

Short Breaks Update for Families with Disabled Children and Young People

Welcome to the **February Short Breaks Update**.

We hope you will find the information in this edition useful.

Please share it with your friends, families and colleagues.



Don't miss Thomas at Pegasus Theatre on p2, Messy on p6 and the fundraiser for Flexicare on p5.

Training opportunities on p13-17 & a conference for young people with SEND on p19.



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Short Breaks Update for Families with Disabled Children and Young People



Pegasus Theatre, Oxford - using Enabler Support Funding

From its base in the heart of East Oxford, Pegasus Theatre has been creating theatre for, by and with young people for over 50 years. We have an excellent track record of creating inspiring and high quality projects to engage young people, embrace difference and remove the barriers to taking part. There is much we do to help make our activities accessible. We offer free supported places and reduced rates so those who may not otherwise be able to afford to, can take part in drama and street dance classes or become a member of either of our two young companies creating performance for our stage. We also support participation in these activities through Oxon County Council's Enabler Support Scheme which ensures any participant with additional needs, learning difficulties and/or disabilities is able to integrate into a group with one to one support.



One young person currently on our scheme is Thomas who takes part in our weekly Drama 5-8 classes. His family have said (*with a few corrections*):- *'Thomas is 6 years old and has cerebral palsy. He's learning to walk, but at the moment gets around with the aid of a frame walker or sticks. He's a very creative, imaginative and social young boy who has had to spend too much of his young life doing physiotherapy.'*

Whilst he gets on well in school, it's a well-managed environment for him, other environments can prove very difficult for Thomas. An adult generally must be at hand to help him join in with activities that most kids take for granted. Thomas, and his twin brother, love going to Pegasus to watch plays and often act them out again when they get home! So, when the opportunity came up for them to both join the drama club, both boys loved the idea. This was a big step for Thomas, and the first time he'd wanted to engage in an extra-curricular activity.

At home, Thomas will find ways to "act" e.g. sitting on the floor. But in a class at Pegasus, it was crucial for Thomas to be at the heart of the action, on a par with the other kids and engaging in all the physical activities too. It's this that made an enabler so important. He has become good friends with his enabler and feels comfortable knowing he has someone to go to in the sessions if he is unsure or is feeling unsteady. Pegasus has been incredibly supportive and made the whole process of getting an enabler very smooth. They are clearly committed to making their classes accessible to all. For us (his parents), one of the most magical moments in a long time was seeing Thomas go off in his walker into drama club, with a cheery "see you later, Mum!" over his shoulder. He loves the classes, and clearly feels extremely comfortable there. In Thomas' own words - "I want to go to drama classes forever!"



All of the activity at Pegasus is designed to explore and expand young people's creativity, allowing them to freely express themselves, build their confidence and work with together with young people. We run a huge range of inclusive courses for young people. If you know any young person who might be interested in joining – please do contact me anytime.

Kat Booth – Participation Co-ordinator Pegasus (participation@pegasustheatre.org.uk)

Should you wish to find out more about the Enabler Support Scheme, please go to the Oxon County Council Short Breaks webpage - www.oxfordshire.gov.uk/shortbreaks

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

Short Breaks Update for Families with Disabled Children and Young People

Museum of Natural History - autism friendly family openings...



Museum of Natural History

Autism Friendly Family Opening

Saturday 2nd February, 9am-10am

A relaxed morning opening in a quiet environment at the Oxford University Museum of Natural History. A chance to visit the Museum when it's less busy and crowded and to meet science specialists.

Visit www.oumnh.ox.ac.uk/events for more details and to book your free place.

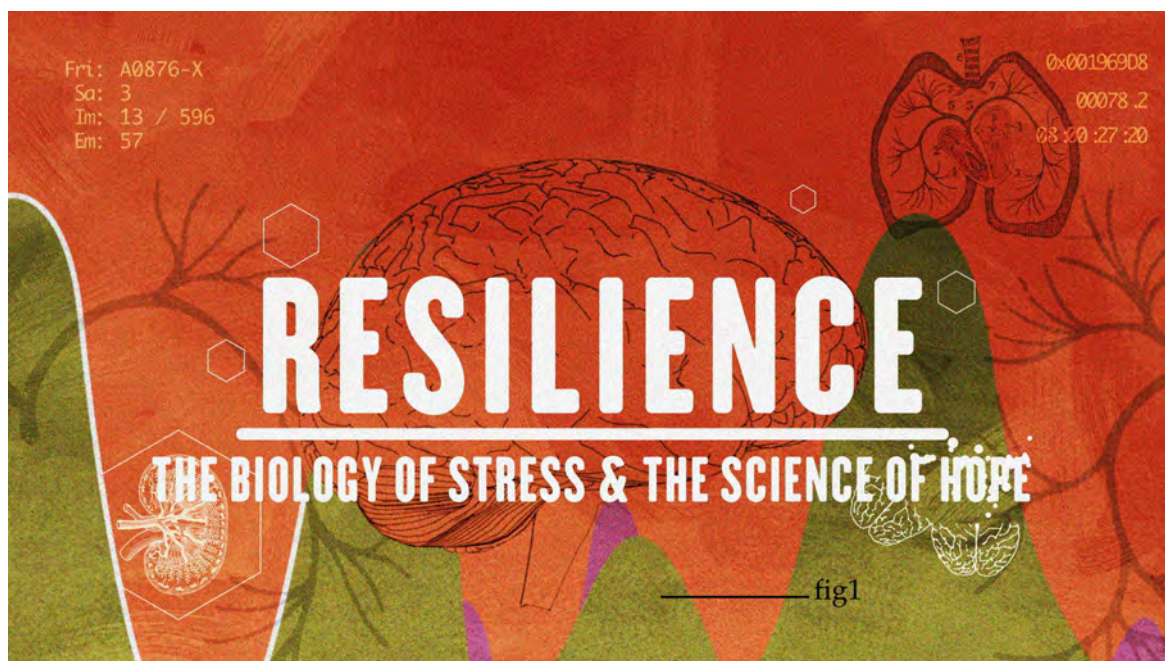


The museum are also having an Autism Friendly Opening for Teenagers (those aged 11-16 years) on Friday 19th April from 5.30pm - 7.30pm. More information is available here:- <https://www.eventbrite.co.uk/e/autism-friendly-opening-for-teenagers-tickets-52910615074>

The next Saturday autism friendly date is 4th May 2019 - put it in your diary and book your free place via their website - www.oumnh.ox.ac.uk/events

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

Short Breaks Update for Families with Disabled Children and Young People



**Join us at Oxford Brookes on Wednesday
6th February for a special screening of**

Resilience: The Biology Of Stress & The Science Of Hope

A film chronicling paediatricians, therapists, educators and communities using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

As part of the 5th **National Children's Mental Health Week**, we will also hold a discussion after the 1hr documentary, which should appeal to all those working in social care, education, local authority, health professionals and parents.

To book your ticket (£5 charge), please click here - [Resilience tickets](#)



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Come and shake off those winter blues and help raise money for Flexicare with...

Not the Valentine's Gig

THE
back4



The Back 4 will be performing a charitable gig for **Flexicare** at the Loyd Lindsay Rooms, Ardington. With it being Valentine's just the day before, we want this evening to be inclusive for everyone. It's going to be a rocking night, so come along and join us!

Friday 15th February

7pm - 11pm

The Back 4 is a covers band based in Oxfordshire. They play rock and pop classics from the 1950s onwards:- from Elvis, Beatles, Stones, through the Doobie Brothers and Chic and up to date with the Kaiser Chiefs and the Killers.

We are fortunate to have them supporting us; they're usually busy playing for weddings, and private parties.

Please go here to get your tickets - [We Got Tickets - Flexicare gig](#)

Short Breaks Update for Families with Disabled Children and Young People



Friday 22 Feb 2019 – 11.30am & 2.30pm

Meet Daisy. She's got a messy brain and a messy bedroom. No matter what she does, the Mess just seems to follow her about! The only trouble is, it makes it very difficult to look for stuff. Important stuff. Important stuff like Mr Twiggy!

Multi award-winning Zoo Co present their trademark visual story-telling, puppets, clowning and dance in a show that celebrates the creativity that explodes from the mess.

MESSY is BSL inclusive, and fully accessible to d/Deaf and hearing audiences, performed by a Deaf and hearing cast. MESSY is produced in partnership with the ADHD Foundation, and responds to the current demand for positive representation for girls with ADHD. The show is suitable for children aged 4 - 8 years and their guardians and carers.

MESSY is relaxed performed theatre. More information about relaxed performances can be found here: www.cornerstone-arts.org/accessible-theatre

Ticket Information

Prices: £7, conc £5, family of 4 £20. All are Relaxed performances.

Registered carers go free. Please contact the Box Office for more information - 01235 515144.

Book now - <http://www.cornerstone-arts.org/whats/messy>

Cornerstone Arts Centre,
25 Station Road,
Didcot, Oxon,
OX11 7NE



Listening Learning Leading

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

Short Breaks Update for Families with Disabled Children and Young People



Upcoming workshops...

Soundabout

Saturday 16th February

Please pre-book your session when you call to book in for the day. Lovely music session not to be missed.

Roast Dinner Day

Sunday 17th February

Join us for an accessible roast, 12pm or 2pm sitting - booking essential.

Lego Robots

Monday 18th February

We have had this great workshop before. Have a go at programming and operating Lego Robots!

Sarah's Adventures in Science

Tuesday 19th February, 1pm

Sarah visited in the summer and did her cloud workshop, see what Science adventure she has in store for us this time!

Flynn's Retro Gaming Workshop

Friday 23rd February, 11am-3pm

Do you love gaming? Do you like the classic consoles and games? If yes, then this workshop is for you!

Inflatable assault course

(Weather permitting)

Friday 23rd February, 10am-2pm

See how quickly you can get through the course!

Mother's Day meal

Sunday 31st March

Full details on the below poster.



Please contact Thomley direct for more information on all of these activities:-

Thomley, Menmarsh Road, Worminghall, Buckinghamshire HP18 9JZ

01844 338380; www.thomley.org.uk; bookings@thomley.org.uk

Short Breaks Update for Families with Disabled Children and Young People



'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 2019

TUESDAY 19TH FEBRUARY

WEDNESDAY 20TH FEBRUARY WITH ORINOCO SCRAPSTORE

THURDAY 21ST FEBRUARY WITH SARAH'S ADVENTURES IN SCIENCE

Children cannot bounce off the walls if we take away the walls!! 😊

- 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! Please wear suitable clothes 😊

For further information please contact the Oxfordshire Play Association – 01865 779474 / enquiries@oxonplay.org.uk



Short Breaks Update for Families with Disabled Children and Young People

**** Dates for your diary! ****

Individual posters for each day will be produced in due course & will have information on them as to whether they are offering a 'Quiet Hour' or not as per below.



OPA PLAY AND **ACTIVITY DAYS 2019**

Saturday 22 nd June	Didcot / Vauxhall Barracks
Friday 5 th July	Wood Farm
Saturday 6 th July	Wheatley & Holton
Saturday 13 th July	South Abingdon
Saturday 20 th July	Dalton Barracks
Thursday 25 th July	Banbury Peoples Park
Friday 26 th July	Eynsham
Saturday 27 th July	Rose Hill
Thursday 1 st August	Witney
Friday 2 nd August	Faringdon
Tuesday 20 th August	Banbury Princess Diana Park
Saturday 31 st August	RAF Benson

- ALL Events will offer both FREE Entrance and FREE Activities
- Individual event posters will be issued prior to each event
- Play Days will run from 11am until 3pm
- Selected events will be offering a 'Quiet Hour' from 10am until 11am for Children and Young People with additional needs (please see individual posters for details)
- If you would like to be involved in any of these events to promote your organisation please e-mail martin.gillett@oxonplay.org.uk (NB: these are not for profit events)

Short Breaks Update for Families with Disabled Children and Young People



S.P.A.C.E.

OPEN DAY

15th FEBRUARY 2018

9.30am - 11.45am



KAY WILLIS

Disability Services
Development
Manager, Oxon
County Council

**Do you have a child with Special Needs?
Special School or Mainstream School**

Come and meet us for a coffee and a chat.
See how we can help your family.

OXFsn

OXFORDSHIRE
FAMILY SUPPORT
NETWORK

PAULINE MACKINNON

Oxfordshire Family
Information Service,
Oxon County Council

JENNY BENNETT

Healthy Communities
Officer (Disabilities),
West Oxon District
Council

BARNARDOS

After School Club &
Holiday Club
Ages 5 – 18 yrs

**Venue - The Witney Family Solution Service Hub, OX28 4YA
(old Witney Early Intervention Hub – next to the Windrush Leisure Centre)**

For more info contact:-

Sharon 07833 386014

or

Gwen Taylor (OSLO) 07841 022443

YELLOW SUBMARINE

Holiday activities, Youth
clubs, Adult social club
& Apprenticeship
schemes
Ages 11 – 30 yrs

SUE FUNGE

Curriculum Manager,
Oxfordshire Adult
Learning, Abingdon &
Witney College

Supporting Parents And Children Equally

OUT OF SCHOOL

LIAISON OFFICER
Springfield School

SENDIASS

Supporting parents of children
& young people with SEN and
Disabilities

**OXFORDSHIRE
PARENT CARERS
FORUM**

The Voice of
Parents & Carers

Chipping Norton Parent Pals



Chipping Norton Parent Pals is a local support group for parents and carers of children that suffer from mental health, ASD, anxiety or depression.

We meet on the last Tuesday of every month in the Town Hall in Chipping Norton from 7-9pm.

Everyone is welcome.

We will have a speaker at each session talking about a range of issues around mental illness, eating disorders, self harm, coping with anxiety and so much more.

Have you previously been through mental health issues with your child? Please come along and chat to other parents to pass on your experiences, knowledge and ideas. Is your child anxious or depressed and you just need some guidance and a bit of support?

Your child doesn't need to have a diagnosis or be waiting for a referral... The group is there for everyone!

Come along for a coffee and a chat, mental health needs to be talked about

If you would like any more information about our group, please contact:

CNparentpals@btinternet.com or call 07973 862099

Thank you to Sainsburys for providing refreshments, CNTC for allowing us to use the hall and to all the volunteers that make this possible

Short Breaks Update for Families with Disabled Children and Young People



Autism friendly cinema screenings for this month

On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment with adjustments.

These autism friendly adjustments aim to reduce over-stimulation and create a welcoming environment. They are designed to make the cinema more inclusive and accessible for people with sensory sensitivities, and others who can benefit from this environment.

- * **Cineworld** are showing *How to Train Your Dragon: A Hidden World* on Sunday 3rd February at 11.00am in Didcot, Witney, High Wycombe & Milton Keynes.
- * **Odeon** are showing *How to Train Your Dragon: A Hidden World* on Sunday 17th February AND *The Lego Movie 2* on Sunday 24th February. Both at 10.15am in Oxford, Maidenhead & Milton Keynes Stadium.
- * **Showcase** are showing *How to Train Your Dragon: A Hidden World* on Sunday 10th February at 10.00am in Reading.
- * **Picturehouse** cinemas are showing *Spider-Man: Into The Spider-Verse* on Sunday 17th February at 11.00am at The Phoenix in Oxford & The Regal in Henley-on-Thames.
- * **Vue** are showing *The Grinch* on Sunday 24th February at 10.15am in Bicester, Oxford, Newbury & Reading.

The Dimensions website has details of these screenings. Please go to their website:- <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/> should you wish to find out more.

The Beacon in Wantage (Portway, Wantage, OX12 9BX) also has autism-friendly screenings once a month if there is enough take-up for tickets in advance. Tickets cost £3. To book, please call 01235 763 456 or via their website:- <http://beaconwantage.co.uk/cinema>

Have you got a 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 info:- <https://www.ceacard.co.uk/>



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

Short Breaks Update for Families with Disabled Children and Young People



Sign up for the experience of a lifetime with Vision England!

Build your confidence and independence, learn new skills, have fun and make new friends – what are you waiting for? **Vision England** is an exciting residential programme for young people aged 12 – 17 years with vision impairment, in partnership with the Field Studies Council (FSC). Young people are supported to play a leading role in changing their communities and the environment for the better.

Why sign up?

Two fun-filled residentials, supported by an amazing team of staff experienced in working with young people with vision impairment. You shape the activities you do, which may include conservation activities like coppicing and tree planting, and other activities like wildlife walks, bush craft, hiking and camping. Opportunity to gain a John Muir Award certificate (environmental award scheme).

What does it cost?

Just £25 for Engagement Day, Introduction Day, & three two-day residentials.

Who can apply? You must be:-

- Able to attend both residential dates for your chosen venue.
- Blind or partially sighted.
- At least 12 years old on 31 July 2019.
- Aged 17 or under on 1 November 2019.

You can only attend the Vision England programme once, to allow more young people to benefit from the programme.

Engagement Days at the centres are family fun days where you will get a taster of some of the activities you will take part in on the project (11am-3pm).

Introduction Days, also at the centres, are for you to find out more about the project, learn more about the John Muir Award, meet staff and other young people, plus a tour of the centre (11am-3pm).

Dates and venues for 2019 include...

FSC Preston Montford, Shrewsbury, Shropshire

Engagement Day - 9th Mar & Intro day - 22nd June

Residential 1 - Wed 31st July to Sat 3rd Aug

Residential 2 - Sun 27th to Wed 30th Oct

FSC Juniper Hall, Dorking, Surrey

Engagement Day - 30th Mar & Intro day - 8th June

Residential 1 - Tues 20th to Fri 23rd Aug

Residential 2 - Fri 25th to Mon 28th Oct

Sign up today! You must apply before the introduction day at your preferred venue.

To sign up, for more information, please call Phil Wagstaff, Vision England Project Officer on 07894 598766 or email - visionengland@rnib.org.uk

Short Breaks Update for Families with Disabled Children and Young People



FREE Youth Mental Health 2 Day First Aid Course

**12th and 13th March
9am—17.00pm**

**Witney Congregational Church, 4 Welch Way,
Witney, OX28 6JF**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, how to help an adolescent (age 8-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youths, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

What will I learn?

Provides an in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?**
- Depression and anxiety**
- Suicide and psychosis**
- Self-harm and eating disorders**

To book your FREE place please contact Tracey 01235 520463 or email traceydesmond@carersoxfordshire.org.uk



FEEL IT workshop

Unique workshop teaching you about Sensory Processing Disorder with our immersive learning tools.

9.45am - 3pm £80 Book directly on our website

Cardiff - 5th February
Liverpool - 14th February
Glasgow - 28th February
Derry - 4th March
Birmingham - 27th June
Norwich - 11th July

Parents, Professionals & Students all welcome



Follow Us



www.sensoryspectacle.co.uk
Sensory Spectacle educate about & create awareness of Sensory Processing Disorder internationally using immersive learning for parents, professionals & students.

All of our workshops are perfect for parents, carers, teachers, therapists, students (in fact anyone) looking to understand how to recognise and support children & adults with SPD. ** Please go to their website - www.sensoryspectacle.co.uk to contact Sensory Spectacle or to make a booking for the above workshop. **

Short Breaks Update for Families with Disabled Children and Young People



Understanding & Working with Autism

This half day training session is on offer with 2 remaining dates:-

10.45 for 11 am - 3pm on Friday 1st February 2019

10.45 for 11am - 3pm on Monday 11th February 2019

Venue - Abell House, The Slade, Horspath Driftway, Oxford OX3 7JH

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**\*\* This course is FREE to attend for staff working in Oxfordshire \*\***

### **Prior booking is necessary**

This training is very popular and usually over subscribed. Last time we advertised there were 500 applications for 250 places. If you book a place, please let us know if you cannot attend so that we can offer your place to someone on the waiting list. Depending on circumstances, a £50 + VAT charge may be incurred by those failing to attend without letting us know in advance.

***Refreshments provided; please bring your own lunch***

#### ***After attending this course you will:***

- have an understanding of the Autism Spectrum and its key features
- have awareness of what Autism looks like and appreciation of how it feels on the inside
- have insights into everyday issues that can affect people with Autism, such as sensory issues, anxiety, fear, low self-esteem
- be able to identify and use some autism-friendly strategies and 'reasonable adjustments'
- understand the importance of Autism-friendly 'reasonable adjustments'
- be aware of autism services & organisations in Oxfordshire & the Alert Card Scheme

**Funded by the Oxfordshire Clinical Commissioning Group**

**Limited Spaces Available  
BOOKING IS ESSENTIAL!**

**To book, please email Autism Oxford on - [researchupdate@autismoxford.org.uk](mailto:researchupdate@autismoxford.org.uk) giving your NAME, EMAIL, JOB TITLE, ORGANISATION and CHOICE OF DATE**

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



## Person Centred Thinking & Planning 2 day course for parents/carers of children or adults with learning disabilities



**When:** 19<sup>th</sup> & 29<sup>th</sup> March 2019 – from 10am -2pm

**Where:** Abell House, Horspath Driftway, Headington, OX3 7JH

**Cost:** £30 per person (concessions may be available, please get in touch to discuss)

**What is person centred planning?** - This is a way of planning that works for everyone but is particularly helpful for children and adults with learning disabilities as it helps us to plan in a more meaningful and structured way with them. For people who have more severe or profound disabilities this approach is vital as it helps us to understand the detail in their lives and what makes them 'tick' as individuals. It brings together the people who know them best to work together to ensure they achieve the best outcomes. The tools used help us identify what matters to the individual, what's important to and for them and how best to support them even if they can't communicate these things vocally. Importantly for families this way of planning actively involves us. It draws on the in depth knowledge we have of our child and includes the perspectives of other family members, friends and people who know them best.

### The course covers:

- An introduction to person centred thinking & planning
- What the person centred thinking tools are and how to use them
- Developing a one page profile and starting your first plan

### Comments from past participants:

*"I think you have given me back my little boy. Person Centred Planning has just freed me to get on with being a parent who loves and cares for their child" (Parent)*

*"Person Centred Planning gave my son a voice. It helped us to see him as the unique individual he is and helped us lose the labels he'd been given throughout his childhood. It helped us plan for his future and working this way continues to ensure he lives the life he wants to lead" (parent)*

**For further information and to book your place please contact:**

[Angeli.vaid@oxfsn.org.uk](mailto:Angeli.vaid@oxfsn.org.uk)



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

## Makaton Training - beginners course...



### Two Day Beginners' Course on 4th and 5th April - Makaton Signing Training

#### For Parents / Carers / School Staff

This Beginners Workshop provides a practical introduction to the Makaton Language Programme.

Sessions include:- discussing commonly asked questions, hints and tips for effective signing and symbol use, and how to start using Makaton in everyday situations at school or at home.

You will learn the signs and symbols from Stages 1-4 (and Additional) of the Core Vocabulary. All signs and symbols learned on the course are included in your manual which you will receive on the first day. You will also receive a certificate of attendance.

**Trainer:** Michelle Staniforth, Specialist Speech and Language Therapist, The Owl Centre.  
**Venue:** Oxford Association for the Blind, Bradbury Lodge, Gordon Woodward Way, Oxford OX1 4XL  
**Dates:** 4th and 5th April 2019  
**Time:** 9.30am to 3.45pm  
**Cost:** £135 (includes £31.75 for set of Makaton Manuals, necessary if not owned)  
**Deadline:** Bookings by Monday 25th March 2019

*The Owl Centre in Oxfordshire also offers Speech and Language Therapy, Occupational Therapy, Dyslexia Assessments and Support, Classroom advice for Autism by our SEN advisors, Dramatherapy, Young Person Counselling, Theraplay, Music Therapy, and Dance & Movement Therapy.*

**The Owl Centre**  
Tel(s): 01242 571883, 0800 9177784  
Website: [www.theowltherapycentre.co.uk](http://www.theowltherapycentre.co.uk)  
Email: [info@theowltherapycentre.co.uk](mailto:info@theowltherapycentre.co.uk)



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

**Kidz to Adultz Middle**  
**Thursday 21st March 2019**  
**9.30am — 4.30pm**  
**Ericsson Exhibition Hall,**  
**Ricoh Arena, Coventry, CV6 6AQ**



**A FREE event for children & young adults up to 25 years with disabilities and additional needs, their families, carers and all the professionals who support them.**



**Celebrating  
10 years 2009-2019**

**Free prize draw worth  
£900 and many more  
prizes!**

**All attending the event  
will be entered.**

**Visit our website for more  
information**

**Register online for your FREE entry ticket**  
**[www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk)**



**Kidz Exhibitions**

Kidz to Adultz is a trademark registered to Disabled Living, Manchester. Established in 1897, Disabled Living, Charity registered with the Charity Commission for England and Wales. Registered Charity Number 224742

With 90+ exhibitors, this event is a one stop shop for the most up to date information & advice on equipment, products, services, funding and much more. You will discover the latest innovations, technology and services that are changing the face of the disability world all under one roof, in a totally accessible venue.

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

## Making Participation Work Young People's Conference 2019

Wednesday 17th April  
Coin St Conference Centre  
London



For children and young people with SEND



Our conference needs you! Following on from the success of last year's conference, we are taking applications for this year's event!

This conference is for children and young people below the age of 25 with Special Educational Needs and/or Disabilities. It will bring together individuals and participation groups from around England to learn about why having a voice matters, discuss their experiences of participation, and inspire each other to get involved in decision-making.

As part of the Making Participation Work programme, funded by the Department for Education and jointly delivered by CDC and KIDS, this conference will build on last year's event. Promising to be bigger and more varied than last year, this will be a great experience for children and young people with SEND to improve their participation skills!

The day is being planned by FLARE, our young people's group, and a range of fun, accessible workshops will be held by different disabled children and young people's organisations. Each young person will be able to choose their activities in advance, depending on their own interests and experience.

The event will be taking place at **Coin Street Conference Centre, London** on **Wednesday 17<sup>th</sup> April 2019**. The timing is yet to be confirmed, but it will be all day. In order to make the day as accessible as possible, a limited number of travel bursaries will be available. Places will be awarded by ballot.

To apply for the conference, please fill out an application by clicking here: -

<https://www.surveymonkey.co.uk/r/P8TC8JB>

More information is available on our website - [CDC Conference - April 2019](#). If you have any questions about the event, please contact Will Carver-Grenside - [wcarver@ncb.org.uk](mailto:wcarver@ncb.org.uk)



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

## Training opportunities



### How to be a good trustee

This course is for new trustees, those thinking about joining a board or existing board members wanting a refresher and update. It aims to provide an overview of the key things you need to know as a trustee. The session will equip you with the knowledge of your responsibilities as a trustee and confidence to know where to go to find out more after the course.

The course covers the role of individual trustees and the nature of their collective responsibility, plus some practical tips about how to be effective and add value to the board. There will also be a chance to find out more about some of the latest developments in the sector.

Monday 11th February 2019. 10.00am - 1.00pm (refreshments from 9.45am). £30 – £60.

### Recruiting and Retaining Volunteers

An action packed session filled with practical suggestions and plenty of opportunities to share ideas on how to recruit volunteers and keep hold of them! Volunteer recruitment is a constant challenge for many organisations. This workshop will explore national and local trends in motivations to volunteer and barriers inhibiting volunteering. Equipped with this knowledge you will have the chance to critique current volunteer recruitment campaigns, analyse new and innovative ways for working and learn about current developments in the sector in Oxfordshire.

Tuesday 12th February 2019. 10.00am - 1.00pm (refreshments from 9.45am). £40-£65.

### Managing Volunteers

Delivered by OCVA's Volunteer Centre Coordinator, the content will cover volunteer inductions, effective communication with volunteers, strategies for maintaining volunteer motivation and how to deal with difficult situations involving volunteers. There will be opportunities throughout the workshop for discussion and reflection on your current approach to volunteer management, as well as practical suggestions for you to implement.

Tuesday 19th February 2019. 10.00am - 1.00pm (refreshments from 9.45am). £40-£50.

Venue:- OCVA offices, The Old Court House, Floyds Row, St Aldates, Oxford, OX1 1SS.

More information and bookings taken on the OCVA website - <https://ocva.org.uk/all-courses/>

If you have any questions about courses or can't find what you're looking for?

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