



BOSP

Brighter Opportunities
for Special People

THE BOSP STAR

LATEST CHARITY NEWS

BOSP OPEN DAY

2021 is BOSP's 30th Year! We are delighted to be holding an Open Day on **Friday 16th July** between 10am - 2pm at our new premises in Wat Tyler Country Park. The Open Day is for parents, professionals, families, funders, volunteers and all our community supporters! Come and see our new home and meet the team while enjoying a cup of tea or coffee with cakes & pastries. It is an exciting opportunity to talk to our dedicated staff, see where we live and be taken on a tour of our accessible premises which includes our new office and our very own Skills For Life Building all in the picturesque Wat Tyler Country Park. More details to follow.



EASTER FUN!

We had lots of fun in the Easter holidays at Wat Tyler Country Park and at our Whizzy Woodland Away Days at Thriftwood Scout Camp. Thanks to the support from Essex Short Breaks & BBC Children in Need



OUR NEW SERVICES

SKILLS 4 LIFE

This Day Care programme is ideal for building up confidence, independence and social skills in young people aged 16 to 25 years with SEN. Sessions take place weekdays term time between 9.30am - 3.30pm and includes food preparation, gardening, travel training, money handling, swimming and keeping fit amongst other activities. For further details click on the poster or visit our website at www.bosp.co.uk or contact our friendly team on 01268 553117.



BIG BOSP

A fun supported youth group for young people aged 15+ with SEN, offering social and learning opportunities, whilst providing parents/carers with respite. This is a great place to make friends, have fun and improve social communication skills in order to develop independence. Activities include board games, quizzes, arts & crafts, treasure hunts, forestry activities, shopping, meal planning and preparation. A light evening meal/snack is also included which the group will prepare and eat together. We meet every other Tuesday 4.30pm - 7pm. Click on the poster for more details, visit our website or contact The BOSP Office.



FAMILY COUNSELLING

At BOSP we understand how stressful life can be for our families and we are very pleased to be able to offer counselling to our BOSP families. Sessions take place with a professional therapist and last 50 minutes. Parents/carers, young carers and children with a disability can access this service.

We are able to offer these sessions at a subsidised cost of £10 a session. The sessions are held via Zoom but face to face sessions may also be an option in our Skills For Life Centre at Wat Tyler Country Park in due course.

If you would like to find out more about this service please call The BOSP Office or email us at familysupport@bosp.co.uk to register your interest. Non-BOSP families who have a child or young person with a disability are also welcome.



UPCOMING FUNDRAISING EVENTS

We are delighted that following the Governments Road Map our community events are coming back. We rely on donations and fundraising in order to provide our services, so for more information on the events below or if you would like to arrange your own fundraiser, please contact The BOSP Office on 01268 553117 for our Fundraising Pack, we'd love to hear from you! Keep an eye on our website www.bosp.co.uk for all future events.

FUNDRAISING CHALLENGES IN AID OF BOSP

BOSP Support Workers Zabrina and Kristi are taking on the Tough Mudder 5k Challenge in September and BOSP supporter Danny is going for a 100km Ultra Challenge! Good luck and thank you for your wonderful support.

For more info on these fantastic challenges please visit BOSP's website and if you fancy taking on a challenge in aid of BOSP we would love to hear from you. Please contact the office at community@bosp.co.uk or call 01268 553117.

SUMMERFEST 2021

Billericay Mayflower Rotary Summerfest 2021 is due to return on Sunday 8th August at Sun Corner, Billericay (restrictions permitting). Please pop along and visit BOSP's renowned tombola stall! If you would like to help on the BOSP stall we would love to hear from you. call 01268 553117 or email community@bosp.co.uk

BOSP'S 30th ANNIVERSARY CHARITY BALL !!

18th September 2021 at The Rayleigh Club

Join us to celebrate 30 Years of BOSP and to help raise funds for our services. It will be a wonderful evening with dancing till late to our brilliant DJ Pete.

Tickets are just £46 (£10 deposit per person to hold your place). The tickets include a reception drink, 3 course meal, coffee and petit fours along with music and dancing. Tables of between 8 or 10 people. Dress code is evening or black tie - whatever you feel more comfortable in.



OTHER WAYS TO SUPPORT BOSP

AMAZON SMILE

This is the same as Amazon, you shop as usual but the difference is that Amazon will donate 0.5% of all qualifying sales to BOSP! Just either download the App or shop on the SmileAmazon website and choose BOSP as your chosen Charity and start shopping, it's that easy!

THE ESSEX LOTTERY

The Essex Lottery is an exciting weekly lottery that raises money for good causes in Essex. Tickets for the lottery cost just £1 a week & each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! From every £1 ticket sold 60p will go to good causes in Essex and you can choose BOSP as your chosen Charity.

NEW! THE BASILDON LOTTERY

Basildon Borough Community Lottery is a new exciting weekly lottery that raises money for good causes in Basildon Borough. All good causes supported by the Lottery will benefit Basildon Borough and its residents. Play the lottery to support BOSP & Basildon Borough.

Tickets for the lottery cost just £1 a week. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000!

60% of ticket sales will go to good causes - 45% to BOSP and 15% to a fund supporting good causes in Basildon Borough.

GIFT AID



Don't forget to Gift Aid it! BOSP can claim a further 25% from the Government for your donation.

CURRENT SESSIONS

BOSP offers a variety of structured clubs to support different wants and support needs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities or life-limiting illnesses from birth upwards. BOSP aims to develop the children and young people's independence, self-esteem and social skills. BOSP's developmental clubs have a high ratio of experienced staff, enabling us to support children and young people with moderate or more complex disabilities, including those with medical needs or limited communication. Full care will be provided at each club unless stated below.

For more information please telephone 01268 553117, email: enquiries@bosp.co.uk or visit our website: www.bosp.co.uk

BOSP SATURDAY CLUB (Essex Short Breaks) 10.00am to 3.30pm (5.5 hours) at the Pioneer School, Basildon (times subject to change due to Covid bubbles) Due to return 1st May.

The BOSP Saturday Club is normally run out of the Pioneer School with all its fantastic facilities. Aimed at children and young people aged 4 years+. Activities include sensory rooms and garden, interactive soft play room, craft, sports, bouncy castles and an adventure playground. As well as core activities, each session has a specific theme, such as our Emergency Services Day, where the children get to sit in a fire engine. Most will also have the opportunity to go swimming in the hydrotherapy pool where our trained lifeguards for the disabled ensure that the environment caters for the individuals needs. BOSP also hires a highly qualified outside specialist to provide Music Therapy. The children and young people also have the opportunity to try their hand at craft and messy play.

BOSP TOTS Returning on Tuesday 11th May and now to be held in our new home, the Skills For Life Building in Wat Tyler Country Park. Every Tuesday 10.00am to 11.30am (1.5 hours) term time. Our free inclusive baby and toddler group for families of children aged 4 and under is a great opportunity to meet other parents/carers and receive help and advice from our specialist staff. Activities include messy play, sensory play, group play in the adventure playground plus music therapy once a quarter.

BOSP LET'S CONNECT Due to return on Saturday 3rd July 10.00am to 3.30pm (5.5 hours) Out & About - various venues.

Our 'Let's Connect Club' is a transition club aimed at enabling young people to meet and socialise with their friends in the community. The staff who work alongside the young people are regarded more as peers than carers which helps to foster the young people's social and communication skills, allowing them to practise life skills, such as handling money, decision making and road safety. Events include: Legends gaming, Laser Madness, Base Jump, Crazy Golf, all with a meal in a restaurant.

COME AND SWIM Hoping to return for Summer! 1.30pm to 2.45pm (1 hour 15 minutes) Saturdays and holidays at the Pioneer School, Basildon.

Come and Swim enables children to experience swimming in a hydrotherapy pool with our team of Support Workers and disability lifeguard, whilst BOSP families get the opportunity to discuss issues that may be of concern with our Family Liaison Worker, such as assessments, schooling, respite and transition from child to adult services. Although the children/young people are fully supported in the pool by Support Workers, parents will have overall responsibility for their child whilst at sessions.

CHILL ZONE Saturdays and Sundays at various times and venues.

Chill Zone is Out & About activities for young people 18+ aimed at promoting independence through decision making, social skills and travel. Activities include Adventure Island, Foot Golf, bowling, theatre trips, treasure trails, clubbing and meals out in restaurants. The young people will often make use of public transport, while fully supported by BOSP Support Workers. The young people are encouraged to be as independent as they can possibly be.

BOSP HOLIDAY CLUB/OUT & ABOUT 10.00am to 3.30pm (5.5 hours) various venues (times subject to change) Due to return on 22nd July.

BOSP aims to provide a wide range of stimulating social activities with full care during the holiday periods, including Wat Tyler Park, Woodland Warriors, animal workshops, crazy golf, Sea life Centre, farms and zoos.

WHIZZY WOODLAND AWAYDAYS 10.00am to 3.30pm (5.5 hours) at the Thriftwood Scout Camp, Brentwood (times subject to change due to Covid bubbles)

Thanks to BBC Children in Need, children and young people get the opportunity to get some fresh air and try exciting inclusive activities such as water zorbing, archery, wall climbing, trikes, woodland walks, sensory sessions and craft in a wonderful woodland setting during Summer, Easter, Christmas and some half term holidays.

WALK WITH US 10.00am to 11.30am (1.5 hours) The Green Centre, Wat Tyler Country Park, Pitsea

Our free friendly group for parents and carers of a child or young person with a disability or life-limiting illness is due to recommence on Wednesday 19th May. We meet every 1st & 3rd Wednesday of each month and we walk for about an hour (finishing with refreshments, depending on COVID restrictions). We recognise that low impact exercise combined with peer support can really help to improve your well-being. Don't worry if you are not used to even gentle exercise you can borrow our walking poles to support you as you walk. Please feel free to bring along a friend or family member too.

Big BOSP - see page 2 for details

Skills 4 Life - see page 2 for details

Counselling - see page 2 for details

Please call BOSP's Family Liaison Worker if you wish to discuss the suitability and availability of the above services.



BOSP Brighter Opportunities for Special People
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