

A GUIDE TO

ShortBreaks

Be included • Be welcomed • Be you



Inclusive opportunities for disabled and non-disabled young people together

GLOUCESTERSHIRE



2026 / 2027

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 and young people
- ⊕ 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.'

To find out more about GCC's way of supporting Short Breaks, visit www.tinyurl.com/4n4kump4.



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 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

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

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.



glofamilies directory



What are you searching for today?



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

Visit glofamiliesdirectory.org.uk today.



Support for
Families With
SEND



Glofamilies 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](#).





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 Tosca on hello@cscic.org or 07869 267242



Are you the Parent Carer of a young person with SEND?



We provide a platform for Parent Carers to share experiences and the opportunity to impact policy decisions.

Who are we?

We are a group of Parent Carers who work together to support families who care for children with a disability, physical or mental health condition or learning difference.

What do we do?

We provide a platform for parents and carers to share their experiences, offer peer support, and influence local and national policy-making. We also want to reduce the isolation that many families experience.

How do we do this?

We work with the local authority, health service, and educational institutions to ensure that the voices of families are heard and that services are tailored to meet the needs of children with SEND.

What do I get as a member?

A regular newsletter with useful information, access to a welcoming private Facebook group where you can share concerns and find support, training sessions and invitation to our welcoming peer support sessions - the first cuppa is free to members!

Interested in joining our community?

Contact us in the following ways:

Scan the QR code,
go to our website:

<https://www.glospcf.org.uk> or
email us:

info@glospcf.org.uk



Signing up is quick and easy to do.
It's FREE to join!



Support for Families



Support for Families in Gloucestershire

Disabled Children's Team (DCT)

In Gloucestershire, the Local Authority 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.

They seek to respect families rights and work collaboratively through co production to ensure they provide you with the right support at the right time.

This offer is for all children at any point in a child or young person's life. This includes universal (for everyone) and targeted /specialist services (for those with a particular need). They seek to support and prevent escalation and crisis for families.

The team at GCC may also give you advice and/or information about support that is available to you and your family.

What happens when I contact Gloucestershire County Council?

They will ask you a few questions. This will help them understand the needs of your child or young person and the support you may need as a family. They will then be able to direct you to the right team for support or signpost/ provide advice and guidance. They could complete a **Social Work assessment or an Early Help assessment**.

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.





If your child or young person's needs are more complex and severe a Social Worker may be allocated to talk to you about this and gather more information to understand your child and your families situation. This is called a Single Assessment.

The Disabled Children's Team (DCT) 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.

The Single Assessment of your child may lead to support or services provided through the Disabled Children's Team (DCT). This support may include:

- help with personal care for your child at difficult times of day e.g. getting ready for school, mealtime, bedtimes.
- help with working out how to manage sleep problems or behaviours that are difficult to deal with.
- support for brothers and sisters
- support for you as a parent carer
- short breaks - sports or arts activities in the community
- specialist short breaks in the community with voluntary organisations focused on disabled children
- specialist short breaks with foster carers (Family Link)

GCC recognises that there are many other children who are do not reach the threshold for support from the DCT, but who are 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.



Listings

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



Gloucestershire's Local Offer

What it provides: The Local Offer 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 in Gloucestershire. You will find everything from education, health, employment and training, to money and financial support, preparing for adulthood, and travel and transport. You will also find listings of organisations in the county that can support you and your family.

 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: The Parent and Carer Alliance is a not for profit, community interest company run by Parent carers for Parent carers. Providing free advocacy and support (terms apply), and independent and practical, emotional support for parent carers through a variety of funded projects, events, and webinars.

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

What they offer: The Parent and Carer Alliance are a parent carer-led organisation offering independent practical and emotional support for parent carers, offering short breaks, events, webinars and an advocacy and advice service. The Parent and Carer Alliance are the SEND specialist community connector for the HAF (Holiday Activities and Food) scheme, and a SEND specialist HAF provider for Gloucestershire County Council.

📞 01452 452872

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



Organisation: ND Hub Gloucestershire

What they offer: ND Hub Gloucestershire offer a range of activities that aim to overcome the barriers that many young people face to getting involved. ND Hub Glos are very happy to talk to you about what kinds of things your child or young person might enjoy – activities include outdoor pursuits, animals, stay and play, theatre, and more.

✉ info@ndhubglos.org 📞 www.ndhubglos.org/short-breaks



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.

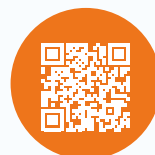
☎ 0300 111 9000 ✉ carers@peopleplus.co.uk 📞 www.gloucestershirecarershub.co.uk



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.

☎ 0808 8083555 📞 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

✉ info@parentingempoweredautistickids.com 🌐 www.parentingempoweredautistickids.com



Organisation: **Children and Young People's Services** (Universal community based health care)

What they offer: The Children's and Young People's Services (NHS) provide a comprehensive range of specialist learning disability, physical, and mental health services for all children and young people aged under 18 who are registered with a GP in Gloucestershire. This includes Health Visitors, School Nursing, Speech and Language Therapy, CAMHS, Physiotherapy, and much more.

✉ Contact details vary by team – visit the link below to find the relevant service details.

🌐 www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/



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.mayfieldhometrusterltd.uk





Where is Move More based, and what do you do?

Move More is primarily based in Cheltenham and Tewkesbury but delivers services across Gloucestershire and the surrounding area. Our mission is simple: to empower every child to thrive through an active, healthy lifestyle. Our work supports schools, families, and communities through a collaborative approach that addresses inequalities, ensuring all children have access to tailored, supportive opportunities. By promoting physical, social, and mental wellbeing, we enable children to flourish. Our services include holiday camps, wraparound care, after-school clubs, family support and community initiatives, with a focus on flexible and accessible sessions that are tailored to children's and family's needs.

What does inclusion mean to you?

Inclusion means ensuring every child feels welcome, valued, and able to participate in their own way. It's about creating adaptable environments, with suitable equipment, sensory-friendly spaces and well-trained staff who understand diverse needs. We focus on fostering a culture of belonging, confidence, and social connections, where all children can thrive and engage with others.

What can a child and their family expect when attending your camps or activities?

Families can expect a tailored experience designed to meet their child's specific needs. We provide clear pre-session information and maintain open communication to understand each child's requirements. Our staff are highly trained in inclusive and adaptive practice, ensuring that we're equipped to support a range of needs. We implement settling-in strategies, such as smaller group sizes, site visits, and personalised introductions. Above all, we create a safe, fun, and welcoming environment where children can engage at their own pace.

We have developed a clear pathway to full inclusion across our provision. Children can begin with our 90 minute SEND specific Saturday sessions attended with parents. When they feel ready, they can try our one hour midweek Titans sessions without parents. From there, they may progress to our two or four hour SEND-specific camp provision, again without parents, before



eventually moving into our larger mainstream offer if and when it is right for them. Importantly, this pathway is completely flexible. Children can move forwards or backwards at any stage because progression is guided by their confidence, comfort, and individual needs

What are you most proud of as a team?

We are incredibly proud of our commitment to making sport and physical activity accessible for children with SEND. Seeing children grow in confidence, build friendships, and discover enjoyment in physical activity is at the heart of what we do. We are honoured to be among the first recipients of the Gloucestershire Inclusive Activities Award, recognising our dedication to inclusive, high quality provision. We are also proud to have won the No Child Left Behind – Inclusion Works Award, which celebrates organisations that meaningfully remove barriers and ensure no child is left behind.

A significant milestone for us has been the successful launch of our short break provision in Tewkesbury in July 2025, which has continued to grow from strength to strength. Building on its success, we expanded the offer with the introduction of term time Saturday provision in November 2025, giving families even more flexible and consistent support throughout the year.

What can we expect from Move More in the future?

We are committed to expanding our specialist provision for children with SEND, ensuring that every child in Gloucestershire has access to high quality, inclusive physical activity. This includes taking the successful Tewkesbury short break model into the Cheltenham area, so that more families can benefit from consistent, specialist support closer to home.

We also plan to develop a HAF offer in Gloucester and Stroud, recognising how vital local, accessible provision is for families of children with additional needs. Transport can be a significant barrier, and by increasing availability across multiple districts, we aim to reduce those challenges and ensure families can access inclusive opportunities within their own communities.

Alongside this, we will continue working closely with partners to broaden access to inclusive programmes, enhance staff training (particularly around more complex needs) and strengthen our work with schools to improve inclusive PE practices. Ultimately, our goal is to make Gloucestershire a place where every child can thrive through sport and physical activity.





Looking for inclusive activities? You're Welcome is Gloucestershire's inclusive activity finder

You can find:

Upcoming
Events



or

Regular
Activities



- by your specific requirements
- by your interests
- by location



It's free to use and helps you discover events,
groups, clubs and places to go — with clear
accessibility information every time.

Find things to
do that work
for you



www.yourewelcomeglos.org

hello@yourewelcomeglos.org



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

✉ Emily@actinguptheatre.co.uk

🌐 www.actinguptheatre.co.uk



Organisation: Active Gloucestershire

Activity locations: County-wide

When: Various

Key contact: Ida Pöschel

Type of activities: Active Gloucestershire are a development organisation. Their mission is to support everyone in Gloucestershire to improve their lives through physical activity. As part of this, they support organisations to become more inclusive of disabled children and young people. They can signpost families to options across the county that can cater to children and young people with additional needs.

📞 01452 303528 ✉️ Idapoeschel@activegloucestershire.org

🌐 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 in person and online, both in the daytimes and evenings..

📞 01594 825111 ✉️ info@artspacecinderford.org

🌐 www.artspacecinderford.org



Organisation: BBcare10 Ltd

Activity locations: Gloucestershire, Forest of Dean, Cheltenham, Tewkesbury, Cotswolds, Herefordshire, Brody's Trust Sensory Hub in Lydbrook, Forest of Dean.

When: Various

Key contact: Naomi Smith

Type of activities: BBcare10 Ltd provides floating support, community/mentoring support, short breaks and respite for 0-18 year olds with additional needs, as well as alternative provision for 4-25 year olds with SEN or SEMH needs. Also now providing Holiday and weekend clubs situated in the Brody's Trust Sensory Hub in the Forest of Dean.

📞 01594 806110 ✉ admin@bbcare10.co.uk

🌐 www.bbcare10.co.uk



Organisation: Brody's Trust

Activity locations: Brody's Trust Sensory Hub, Lydbrook, Forest of Dean.

When: Various

Key contact: Nicola Baggott

Type of activities: Sensory Room Hire, Hall Hire, Stay and Play Sessions, Wet-Room/ Changing Place, Accessible Kitchen, Sibling/Parent/Carer Groups, SEN Drop-in Information Sharing, Coffee Mornings, Fundraising Events and Community Days.

📞 01594 808788 ✉ admin@brodys-trust.org

🌐 www.brodys-trust.org



Organisation: Bloodhound Education

Activity locations: Berkeley, Cotswolds, Tewkesbury and additional satellite locations

When: Various

Key contact: Kirsty Allpress

Type of activities: Bloodhound Education offer hands-on science, technology, engineering and maths (STEM) experiences for children aged 7 and over. Make, build, experiment, test and explore at sessions across the county.

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

📞 020 8150 3767 ✉ enquiries@bloodhoundeducation.com

🌐 www.bloodhoundeducation.com



Organisation: The Chamwell Centre

Activity locations: Gloucester

When: Various **Key contact:** Ria Heap

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.

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 ✉ cog@opportunity-group.co.uk 🌐 www.opportunity-group.co.uk/



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.yourewelcomeglos.org/organisations/cotswold-crusaders-boccia-club/



Organisation: Cotswold Riding for the Disabled

Activity locations: Cheltenham

When: After school, weekends and school holidays

Key contact: 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 and various satellite locations

When: Various

Key contact: Tosca Cabello-Watson

Type of activities: Creative Sustainability provide a wide range of participation opportunities for young people to engage in inclusive creative and leisure activities. Engage in a wide range of youth groups and outdoor activities in the Stroud and surrounding areas.

📞 07869 267242

✉️ hello@cscic.org

🌐 www.cscic.org



Organisation: Inspire 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

✉️ inspireinclusionsports@gmail.com

🌐 www.inspireinclusionsports.co.uk/



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@thedoor.org.uk

🌐 www.thedoor.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 after school, holiday and weekend activity clubs, youth clubs and music sessions.

📞 01594 826357

✉️ amy.millin@forestpulse.co.uk

🌐 www.forestpulse.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

Key contact: Martha Avery

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: Anne Tranter

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.

📞 07907 113145

✉️ 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: Alan Clayton

Type of activities: A wide range of inclusive physical and sports based activities across several venues in the Cheltenham and Cotswolds. For children and young people aged 4 - 18.

📞 01242 711326

✉ info@move-more.org

🌐 www.move-more.org



Organisation: The Music Works

Activity locations: Gloucester and the Forest of Dean

When: Various

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

✉️ gloucester@themusicworks.org.uk /

🌐 www.forestofdean@themusicworks.org.uk



Organisation: ND Hub Gloucestershire

Activity locations: Various

When: Various

Key contact: Zaphira Cormack

Type of activities: ND Hub Gloucestershire offer a range of activities that aim to overcome the barriers that many young people face to getting involved. ND Hub Glos are very happy to talk to you about what kinds of things your child or young person might enjoy – activities include outdoor pursuits, animals, stay and play, theatre, and more.

✉️ info@ndhubglos.org

🌐 www.ndhubglos.org/short-breaks



Organisation: Parent and Carer Alliance

Activity locations: Dursley, and other ad-hoc locations in the county

When: Various

Key contact: Lucy Fullard

Type of activities: A range of family-supported activities, with regular play sessions, one off family trips, and more. The Parent and Carer Alliance also deliver a bespoke short breaks offer called *Discovering You*, if you are finding it particularly hard to find something that works for your child.

📞 01452 452872 ✉️ info@parentandcareralliance.org.uk

🌐 www.parentandcareralliance.org.uk/short-breaks



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: 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



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
- 📄 Unit 16, Highnam Business Centre,
Newent Road, Highnam, GL2 8DN





ActiveImpact
Making inclusion happen