



Brighter Opportunities for Special People

# THE BOSP STAR

LATEST CHARITY NEWS

## NEW SERVICES AT BOSP THIS AUTUMN

### NEW PARENTS & CARERS PEER SUPPORT GROUP

**SEND PARENTS & CARERS SUPPORT GROUP**

THURSDAY 28TH SEPTEMBER  
10:30AM - 12:00PM

VENUE: BOSP'S SKILLS FOR LIFE BUILDING  
WAT TYLER COUNTRY PARK  
PISSA  
ESSEX  
SS16 4JH  
(parking on site)

Come and join us for a cuppa and a chat with parents / carers with similar experiences at our new inclusive bi-monthly coffee morning.

Alternate weeks starting Thursday 28th September (term time only)

FREE session and refreshments, open to all parents and carers of children and young people with SEND

Drop in anytime! The building is fully accessible

We will also have support from the following local organisations who will be on hand to give you professional advice, support and information

FOR FURTHER INFORMATION TEXT HOLLY ON 07852 508007 @SENCAPSBASILDON

This new group being run by Holly from SENCAPS Basildon, with support from BOSP and Silver Lining, starts at BOSP's Skills for Life Building on Thursday 28th September from 10.30am to 12.00 noon. Holly's journey began

when her daughter was diagnosed with special educational needs. Holly joined the BOSP Tots group back in November 2022 and she went from feeling isolated to feeling empowered from the support she received at BOSP. Holly now wants to share her knowledge and experiences of navigating the SEND system and offer advice and support to other parents and carers of children and young people with SEND. This group will offer a safe space with a chat and a cuppa for parents and carers to come together to help support each other along the way. This is a free session, open to all parents and carers of children and young people with SEND. Free refreshments and book and magazine swap. Alternate Thursdays, term time only. Contact Holly at SENCAPS Basildon on 07852 508007 for more information.

### INDIVIDUAL SENSORY SESSIONS AT BOSP

We offer bespoke sensory sessions for children and young people and their parent carers who cannot attend a group session because their health needs preclude them or because it will be too overwhelming. The sessions provide stimulating or de-stimulating activities in a

safe environment, that builds up their confidence and ability, to help them be better equipped to deal with the world around them.

Does your child or young person have health needs which precludes them from attending a group or are they overwhelmed at being in a group setting? Then contact BOSP about booking an individual sensory room session with 1:1 specialist support

£5 a session

**Individual Sensory Sessions**

Tuesdays  
12.45pm to 1.15pm  
1.30pm to 2.00pm  
2.15pm to 2.45pm  
at BOSP's Skills for Life Centre

Contact The BOSP Office for more information

### CARE & SHARE SUPPORT GROUP

Open to all young adults, from Basildon and the surrounding areas, who identify as being on the Autistic Spectrum, and their family, carers or supporting professionals.

**CARE & SHARE**

AUTISTIC AND NEURODIVERGENT YOUNG ADULT'S SUPPORT GROUP

Open to all young adults (from Basildon and surrounding areas), who identify as being on the Autistic Spectrum and their family, carers or supporting professionals

Come and say 'hello', meet with others in a safe calm space. Share your interests and experiences.

Find out what support is available and connect with others. Have your say and let us know what you would like from the group!

Starting Thursday 5th October 2023 from 10.30am to 12.00noon at The BOSP Office, Wat Tyler Country Park, then on the following dates:  
19th Oct, 2nd Nov, 16th Nov, 21st Dec 2023

Free to attend, with refreshments and a book and magazine swap

Contact Kasey at The BOSP Office on 01268 553117 or email: kasey.brazier@bosp.co.uk for more information

*Sparkling Lunch*  
in aid of



**Saturday 23rd September 2023**  
1-4pm at Harry's Bar, Billericay High Street  
Delicious 2 course lunch with a glass of Prosecco  
Tickets £29 each

Supporting children and young adults with complex disabilities or life-limiting conditions, and their families to live the best life possible.

**! ONLY A FEW PLACES REMAINING !**

**Our Volunteers are Amazing!**

We are always looking for enthusiastic people to help with our fundraising here at BOSP. BOSP runs regular fundraising events across the year. Whether it's helping us to prepare for Charity Balls and lunches, running a tombola stall, collecting raffle prizes, delivering your own fundraiser, cheering on runners at sponsored events or taking part in street collections, it is such a great help to us! Volunteer, fundraise or make a donation so that more children and young people with disabilities in our community can be supported. If you are interested in supporting us and making new friends please contact us at The BOSP Office.

**Help make a difference in your community!**



Become a BOSP Fundraising Volunteer

Registered Charity (no. 1070754)  
Registered in England & Wales. Company limited by Guarantee No. 5258054

**BOSP WOULD LOVE YOUR SUPPORT, TO DONATE PLEASE CLICK OUR STAR**

**Thanks to the National Lottery Community Fund**

**BOSP NATIONAL LOTTERY FUNDING SUCCESS!**



We're continuing to make a difference to the lives of over 400 people.

Thank you to Basildon Councillors, Jeff Henry and Terri Sargent for taking an interest in our work and helping us to celebrate in our successful National Lottery funding application.



**Thank you!**  
to everyone for taking part in The National Lottery and helping BOSP to continue its vital work supporting local families

**Thank you to everyone who takes part in The National Lottery!**

**BOSP FAMILY SURVEY**

If you are a BOSP family, you will shortly be receiving a survey from us. We would be very grateful for your input and co-operation in completing your survey asap. Thank you

Connect With Us



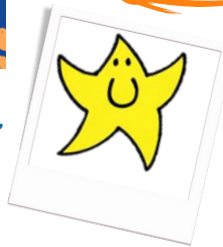
@BOSPCharity @BOSPessex

Click below to support BOSP



Sign up and see brands donate towards our 2023 fundraising target

easyfundraising You shop, brands donate to us



## FUNDRAISING NEWS

We rely totally on donations and fundraising in order to provide our services, so for more information on our events or if you would like to arrange your own fundraiser, please contact us on 01268 553117 or [community@bosp.co.uk](mailto:community@bosp.co.uk) for our Fundraising Pack, we'd love to hear from you! Keep an eye on our website [www.bosp.co.uk](http://www.bosp.co.uk) for all future events or challenges you might like to participate in.

### FUNDRAISING IN AID OF BOSP

#### BILLERICAY SUMMERFEST

Thank you to everyone who visited the BOSP tombola at the Billericay Summerfest on 2nd July. A wonderful £400 was raised for the Charity. Thank you to everyone who donated items, volunteered on the day and The Rotary Club of Billericay Mayflower for once again organising this fantastic local event.



#### BOSP SUMMER CHARITY BALL

Oh what a night!! A fabulous evening was had by all at the BOSP Summer Charity Ball on 22nd July at Warley Park Golf Club. The fun filled evening had an auction, raffle, lots of silly dancing and wonderful food and drink. A whopping £4,000 was raised at this event. A huge thank you to everyone who attended the event or donated gifts.



#### ASDA GREEN TOKEN GIVING

A huge thank you to everyone who voted for BOSP in the Asda Green Token vote at Asda Eastgate. Thanks to the Asda Foundation we were awarded £500!



#### LEONARDO FUNDRAISING BBQ FOR BOSP

BOSP would like to give a big thank you to everyone at Leonardo in Basildon for holding a BBQ in aid of BOSP and for raising a wonderful £393 and making a further corporate donation of £200.



#### JP8 CHARITABLE TRUST FOOTBALL TOURNAMENT AND FUN DAY

BOSP was honoured to have been chosen as one of the beneficiaries from this event on 15th July. The day went extremely well and was enjoyed by all the teams and families who took part. BOSP was awarded the very generous sum of £1,000 from the event. AMAZING!

## FUTURE FUNDRAISING EVENTS

#### THE FUN WALK - WALK FOR BOSP - during September

It's not too late to sign up to walk for BOSP at the Fun Walk during September. Complete your sponsored virtual Fun Walk, anywhere, anytime during September.



#### BICESTER SHOPPING TRIP - Saturday 28th October

Join us on the coach for our annual Charity Shopping Trip to Bicester Shopping Village for a fun day out shopping! Enjoy a glass of fizz on the journey home to celebrate your purchases. Hurry only a few seats remaining!



#### BILLERICAY CHRISTMAS MARKET - Sunday 3rd December

BOSP will once again be running it's fabulous tombola stall at this wonderful local event. If you would like to volunteer for a couple of hours, we'd love to see you! Any new good quality items donated for the tombola are very gratefully received. We look forward to seeing you on the day, thank you for your support.



**GIFT AID** Don't forget to Gift Aid it! BOSP can claim a further 25% on your personal donations.



## BOSP SERVICES

Service	Service Description	Location	Day and Time
Saturday Club	Social & educational club with mostly one-to-one support for children and young adults 4 to 25-year-olds. Activities include: Hydrotherapy, sensory rooms, soft play, sports, inclusive gym and wheelchair swing, adventure playground, bouncy castle, crafts with a weekly theme.	Pioneer School, Basildon, SS14 2LA	Saturdays 10.00am to 3.00pm
Let's Connect	The next step on from Saturday Club aimed at children and young adults 11 to 25 years, who are ready to socialise and learn life skills such as road safety, money handling, budgeting and eating out. Events include bowling, cinema, crazy golf, laser madness and include a meal in a restaurant.	Meet at the Pioneer School, SS14 2LA, then leave for community activities	Saturdays 10.00am to 3.00pm
Holiday Club	Social & educational club with one-to-one support for 4 to 25 year-olds. Activities include hydrotherapy, sensory rooms, soft play, sports, inclusive gym and wheelchair swing, adventure playground, bouncy castle, crafts with a weekly theme.	Pioneer School, Basildon, SS14 2LA	Summer, Easter, Christmas holidays, and some half terms. 10.00am to 3.00pm
Whizzy Woodland Away Days & Thriftwood Days	Activity days based in a woodland cabin with one-to-one support, for 8 to 25 years. Children and young people get the chance to enjoy the fresh air and take part in exciting indoor and outdoor activities, including archery, water zorbing, wall-climbing, woodland trails, craft, pizza making, animal therapy, music therapy.	Thriftwood Scout Camp, Brentwood, CM13 2DP	Summer, Easter, Christmas holidays, and some half terms. 10.00am to 3.00pm
Holiday Club Out & About	Providing one-to-one support, BOSP delivers a wide range of stimulating social activities out in the community for children 4 years + during the holidays. Activities include Woodland Warriors, Sea Life Centre, farms and zoos.	Various	Various 10.00am to 3.00pm
Chill Zone	Fully supported social club for young adults aged 18 to 25 years, that takes place out in the community. It is aimed at promoting independence, through decision making, social skills and travel. Activities include theme parks, foot golf, theatre, Canal Ability, treasure trails, clubbing and meals in a restaurant.	Various	Saturday evenings and Sundays Various (4 - 6 hours)
Skills 4 Life	Educational daytime opportunities for young people aged 16-25 years, providing vital life and social skills to support their transition into adulthood and onto supported living. Activities include cooking and keeping active, community volunteering, gardening, travel training, swimming, trampolining, meal planning and preparation, wood turning, visits from RNLI, Air Ambulance, keeping a room clean, learning first aid etc.	BOSP's Skills for Life Centre, SS16 4UH	Weekdays 9.30am to 3.30pm

## BOSP SERVICES CONTINUED

Service	Service Description	Location	Day and Time
Individual Sensory Sessions	Individual sensory sessions for children and young people whose health needs precludes them from attending a group session or for children who are overwhelmed at being in a group setting.	BOSP's Skills for Life Centre, SS16 4UH	Tuesdays 12.45pm to 1.15pm 1.30pm to 2.00pm 2.15pm to 2.45pm
Big BOSP	A fun youth club for young people aged 14 to 25 years, offering social and learning opportunities, whilst providing parents/carers with evening respite. Activities include board games, quizzes, arts & crafts, treasure hunts, outdoor games, forestry activities, shopping, meal planning and preparation.	BOSP's Skills for Life Centre, SS16 4UH	Alternate Tuesday Evenings 4.30pm to 7.00pm
After School Club	Working with Castledon School, Wickford, we collect the children aged 11 to 14 years in the BOSP Bus, to join us at the Park. As well as helping the young people with their homework, they're supported to plan and prepare a light evening meal and take part in quizzes, games, arts & crafts, treasure hunts, sports and forestry skills.	BOSP's Skills for Life Centre, SS16 4UH	Collect from Wickford Approx. 2.45pm to 7.00pm
BOSP Tots	Our inclusive morning baby and toddler group for children up to 5 years and their parent carers/grandparents. It provides peer support and an opportunity to receive help and advice from specialist staff, whilst children learn social skills, fine motor skills, structure and sharing. Activities include themed Tuff trays, messy play, sensory play, adventure playground and snack time.	BOSP's Skills for Life Centre, SS16 4UH	Tuesdays 10.00am to 11.30am
Counselling	An experienced child/family psychotherapist provides either individual, couple or family counselling for parents/carers, siblings or children/young people with a disability.	Virtual or face-to face, Harold Hill RM3 9EN	Various dates and times
Care & Share Support Group	Autistic and Neurodivergent Young Adult's Support Group. Open to all young adults who identify as being on the Autistic Spectrum and their family, carers or supporting professionals.	The BOSP Hub, SS16 4UH	Alternate Thursdays 10.30am to 12.00noon
Family Advocacy	Individual and group support for families whose children are transitioning to adulthood and early years. Support includes advice, signposting, liaising with professionals on behalf of families around, personal budgets, getting a social worker, speech & language, education, transport, specialist equipment etc.	Various including BOSP's Skills for Life Centre, SS16 4UH	Tuesdays and Thursdays
SENCAPS Parents & Carers Peer Support	Peer support group for parents and carers of all children and young people with SEND.	BOSP's Skills for Life Centre, SS16 4UH	Alternate Thursdays 10.30am to 12.00noon

# A LOOK BACK AT THE SUMMER AT BOSP



Supported by  
  
**BBC Children in Need**  
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[www.bosp.co.uk](http://www.bosp.co.uk)

**BOSP Brighter Opportunities for Special People**  
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