

# Short Breaks Newsletter

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



March 2025



## NEW iCan2 Youth Club

The 4 All Foundation is delighted to announce the launch of two brand new iCan2 Youth Clubs for members aged 11 to 17! These exciting sessions will provide young people with the opportunity to take part in a variety of fun activities, including darts, pool, games consoles, arts and crafts, and much more.

The 4 All Foundation is an independent charitable organisation dedicated to delivering local, accessible activities, projects, and initiatives to support the needs and aspirations of communities across Shropshire (including Telford & Wrekin) and surrounding counties. In addition to these new youth clubs, the Foundation continue to run the iCan2 Creative Arts sessions, providing even more opportunities for young people to express themselves and develop new skills.

With over 15 weekly youth programmes currently running across Shropshire, Telford & Wrekin, the 4 All Foundation are proud to have achieved the Telford & Wrekin Youth Quality Mark for 2024 and 2025, reflecting their ongoing commitment to delivering high-quality youth services.

The new iCan2 Youth Clubs will run on:

**Monday 4.30-6pm at Hub on the Hill, Sutton Hill**

**Friday 4.30-6.30pm at Arleston Community Centre**



Both clubs are free of charge and will start week commencing 31st March 2025—the first two sessions will be an opportunity to ask questions and see the venue. Parents are welcome to drop off or to stay for a cuppa and a chat with other parents, if preferred.

Pre-booking is essential! You can secure a place by emailing [info@4all.foundation](mailto:info@4all.foundation). Further information on the 4 All Foundation can be found at [www.4all.foundation](http://www.4all.foundation).

The clubs are only open to iCan2 members. If your child is not registered as an iCan2 member, please email [shortbreaks@telford.gov.uk](mailto:shortbreaks@telford.gov.uk) to request an application form.

## Challenging Perceptions

Challenging Perceptions is a registered charity, who provide services and support for Children and Young People with mental health, Learning Disabilities, and Autism needs. The support offered includes:

- Youth wellbeing and peer support group for 6–10 year olds. Meets every Tuesday evening, session 1: 3.45-4.45pm, session 2: 5.00-6.00pm.
- SEND parent and toddler group - a group to support those under 5 years old at all stages of diagnosis.
- Youth club with additional emotional wellbeing support, every Monday at 4.30-5.30pm.
- Mental health and wellbeing drop in
- Advocacy service - attending meetings with schools to ensure correct support is in place.
- Autism Cooking Group, every Wednesday at 4-5pm for 6-16 year olds, must be accompanied by parent/carer.
- Home Education Group, every Monday at 10.30am-12pm.
- Sensory room and garden space

Challenging Perceptions are based at the Park Lane Centre, Woodside and most of their work takes place there, with select activities taking place at other venues in Telford.

For more information call Challenging Perceptions on 01952 897333 or view their website: [www.cptelford.co.uk](http://www.cptelford.co.uk)

## Waterstones Makaton Stories

Waterstones Telford now hold Makaton Story sessions for children. They are held monthly, are free to attend and no booking is required.

To find out more, visit Waterstones, search The Makaton Tutor on Facebook or visit [www.waterstones.co.uk](http://www.waterstones.co.uk)

## Short Breaks Statement Review

Thank you to everyone who took the time to give their feedback on the Short Breaks Statement. We are currently working on a new and improved version, taking all feedback into consideration. We will share a copy of the 2025 edition when it is complete.

You can view the current statement on: [www.telfordsend.org.uk](http://www.telfordsend.org.uk)

## NEW iCan2 Activity Pass

Great news – we now have Challenging Perceptions sensory room vouchers available as part of our iCan2 offer. The sensory room is based at the Park Lane Centre in Woodside and the opening hours are 9-4.30pm, Monday-Friday. The voucher covers iCan2 members and 1 carer. The sensory room can hold up to 4 additional children, and 1 additional adult, but they will need to pay £3 each.

In order to book a slot, please email [shortbreaks@telford.gov.uk](mailto:shortbreaks@telford.gov.uk) with your child's name and the date and time you would like to attend. We will then confirm the booking with you if there is availability.



The poster features logos for 4 All Foundation, Telford & Wrekin Co-operative Council, and iCan2. The main image shows children playing a keyboard. Below this, three boxes describe the sessions: Dance Sessions (Every Monday, 4:30pm until 6:30pm, £2 per session), Music Sessions (Every Wednesday, 4:30pm until 6:00pm, £2 per session), and Drama Sessions (Every Friday, 4:30pm until 6:30pm, £2 per session). At the bottom, it lists 'ADMASTON HOUSE COMMUNITY CENTRE, TELFORD TF5 0BN' and icons for 'Arts & Crafts', 'Fun Games', and 'Instruments'.

Date and Time	Activity	Location	Details
<b>Monday</b>			
Every Week—10-11.30am	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact <a href="mailto:support@podstelford.org">support@podstelford.org</a>
Every Week—3.45-4.45pm	PODS Sensory Session		
Every Week—4-5pm	PODS Stop Motion		
Every Week—4-5.30pm	Soft Play for Juniors	Telford Ice Rink, International way, Telford TF3 4JQ	To book, visit <a href="https://www.telfordicerink.co.uk/info/5/soft-play">https://www.telfordicerink.co.uk/info/5/soft-play</a>
Every Week—6-8pm	Soft Play for Seniors		
Every Week—11.15-12.15pm	Children's Autism Hub Coffee and Chat	Hazeldine House, Central Square, Telford TF3 4JL	To book, contact 01952260062 or email <a href="mailto:childrensautism@tandwcvcs.org.uk">childrensautism@tandwcvcs.org.uk</a>
<b>Tuesday</b>			
Every Week—3.45-4.45pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact <a href="mailto:support@podstelford.org">support@podstelford.org</a>
Every Week—4-5pm	PODS Minecraft		
Every Week—4-6pm	Pirates and Princesses Soft Play SEND Session	Unit 17, Cedar Court, Halesfield 17, Telford TF7 4PF	To book, call 01952582382
Every Week—6-7pm	Airea 51 SEND Session	Airea 51, Stafford Park 12, Telford, TF3 3BJ	To book, visit <a href="https://www.visittelford.co.uk/things-to-do/airea51-p1418561">https://www.visittelford.co.uk/things-to-do/airea51-p1418561</a>
Every Week—4-5pm	Challenging Perceptions Youth Wellbeing Group	Park Lane Centre, Woodside, TF7 5QZ	To book, call 01952683700.
Every Week—3.30-4.30pm	4 All Boxing	104-106 Southgate, Telford TF7 4HG	No booking required.
<b>Wednesday</b>			
Every Week—3.45-4.45pm	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact <a href="mailto:support@podstelford.org">support@podstelford.org</a>
Every Week—4-5pm	PODS Lego		
Every Week—6-7pm	Airea 51 SEND Session	Airea 51, Stafford Park 12, Telford, TF3 3BJ	To book, visit <a href="https://www.visittelford.co.uk/things-to-do/airea51-p1418561">https://www.visittelford.co.uk/things-to-do/airea51-p1418561</a>
Every Week—4-5pm	4 All Dodgeball	104-106 Southgate, Telford TF7 4HG	No booking required.

If you would like to discuss your child's needs or accessibility requirements, please contact the activity provider on the details above ahead of the session to avoid disappointment.

Date and Time	Activity	Location	Details
<b>Thursday</b>			
Every Week—4-5pm	PODS Activity Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact support@podstelford.org
Every Week—10.30-1.30pm	Special Needs Activity Centre	7 Downemead, Hollinswood, Telford, TF3 2EW	For more information, please visit SNAC on Facebook.
First Thursday of Month—4.30pm	Children's Autism Hub Dugout 11-18yrs	Hazeldine House, Central Square, Telford TF3 4JL	To book, contact 01952260062 or email <a href="mailto:childrensautism@tandwcvcs.org.uk">childrensautism@tandwcvcs.org.uk</a>
<b>Friday</b>			
Every Week—1-2pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact support@podstelford.org
Every Week—10-12pm	Ice Rink SEND Session	Telford Ice Rink, International way, Telford TF3 4JQ	To book, visit <a href="https://www.telfordicerink.co.uk/info/5/soft-play">https://www.telfordicerink.co.uk/info/5/soft-play</a>
Every Week—5-6pm	Ice Rink SEND Session		
Third Friday of Month —7pm	Funky Friday Inclusive Disco 15+	The Navy Club, Bellman's Yard. Newport, TF10 7AJ	Entry is by pre-booked ticket only. See Facebook page Funky Friday Inclusive Disco for booking details.
Every Week—10-11am	Challenging Perceptions Under 5's Parents and Toddlers	Park Lane Centre, Woodside, TF7 5QZ	To book, call 01952683700.
<b>Saturday</b>			
Every Week—2.30-3pm	Chance to Dance SEND Session	Randlay Avenue, Telford, TF3 2LH	To book, call 07792300692.
Every Week—10-11am	PODS Activity Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit <a href="http://www.ticketsource.co.uk/Parents-Opening-Doors-PODS">www.ticketsource.co.uk/Parents-Opening-Doors-PODS</a> . For any queries, contact support@podstelford.org
<b>Sunday</b>			
Every Week—12.15-1.30pm	SEND Swimming	Abraham Darby Leisure Centre, Ironbridge Rd, Telford, TF7 5HX	To view full timetable, visit <a href="https://www.telfordandwrekinleisure.co.uk/info/4/swimming">https://www.telfordandwrekinleisure.co.uk/info/4/swimming</a>
Every Week—5-6pm	Wrekin SEND Swimming Club	Wellington Leisure Centre, Tan Bank, Wellington, Telford TF1 1LX	For more information, search Wrekin Special Swimming Club on Facebook or call 07530465472.