short Breaks Update for Families with Disabled Children and Young People



SEND Dance Classes

Special Educational Needs and Disabilities

For Primary School aged children 4-11yrs.

Wednesdays 4pm-4.30pm £4 per class.

**Heyford Park Community Centre, Brice Road,
Heyford Park, OX25 5TE.**

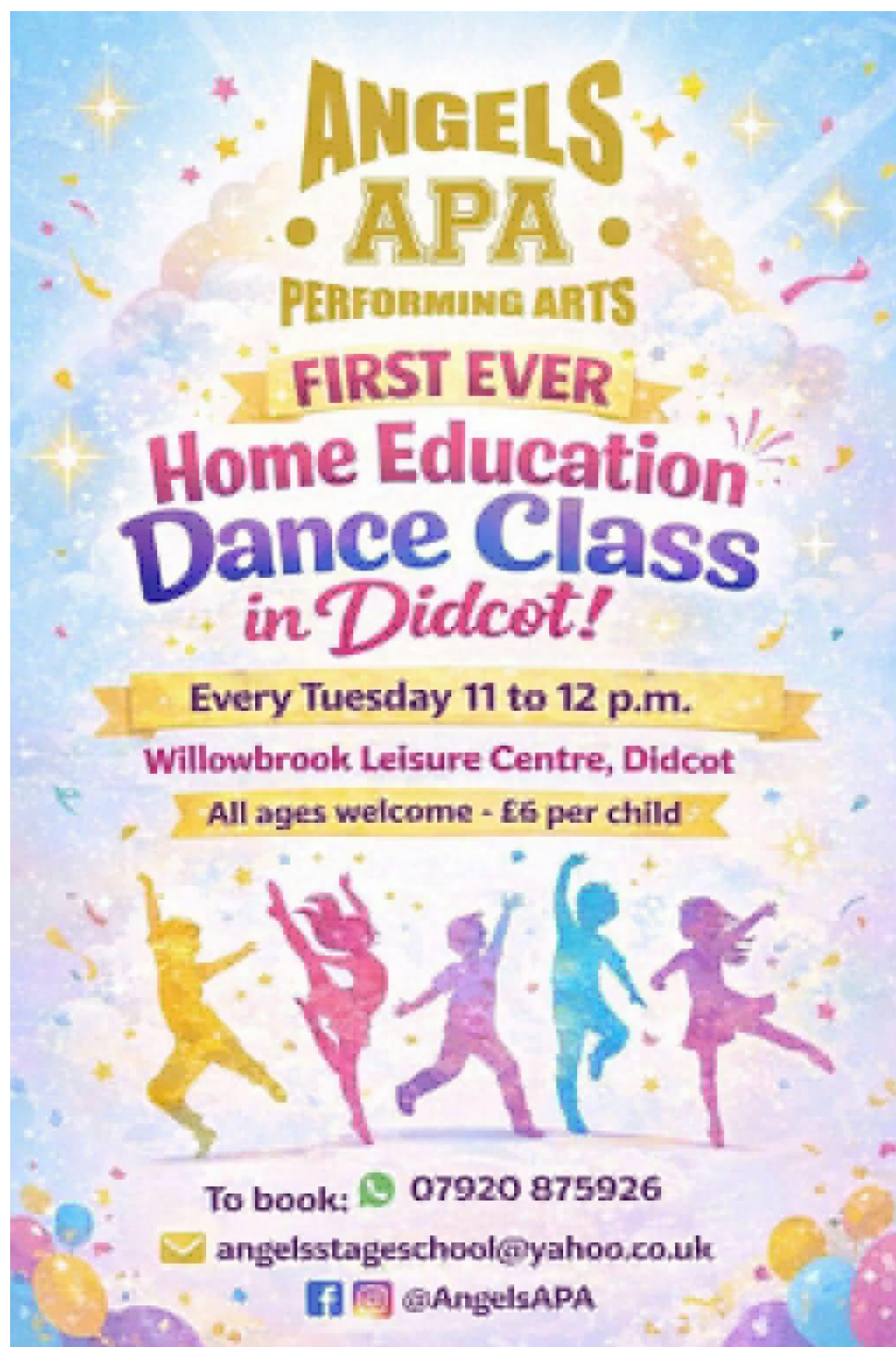
**Classes are conducted by qualified Royal
Academy of Dance and Imperial Society of
Teachers of Dance teacher.**

**Contact Emma 07834195180
emma.aspiredance@gmail.com**



If interested or for more info, please contact Emma on
07834 195180 OR emma.aspiredance@gmail.com

Short Breaks Update for Families with Disabled Children and Young People



**Places are limited! To book - 07920 875926;
angelstageschool@yahoo.co.uk**

Short Breaks Update for Families with Disabled Children and Young People



SPRING TERM DANCE PLANNER

Mon	6 - 7PM Everybody Dance (ON ZOOM)	6 - 7:30PM DS Youth [14-25 Year olds] (DARWEN)	
	1 - 2PM Everybody Dance (CHORLEY)	6PM - 7PM Latin Beats (ON ZOOM)	
Tues			
Weds	10 - 11AM Everybody Dance (PRESTON)	11:15AM - 12:15PM Move & Connect (PRESTON)	
		6PM - 7PM Street Dance (ON ZOOM)	
Thurs	10:30 - 11:30AM Everybody Dance (ACCRINGTON)	6PM - 7PM Musical Jazz (ON ZOOM)	
Fri	6 - 7PM Friday Night Dance Party (ON ZOOM)		
	10:30 - 11:30AM Everybody Dance (CLITHEROE)		
Sat			

More information and online booking is
available at:

www.dancesyndrome.co.uk/sessions

DanceSyndrome is grateful to
be supported by the following
funders:



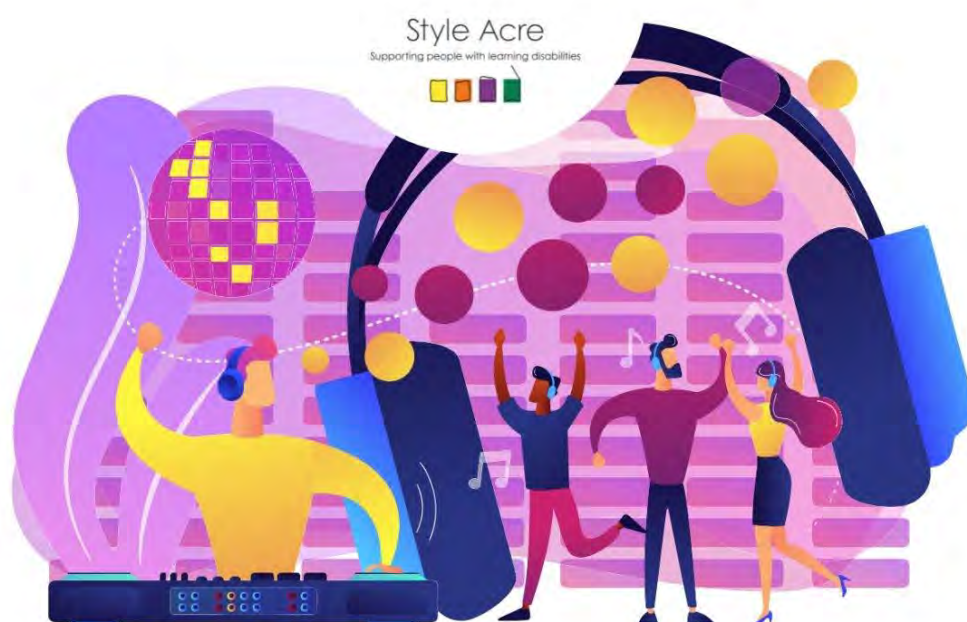
Supported using public funding by
**ARTS COUNCIL
ENGLAND**



DanceSyndrome offers a programme of various sessions, some of
which are on Zoom & can therefore be attended by anyone
anywhere in the UK!

Book at:- www.dancesyndrome.co.uk/sessions

Short Breaks Update for Families with Disabled Children and Young People



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

Short Breaks Update for Families with Disabled Children and Young People



2026

FRIDAY DISCO DATES:

Dates to come!!

July – summer party.
See poster in
“upcoming” p40

AUGUST 28TH
SEPTEMBER 25TH
OCTOBER 30TH
NOVEMBER 27TH
DECEMBER*

OUR DISCO'S TAKE PLACE ON A FRIDAY - 6.30PM - 9.00PM £8 ON THE DOOR.

EVENT DATES:

31ST JULY – SUMMER PARTY*
5TH DECEMBER – CHRISTMAS BALL*
EVENTS ARE CHARGEABLE & TICKETED ONLY

Our social activities are unsupported, if you would like to discuss support for any of these events please contact us on 01993 846240