



SOUTH WEST CANN COMMUNICATION
August 2026

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INTRODUCTION

Hello and welcome to the latest South West CANN Update.

South West Children's Additional Needs Network shares information and helps to increase the reach of your services for children and young people in the region.

Regarding updates and information, if you have material or information that you would like forwarded to the members of the Network, or any updates, please ensure that you email it to Miriam on **southwest@cann-network.org**, before the end of the month.

Thanks to everyone who shared the information below for our latest update, which contains information and sessions for children and young people with additional needs and their parent carers.

You can find these Communications on the SWCANN Website at:
<https://www.cann-network.org/blog/>

SOCIAL MEDIA LINKS AND CONTACT DETAILS:

Admin:	southwest@cann-network.org
Chairs:	chair.southwest@cann-network.org
Bluesky:	https://bsky.app/profile/cannsouthwest.bsky.social
LinkedIn:	https://www.linkedin.com/company/south-west-cann
Facebook:	https://www.facebook.com/southwestcann

SOUTH WEST CANN MEETING DATES

Please let us know if you need any support accessing the meetings

Future dates:

South West CANN Networking Event

Tuesday 29th September 2026

10:00am – 12:00pm

ONLINE

South West CANN Community Information Day

Saturday 10th October 2026

10:00 am – 4:00 pm

Venue details will be confirmed shortly.

CHAIR COMMENTS

Welcome to our August update! As we head into the summer holidays, it's brilliant to see so many accessible local activities and sessions taking place across the region. Looking ahead to autumn, we have some fantastic opportunities to connect: please mark your diaries for our online **Networking Event on Tuesday 29th September (10am–12pm)**, with joining details coming soon.

We are also thrilled to announce our **South West CANN Community Information Day on Saturday 10th October (10am–4pm)**! This event is a fantastic opportunity to bring our collective knowledge together under one roof, making it easy for local families to discover the support available across the South West. Charities within our network can host an information stall for free to showcase services, distribute resources, and connect directly with families and professionals. If you'd like to hold a stall, simply reply to this email to confirm you can make it, and we'll reserve your spot and send over further details as they are finalised.

We look forward to connecting with you all soon!

Best wishes

Sarah Okoro and Chereka Carty

NEW MEMBERS



The Roxi Foundation

The Roxi Foundation is dedicated to supporting children and families impacted by autism and ADHD, empowering them through community events, advocacy & grants for private assessments.

Focused on promoting understanding and acceptance, we provide resources, education, and inclusive activities tailored to create a supportive environment. Our initiatives aim to build connections, raise awareness, and champion the unique needs of neurodivergent individuals.

Through outreach and partnerships, The Roxi Foundation champions awareness, inspires hope, and creates lasting, positive change within the community.

Explore our website and learn more about how you can join us in making a difference.

<https://theroxifoundation.co.uk/>

If you know of any groups that may be interested, please get them in touch!

If you are not yet on the CANN website, you can be added by completing this form:

<https://www.cann-network.org/member-registration-form/>

Please only use contact details that are for public use

EVENTS AND INFORMATION - REGIONAL

Join a Walk & Talk This Summer and Autumn

Walk & Talk for Chinese carers in Bradley Stoke

Cantonese and Mandarin interpreter available.

Bradley Stoke

Mondays, 20 and 27 July, 3, 10, 17 and 24 August

11.00 am to 12.30 pm.

Walk & Talk for carers and dependants in Charfield

In partnership with [The Keepers](#)

Charfield

Wednesdays, 22 and 29 July, 5, 12, 19 and 26 August

10.30 am to 12.00 pm

Walk & Talk for carers looking after someone with Parkinson's

In partnership with [Parkinson's UK](#)

Hanham

Mondays, 14, 21 and 28 September, 5, 12 and 19 October

11.00 am to 12.30 pm

Young Adult Carers Walk and Talk Group (18-25 years)

Being a young adult carer can sometimes feel isolating, but you're not alone.

Looking for a break from your caring role? Our new Walk and Talk group is designed just for young adult carers (18–25), with a new approach! It's a chance to meet others who understand, enjoy some fresh air, and take time for yourself in a relaxed, supportive setting. Whether you're up for a chat or just want a change of scenery, you're warmly welcome.

<https://www.carersbsg.org.uk/our-support-services/walk-and-talk>

Gympanzees Summer Pop Up Play and Activity Centre!

Our Pop Ups are a chance for disabled children, young people and their families to enjoy accessible exercise, play, sensory spaces and specialist equipment in a welcoming, inclusive environment.

Whether your child loves active play, some exercise, needs a calm sensory space, wants to try something new, or simply needs somewhere they can be fully themselves, we can't wait to welcome you.

When and where?



17th - 23rd August 2026



Ilminster Avenue Nursery School, Ilminster Avenue, Knowle West, Bristol, BS4 1BX

What to expect

At the Pop Up, families can enjoy:

- specialist play, fitness and exercise equipment
- sensory spaces
- active play areas
- sessions designed with disabled children and young people in mind
- a friendly team on hand to help

Our Pop Ups are all about play, fitness, movement, connection and confidence, with no judgement and no pressure.

Places are limited, so we recommend booking as soon as you can.

Our Pop Up sessions are designed mainly for disabled children and young people aged 0 to 25, but disabled adults are also very welcome to book if the Pop Up feels suitable and of interest to them.

Find out more and book your session now: <https://gympanzees.org/our-services/pop-ups>

GYMPANZEES SUMMER POP UP 2026

**Celebrating 10 Years of Gympanzees
and Our 10th Pop Up!**

Join us this summer for Bristol's leading
accessible play experience for disabled
children and young people.

Wed 5th Aug - Sun 23rd Aug 2026
Illminster Avenue Nursery School
(it's much bigger than you might think)
Knowle West
Bristol BS4 1BX

Inclusive • Accessible • Fun

Experience specialist sensory and physical play
equipment, exciting activities, and a welcoming
environment where every child can play, explore
and have fun. For ages 0-25.



BOOK NOW!
Scan/Click the
QR code or visit
the link below.



**We can't wait to welcome you this summer -
book your session now!**

Gympanzees



Sense Summer Sessions

Here are the details of our summer sessions that will be taking place during the summer holidays and are completely free of charge. This year, we will be visiting Windmill Hill City Farm, We the Curious, An Afternoon at the Bristol Cycle Centre where we will have exclusive access for the afternoon and a sensory walk in Page Park. For the age ranges of 0-5 years, we are collaborating with the PlayHub- Be Weird Be Wild Be Wonderful where we will be hosting 2 Themed Sensory Sessions, exclusively for families attending with Sense.

South West CANN
www.cann-network.org
southwest@cann-network.org

Please follow the links below to book onto the activities.

[Bristol-Windmill Hill City Farm Family Event - Sense](#) Monday 10th August 10.30am-1.45pm

[Bristol-We The Curious Family Event](#) Friday 14th August 11.00am- 2.30pm

[Bristol-Family afternoon at Bristol Cycling Centre - Sense](#) Wednesday 19th August pm session

[Bristol - Sensory Walk - Nature Explorers - Page Park 0-16 years - Sense](#) Wednesday 26th August
1.30pm-3.00pm

O-5 Years

[Bristol - Jungle Themed Family Session - 0-5 years at the playhub-Be Weird Be Wild Be Wonderful - Sense](#) Tuesday 28th July 2.30pm-4.00pm

[Bristol - Under The Sea Themed Family Session - 0-5 years at the playhub-Be Weird Be Wild Be Wonderful - Sense](#) Thursday 27th August 2.30pm-4.00pm

Families are encouraged to book onto as many activity days as they like and when doing so, please make 1 booking per family.