

Short Breaks Newsletter



February 2024

Pony Pals Wrekin

Pony Pals Wrekin is an equine assisted therapy facility for children and adults supporting a wide range of needs, based at the foothills of the Wrekin. Their approach is creative, flexible and child-led, and they ensure that they plan the sessions based on what outcome the children want to achieve with the therapy.

Sessions are based on the Horse Boy and Movement Method systems. Staff include CBT counsellors, and therefore groom and talk, or ride and talk sessions are also available.

Horse and animal therapy has been shown to be of benefit for a wide range of needs, including autism, anxiety, trauma, addiction, behavioural problems, and learning difficulties.

During the sessions they create the correct physical environment where learning and emotional and physical wellbeing can happen.

During the sessions children meet and handle the ponies from the ground, touching and breathing with the ponies, using repetitive grooming movements, giggles, hugs and fun. Playing with the animals in this way relaxes the children and makes them receptive to learning.

The child can then move to being on-board when they are ready, and the activities again focus on sensory and calming work. As little or as much time is spent at each stage depending on the child and their needs. There are no timelines, and if more time is needed on a particular activity or the child is particularly receptive to an activity, then this is what they will focus on.

If you would like further information, including costs, or to discuss your child's needs, please email Wendy on ponypalswrekin@btinternet.com

Boardroom Gaming Cafe

Although getting outside is great, during the colder months, you can't beat a warm café, a drink, and a board game to entertain the whole family! The Boardroom Gaming Café in Wellington have a growing selection of games for you to try out. Simply pay £3 per person, for 2 hours (half price for under 12s and over 60s) and that's it! If you want to stay and play for longer. just tell a staff member and with a reduced charge, you can just...
GAME ON!

You can view a timetable of sessions, opening times and parking information on their website (<https://boardroomgamingcafe.co.uk>). Please note, the sessions are not SEND specific, but all families are welcome. If you would like to discuss accessibility requirements, please call 01952 259952.

Do you have a Cinema CEA Card?

The CEA Card entitles you to ONE free ticket for someone to accompany you or your child to the cinema to provide the assistance you may need during your visit. To get the free ticket, you will need to purchase a full price ticket for yourself or your child for the same performance of the same film in the same auditorium.

Over 90% of cinemas accept the CEA card, including both Odeon and Cineworld in Telford. There is a small one off fee of £6 to purchase the card, but will save you a lot of money if you go to the cinema regularly! If you would like to apply, please visit <https://www.ceacard.co.uk>



Working Together at Our Short Breaks Forum—2024 Dates

Short Breaks Statement

Telford and Wrekin Council's Short Breaks Statement is designed to show how we meet the social care needs of Children and Young People with disabilities in Telford and Wrekin. It shows the levels of support available, who it is available to and how to access it. We are currently reviewing the Short Breaks Statement, as it has been live for coming up to 12 months.

In December 2023, we sent out a survey aimed at professionals and parent carers, to enable us to gather comments to help us to produce a new and improved Short Breaks Statement. Thank you to those of you who completed the survey and shared your thoughts, these are invaluable when producing a document that aims to inform and support local families.

We are currently producing a draft version of the Short Breaks Statement 2024 and will be presenting it to families at the next Short Breaks Forum on 6th February, 10-12pm at PODS Hub, 1 Hawksworth Road,

Contact Us

If you have any queries about anything on the newsletter or any activities or events you would like to be added to the newsletter calendar to spread the word and increase attendance, please email shortbreaks@telford.gov.uk

You can view all parts of our SEND Local Offer, including a copy of our SEND Activities booklet on our website: www.telfordsend.org.uk. You can find us on Facebook - Telford and Wrekin's Short Breaks.

The Short Breaks Forum provides an opportunity for local families to meet with Telford and Wrekin Council representatives to discuss and exchange views, information and options to meet the social care needs of children with disabilities.

Based on feedback, we have arranged the 2024 forum's on a range of dates and times to cater to as many families as possible. The dates and times for 2024 have been agreed and are as follows:

- 6th February, 10-12pm
- 21st May, 5-7pm
- 10th September, 10-12pm
- 10th December, 5-7pm

All forum's are held at PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU.

You are more than welcome to come along and join us. If you are unable to make it, all highlights will be included in the following newsletter. Alternatively, you can email shortbreaks@telford.gov.uk and request a copy of the notes.

Autism Friendly Cinema Screenings

Odeon Cinema have released the following statement. 'We're thrilled to announce that autism friendly cinema screenings are coming back! We understand our cinemas are large, busy and exciting environments and for some this creates barriers or results in sensory overload. We've developed a regular program of screenings designed to create a relaxed and safe environment.'

ODEON have been hosting autism friendly cinema screenings since 2011 and now their sensory friendly films are at over 100 cinemas at least once a month. If you would like to find out more, please visit <https://dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>

Local Offer
for Special Educational Needs and Disability

Discover everything you need to know about education, health and care services in your local area for children and young people with SEND 0-25yrs at www.telfordsend.org.uk

SEND

Local Offer

Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Date and Time	Activity	Location	Details
Monday			
Every Week—10-11.30am	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—3.45-4.45pm	PODS Sensory Session		
Every Week—4-5pm	PODS Stop Motion		
Every Week—4-5.30pm	Soft Play for Juniors	Telford Ice Rink, International way, Telford TF3 4JQ	To book, visit https://www.telfordicerink.co.uk/info/5/soft-play
Every Week—6-8pm	Soft Play for Seniors		
Every Week—11.15-12.15pm	Children's Autism Hub Coffee and Chat	Hazeldine House, Central Square, Telford TF3 4JL	To book, contact 01952260062 or email childrensautism@tandwcvcs.org.uk
Tuesday			
Every Week—3.45-4.45pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—4-5pm	PODS Minecraft		
Every Week—4-6pm	Pirates and Princesses Soft Play SEND Session	Unit 17, Cedar Court, Halesfield 17, Telford TF7 4PF	To book, call 01952582382
Every Week—6-7pm	Airea 51 SEND Session	Airea 51, Stafford Park 12, Telford, TF3 3BJ	To book, visit https://www.visittelford.co.uk/things-to-do/airea51-p1418561
Every Week—4-5pm	Challenging Perceptions Youth Wellbeing Group	Park Lane Centre, Woodside, TF7 5QZ	To book, call 01952683700.
Every Week—3.30-4.30pm	4 All Boxing	104-106 Southgate, Telford TF7 4HG	No booking required.
Every Week—10-11.30am (term time only)	Shining Stars SEND Play-group 0-5yrs	The Linden Centre, Oak Road, Overdale, Telford, TF3 5BT	If you have any enquiries, email shiningstars2017@hotmail.com
Wednesday			
Every Week—3.45-4.45pm	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—4-5pm	PODS Lego		
14th February—1-2.30pm	PODS Valentines Party		
Every Week—6-7pm	Airea 51 SEND Session	Airea 51, Stafford Park 12, Telford, TF3 3BJ	To book, visit https://www.visittelford.co.uk/things-to-do/airea51-p1418561
Every Week—4-5pm	4 All Dodgeball	104-106 Southgate, Telford TF7 4HG	No booking required.

If you would like to discuss your child's needs or accessibility requirements, please contact the activity provider on the details above ahead of the session to avoid disappointment.

Date and Time	Activity	Location	Details
Thursday			
Every Week—4-5pm	PODS Activity Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—10.30-1.30pm	Special Needs Activity Centre	7 Downemead, Hollinswood, Telford, TF3 2EW	For more information, please visit SNAC on Facebook.
First Thursday of Month—4.30pm	Children's Autism Hub Dugout 11-18yrs	Hazeldine House, Central Square, Telford TF3 4JL	To book, contact 01952260062 or email childrensautism@tandwcvcs.org.uk
Friday			
Every Week—1-2pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—10-12pm	Ice Rink SEND Session	Telford Ice Rink, International way, Telford TF3 4JQ	To book, visit https://www.telfordicerink.co.uk/info/5/soft-play
Every Week—5-6pm	Ice Rink SEND Session		
Third Friday of Month —7pm (16th Feb and 15th March)	Funky Friday Inclusive Disco 15+	The Navy Club, Bellman's Yard. Newport, TF10 7AJ	No booking required.
Every Week—10-11am	Challenging Perceptions Under 5's Parents and Toddlers	Park Lane Centre, Woodside, TF7 5QZ	To book, call 01952683700.
Saturday			
Every Week—1.35-2.05pm	Silhouette Dance SEND Session	Randlay Avenue, Telford, TF3 2LH	To book, call 07792300692.
Every Week—10-11am	PODS Activity Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Alternate Saturday's (3rd and 17th Feb, March dates TBC)	Big Street Little Feet Role Play Centre	2 Anstice Square, Horseshoe Court, Madeley, Telford TF7 5BD	To book and find out more information, visit https://www.bigstreetlittlefeet.co.uk/home
Sunday			
Every Week—12.15-1.30pm	SEND Swimming	Abraham Darby Leisure Centre, Ironbridge Rd, Telford, TF7 5HX	To view full timetable, visit https://www.telfordandwrekinleisure.co.uk/info/4/swimming
Every Week—9-10.30am	Pirates and Princesses Soft Play SEND Session	Unit 17, Cedar Court, Halesfield 17, Telford TF7 4PF	To book, call 01952582382
Every Week—5-6pm	Wrekin SEND Swimming Club	Wellington Leisure Centre, Tan Bank, Wellington, Telford TF1 1LX	For more information, search Wrekin Special Swimming Club on Facebook or call 07530465472.