



BOSP

Brighter Opportunities
for Special People

Newsletter

ISSUE 014

SPRING 2020

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BOSP are members of the Essex Lottery - have you signed up yet for your chance to win?



@BOSPCharity



@BOSPEssex

Our thanks to the Pioneer School for their continued support



It was a huge honour for BOSP to win the 'Teams of Pride' category at the Pride of Essex Awards. It was a very unexpected and emotional moment. Huge thanks to all of our staff, volunteers and fundraisers, who make what we do possible, enabling us to help so many Essex families.

Would you like to support BOSP through Payroll Giving?

What is it? Payroll Giving allows you to give directly to BOSP from your salary before tax is deducted, so you can give more for less and your donation goes further. For Example, if you wish to donate £10 a month, it will only cost you £8 from your net pay if you are a basic rate tax payer or just £6, if you are a higher rate tax payer. Payroll Giving is easy to set up and you can change your donation at any time by informing your HR department at work. A Pay Roll Giving form can be downloaded from the BOSP website, under 'Ways to Donate' or by contacting The BOSP Office, returning a copy to your employers. Thank you for your support.

New Service - Walk With Us

We understand that having a child with a disability can be lonely and isolating, leaving very little opportunity for supporting your own needs and health. We recognise that low impact exercise with peer support can really help to improve your well-being. From 4th June our FREE friendly peer support group will be meeting on the 1st and 3rd of each month in the Green Centre, Wat Tyler Park for an hours walk, followed by refreshments inside. 10am to 11.30am. See website/flyer for more info. Please feel free to bring a friend or family member. Thank you to Active Essex for their support of our project.

New Service - 'Skills for Life' - Weekdays

Is your young person 16 years and older in education less than 5 days a week?

Are you worried about how you will stay in work when your young person leaves full-time education, if you have to return to your full-time caring role?

Are you wanting more BOSP opportunities for your young person that are both fun and educational during the week term time?

Is your young person hoping to live in supported accommodation in the future?

Is your teenager reluctant to learn necessary life skills from family?

Then why not put your young person's name down for BOSP's new term time Skills for Life programme:

It will run from 10am to 3.30pm on Tuesdays, Wednesday and Fridays, The Place Leisure Centre, Pitsea (behind Costa Coffee and Aldi). From May.

In a great location with lovely facilities, this group will be ideal for building up your young person's confidence and independence, whilst providing you with vital weekday respite. For more information or to register your interest, please call The BOSP Office.

You can expect the same high quality care and support that you get with all BOSP sessions. Numbers are limited to small groups to support learning and encourage friendships to evolve, so please do get in touch as soon as possible if you are interested. Thank you to Global's Make Some Noise for their support with this new project.

New Service - BIG BOSP

BIG BOSP is back in June as part of our Skills for Life programme for young people 15+. It will take place Thursdays at The Place Leisure Centre, Pitsea. 6.30pm to 9pm. This is a great evening session for young people wanting to make friends, have fun, learn new skills and enjoy supported social activities. Parking is really easy and gives parents/carers the time to pursue their own leisure activities or just catch up with shopping etc. Festival Leisure in Basildon is only a few minutes away giving families/siblings time to enjoy a meal or activity for themselves.

Walk with Us

Meet at: The Green Centre, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, SS16 4JH

10.00am - 11.30am

1st and 3rd Wednesday of each month from 4th March 2020

At BOSP we understand that having a child or young person with a disability or life-limiting illness can be lonely and isolating, leaving very little opportunity for supporting your own needs and health. We recognise that low impact exercise combined with peer support can really help to improve your well-being.

ActiveEssex PRIDE of Essex Awards

Thanks To Our Most Recent Supporters

The community caring for our community Charity!



A big thank you to our friends at Willmott Dixon Interiors for all their amazing fundraising efforts; Christmas gifts and Easter Eggs for our children and families, completing the gruelling Rough Runners course, cake sales and competing in the rock band competition Construction Rocks where they won the award for the most money raised for their chosen charity - BOSP! They have been such wonderful supporters over the past 2 years



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Posh Paws Basildon Thank you so much for your continued support donating all the gorgeous Disney & Pixar plush soft toys to BOSP

Thank you so much to the staff, children and proud parents of Buttsbury Infant School for donating £928.30, which was raised at their Christmas performances



Music Therapist Emily Grimes

Huge thanks to BBC Children in Need for their support and publicity of BOSP in the last six months. We love the video you made and it has really helped to raise BOSP's profile

BOSP families are looking forward to The Lion King on 23rd February, thanks to our friends at Billericay Community Cinema.



Posh Frocks Afternoon Tea
Thank you so much to regular supporter Fay for holding another of her renowned Posh Frock and cake afternoons in the grounds of her home in aid of BOSP, raising a great £277!



BOSP was Charity of the Year for St. John's School, Billericay. A massive thank you to the staff and children at St John's School for all their fundraising efforts and presenting BOSP with a wonderful cheque for £3,939.24



Co-op Stock Road

Huge thank you to Mark, and all the staff and customers at the Co-Op, Stock Road, Billericay who have raised a wonderful £1600 for BOSP.



Thank you DMC Contracts for your kind donation!

A big thank you to The Wallace Singers who performed the wonderful concert "Merry Christmas Everybody" on the 15th December and raised a fantastic £650 for BOSP

Many thanks to Grace Lampard for organising a wonderful evening of song, dance and laughter in memory of Lily who loved attending BOSP. The night was a wonderful success raising over £3,700 for BOSP!



The Essex Lottery was created in 2017 by Essex County Council. It was set up to support community projects in the local area, The Essex Lottery operates on the principle of raising money within the community for the community in a fun and effective way.

Please buy a lottery ticket today to help BOSP continue to deliver these essential services for disabled children and young people. A ticket for The Essex Lottery costs just £1 per week and 60p will go directly to BOSP!
Visit <https://www.essexlottery.co.uk> and search for BOSP

Argos & Sainsbury's Local
Thank you so much to the Billericay Argos, Sainsbury's Local and Brentwood branch of Argos, who collected new toys from their lovely customers under the Brighten a Million Christmases Toy Appeal. BOSP's children were absolutely thrilled to receive them.

BOSP relies on fundraising in order to provide its services, so for more information on any of the events below or if you would like to arrange your own fundraiser, please contact The BOSP Office on 01268 553117...we'd love to hear from you!

21st February 2020 - Quiz Night

Come and have fun with some friends at the quiz night, run by our friends at the Rotary Club of Brentwood in aid of BOSP. 7pm for a 7.30pm start, Courage Hall (Brentwood School), Middleton Lane, Brentwood CM15 8BD. Tickets £9 per person from The BOSP Office, tables of up to 8. Ticket includes a jacket potato supper with a choice of fillings and a side salad! (Gluten free and vegetarians can be catered for).

26th April 2020 - 'Classics in the Garden Tour' - Charity Classic Car Run to Beth Chatto's Gardens, Elmstead, Colchester

Please join us for this wonderful car run from Rettendon through to Colchester finishing with a static display and awards in the grounds. Entrance is only £20. Entry applications can be obtained from www.cvc.co.uk. Includes Rally Plate for the front of your car, Tulip Rally Route Book. 2 for 1 entry into the gardens. Thank you to the Charity Class vehicle Club and Rotary Club Billericay Mayflower for their support of this exciting event.

16th May 2020 - BOSP Charity Ball - The Rayleigh Club

Join us once again in celebration of BOSP's work and to help raise funds for our services. It is always a wonderful evening with dancing till late to our brilliant DJ Pete. Tickets are just £46 (£10 deposit per person to hold your place). The tickets include a reception drink, 3 course meal, coffee and petit fours along with music and dancing. Tables will be for 8 or 10 people. Dress code is evening or black tie – whatever you feel more comfortable in. Don't worry if you have not got 8 or 10 guests, there are plenty of people who would like to make up a table.

19th September 2020 - Sparkling Lunch Harry's Bar - £25 - 1pm to 4pm

Looking forward our next Sparkling Lunch which includes a two course meal and a glass of Prosecco – what a wonderful way to spend Saturday afternoon with friends or family. Tables go quickly, so please call or email BOSP to reserve your table.

24th October 2020 - Bicester Shopping Village Trip £22 - 8am to 5.30pm

Travelling by coach from Billericay to Bicester to visit Oxford's famous designer outlet shopping village - a great way to start your Christmas shopping or to treat yourself (with a glass of fizz to celebrate your shopping success on the way home). Includes an additional 10% discount voucher booklet to use around the village.

6th December 2020 - Billericay Christmas Market - 11am to 5pm

Come and visit our renowned tombola stall at the Christmas Market, it is a really fun and festive family day out. We'd love some help on the day - we run a 2 hour rota, or if you can provide a tombola prize, we would be most grateful.

So, how can you help?

- **Volunteer** on a fundraising stall for a couple of hours
- Take part in a **sponsored event** on behalf of BOSP
- Donate **unwanted gifts** new toiletries or toys to our tombola stalls & raffles
- **Attend a BOSP Fundraising event**
- **Download BOSP's A - Z of Fundraising Ideas** from our website and do your own event
- Make a one off or **monthly donation**
- **Business/Corporate Support** - do you or a family member work for a company that has a social committee or a CSR Policy (Corporate Social Responsibility) - do they want to support smaller charities this year?
Could BOSP help your company fulfil its CSR (Corporate Social Responsibility)?
Is your organisation still to decide their chosen Charity of the Year? Then why not choose small independent charity BOSP? We have been providing specialist support to children who have disabilities or life-limiting illnesses for nearly 28 years, whilst providing essential respite for their families. We would love to work with you. Please get in touch on 01268 553117 or visit www.bosp.co.uk to find out more of what we do.
- **Become a BOSP Trustee** For more information on how you can help us to help more families, please call The BOSP Office on 01268 553117.



Appeals/Requests

Can you help? We need you!
Do you have time and are able to provide printing for free in return for advertising on our leaflets and social media?
If so please contact The BOSP Office on 01268 553117. Thank you!



Tombola, Prize Draw or Raffle Gifts

Here at BOSP we are always willing to take any unwanted, unused items/gifts off your hands for our tombola stalls and raffles. Please call The BOSP Office on 01268 553117 to find out the best way to get them to us, many thanks!



Current Activities & Services

The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon Essex SS16 4UH

Telephone: 01268 553117 Email: enquiries@bsp.co.uk Website: www.bosp.co.uk

Registered Charity No. 1107392 Company No. 5284004

Brighter Opportunities for Special People is a registered charity (1107392) which offers support to families by providing short break care for their children and young people with learning and physical disabilities

BOSP offers regular structured clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years and 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 mild 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@bsp.co.uk or visit our website: www.bosp.co.uk

BOSP SATURDAY CLUB: 10.00am to 3.30pm (5.5 hours) at the Pioneer School, Basildon

The BOSP Saturday Club is run out of the Pioneer School in Basildon with all its fantastic facilities. Aimed at children and young people aged 4 years+. Activities include sensory rooms and garden, interactive soft play room, craft, 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 individual's needs. BOSP also hires highly qualified outside specialists to provide therapeutic music and dance. The children and young people also have the opportunity to try their hand at craft and messy play.

BOSP TOTS: Thursdays 10.00am to 11.30am (1.5 hours) term time Northlands Family Hub, Davenants, Basildon, SS13 1QX

Our free inclusive baby and toddler group for families of children aged 4 and under with any additional need. This is an opportunity to meet other parent/carers and receive help and advice from our specialist staff. Activities include soft play, sensory room and garden plus Music Therapy once a quarter.

COME AND SWIM: 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, such as assessments, schooling, respite and transition from child to adult services. 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.

BOSP LET'S CLUBS: 10.00am to 3.30pm (5.5 hours) Out & About - various venues

Our 'Let's Go, Grow and Connect clubs' are transition clubs 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.

CHILL ZONE: Saturdays and Sundays at various times and venues.

Chill Zone is Out & About activities 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) at the Pioneer School and various venues.

In order to provide our children and young people with the consistency they need, we regularly use the Pioneer School as our base for our Holiday Clubs and Out & About trips (pick up and collection points may vary for outings). As with our Saturday Club, BOSP aims to provide a wide range of stimulating activities during the holiday periods, including Wat Tyler Park, Woodland Warriors, Animal Workshops, crazy golf, Sea life Centre.

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, 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

This is our free friendly group for parents and carers of a child or young person with a disability or life-limiting illness. We meet every 1st & 3rd Wednesday of each month, we walk for about an hour finishing with refreshments indoors. 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. Please feel free to bring along a friend or family member too.

Visit our website at www.bosp.co.uk where you can find our session schedules

If payment should be a barrier to accessing sessions, please call The BOSP Office