



Brighter Opportunities
for Special People

THE BOSP STAR

LATEST CHARITY NEWS



BOSP COFFEE & CONVERSATION

FIND SUPPORT, COMPANY, SHARE IDEAS AND EXPERIENCES

Coffee & Conversation is a chance for you to meet with other parents and carers of children and young people with SEND in a relaxed and informal setting along with Maria, BOSP's Family Advocate. Meet up with others who have lived experience of caring for a child or young person with SEND or are just beginning their journey and would benefit from advice and help. A chance to share information, discuss what's worked, what hasn't, what you would do again or what you may do differently. Resources and signposting are available to take away on the day.

The group currently meets on alternate Thursdays 10:00am to 11:30am at BOSP's Skills for Life Centre in Wat Tyler Country Park and the Human Kind Café in Billericay. Free drinks available or for a donation.



See our social media and website for future dates. Use [Eventbrite](#) to book your FREE places or if you're unable to book, please just drop in!

COUNSELLING FOR BOSP FAMILIES

BOSP offers counselling sessions with a qualified Psychological Therapist/Integrative Counsellor. Sessions are available for parents or carers who have a child or young person with a disability, siblings (young carers), grandparents or the child/ young person with the disability or life-limiting illness.

Sessions take place virtually or face to face in Romford. Sessions are greatly subsidised, starting at just £12. Please contact The BOSP Office to register your interest and see our [website](#) page for more details.

BOSP FAMILY ADVOCATE

TRANSITIONING INTO ADULT SERVICES & ORGANISING DAY OPPORTUNITIES IS NOT AN EASY PROCESS BUT AT BOSP WE CAN HELP!

This free holistic service can help support you with:

- enabling your young person to access **BOSP's Skills 4 Life Weekday Daytime Programme**, and other community services
- requesting a Carers Needs Assessment
- obtaining a young person's personal budget
- improving links with social care
- helping you fill the gaps when your young person leaves full-time education

Group, face to face and telephone support available. Contact The BOSP Office for more information.

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Volunteer Focus - Fay



Fay has been a volunteer fundraiser for BOSP for over 12 years and has raised over £8,000 for the Charity. BOSP cannot thank Fay enough for all her continued support, she is a true BOSP Star ★

Along with supporting other people in her local

community, Fay runs Pussies Galore Cattery in Hutton and a local inclusive Middle Eastern Dance Group for females of all ages and abilities.

Fay said, "I was approached many years ago by a parent who was running BOSP at the time to start an inclusive dancing group. I still run the dance group and every 18 months we hold a Dance Performance in aid of BOSP. I also hold an annual Posh Frocks Afternoon Tea in Billericay with home-made cakes, with all proceeds going to BOSP. I love the interaction with local people who want to support the Charity. I also have a BOSP collection pot in the Cattery and my clients very generously donate to BOSP".

Dance Performance for BOSP



Fay's group is holding a Dance Performance in aid of BOSP on Saturday 29th March 2025 at 7.30pm at Nevendon Community Centre. Nevendon Road, SS12 0QG.

Tickets can be paid for on the door at £10 each, under 12's go free, but you must register your name before 29th March via email to sjwherry500@yahoo.com as tickets are limited. There will be a subsidised bar and raffle on the evening.

Community Supporting Community



A wonderful team from **Rickard Luckin, Chartered Accountants and Tax Advisers** in Basildon, kindly visited BOSP to paint our large storage shed, helping to preserve it for a few more years. Huge thanks to all involved for their hard work, enthusiasm, and care.



BILLERICAY TOWN WALKING FOOTBALL CLUB

A massive thank you to **Billericay Town Walking Football Club** for choosing BOSP as the beneficiary for their Spirit of Christmas Annual Walking Football Tournament.

An amazing £4,978.65 was raised for BOSP! It was an absolute pleasure to show Billy and John from the Club around our Skills 4 Life session.

FUNDRAISING NEWS

We rely 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 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 or challenges you might like to participate in.

FUNDRAISING IN AID OF BOSP - future events

NEW YEAR, NEW ME!

ULTRA CHALLENGE - WALK. JOG. RUN

Looking for a challenge to test yourself to get in shape, or bond with friends on a weekend adventure? If so, an Ultra Challenge is for you and you don't need to be a budding elite athlete - they're for everyone, take it at your own pace! Check out their [website](#) for New Year deals and full details. We would love to know if you're taking on a challenge for BOSP. We can provide a BOSP running vest and support with your fundraising.



BAKERS BRENTWOOD HALF MARATHON SUNDAY 23RD MARCH 2025

Would you be interested in running in the 2025 Bakers Brentwood Half Marathon on Sunday 23rd March 2025 to raise vital funds for BOSP? We can provide a BOSP running vest and support with your fundraising. Please register for your place via the [official website](#) or scan the QR code. We would love to know if you are taking part!



BOSP BIG NIGHT OUT

FRIDAY 16TH MAY 2025 AT THE BILLERICAY THEATRE

Due to the success of last year's event, BOSP is once again holding a Big Night Out at The Billericay Theatre. This fabulous local venue will host an evening of live music from Programmed2Function, lots of dancing, 'theatre bites', BOSP signature cocktails and a raffle with wonderful prizes. Tickets £20 per person, secure your places now. Tickets are selling fast!



OTHER WAYS TO SUPPORT BOSP @www.bosp.co.uk

Check out the [Support BOSP and Fundraising Events](#) pages on our [website](#) for all the ways you can help support BOSP.

RAISE FREE FUNDS FOR BOSP EVERY TIME YOU SHOP ONLINE

Every time you shop, go to the [easyfundraising](#) website or download the App and type in the retailer or item you want. Easyfundraising will then direct you to the retailer you need and when you make a purchase, the retailer will donate to BOSP every time, it's that easy!

To find out more, visit our [easyfundraising](#) page by clicking [here](#)



JOIN THE ESSEX LOTTERY TO SUPPORT BOSP

Buying weekly lottery tickets by Direct Debit through the Essex Lottery could mean a win for you and your family, as well as giving you the chance to help a small local charity close to your heart. Tickets are available from £1 a week. If you would like to take part, please click on the link [here](#). 50% of all ticket sales in aid of BOSP, will come directly to us. Thank you so much for your support and good luck!



FUNDRAISING IN AID OF BOSP - just some of the wonderful recent events



VIRTUAL FUN WALK 2024 - Total Update!

Huge thank you to everyone who took part in the Fun Walk during last September and The Fun Walk Trust for their wonderful support. With our share of the bonus pot, an amazing £3,283 has been raised for BOSP. Our best year of the Fun Walk ever!

BILLERICAY CHRISTMAS MARKET

Thank you to everyone who braved the rain and came along and supported the BOSP Tombola at The Billericay Christmas Market on Sunday 1st December. A brilliant £657 was raised for BOSP.

CHRISTMAS WREATH MAKING EVENT

Thank you to Clare and Fizz and everyone who took part in their Christmas Wreath making event in aid of BOSP. A wonderful £520 was raised for BOSP.

BOSP 12 DAYS OF CHRISTMAS

A huge thank you to everyone who bought tickets for our 12 Days of Christmas. With your support £860 was raised for BOSP.

CHARITY SHOPPING DAY TO BICESTER SHOPPING VILLAGE

Thank you to all our lovely supporters who came along to the annual BOSP Charity Shopping Day to Bicester Shopping Village last October and raised a fabulous £631 for BOSP.



Follow BOSP on Social Media!



Please encourage your family and friends to follow BOSP on its social media channels! Please like and share our posts so more people know about the work we do here at BOSP! Find out about all the wonderful fundraising events we hold and updates on all of BOSP's services and don't miss out on a thing!

Volunteers Wanted

FAB PEOPLE WANTED!

Volunteers wanted to join our committee to help raise funds and awareness for BOSP.

- Develop new skills
- Meet new friends
- Make a difference

Sound interesting and like to know more? Then we would love to hear from you. Please contact The BOSP Office or email community@bosp.co.uk



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

giftaid

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

£100 DONATION → GIFT AID +25% → £125 TOTAL VALUE OF DONATION



BOSP SERVICES UPDATES

BOSP SKILLS 4 LIFE - EXCITING NEWS - SPACE NOW AVAILABLE ON TUESDAYS!

Skills 4 Life is BOSP's educational weekday, daytime opportunity for young people aged 18 to 25 years. Skills 4 Life provides bespoke vital life and social skills to support transition into adulthood.



Our small groups and high level of support ensures the young people grow in confidence and independence. Age appropriate activities include cooking (and washing up!), meal planning and preparation, learning to keep a room tidy, sports and keeping active, gardening and travel training. Every day includes fun activities out in the community. Weekdays 9:30am to 3:30pm at BOSP's Skills for Life Centre. Contact BOSP for more information.

BOSP TOTS

Our inclusive baby and toddler group is for children up to 5 years with any kind of additional need and their parents, carers and grandparents. Sessions include pre-school and sensory equipment, optional messy play, song circle, snack time, and visits to the park's adventure playground.

It will also provide the opportunity to meet with others facing similar challenges and to receive help and advice from our specialist staff.

If you have a friend or relative who would like some support but they are worried about



coming along on their own, please bring them along, we would love to see you.

The sessions are held each Tuesday morning during term time from 10:00am to 11:30am, at BOSP's Skills For Life Centre. Places are limited.

[Book your place here](#)

BOSP FAMILY FUN DAY FRIDAY 30TH MAY 2025

Due to the success of this event last year, BOSP will once again be holding a Family Fun Day at Thriftwood Scout Camp in Brentwood on Friday 30th May 2025.



All the family is welcome for this fun filled day; BOSP's children, siblings, mums, dads and grandparents. Everyone is encouraged to join in the inclusive activities, which include archery, wall climbing and party entertainers, all topped off by a BBQ lunch. £25 per family (up to 5 people).

More information will be sent out to families nearer the date.

BOSP'S SUPPORT & SERVICES PATHWAY

You can find details of all the support and services BOSP provides on our website or in our new Pathway leaflet.

If you would like any further information or advice on our services please contact

The BOSP team on 01268 553117.



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BOSP's Progression Activity Clubs & Services that support you and your child or young adult's development

Service	Service Description	Location	Day and Time
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 term time 10:00am to 11:30am
Individual Sensory Sessions	Individual sensory sessions for children and young adults whose health needs preclude them from attending a group session or for those who are overwhelmed at being in a group setting.	BOSP's Skills for Life Centre, SS16 4UH	Tuesdays term time 12:45pm to 1:15pm 1:30pm to 2:00pm 2:15pm to 2:45pm
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 term time 10:00am to 3:00pm
Holiday Club	Social & educational club with mostly 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
Holiday Club Out & Abouts	Providing one-to-one support, BOSP delivers a wide range of stimulating activities out in the community for children and young adults 4 to 25 years, during the school holidays. Activities include Woodland Warriors, Sea Life Centre, farms and zoos.	Various	Various 10:00am to 3:00pm
Forest Fun Days	Activity days based in a woodland setting with one-to-one support. Children and young adults 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.	Various Woodland Settings	Summer, Easter, Christmas holidays and some half terms 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

Service	Service Description	Location	Day and Time
Big BOSP	A fun youth club for young people offering social and learning opportunities, while 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
Chill Zone	Fully supported social club for young adults aged 18 to 25 years, that takes place 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 times (4-6 hours)
Skills 4 Life	Educational weekday, daytime opportunities for young adults aged 18-25 years, providing bespoke vital life and social skills to support their transition into adulthood. Age appropriate activities include cooking (and washing up!), meal planning and preparation, housekeeping, sports and keeping active, gardening, travel training and visits to local attractions.	BOSP's Skills for Life Centre, SS16 4UH	Weekdays term time 9:30am to 3:30pm
Family Fun Days	A fun filled day for the whole family with woodland activities, entertainment, BBQ and refreshments.	Various	Various dates and times
Big Days Out	Family days out to exciting Theme Parks and Zoos.	Various	Various dates and times
Counselling	An experienced child/family psychotherapist provides either 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
Family Advocacy	This free holistic service can help with the challenges associated with moving over to adult services, including accessing BOSP's Skills 4 Life Weekday Daytime Programme, other community services, requesting a Carers Needs Assessment, personal budget and links with social care.	Various including BOSP's Skills for Life Centre, SS16 4UH	Face to face or telephone support available
Coffee & Conversation Parents & Carers Peer Support	Free Peer support group. A chance to meet with other parents and carers of children and young people with SEND in a relaxed and informal setting along with BOSP's Family Advocate. Specialist advice from visiting professionals, including The Continence Team, Autism Central, Makaton Tutor.	BOSP's Skills for Life Centre, SS16 4UH & 'Human Kind Cafe' Billericay, alternate weeks	Every Thursday 10:00am to 11:30am

A single, vibrant red maple leaf with a prominent central vein and several lateral veins, set against a plain white background. The leaf is oriented diagonally, with its stem pointing towards the bottom right.



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