



THE BOSP STAR

LATEST CHARITY NEWS

BOSP

Brighter Opportunities
for Special People

COPING THROUGH COVID

Thank you so much to everyone who has helped us during the pandemic.

Our face-to-face sessions were initially suspended during the crisis, but we adapted our support and were very busy providing outreach support such as shopping for medication and food, group on-line music therapy, sensory activities, family helpline and signposting to other support services.

Following in-depth risk assessments and associated policies we were very excited to resume face-to-face services again on the 27th July. It was so wonderful to welcome BOSP's children and young people back to sessions.

We are also extremely proud to be able to offer new COVID related services including our weekday 'School's Out' project for children who have still not returned to full-time education, as well as carers support in the form of counselling and yoga.

FUN DURING SUMMER AND HALF TERM 2020



OUR THANKS TO THE FOLLOWING COVID-19 FUNDERS

We are thankfully still delivering services in the most extraordinary and difficult of circumstances thanks to kind emergency contributions from the following funders.

- BBC Children in Need, Lloyds Bank Foundation, Essex Short Breaks, Angus Lawson Memorial Trust, National Emergency Fund, Big Issue, ECF, Charles S French, Brentwood a Becket Rotary Club, Brentwood Basildon Council, Brentwood Rotary Club, Social Enterprise Support Fund, Tesco, National Lottery

OUR NEW SERVICES

SKILLS 4 LIFE

This Day Care programme is ideal for building up confidence, independence and social skills in young people aged 16 to 25 years with SEN. Sessions will take place weekdays between 9.30am - 3.30pm and will include food preparation, gardening, travel training, money handling, swimming, gymnasium 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 evening respite. We meet every Tuesday 6.30pm - 9pm. Click on the poster for more details or visit our website or contact The BOSP Office.



FAMILY COUNSELLING

We are very pleased to be able to offer counselling to our BOSP families. Sessions will take place with Simona, MSc Psychological Therapist/BA (Hons) Integrative Counsellor and will last 50 minutes. Parents/carers, young carers and children with a disability can attend.

We are able to offer these sessions at a subsidised cost of £10 a session. The sessions will be held via zoom initially but face to face sessions will be available Mondays in Pitsea in due course. At BOSP we understand how stressful life can be for our families, especially with the added difficulty of dealing with the Coronavirus.

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.



YOGA & WELL-BEING

We are looking forward to starting our new yoga classes for parents/carers. These relaxation and well-being sessions for beginners or intermediates will take place initially via Zoom on Mondays between 11.15am and 12.00noon, so you can enjoy sessions from the comfort of your own home.

Sessions cost just £2 per 45 minutes.

Non-BOSP carers who have a child or young person with a disability are also welcome.



UPCOMING FUNDRAISING EVENTS

Our community events have sadly all been cancelled due to COVID, so please look out for our virtual events via BOSP's social media channels. We rely on donations and fundraising in order to provide our services, so for more information on the event 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!

BOSP'S 30th ANNIVERSARY CHARITY BALL !!

18th September 2021 at The Rayleigh Club

Join us to celebrate 30 Years of BOSP and to help raise funds for our services. It will be 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 of between 8 or 10 people. Dress code is evening or black tie - whatever you feel more comfortable in.

OTHER WAYS TO SUPPORT BOSP

BOSP CHARITY CHRISTMAS CARDS

We have 3 styles of lovely Christmas cards for sale, £3 for a pack of 10. Please visit our website to see how to order.



AMAZON SMILE - not just for Christmas!

This 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 ESSEX LOTTERY

The Essex Lottery is an exciting weekly lottery that raises money for good causes in Essex. Tickets for the lottery cost just £1 a week & each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! From every £1 ticket sold 60p will go to good causes in Essex and you can choose BOSP as your chosen Charity.

GIFT AID

Any donation - don't forget to gift aid it! BOSP can then claim a further 25% from the Government for your donation.

PLEASE CALL BOSP ON
01268 553117 FOR DETAILS

18TH SEPTEMBER 2021

**30th
ANNIVERSARY
CHARITY BALL**

Please join us for BOSP's 30th Anniversary Charity Ball on Saturday 18th September 2021 in aid of children with disabilities/life-limiting conditions

Welcome drinks reception followed by 3 course meal, tea, coffee and petit fours

Music and Dancing till late!

Raffle and Charity Auction
Tables of 8 or 10 people
£46 per ticket - £10 pp deposit

The Rayleigh Club
Hullbridge Road
Rayleigh
Essex SS6 9QS
Dress Code: Black tie/smart evening

6.30PM - DRINKS RECEPTION

@BOSPCharity @BOSPEssex bospcharity

Charity No: 1107392
Company No: 5284404

smile.amazon.co.uk

THE ESSEX LOTTERY
Fundraisers

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

ALL YOU HAVE TO DO IS #TICKTHEBOX

CURRENT SESSIONS

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 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 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@bosp.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 (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 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 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 We hope to be back soon when the Hub is re-available. 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 parents/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 We hope to be back soon when the pool is available. 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 CLUB Suspended due to COVID guidelines. 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 (times subject to change due to Covid bubbles)

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, depending on COVID restrictions). 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.

Big BOSP - see page 2 for details

Skills 4 Life - see page 2 for details

Counselling - see page 2 for details

Yoga & Well-Being - see page 2 for details



BOSP Brighter Opportunities for Special People

The BOSP Office

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Pitsea

Basildon

Essex

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