

Basingstoke & District

Basingstoke & District Young Carers

Support for children and young people who help care for a family member. The service provides practical assistance, activities and emotional support.
Website: <http://www.basingstokeyoungcarers.org.uk>

Sebastian's Action Trust/ The Bluebells

A charity dedicated to supporting children with complex or life-limiting conditions. They offer wellbeing support, respite opportunities and family activity days.

Website: <http://www.sebastiansactiontrust.org>

Viabes Community Association

Based at Viabes Community Centre, this organisation runs regular community activities, groups and events, including occasional drop-in play and inclusive sessions.

Website: <http://www.viabes.org.uk>

Newbury & Thatcham

West Berkshire Mencap

Provides support for people with learning disabilities and their families, including activities, advice and family support services.
Website: <http://www.wbmencap.org>

ASD Family Help

Although a UK-wide charity, they run inclusive family sessions and parent/carer peer support groups in Newbury and West Berkshire.

- Inclusive Fun (Newbury): Relaxed term-time drop-in sessions with crafts, play, LEGO and social time for autistic and neurodiverse families (FREE).
- Chat & Connect: Weekly Monday morning peer support group for parents and carers (FREE and child-friendly).

Swings & Smiles

An accessible play centre providing inclusive play sessions for disabled children and those with additional needs, along with support for families.
Website: <http://www.swingsandsmiles.co.uk>

TRUSTED ORGANISATIONS

Across Berkshire & Hampshire

National Youth Advocacy Service (NYAS)

Provides child and family advocacy services, ensuring young people's voices are heard and their rights upheld.

Website: <https://www.nyas.net>

Clubs, Social & Play Opportunities

Inclusive / SEND-Friendly Sessions
Many local organisations offer structured and informal inclusive activities, including:

- Term-time inclusive family sessions
- Parent/carer peer support groups
- Relaxed craft and play sessions
- Autism-friendly LEGO and social groups

Please check individual websites and event calendars for up-to-date details.

Parenting Special Children

Offers specialist support, workshops, activity groups and training for children and young people with SEND and their families across Berkshire.

Website:

<https://www.parentingspecialchildren.co.uk>

Parents & Children Together (PACT)

A family support charity providing guidance, advocacy and services for children and families.

Website: <https://www.pactcharity.org>

Independent & Shared Activities

Council-Run Play & Sensory-Friendly Sessions
Local leisure centres, libraries and play venues across West Berkshire and Hampshire regularly offer SEND-friendly or autism-friendly sessions, such as:

- Quieter swimming sessions
- Sensory-friendly cinema screenings
- Inclusive stay-and-play groups
- Library story sessions adapted for additional needs

We recommend checking your local council's website and leisure provider event calendars for current listings.