

A GUIDE TO

ShortBreaks

Be included • Be welcomed • Be you



Inclusive opportunities for disabled and non-disabled young people together

GLOUCESTERSHIRE



2024 / 2025

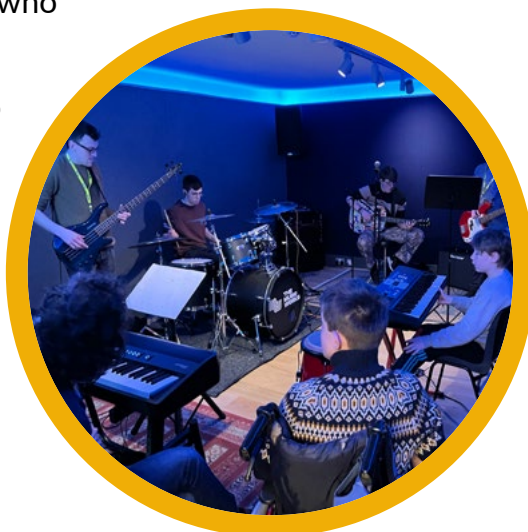
Foreword

This guide has been produced by Active Impact, a Gloucestershire charity that works to remove disabling barriers to being included in all that life has to offer. We support children and families to access opportunities that their non-disabled peers might take for granted, and enjoy time away from their families to have fun and grow in independence. We work in partnership with many other organisations (many of whom feature in this guide), including Gloucestershire County Council and Gloucestershire Parent Carer Forum, to build the quality and quantity of inclusive activities available to children who require extra support to get involved.

We are always looking for parents and carers who would like to get involved with our work. Perhaps you would like to help shape the direction of what we do at Active Impact. If you have any comments, feedback, or ideas on how to improve this annual publication, please do get in touch; we would love to hear from you. Contact details can be found at the end of this guide.

Happy reading, and our best wishes to you and your family.

The team at Active Impact.



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Welcome

Welcome to A Guide to Short Breaks: Gloucestershire, the one-stop guide for anyone considering accessing, or wanting to know more about, accessible and inclusive activities or opportunities in the county for their child or young person who has additional needs.

You may not have heard of the term Short Breaks. You might think that a short break is an overnight stay somewhere for your child. The reality is, any opportunity or activity that a child or young person can enjoy away from their parents is, for them, a short break.

You may not consider your child disabled. However, any child who faces ongoing, disabling barriers to leading a full and rewarding life might find something that they can access through this guide, including:

- ⊕ Features and insights highlighting how life-changing the right social opportunities can be for children and young people who require additional support
- ⊕ Contact details for a range of organisations who have a positive track record of welcoming and supporting children
- ⊕ Organisations who can support you as a parent, and help you find what you need in your caring role
- ⊕ Information about practical and financial help that you might be entitled to



Parent Carer definition (Carers UK 2022)

A parent carer is someone over 18 who provides care to a disabled child for whom they have parental responsibility.

Short Breaks definition from GCC

All parents and children need breaks, whether they are disabled or not. Our approach has been to work in partnership with parents and organisations in Gloucestershire, to make it much more 'ordinary' for disabled children and young people to go to clubs and activities in their own neighbourhoods, with whatever support they need. Short breaks can include day, evening, overnight, weekend and holiday activities



Defining Disability – the legal definition of a disabled child

The 2010 Equality Act says that a person is disabled if they have a physical or mental impairment that has a substantial and long-term negative effect on their ability to do normal daily activities. This can include people with both visible and hidden impairments; physical impairment, learning disability, sensory impairment, chronic medical conditions (including mental health conditions), and neurodivergence.



What is a Short Break?

Short Break is a term used to describe **any rewarding activity or opportunity** that allows a child who has additional support requirements to spend time away from their families, to grow in autonomy and independence, and enjoy a full, rewarding life.

You may be more familiar with the term ‘respite’; short breaks are indeed a way to enable parent carers to have a rest from their caring responsibilities. However, they are primarily an opportunity for disabled children to spend time enjoying doing things that they want to do.

Most families, whose child requires extra support, face the task of finding short break opportunities themselves. Active Impact aims to help all families access opportunities that are inclusive and meet their child’s needs.



At *Active Impact* we believe the following:

That disabled children and young people belong in their own communities, enjoying themselves alongside their peers, and benefitting from the support systems around them wherever possible

That children are disabled by barriers in their surroundings and circumstances, not by their own characteristics or support requirements



That all children should be able to socialise with other children from a variety of backgrounds, and with a variety of characteristics

That all children and families should have control and choice over how they spend their time

That it is our collective responsibility to remove disabling barriers wherever we find them

If you’d like to find out how an inclusive, supportive activity might be beneficial for your child, then please do read on... we hope that this guide helps you find out more.

What is Inclusion?

Throughout this guide you will see the term **inclusion** or **inclusive** used to describe activities and opportunities. Active Impact's mission is to improve and increase inclusive opportunities for children across the county – but what does that mean?

You may have seen the term inclusive being used to describe 'SEN' sessions at attractions, events and activities - for example, quiet sessions at a soft play.

Whilst these sessions can be very helpful to some children, at Active Impact we believe that inclusion is a way of thinking and working, rather than a 'special session'. Inclusion is about services bring truly open to everyone, with organisations and providers doing all they can to enable all children, disabled or not, to access the things that they'd like to do. In relation to disability, this is referred to as making 'reasonable adjustments'.

Active Impact works with organisations across the county, whether specialist (specifically set up to meet the needs of disabled children) or mainstream, supporting them to think about how they welcome children into their opportunities, find out about what they need or want from the provider, and take positive action to remove as many barriers to involvement as possible. In doing so, the choices available to disabled children are increased and improved. Welcoming and valuing everyone's involvement creates connections, understanding, and opportunities, which benefit us all.



“I love
coming
here...
I feel
like I
belong!”





Creative Sustainability – Supporting and Empowering People

For the past 15 years, Creative Sustainability has offered disabled young people the chance to do things that they might not normally be able to do. Wild camping, cooking over fires, and climbing mountains are just a few activities they have supported disabled young people to achieve alongside their non-disabled peers. These camping trips are just a small part of what **Creative Sustainability** offers.

*“We run the **3rd Space Youth Hub** and the **Access Bike** project,” said Tosca, Manager of **Creative Sustainability’s Youth Programme**. “Young people can come in to fix a bike up for themselves, which then becomes their mode of transport. They also learn how to fix their bike so that when it breaks, they can repair it themselves.”*

She also explained that 1:1 mentoring is a big part of what they can offer, with young people often mentoring younger people with similar experiences. The **3rd Space Youth Hub** offers the opportunity for young people and young disabled adults to make friends and take part in activities like crafts, gaming and cookery. They also run **Anything is Possible**, a space that supports people into employment. Tosca described it as a place where they can learn skills and receive individual support if they want it.

“Young people told us that they wanted to do a spa day,” she said. “They also wanted to do some first aid training. We make it all happen!”

As well as their hugely successful wild camping trips, **Creative Sustainability** offers short breaks that take place online. “We know that some young people don’t feel able to come to an activity in person,” said Tosca, “and geography can sometimes be a problem too.”

They organise an online creative break on Mondays and a musical space at home on Wednesdays. Before a short break activity, the staff at **Creative Sustainability** make a phone call to speak to the young person as well as their parents or carers.

“We always invite families to come and meet us too,” said Tosca, “particularly before coming on one of our residential trips.”

In this way, young people, their families and the staff can have a conversation about the young person’s needs, expectations and anything they might be worried about.

“These residential trips are often the first step outside of home for young people,” said Tosca. “Whether they’re coming wild camping in summer or to our indoor winter residentials, we all pile on the minibus and sing songs until we get there!”

Creative Sustainability takes a group of disabled and non-disabled young people, who support each other to pitch up 12 tents and get cooking on the fire. They grow in independence as they help with building the fire, cook, and wash up afterwards.

“You’ve no idea how exciting it can be for a 22-year-old to do their first wild wee and brush their teeth outside!” laughed Tosca.

These residentials always follow a structure so that the young people know what to expect. In this way, they know what they will be eating and often learn the recipes to make it themselves. The food is vegetarian which keeps it simple, inclusive and safe to cook on the fire. The camps include walks, boating on a canal, a pub lunch and a cabaret show put on by the Participants.

“For us, it’s about knowing when a young person can be supported to go outside their comfort zone,” said Tosca. “On our last trip, we had a young person who was so worried about the trip and didn’t think she could do it. As a group, we supported her to climb to the top of the mountain, and she hasn’t stopped talking about it since! She says it was the best weekend of her life.”

To find out more about **Creative Sustainability**, visit <https://cscic.org> or email hello@cscic.org.

To find out more, contact Louise on louise@twocantheatre.org.uk or 07941 218 520.





SCAN
TO
JOIN



Who are we?

The Forum is a group of parents or other family members who care for children and young people age 0-25 years who may need extra support at school, college or after they leave education. This may be because your child or young person has a disability, physical or mental health condition or a learning difference.



We are an independent group of volunteers, helped by 3 part-time staff. We recognise that many families struggle to get the right support for their children because the system is too hard to understand or it is too complicated. Parents might not know they are entitled to support or may not know who can provide them with the support.

We meet face to face and online to share our experiences as parents, of services in Gloucestershire.

www.glosparentcarerforum.org.uk/

What we do for you

We discuss with the Council and Local Authority where they can improve their services. We work together to try to find solutions to the barriers that families tell us they are experiencing when trying to access those services.

We also want to reduce the isolation that many families experience. We give parents the chance to hear about different events and activities. We run focus groups with different service providers so they can hear from parents. We help parents get to know other parents in similar situations.

If you join the forum, you will receive a newsletter with useful information and you can join a private facebook group for parents where you can share your concerns and find support from other parents in similar situations.

We would love you to join us, so that we can hear your experiences and keep you informed.

Joining the forum is free.

You can email us:

info@glosparentcarerforum.org.uk

Follow our Facebook Page:

[www.facebook.com/
Gloucestershireparentcarers/](http://www.facebook.com/Gloucestershireparentcarers/)

Join the Forum Discussion Group:

[www.facebook.com/groups/
glosparentcarerforumdiscussiongroup/](http://www.facebook.com/groups/glosparentcarerforumdiscussiongroup/)





Art Shape – Increasing Participation in the Arts for People with Disabling barriers.

For 30 years, **Art Shape** has worked with people who face disabling barriers and wider communities to ensure that everyone has access to the arts. They cover all art forms and work in partnership with others. **Art Shape’s** recent holiday programme saw 8–17-year-olds doing street dance, graffiti street art, tie-die, and printing and much more. We spoke to Harriet West to find out more about what they do.



“Whatever we think the kids are going to like!” she said. “We always ask them. Whether it’s sculpture, sand casting or podcasting, we do our best to make it happen.”

Harriet has worked for **Art Shape** for 15 years. In that time, she has helped to organise a big arts and wellbeing programme, exhibition opportunities for artists, and various youth projects. **Art Shape** has been part of the **Of Course we Can** programme, in partnership with **Active Impact** and **Gloucestershire County Council**, for many years, arranging all sorts of events for young people.



“We have a regular inclusive studio day on Saturdays,” said Harriet. “We have creative workshops but young people can also bring their own projects to work on. This has been for young people aged 8-17, and we are planning to extend the age range up to 25. Our studio days tend to be very relaxed. The young people bring snacks, chat to each other as they’re working, and they can have music on if they want.”

Art Shape also run workshops that are lead by what young people want to do.

“Their feedback is a big part of how we run,” said Harriet. “That’s why we always ask them for their best and worst bits of a session.”

An event usually culminates in a showcase of young people’s talents and hard work.

Harriet explained that she calls parents before an event to have a conversation about the young person.

“I like to ask about what children enjoy,” she said. “I also ask if there’s anything I should know. If parents want to stay for a while on the day, that’s fine with us.”

Their **Of Course We Can** events tend to run over 4 days and involve young people working together. On the last day, parents and carers are invited to come and see what their children have been up to.

*“Families are really positive when they see how much their kids are achieving and how well it’s gone,” Harriet said. “We had a young lady attend our **Passion for Fashion** event who had never stayed anywhere for more than a day. She was desperate to come back!”*

If you would like to find out more about Art Shape, you can contact Harriet at Harriet@artshape.co.uk



Find things
to do that
work for you



What do you like doing?

Find events, activities, venues & groups
on **You're Welcome Gloucestershire**

A free inclusive activity finder with clear
accessibility information

Easily search for....

Events  or Things To Do 

- by location
- by what interests you
- by access or specific requirements



Find us on Facebook for
more information and to chat
about inclusive activities in
Gloucestershire



 www.yourewelcomeglos.org

 You're Welcome Gloucestershire

 You're Welcome Gloucestershire

 hello@yourewelcomeglos.org

#FINDYOURTHINGGLOS

My Short Break - A Family Perspective

"Hazel been enjoying days at **Greenwoods Therapeutic Horticulture** in Tewkesbury for over 8 years now. There are so many things about Greenwood's sessions that Hazel loves, but if I were to pick a favourite, I would say it is the outdoor environment and interacting with Jo, Mandy and their amazing team of workers".

Hazel's mum Alison was keen to tell us about the difference that Hazel's time at Greenwoods makes to her.

"When she's at Greenwoods, Hazel experiences the freedom that being outdoors brings, whilst in a safe and secure environment. She is fascinated by the sheep and the lambs and enjoys playing in the barn. Hazel greatly enjoys wandering in and out of the greenhouse and exploring the plants and the soil! Greenwoods offers her the kind of safe, stimulating, sensory environment that she needs and benefits the most from".

She went on to elaborate. "Having Greenwood's sessions for Hazel is a lifeline for me and the rest of the family. Greenwoods provide her with vital physical, social and emotional well-being opportunities that otherwise we struggle to find due to the nature of her complex medical and care needs (Hazel is predominantly tube fed). I can confidently leave her there knowing she is safe, well-cared for and thoroughly enjoying her day. This leaves me and the rest of the family with precious time to do other things and spend time together that we might otherwise not be able to do. Hazel also usually sleeps really well after a day at Greenwoods, so that's another bonus!"

If you are interested in learning more about the kind of support and activities that **Greenwoods Therapeutic Horticulture** could offer your child, **contact Jo Greenwood on 07494302766 / 01684 276786 or email greenwoodcic@gmail.com**.

Alison summarised her feelings - "Greenwoods is a rare gem of a place that we feel very lucky to have found for Hazel and it's truly a pleasure taking her there each week. We'd be lost without it!"





Support for Families in Gloucestershire

Gloucestershire Disabled Children and Young People Service

In Gloucestershire, the **Disabled Children and Young People Service (DCYPS)** is a part of the Local Authority that provides Specialist Early Help and Social Work support for disabled children, young people and their families, with a range of support to meet assessed needs.

Their aim is to support disabled children and young people to be fully participating and included in their families and communities, developing the skills and experiences needed to live as independently as possible. The **DCYPS** provides assessments and support plans for children and young people who:

- ⊕ have a substantial and permanent disability and
- ⊕ appear to have needs arising from their disability that can only be met by accessing specialist support,
- ⊕ or where there is a need for additional funding to enable short breaks to take place.

GCC recognises that there are many other children who are not in this group but who are also Children In Need under the Children Act 1989 (because they have a lifelong disability, condition or impairment that significantly impacts their day-to-day life). These children and young people are also entitled to an assessment of their needs, but would receive their assessment (if their parents request it) and any support from *Targeted Support Teams* or *Children and Family Teams* rather than from specialist Disabled Children practitioners.

For further information or advice around a potential Local Authority assessment of your child's needs, if you feel these needs are not being met through universal, mainstream services, you can contact the **Children's Helpdesk** on 01452 426565 or email childrenshelpdesk@gloucestershire.gov.uk.

SPOTLIGHT on...

Gary Baker is a Commissioning Officer within the **Disabled Children Short Break Commissioning Team**, part of the larger **Children and Family Hub**. Part of his role is to oversee the work of organisations who hold contracts with GCC, ensuring that they are high quality, sustainable and meet the requirements of the children and families who attend them, now and into the future.

Gary has a huge amount of experience in making sure that opportunities are responsive, safe, and fun. As someone with lived experience of being disabled and requiring accessibility adaptations, he is deeply committed to inclusion: disabled and non-disabled people enjoying life side by side.

Gary said, "I've worked with disabled and autistic people for over 20 years. I started as care worker and progressed to manage residential, supported living, day centres and activity provision in Gloucestershire. I started working at GCC in 2013 in the Learning Disability Operations Team with disabled and autistic adults, and then younger people in transition.

I moved to the **Disabled Children and Young People Service (DCYPS)** in 2019 as a Lead Professional and joined **Children and Family Commissioning** in July 2022, and I love it.

I have been very lucky and met so many amazing people and their families. I have lots of friends and contacts throughout the county and I'm proud of my achievements and experience."

If you have any questions or would like to know more about **Active Impact's** work, please contact us at info@activeimpact.org.uk, www.activeimpact.org, or call 01452 341266.



The Neurodiversity Network is a user-led network of activity providers who are committed to being inclusive of neurodivergent children and adults in Gloucestershire.

Who can join the network?

- ✓ Activity providers
- ✓ Neurodivergent individuals or family members



Hi, I'm Mar (they/them)
I'm autistic and ADHD myself as well as being a parent carer to neurodivergent children. This means I understand first-hand the importance of accessible leisure opportunities.

My lived experiences inform our work as we bring together activity providers, neurodivergent individuals, and their families to increase understanding and inclusivity.



Contact the network:
ndnetwork@activeimpact.org.uk



glosfamilies directory



What are you searching for today?



An online directory bringing together information, services, resources and things to do in Gloucestershire.

Visit glosfamiliesdirectory.org.uk today.



Support for
Families With
SEND



Glosfamilies Directory hosts Support for Families with SEND, [Gloucestershire's Local Offer](#). This is a central source of information on services for children and young people aged 0-25 years with Special Educational Needs and Disabilities (SEND) and their families. It also contains all of the [Families in Partnership newsletters](#), which you can sign up to receive [here](#).



SUPPORT, ADVICE & FINANCIAL

Gloucestershire County Council

Children's Helpdesk (Also called the "Front Door")

What it provides: A first point of contact with the Local Authority regarding the wellbeing of a child or young person aged 0-18 (up to 25 if the child is disabled or has special educational needs). You can use this number to get through to other departments in Children and Families services, find the right person to give you advice, or report your concerns around the safety and wellbeing of a child or young person.

📞 01452 426565 ✉️ childrenshelpdesk@gloucestershire.gov.uk

Early Help and Targeted Support

What it provides: All children receive universal services. However, some children will need extra support to be healthy, stay safe and achieve their potential. The Early Help service offers a range of support to help families.

Visit Early Help - Advice, Guidance and Support - Gloucestershire County Council or phone the Children's Helpdesk (details above).

🌐 www.gloucestershire.gov.uk/health-and-social-care

The Family Information Service (FIS)

What it provides: The Family Information Service (FIS) provides a wide range of advice on topics including family support, education, childcare and activities. They have a directory website for local services (glosfamiliesdirectory.org.uk) on which you will find both local and national support agency information. The Local Offer is within the directory and a source of information on services for children and young people ages (0 – 25) with special education needs and disabilities (SEND) and their families.

📞 01452 427362 ✉️ familyinfo@gloucestershire.gov.uk

🌐 www.gloucestershire.gov.uk/health-and-social-care



Future Me

What it provides: Future Me (part of Glos Families Directory) helps you share your views about being a young person with additional needs or disabilities in Gloucestershire. There is also information that will help you prepare for adulthood.

🌐 www.glosfamiliesdirectory.org.uk



Short Breaks Assessments

What it provides: If you feel that your child may be entitled to help from the Local Authority to access a short break or respite – for example if your child has particularly complex support requirements or additional significant difficulties in accessing opportunities - you can call the Children's Helpdesk to request information.

📞 01452 426565 (Children's Helpdesk) 🌐 www.glosfamiliesdirectory.org.uk

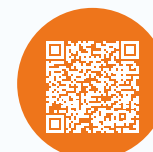


SENDIASS

What it provides: SENDIASS provides free, confidential, impartial advice and support on educational matters relating to children and young people with special educational needs and disabilities (SEND) in Gloucestershire. The service is offered to parents and carers of children and young people aged between 0 and 25 years old.

SENDIASS are open Monday to Friday 9.00am – 5.00pm.

📞 0800 158 3603 or 01452 427566 🌐 www.sendiassglos.org.uk



Voluntary and Community organisations

Organisation: Gloucestershire Parent Carer Forum

What they offer: Gloucestershire Parent Carer Forum is a voice for those with lived experience of being a Parent Carer (This means parents and/or carers of children with any disability, SEN, condition, impairment or additional need). They create a bridge to the providers of statutory services to help build better services for all families of disabled children in Gloucestershire. They provide support and guidance to Parent Carers through a Facebook group and can offer information about Parent Carer groups in your local area.

📞 07494 704564 ✉ info@glosparentcarerforum.org.uk 🌐 www.glosparentcarerforum.org.uk

Organisation: You're Welcome Gloucestershire (Online activity finder)

What they offer: Whether you're looking for things to do with the children or an inclusive activity for your child to attend independently, You're Welcome has you covered. You're Welcome is a free website to search for events in Gloucestershire, listing organisations that offer online and face-to-face activities. You can search by location within the county, your hobbies and interests, and by any specific requirements you or your child might have.

✉ hello@yourewelcomeglos.org 🌐 www.yourewelcomeglos.org

Organisation: GLAD Parents (Gloucestershire Littles with Awesome Differences)

What they offer: GLAD offer support for parents of children and young people with additional support requirements. They also host inclusive entertainment and social events for the whole family.

📞 07930 955228 ✉ Gladparentinfo@gmail.com 🌐 www.facebook.com/GLADParents

Organisation: Gloucestershire Parent and Carer Alliance

What they offer: The Gloucestershire Parent and Carer Alliance offers independent practical and emotional support for parent carers through events, webinars and an advocacy and advice service.

✉ info@parentandcareralliance.org.uk 🌐 www.parentandcareralliance.org.uk

Organisation: ADHD Hub Gloucestershire

What they offer: ADHD Hub Gloucestershire offer support, guidance, training, peer support, and events for children and adults who have, or suspect they may have, Attention Deficit Hyperactivity Disorder. ✉ info@adhdhubglos.org 🌐 www.adhdhubglos.org



Organisation: Gloucestershire Carers Hub

What they offer: Gloucestershire Carers Hub provide a person-centred approach to any carer who registers or is referred. The experienced and friendly local team ensure you have the support, information and time to think about your needs.

📞 0300 111 9000 ✉ carers@peopleplus.co.uk 🌐 www.gloucestershirecarershub.co.uk

Organisation: Inclusion Gloucestershire

What they offer: Inclusion Gloucestershire is a user-led organisation working to further inclusion and champion the voice of people facing disabling barriers across Gloucestershire and beyond. They offer support with advocacy, employment and volunteering activities, mental health support, and information.

📞 01452 234003 ✉ info@inclusion-glos.org 🌐 www.inclusiongloucestershire.co.uk

Organisation: Contact – For families with disabled children

What they offer: Access advice and information about concerns a family might have about raising a child with additional needs. They run a free helpline and offer a Listening Ear support service. They produce a range of email newsletters and parent guides available to download or order.

🌐 www.contact.org.uk/help-for-families/information-advice-services

Organisation: IPSEA

What they offer: IPSEA is the leading charity in the field of SEND law in England, providing free and independent legal advice and support to families of children and young people with Special Educational Needs and Disabilities (SEND).

📞 0300 222 5899 🌐 www.ipsea.org.uk

Organisation: PEAK (Parenting Empowered Autistic Kids)

What they offer: PEAK's mission is to support and relieve the needs of children, families, educators and any connected parties who live or work with a young person, pre or post an autism diagnosis, offering free, independent and bespoke advisory/advocacy support

✉ contact@parentingempoweredautistickids.com 🌐 www.parentingempoweredautistickids.com



Financial Support

Organisation: Family Fund

What they offer: Family Fund is the UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income. Their Supporting Families with Disabled Children programme in England, funded by the Department for Education, offers grants to families with children and young people aged up to 17, on a low income. Grants can be for a wide variety of items, such as furniture, white goods; sporting and play equipment and activities club fees and memberships for children; family breaks and days out; clothing; IT equipment and more.

 www.familyfund.org.uk

Organisation: Gloucestershire Disability Fund

What they offer: Gloucestershire Disability Fund provides grants to people of all ages living with a physical, sensory, and/or learning disability, as well as to not-for-profit organisations and community groups which support them. The well-being grants of up to £1,000 for individuals are designed to meet one-off exceptional needs whilst adhering to the fund's grants guidance.

 www.glosdisabilityfund.org.uk

Organisation: The Disability Grants Website

What they offer: The website offers families information on where to find funding to help their disabled child. The website brings together many different grant-givers and sources of support.

 www.disability-grants.org

Organisation: Contact – For families with disabled children

What they offer: Contact have information about benefits available to families of disabled children. You can read their guidance and advice here:

 www.contact.org.uk

Organisation: The Mayfield Home Trust

What they offer: The Mayfield Home Trust provides grants to individuals with learning disabilities, or families with a member who has learning disabilities, in Gloucestershire, to purchase items which would improve the life of the beneficiary.

 www.mayfieldhometrust.ltd.uk



“My child has gone in happily and came out smiling on every occasion and I had almost given up hope on finding a camp that was honestly inclusive”



Listings

We've brought together a selection of inclusive activity providers for this guide. You can find lots more on www.yourewelcomeglos.org



INCLUSIVE ACTIVITY PROVIDERS

Organisation: Allsorts

Activity locations: Stroud and Cheltenham plus additional satellite locations

When: Various

Key contact: Sasha Waring

Type of activities: : Allsorts provides activities to children and young people (0-25 years) with additional needs. They offer sports sessions, holiday clubs, young adult groups, support groups for siblings, grandparents, parents and carers as well as Toy Library at their Activity Hub in Stroud.

📞 01453 750474

✉ info@allsortsglos.org.uk

🌐 www.allsortsglos.org.uk



Organisation: Acting Up

Activity locations: Churchdown and Twining

When: Saturdays

Key contact: Emily Hastings

Type of activities: Acting Up! offers mixed ability lessons where young people build confidence through different drama methods and activities. Classes are small so each person can maintain their individuality and be better supported. When not working towards a play or show case, participants enjoy themed sessions and learn new acting skills.

Key info: Inclusive drama Groups for children aged 3 – 18. Various times across the Saturday, split between Churchdown (AM) and Twining (PM).

📞 07966 684065

✉ Emilyhastingsactingup@gmail.com

🌐 www.actinguptheatre.co.uk



Organisation: Active Gloucestershire

Activity locations: County-wide

When: Various

Key contact: TBC

Type of activities: TBC

📞 TBC

✉ TBC

🌐 www.activegloucestershire.org/



Organisation: Art Shape

Activity locations: Various

When: Various

Key contact: Harriet West

Type of activities: Inclusive creative activities for individuals facing disabling barriers. Immerse yourself in a huge range of art, craft and performance-based activities with Art Shape, including local carnival projects.

📞 01452 863855

✉ info@artshape.co.uk

🌐 www.artshape.co.uk



Organisation: Artspace Cinderford

Activity locations: Forest of Dean

When: Various

Key contact: Sally Gibson

Type of activities: Cinderford Artspace offers many opportunities for people of all ages and abilities to get involved in the arts including painting, textiles, pottery, drama and circus. Courses and projects run both in the daytimes and evenings.

📞 01594 825111

✉ info@artspacecinderford.org

🌐 www.artspacecinderford.org

Organisation: Bloodhound Education

Activity locations: Berkeley, Cotswolds and additional satellite locations

When: Various

Key contact: Kirsty Allpress

Type of activities: Hands-on Science, Technology, Engineering and Maths (STEM) experiences.

Key info: Inclusive activities for aged 7 and over, including sessions particularly aimed at autistic children and young people.

📞 020 8150 3767

✉ enquiries@bloodhoundeducation.com

🌐 www.bloodhoundeducation.com

Organisation: The Chamwell Centre

Activity locations: Gloucester

When: Various **Key contact:** Louise Arkley

Type of activities: The Chamwell Centre offers use of their hydrotherapy, soft play area, discovery zone, interactive climbing wall and Pied Piper playground. All activities are available to book for individuals, families or groups plus there is a café on site. Activities such as Boccia, choir, cycling and a social club also take place on site.

Key info: Facilities are available to disabled children and their families via annual membership.



Bookings are available outside of school hours and during holidays.

📞 01452 767700

✉ admin@chamwellcentre.org.uk

🌐 www.chamwellcentre.org.uk

Organisation: Cirencester Opportunity Group

Activity locations: Cirencester

When: Year round

Key contact: Vicky Chase

Type of activities: A Cirencester Opportunity Group is an independent charity providing integrated education for preschool children and support for their families. They are situated in beautiful grounds in Beeches Road, Cirencester and offer facilities including a large playroom, soft play, a therapy room, paved and grassed areas and a Forest School.

📞 01285 659 117

✉ outreach@opportunity-group.co.uk

🌐 www.opportunity-group.co.uk/

Organisation: Connections 2 Independence (Chapter One Day Centre)

Activity locations: Gloucester

When: Various (term times & holiday) **Key contact:** Lichelle Potter

Type of activities: Short break, drop and go, stay and play and mentoring opportunities for children, young people and families in Gloucestershire.

📞 07766 301 008

✉ chapterone@connections2independence.com

🌐 www.connections2independence.com/



Organisation: Cotswold Crusaders Boccia

Activity locations: Cheltenham

When: Friday evenings Key contact: Anna Eaton

Type of activities: Cotswold Crusaders meets weekly to play Boccia, with a mixture of fun skills sessions, match-play and serious coaching. Boccia is a disability sport where players aim to propel leather balls close to a target ball.

Key info: Activities are available for ages 11 and over.

📞 07789 558963

✉️ crusaders.boccia.glos@gmail.com

🌐 www.cotswoldcrusadersbocciacclub.co.uk



Organisation: Cotswold Riding for the Disabled

Activity locations: Cheltenham

When: After school, weekends and school holidays

Key contact: Lesley Gorton or Debbie Powell

Type of activities: A range of inclusive horse-based activities for children and young people aged 4 and upwards.

📞 01242 584420

✉️ info@cotswoldrda.org.uk

🌐 www.cotswoldrda.org.uk



Organisation: Creative Sustainability

Activity locations: Stroud

When: Various

Key contact: Tosca Cabello-Watson

Type of activities: Engage in a wide range of inclusive creative and leisure activities with Creative Sustainability.

📞 07869 267242

✉️ hello@cscic.org

🌐 www.cscic.org



Organisation: DLK Inclusion Sports

Activity locations: Gloucester

When: Various

Key contact: Darren Nestola

Type of activities: Various multi-sports and rugby opportunities from pre-school age to adult including County-wide, non-contact rugby, walking rugby and mixed-ability rugby.

📞 07305 738978

✉️ dlkinclusionsports@outlook.com

🌐 www.yourewelcomeglos.org/users/dlk-inclusion-sports



Organisation: The Door Youth Project

Activity locations: Stroud District and South Cotswolds

When: Various

Key contact: Anne Townsend

Type of activities: Working specifically with young people aged 11 - 25 and their families, The Door Youth Project offer youth club sessions, mentoring and support for young people, parents and carers.

📞 01453 756745

✉️ info@thedor.org.uk

🌐 www.thedor.org.uk



Organisation: Forest Pulse

Activity locations: Forest of Dean

When: Evenings, weekends, term time, school holidays

Key contact: Amy Millin

Type of activities: Forest Pulse are very experienced in working with young people with a range of needs. They run activities for disabled children and young people aged 6 -25. These include holiday and weekend activity clubs, youth clubs and music sessions.

📞 01594 826357

✉️ activities@forestpulse.co.uk

🌐 www.forestpulse.co.uk



Organisation: Greenwood's Therapeutic Horticulture

Activity locations: FORTHAMPTON, near Tewkesbury

When: Various

Key contact: Jo Greenwood

Type of activities: Inclusive seasonal smallholding and horticulture activities for disabled children aged 5 - 11 years old.

Key info: These activities may be of particular interest to children who relish in the great outdoors, love exploring the changing seasons or enjoy being around and caring for animals.

📞 07494 302766

✉ greenwoodscic@gmail.com

🌐 www.greenwoodtherapeutichorticulture.co.uk

Organisation: Gloucestershire Cricket Foundation

Activity locations: County-wide

When: Various

Key contact: Jeanette Tate

Type of activities: Inclusive cricket activities for children and young people including Super 1s and Table Cricket.

📞 07432 728926

✉ jeanette.tate@gloucestershirecricketfoundation.org

🌐 www.gloucestershirecricketfoundation.org

Organisation: Gloucestershire Deaf Association

Activity locations: County-wide

When: Various

Type of activities: Youth club style sessions for children and young people.

📞 01452 372999

✉ admin@gda.org.uk

🌐 www.gda.org.uk



Organisation: Goals Beyond Grass

Activity locations: County-wide

When: Various

Key contact: Thom Wilshaw

Type of activities: Goals beyond Grass run a variety of inclusive physical and leisure activities for children and young people including powerchair football, adapted cycling sessions and a Friday night Youth Club for the whole community.

📞 01452 245771

✉ info@goalsbeyondgrass.co.uk

🌐 www.goalsbeyondgrass.co.uk

Organisation: KDance Foundation

Activity locations: Cirencester

When: Saturdays

Key contact: Katharine Dudley

Type of activities: Inclusive dance and sensory movers sessions for young children and teenagers with SEND.

📞 07885 800942

✉ info@k-dance.co.uk

🌐 www.k-dance.co.uk

Organisation: Kingfisher Treasure Seekers

Activity locations: Gloucester

When: Year round

Key contact: Kirsty Dalley

Type of activities: Kingfisher Treasure Seekers provide activities throughout the year to support people with SEND and their families, people with learning disabilities, and people with mental health needs. These include activities for children, over 18s, and support services for parents and carers, including parenting support.

📞 01452 307201

✉ info@kftseekers.org.uk

🌐 www.kftseekers.org.uk



Organisation: Move More

Activity locations: Cheltenham

When: Term time and school holidays

Key contact: Sam Rowson

Type of activities: Inclusive physical and sport-based activities.

📞 01242 711326

✉ info@move-more.org

🌐 www.move-more.org

Organisation: Stable Mates

Activity locations: Tewkesbury

When: Various

Key contact: TBC

Type of activities: TBC

📞 TBC

✉ TBC

🌐 www.stablematestewkesbury.co.uk/ BC

Organisation: The Music Works

Activity locations: Kings House, St Aldate St, Gloucester

When: Gloucester plus additional satellite locations

Key contact: Lee Holder

Type of activities: Inclusive music-making, song writing and music production activities and workshops in an accessible, bespoke professional recording studios.

📞 01452 953950

✉ info@themusicworks.org.uk

🌐 www.themusicworks.org.uk



Organisation: The Spring Centre

Activity locations: Quedgeley, Gloucester

When: Various

Type of activities: Inclusive activities and sessions are held daily at The Spring Centre offering wrap around care and holiday sessions for children and daytime activities for young people. Based in Quedgeley, The Spring Centre hosts a wide range of facilities to support their activities including a play area, computer suite and sensory room.

📞 01452 725935

✉ info@springcentre.org

🌐 www.springcentre.org

Organisation: TwoCan Theatre Company

Activity locations: Stroud district plus additional satellite locations

When: Evenings and school holidays

Key contact: Louise Partridge

Type of activities: Inclusive theatre and drama-based sessions for children and young people. Participants can explore all elements of theatre and performing art, often creating work for performances to family and friends.

📞 07941 218520

✉ louise@twocantheatre.org.uk

🌐 www.twocantheatre.org.uk



Organisation: WAM (We All Matter) Youth

Activity locations: Winchcombe, Tewkesbury & North Cotswold

When: Various

Key contact: Jenny Gage

Type of activities: Activities for children and young people include mentoring, youth groups, outdoor education, woodland experiences and after school clubs.

☎ 01242 603678

✉ info@wamyouth.org.uk

🌐 www.wamyouth.org.uk

Organisation: World Jungle

Activity locations: Cotswolds

When: Various

Key contact: Ben Ward

Type of activities: Working within communities across the Cotswolds, World Jungle hold retreats, workshops, classes and events for children and young people to engage with creativity and fun.

☎ 07889 512644

✉ info@worldjungle.org.uk

🌐 www.worldjungle.org.uk

This is a small selection of the inclusive activity providers in Gloucestershire.

For more inclusive opportunities, visit **You're Welcome Gloucestershire**



About the Guide

This guide has been produced by **Active Impact**, as part of our **Gloucestershire County Council**-funded work developing **Short Breaks** and opportunities for disabled children in Gloucestershire.

The information contained within is generally publicly available information which has been collated and presented to assist parents to think about finding inclusive opportunities that can meet the support requirements of their child and enable the whole family to benefit from this time apart.

If you have a particular query, feedback, complaint or concern about any organisation featured within, in the first instance please contact the organisation directly. **Active Impact** can answer general queries and give advice around opportunities in Gloucestershire (as well as more detailed information about the **Of Course We Can** programme and its partner organisations).

Safeguarding

If at any time you or anyone close to you has a concern about the wellbeing of a child, the safety of a child in a particular setting, or the professional conduct of an organisation in Gloucestershire towards children or vulnerable adults, you must pass these concerns on to a person whose job it is to investigate them. In an organisation working with children, this will be a DSL (Designated Safeguarding Lead). Alternatively, you can call **Gloucestershire Front Door** (01452 426565) to report your concerns to the **Local Authority Safeguarding** team.

To request a printed copy of this guide or to access a plain text version, please get in touch with the team at Active Impact.



Contact Active Impact:

☎ 01452 341266

✉ info@activeimpact.org.uk

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ActiveImpact
Making inclusion happen