SEND Local Offer Newsletter Winter 2024 - Issue 36

(https://www.readingsendlocaloffer.org)



Welcome to the 36th issue of the SEND () Local Offer newsletter. We have packed this edition with lots of information based on parent carers and young people feedback.

Published - 02/12/2024

Introduction

There are some fantastic short breaks, activities and support services included in issue 36 of the newsletter. We have worked hard to include local and national support services for all ages. Community engagement and collaboration is an important part of delivering the SEND () Local Offer and we continue to work with parent carers through Reading Families Forum, and Special United (Me2) to develop and maintain high quality information for local families. Reading SEND () Local Offer also ran the annual survey during October/November, to capture feedback from parent carers, young people and professionals. We had 97 people take part, the data will be included in the SEND Local Offer annual report. Huge thanks to everyone who took part.

The team have attended many community events to raise awareness of the Local Offer, including transition events at special schools, and organised by Reading Families Forum. Taking the service to the heart of the community where it's most needed is vital. The team is planning more outreach work during 2025, so look out for us at community events.

BFfC along with partners and parent carers updated the Reading Directory | Reading Local Area - Ordinarily Available Provision & Graduated Response (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs) published on the SEND Local Offer in October 2024.

We would really welcome feedback on the newsletter, to help us improve the content, look and feel etc. please feel free to email us any suggestions localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk)

Maryam Makki, Family Information Service Manager

Reading's Local Offer provides children and young people with special educational needs and/or disabilities (SEND) and their families, information about what support is available in the local area. It helps parents, carers and young people clearly see and access the range of services that they may need. Visit www.readingsendlocaloffer.org (http://www.readingsendlocaloffer.org) Email localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk) Call on 0118 9373777 (option 2), Monday-Friday, 9am-5pm

Latest News

Reading Local Area - Ordinarily Available Provision & Graduated Response

This guide is to help everyone better understand what is available in Reading for children and young people (CYP) with special educational needs and/or disal do not need an Education, Health and Care (ECH) plan but still need specialist support.

We call this support the Ordinarily Available Provision (OAP) and it covers everything you can expect to be available for children and young people with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs) in Reading schools and educational settings.

It includes a wide range of support and resources to help CYP with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCF support they need to succeed academically, socially and emotionally.

With this guide, we aim to make the OAP statement more accessible and understandable, helping you – and us –support your child's education more effectiv

It will, hopefully, go a long way to answering the 'when, what, where, why, who and how' types of questions you may have about support for SEND () that sho Please use the link below to view the information.

Reading Directory | Reading Local Area - Ordinarily Available Provision & Graduated Response (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NboCPuxKWWs)

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Neurodiversity Service (Autism and ADHD ())

As of 1 November 2024 we are updating the referral processes for our Berkshire Healthcare NHS () Foundation Trust (BHFT) Children and Young People's Neu Service, i.e. the Autism Assessment Team (AAT) and the ADHD Team. This update to our Neurodiversity Service has been jointly agreed with the Frimley and E Oxfordshire, and West Berkshire (BOB) Integrated Care Boards (ICB) who commission our local Autism and ADHD assessment services. These improvements Neurodiversity Service align with ongoing work to promote a system-wide approach to meeting the needs of children and young people, making sure Early Ye schools use all available resources effectively. The SEND () Code of Practice emphasises a needs-led, flexible approach which doesn't rely on a formal diagno

The Neurodiversity Service is implementing changes to make sure that individualised needs-led support is provided as early as possible, regardless of whethe diagnosis. Over time, the Neurodiversity Service aims to reduce the waiting time for assessments when it is evident that a child or young person requires one needs. A child or young person's needs are the same before an assessment as they are after a diagnosis. What matters most is ensuring that the right suppor right time, in the right place.

Key Changes:

Who refers: Referrals will now be made by families and the Early Years Setting or school in partnership together. This means referrals are made by those who young person best, based on a shared understanding of their needs, with a focus on what support is or should be in place now. An adapted process is in place not in an Early Years or educational setting. In this situation a professional who has direct knowledge of the child can partner with the family both to make su place and, when needed, to make a referral (e.g. health visitor, speech and language therapist, paediatrician).

How they refer: Families and Early Years Settings or schools will complete an additional information document together and upload this with the online refer means that we will have all the information we need from the right people to decide how we can best help and can make effective and prompt triage decision

When they refer: The right time to decide whether a referral is needed is after a robust support plan has been implemented and evaluated. The support plan fully implemented and reviewed for at least six months/two terms (e.g. two Assess Plan Do Review cycles in school, following the SEND graduated response)

Helping where it is needed most: Specialist Autism and ADHD assessments, and ADHD medication will be focused on those who will benefit most from a for Children and young people should be referred for specialist assessment when it is clear this is required to meet their needs. This means that over time the wa reduce. Assessment and diagnosis remain in place when it is clear that this is important to meet the needs of the child or young person.

The Neurodiversity Service will be offering the opportunity for families, Early Years Settings or schools and other referrers to provide feedback with every refe refine the updated process.

All the information and necessary documents are available on the referral page of our BHFT () website (Make a referral to the children, young people and fam Berkshire (https://cypf.berkshirehealthcare.nhs.uk/referrals/))

(Changes to referral process | Children Young People and Families Online Resource (https://cypf.berkshirehealthcare.nhs.uk/changes-to-referral-process/)) fo information. Please also direct families to our website (ADHD and Autism (Neurodiversity) | Children Young People and Families Online Resource (https://cypf.berkshirehealthcare.nhs.uk/adhd-and-autism-neurodiversity/)) to find out how to support a child or young person that may have Autism or ADHI

Information can also be found here Neurodiversity Service (Autism and ADHD) | Children Young People and Families Online Resource (https://www.berkshirehealthcare.nhs.uk/16446)

Please visit the ADHD and autism pages for information on our service. (https://cypf.berkshirehealthcare.nhs.uk/adhd-and-autism-neurodiversity/)

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Speech and Language Therapy

We support children and young people to understand what is being said to them, express themselves and produce the sounds needed for clear speech. In so and language therapists also work to help children with their eating and drinking.

We can also help with social communication skills and interacting with others, as well as specific conditions such as stammering or hearing impairment.

Visit our communication and hearing pages (https://cypf.berkshirehealthcare.nhs.uk/health-and-development/communication-and-hearing/) to find advice a support your child.

How was your care?

Please tell us about the care you received from us. All your comments are really important to us and will help us to improve the service you receive. Please vis the iWantGreatCare website (https://www.iwantgreatcare.org/trusts/berkshire-healthcare-nhs-foundation-trust) and choose 'Children's Therapy Services'. Th

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An Update from the Mental Health Support Team (MHST)

Mental Health Support Team 3

We are excited to announce that the MHST () will be expanding to the north of Reading, fulfilling our goal of achieving Reading-wide coverage. We are in the p new staff who will undergo a one-year postgraduate diploma in training. Throughout the 2024/25 academic year, MHST3 schools will receive support through mental health approaches, signposting, training, and access to MHST () coffee mornings.

Once the new team completes their training in September 2025, they will be fully equipped to offer 1:1 in-school support and group work. The formal launch scheduled for Autumn 2025.

For more information, please visit: www.brighterfuturesforchildren.org/MHST (http://www.brighterfuturesforchildren.org/MHST)

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Partnership for Inclusion of Neurodiversity in Schools (PINS)

Help Shape SEND Support for Neurodivergent Children in Your School

This is a fantastic opportunity for parent carers of neurodiverse children to help primary schools to be more inclusive.

Reading is part of the government funded Partnership for Inclusion of Neurodiversity in Schools (PINS). Reading Families' Forum are working alongside healt and school partners to help neurodiverse children to be more included. For this work, neurodiversity means autism, ADHD, dyslexia, dyspraxia, dyscalculia ar difference in learning.

Do come and join our school group coordinators to meet with other parent carers and share ideas over refreshments. Reading Families' Forum will invite scho future meeting to hear what parent carers have to say and how we can all work together to share good practice for our children.

Please see the posters for details of when and where the meeting will be held for your child's school.

Further information including posters can be found here Reading Directory |Partnership for Inclusion of Neurodiversity in Schools (PINS) Reading Far (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=EOFhK0hHY5s&familychannel=3)

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Early Intervention Funding

Brighter Futures for Children are piloting a scheme whereby schools can apply for additional funding for children in pre-school, Reception and Year 1 to ensu can have the best possible start to school. The funding is aimed at children who schools feel would benefit from a higher level of support to enable them to se and access the curriculum fully. The scheme, known as 'Early Intervention Funding', is intended to offer schools a way of accessing funding that is faster and existing routes, enabling schools to respond more quickly to the changing needs of their students. This pilot, along with the ongoing significant investment int ordinarily available provision for children with SEND, demonstrates Reading's commitment to ensuring that our children and young people with SEND achieve outcomes. This pilot will be overseen by Reading's new inclusion support team ,'RISE'. Further information will be released in due course."

The RISE () supports all Reading schools to better help children with additional needs.

Reading Inclusion Support in Education (RISE)

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New Young Voices Project by Starting Point

Starting Point are involved in a new project where we are giving young people an opportunity to have their say on a few different areas.

The BOB integrated care system are committed to a long-term plan of people having ownership and control over their health. One size does not fit all and the young people to have their say, be heard and influence key decision makers.

They will be using participatory film session, to capture the views and experiences of local young people. They are passionate about hearing from all young pe particularly interested in enabling young people who often get missed out. This includes young people with SEND and ASC.
This project will be filmed by young people, for young people and will include young people learning how to film and record interviews, while also giving their camera.

If you are interested, please contact No5's Projects Coordinator via projects@no5.org.uk (mailto:projects@no5.org.uk?subject=Starting%20Point%20 %20Young%20Voices%20Project&body=Hi%20Abbie%2C%0A%0AI%20am%20interested%20in%20the%20Starting%20Point%20Young%20Voic

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Parenting Special Children

Launched their new logo and website in October 2024 - have a look at the refreshed website, packed with great information for parent carers and professionals https://parentingspecialchildren.co.uk (https://parentingspecialchildren.co.uk)

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Preparing for Adulthood - updated guides coming soon!

BFfC will be publishing the new updated preparing for adulthood guides soon, look out for the updated version on the following page Reading Directory | Tran (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-10)

Transition 16-25 - Preparing for Adulthood

Reading Directory | Transition 16-25 (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-10)

Preparing for Adulthood Policy 2024 Preparing to Transition from Children to Adult Social Care (https://search3.openobjects.com/mediamanager/reading/enterprise/files/preparing_for_adulthood_policy-october_2024.pdf)

Preparing for Adulthood (PFA) Process - Preparing to Transition from Children to Adult Social Care (https://search3.openobjects.com/mediamanager/reading/enterprise/files/pfa_process_final-october_2024.pdf)

Blog: Ramona Bridgeman Special United & Me2 Club

Special United: Reading's SEND () Youth Forum



Me2 Club have taken over the running of Special United which was set up by Reading Families' Forum. Me2 Club also run the Wokingham SEND () youth forum Say YES and are passionate about giving young people a voice.

Ramona Bridgman and Louise Butler will run the sessions alongside Me2 Club volunteers. The contact is ramona@me2club.org.uk (mailto:ramona@me2club.org.uk) or 0118 969 6369.

Chin Davis, Me2 Club's CEO, says "Me2 Club are thrilled to continue facilitating Special United, we are committed to providing opportunities for young people with additional needs to be heard and co-produce local services. We look forward to meeting the young people on the 25th September."

Reading Families' Forum says: "The Forum have enjoyed working with your young people and are so proud of what they have achieved. We thank you for all your support over the last few years. We will continue as a parent carer forum and look forward to continuing to represent your views as parent carers."

Blog: Joyshree Saikia - Community Engagement and Research Advisor, RISE



We are excited to share the latest developments and achievements from the RISE () (Reading Inclusion Support in Education) team. Since January 2024, RISE has been working hard to support schools across Reading, improving Special Educational Needs and Disabilities (SEND) provisions and creating lasting, positive change. Here are some key highlights from the past few months:

Training & Development:

- Over 395 hours of training have been delivered to 30 schools, with 84% of participants saying the sessions mostly or fully met their needs.
- Training on therapeutic thinking, Autism Education Trust practices, and SCERTS strategies has equipped educators with the tools to better support SEND () students.
- Follow-up visits ensured schools were able to apply the strategies immediately, promoting long-term integration.

School Visits & Support:

- RISE provided over 250 support sessions to 54 educational settings, focusing on practical, evidence-based intervention strategies.
- School staff reported high satisfaction with these hands-on visits, with personalized advice and resources helping them directly in their classrooms.

Professional Networks:

- RISE facilitated several network events for SENCOs, Senior Mental Health Leads, and Family Workers, offering opportunities to exchange best practices and stay updated on SEND () developments.

Community Outreach & Engagement:

- RISE prioritizes community outreach by collaborating with parents, carers, and local organizations to ensure our initiatives meet the needs of all families in Reading. We have engaged with around 100 parent carers, gathering valuable insights to enhance our offers.
- Feedback from parent carers and minority ethnic community groups has been crucial in shaping our approach. By addressing their unique needs—especially around language barriers and cultural sensitivity—we ensure our work remains inclusive and impactful.

Impact on Schools:

- Schools have noted significant improvements in student behaviour, engagement, and overall school climate. Schools remarked how children who were previously disengaged are now accessing the curriculum regularly and thriving in class.
- Most schools noted they would recommend the RISE service, some even stating they had done so to others due to its massive impact on the positive change their staff and students saw.

Looking Forward: As the project continues, we are committed to addressing areas for further development, including providing more resources for trauma-informed practice and complex needs support. While the RISE project is funded until March 2025, we are working on strategies to ensure these improvements are sustainable long-term.

Thank you to all the schools, educators, and families who have been part of the journey so far. Together, we are building a more inclusive and supportive educational environment for children and young people with SEND.

Stay tuned for further updates on our progress!

~ Joyshree Saikia

Blog: Joanne Brown - SEND Travel Trainer and Assessor



I'm really pleased to be writing to you as Brighter Futures for Children Travel Trainer and Assessor. With 14 years of teaching experience in both mainstream and SEND () settings, my passion is helping young people with additional needs gain life skills and independence.

Our programme focusses on enabling young people to travel independently from home to school or college. However, this opens up a huge number of opportunities to for them to access social activities and work opportunities.

Entrusting your child to develop the skills to travel independently is a big step and can be a difficult decision, but our trainers say that parents are often surprised by how much their child can do. They would never let your child travel independently unless they were completely satisfied that they could do it – with your agreement.

Our training programme is all about working together, with the people that know our students best – you! Trainers take the young person's lead. If the college bus is overwhelming, they might walk to the next stop and get on a quieter bus. If your child is an avid cyclist, there is a specialist trainer that can teach them to get safely to school or college by bike! If it is decided that the programme isn't appropriate; the trainer will review and it can be stopped or even revisited at a late time, and your child would go back to their previous transport (providing they are still eligible).

The Travel training programme is flexible. Why not book a discussion with us to see how we can make it work for your child? Your child's safety is paramount. The trainer will meet with you and your child before commencing and conduct a meeting to find out more about your child, what their interests are, what they need extra support with. From this, a personalised plan will be created and risk assessed. All trainers hold DBS, First Aid and Safeguarding certificates.

We will be holding a parents/carers workshop in the Spring Term. To register interest in the workshop or find out more about our programme please contact the School Transport Team at school.transport@brighterfuturesforchildren.org (mailto:school.transport@brighterfuturesforchildren.org)

Early Years - Under 5's information & activities

BFfC Reading Children's Centres Activities September to December 2024

To view the latest Reading Children's Centres activities for September to December 2024 please visit Children's centres - Brighter Futures For Children (https://brighterfuturesforchildren.org/for-parents-carers/under-5/childrens-centres/)

If you are interested in any of the activities or would like to book a place email: reading.childrencentres@brighterfuturesforchildren.org (mailto:reading.childrencentres@brighterfuturesforchildren.org)

Visit www.facebook.com/Readingchildrenscentres/ (http://www.facebook.com/Readingchildrenscentres/) for up-to-date information on Reading Children's Centres.

Information also available on the Family Information Service (FIS) website [Reading Directory | Reading Children's Centres - 9th September to December 2024 Activities Programme (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Jcld-qxQIQI&familychannel=0)](https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Jcld-qxQIQI&familychannel=0)

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Ladybird Playgroup

Ladybirds is a playgroup for children under 5 with additional needs and their siblings.
Come and join us for activities, chat and support. No need to book
9.30 – 11.30am
Our House, Toutley Road, Wokingham. RG41 1QN

LADYBIRDS
17th / 31st January
14th February
7th /21st March
4th April

Any queries please email nicki@bftf.org.uk (mailto:nicki@bftf.org.uk) or call 07925692277

Information can also be found here Reading Directory | Building for the Future - Ladybirds Playgroup at Our House (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=vK1_HuUtM_4&familychannel=3)

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Friday Fledglings at The MERL (The Museum of English Rural Life)

An Inclusive Weekly Outdoor Session for Toddlers

Discover the benefits of outdoor learning and child-led play! Come and join in with activities inspired by the themes and collections of the museum, enjoy exploring nature, our mud kitchen, water play, sand-pit and more. Each session also includes story-telling, craft activities singing and a snack. Friday Fledglings is run by Charlotte, a local teacher and Level 3 Forest Leader.

- Sessions are run on weekly pay-as-you-go basis but you will need to book in advance.
- Bookings open at 12pm on a Friday, one week ahead of the session you'd like to attend.
- Runs only during RBC () school term time.
- All are welcome to come along: parents, grandparents and childminders!

Call: 0118 3788660

Reading Directory | Friday Fledglings at The MERL (The Museum of English Rural Life) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=DiUVTcYd5fc&familychannel=0)

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Together: One Step at a Time - SEND () Play & Communication Sessions

Are you looking for a safe, inclusive space where your child can play, grow, and connect with others? Our SEND () sessions are specially designed for children with special educational needs and disabilities, providing a relaxed, low-number environment perfect for their unique needs.

What we offer:

Fun & engaging activities like Trainmaster, gymnastics, and outdoor play (Little Muddy Boots)

Small, supportive groups to help your child feel comfortable

Specialised communication sessions to develop social skills in a nurturing space

Held during school breaks, ideal for keeping your child entertained and engaged

We're dedicated to creating spaces where children and their families feel welcome and supported. Whether it's developing friendships, exploring new activities, or finding calm through play, our sessions are a wonderful opportunity for your child to thrive.

These have a maximum of 6 families to help keep the environment calm and relaxing for the children.

I email you a booking form which you add your child's interests on. This helps me to plan the session and include resources specific for your child. This encourages the children to become interested and motivated during the session. This then leads to ways to encourage communication through play. I model strategies from speech and language therapists such as ready steady go, intensive interaction and I use visual aids.

Spaces are limited, so don't wait! Book your spot now and follow us for updates on future sessions and events.

Email us to book or ask questions! Let's create a joyful and supportive community together.

Reading Directory | Together: One Step at a Time - SEND Play & Communication Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ME7fShn0s_k&familychannel=3)

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Early Years Expanded Childcare Funding Information for Working Parents

From **September 2024**, 15 hours childcare was expanded to eligible working parents in England with children between 9 and 23 months old. From **September 2025**, eligible working parents in England with children between 9 months up to school age will have access to 30 hours childcare.

This comes alongside the existing government childcare support, including **30 hours for 3- and 4-year-olds**, **Tax-Free**

Childcare and **Universal Credit Childcare**. Parents might be able to use more than one offer to help with their childcare costs.

Childcare is also expanding for primary-school children – from September 2024, parents in England are expected to see an expansion in the availability of childcare in their local area before and after school, that runs from 8am until 6pm or later, also known as 'wraparound childcare'. If you are eligible for Tax-Free Childcare or Universal Credit Childcare, you can use the support to help pay for wraparound childcare.

Visit Childcare Choices to see what support you might be eligible for, now and in the future, so you can juggle work and life: Childcare Choices | 30 Hours Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK (https://www.childcarechoices.gov.uk/)



Targeted Two Year Old funding

Parents of two-year-olds may be eligible to apply for 15 hours per week term time (38 weeks) – that's 570 hours per year - free early education and childcare, if they are in receipt of certain benefits and a low income, or meet other criteria. visit our advice and guidance page for more details Reading Directory | Targeted 2-Year-Old Education & Childcare funding (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=24_JrgkoQLA)

Universal Three and Four Year Old Funding

All three and four-year-old children are eligible for 15 hours funded childcare a week term time (38 weeks).

For further information, please contact the Family Information Service on **0118 937 3777** (option 2) or email **fis@reading.gov.uk (mailto:fis@reading.gov.uk)** visit our advice and guidance page Reading Directory | 3 & 4 Year Old Universal 15 hours and 30 hours funding (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=dRa1RB6GBgg)

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Rose Garden Early Years Centre - Quieter Group



A quieter less overwhelming group. Children and parents with anxiety and SEND benefit from a small group. Free play, seasonal crafts, songs, pupper show …

There is a lovely community around Rose Garden, enhancing lives and a unique support system.

Bookable on website.

Children to be supervised by an adult.

0118 986 6301E-admin@rosegardenearlyyears.co.uk (mailto:admin@rosegardenearlyyears.co.uk)

www.rosegardenearlyyears.co.uk (https://www.rosegardenearlyyears.co.uk/)

Further information can be found here Reading Directory | Rose Garden Early Years Centre - Quieter Group (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=OSKPnbSuwFk&familychannel=0)

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Links to useful online resources

Speech and Language Therapy | Children Young People and Families Online Resource (berkshirehealthcare.nhs.uk) (https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/speech-and-language-therapy/)

Health and Development | Children Young People and Families Online Resource (berkshirehealthcare.nhs.uk) (https://cypf.berkshirehealthcare.nhs.uk/health-and-development/)

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Early Years SEND Settings and Resources

In Reading we have three specialist Early Years settings in Reading that you may also wish to consider for your child:

- **Snowflakes** at New Bridge Nursery (A specialist resource base for children with ASD ())
- **Dingley's Promise** (A Specialist Nursery for children with additional needs)
- **Butterfly Resource Base** at Norcot Early Years Centre (A Specialist resource base for children with Speech, Language and Communication Delays; Learning Needs; Sensory Needs & Social Communication Needs)

We have two mainstream resource bases in Reading that support your child with early intervention to support their development whilst accessing a mainstream early years environment.

- **Acorn Base** at Norcot Early Years Centre
- **Orchard Base** at Blagon Nursery School

These are for children who require early intervention & support with Speech & Language Needs, Social Communication Needs & Sensory needs but are able to access a mainstream curriculum. The vision is the children will receive support & intervention to be able to transition to mainstream nursery before starting mainstream school. The children will receive high quality interventions overseen by the centre's speech & language therapist. The centres are overseen by the maintained nursery school SENCO (); and the staff are highly skilled to support early intervention.

Snowflakes @ Newbridge (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ayLqe0LEJ20)

Dingley's Promise - Reading (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JYyxN0_C82c&familychannel=0)

Norcot Years Centre (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=hkYUSIiy1Ko)

Blagdon Nursery School (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=2FaTKfMgD8g)

Please email early.years@brighterfuturesforchildren.org (mailto:early.years@brighterfuturesforchildren.org) to request the expression of interest forms for the specialist centre or mainstream bases or speak to professionals that are supporting your child.

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Healthy Start Scheme



Healthy Start helps you give your family the very best start in life

If you are at least 10 weeks pregnant or have a child under four years old you could get help through the Healthy Start Scheme to help buy healthy food and milk. You will also need to be in receipt of certain benefits for more details visit NHS Healthy Start - How to apply (https://www.healthystart.nhs.uk/how-to-apply/)

Further information can be found here Reading Directory | Healthy Start Scheme (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=YOBne0X76QE&familychannel=0)

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Children's Centres - Brighter Futures for Children

Our children's centres are bustling with lots of face-to-face activities. Is your child two or three-years-old? Why not join our six-week Ready, Steady, Nursery course to get them prepared for nursery life?

To see all the fantastic, free activities on offer, see the Reading Children's Centre Timetables

Email **reading.childrencentres@brighterfuturesforchildren.org (mailto:reading.childrencentres@brighterfuturesforchildren.org)**

Further information on all of our Children's Centre's can be found here Children's centres - Brighter Futures For Children (https://brighterfuturesforchildren.org/for-parents-carers/under-5/childrens-centres/)

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Early Years Advisory Service

Supporting Early Years Settings in supporting children with SEND

• Meetings with settings and parents about their child's SEND

• Training Courses for professionals

• Network Meetings for Early Years SENCOs

• Advice to families & professionals

• Observations of children in the setting and advice.

• Advice on applying for additional funding and EHCP ()

Reading Directory | Early Years Advisory Service for SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Yi9x8mKB4q0&familychannel=3)

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Early Language Development Workshops

Our Early Years team are pleased to offer monthly online workshops covering early language development. They are designed for parents and carers and those working within early years settings. Please see link below for more information on the sessions and how to register.

Early Language Development Workshops (https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-young-peoples-integrated-therapies/early-language-development-workshops/)

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Parent & Toddler Groups in Reading

Parent and toddler groups are informal sessions where parents, carers, childminders and their children can go to have fun and meet new people. Parents and carers stay with and are responsible for their children, throughout the session. Most groups meet once a week for between one and two hours and welcome children from birth to 3 or up to school age.

Reading Directory | Listings in Parent &Toddler groups (https://servicesguide.reading.gov.uk/kb5/reading/directory/results.page?familychannel=8-3)

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Reading Toy Library

The Toy Library is open again. Currently, the toy library is open for two hours on a Thursday morning, 10am to 12noon. Our toy library offers a fantastic selection of toys and games, catering for all ages, from babies to teens. Choose from a wide selection of small, medium or large toys at a minimal cost. Toys on offer range from Duplo sets and push & ride walkers, musical instruments and story sacks, to popular indoor games like marble runs, puzzles and Lego.

You can also hire larger indoor and outdoor games for children's parties. Staff will be available to help you when the Toy Library is open.

Tel: 0118 901 5950, email **info@readinglibraries.org.uk**,

visit **www.reading.gov.uk/leisure/libraries (https://www.reading.gov.uk/leisure/libraries/)**

Reading Central Library,

Abbey Square, Reading, RG1 3BQ.

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Family Information Service - Dads Section - there is a dedicated page providing informaiton and support for male carers - click here (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=PoDrbl6PSUI) to view the information

What's On – Short breaks, holiday Clubs & Childcare

SEND Short Breaks Christmas Holiday - Sessions 2024

Chance to Dance

Reading Directory | SEND Short Breaks -Chance to Dance Stars CIC - Dance and Multi Activity Program (includes half terms & holidays) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=mqi7k57FEOc)

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Reading Play

Reading Directory | SEND Short Breaks - Reading Play - Christmas Holiday (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kBd7Kn5CTp0)

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Make Sense Theatre

Reading Directory | SEND Short Breaks Christmas Holiday Club 2024 - with Make/Sense Theatre - MLD/SLD (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=md3V26K6bX4&familychannel=3-7)

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Make Sense Theatre

Reading Directory | SEND Short Breaks - Christmas (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=nfB5iuvUo_s&familychannel=3-7)SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-7) Holiday Clubs 2025 - Make/Sense Theatre

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Make Sense Theatre - February Half Term 2025

Reading Directory | SEND Short Breaks - February Half Term 2025 - Make Sense Theatre (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=mIBjYVtpeOA&familychannel=3-7)

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=mqi7k57FEOc&familychannel=3)

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Short Breaks Statement 2023-2024

Short Breaks Statement - easy read version for young people - 2023

Both of the above can be viewed on the Short Breaks page - click **here (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-7)**

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Link to the childcare area of the Reading Services Guide Reading Directory | Childcare (https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=1)

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Help us help you Disabled Children and Young People's Register

To help us understand your family's needs and plan for future services that may be required, we'd really appreciate it if you could fill in your details on the Disabled Children and Young People's Register. This is a secure database, managed by Reading Family Information Service, to capture information about all children and young people, aged 0-25 years old, with special educational needs and/or disabilities. All details provided are used anonymously to show the use of, and demand for services in Reading. By registering, you will have the opportunity to sign up for the free MAX card, which gives discounts on major attractions across the country, as well as locally. You will also have the option to create a care passport. This can be completed by the parent/carer, to provide information about the young person, which can then be used when attending short breaks, activities etc. Plus, by having your up-to-date details, we will be able to keep you informed of all the relevant information for your child and developments to our service. To find out more, contact the Family Information Service on 0118 937 3777 (opt 2) or email: localoffer@reading.gov.uk (mailto:localoffer@reading.gov.uk)

To register, complete an online form here (https://servicesguide.reading.gov.uk/kb5/reading/directory/dcr.page)



Saturday Club

11am – 1pm Children with Physical disabilities/Downs Syndrome
3pm–5pm Children with ASD () and associated conditions

Put the dates in your diaries and we look forward to seeing you all soon.

Any queries email nicki@bftf.org.uk (mailto:nicki@bftf.org.uk) or call 07925692277

No need to book Our House, Toutley Road, Wokingham. RG41 1QN

11th / 25th Jan; 8th / 22nd Feb

8th / 22nd March.

Reading Directory | Building for the Future - Saturday Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ABxeWQABsuk&familychannel=3)

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SWIMMING LESSONS FOR DISABLED ADULTS & CHILDREN

SEND Swimming With Better Leisure

At Better, we believe that swimming is for everyone, no matter what your support and access needs are.

That's why we offer a range of SEND (https://www.swimming.org/learntoswim/disability-and-swimming-lessons) and SEN () swimming lessons at many of our pools and leisure centres.

From 1:1 sessions for those who need extra help to group classes for more confident swimmers, we offer several options and classes for those swimming with disabilities.

We want to make swimming accessible, fun, and easy for everyone.

Our SEN () swimming sessions and SEND () swimming classes have been specifically developed for those swimming with a disability.

Our instructors have gone through dedicated training, meaning they can deliver inclusive classes for people with different disabilities, impairments and access needs.

Most of our leisure centres are also wheelchair accessible with poolside mobility aids, allowing those with physical disabilities to participate. Please check which accessibility measures are in place at your local leisure centre (https://www.better.org.uk/leisure-centres).

Please check which accessibility measures are in place at your local leisure centre. (https://www.better.org.uk/leisure-centres)

Disabled Swimming Near Me For Adults and Children | Better UK (https://www.better.org.uk/what-we-offer/lessons-and-courses/swimming/disability)

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Oxygen Active Play, Reading - SEN Sessions

OXYGEN READING ACTIVITY PARK

NOW OPEN! Bigger Birthday parties, bouncier Activeplay, new toddler play, new sports pitches and even more BIG-TIME FUN!

The new Oxygen Activeplay centre in Reading has opened at location of the former Red Kangaroo trampolining centre, in Portman Road, off Oxford Road.

It will be running regular SEN Peaceful Play sessions for children with additional needs, with trampolining and other fun activities available.

These sessions will take place on Wednesdays from 4.30pm to 6pm and on Sundays from 5pm to 6pm. Tickets cost £8 per child, with a carer admitted free of charge.

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=f0a2864d9f&e=345402290b) for more details of the centre and **click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=e66b6992f1&e=345402290b) for more details of Peaceful Play sessions.

Reading Directory | Oxygen Activeplay, Reading - SEN Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=OESYtpHbp1c&familychannel=3)

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SEND Soft Play - Loddon Valley Leisure Centre

Places Leisure
Part of Places for People

A 3-storey soft play area for children up to 12 years old with additional needs, based at Loddon Valley Leisure Centre.

0118 931 2066 E: loddonvalley@pfpleisure.org

Further information can be found here Wokingham Directory | SEND Soft Play - Loddon Valley Leisure Centre (https://directory.wokingham.gov.uk/kb5/wokingham/directory/service.page?id=zPOncWfNcMU)

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Ugly Duckling Pottery Painting Coffee House

BRINGING COFFEE AND CREATIVITY TOGETHER IN NEWBURY

We are an award winning Pottery Painting Coffee House on Newbury High Street. Our studio is a family-friendly, relaxed atmosphere where you can come along to get your coffee fix and explore your creative side at the same time! Turnaround time for pottery is 7 days.

SEND SESSIONS

Being inclusive to all in our community is extremely important to us and is the reason that we began running our SEND () sessions. These sessions are on the last Sunday of every month, from 10am-12pm. During these sessions, you can enjoy pottery painting in a quieter, calmer environment with specially trained staff with experience in SEND.

Tel:01635 523778

Email hello@theuglyducklingpottery.co.uk (mailto:hello@theuglyducklingpottery.co.uk)

Website Ugly Duckling Pottery Painting Cafe (https://www.theuglyducklingpottery.co.uk/contact-us/)

Further information can be found here Reading Directory | Ugly Duckling Pottery Painting Coffee House (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=a53ZPvoSvyA)

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BOBiCats Disability Football Centres

The BBFA BOBiCats Disability Football Centres is a new initiative designed to inspire boys and girls aged 4-8 with any disability to get involved in football. BOBiCats Football Centres provide a high quality and enjoyable introduction to football as a first step into what we hope with be a lifelong passion for the sport.

If your child is aged 5-8 and interested in getting involved in a BOBiCats Centre then please see below from all current opportunities:-

Twyford – Thursdays 5:30pm to 6:30pm @ Piggott School, Wargrave, Reading.
Sessions are currently underway.

Thatcham – Fridays 6pm to 7pm @ Francis Bailey Primary School, Thatcham.
Sessions are currently underway.

Shinfield – Sundays 1pm to 2pm @ Ryeish Green Sports Hub, Shinfield, Reading.
Sessions are currently underway.

For more information on the BOBiCats or to register your child please contact Jonathan Coles 01235 558451 or email Development@Berks-BucksFA.com (mailto:Development@Berks-BucksFA.com) or see the website for current sessions

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National Saturday Club UK Programme - 12th October 2024 until March 2025



The National Saturday Club is part of a UK-wide network, supported by Arts Council England and the Department for Education National Saturday Club - Explore exciting subjects on Saturday mornings for free (saturday-club.org) (https://saturday-club.org/)

The National Saturday Club programme is open to 13–16-year-olds of all abilities and in particular works to engage those who may face additional barriers to success. It's a unique model and taking part can be a transformational opportunity for young people.

Join the Art&Design (https://saturday-club.org/reading-college-artdesign-saturday-club-application/), Film&Screen (https://saturday-club.org/reading-college-filmscreen-saturday-club-application/) or Fashion&Business (https://saturday-club.org/reading-college-fashionbusiness-saturday-club-application/) Saturday Clubs at Reading College from 12th October 2024 until March 2025 10.00-13.00 and it's free.

[Reading Directory | National Saturday Club UK Programme - 12th October 2024 until March 2025 (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=lJi6PRdbOnQ)](https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=lJi6PRdbOnQ)

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Naturally Curious Play - Woodland Sessions

For children with Special Educational Needs

Naturally Curious Play

The next woodland play session for SEN children aged up to 10 run by Naturally Curious Play at the YMCA Outdoor Activity Centre in Ramptons Lane, Padworth, in West Berkshire, is on a Saturday, from 12.30pm to 2pm. **Check website or contact provider for dates.**

Each child attending will need a ticket (£12 per child, with discounts if two to four children attend) but parents/carers are admitted free of charge.

Changing facilities and toilets are available at the centre.

Details

This session is for families with children with Special Educational Needs Only.
All of our usual Naturally Curious Play fun but at the WEEKEND! With some added extras.

Instructions

*Please make sure that you are dressed appropriately for the weather of the day. It is recommended that you wear sturdy shoes, long sleeve top and trousers to every session to help protect against stings, insect bites, ticks and other natural hazards due to being in woodland.

[Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=1301f6de87&e=345402290b)](https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=1301f6de87&e=345402290b) **to open the booking page.**

Further information can be found here [Reading Directory | Naturally Curious Play - Woodland Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=8GCfLVgylPY&familychannel=3)](https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=8GCfLVgylPY&familychannel=3)

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Arborfield Green Leisure Centre SEND sessions, every Friday afternoon.

From 4pm to 5pm, there is a SEND Gym session, with the music turned off to help create a calm atmosphere - places cost £4.50 per session or are free for centre members.

From 5pm to 6pm there is a SEND Active Play & Bounce session for children, limited to 16 places, which cost £4.50 per child.

A quiet space will be available at the centre during both sessions.

- Click the link for more details and to book online, or call the leisure centre on 0118 976 2288
[https://tinyurl.com/5fnpefd3 (https://tinyurl.com/5fnpefd3?fbclid=IwZXh0bgNhZW0CMTAAAR3qIhcFHIHvjzK5hpQ4wL4IvCf73JVT67I7tYom5-LV5QUqdofk4yWSB3c_aem_ATzD3OpBuMshZuClgRLf4Kt3OYOVF-mVlDnPf0gZk17a7yEMrca0jFSXPvrJ-meMk_TybUc4NciehOl8peCvMMxe)](https://tinyurl.com/5fnpefd3?fbclid=IwZXh0bgNhZW0CMTAAAR3qIhcFHIHvjzK5hpQ4wL4IvCf73JVT67I7tYom5-LV5QUqdofk4yWSB3c_aem_ATzD3OpBuMshZuClgRLf4Kt3OYOVF-mVlDnPf0gZk17a7yEMrca0jFSXPvrJ-meMk_TybUc4NciehOl8peCvMMxe)

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The Engine Shed

[(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=E0hgCZUGA4I)](https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=E0hgCZUGA4I)

New Venue!

A SPECIAL INTEREST GROUP FOR AUTISTIC CHILDREN and YOUNG PEOPLE

The clubs enable those with an interest in trains to come together with their peers to observe, play, talk and enjoy their hobby in a welcoming, safe and relaxing environment – and where parents and carers can have a chance to relax and talk in a supportive atmosphere.

Model railways and train sets for all abilities are set up and a range of train-related resources are available for participants to play/engage with.

Sessions take place each month in Reading and there are also occasional opportunities to visit train related attractions in the area, as well as activities for siblings.

You do not need to have a diagnosis of Autism to attend.

12b Southview Park, Off Marsack St, Caversham Reading RG4 5AF

Parking outside and 2 hours free parking in neighbouring streets.

Timings are:

The last Saturday of each month (always check website to check we are running)

Under 10's - 10am - 12noon

11-17yrs - 12noon - 2pm

Free entry. Free teas/biscuits. No need to book.

Please see attached leaflet.

Email: mail@theenginshed.org.uk (mailto:mail@theenginshed.org.uk) www.theengineshed.org.uk (http://www.theengineshed.org.uk/)

For further details please click here Reading Directory | The Engine Shed (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=AYPZQaNBGj0&familychannel=3)

Reading Group

Engine Shed dates for 2024:

Our next regular session is:

Saturday 14th December

Timings:
10 am to 12 midday: ages 10 and under
12 midday to 2pm: ages 11 to 17 years

We know 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.

The Engine Shed, 12B Southview Park, off Marsack Street, Caversham, Reading RG4 5AF

We no longer meet at Katesgrove Children's Centre.

Free entry and free drinks and refreshments.Having our own space enables us to have all the trains available at all sessions, including the much loved G gauge or 'big trains'.We are up a short flight of stairs and have a Stannah stair lift in place; please contact us about your access requirements.

As always grandparents, siblings etc welcome – please attend the session which best suits. We look forward to showing you around!

NO NEED TO BOOK, JUST TURN UP. There is some parking outside the door and two hour free parking in the neighbouring streets.

If you would like to know more, require clarifications or just want to check sessions are on before you travel, please contact the Coordinator Sarah at mail@theengineshed.org.uk (mailto:%20reading@theengineshed.org.uk).

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Me2 Club

Me2 is our core service of matching children with volunteers at mainstream activity clubs. Once parents have an activity planned they can register with us by completing the form on our website https://me2club.org.uk/family-advice-and-support/ (https://me2club.org.uk/family-advice-and-support/). By planned this means that they have identified what activity they want to do and have been in touch with the provider to enquire about availability. We have some information about activities in the local area on our website https://me2club.org.uk/local-activity-clubs/ (https://me2club.org.uk/local-activity-clubs/)

We accept referrals from professionals, or families can self-refer using the registration form on our website https://me2club.org.uk/about-us/ (https://me2club.org.uk/about-us/) once they have a place at an activity or are on a waiting list for an activity.

We ask that professionals wait to complete the form until the family has chosen their activity and that they include their details in the details of child's additional needs section of the form so we can contact them if we need to and so that we know who the referral has come from.

Me2 Club support young people aged 5-19 with additional needs and disabilities to take part in mainstream after school activities. They do this by recruiting and training volunteers to 'buddy' with young people at the activities so they can join in and have fun. For full details visit: https://me2club.org.uk/about-us/ (https://me2club.org.uk/about-us/?fbclid=IwAR02FK8a2-dWWxzlhDCnLhbfMVXZDPKsj4DC2Fg8LY5wPFH_HuH2Yc6d7Yg)

Me2 Club is for children/young people who live in Reading & Wokingham

Me2 Club is an inclusion charity for children and young people with additional needs and disabilities. Our purpose is to tackle the social isolation and loneliness experienced by children who are not able to access mainstream leisure activities. We are unique as we do not require a formal diagnosis to offer support.

With our help children can access a wide range of activities including sports clubs, uniformed groups and drama classes, giving them a chance to build independence and vital life and social skills.

Me2 Club also runs an Inclusion Training Project for activity leaders, which aims to increase the inclusion of young people with additional needs into mainstream leisure activities.

If you think your child would benefit from this service please contact us on:

Call 0118 969 6369 or 07535 699840

Email: info@me2club.org.uk (mailto:info@me2club.org.uk)

Further information can be found here Reading Directory | Me2 Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=E0hgCZUGA4I)

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Include Me2 - A Club for Young People with Additional Needs

NEW Opportunity for Young People with Additional Needs aged 10 - 25 years

Do you want to make a difference to Mental Health support in Wokingham & Reading?

Me2 will help young people become mental health champions. We will support you to look after your own mental health and support others

Open to Reading & Wokingham young people with additional needs aged 10-20years

Enjoy takeaways and £10 vouchers for pieces of work the group do.

To find out more or book, contact ramona@me2club.org.uk (mailto:ramona@me2club.org.uk)

Further information about Include Me2 Club can be found here Reading Directory | Include Me2 - New Club for Young People with Additional Needs (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=ktICg0LrCSQ&familychannel=3)

To find out more or book, email ramona@me2club.org.uk (mailto:ramona@me2club.org.uk)

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Me2 TeenW&RD Short Break Club - for teenagers with additional needs

Me2 Club have launched a new club for teenagers with additional needs in Reading and Wokingham.

The club is for teenagers aged 13 – 19 with any additional need. A diagnosis is not required.

The teenagers will meet monthly and be able to help choose activities and assist in planning and fundraising. The teenagers will be supported to do this and those who can't help plan or fundraise are nonetheless very welcome to come and just enjoy the activities.

Further information can be found here Reading Directory | Me2 TeenW&RD Short Break Club - for teenagers with additional needs (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=5jssIPS92Z4&familychannel=3)

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Museums, My Way

Reading Museum

READING MUSEUM

EVERY SATURDAY

Families, Free, drop in 10am - 4pm

Reading Museum and The Museum of English Rural Life have developed 'Museums, My Way', a series of free sessions for neurodiverse visitors of all ages. These sessions, developed with Autism Berkshire, provide a safe environment to explore both museums.

Reading Museum is offering a weekly break out space during our Saturday opening hours, aimed at neurodivergent visitors and their families. An area with tents, cushions and sensory toys will be available. Families can enjoy exploring the galleries using our sensory bags, then take time out to relax before continuing their visit. Siblings, families, carers and friends are all welcome.

These sessions include:

- sensory backpacks
- break out space
- self-led activities

All activities are optional and you can visit at any point during our opening times 10am - 4pm.

Check our W (https://www.readingmuseum.org.uk/whats-on/museums-my-way-0)hat's On Page for the next planned session at Reading Museum (https://www.readingmuseum.org.uk/museum/whats-on)

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Museums My Way

Museum of English Rural Life (MERL)

Date for your diary:

10:00 am - 2:00 pm (booking required)

Free themed sessions for neurodiverse visitors of all ages

Booking required

The Museum of English Rural Life

The Museum of English Rural Life, Redlands Road
Reading, Berkshire RG1 5EX

Museums, My Way | Reading Museum (https://www.readingmuseum.org.uk/your-visit/museums-my-way)

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Grassrootz Youth Clubs

Grassrootz have 3 drop in Youth Clubs in the Reading area, Caversham, south Reading and Coley:

- Every Monday 6pm -7:15pm for ages 7-11 and 7:30-pm for ages 11-16 at Hexham Road Community Centre – free
- Every Tuesday 7pm – 8:30pm for ages 11-16 at The Milestone Centre, Northbrook Road, Caversham Park Village, RG4 6PF – £3 entry
- Every Friday 6pm – 7:30pm for ages 8-11 years and 8pm – 9:30pm for ages 11-16 years at The Coley Park Community Centre, 140 Wensley Road, Coley RG1 6DW – £2 entry

Follow their Instagram to find out more! (https://www.instagram.com/grassrootz.ltd/)

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The RAFT Club (Reading Autism Families Together)

Eligibility criteria: ASD children aged between 5 and 12 who are verbal, toilet-trained and do not need 1:1 level of care and would benefit from a play setting to encourage their social interaction and motor skills as well as support for parents/ carers

When: 2nd and 4th Saturday every month Term time

Where: The Avenue School, Conwy Close, Tilehurst, Reading, RG30 4BZ
The RAFT Club has been set up to provide support for families of children with Autistic Spectrum Disorder living in Reading. The club employs 6 DBS checked play workers who organise activities for ASD children and their siblings aged 5-12 years.

For further details: Contact Michele Page Tel: 0118 947 1438,

Email: michelepage22@hotmail.co.uk (mailto:michelepage22@hotmail.co.uk)

Further details can be found here Reading Directory | The RAFT Club (Reading Autism Families Together) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=1JfYEige0es&familychannel=3)

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The Ozone Ice Rink in Bracknell runs inclusive ice skating sessions for SEN children aged 5 and above on Monday afternoons during school terms.

The sessions run from 4pm to 5pm and cost £8 per child, per session, or £28 for four sessions, including skate hire.

Children can learn to skate with an experienced coaches in a relaxed, caring atmosphere or improve their skills.

The rink is at Unit 4 of the Western Trade Centre, in Western Road.

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=f8015d7eb3&e=345402290b) for more details and booking information.

SEN Mixed Abilities - OZONE ICE RINK (ozonerink.co.uk) (https://ozonerink.co.uk/sen-mixed-abilities/)

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Coral Reef Waterworld in Bracknell runs regular Accessible for Everyone sessions tailored for disabled people of all ages and their families and carers.

Holiday sessions every Wednesday 8am-9.30am

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=df0bc3dfb5&e=345402290b) for booking information - carers' tickets are free of charge.
Buy NEW Accessible For Everyone session Tickets online - Coral Reef Waterworld (digitickets.co.uk) (https://everyoneactivecoralreefwaterworld.digitickets.co.uk/event-tickets/25503?catID=24809&)

Ranger Station at Prospect Park in Reading

This is a fun climbing activity for younger children (toddlers – 7yrs) to explore inside plus there is a mini golf course and cafe.

You can read about our visit here (https://berkshiremummies.us19.list-manage.com/track/click?u=27436b648a2436f10c1a13f88&id=2d0a49f335&e=beb7f6575b) and all about Prospect Park Play Area here (https://berkshiremummies.us19.list-manage.com/track/click?u=27436b648a2436f10c1a13f88&id=006edf4bd6&e=beb7f6575b)

(https://berkshiremummies.co.uk/ranger-station-in-prospect-park/)

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Swings & Smiles

These sessions include SIBSupport running from 10 - 11.30am and 11.45 - 1.5pm, Family Play from 10 - 12 and accessible climbing from 10 - 11am. To book in please email office@swingsandsmiles.co.uk or contact becky@swingsandsmiles.co.uk visit website www.swingsandsmiles.co.uk (https://www.swingsandsmiles.co.uk/)

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Welcome to Camp Mohawk

A place for children and young people with special needs.

Camp Mohawk is a multi-functional 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.

https://www.campmohawk.org.uk/

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Fairytale Farm

A Sensory Wonderland

Fairytale Farm is the first family farm attraction where everything is designed around the needs of children with sensory, learning and physical disabilities, but which can be enjoyed by children without disabilities too. A truly inclusive experience.

Come and have fun - everything is accessible and everybody is welcome!

For further information, opening times and prices go to: www.fairytalefarm.co.uk (http://www.fairytalefarm.co.uk/)

Tel: 01608 238014 Email: info@fairytalefarm.co.uk (mailto:info@fairytalefarm.co.uk)

Reading Directory | Fairytale Farm (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=UlraFSL1hbc)

It's all about Christmas!!



What's on Christmas 2024, Parties, Panto's and Days Out

There are autism-friendly relaxed performances of most of the pantomimes and Christmas shows at theatres in Berkshire and nearby from later this month. See below for more details.

The panto at **The Hexagon in Reading** is *Cinderella* and there are relaxed performances on Friday, December 13, at 10.30am and on Friday, January 3, next year, also at 10.30am. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=321c8bf794&e=944898bc5a) for more details of the show.

- Tickets for both the relaxed performances are only available from the theatre box office - call 0118 960 6060 or email boxoffice@reading.gov.uk (mailto:boxoffice@reading.gov.uk?subject=Cinderella%20relaxed%20performances)

The pantomime at the **Theatre Royal in Windsor** is *Dick Whittington*, and there will be a relaxed performance of the show on Tuesday, November 26, at 1.30pm. **Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=593a251cc4&e=944898bc5a)** for more details and to book.

The festive show at **Reading Rep Theatre** is *The Snow Queen*, based on Hans Christian Andersen's fairytale. There is a relaxed performance in the theatre, at Reading College, in Kings Road, on Saturday, December 14, at 3pm. The show is suitable for children aged 8+. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=f579fead6f&e=944898bc5a) for details of the show and to book.

The panto at **South Hill Park Arts Centre in Bracknell** is Robin Hood & The Magic Arrow. There is a relaxed performance on Saturday, November 30, at 12.15pm, with discounted tickets costing £10. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=8620489cc1&e=944898bc5a) for more details of the show and to book.

The Christmas show at **Norden Farm Centre for the Arts in Maidenhead** is *Pinocchio*. There are autism-friendly relaxed performances on Saturday, November 30, at 11am and Friday, December 27, at 11am. The show is suitable for children aged 3+. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=3c6359cd58&e=944898bc5a) for more details and booking information

The Christmas show at **The Watermill Theatre, in Bagnor**, near Newbury, is a musical version of *Pinocchio*. There is a relaxed performance on Saturday, November 30, at 2.30pm. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=98883d7b55&e=944898bc5a) for details of the show and to book.

The panto at the **Kenton Theatre in Henley** is *Snow White* and there will be a relaxed and signed performance on Tuesday, December 17, at 6pm. **Click here** (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=6688596e27&e=944898bc5a) for details of the show and to book.

The **Oxford Playhouse** panto this year is *Sleeping Beauty*, with relaxed performances on Thursday, December 5, at 6pm and on Friday, January 3 next year, at 2pm. As well as its pantomime, Oxford Playhouse has a special seasonal show for young children, aged 3 to 6, in December, called *Hurry Up Father Christmas!* All the performances at the Playhouse's Burton Taylor Studio, between Wednesday, December 11, and Sunday, December 29, are relaxed. **Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=d7b9f4f044&e=944898bc5a)** for details of both shows and to book.

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LET THE MAGIC OF CHRISTMAS BEGIN - Broad Street Mall (https://www.broadstreetmall.com/whats_on/let-the-magic-of-christmas-begin-2024/)

This Christmas, Broad Street Mall is the place to be for festive fun!

Santa has been hard at work making his list and checking it twice, and now he’s ready to spread holiday magic to all the little shoppers.

Step into Santa’s enchanting grotto in Centre Square from the 22nd November 2024! For just £6, each child will enjoy a magical visit with Santa and receive a special gift. No need to book—families are welcome to drop by anytime. Photos and festive merchandise will be available for purchase separately.



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The Ancient Oak of Baldor

South Street Arts Centre on **Mon 2 - Thu 5 December**, with their new show

A multi-sensory experience for adults and young people over 13 years old with profound and multiple learning disabilities, set in a fantasy forest realm. Using gentle storytelling, music and a range of interactive sensory props, **Frozen Light Theatre** will tell the story of the people of Baldor Forest celebrating The Great Cracking of the Ancient Oak, as Elspeth searches for her lost love Lars.

Tickets are £12 per audience member and carers attend for free. You can find more information and book tickets using the following link: https://whatsonreading.com/venues/south-street/whats-on/ancient-oak-baldor (https://whatsonreading.com/venues/south-street/whats-on/ancient-oak-baldor)

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FREE Festive Digital Sensory Show - Phoebe's Festive Favourites!



The show is designed specifically for children with additional or complex needs and life-limiting illnesses to enjoy at home, in school, in hospice and hospital, or wherever they feel most comfortable. Aiming to provide meaningful accessible festive entertainment to all this Christmas by creating opportunities for memory making, silliness, engagement, communication and connection.

If you'd like to view the show or its trailer (https://youtu.be/OsHB6e35cX4), please visit *www.christmasforkids.org.uk (http://www.christmasforkids.org.uk/)*

This is a free resource available from November 11 and throughout the festive period until January 10. The show isn't only beneficial to SEND () children as mainstream children and siblings also benefit from this engaging festive entertainment.

Websitehttps://www.eventbrite.co.uk/.../phoebes-festive-favourites-a-digital-sensory-christmas-show-registration-999333632797 (https://www.eventbrite.co.uk/e/phoebes-festive-favourites-a-digital-sensory-christmas-show-registration-999333632797)

Reading Directory | FREE Festive Digital Sensory Show - Phoebe's Festive Favourites! (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kGG7Rd_qlNY&familychannel=3)

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Christmas Fairytale 2024 - Fairytale Farm

23rd Nov 2024 - 24th Dec 2024



Book Tickets Now (https://fairytalefarm.digitickets.co.uk/event-tickets/27845?catID=27044&navItem=710844)

Step into the enchanting world of our Christmas Fairytale 2024, where the magic of the season comes alive with every twinkling light and festive experience. Running on weekends from 23rd November to 8th December and daily from 9th December through to Christmas Eve, this year's event promises to be our most memorable yet. Santa's Grotto is open until 5pm, with extended hours until 7pm on select dates.

SEND Sessions

We are committed to providing a welcoming and accessible experience for all families. Our Special Educational Needs and/or Disabilities (SEND) sessions offer a more relaxed atmosphere tailored to children and adults with special needs. These sessions will be held on:

- **Friday 6th December:** SEND Day from 10am to 5pm
- **Tuesday 10th December & Wednesday 11th December:** SEND Evenings from 5pm to 6pm

During these sessions, families can enjoy the Christmas Fairytale experience in a quieter environment. The entire farm will be closed to other visitors during the evening sessions, ensuring a calm and personalized visit. On the SEND () Day, while the farm will be open to the public, the Christmas Fairytale event will be exclusive to SEND visitors, providing a serene and enjoyable experience.

Book your SEND session tickets here (https://fairytalefarm.digitickets.co.uk/event-tickets/31815?catID=31645&navItem=721298).

Please note: These sessions are exclusively for children and adults with special needs and/or disabilities and their families.

https://www.fairytalefarm.co.uk/events/christmas-fairytale-2024/

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Christmas Cracker at Odds Farm Park



Selected dates 29th November – 24th December 2024

Take a magical stroll to the North Pole and enjoy a personal visit to meet Father Christmas!

Soak up the seasonal splendour with the return of our sell-out Christmas experience, where the Farm Park has been sprinkled with yuletide wonder and festive frivolities, and families will be joined by a very special guest!

https://www.oddsfarm.co.uk/christmas-cracker/

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Santa Steam Express, London Victoria, 20th & 21st December

Choo choo! All aboard the Santa Express with a one-way ticket to the North Pole. Well, London. It really doesn't get more magical than hopping aboard an old vintage steam train. And on the cusp of Christmas, this 90 minute ride through the big smoke is pretty special. Snuggled up in your gorgeous carriage, little ones will get a run in with Father Christmas and his elves as they dish out gifts. There will be mulled wine and a mince pie for the adults and a Christmas-themed activity sheet and box filled with seasonal treats for kids. It embarks at London Victoria, with four different time slots available. But you'll have to be faster than Rudolph on Christmas night to snag a ticket. They are selling fast. Tickets from £55pp.

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Santas Grotto's & Experiences

Hills Meadow, Reading, RG4 8DH Mon 16th December 2024

Reading Winter Wonderland most popular experience is always a sell out attraction.

Santa and his Elf make it the most Magical Experience for the children.

Every Child receives a top quality Reading Winter Wonderland branded gift to take home.

You can even take your own pictures of your experience with Santa.

https://www.readingwinterwonderland.co.uk/

Santas Chocolate Grotto (https://www.chocolates-for-chocoholics.co.uk/santas-christmas-chocolate-grotto/), Chocolates for Chocoholics, Hurst, 30th Nov – 22nd December

Chocoholics make some noiseeee! Check into Santa land with your magical Christmas passport before making and decorating Christmas chocolate lollies with Mrs Claus and doing Christmas crafts with a jolly Elf. Once you've had your choccy fill, head to the grotto and meet Father Christmas. If they're good, they may even get a gift. The kids will love this one. The experience takes up to an hour and is £30pp.

(https://www.readingwinterwonderland.co.uk/santas-grotto)

Santa's Grotto Experience (https://www.windsor.gov.uk/whats-on/santas-grotto-experience-at-daniel-department-store-p1791011), Daniel Department Store Windsor, 16th November – 24th Dececember

Santa is setting up a grotto at Daniel Department Store in Windsor and it is said to be the Royal town's most enchanting event ever. Have a natter with Mr Claus and afterwards the kids will take home a lovely gift to remember their magical encounter. £15pp.

Santa's Magical Grotto (https://bealepark.org.uk/christmas/?fbclid=IwY2xjawF52Z5leHRuA2FlbQIxMAABHZy-VskeOYu6tW6pyL_rofkRj7Nj4QFedw7LdHQquCpd8CeF6ixnCISBHw_aem_3bmLWZwXxnuNxL5RbKtC5Q), Beale Wildlife Park, 1st – 31st December

Follow the lights to Beale Park and be greeted by magical elves and the big man himself. Not only will you get the chance to meet him in the fairytale grotto, but his lovely reindeers will also be in tow, ready and willing to be fed before their night of gift delivering across the world. Santa meet and greets are £10pp.

Santa's Grotto (https://events.dobbies.com/event-detail/?e=4309&v=60&r=v), Dobbies, Twyford, from 28th November – 24th December

Find the festive fun at Dobbies in Hare Hatch. It's by far their most popular event and it shows. Lots of the dates for their Santa's Grotto have already sold out so get in there quick. On the day, you will be guided through the enchanted forest, meeting various other characters on the way before arriving at the wildlife forest clearing where little ones will make a special item to take home. This year there's even a Little Seedlings train-themed journey, before Santa gives them a magical pressie too. Tickets £12.99 and you can pre-select the toy. Why not take your pooch (https://events.dobbies.com/event-detail/?e=4313&v=60&r=v) to meet the big man? They do that, plus a quiet grotto (https://events.dobbies.com/event-detail/?e=4311&v=60&r=v) for kids with additional needs.

(https://www.squiresgardencentres.co.uk/shop/customer-events-all.html)

The Magical Christmas Adventure (https://themagicalchristmasadventure.co.uk/), 4 Kingdoms Adventure & Farm Park, Newbury, 23rd November – 24th December

Flying into their 12th year of magic is the UK's answer to the North Pole. Hop aboard the magical sleigh which will whizz you to your destination with the help of Sleigh Traffic Control. Then, head to the Glacier Theatre and begin your tour of the world's most famous toy making facilities. Explore the new Elf Intelligence division, Bart Bear's cave (a gentle giant and Santa's BFF), the ice castle, and the enchanted forest too. At the end, it's time to meet the festive foreman himself. Once you're done, there's so much more to see including a build a bear workshop, cookie decorating reindeer food making, and a toy shop – it's hard to imagine the kids will be anything but blown-away by it all. Afterwards be whipped home on a magical train ride. Tickets from £30pp.

Christmas at LEGOLAND (https://www.legoland.co.uk/explore/special-events/legoland-at-christmas/), Windsor, 23rd Novovember – 23rd December

Expect festive fun by the sleigh load at LEGOLAND Windsor (https://www.legoland.co.uk/explore/special-events/legoland-at-christmas/) this year. There's festive scenes to discover as well as activities, live entertainment, and plenty of character to meet (Santaaaaaaa!). Christmas spirit guaranteed. From £29pp.

Father Christmas at Bucklebury Farm (https://tickets.buckleburyfarm.co.uk/event-tickets/51195?catID=48274), Reading, 7th – 23rd December

Santa Claus is coming to town baby! Bucklebury Farm will be playing the hostess with the mostess with a 5-minute per child Santa meet and greet. They will receive a present, plus there will be mountains of festive activities to get stuck into afterwards. £15 per ticket plus entry fee to the farm.

Santa at Windsor on Ice (https://www.windsoronice.com/meet-santa), Alexandra Gardens, Windsor, 14th – 24th December

Forget the grotto! Let Father C come, or rather skate over to you. For a limited number of dates in December, the big man will be popping up to say hi, pose for pics, and stash away Christmas lists from the kids. You may even spot the little thrill seeker on the fairground rides from time to time too. The best part? He comes with zero additional charge.

Hobbs of Henley Santa Cruises (https://www.hobbsofhenley.com/santa-cruises), Henley, 21st, 22nd & 23rd December

Who knew Santa was such a water baby? Instead of taking to the skies, he will be taking to the water with a cruise of the River Thames. Bearing gifts for all, as the boat sets sail the children will be able drop in for a chat before the brilliant Bertie Slippers keeps them entertained with some magic, balloons and puppets. Refreshments will be provided. Tickets are £26 for adults and £16 for kids. Book now to avoid the festive blues.

Breakfast with Santa

Santa's Breakfast at Dobbies (https://events.dobbies.com/event-detail/?e=4312&v=60&r=v&f=20241201)**, Reading and Hare Hatch, 30th November – 24th December**

Enjoy a slap up breaky with Santa over at Dobbies garden centre in both Reading and Hare Hatch. Once tummies are full, the kids will take part in fun festive games and activities, decorate their own elf mask to take home, and then, of course, sit down with Santa before receiving a special gift. Lots of days have already sold out so get in there quicker than you can say Rudolph.

Breakfast with Santa (https://www.theshurlockinn.co.uk/whats-on-2/2023/12/9/breakfast-with-santa), Shurlock Inn, Reading, 7th December

A blissfully wonderful breakfast with the man of the hour will take place at Muddy fave eatery Shurlock Inn on 9 Dec. It's £15 per child which includes a yummy morning menu to choose from plus a gift from Santa. An adult menu is separate (hello Eggs Benedict). No doubt it will be a sellout so book now people.

Afternoon Tea with Santa

Santa Afternoon Tea with The Grumpy Green Villain (https://www.devere.co.uk/wokefield-estate/whats-on#!/e/the-grumpy-green-villain-festive-family-afternoon-tea-3c0ddc98/), De Vere Wokefield Estate, Reading, 15th December

He's a mean one… oh not really! Join The Grinch (with the looks of my festive to do list, I'm starting to feel like one), and enjoy a spectacular afternoon of sweet treats, dancing, singing and other exciting activities. Don't worry, Santa will also be making a stop by to ensure the green guy doesn't suck all the festive cheer. £30 for adults, £20 for children, complete with full and seasonal afternoon tea.

Santa Afternoon Tea with The Snow Sisters (https://www.devere.co.uk/wokefield-estate/whats-on#!/e/the-snow-sisters-festive-family-afternoon-tea-ffd04b17/), De Vere Wokefield Estate, Reading, 8th December

Pinkies up for a spot of afternoon tea with the beloved Elsa and Anna who will be magically transporting guests to the Kingdom of Arendelle. With lots of fun activities to keep the kids full of beans, later on Santa will also join in the fun and be handing out gifts to all the good little boys and girls. There's a miracle sisters (https://www.devere.co.uk/wokefield-estate/whats-on#!/e/the-miracle-sisters-festive-family-afternoon-tea-3d792884/) alternative on 22 Dec, plus The Mermaid Princess & American Captain (https://www.devere.co.uk/wokefield-estate/whats-on#!/e/the-mermaid-princess-american-captain-festive-family-afternoon-tea-62e653ef/) drop by on 23 Dec.

Santa Afternoon Tea (https://www.cantleyhotel.co.uk/christmas/santa-afternoon-teas.html), Cantley House Hotel, Wokingham, 21st – 24th December

It doesn't get more festive than this! Feel like you're on the set of a Hallmark Christmas movie with real Christmas trees, open fires and plenty of festive cheer in Cantley House's 17th century converted barns. A mouth-watering Festive Afternoon Tea will be expertly prepared by the talented new chef followed by a visit to see the big man himself in his grotto. £30 per adult and £15 per child.



Colora Art Online Art and Wellbeing Sessions



Michelle Buckner, from West Berkshire, is offering daytime and after-school online art and wellbeing sessions for autistic children and other children with additional needs, aged 4 to 11. She has more than 18 years experience as an educator specialising in art and SEND ().

For more information and to check dates, days and times contact Michelle Buckner:

Tel: 07840887854 Email: coloraart@hotmail.com (mailto:coloraart@hotmail.com)

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=8574eaace8&e=944898bc5a) to visit her Colora Art Tutoring Facebook page for more information. (https://www.facebook.com/people/Colora-Art-Tutoring/61560089105844/)

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=00787fc97c&e=944898bc5a) for details of all the sessions available, her fees and to book places (https://bookwhen.com/coloraart#focus=ev-s4ae-20241008100000)

Further information can be found here Reading Directory | Colora Art Online Art and Wellbeing Sessions (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JCNOcgj8v8g&familychannel=3)

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A Superhero Breakfast with Santa- low stimuli session

A minimal stimuli autistic friendly breakfast aimed towards those that prefer less distractions. (Closed to the public during this event)

Please phone the restaurant for more details and to book.

Bookings can only be made by phone or in the Restaurant.

£9.99 per child 17TH December 9-11am*

A Superhero Breakfast includes a Kids Breakfast and Drink, a chocolate treat and a Santa Goody Bag

* SELECTED SITES ONLY. TIMES MAY VARY.

Contact: Mansion House Harvester mansionhousereading@harvester.co.uk (mailto:mansionhousereading@harvester.co.uk) or call 0118 950 5125

Mansion House Harvester, Liebenrood Road, Reading, Berkshire, RG30 2ND

Further information can be found here Reading Directory | A Superhero Breakfast with Santa- low stimuli session (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zLuVPhB06sk)

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Great Western Railway (GWR) - Travel Training for people with SEND ()

Try-a-train

At GWR, we want our railway to be accessible for everyone, but we appreciate some people feel it is not for them or are anxious about station environments and rail travel.
Our aim is to show that rail travel is open to all members of the community.

We have a dedicated accessibility team whose primary focus is to work with groups or individuals who need a little extra guidance and reassurance before travelling independently.

We offer tours of a station near you followed by a short train trip and can provide a bespoke approach according to your individual needs.

This service is completely free. Interested? Find out what we can do for you by contacting accessibilitymentors@gwr.com We look forward to welcoming you aboard.

[accessibilitymentors@gwr.com, dan.pearce@gwr.com] (mailto:[accessibilitymentors@gwr.com,%20dan.pearce@gwr.com])

https://www.gwr.com/.../try-a-train (https://www.gwr.com/travel-information/passenger-assist/try-a-train)

Further information can be found here Reading Directory | Great Western Railway (GWR) - Travel Training for people with SEND (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6pDCXQfMVOg&familychannel=3)

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Southeast Train Partnerships - Free Go Train Workshops

Services for schools and colleges near to a station on the North Downs Line in Berkshire and Surrey

The North Downs Line runs from **Reading through Winnersh, Wokingham,** Crowthorne, Sandhurst, Blackwater, Farnborough North, North Camp, Ash, Wanborough, Guildford, Shalford, Chilworth, Gomshall, Dorking West, Dorking Deepdene, Betchworth, Reigate, Redhill and Gatwick Airport.

If your school or college's nearest station is on the North Downs Line we can offer you free workshops and station visits and more. To book please contact Maddy Mills, Education Officer, maddy@southeastcrp.org

Services we provide:

Travel confidence and travel training courses; Go Train for Primary Schools; Sustainable & Healthy Travel Workshop (Yr 6); Try a Train; Careers Fairs & 16+

Please find attached the following flyers:

- Try a Train flyer
- Go Train primary flyer
- Sustainable and Healthy Travel workshop flyer

Support for the under 5's

We can run a 1 – 2 hour session which starts with the reading of "Stay Safe with Thomas the Tank Engine" book. The children rotate around the next three activities: colouring in train pictures; role play with a ticket office (buying tickets with pretend money) and making and decorating a model train. Children will learn about the 'yellow line' and why it's important. We will also have picture of our different staff and will talk about their roles.

For further information please refer to website https://www.southeastcrp.org/ (https://www.southeastcrp.org/education-in-berkshire-and-surrey/)

T: 07891 556897

E: info@southeastcrp.org (mailto:info@southeastcrp.org)

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The Sport Together group wants each of their festivals to be **free** for all attendees and to be able to offer a range of sporting opportunities, which can lead to local pathways to continue involvement.

The aim is to run five events throughout the year, culminating joining up with Parallel Windsor 2025 event on Sunday 6th July 2025 Windsor 2025 (https://www.parallellifestyle.com/windsor2025)

sporttogetherberks@gmail.com (mailto:sporttogetherberks@gmail.com)

BREAKING NEWS - NEXT Event date is Wednesday 19th February 2025 at the Avenue School, Tilehurst Reading.

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Berkshire West Autism & ADHD () Support Service

Dates for the Berkshire West Autism & ADHD Support Service's free online autism advice workshops for parents and carers during the autumn are now available on the Autism Berkshire website.

They cover topics including Understanding More About Autism, Sensory Differences, Supporting Behaviour, Emotional Regulation and Eating & Mealtime Challenges, along with a set of five workshops about aspects of autism in adolescence tailored for the parents and carers of autistic children aged 11 to 18 who are in mainstream education. All take place on Wednesday or Friday mornings from 10am to 11.30am.

Full details and booking information are available at https://www.autismberkshire.org.uk/autism-support-jan-2024/ (https://www.autismberkshire.org.uk/autism-support-jan-2024/)

These workshops are open to parents/carers of autistic children and young people who are registered with a GP () surgery in the Berkshire West NHS () area (Reading, Wokingham and West Berkshire), who already have an autism diagnosis or are on the NHS waiting list for a Berkshire CAMHS autism assessment.

If you have any questions, email contact@autismberkshire.org.uk or call 01189 594 594 (option 1) and leave a voicemail message.

- Parents and carers whose children have recently been placed on the Berkshire CAMHS waiting list for an autism assessment can register for support from the service at https://tinyurl.com/23zh6f77 (https://tinyurl.com/23zh6f77)

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SEND - Family Support

The Adamson Trust is a charity that provides financial help with the cost of holidays or respite breaks for disabled children aged between 3 and 17 who have physical, mental or emotional impairments, including autism.

Families have until December 31 this year to apply in time for the trustees to consider making a grant at their next meeting in February next year.

Click here (https://autismberkshire.us13.list-manage.com/track/click?u=e0cfcb9f32dbd9bf921165a4e&id=60a77762a7&e=944898bc5a) for more details, to find out about some of the children who have benefited from grants, and to download an application form.

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FIFI'S VISION, SEND () Parents Support Group

Support groups for parent carers support for families and individuals who have additional needs.

- Thursday mornings 10.30am until 12noon at The Weller Community Centre, Amersham Road, RG4 5NA
- Friday mornings 9.30am-11am at Whitley Wood Community Centre, Swallowfield Drive.

Weekly we host Walk it Through/Park sessions and breakfast meet up.

We have a Facebook page called Fifi's vision FIFI'S VISION C.I.C. (https://www.facebook.com/groups/401778524027627/)SEND () Support Group | Facebook (https://www.facebook.com/search/top/?q=fifi%27s%20vision)

We also run other sessions, family dinner nights, activities and day trips which details will always be shared on our closed group page.

I supply tea, coffee and biscuits and a listening ear if any one needs to talk, it's a chance to meet other parents in same circumstances and I occasionally have professionals come into the group to give advice.

Reading Directory | FIFI'S VISION, SEND Parents Support Group (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Nd3p1bTKoBs&familychannel=3)

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Berkshire Vision

Berkshire Vision is a charity supporting visually impaired people across Berkshire. We have a separate children, young people and families programme running through the school summer holidays. Please go to our website for more details: **https://berkshirevision.org.uk/children-and-family-support/ (https://berkshirevision.org.uk/children-and-family-support/)**

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CAMHS Learning Disability Team

Berkshire Healthcare NHS () Foundation Trust is launching a new Child and Adolescent Mental Health Service (CAMHS), the CAMHS Learning Disability Team.

The CAMHS Learning Disability Team is specialist mental health services to children and young people who have a moderate or severe learning disability and a significant or suspected mental health need.

This service is specifically for children with a moderate or severe learning disability, as we know that these children are experiencing significant inequalities in accessing mental health support and require a more specialist mental health service to meet their needs.

01189 046660

CAMHSLearningDisabilityTeam@berkshire.nhs.u (mailto:CAMHSLearningDisabilityTeam@berkshire.nhs.uk)k

WebsiteBerkshire Health Foundation Trust website (https://cypf.berkshirehealthcare.nhs.uk/our-services/)

Learning Disability Transition Videos - click here (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=MBgW_DCtfao) to view the information and videos (January 2024)

Further information can be found here Reading Directory | CAMHS Learning Disability Team (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=dZiifwroKlY&familychannel=3)

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Parenting Special Children Community Support Groups

Parenting Special Children has several established local community support groups for families of children and young people with additional needs.

Aims of the Support Groups:

- Provide a safe and supportive environment to share experiences and gain support with the unique challenges faced by families of children with additional needs
- Establish support/social networks for families
- Provide a half hour topic presentation relevant to parenting a child with additional needs. The remainder of the session will be for discussion of the topic and social support time

Children welcome under parent supervision. Refreshments provided. Please bring a packed lunch for sessions which run over lunch time.

For booking and further information please contact: Charlie Taylor on 07810 689679 or supportgroups@parentingspecialchildren.co.uk

Further information can be found here Reading Directory | Reading Family Information Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=0)

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Reading Families' Forum

Reading Families' Forum

Reading Families' Forum are the local parent carer forum. Our board of trustees and steering group are all volunteers and have children and young people with special educational needs and/or disabilities ourselves. We understand what it is like to care for a child with additional needs and to fight for the services are children and their siblings need.

We are independent of Brighter Futures for Children and Reading Borough Council. As a parent carer forum, we work with parents, young people, education, health and social care to improve services for children with special educational needs and/or disabilities and their families.

Reading Families' Forum meet service providers regularly at SEND Strategy Board meetings and various other working groups, always working to improve SEND services and make families' lives easier.

Further information can be found here Reading Directory | Reading Families' Forum (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=PZvYS96zEyE&familychannel=0)

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Autism Berkshire Helpline

Autism Berkshire
Talking sense about autism.

Autism Berkshire's Helpline service is available by telephone and email.

The free and confidential service is available from Monday to Friday (except bank holidays) on 01189 594 594. You can also get in touch with our advisers by completing our online contact form (http://www.autismberkshire.org.uk/contact/) or by emailing us at contact@autismberkshire.org.uk (mailto:contact@autismberkshire.org.uk?subject=Helpline%22) (for support for families of autistic children and young people) or adult.support@autismberkshire.org.uk (mailto:adult.support@autismberkshire.org.uk) (for support for autistic adults aged 18+ and their families).

Tel: 01189 594 594 E:contact@autismberkshire.org.uk (mailto:contact@autismberkshire.org.uk)

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Local Organisations who can help with Form Filling.

Communicare Reading Directory | CommuniCare (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=OT9CsOfWR6Y&familychannel=3)

Stepping Forward Reading Directory | Stepping Forward - A full life for everyone affected by disability (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=LtmGyGQ7Dgs&familychannel=3)

Reading Mencap Reading Directory | Reading Mencap (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=9Cun3yyYZ0M&familychannel=3)

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ACRE Family Support Team (Alafia)



The ACRE Family Support Team (formerly Alafia)

Supporting black and minority ethnic families with a child (0-25) with additional needs or disabilities.

Alafia works in partnership with local statutory, voluntary and community organisations to facilitate access to services by BME families in Reading. We offer advice and advocacy support to our members, empowers members to participate in relevant health and social care forums and provide a relaxed environment aimed at reducing isolation, enhancing life skills and improving well-being of our members.

- They offer Home visiting and a short breaks service.
- A monthly support group
- A Tuesday tea & coffee club drop in 11.30-1pm . We will have a cognitive behavioural therapist available every Tuesday for support and more. If you would like to find out more please contact us.

For more information and support please contact Tel: 0118 951 0279 Email: info@acre-reading.org (mailto:info@acre-reading.org)

https://acrereading.org/alafia/ (https://acrereading.org/alafia/)

Full details here Reading Directory | ACRE Family Support Team (Alafia) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=tgHL8hTvLzw&familychannel=3)

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Reading & West Berkshire Carers Partnership

Service for unpaid carers

• Get support to help you in your caring role
• Find local services and sources of help
• Look after your health and wellbeing
• Connect with other carers
• Understand your rights
• Carers Assessments for Reading-based carers

Information, advice and support services for family carers in Reading and West Berkshire provided by the Reading & West Berkshire Carers Partnership. The partnership members - Age UK Berkshire, Age UK Reading, CommuniCare and Reading Mencap - all have a successful track record of working with carers.

Reading Mencap: For Carer's of Children & Adults with Learning Disability in Reading:

Information & Advice and Carer's Assessments, 21 Alexandra Road, Reading RG1 5PE
Tel: Our new number is 0118 926 3600

Email: carers@readingmencap.org.uk (mailto:carers@readingmencap.org.uk) www.readingmencap.org.uk (http://www.readingmencap.org.uk/)

Age UK Reading support those caring for someone aged 50+, can be contacted on the following number 07716 418 941

Email: carers@ageukreading.org.uk (mailto:carers@ageukreading.org.uk)

CommuniCare: For all other Carers in Reading

Information & Advice and Carer's Assessments, 233 Kings Road, Reading, RG1 4LS,
Tel: 0118 926 3941: Email: office@communicare.org.uk (mailto:office@communicare.org.uk), www.communicare.org.uk (http://www.communicare.org.uk/)

Reading Directory | Special Educational Needs & Disabilities - Reading's Local Offer (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3)

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Continence Advisory Service

Berkshire Healthcare NHS Trust Continence Advisory Service

- We offer clinics across Berkshire, school & home visits
- Self referral as well as professional ie GP ()

- We offer assessment, administer prescription service and home delivery (Pads)
- We are available to support parents with education

Further informtion can be found here [Reading Directory | Continence Advisory Service (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4I6vTmVqL-I&familychannel=3)](https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=4I6vTmVqL-I&familychannel=3)

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Do you help look after someone who is unable to care for themselves?

If so, the 2-hour Urgent Community Response (UCR) service is here to help you!

How can the UCR team support you?

If you help look after someone, either for a friend or family member, who could not manage without your support due to illness, disability, or a mental health problem, the UCR team may be able to support and help keep the person at home in a crisis.

The UCR team can keep the person you care for safe at home. They can respond within 2 hours of their health deteriorating, or if their emergency plans breakdown. This is achieved with the support of GPs, geriatricians, social care, advance nurses, therapists and other specialists. The team can carry out assessments, order tests and equipment, diagnose, and prescribe. This service can support in preventing the person you care for being admitted to hospital.

What situation is suitable for referral to the UCR team?

Carer breakdown

It is important to have an emergency plan in place, in case you become unwell and are unable to support the person you care for. The UCR team will be able to help if this plan does not work and the person is likely to be admitted to hospital.

If you think the cared for person could be admitted to hospital unless they are seen within two hours

For example: if they have had a fall but you cannot see any obvious injury; if they need urgent catheter care; if they need urgent support for their diabetes; if there is a sudden deterioration in their frailty or mobility; or if they have become increasingly confused.

How to contact the UCR team

Call 111 or Speak with your regular healthcare worker or GP practice for guidance.

Find out more:

www.england.nhs.uk/community-health-services/community-crisis-response-services/ (http://www.england.nhs.uk/community-health-services/community-crisis-response-services/)

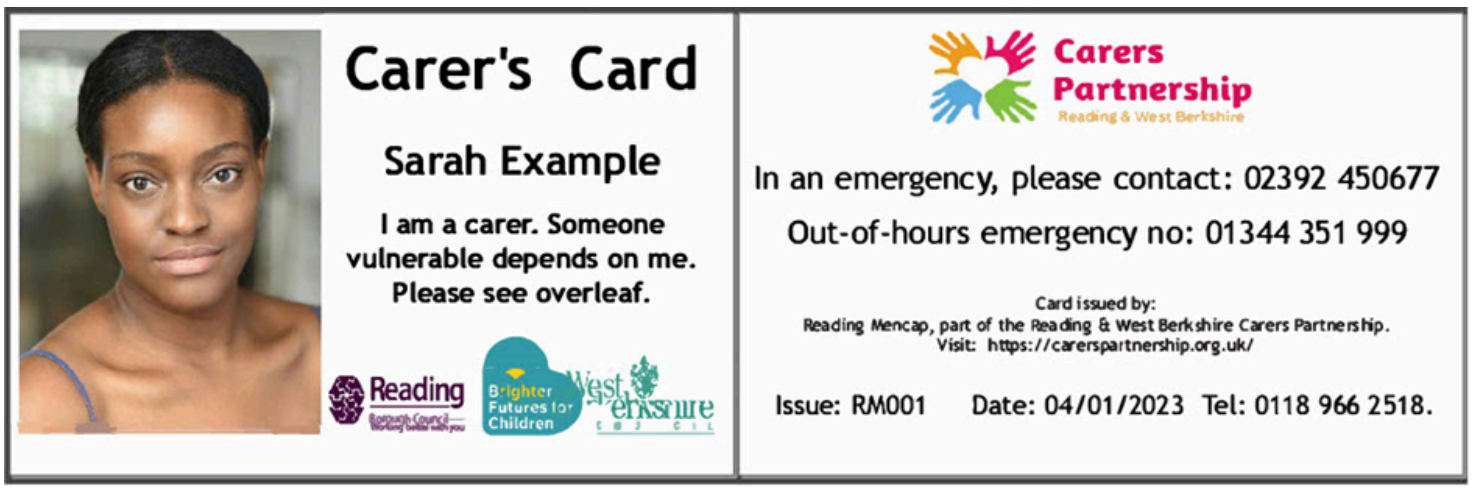
Make an emergency plan

As a carer you need to know that if an emergency happens, replacement care will get sorted out speedily and efficiently.

The Reading & West Berkshire Carers Partnership can help you create an Emergency Pan setting out who should be contacted if you become unwell, delayed or involved in an accident and emergency support is needed for the person you care for.

As part of the Emergency Plan you can also be issued with a Carer's Card. This card helps to make others aware that someone vulnerable is dependent upon you. Details of the person you have nominated in the event of an emergency will be added to the card.

To find out more and to apply for a card, call 0118 926 3600 or email carers@readingmencap.org.uk (mailto:carers@readingmencap.org.uk)



Introducing the Family Ambassadors

Who are Family Ambassadors?

Family Ambassadors provide peer support for parents and carers whose children need Tier 4 (usually inpatient) mental health care.

There are 4 Family ambassadors who all work part time to ensure there is support available throughout the week. They are Elaine Howitt, Sally Phelps, Sian McCoubrey and Tamara King who have all experienced parenting a child that has needed a Tier 4 admission. You can contact them via email (details are below). Once you are known to the service you will be able to contact the family ambassadors by phone.

How do we work?

As soon as possible after referral to the Tier 4 service we aim to contact parents or carers to support them through the initial stages of assessment, and where relevant, admission.

If a child is admitted to a Tier 4 service, parents or carers will have an allocated family ambassador, but may be supported by more than one of the team during the time that their child is cared for in the Tier 4 service. You will be able to meet with your Family Ambassador via MS Teams, by phone and, in some instances, in person.

Further information can also be found here Reading Directory | Introducing the Family Ambassadors (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=frXkphNS4SQ&familychannel=3)

Visit our website for more information: www.oxfordhealth.nhs.uk/camhs/carers/family-ambassadors (http://www.oxfordhealth.nhs.uk/camhs/carers/family-ambassadors)

16-25 Preparation for Adulthood

Berkshire Adult Autism Support Service

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Neurodiversity Club

An informal meet up for people with Neurodiversity, diagnosed or not, we are here to meet like-minded people.

The UK has seen a huge surge in adult diagnoses of ADHD () & Autism, without the infrastructure to support people, so wer are creating a safe space for people to meet once a month.

If you need help understanding yourself, or perhaps even a loved one, come along!

Sundays, monthly

The Snow Goose Fernhill Road
Farnborough
GU14 9DX

Further information can be found here Reading Directory | Neurodersity Club (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=y1U97weQwVc&familychannel=3)

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Berkshire West Autism & ADHD Support Service

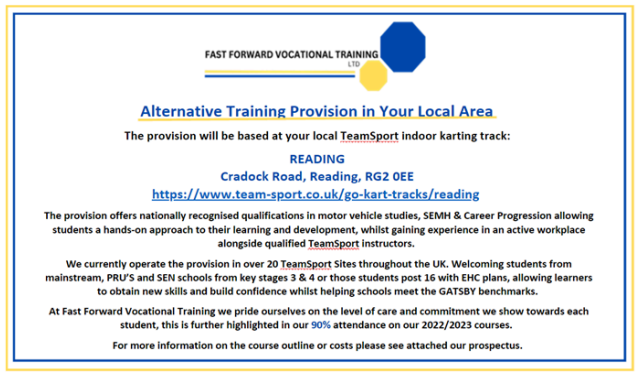
Free places can be booked for the next online Transition to Adulthood workshop from the Berkshire West Autism & ADHD Support Service, which will take place on Tuesday, March 26.

This session will take a look at education options for young people, with a guest speaker from the Information Advice and Support Services (IASS) network, who will also answer questions.

The workshop, running from 9.30am to 11am, is open to parents and carers of young people, aged 15 to 25, who have a diagnosis of autism and/or ADHD, or are waiting for assessment, and are registered with a GP () surgery in the Berkshire West NHS () area, which covers the Reading, Wokingham and West Berkshire council areas.

- Click the link for more details and to register for free places http://tinyurl.com/yc5b2ex9 (https://tinyurl.com/yc5b2ex9?fbclid=IwAR2mPsSn2BVu6Qk6xJymz4gI11o0PpynJVNO9h0GOjTT-RKghVKDx9HBvf0)

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Further information can be found here Reading Directory | Motor Vehicle Alternative Provision (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=5nWfvg5Lj7Q&familychannel=3)

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The Butterfly Community Cafe CIC

Work-life skills for a better future

A new enterprise to train young people with severe learning disabilities/difficulties

We are a Berkshire-based not-for-profit community interest company formed to set up a coffee van to teach life skills to young people with severe/specific learning disabilities.

There is a huge need for social enterprises like this in the U.K to focus on what our young people CAN DO to make a contribution to society, whilst increasing their independence, reducing social isolation, and contributing to good mental health.

We believe young people with learning disabilities have the right to work, to have the same opportunities as their mainstream counterparts and to live life to the full.

info@thebutterflycommunitycafe.com (mailto:info@thebutterflycommunitycafe.com)

Further information can be found here Reading Directory | The Butterfly Community Cafe CIC (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=LRiYctlySuc&familychannel=3)

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Learning Disability Transition Videos

BOB ICB commissioned **(https://www.bucksoxonberksw.icb.nhs.uk/your-health/transition-to-adulthood/)** Reading charity, Starting Point and Realtime Film Company, to co-produce the films with more than 20 young people across Buckinghamshire, Oxfordshire and Berkshire West who are neurodivergent including autistic Young People and those with a Learning Disability and all keen to learn and manage the storyboarding, filming and editing process. Throughout the project, participants led the topics covered and were responsible with what was finally produced. The overall aim of these films is to help other health, social care and education professionals and the general public better understand transitioning to adulthood for these young people.

Click on the link for further information and to view the videos Reading Directory | Learning Disability Transition Videos (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=MBgW_DCtfao)

Transition to Adulthood

Transition to adulthood is a whole new world to navigate!

At Parenting Special Children we are parents/carers of children with special needs/disabilities and we also need to know more about this very important stage of life.

We are delivering termly workshops on Transition to Adulthood. These are funded by the Berkshire West Autism and ADHD Support Service (https://www.autismberkshire.org.uk/berkshire-west-autism-adhd-support-service/), in partnership with Autism Berkshire (https://www.autismberkshire.org.uk/).

They are available for families registered with a Berkshire West NHS GP surgery (Reading, West Berkshire, Wokingham).

We have a set up a dedicated Facebook page for local and national information and resources. Search on Facebook for @psctransition (https://www.facebook.com/psctransition)

Further details and how to book please follow the link Transition to Adulthood - PSC (parentingspecialchildren.co.uk) (https://www.parentingspecialchildren.co.uk/courses/transition-to-adulthood/)

Tel: 0118 986 3532

Making finance decisions for young people: parent and carer toolkit (https://www.gov.uk/government/publications/making-finance-decisions-for-young-people-parent-and-carer-toolkit?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=00413530-e4b6-46e2-a32f-faced10d7601&utm_content=daily)

This toolkit provides a guide for parents and carers to make financial decisions for a young person who lacks mental capacity.

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Branching Up

Branching Up is a Day Service providing work experience placements for adults with learning disabilities.

Service Users have an opportunity to work as part of a team, learn new skills and experience work-related tasks in a structured, rewarding community environment.

John Potter 07941917081 branchingup@hotmail.com (mailto:branchingup@hotmail.com)

89th Reading Scout Activity Centre Jefferson Close Emmer Green Reading Berkshire RG4 8US

Further information can be found here Reading Directory | Branching Up (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=tZ9Xb2nwnIM&familychannel=3-10)

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Supported Internship Reading 2024

The program is co-ordinated by Shaw Trust in partnership with Reading Local Authority - Brighter Futures for Children

A fantastic opportunity on our Supported Internship programme, now available in Reading, for 16 to 24 year-olds who have an Education, Health, and Care Plan (EHCP).

Further information can be found here Reading Directory | Supported Internship Reading 2024 (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zFUfiHMAxCQ&familychannel=3)
(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=zFUfiHMAxCQ&familychannel=3)

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Route to Recruit - Supported Internships

RoutetoRecruit
Supporting the Journey to Employment

DO YOU WANT TO LEARN THE SKILLS TO GET A JOB IN A DIFFERENT WAY?

Then a Supported Internship could be right for you A supported internship is a college course mainly carried out in the work place where you will learn new skills which will help you find a job and find out what it takes to be a good employee.

Do you want to build the skills to get a paid job?

Do you find learning in the classroom difficult?

Are you 16 to 24 with special educational needs and an EHCP ()?

Further information can be found here Reading Directory | Route to Recruit - Supported Internships (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kXGHzvid2u8&familychannel=3)

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Transition 16-25 - Preparing for Adulthood

Reading Directory | Transition 16-25 (https://servicesguide.reading.gov.uk/kb5/reading/directory/localoffer.page?familychannel=3-10)

Preparing for Adulthood Policy 2024 Preparing to Transition from Children to Adult Social Care (https://search3.openobjects.com/mediamanager/reading/enterprise/files/preparing_for_adulthood_policy-october_2024.pdf)

Preparing for Adulthood (PFA) Process - Preparing to Transition from Children to Adult Social Care (https://search3.openobjects.com/mediamanager/reading/enterprise/files/pfa_process_final-october_2024.pdf)

Counselling – Mental health support

Family Information Service has a dedicated page with information on local and national support click the folllowing link to view - Young People & Mental Health (https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NjGDR1IGovc) - Me2, have created a great video which can be view on the young people mental health page.

Anxiety UK

The charity offers support, advice and information on a range of anxiety, stress and anxiety-based depression conditions. Helpline/text service/web-chat offers information on anxiety and self-help resources. 03444 775774 – Helpline 07537 416905 - Text service - Email: support@anxietyuk.org.uk (mailto:support@anxietyuk.org.uk) National charity helping people with Anxiety - Anxiety UK (https://www.anxietyuk.org.uk/)

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tellmi

New Digital Mental Health Service Launches for Young People Across Berkshire West.

The Tellmi app will be made available to all 11-17 year olds (up to their 18th birthday) living and studying in Reading, West Berkshire And Wokingham. Providing 365 day access to an age-banded, anonymous space to discuss feelings and seek support.

Reading Directory | tellmi (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6WHCY_y3HMA&familychannel=3)

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MindJam

Mentoring MindJam offers emotional support and guidance for children and adolescents through gaming and game design. At MindJam, our aim is to support children who suffer anxiety, stress, social issues and other emotional needs. All our mentors are very experienced and trained in working with neurodivergent individuals, including autistic young people and other conditions such as PDA, ADHD (), anxiety, trauma and PTSD. Counselling (for parents) Being a parent to a neurodivergent child or a child suffering anxiety can often be challenging, stressful and isolating. We believe it is vitally important to look after your own mental health to be the best support for your child. We are now proud to offer counselling for parents with one of our excellent counsellors. If you would like to enquire about sessions, please get in touch for more information. Email: mindjamdan@gmail.com (mailto:mindjamdan@gmail.com)

MindJam | Empowering and Supporting Young People (https://mindjam.org.uk/)

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No5 Young People Young People's Mental Health Helpline

Young people from 11-25 years of age can access this free helpline and receive a call from a trained counsellor. Talking to someone who won't judge you about how you're feeling is, in itself, helpful. No5's trained counsellors can also offer practical advice over the phone. Simply text TALK followed by your first name and postcode to 07786 202430 to request a phone call from a trained counsellor. The support line is open Monday to Friday. No5 Helpline is not a crisis line. If you are in crisis, please contact the Samaritans 24/7 phone line on 116 123. For more info on No5 Young People, call (0118) 901 5668, email info@no5.org.uk (mailto:info@no5.org.uk) or visit No5 - Free Counselling Services - Reading | No5 - Free Counselling Services - Reading (https://no5.org.uk/)

Looking for Direction - See new service

Home Page - No5 Reading Signposting | No5 Reading Signposting (https://signposting.no5.org.uk/)

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Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences, we campaign, research and influence policy and practice. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications. Support for Young Minds YOUNG Minds Crisis Messenger Service is free 24/7 crisis support service across the UK. If you're a young person and need urgent support with your #MentalHealth, text YM to 85258. 0808 802 5544 (parent helpline) YoungMinds | Mental Health Charity For Children And Young People | YoungMinds (https://www.youngminds.org.uk/)

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Mental Health Support Team (MHST)

The MHST () will support children and young people with emerging, mild or moderate mental health difficulties which may be affecting day to day life.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels; with the aim of developing and supporting a whole school approach to mental health. Tel: 0118 937 6548 Email: MHST@brighterfuturesforchildren.org (mailto:MHST@brighterfuturesforchildren.org) Use the following link to find out more: Mental Health Support Team Reading Directory | Mental Health Support Team (MHST) Brighter Futures for Children (BFfC) (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=366vyJUhMeU)

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National Development Team for Inclusion (NDTi)

The National Development Team for Inclusion (NDTi) is a not for profit organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose. We inspire and support policymakers, services and communities to make change happen - change that leads to better lives.

Tel: 01225 789135 Email: office@ndti.org.uk (mailto:office@ndti.org.uk) About NDTi - NDTi (https://www.ndti.org.uk/about-us/about-ndti)

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SHaRON

The Support Hope and Recovery Online Network (SHaRON) is a secure and confidential online platform, moderated by clinical staff, to enable parents, carers and young people to support each other and get expert advice. SHaRON provides support and advice for families of young people with eating disorders; families of young people with autism or awaiting an assessment for autism; pregnant women and new mums with mental health difficulties.

Online peer support in Mental health | SHaRON (https://www.sharon.nhs.uk/)

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Place2Be Improving children's mental health

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. We also offer expert training and professional qualifications. Tel: 020 7923 5500 Email: enquiries@place2be.org.uk (mailto:enquiries@place2be.org.uk) Improving children's mental health in schools

Improving children's mental health in schools – Place2Be (https://www.place2be.org.uk/)

National Organisation Supporting SEND

National organisations offering support to families who have children and young people with SEND ()

Cerebra

Set up to help improve the lives of children with brain related conditions through research, education and directly supporting the children and their carers, Cerebra helps children up to 16 years with neurodevelopment disorders and conditions, their parents, carers and professional practitioners. Reading Directory | Cerebra (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=JJq2uDiwtyM&familychannel=3)

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The Communication Trust

The Communication Trust is a coalition of more than 50 not-for-profit organisations working together to support everyone who works with children and young people in England to support their speech, language and communication. Reading Directory | The Communication Trust (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=u-H9Yyhb2aA&familychannel=3)

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Contact - For Families with Disabled Children

FREE workshops and 1:1 support for families with disabled children from Contact.

Reading Directory | Contact - For Families with Disabled Children (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=pNEdmuhpMeE&familychannel=3)

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Family Fund

We support families living across the UK who are raising a disabled or seriously ill child or young person up to the age of 17. Our support is focused on those on low incomes. We believe that all families should have the same choices, quality of life, opportunities and aspirations.

We provide grants for a range of essential items such as fridges, freezers and cookers, clothing, bedding, games, books and music, laptops and tablets, family breaks, sensory toys and more.

Reading Directory | Family Fund (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=W-JqwwyF5Sc&familychannel=3)

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Anxiety UK

Anxiety UK is a national charity, helping to support people living with anxiety, stress and anxiety-based depression.

https://www.anxietyuk.org.uk/ (https://www.anxietyuk.org.uk/)

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Epilepsy Action

There are many ways Epilepsy Action can help support you and your loved ones.

Our trained advisors can give you an idea of our services or provide the answers and resources you need.

https://www.epilepsy.org.uk/news/epilepsy-action-launches-new-brand-inspired-by-people-with-epilepsy (https://www.epilepsy.org.uk/news/epilepsy-action-launches-new-brand-inspired-by-people-with-epilepsy)

Scope - Navigate (Emotional Support for Parents/Carers)

We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed, and campaign to create a fairer society.

Home | Disability charity Scope UK (https://www.scope.org.uk/)

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Purple Ella - Autism & Disability

Hi, I'm Purple Ella. I'm disabled and I make content about my life with autism, ADHD () and chronic illness (hEDS) Reading Directory | Purple Ella - Autism & Disability (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=hwrn4hEhekI&familychannel=3)

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Sense Active - for Children & Young People

Activity videos to enjoy in the house or garden, new live yoga session specifically for children and young people, more quick challenges for pairs or groups. If you need any support accessing any of the activities please contact us on Sense.Active@sense.org.uk (mailto:Sense.Active@sense.org.uk)

Reading Directory | Sense Active - for Children & Young People (https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Oe6rmVerq-k&familychannel=3)

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KIDS

KIDS is a national charity, founded in 1970, that provides a wide range of services to disabled children, young people and their families in England. KIDS (https://www.kids.org.uk/)

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IPSEA

The Independent Provider of Special Education Advice (IPSEA) offers free and independent legally based education advice to parents of children with SEND (). They also provide training on the SEND legal framework to parents and carers. (IPSEA) Independent Provider of Special Education Advice (https://www.ipsea.org.uk/)

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Council for Disabled Children

The umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers. Council for Disabled Children (https://councilfordisabledchildren.org.uk/)

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Children and Young People (https://cyp.iassnetwork.org.uk/)IASS () Network: information, advice and support services for young people aged 25 old or younger and need extra help with learning and have a disability. There are lots of different ways to talk to a friendly advisor.

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Down's Syndrome Association (https://www.downs-syndrome.org.uk/):

The Down's Syndrome Association have specialist advisers who can provide you with information and support on issues such as health, social care, benefits and education for people with Down's syndrome.

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Sky Badger: (https://skybadger.co.uk/about-sky-badger/)

Sky Badger is a charity that finds help and adventure for disabled children and their families all over the UK.

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PANS PANDAS UK is the only UK charity supporting children and families living with these conditions. We provide information, and community support to patients and carers.

https://send-network.co.uk/users/pans-pandas-uk (https://send-network.co.uk/users/pans-pandas-uk)

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AccessAble

AccessAble is here to take the chance out of going out. To give you the detailed information you need to work out if a place is going to be accessible to you. Their Detailed Access Guides tell you all about a venue's access. They are 100% facts, figures and photographs.

Home | AccessAble (https://www.accessable.co.uk/)

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National Autistic Society

The UK's leading autism charity. Their goal is to help transform lives, change attitudes and create a society that works for autistic people. National Autistic Society (autism.org.uk) (https://www.autism.org.uk/)

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National Deaf Children's Society

The National Deaf Children's Society is the leading charity for deaf children and their families.

National Deaf Children's Society | Supporting deaf children (ndcs.org.uk) (https://www.ndcs.org.uk/)

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Sense

Sense gives legal advice and assistance to deafblind individuals or their family members and supporters. Sense | For people with complex disabilities (https://www.sense.org.uk/)



The Ancient Oak of Baldor

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=9r2Xr5zaUoI)

Christmas at Reading Museum

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=KDfXFmUKMcA)



Christmas in Reading Town Centre

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=acSpfeW_K3o)



FREE Festive Digital Sensory Show - Phoebe's Festive Favourites!

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=kGG7Rd_qlNY)

Reading Libraries Activities over the Christmas holiday

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=1IIvgLNwxn4)

Young Voices Online Safety Summit - Goodie Bag

(https://servicesguide.reading.gov.uk/kb5/reading/directory/site.page?id=s7RFch7hVlQ)

Christmas in Reading

(https://www.visit-reading.com/whats-on/christmas)

Family Information Service - Activities in Reading over the Christmas Holiday 2024

(https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=llcHn_OytJ0)

(https://www.readingsendlocaloffer.org)

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