

Fun, friends and activities  
for children and young  
people with disabilities  
or additional needs



Spring Edition 2017

*Welcome to the Spring edition of 'All In'.*

**We are pleased to announce another exciting Short Break programme from April 2017.**

Providers were invited to apply for funding to provide Short Break opportunities between April 2017 and March 2018. We received an excellent response with 26 applications from 18 different providers to provide Short Breaks.

Please take a look inside to find out more about what is on offer during the spring – from swimming, cycling and horseriding to Saturday clubs and holiday clubs we hope there is something for everyone.



### *Keeping you posted*

To make sure you keep up to date with any changes to the 'All In' programme and get to hear about new and exciting opportunities in the community subscribe on the Shropshire Council website.

## *Important Information*

The Short Break opportunities in this activity programme can only be accessed by Shropshire children and young people aged up to 18 years of age who have a disability or additional needs that make (or would make) attending mainstream clubs, groups or facilities difficult.

To confirm your child/young person is eligible to access the 'All In' opportunities you are required to complete a registration form which details the nature of your child/young person's disability or additional needs as well as describing the barriers they have, or would face in accessing mainstream services.

To get an 'All In' Registration Form please contact the **Customer Services Centre** on **01743 250225** or email **shortbreaks@shropshire.gov.uk**. Alternatively you can complete an online form or download a copy via Shropshire Council's website **www.shropshire.gov.uk** (search: 'Short Breaks' and follow the links to Short Breaks 'All In' activity programmes).

Once the completed 'All In' Registration Form has been submitted/returned, each child/young person will be sent their own 'All In' membership card and number.

You can then start to book onto the opportunities using their membership number.

### **Please note:**

- **You must book onto the opportunities available. Providers reserve the right to turn people away if they have not booked.**

Unless otherwise stated please book onto an opportunity 7 days in advance so that copies of registration forms can be distributed to the provider.

- **The 'All In' programme provides different opportunities for children/young people with different needs. Some activities may not be suitable for every child/young person.**
- **Parents/Carers may be required to stay for the duration of the activity. Please discuss this with the provider when booking and also whether they are able to cater for the needs of your child/young person.**

Your child/young person may be able to access more opportunities when accompanied by a responsible adult or their familiar support worker.

- **All opportunities are subject to availability and eligibility.**

# The Perry Riding and Carriage Driving Centre

**Location:** Perry Cottage, Yeaton, Baschurch, SY4 2HY

Date	Time	Activity	Age	Contact
Every Wednesday through the holidays	10-12pm	'Have a Go' session, including pony grooming, riding and vaulting.	4-18 year olds (Siblings welcome)	For further information or to book a place: <b>Jane Barker</b> <b>01939 261147</b> <b><a href="http://www.cavaliercentre.org">www.cavaliercentre.org</a></b>
Weekdays & Saturdays Term time & school holidays	Days and times by arrangement	6 week blocks of FREE taster sessions to be introduced to fun & games and pony skills.		



## Saturday activity club

Action For Children provide a Saturday club for 'All In' members aged 4 to 18.

The sessions are suitable for children and young people with various needs and disabilities including those with more complex needs.

### Sessions will run weekly:

4th March to 1st April • 29th April to 20th May • 10th June to 15th July

Location: Belle Vue Youth Club, Rocke Street, Shrewsbury, SY3 7PL

Date	Time	Activity	Age	Contact
Saturdays Term time only	9.30am - 12.30pm	There is a wide variety of activities on offer which are child led: ball and sports games (football, cricket and basketball), arts & crafts, puzzles, board games, DVD's, toys, sensory and messy play. There will also be opportunities (weather and transport dependent) to local cinema and parks/walks.	4 - 11 years	<b>For further information or to book a place 01743 285765</b>
	1.30pm - 4.30pm		12 - 18 years	

## Holiday playschemes

Easter	10th April to 13th April 18th April to 21st April	To be held at the Priory School, Shrewsbury
Whitsun	30th May to 2nd June	
Summer	26th July to 25th August	



**Please note:** an 'All In' membership number will be required to book places for the above activities. How to register is detailed on page 2 of this programme.

Please contact Debbie King on **01743 344696** or **Deborah.king@actionforchildren.org.uk**

## Come and join the fun at Tickwood Farm near Much Wenlock where sessions around drama, stories and forest skills activities such as den building are offered.

There is also an accessible trail which the whole family can enjoy together after the session has finished.

### Important changes to sessions from April 2017

From April 2017 two sessions will be held at Tickwood Farm on a fortnightly basis.

Sessions cost £5 (single) of £7 (family)

**Booking is essential:** <https://bookwhen.com/ignitioncreate>



Date	Time	Activity	Age	Contact
<b>Location: Tickwood Farm, Wyke, Much Wenlock. TF13 6NZ</b>				
Fortnightly starting in April 2017  <i>(dates will be published on the website by the end of Feb)</i>	10am – 12pm	Children will have an opportunity to take part in a dramatised story, develop their forest skills and experience the natural world at Tickwood.	5-11 years	For further information : info@i-gnition.co.uk or visit www.i-gnition.co.uk
	12.30 – 2.30 pm	Physical theatre sessions working towards a performance each term.	12 to 16 years	

## 'Easter Family Fun Day'

**Saturday 1st April - between 10 and 3pm**

There will be lots of fun activities for you to join in as a family such as an Easter egg hunt, feeding the farm animals, football skills, forest trail, forest craft and a campfire cook out.



Shrewsbury Town In The Community provides a changing variety of sessions each Friday during term time at the Poweleague Stadium in Shrewsbury.

A number of holiday club sessions are also offered during school holidays providing a longer session and the opportunity for the children and young people to try a bigger range of activities.



Sessions are split into two groups to ensure that they are age appropriate.

**A contribution of £2 towards the cost of Friday sessions and £7 for the holiday sessions is payable and places must be booked in advance.**

## STFC Powerleague

Date	Time	Activity	Age	Contact
Location: Greenhous Meadow Stadium, Oteley Road, Shrewsbury, SY2 6ST				
03/03/17	4 – 5.30pm	Football	5 - 14 years old	<b>01743 289177</b> ext <b>239</b>
10/03/17		Rugby		
17/03/17		Hockey		
24/03/17		Cricket		
31/03/17		Tennis		
07/04/17	Multi-sports			
21/04/17	9 – 12pm	Holiday Club <i>(football, multi skills, stadium tours, player visits)</i>		
28/04/17	4 – 5.30pm	Football		
05/05/17		Volleyball		
12/05/17		Netball		
19/05/17		Rugby		
26/05/17		Dodgeball		
09/06/17	4 – 5.30pm	Athletics		
16/06/17		Rounders		
23/06/17		Cricket		
30/06/17		Tennis		

## Short Breaks – what do they mean to you?

We have worked hard over the last few years with our local providers to offer a varied Short Breaks programme that is valued and makes a real difference.

We ask all our providers to gather feedback from children, young people and the parents and carers that have attended the 'All In' Short Breaks so we can see how we're doing.

These are some of the comments we've received (names have been changed as appropriate).

### Shropshire Youth Association

'They really look forward to activities and feel that they belong. It is the only out of school activity they go to so is so important. Thank you for pushing the boundaries which means we try new things – if they can do it so can we!'

### The New Saints FC Foundation

'It's so good to finally find a club my son fits in to. He has tried many sports clubs but none of them were prepared for his severe learning disability and doesn't access any after school activities'.

### Cycling/Sat club at the Sports Village

The difference it has made to my child's confidence is amazing. It is the first club she has ever been to that they understand her disability and she feels comfortable.

The swimming, cycling and moving and grooving club have made such a difference to her muscles, her strength, fitness and ability to join in. Thank you ... the difference these activities make to our children is great.

### Tickwood farm

'I felt I must write to you regarding Llama Cabin short break scheme in Much Wenlock.

Our son has severe anxiety issues around other people ... it is a struggle to get him to leave the house. Due to the cabin being remote and secluded, with no one but the cows in the field around - he relaxed and had a huge smile on his face for the first time in months! He LOVED it! He LOVED everything about it! What a fabulous idea, we are truly grateful for this opportunity. Tickwood have a great thing going, educational, accessible and affordable'.

### Country Treks

'My son finds it difficult to concentrate for periods of time but today he has for 1 ½ hours fantastic'!!!

### Shrewsbury Town In The Community

'The sessions have been a real benefit for George's concentration, I have seen him more engaged to instructions both within the sessions and at home. He really does look forward to the weekly sessions from these his confidence has grown'.

If you'd like to share your positive feedback with us then please email [shortbreaks@shropshire.gov.uk](mailto:shortbreaks@shropshire.gov.uk) or telephone **01743 250227**

**SYA has a team of qualified experienced Youth Workers who will enable and support young people to integrate into their friendly group of young people with additional needs or disabilities. All workers have DBS, safeguarding and first aid training.**

Following a consultation with young people, parents and carers earlier this year a request for more regular meetings where the whole group could meet up was made.

Parents and carers also said that there was a need to raise awareness around important issues like drugs and alcohol, staying safe in the community and on-line, emergency first aid, food hygiene and basic life skills training.

As a result of this SYA will be offering a series of fun and interactive workshops such as a 'ghosts and ghouls' night which will be full of first aid related team challenges with fake wounds and blood in first aid scenarios.

**Full details and venues for these workshops will be available with booking forms from 1st March 2017.**

**Transport from designated pick up points in Bridgnorth and Shrewsbury will be provided.**

**Are you age 10 – 18?**  
**Would you like to meet up with an existing social group?**  
**Take part in fun activities & days out?**  
**Are you ready to take the next step independent of parents & carers? Then this is for you!**



23 April	Welcome meeting for new members @ the New Lodge, Monkmoor SY2 5RR 4.30 to 6.30	Free
6th May	Mickey Millers & Pizza /Pasta	£10
10 June	West Midlands Safari Park includes rides	£20
9 July	Activity Day, Segway, Archery, Climbing!	£20
16-17 Sep	Longmynd Adventure Camp with overnight stay	£35
11 Nov	Inflatable Pool Party & Meal in Shrewsbury	£10
9 Dec	Panto@Theatre Severn - best seats in the house	£10
20 Feb	Bowling & Meal Out!	£10
	Bi-Monthly group sessions at Bridgnorth or Shrewsbury. Dates & Times to be confirmed	£3/session





ONLY  
£15 PER  
NIGHT

## Overnight stays available...

The cabin sleeps 4 and is situated in beautiful woodland surroundings near Much Wenlock. The cabin is fully accessible and offers the opportunity for families to spend time together in a relaxed and informal environment.

When staying at Llama Cabin you are welcome to explore the surrounding woodlands of the Tickwood Farm Estate or use it as a base to visit local attractions such as the Severn Valley Railway and the Ironbridge Gorge Museums.



The lounge / diner has TV, wall safe, double sofa bed, the table and benches fold away to the wall.

A well equipped kitchen with toaster, microwave, oven/hob and fridge with freezer compartment.



## 'Out and About' – holiday activities

Empathy for special children works across Shropshire providing support and social opportunity for those aged 0 - 18 years growing up with autism, associated conditions and additional needs and their families. The group is delivered and supported by trained and experienced playleaders and provides the opportunity for the whole family to enjoy time together and apart.

Trips and activities run every week of the school holidays close to home and further afield and offer a wide range of opportunities such as ice skating, theatre, playbarn, boating, fishing, seaside, theatre and much, much more.

## Friendship Groups

Friendship groups provide a wide range of changing fun sessions offering games, play, sports and activities for the whole family.

### Craven Arms Community Centre,

Newington Way, Craven Arms. SY7 9PS  
Fortnightly between 2 and 4pm

### Eastern Oswestry Community Centre,

Cabin Lane, Oswestry. SY11 2LQ  
Fortnightly between 10 and 12pm

### Park Lane Centre,

Park Lane, Telford. TF7 5QZ  
Fortnightly between 10 and 12pm

Please take a look on the website [www.empathyforspecialchildren.org](http://www.empathyforspecialchildren.org) for further information.

- **'Unleashed'** holiday programme gives the opportunity for young people to have fun and gain independence away from their carers and family. Some of the activities this year include horse riding, adventure days, fishing, woodwork and photography.
- **'Social Sibs'** is a group that meets for 2 hours each month in Craven Arms, Oswestry and Telford and gives siblings aged 7 - 16 a break and a chance to talk things through, make friends and have fun.

For further information or to book a place:

- **Contact 07495 947987**
- [empathyforspecialchildren@gmail.com](mailto:empathyforspecialchildren@gmail.com)
- [www.empathyforspecialchildren.org](http://www.empathyforspecialchildren.org)



Marches Family Network are a charity operating in Shropshire and surrounding areas. Through Short Breaks funding they are able to offer Saturday play days in Ludlow. A contribution of £20 towards the cost of each session is payable and participants must be a registered All In member. A range of changing activities will be on offer each session both indoor and outdoor and can include cookery, music, drama, arts, crafts, games, sports, activity centres and more...

Location: Bitterley C of E Primary School, Ludlow. SY8 3HF				
Date	Time	Activity	Age	Contact
18th March	<b>Saturdays</b> (term time only) 10:30 to 3pm	Bunnies, bugs and beastsies, spring fun & games, mother's day crafts	3 - 18 year olds	<b>Becky Hemming</b> <b>01568 614908</b>
20th May		Activities to be confirmed		<b>play@marchesfamilynetwork.org.uk</b>
17th June		Activities to be confirmed		

Marches Family Network, through other funding secured outside of Shropshire Council also offer opportunities (where spaces permit) to Shropshire Children. Families need to provide their own transport to these activities.

Activities are planned in Leominster for 2 days over Easter (10th and 11th April) which Shropshire children will be welcome to attend. Please contact the provider for further information.

Marches also run a family support service which provide help with disability claims, appeals, signposting to other agencies and general information. This is available free of charge to all families registered with them.



Lower Bush Farm is a stunning 40 acre farm on the side of the Brown Clee Hill 6 miles from Ludlow, south Shropshire.

The Farm has three Forest School woodlands on site which are fantastic for making dams and dens, climbing, running, rolling, hiding, swinging in hammocks, getting muddy and toasting marshmallows.

In the Forest School area children make bird boxes, wooden xylophones, mallets, willow sculptures, giant wooden meccano, and swings to rig up in the woods.

Children will get wet and muddy splashing through the streams and woods so they will need to wear old clothes, waterproofs and welly boots.

The centre want everyone to have a great time, so please get in touch to discuss any concerns or particular needs or if a half day would suit your child better.

\* Siblings are also welcome.

Date	Time	Activity	Age	Contact
Location: Stoke St Milborough, Ludlow, SY8 2ES				
Sessions run every Tuesday and Thursday through the school holidays	9 - 4pm	Sessions will be based on the groups' interest and will include: <ul style="list-style-type: none"> <li>• Animal care (goats, pigs, poultry, rheas, horses).</li> <li>• Woodwork</li> <li>• Forest School</li> <li>• Archery</li> <li>• Outdoor pizza oven</li> <li>• Tractor / trailer rides</li> <li>• Animal care including goats, pigs, rabbits, horse, poultry and turtles</li> <li>• Growing vegetables in the poly tunnel and veg patch</li> </ul> <p><b>£10 for the first child and £5 for siblings. Booking is essential</b></p>	Ages 8 and over	For further information or to book a place: Rowanna <b>07734 295144</b> or Oliver <b>07817 666267</b> or email: <b>lowerbush@gmail.com</b> or visit <b>www.lowerbush.co.uk</b>



## Moving and Grooving



The Moving & Grooving Team continues to provide ongoing group support at the Sports Village Saturday Club and Cycling session.

"The support and encouragement provided, combined with the enthusiasm and understanding of my child's abilities has given my son a chance to join in games confidently!"



"The Moving and Grooving staff fully understand my child's disabilities, limitations and her unpredictable behaviour."



"The Leisure Staff have got more experienced as they spend more time with children with special needs."

## London Road Sports Centre



London Road Sports Centre offer term time sports based fun and games sessions which are run by professional coaches experienced in delivering sessions to children and young people with a disability and supported by the London Road leisure staff.



A timetable of changing activities is offered. The summer programme will be designed and offered through consultation with those young people attending and their parents/carers.



\* *Siblings are also welcome.*

Location: London Road, Shrewsbury, SY2 6PR

Date	Time	Activity	Age	Contact
01/03/2017	Wednesdays Term Time 4.30 to 6.30	Giant Inflatable Fun and Games	8-18 year olds	For further information or to book a place: <b>01743 342591</b>
08/03/2017		Table Tennis & Badminton		
15/03/2017		Dodgeball and Kick it Cricket		
22/03/2017		Short Tennis		
29/03/2017		Giant Inflatable Fun and Games		
05/04/2017		Table Tennis & Badminton		

## 'ALPHA' SWIMMING SESSIONS

### Oswestry Swimming and Fitness Centre

Location: Shrewsbury Road, Oswestry, SY11 4QB

Date	Time	Activity	Age	Contact
Tuesdays	6-6.30pm	<b>10 week block programme</b> ASA Alpha Swimming Programme £2 per session (£22.50 per block of 10)	7 - 16 year olds	For further information or to book a place: <b>0345 0007 006</b>
Wednesdays				
Thursdays				
Fridays				

### The Quarry Swimming and Fitness Centre

Location: Priory Road, Shrewsbury, SY1 1RU

Date	Time	Activity	Age	Contact
Thursdays	4.30-5pm	<b>10 week block programme</b> ASA Alpha Swimming Programme £2 per session (£22.50 per block of 10)	7 - 16 year olds	For further information or to book a place: <b>0345 0007 003</b>

## SEN - Swimming Club

This is a club for children that have participated in the 'Alpha' swimming lessons and will build on technique and confidence in the pool.

**Each session is £2 and needs to be booked in advance.**

### Oswestry Swimming and Fitness Centre

Location: Shrewsbury Road, Oswestry, SY11 4QB

Date	Time	Activity	Age	Contact
Wednesdays	6 - 7pm	<b>Swimming club</b> £2 per session	7 - 16 year olds	For further information or to book a place: <b>0345 0007 006</b>

## The Quarry Swimming and Fitness Centre

Location: Priory Road, Shrewsbury, SY1 1RU

Date	Time	Activity	Age	Contact
Wednesdays	6-7pm	<b>Swimming club</b> £2 per session	7 - 16 year olds	For further information or to book a place: <b>0345 0007 003</b>

## Shrewsbury Sports Village

Location: Sundorne Road, Sundorne, Shrewsbury, SY1 4RQ

Date	Time	Activity	Age	Contact
<b>Fridays</b> (term time only)	4-5pm	Ability Counts Football £1 per session	8 - 16 year olds	For further information or to book a place: <b>0345 0007 003</b>
<b>Saturdays</b> Term time and school holidays	10-11am	Cycling Club Use of adapted cycles £1 per session *1st session on 1st April		
<b>Saturdays</b> Term time and school holidays	11am - 12.30pm	Saturday Club £1.50 per session		

## Saturday Club Timetable of Activities

Date	Activity
4th March	Climbing & Fun & Games
11th March	Inflatable Fun & Games
18th March	Clay modelling
25th March	Inflatable Fun & Games
1st April	Nature build (bug hotel)
8th April	Play Park and outdoor games
15th April	Easter egg making

\*please note some activities are weather dependent.



Enjoy a wonderful afternoon of horse riding and pony activities in beautiful surroundings. The centre is based in the beautiful South Shropshire countryside, with rolling hills, fields, common land, and woodland tracks right on their doorstep.

It is based at Ginny Hole, a 27 acre site where there is a 20 x 40 foot outdoor arena, where they hold children's activities and regular lessons.

Sessions have limited places available so it is important that you book your place early.

A contribution towards the cost of this activity is required at £10 per session.

*Sibling places may be available please check with provider*

## Country Treks Equestrian Centre

Date	Time	Activity	Age	Contact
Country Treks Equestrian Centre, The Old Vicarage, Stottesdon, Nr Cleobury Mortimer, Kidderminster, Worcestershire. DY14 8UH				
Wednesday 12th April	12:30 to 2pm	<ul style="list-style-type: none"> <li>• Guided rides around the centre</li> <li>• Treasure hunts</li> <li>• Gymkhana games</li> <li>• Lessons/tuition</li> <li>• Pony play</li> <li>• Grooming, washing, painting hooves</li> <li>• Decorating ponies</li> <li>• Musical rides</li> </ul>	6 - 16 year olds	Telephone: <b>01746 718436</b> Mobile: <b>0781 726 2563</b> Email: <b>horses@livesheadventure.co</b>
Sunday 3rd June				
Sunday 30th July				
Saturday 26th August				
Wednesday 25th October				
Wednesday 20th December				
Wednesday 21st February 2018				



The Local Offer is your One Stop Shop for services and information relating to Special Educational Needs and Disability. The information and services are there to help you navigate your way through the world of SEND. You can find out about the new Education Health Care Plans, how to access CAMHS, or where your local 'All In' activity is based. With over 500 services to look through, including schools, colleges, health and social care provision, we can help you find the right service for you and your family.

Search: **'Local Offer Shropshire'**  
Visit: **[www.Shropshire.gov.uk/Local-Offer](http://www.Shropshire.gov.uk/Local-Offer)**  
Email: **[local.offer@shropshire.gov.uk](mailto:local.offer@shropshire.gov.uk)**  
Call: **0345 678 9000** asking for 'Local Offer'



The New Saints Community Foundation has expanded its service this year and will be offering two exciting clubs.

## The Seniors club for ages 10-18

## The Juniors club for ages 4-9

*Siblings are also welcome if there are available spaces.*

Both clubs offer children and young people with the chance to socialise, make new friends, and try out lots of inclusive sports and other activities in a supportive environment.

**The cost is a contribution of just £3.50 (£3 for block bookings)**

### Juniors (ages 4-9)

Date	Time	Activity	Contact
Location: The Venue at Park Hall, Burma Road, Park Hall, Oswestry. SY11 4AS			
Fortnightly on a Friday			
7th April			For bookings and further information and to discuss how we can cater for the needs of your child/young person:  <b>Naomi Stocker</b> <b>01691 684840</b> or email <b>naomi.stocker@</b> <b>gotothevenue.com</b>
21st April		Examples of activities are: 10 pin bowling, laser quest, football, tag rugby, zumba, hoola hooping, soft play, table top games, hockey, dodgeball, volleyball, goalball, golf, tennis, new age kurling and more.	
5th May	5.30 to 7pm		
2nd June			
16th June			
30th June			

### Seniors (ages 10-18)

Date	Time	Activity	Contact
Location: The Venue at Park Hall, Burma Road, Park Hall, Oswestry. SY11 4AS			
Fortnightly on a Friday			
3rd March			For bookings and further information and to discuss how we can cater for the needs of your child/young person:  <b>Naomi Stocker</b> <b>01691 684840</b> or email <b>naomi.stocker@</b> <b>gotothevenue.com</b>
17th March		Examples of activities are: 10 pin bowling, laser quest, football, tag rugby, zumba, hoola hooping, soft play, table top games, hockey, dodgeball, volleyball, goalball, golf, tennis, new age kurling and more.	
28th April	6 to 8pm		
12th May			
26th May			
9th June			
23rd June			

Autism West Midlands will once again be offering their successful summer activity programme for young people aged 13-18. There will be lots of different activities to take part in, have fun, learn new skills and meet other young people.

- All sessions must be booked and paid for in advance
- A minimum booking of 5 sessions is required
- Young people must be able to engage with activities independently

Date	Time	Activity	Age	Contact
Location: Belle Vue Youth Club, Rocke Street, Shrewsbury. SY3 7PY				
Every Wednesday and Friday from 2nd August to 1st September	11 to 4pm	Examples of activities: Arts and crafts, tie dyeing, cooking/baking, making bath bombs and exploding cola, making pizza  Days out such as: Trampoline, Bowling, Telford Town Park, Cardboard sledging, Blists Hill  Opportunities to explore autism, self-esteem, anxiety and anger	13 - 18 year olds	<b>Wendy Cowton</b> <b>wcowton@autismwestmidlands.org.uk</b> <b>or 01743 210962</b>

Autism West Midlands offer other opportunities through the year such as family activities in school holidays. Please contact [shropshire@autismwestmidlands.org.uk](mailto:shropshire@autismwestmidlands.org.uk) to join their mailing list.

If you have any questions or comments regarding this activity programme please contact the Short Breaks Team on:  
**01743 250227** or email  
**[shortbreaks@shropshire.gov.uk](mailto:shortbreaks@shropshire.gov.uk)**

If you can read this but know someone who can't, please contact us on 0345 678 9000 so we can provide this information in a more suitable format.