



BOSP

Brighter Opportunities
for Special People

THE BOSP STAR

LATEST CHARITY NEWS

SUPPORT DURING COVID

Research from the Children's Disability Partnership showed that 80% of all formal and informal support services for families with a disabled child ceased during the COVID pandemic. Therefore we are so pleased to announce that despite many obstacles and constant changes in legislation, BOSP has delivered 1,000's of hours of fun activities and vital respite since July 2020.

LOOK WHAT FUN WE'RE HAVING AT BOSP THIS SUMMER!

Thanks to support from BBC Children in Need & Essex Short Breaks



BOSP Open Day

We were delighted to hold our Open Day on 16th July and very privileged to have our new Skills for Life building officially opened by the Queen's Representative for Essex, Lady Sidra Naeem.

We were so pleased to welcome 60 guests on the day, including families, funders and supporters. Special thanks to our volunteers on the day and BOSP's young people who did a great job of taking cake and coffee orders!



SKILLS 4 LIFE

Transition - is your young person only attending college part-time? If so and you want to fill their week with fun social activities with learning opportunities, then why not book in for a trial session of BOSP's Skills 4 Life? We have availability remaining for Wednesdays, Thursdays & Fridays from September.



Skills 4 Life

(Person Centred Day Care for young adults with SEN aged 18 to 25 years)

WEEKDAYS
9.30am to 3.30pm

Club base:
BOSP's Skills For Life Centre,
Wat Tyler Country Park,
Pitsea, SS16 4UH

WELCOME
BOSP
Skills For Life Centre
www.bosp.co.uk

This programme is ideal for building confidence, social skills and independence.

What does BOSP's Skills 4 Life programme offer?

- Friendly small group day care in a Country Park setting for young adults only
- Personalised activities that take place both in a centre and out in the community
- Life skills such as meal planning and preparation, money handling, travel training, self-care, communication and social skills
- Activities such as IT, cooking, sports including swimming and trampolining, boating, forestry and horticultural skills, woodland walks, board games, arts & crafts, lunches out, cinema, bowling, crazy golf etc.

Complementing our weekend and holiday clubs, our weekday Skills 4 Life sessions will run from 9.30am to 3.30pm. Our base will be BOSP's Skills For Life Centre in Wat Tyler Country Park. It's a wonderful quiet location with ample parking and within walking distance of Pitsea Train Station and shopping centre.

You can expect the same very high quality of support that we deliver at all BOSP sessions. Numbers will be limited to small groups in order to maximise learning and to encourage friendships, communication and confidence to develop. Young people can attend between one and three days a week. Places are limited so please do get in touch as soon as possible to book your visit and assessment, in order to avoid disappointment.




For more information about BOSP's Skills 4 Life, please contact our friendly team at:

The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex SS16 4UH
 Telephone: 01268 553117 • Email: enquiries@bosp.co.uk • Website: www.bosp.co.uk
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 Registered Charity No. 1107392

CAN YOU HELP US TOWARDS OUR ANNUAL FUNDRAISING TARGET OF £450,000?

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



UPCOMING FUNDRAISING EVENTS

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 have Zabrina and Kristi taking on the Tough Mudder 5k Challenge, BOSP supporter Danny is going for a 100km Ultra Challenge, whilst Kelly and Vickie are taking on Scafell Pike - all in aid of BOSP! Good luck and thank you for your wonderful support.

For more info please visit BOSP's website and to support any of the above fundraisers please click on the name of the challenge here - [Tough Mudder](#) [Ultra Challenge](#) [Scafell Pike](#).

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.

BILLERICAY FUN WALK SEPTEMBER 2021 - WALK WITH THE BOSP TEAM ON WEDNESDAY 22ND SEPTEMBER!

Given the success of last year's virtual fun walk, the event co-ordinators have announced that the 2021 Fun Walk will again be a virtual event running through September.

However, we know just how much our supporters have enjoyed taking part in a group social event, so we hope you will join the BOSP Team at Wat Tyler Country Park on **Wednesday 22nd September** in walking for BOSP this year! Meet time from 4pm for a 4.30pm start outside our Skills for Life Centre, on the right just before the Visitor Centre in Wat Tyler Country Park. We will have an inclusive 2k & 5k route in the park with refreshments afterwards.

Or if you cannot join us on 22nd September you can walk virtually for BOSP this year too! When we say walk anywhere, we mean anywhere - including the garden, living room or up and down the stairs throughout the whole of September!

Visit our website [here](#) for all the details and sponsorship forms and let us know if you would like to take part at community@bosp.co.uk or call 01268 553117, we'd love you to join us.



BOSP'S 30th ANNIVERSARY CHARITY BALL SOLD OUT!

18th September 2021 at The Rayleigh Club

We are all looking forward to celebrating 30 Years of BOSP and to raise funds for our services. It will be a wonderful evening with live music from Penny Phillips, a raffle, auction and dancing till late to our brilliant DJ Mike.

Thank you to everyone who is supporting this event and are thrilled to say it is sold out.

OTHER WAYS TO SUPPORT BOSP AMAZON SMILE

[smile.amazon.co.uk](https://www.smile.amazon.co.uk)

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 causes. 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

SKILLS 4 LIFE

This Day Care 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 subsidised cost of £10 a session. The sessions are held via Zoom but face to face sessions may also be an option in our Skills for Life Centre at Wat Tyler Country Park in due course.

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.



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 returned on Tuesday 11th May and is held in our new home, the Skills for Life Centre in Wat Tyler Country Park. Every Tuesday 10.00am to 11.30am (1.5 hours) term time. Our free 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' is 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.

SCHOOL'S OUT

Is your child/young person not attending school full time, perhaps due to social anxiety, please contact us about weekly opportunities.

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, 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 (times subject to change due to Covid bubbles)

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.

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

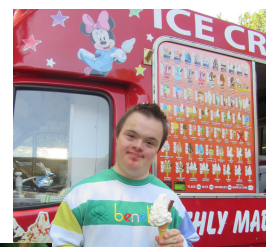
Our free inclusive friendly group for parents and carers of a baby, child or young person with a disability or life-limiting illness. We meet every 1st & 3rd Wednesday of each month and we walk for about an hour. We recognise that low impact exercise combined with peer support can really help to improve 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

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

The BOSP Office

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Pitsea

Basildon

Essex

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