



BOSP

Brighter Opportunities
for Special People



THE BOSP STAR

LATEST CHARITY NEWS



OUR NEW SENSORY ROOM

We are so thrilled and proud to have our very own Sensory Room at our Skills For Life Centre in Wat Tyler Country Park. The sensory room will help individuals improve their visual, auditory and tactile processing, as well as fine and gross motor skills. Whilst the calm and comforting atmosphere will help individuals to relax, self-regulate their behaviours and improve focus.

With thanks to Essex Short Breaks for their funding support of this project.



BILLERICAY CHRISTMAS MARKET

BOSP will be at Billericay Christmas Market on Sunday 5th December with our renowned Tombola Stall. Come and visit our stall for a really fun and festive family day out. We'd also love some help on the day or if you can provide a tombola prize, we would be most grateful.



SKILLS 4 LIFE



Thank you very much to Billericay Lions for our wonderful outing to Colchester Zoo. We had the best time!



Is your young person 15/16 years of age? Now's the time to be thinking about transition and planning your young person's future.

Try BOSP's weekday Skills 4 Life service and see how we can help.

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



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FUNDRAISING NEWS

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

In September we had some wonderful supporters taking on some tough challenges: The Tough Mudder 5k Challenge, 100km Ultra Challenge, and hiking up Scafell Pike, all in aid of BOSP. Thank you for your wonderful support and congratulations on your achievements. If you fancy taking on a challenge in aid of BOSP we would love to hear from you. Please contact The BOSP Office at community@bosp.co.uk or call 01268 553117. Or visit our [website](http://www.bosp.co.uk) to see some of the challenges you might like to participate in.



BRENTWOOD HALF MARATHON & FUN RUN

2022 Sportstiks Brentwood Half Marathon & Fun Run Sunday 20th March.

Entries are now open for the Brentwood Half Marathon and 5km Fun Run! If you would like to take on the one of these challenges in aid of BOSP please get in touch, we would love to hear from you. Email community@bosp.co.uk or call 01268 553117. Click on the link below for more info and entry details

<https://www.brentwoodhalf.org/>



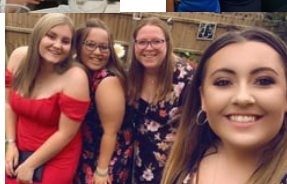
BILLERICAY FUN WALK SEPTEMBER 2021

Thank you to everyone who joined the BOSP Team at Wat Tyler Country Park or walked at home during the month of September, in walking in aid of BOSP this year. A huge thank you to everyone for making it such a successful event,



BOSP'S 30th ANNIVERSARY CHARITY BALL

We had a fabulous time at our 30th Anniversary Charity Ball raising over £5k! Whether you bought tickets to enjoy the evening with us, sponsored the event, volunteered your time and/or skills, donated, offered a raffle prize or supported us in any way you could - Thank you; we all really appreciate your support.



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 BASILDON LOTTERY & THE ESSEX LOTTERY

Basildon Borough Community Lottery and The Essex Lottery are exciting weekly lotteries that raise money for good causes in Basildon Borough and Essex. Tickets cost £1 a week, each ticket has a 1 in 50 chance to win a prize each week with a percentage going to good courses. You can choose BOSP as your chosen Charity.



GIFT AID

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

OUR NEW SERVICES

SENSORY ROOM

BOSP have recently had a brand new Sensory Room installed at our Skills for Life Centre in Wat Tyler Country Park thanks to Essex Short Breaks. The sensory room will help individuals improve their visual, auditory and tactile processing, as well as fine and gross motor skills. Whilst the calm and comforting atmosphere will help individuals to self-regulate behaviours and improve focus.

BOSP are delighted to be able to offer this exciting new space exclusively to our registered families, within the School Holidays. Families will be able to book sole use of the Centre, with Sensory Room, interactive whiteboard (which is connected to an Xbox and Nintendo Wii, with games), 5-in-1 games table and more, for just £15 for an hour, in the grounds of the beautiful country park. With facilities to interest all ages, BOSP hopes that parents/carers, siblings and family members can all enjoy use of this space together, with the help of a BOSP team member on site. The venue will be sanitised before and after use.

If you would be interested in finding out more or registering your interest for this service, then please do get in touch by contacting bookings@bosp.co.uk or call The BOSP Office and a member of the BOSP Services Team will be happy to help.

SKILLS 4 LIFE

This weekday transition programme is ideal for building up confidence, independence and social skills in young people aged 16 to 25 years with SEN. Thanks to Globals Make Some Noise, sessions take place weekdays term time between 9.30am to 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 to 7pm at BOSP's Skills for Life Centre. 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, siblings and children with a disability can access this service.

We are able to offer these sessions at a heavily subsidised cost. The sessions are mostly held virtually but face to face sessions can also be arranged.

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.

SCHOOL'S OUT

If your child isn't attending school full time, perhaps due to social anxiety, please contact us about our fully supported weekday opportunities to help build up their confidence and resilience. There are also opportunities to book our whole Skills For Life Centre and sensory room for private sessions for you and your child/young person during the week.



CURRENT SESSIONS

BOSP offers a variety of structured clubs to support different wants and support needs, weekdays, 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).

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, garden and gym, interactive soft play room, 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 is held in our Skills for Life Centre in Wat Tyler Country Park. Every Tuesday 10.00am to 11.30am (1.5 hours) term time. Our 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 Saturdays 10.00am to 3.30pm (5.5 hours) Out & About - various venues.

Our 'Let's Connect Club' for young people 11+ 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 soon! 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 and other parents. 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 our Out & About club 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 (subject to change) BOSP aims to provide a wide range of stimulating social activities with full care during the holiday periods, including Wat Tyler Park Country 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

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.

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

Our free inclusive friendly group for parents and carers of a baby, child or young person with a disability or life-limiting illness. We meet every 1st & 3rd Wednesday of each month and we meet for a coffee and chat but if the weather is fine, we take the opportunity to walk around the park. 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. Come with prams, wheelchairs, friends or family members too.

Big BOSP - see page 3 for details

Skills 4 Life - see page 3 for details

Counselling - see page 3 for details

School's Out - see page 3 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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