

Short Breaks Newsletter

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



October 2025

Have Your Say on ADHD & Autism Services

'People across Shropshire, Telford and Wrekin are being invited to share their views about ADHD and autism services to help shape improvements for children, young people, adults, and families. You may have received a diagnosis, be waiting for an assessment or self-identify as being autistic, having ADHD or AuDHD.

We know that services are sometimes not as joined up as they could be and demand is increasing. Many people face long waits for assessments, experience inconsistent access to services, and are at increased risk of poor outcomes due to delays, especially during critical transition points in life.

Whether you have used services yourself, support someone as a parent or carer, or may need them in the future, your voice matters. This is an important opportunity to influence how services are designed, delivered and improved to better meet the needs of our communities. We want everyone to feel included and valued across Shropshire, Telford and Wrekin

Your feedback will be used, along with data and insight already gathered by our health and care partners and patient experience team, to identify what is working well, what support is missing, and how we can make best use of the resources available to shape services that are more responsive, inclusive and person-centred.'

To complete the survey, please visit www.shropshiretelfordandwrekin.nhs.uk/get-involved/current-and-recent-work/all-age-adhd-and-autism-services/



4 All FOUNDATION Telford & Wrekin Co-operative Council **ican2**

ICAN2 SHORT BREAKS
CREATIVE ARTS 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

Drama Sessions
Every Friday
4:30pm until 6:30pm
£2 per session

ADMASTON HOUSE COMMUNITY CENTRE, TELFORD TF5 0BN

Arts & Crafts Fun Games Instruments

Phone 0800 321 3617 Email info@4all.foundation Website www.4all.foundation



4 All FOUNDATION Telford & Wrekin Co-operative Council **ican2**

ICAN2 SHORT BREAKS
YOUTH CLUBS

Monday Youth Club
Every Monday
4:30pm until 6:30pm
Hub on the Hill (Sutton Hill)

Friday Youth Club
Every Friday
4:30pm until 6:30pm
Arlaston Community Centre

FREE OF CHARGE!

XBOX Corner Arts & Crafts Fun Games Darts Pool

Phone 0800 321 3617 Email info@4all.foundation Website www.4all.foundation

Date and Time	Activity	Location	Details
Monday			
Every Week—10-11.30am	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
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 https://www.telfordicerink.co.uk/info/5/soft-play
Every Week—6-8pm	Soft Play for Seniors		
Every Week—4.30-6.30pm	iCan2 Youth Club	Hub on the Hill, Sutton Hill	To book, visit www.4all.foundation
Every Week—4.30-6.30pm	iCan2 Creative Arts	Admaston House Community Centre	
Tuesday			
Every Week—3.45-4.45pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
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 https://www.visittelford.co.uk/things-to-do/airea51-p1418561
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.
Wednesday			
Every Week—3.45-4.45pm	PODS Sensory Session	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
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 https://www.visittelford.co.uk/things-to-do/airea51-p1418561
Every Week—4-5pm	4 All Dodgeball	104-106 Southgate, Telford TF7 4HG	No booking required.
Every Week—4.30-6.30pm	iCan2 Creative Arts	Admaston House Community Centre	To book, visit www.4all.foundation

Date and Time	Activity	Location	Details
Thursday			
Every Week—4-5pm	PODS Activity Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . 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.
Friday			
Every Week—1-2pm	PODS Sensory Sessions	PODS Hub, 1 Hawksworth Road, Central Park, Telford, TF2 9TU	To book PODS activities, visit www.ticketsource.co.uk/Parents-Opening-Doors-PODS . 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 https://www.telfordicerink.co.uk/info/5/soft-play
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.
Every Week—4.30-6.30pm	iCan2 Youth Club	Arleston Community Centre	To book, visit www.4all.foundation
Every Week—4.30-6.30pm	iCan2 Creative Arts	Admaston House Community Centre	
Saturday			
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 www.ticketsource.co.uk/Parents-Opening-Doors-PODS . For any queries, contact support@podstelford.org
Every Week—10-1pm	iCan2 Sports & Leisure	Southall School, Telford	To book, visit www.geniustuition.co.uk
Sunday			
Every Week—12.15-1.30pm	SEND Swimming	Abraham Darby Leisure Centre, Ironbridge Rd, Telford, TF7 5HX	To view full timetable, visit https://www.telfordandwrekinleisure.co.uk/info/4/swimming
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.