

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

## February 2018

### Welcome to February's Short Breaks Update

In this issue:

Correction from the January Short Breaks Update.

You have three opportunities to see Early Man at an autism friendly screening this month. Have seen the consultation on Oxfordshire's proposal for Special Education Provision Capital Fund and the plans to expand two of Oxfordshire's special schools and improve facilities for children with Special Educational Needs and Disabilities? New Changing Places will be opening in Didcot next Spring.

Carers Oxfordshire have created 'Carers Journey' which provides support to carers through free training opportunities. There is a Young Anjali Open afternoon in Didcot this month and later in May there is the Autism Oxford two-day training event. Don't miss the free play ranger sessions at Rose Hill in the February half-term run by OPA. There are some great grant and funding opportunities available this month and a reminder of the OWLS parent support group meetings. The Embolden events in February and March which may be of interest.

There is a busy programme of training from OCVA, which includes training on the changes in data protection law and requirements through the General Data Protection Regulation (GDPR).

### Correction

January's Short Breaks Update contained information on the Local Offer which was incorrect. The 'Home and Travel' webpage has now been updated and provides clear links and information for young people moving into adult services. See the new page on <https://www.oxfordshire.gov.uk/cms/content/independent-and-supported-living-young-people>

### Autism friendly film screenings

- Showcase's autism friendly film screening is Early Man on Sunday 11th February at 10am, at Reading
- Cineworld's autism friendly screening is Early Man on Sunday 4th February at 11am, at Didcot or Witney
- Odeon's autism friendly screening is Early Man on Sunday 25th February at 11am, at Banbury or Oxford
- Vue host a sensory friendly screening on the last Sunday of every month – details will be on the website below

For full details see <https://www.dimensions-uk.org/families/autism-friendly-environments/>

### Contact details:

Kay Willis, Disability Services Development Officer: 07920 252 095

Jo Roberts, Disability Services Development Officer: 01865 323780

email [cdsredesign@oxfordshire.gov.uk](mailto:cdsredesign@oxfordshire.gov.uk)

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

## February 2018

### Special Education Provision Capital Fund - Consultation

#### Consultation on Oxfordshire's proposal for Special Education Provision Capital Fund

Local authorities must ensure there are sufficient good school places for all pupils, including those with special educational needs (SEN) and disabilities. The Government has committed £215 million of capital funding to help local authorities create new school places and improve existing facilities for children and young people with SEN and disabilities, in consultation with parents and providers.

Oxfordshire's share of this Special Provision Fund is £2,454,466, which will be paid to the council in three equal payments, between 2018 and 2020.

Several factors have been considered when assessing how best to utilise the Special Provision Fund capital grant in Oxfordshire:

- Investment proposals will need to support one of Oxfordshire's key priorities to improve the educational progress of vulnerable learners.
- Ensuring the investment is targeted at areas of need in terms of the type of need, sufficiency and quality of provision.
- Utilising the grant to achieve maximum impact from investment and make a lasting difference.
- Maximising opportunities to combine with other capital funding to secure wider investment benefits.
- Only considering realistic investment proposals which are deliverable over the required time period.

Before receiving this funding, the council must:

- **Work with education providers to agree how the capital can best be targeted.**
- **Consult with parents and carers of children with SEN and disabilities and young people with SEN and disabilities.**

This consultation now offers all those with an interest in provision for children and young people with special educational needs and disabilities to feed back their views on the proposed plan

- **Publish a plan on their local offer page showing how they intend to invest their funding.**

Look at [the plans to expand two of Oxfordshire's special schools](#) and improve facilities for children with Special Educational Needs and Disabilities which have been put forward by Oxfordshire County Council via the Special Education Provision Capital Fund

Have your say on [Oxfordshire's proposal](#).

**The consultation closes 22 February 2018 and the results will be published by 14 March 2018**

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### New Changing Places toilets to open in Didcot next Spring.

Didcot is set to be the only town in Oxfordshire to have two Changing Places toilets for shoppers with disabilities to use.

South Oxfordshire District Council is paying for a new changing places toilet designed specifically for people with multiple learning or physical disabilities to be installed in the new extension to the Orchard Centre. The room includes a height adjustable changing bench, a hoist and plenty of space for up to two carers to support the individual requiring assistance.

Ensuring the town is accessible to all is one of the principles set out in the Didcot Garden Town plan and so the district council allocated funds from the garden town project to provide the best quality facilities available ready to serve the growing town.

The district council already has a changing places toilet inside their arts centre at Cornerstone and this is accessible when the building is open. The new toilet at the Orchard Centre will be open during shopping hours for people with a special access key.

Councilor John Cotton, Leader of South Oxfordshire District Council, said, "Didcot will easily be our largest town and it is vital we have the facilities in place to support new and existing residents. It's an exciting time for Didcot and to have more than one changing places toilet will make the town centre fully accessible to everyone whatever the time of day."

Mrs Karen England, mother of three and full time carer for her 14-year-old daughter said, "I'm delighted that there will be a Changing Places facility in the Orchard Centre. Thousands of disabled people rely on these facilities every day and it will make shopping, eating out and socialising so much easier. It will be so much more enjoyable for our family and so many others knowing we do not have to find a suitable toilet - or worse, go home because there isn't one!"

Thomas Cochrane, Development Manager at Hammerson said, "We're pleased to have been able to work with the district council to provide a Changing Places facility for our shoppers. We want everyone who visits the Orchard Centre feel welcomed and catered for, which this helps to achieve."

The Orchard Centre is a £50 million investment by Hammerson and is a significant milestone to transform the town as part of the garden town plans.

Hammerson is planning to open the centre with a Marks and Spencer food hall, high street stores including River Island and H&M, new restaurants and coffee shops, and the changing places facility in Spring next year.

**To find where changing places facilities are available in Oxfordshire and across the UK go to:**

[www.changing-places.org/the\\_campaign/what\\_are\\_changing\\_places\\_toilets.aspx](http://www.changing-places.org/the_campaign/what_are_changing_places_toilets.aspx)

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

February 2018

## Young Anjali Open Afternoon of Dance



**YOUNG Anjali**  
dance company

**Young Anjali Open Afternoon of Dance**

**Saturday 10 February, 2pm - 4.30pm.**  
**Cornerstone Arts Centre**  
**Didcot**

**Cost: £10 each person**  
**Age group: 13-24**

Calling all young people with learning disabilities aged 13-24 who are interested in experiencing dance. Young Anjali, Oxfordshire's pioneering youth dance company for young people with learning disabilities, will be offering a fun and friendly open dance session at Cornerstone Arts Centre in Didcot on Saturday 10 February 2018, from 2pm to 4.30pm. There will also be a chance to audition to join the main company.

The session will be run by Young Anjali's dance leader and experienced dance artist, Suzette Watson. Learning-disabled dancers from Anjali's internationally-known main company will be there to help. There will be a short performance at the end of the session. You don't need any previous experience to take part – just willingness and enthusiasm. Be prepared to dance in bare feet, and come in loose, comfortable clothing.

Parents and guardians can meet the company director and learn about opportunities for young learning-disabled dancers locally.

**To book a place online, go to:**

**<https://www.cornerstone-arts.org/classes-workshops/young-anjali-dance-company-open-afternoon>** or phone the Cornerstone box office on **01235 515144**

**For more information** about Anjali Dance Company, see **<http://www.anjali.co.uk>**

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### 'A Carers Journey'



Working in partnership, Abingdon and Witney College and Action for Carers Oxfordshire has created 'A Carers Journey'; specially created to support carers look after their health and wellbeing.

These new FREE courses will take carers through a journey to learn new skills; understand themselves and their caring role; and adapt to any significant change. It aims to increase well-being and quality of life by learning strategies that will help carers to cope and manage. The phases covered are as follows:

**Phase 1 Skills and Confidence Building** will help carers gain the skills needed to keep themselves safe and physically well.

**Three sessions:**

First Aid at home - Safer Moving & Handling at home - Individual care at home

**Phase 2 Wellbeing and Self Recognition** assures carers that they are not alone in their experiences or feelings and enables them to take proactive approaches to their caring roles helping to sustain them in the future and prevent them from becoming unwell.

**5 Sessions:**

Building Resilience - Emotional Literacy – Mindfulness - Yoga for Relaxation - Aromatherapy Massage

**Phase 3 Life after Caring** is created to help carers at a time of significant change such as bereavement or moving into care, it's aimed at helping carers to manage feelings and change. A short course that supports the practical and emotional challenges associated with change and life after caring.

**We recommend the full journey but it's up to you; you can choose which would be most helpful to you.**

All of these courses are free to carers and Action for Carers volunteers; aged 19 or above, they are on the college website now and can be found by clicking on the 'Oxfordshire Adult Learning' tab then 'The Carer's Project' button: [www.abingdon-witney.ac.uk/oal/carers/](http://www.abingdon-witney.ac.uk/oal/carers/) or call 01235 555 585 to sign up.

Would you like to attend but can't leave the person you support? We may be able to offer support for the person you care for so that you can attend? **Time Out** service offers up to 20 hours free time out so you could attend these courses (Time Out support is also free).

Starting in January 2018, Oxfordshire Adult Learning and Action for Carers Oxfordshire are launching 'A Carers Journey'.

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### Attwood on Asperger's & Autism

Event supported by



Proudly Presents our 5th

## Attwood on Asperger's & Autism

A 2 Day Event in the Historic City of Oxford

Chaired by: Professor Charles Newton  
University of Oxford Scott Family Professor of Psychiatry

Day 1: Identifying & Understanding  
Autism Spectrum Conditions

Day 2: Cognitive Abilities, Special Interests &  
Autistic Distress Behaviour that Challenges

Professor Tony Attwood  
World Renowned Author of  
'The Complete Guide to Asperger's Syndrome'

Autism Oxford UK's  
Highly Acclaimed Autistic Training Team

Susan Ward Davis - *Live' Diagnostic Interview & Reflections on a Late Diagnosis*  
Richard Maguire - *Camouflaging Autism: Why & How Children, Young People & Adults Do It*  
Chris Memmott - *Autistic Overload & Meltdown Experiences – Some Causes & Effects*  
Catherine Green - *Cognitive Abilities & Special Interests: Autistic Perspectives*  
Tilus Clark - *Passionate Interests or Obsessions?*  
James Hoodless - *Autistic Distress: Autistic Perspectives*

Thursday 3rd & Friday 4th May 2018

8.45am for 9.30am - 4.30pm

The Kings Centre, Osney Mead, Oxford OX2 0ES

[www.kingscentre.co.uk/contact-us/directions](http://www.kingscentre.co.uk/contact-us/directions)

Professionals: £290 plus vat; People with ASC & Family Members: £240 plus vat

Group Discount: 10% off for groups of 5 or more professionals

**Booking rates held at 2016 prices!!**

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### Free Play Ranger sessions at Rose Hill



#### **'FREE PLAY RANGER SESSIONS AT ROSE HILL'**

**FOR CHILDREN AND YOUNG PEOPLE OF ALL AGES!**

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



**FEBRUARY HALF TERM 2018 – SCHOOL HOLIDAYS**

**TUES 13TH, WEDS 14<sup>TH</sup> AND THURS 15<sup>TH</sup> FEBRUARY**



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

For further information please contact the Oxfordshire Play Association – 01865 779474 / [enquiries@oxonplay.org.uk](mailto:enquiries@oxonplay.org.uk)



Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### Watch Banbury United Football Club for free!

Banbury United Football Club are keen to welcome children and young people with additional needs. They are offering free entry for a disabled person and their carer for 2 upcoming matches. Free entry is available with a copy of the attached flier (below)

It would be great if you could share this opportunity widely.

**Watch Banbury United Football Club for free!**

We invite you to support us at one of these upcoming games where we are especially welcoming those with autism and additional needs and offering **free admission** for them and a carer with this flier.

**Feb 24th v Kings Langley**  
**March 24th v St Ives**

**Useful information:**

- doors open at 1:45pm, matches kick off at 3pm
- please use the main entrance via Banbury train station, filter right and follow BUFC signs parallel to the station car park. Disabled parking is available
- the bar will be open for drinks and snacks from 2pm
- there are accessible toilets inside the club but not a changing bed
- the stadium is accessible for wheelchairs and buggies
- a quiet viewing area will be available inside the club house (view from inside is slightly restricted)
- accessible viewing for wheelchair users is also available in the stadium itself

<http://www.banburyunitedfc.co.uk>

The Banbury Plant Hire Community Stadium  
Station Approach  
Banbury  
Oxfordshire  
OX16 5AB  
Tel: 01295 263354

The only vehicular access to the ground is by way of the railway Station Approach road. See <http://www.banburyunitedfc.co.uk/a/ground-directions-11814.html> for directions.

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### Grants and funding opportunities

**The Funding Network – Thursday 17 May @ 5:30 pm - 9:30 pm**



The Funding Network (TFN) runs live crowdfunding events all over the world, and the annual Oxford event has been running for over ten years. Four local charities or community groups will pitch a project for funding to an audience of donors, who then bid money to make the project happen. TFN Oxford is currently open for applications, so if you are an Oxfordshire-based organisation interested in pitching at this live crowdfunding event, please visit [TFN's application form](#) for more details. **The deadline for applications is Monday 12th February.** They are particularly interested in hearing from any young, innovative organisations working under the radar, where £4,000 could really kick-start their growth.

#### Details

Date: Thursday 17 May

Time: 5:30 pm - 9:30 pm

Cost: £5

For more information <https://www.thefundingnetwork.org.uk/events/tfn-oxford/1574>



**SUNDAY 29 April 2017**  
**Blenheim Palace, Woodstock**  
**Events start at 10.30am**

The event provides an opportunity for smaller charities and community groups who wouldn't organise an event on this scale to fundraise.

There are three events to offer a race for all ages and abilities.

For more entry and more details please go to the website [www.blenheim7k.co.uk](http://www.blenheim7k.co.uk) or email [sarah.airey@thebuzzworks.co.uk](mailto:sarah.airey@thebuzzworks.co.uk) if you would like to discuss fundraising or bringing a team.

[https://i.emlfiles4.com/cmpdoc/2/0/8/8/7/files/482154\\_fundraising-opportunities-at-blenheim7k-2018.pdf?dm\\_i=1OSY,5EU08,OP064L,KY12Z,1](https://i.emlfiles4.com/cmpdoc/2/0/8/8/7/files/482154_fundraising-opportunities-at-blenheim7k-2018.pdf?dm_i=1OSY,5EU08,OP064L,KY12Z,1)



**Charities are invited to bring teams to fundraise at the Blenheim**

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### Grants and funding opportunities

For 60 years the Trustees of the Garfield Weston Foundation have supported local charities across the UK. To celebrate the Foundation's anniversary and the vital role of volunteers and community charities, we are excited to launch an additional grants scheme that will be open to applications from 5th January to 30th June 2018 exclusively – the Weston Anniversary Fund (<https://anniversary.garfieldweston.org/weston-anniversary-fund/>).



This is a **Capital grants scheme** and applying is a simple one-step process. Please read About the Fund, its Application Guidelines and take a quick quiz to find out if you are eligible to apply. And if you are, good luck!

If this fund doesn't fit your particular charity or project, then you may want to consider applying to our ongoing, regular grants scheme at <https://garfieldweston.org/apply-to-us/grant-guidelines/>.

### OWLS parent support meetings



There will be one OWLS session a month with a speaker, Nicola Lathey will be running the group. The sessions will now be on a Tuesday but the same time and place. The dates are as follows:

**Tuesday 27th February**

**Tuesday 27th March**

All sessions are 10.15am-12pm (the cafe is open before and after this though so it's fine to arrive early/stay later too). Sessions are held at OXSRAD Sports Centre in the cafe area. OXSRAD – Court Place Farm, Marsh Lane, Marston, OX3 0NQ

The group is informal and children are welcome to come along. We always have time for general questions and a chat so even if on the day, the focus subject is not relevant to you, do feel free to come along to meet other parents and talk to our parent advisor about anything. If you would like any more information about OWLS parent support meetings, please do not hesitate to contact us on [info@theowltherapycentre.co.uk](mailto:info@theowltherapycentre.co.uk)



**The Owl Centre**

Tel(s): 01242 571883

Website: [www.theowltherapycentre.co.uk](http://www.theowltherapycentre.co.uk)

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

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### OxFSN Upcoming Events - Embolden Project



#### OxFSN Upcoming Events

Oxfordshire Family Support Network a small charity run by families for families who have relatives with learning disabilities have been funded by Comic Relief to run the **Embolden Project**

The aim of the project is to give a strong voice to older family carers and to influence and hold decision makers to account within health and social care services.

The project is aimed at families who care for adults with learning disabilities, whether they are living with you at home or in supported living or residential care. It is also aimed at brothers and sisters or other family relatives who may be involved in supporting your relative with a learning disability and may be sharing the caring with parents. We especially want to reach out to older family carers.

We are holding two upcoming events covering issues that many family carers have raised in our discussions.

**Friday 23<sup>rd</sup> February 2018**  
**10 am – 3.00 pm**  
**Didcot Civic Hall, Britwell Road, Didcot OX11 7JN**

*From Didcot Parkway to Didcot Civic Centre use bus numbers 32S (stop R2), 91 and 98 (stop R4)*

This event will focus on health and learning disabilities and will cover issues such as Transforming Care, Emergency Care, Planned Care, Learning Disabilities and Dementia and the benefits of supported living and health.

There will be key speakers from Oxfordshire Health at the event as well as a number of relevant stands.

**Thursday 29<sup>th</sup> March 2018**  
**11.15 am – 3.00 pm**  
**Conference Centre, Abingdon Community Support Service, Audlett Drive, Abingdon OX14 3GD**

This event will focus on financial aspects including Wills and Trusts, Deputyship, PIP, Direct Payments and Day Time Support.

There will be key speakers covering each topic.

Both events are free but booking is essential. Please contact Kathy Liddell on 07786 731634 or email her on [Kathy.liddell@oxfsn.org.uk](mailto:Kathy.liddell@oxfsn.org.uk) to book your place.

Parking is available at both venues. Refreshments will be available although we will not be able to provide lunch so please bring your own.

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire

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

## February 2018

### OCVA training opportunities

OCVA have a number of exciting training opportunities for all members, volunteers and organisations



### February Training

#### **GDPR – an evolution not revolution**

The General Data Protection Regulation (GDPR) will come into effect on the 25th of May 2018 and is the most significant change to data protection law in almost 20 years. This half day training session will introduce the GDPR to delegates, describe the differences between the Data Protection Act 1998 and provide practical steps that need to be taken in order to start implementing GDPR. Thursday 1st February 2018 £60 to £85

#### **WordPress Essentials**

Do you need to get the best out of WordPress? Monday 5th February 2018 £70 to £95

#### **Community Fundraising**

Discover where community fundraising fits into the broader fundraising strategy. Tuesday 6th February 2018 £95 to £120

#### **Effective Digital Marketing**

An introduction to creating a digital marketing strategy. You will leave with the appropriate actions to take back control on your marketing techniques. Wednesday 7th February 2018 £70 to £95

#### **How to Run Successful Meetings**

The essential elements of planning and carrying out your meeting from the preparation through to future planning. Wednesday 7th February 2018 £40 to £65

#### **Health and Safety Level 2**

Improve your ability to contribute to any health and safety management system and help you understand the importance of risk assessment. Monday 19th February 2018 £95

#### **Developing a Consortium: An Introduction**

This course will introduce you to the 10 stages of consortium development and show you what the outcomes should be. Tuesday 20th February 2018 £40 to £65

**GDPR - an evolution not a revolution** – details as above. Thursday 22nd February 2018 £60 to £85

#### **Available in March**

- Emergency First Aid at Work Level 3
- Emergency Paediatric First Aid Level 3
- GDPR – an evolution not a revolution
- And others!

If you have any questions about courses or Can't find what you are looking for?

Email [training@ocva.org.uk](mailto:training@ocva.org.uk) or call 01865 251946.

<https://ocva.org.uk/services/training/>

Visit <https://www.oxfordshire.gov.uk/cms/content/short-breaks-disabled-children> to keep up to date with the redesign of short breaks and respite care services for disabled children in Oxfordshire