

Short Breaks Newsletter

News, Updates and Activities for Children with Disabilities and their Families in Telford



June 2026

Stronger Together: SEND Parenting (0-5 years)

You're Not Alone - If you are the parent and/or carer for a child aged 0–5 with diagnosed or emerging additional needs, this friendly programme is here to support you. Join a welcoming space where you can meet other parents, share your experiences, and learn practical ideas to help your child thrive. Because every family is unique — and every family deserves the right support at the right time.

What the Programme Includes:

Across 11 relaxed and friendly 2 hour weekly sessions (with a half-term break in the middle), you'll have the chance to:

Sessions 1–5: Stepping Stones Triple P (SEND)

Learn practical, positive strategies that help with behaviour, communication, emotional wellbeing, daily routines and home life. These sessions are relaxed, supportive and completely tailored to SEND needs.

Half-Term Pause - A short break over school half-term to rest, reflect and recharge.

Sessions 6–11: Follow-Up Workshops

Build on what you've learned with a series of hands-on, practical sessions:

Talking Mats—A visual, low-stress tool to help your child share feelings, preferences and needs.

Talking Tots (3 sessions) - Fun, engaging activities to support early speech, language and communication.

Making it REAL early literacy— Strategies to support early reading and literacy skills

School Readiness— Simple strategies to help your child prepare for nursery, childminders or school transitions.

What You'll Gain:

- A chance to meet and connect with other SEND parents
- A safe, friendly space to share ideas
- Increased confidence in supporting your child
- Clear, practical tools to try at home
- A sense of community, encouragement and understanding

Who Is It For?

Families living in the Telford & Wrekin area with children aged 0–5 who have SEND or emerging needs.

You can find out more online using the QR code .



URBAN OUT STEPPERS

Coming Soon!

DANCE BELONG THRIVE

SEN DANCE CLASS

DANCE YOUR WAY. YOU BELONG HERE.

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HIP HOP • EXPRESSIVE DANCE • MOVEMENT • CONFIDENCE

CLASSES DESIGNED FOR DANCERS OF ALL ABILITIES
SUPPORTIVE INSTRUCTORS • POSITIVE SPACE • ALL WELCOME

STARTING SOON!

WE CAN'T WAIT TO DANCE WITH YOU!

MORE INFO: @URBANOUTSTEPPERS

Monday

ICAN2 Creative Arts	4.30-6.30pm	Admaston House	Book online at www.4all.foundation
PODS Little Buds (premature baby group)	10-11.30am	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
PODS All Age Sensory Session	4.30-5.30pm	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
PODS Lego OR Stem	4.30-5.30pm	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
Home Education Group	10.30-12pm	Challenging Perceptions, Park Lane Centre, Park Lane, Woodside, TF7 5QZ	Book by calling 01952 897333
Junior SEND Softplay	4-5.30pm	Telford Ice Rink	No booking required.
Senior SEND Softplay	6-8pm	Telford Ice Rink	No booking required.

Tuesday

PODS Blossom and Bloom (0-5)	10-11.30am	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
PODS Minecraft	4-5pm	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
Youth Wellbeing Group (6-16)	3.45-5.15pm	Challenging Perceptions, Park Lane Centre, Park Lane, Woodside, TF7 5QZ	Book by calling 01952 897333
Pirates and Princesses SEND Session	4-6pm	Halesfield 17, Telford	Book by calling 01952 977205
Primary Family Fun Session	4-5pm (third Tuesday of every month)	Children's Autism Hub, Hazeldine House, TF3 4JL	Book by calling 01952 626062
Girls Social Group (year 6-13)	5.30-.6.30 (second Tuesday of every month)	Children's Autism Hub, Hazeldine House, TF3 4JL	Book by calling 01952 626062

Wednesday

PODS Lego	4.30-5.30pm	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
LGBT Youth Group (11-16)	4.30-5.30pm	Challenging Perceptions, Park Lane Centre, Park Lane, Woodside, TF7 5QZ	Book by calling 01952 897333

Thursday

PODS Activity Session	4.30-5.30pm	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
PODS Youth Club (11-18)	6-8pm (fortnightly)	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
Sensory Cooking Adventure for ASD (6-16)	4-5pm (fortnightly)	Challenging Perceptions, Park Lane Centre, Park Lane, Woodside, TF7 5QZ	Book by calling 01952 897333
Dugout Youth Group (11-18)	5-6.30pm (first Thursday of every month)	Children's Autism Hub, Hazeldine House, TF3 4JL	Book by calling 01952 626062

Friday

ICAN2 Creative Arts	4.30-6.30pm	Admaston House	Book online at www.4all.foundation
ICAN2 Youth Club	4.30-6.30pm	Arleston Community Centre	Book online at www.4all.foundation
Sensory Connections (0-2)	9.30-10.30am	Challenging Perceptions, Park Lane Centre, Park Lane, Woodside, TF7 5QZ	Book by calling 01952 897333
SEND Skate	5-6pm	Telford Ice Rink	No booking required.

Saturday

ICAN2 Creative Arts	12-2pm	Admaston House	Book online at www.4all.foundation
ICAN2 Youth Club	2-4pm	Hollinswood Centre	Book online at www.4all.foundation
ICAN2 Sports and Leisure	10-1pm	Southall School	Book online at www.geniustuition.co.uk/ican2
PODS Activity Session	10-11am	PODS Hub, 1 Hawksworth Road, Central Park, TF2 9TU	Book online at www.ticketsource.co.uk/whats-on/telford/pods-hub
Jungleland SEND Session	8-9.30am	Interchange House, Trench Lock, Telford, TF1 6SZ	Book online at www.junglelandtelford.com

Sunday

SEND Family Swim	12.15-1.15pm	Abraham Darby Leisure Centre	Book by calling 01952 382770
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Children must be ICAN2 members to attend the ICAN2 activities included above. If you would like to register your child as an ICAN2 member, please email shortbreaks@telford.gov.uk or visit www.telfordsend.org.uk

As well as the activities listed above, there are a huge range of SEND and SEND inclusive activities held in the community. You can find these listed online at www.telfordsend.org.uk/homepage/16/activities_and_events