



Thomley Notice Board

This is the 9th edition of our "notice board" which aims to pass on information that we think might be useful. Please note that we cannot verify the quality of the services offered and recommend that you find out further information directly from the organisers.

Events

Soundabout Family Music Sessions for all children with severe and complex learning disabilities, aged 8 and under with their families and carers. £10 for each child with a disability, refreshments are provided although you would be more than welcome to bring a picnic for after the session.

The dates for the sessions are: -

- Saturday 26th March 2pm until 4pm.

Soundabout 'Soundspace' Sessions is a music-making session within a secure, supportive and flexible environment for young adults aged 16 to 25 years with autism, along with their parents or carers. £10 for each child with a disability, refreshments are provided although you would be more than welcome to bring a picnic for after the session.

- Saturday 26th March 11am until 1pm.

To book please call 01844 338898 or email info@soundabout.org.uk.

Charity Golf day in aid of Camp Mohawk – Hennerton Golf Club, Reading, RG10 8LT – Friday 1st July

Teams of 4 are required for the Camp Mohawk charity golf day at £45 per person (£180 per team). Bacon rolls, a round of golf, dinner, plus competitions and prizes all included.

To enter, email your entry to Keith Douglas on keith.289@live.co.uk.

Activities

Steps School of Dance and Fitness – 'Extra Special Dance Classes!' – Woodcote – From March 2011

Dance classes designed for children with special needs and their siblings. All abilities are catered for and is a cost of £4 per pupil and £2.50 for siblings. Classes are run on Thursdays. For further information please contact Debbie Akers on 07535 477047.

HACS new after school club – South Ruislip Young People's Centre, HA4 OJE – 4:00-6:30pm every Tuesday (Term time)

The club launched on March 8th and is the second Youth club session that HACS are running each week. They offer a range of exciting activities for young people affected by Autism, including; sports, arts and craft, performance and cooking. Young people also have the opportunity to participate in structured projects with accredited outcomes and association-based activities, designed in partnership with young people. The programmes provide young people with the opportunity to develop new skills, increase confidence, have their voices heard and make new friends in a safe and friendly environment. The club is for young people aged 11 years and over and cost 50p per session.

For more information please contact Stephanie@hacs.org.uk or 0208 606 6780.

Social Skills workshop for 8-10 year olds with ASC – Oxford, OX2 7DP – Easter Holidays

OASIS are offering a 5 day social skills workshop run by Stephanie Kucan with a colleague who is a private Occupational Therapist. Both professionals are fully CRB checked. The course approach will be active and passive role play, stories and games and 'own skills' book. All attending will agree group rules and a reward system will be in place to reinforce new learning. The course is measured by in-session observation, child and parent feedback.

- Monday 11th, Monday 18th April – 10-11:30am.
- Wednesday 13th, Thursday 14th and Friday 15th April – 10 – 11am.

For further details please contact Rachel Dennett or visit www.oasionline.org.uk.

The Music Club - Crowmarsh Village Hall, Benson Lane, OX10 8ED

The Music Club is an afterschool/ out of school activity for children and young people with disabilities and additional needs. The club provides a short break activity using music and movement. They aim to bring fun, play and leisure for disabled children and their families who may be at risk of social isolation and social exclusion. It costs £2 per child for a session and is free for children under the age of 3.

Upcoming dates are: -

- 4th April - Sing along 6-7pm.
- 11th April - Music Club Disco 6-8pm.
- 19th April - Easter outing to see The Jungle Book at Oxford Playhouse - 2pm
- 9th May - Music with Sally 6-7pm

For more information please email info@music4disabledchildren.org.uk or call Sophia Nicholls on 07768 298297.

Parent Carer Forums - Families with disabled children

Autism Oxford presents Dr Wendy Lawson - highly acclaimed International Autistic Speaker - Milton Keynes - Saturday 26th March (Arrive for 11:15am; for a start and finish time of 12pm-4pm)

Dr Wendy Lawson is a highly acclaimed International Autistic Speaker; Qualified Counsellor; Social Worker; Psychologist and author of 9 books. There is a cost of £50 plus vat for professionals and £40 plus vat for families. The talk includes 3 main topics from "The Passionate Mind", which are -

- How people with Autism (of any age) learn
- Anxiety & the Autism Spectrum
- Sensory Issues

Please visit www.autismoxford.org.uk/bookingpage.html to book or email info@autismoxford.org.uk.

Rachel Dennett (Chair of Oasis) - How OASIS can provide support - Northway Children's Centre, OX3 0AY - Thursday 5th May (9:30AM - 11:30AM)

HIPPOS are an informal support group run by parents, for parents and carers of children with special needs living in Oxfordshire. OASIS offers information and support to parents and carers of children with Autism Spectrum Disorders and Rachel Dennett will give an informal; brief talk at the HIPPOS meeting about Autism and Aspergers and how OASIS can help provide support.

For more information please contact Melissa on 07950 125810 or melissa@melissasheard.co.uk.

Sibling support

Accessible Support for Older Siblings

Jan Stiff is currently providing specialist, online support and advice for siblings of children who have a disability or special needs. (For siblings aged 12 years and above). She is the Sibling Support Mentor for Swings & Smiles in Newbury. Support is accessible to those within West Berkshire and local surrounding areas and is also being offered to families known to Thomley Activity Centre.

From her experiences of working with young people and families where there is a disabled child she realises just how difficult, and stressful it can be for parents to provide for the emotional needs of the siblings within the family where there is a child who requires much of their time, both physically and mentally. Children, both young and old, have told her that they understand why they "have less time" with their parents and were often relieved to be able to share their feelings and concerns with someone, like herself. As she is not emotionally affected by, but understood their situation and could help them realise that their feelings were not abnormal and help deal with issues such as bullying at school. Online support is an easily accessible, completely confidential service that is available for older siblings whenever they feel the need to make contact and "talk".

Please have a look at the Swings & Smiles website www.swingsandsmiles.co.uk and click on the 'Sibling Support' tab. Should you have any questions or concerns, please feel free to contact Jan via the Swings and Smiles website.

For further information please check the Thomley notice boards