

LOCAL STUFF

Oxfordshire MIND

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Get help

Looking for help yourself, or want to know how to get help for a friend or loved one? Our aim is for you to feel valued, listened to and more able to cope and to be able to access the services and support your needs through:

What we do

Oxfordshire Mind runs a wide range of services for anyone over the age of 16 who is affected by mental health problems.

Short courses

Whether you want to pick up a skill, or develop an interest you already have, learning something new can really help improve your mental wellbeing.

The Mind Guide

Sometimes finding the right help can be difficult. We've brought all the mental health services in Oxfordshire together in one directory.

01865 247 788 | info@oxfordshiremind.org.uk | www.oxmindguide.org.uk

Options Sessions

Options sessions take place across Oxfordshire and are an opportunity to talk with a Wellbeing Service worker about your mental health and wellbeing and help you to find the right support.

The session lasts around 25 minutes. During the session we will:

Talk about your mental health and wellbeing | Complete a brief wellbeing questionnaire | Provide information about relevant services | Arrange a follow up appointment to review your wellbeing & discuss steps taken.

Sessions are confidential and free.

We are here to help you decide what is best for you.

To make an appointment call the Information Line on **01865 247788**
(Mon - Fri: 9:30 - 16:30pm)

<https://www.oxfordshiremind.org.uk>



Active Body, Healthy Mind | Aspire Oxford

Improving our mental wellbeing through sport and exercise

We offer a range of activities:

Boxercise - an exercise class based on the training concepts boxers use to keep fit...

Canoeing - canoeing & kayaking are low impact activities that can improve your aerobic fitness, strength and flexibility...

Climbing - a versatile, physically demanding sport that can be done indoors or outdoors...

Football - improves aerobic and anaerobic fitness, improved fitness skills and has a psychosocial benefit...

Fishing - improves your concentration, reduces stress, has social benefits and gets you outdoors...

Mountain Biking - cycling is one of the easiest ways to fit exercise into your daily routine & is a great way to keep fit & have fun...

01865 204450 | info@aspireoxford.co.uk | <https://aspireoxford.co.uk/abhm>

Restore | Oxfordshire

Mental illness affects one in four of us in our lifetime, but people can and do recover...

Restore is an Oxfordshire-based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives. We are one of the longest established and most highly regarded community rehabilitation services in the UK. We work with anyone who feels their mental health problem is having a substantial and long-term negative effect on their ability to carry out normal day-to-day activities.

We offer recovery groups, training and employment coaching:

Recovery groups where you can socialise and learn new skills | Group activities (decided by members) & which may include woodwork, gardening, IT, cooking, customer service, ceramics, design, printing, art and creative crafts | Recovery groups are: The Beehive, Elder Stubbs, Garden Café, The Orchard (North Oxfordshire), Fleet Meadow (South Oxfordshire) and Littlemore | Employment coaching to help you find a job or return to work | Support with managing your personal budget | DIY services – support to set up your own activity or service.

01865 455821 | 0845 250 0518 | <https://www.restore.org.uk>

Restore, Manzil Way, Cowley Road, Oxford, OX4 1YH

referrals@restore.org.uk | information@restore.org.uk

Oxford Nightline | for students by students

Nightline is an independent listening, support and information service run for students and by students. It aims to provide every student in Oxford at both universities with the opportunity to talk to someone anonymously and in confidence. No contact is made with any outside agency.

01865 270270 | <http://www.oxfordnightline.org>

LGBT+ Youth Oxfordshire | TOPAZ

TOPAZ is social Group for young people who are 13 - 25, and identify as Lesbian, Gay, Bi-sexual, Transgender or who are questioning their sexuality. Friendly and welcoming people, bacon sarnies (and something for veggies too perhaps) chat, giggles, discussion and debate. Your place to talk about anything that's bothering you, get support about being Lesbian, Gay, Bi-sexual, Transgender or get some help with answers to those questions that you've been wondering about for ages. TOPAZ is a groups that meets in Abingdon on the 3rd Saturday of the month. The group runs from 11am till 1pm. If you are nervous please email us and we can arrange to meet you prior to the group. In the group we offer you a safe place to be yourself and meet new people who are going through the same lifestyle issues as you.

www.facebook.com/TopazOxfordshire | Twitter @Topaz_LGBT

My Normal is an LGBT youth group which runs once a month in East Oxford.

MyNormalOxford@gmail.com | <https://www.facebook.com/mynormaloxford>

For all ages LGBT+ in Oxfordshire: <http://www.lgbtoxon.uk>

ADHD Oxfordshire

Information, training and support for anyone affected by Attention Deficit Hyperactivity Disorder. ADHD makes it hard for people to fit in with society's expectations. The risk of anxiety and depression is increased, both for the ADHD person and their family.

Support Group: Tues 27/11/18 (*last meeting for 2018*) | Tues 29/01/18 (*first meeting for 2019*)

Adults with ADHD, parents of ADHD children, family members and friends are all welcome. We offer a friendly welcome | a place to meet others who experience and understand ADHD | a chance to learn from each other | Information, books and leaflets.

We meet @ St. Leonard's Church Hall, Thames Street, Eynsham, OX29 4HF 19:00 - 21:00
01865 731378 | <https://www.adhdoxfordshire.co.uk> | enquiries@adhdoxfordshire.co.uk

Bereaved by Suicide Support Group

Have you been bereaved by suicide? You are not alone.

A friendly support group meets on the **last Wednesday of each month @ 18:30 - 20:30**

Wesley Memorial Hall, New Inn Hall St, Oxford, OX1 2DH
01865 245398 | oxfordcruse@yahoo.co.uk

Yellow Submarine

An award-winning Oxfordshire charity that believes people with learning disabilities and autism deserve to live life to the full.

We tackle the problem that many people with learning disabilities leave school with limited life skills and as a result poor life chances. This often leads to isolation and being marginalised.

Our projects start working with young people in community settings from the age of 11 onwards, to build their social skills, confidence, independence and ultimately their employability. At the same time we are supporting families and carers with respite. For young people (11-18), we run an ambitious school holiday programme, youth clubs, a breakfast club and residential holidays.

Our goal is to help teenagers transition into adulthood and therefore able to access mainstream services, socialise independently and engage in meaningful work. In short, to be able to 'do more' but to 'need less' from the state or charities such as ours.

For adults, we provide real-world training and employment opportunities, a group called **Launchpad for young adults** to peer-support one another to socialise & use public transport independently and residential holidays throughout the year, which are often young adults' first sustained time away from home.

01865 236119 | 12 Park End Street, Oxford, OX1 1HH

cara@yellowsubmarine.org.uk [projects for adults & volunteering opportunities]

anna@yellowsubmarine.org.uk [activities for young people aged 11-18]

lisa@yellowsubmarine.org.uk [work experience in the cafe or with the Compass Project]

Golden Flower Tai Chi | Oxfordshire

Weekly classes in Oxford | Beginners & experienced players welcome

Autumn Term 2018

10-09-18 through to 11-12-18 | £10 'Pay-per-Class' (student discounts available)

Half Term: Week beginning 29-10-18

Tues Beginners: 19:45 - 21:15 @ Old Headington Village Hall

Tues Intermediates: 20:15 - 21:45 @ Old Headington Village Hall

Classes cover: **Loosening-up | Tai Chi Movement Exercises | Qigong | Golden Flower Tai Chi Form Meditation | Applications**

Have fun and relax!

<https://taichioxford.com/classes>

The Art Room | Oxford Spires Academy

We take a pioneering approach to boosting children's mental wellbeing. Working from Art Rooms embedded within primary and secondary schools, we help children and young people who are being held back by their emotional challenges.

Using art as a therapeutic vehicle, we provide a gentle, early intervention, working in familiar places where children already spend their day.

While children transform everyday objects – like a chair or lampshade - into a unique piece of art – the subtle therapeutic work gives each child an opportunity to explore their identity, feelings and creativity, while expressing their emotions, developing their social skills and growing in confidence.

After working with The Art Room, children return to the classroom feeling more self-assured, more socially skilled and far better equipped to learn.

How it works

Children who attend The Art Room are referred by their school because of a concern about their emotional wellbeing or behaviour, which in turn is affecting their ability to learn. Typically a child might be socially withdrawn and finding it difficult to participate, or they might be 'acting out' and disrupting life in the classroom.

Children are usually referred by their school, educational psychologist, social worker or their parents or carers, or sometimes they refer themselves. When this happens, we talk to their school and decide together whether they would benefit from sessions with The Art Room.

admin@theartroom.org.uk | 01865 779779 | <https://www.theartroom.org.uk>

Carers Oxfordshire

A free service which offers information, advice and support to someone aged 18+, who is looking after someone aged 18+, living in Oxfordshire, who could not manage without this help.

The service has 4 elements:

- 1) **a telephone & web-based information service** providing info about benefits & entitlements, support services, carer's breaks, emergency back-up, employment, helping carers to look after themselves, training opportunities to support carers in their caring roles and much more
- 2) **an outreach support service** providing advice and support over the phone & face-to-face |
- 3) **a network of peer support groups**
- 4) **training and wellbeing opportunities.**

0845 050 7666 | <http://www.carersoxfordshire.org.uk> | carersoxfordshire@oxfordshire.gov.uk

Children's Voice | for children aged 6 - 18

A therapeutic support service for children and young people whose parents are separated or divorced. We offer children and young people aged 6-18 up to six free sessions with a specialist Children's Worker in a confidential space where they can talk about changes in their family, understand what has happened, think through their concerns and develop positive coping strategies.

0844 8476658 | admin@ofm.org.uk | <http://www.ofm.org.uk/page/childrens-voice>

Feeding The Gaps

A community led initiative bringing together people in Oxford working to tackle food poverty and food waste.

We aim to: Get a better understanding of the scale of food poverty and food waste in Oxford | Identify anything that could be done to join up the dots between the services that already exist | Highlight any needs which aren't currently being met.

0790 303 7290

https://www.oxford.gov.uk/info/20007/communities/1198/food_access_services_in_oxford

Guideposts Music Therapy Service

We provide individual and group music therapy sessions for people living with dementia and for people with mental health needs, including stress, anxiety and depression.

Music therapy is a creative intervention using live, interactive music making to build a supportive relationship and promote health and well being. No previous musical experience is necessary in order to benefit.

**0787 039 2620 | info@guideposts.org.uk | <https://guideposts.org.uk/music-therapy>
Methodist Annex, Jeune Street, Oxford, OX4 1BN**

Late Spring

Bereavement service for over 60s in Oxfordshire.

Sessions at support groups provide an opportunity to talk and remember with others who understand how being bereaved can make you feel.

**0345 450 1276 | ruthswift@ageukoxfordshire.org.uk
St Edmund House, 39 West St Helen Street, Abingdon, OX14 5BT
<http://www.ageuk.org.uk/oxfordshire/our-services/late-spring>**

SAFE! Support for Young People Affected by Crime

SAFE! offers free support to 8-25 year olds in Oxfordshire who have been harmed by crime and bullying, and who are finding it hard to recover from their experience.

We believe that you have a right to feel safe at home, in school, work or college, in your street and in town. We will work with you to help you get your confidence back if you have:

Been bullied at school | Been sexually abused or assaulted | Witnessed domestic violence
Been mugged, or physically assaulted | Been abused by cyber crime | Or been a victim of any other crime.

We offer one-to-one sessions with a professional worker. You can choose where you feel most comfortable meeting your SAFE! worker; it could be at home, or somewhere like your school, college, youth or community centre. Your SAFE! worker will help you develop ways of coping for times when you don't feel safe.

You will not have to talk about what happened to you, unless you want to.

01865 203 829 | 01865 203 829 | safe@safeproject.org.uk | <http://www.safeproject.org.uk>

Specialist Neuropsychiatry Service

This service provides assessment, treatment and support for young people (up to 18 years) with complex Neuropsychiatry needs, such as Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Disorder, Tourettes Syndrome. The team also offers support to their families.

**01865 902930 | centraloxonadmin@oxfordhealth.nhs.uk | <http://www.oxfordhealth.nhs.uk>
Boundary Brook House, Churchill Drive, Headington, Oxford, OX3 7LQ**

The Gatehouse

The Gatehouse exists to provide a calm, safe refuge for people who are homeless or vulnerably housed. It is a drop-in cafe with an open door for anyone who is 25 or over.

**Open Mon - Fri: 17:00 - 19:00 | Sun: 16:00 -18:00
@ St Giles Parish Rooms, 10 Woodstock Road, near the centre of Oxford**

Get help

The Gatehouse accepts people just as they are.

You can always get friendly advice with your tea, coffee, sandwiches, fresh fruit and cake.

Home-made soup is also provided during the winter months.

Volunteer

The Gatehouse could not operate without the generosity of those who support it financially, make food and who work during the sessions.

Volunteers are highly valued in this organisation.

<http://oxfordgatehouse.org>

Oxford Mindfulness Centre

The vision of the Oxford Mindfulness Centre is a world without the devastating effects of depression, where mindfulness enables people to live with awareness, wisdom and compassion.

The work of the Oxford Mindfulness Centre is providing ground-breaking clinical and neuroscience research on mindfulness, building up an extensive, peer-reviewed body of knowledge and developing and teaching new approaches to mindfulness-based interventions.

<http://oxfordmindfulness.org>

Oxford Sexual Abuse and Rape Crisis Centre

Specialist support services for women and girls who have been raped or have experienced sexual abuse whether as adults or children, recently or in the past. We run a telephone helpline, email support and support groups, provide information about other support services and support friends and family members.

0800 783 6294 | <http://www.oxfordrapecrisis.net> | support@osarcc.org.uk

Oxford ADHD & Autism Centre

Oxford ADHD & Autism Centre is the first specialist independent clinic in Oxford for children and adults with Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD) and related conditions, such as specific learning difficulties, anxiety and depression.

These conditions often co-exist but require different approaches to treatment so we have put together a team of specialists in order to offer a multidisciplinary service to our patients.

We are able to offer assessments and also ongoing management and follow-up, including treatment with medication if appropriate. We have specialist ADHD and ASD coaches working within the Oxford ADHD & Autism Centre, and Support Groups for adults and parents/carers.

We also understand the difficulties faced by patients during the transition from adolescence to adulthood, which is often a time when young people are transferred to different services and continuity of care may be lost. At the Oxford ADHD & Autism Centre we are able to ensure this continuity by offering a lifespan service.

Contact your GP for a referral to the centre

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Dig 'n' Grow

We use gardening & nature in a welcoming, supported & therapeutic environment, enhancing health & well-being for all.

The project encourages all groups of people to enjoy the experience of working individually or within a group, learning and sharing gardening skills. It offers the opportunity to be outside in the fresh air working alongside professional gardeners, giving a safe and secure environment to explore.

We work with people who have mental health issues, dementia, learning disabilities, physical impairments, and their carers and families.

01993 709430 | digngrow@guideposts.org.uk

Dig 'n' Grow, Bromag Industrial Estate, Burford Road, Witney, OX29 0SR

<https://guideposts.org.uk/dig-n-grow-learning-disability-project>

Oxford Coasters

Coasters seeks to find ways of engaging with those experiencing the negative effects of mental illness and disorder.

Sport and challenging Outdoor Activities have been key to the development of a dynamic non medical approach and of constantly evolving groups (including staff) come together to climb, walk, canoe, mountain bike, play badminton, football, and volleyball.

**01865 397940 | info@response.org.uk | <http://www.response.org.uk/get-involved/coasters>
AG Palmer, Morrell Crescent, Littlemore, Oxford, OX4 4SU**

Self-Guided Tours of Oxford

For those who want to explore Oxford on foot and would like to tread the streets on their own, we've put together a self-guided tour of the city that will take you through the historic halls of the universities, past world-class museums and gardens and gives you multiple opportunities to climb towers and spires and take in wonderful views of Oxford. Oh, and don't forget a visit to a filming location and the inspiration for the Great Hall in Harry Potter!

The length of the tour depends on which places you wish to enter and visit. If walking straight through, the tour would take around two hours, but if you wish to visit some of the museums, enter some of the historic locations, and maybe stop for a drink and a bite to eat in the covered market, this walk could easily last you an entire day.

<https://freetoursbyfoot.com/self-guided-oxford-tour>

Oxford Health Walks

Do you enjoy getting outdoors, walking and meeting new people? Or are you considering starting some gentle exercise?

All walks are FREE to attend and are normally between 1-3 miles in length (30 - 60 minutes).

They are volunteer led and suitable for beginners or those returning to exercise as they are taken at a distance and pace suitable for everyone. Anyone is welcome regardless of age or ability, but we do ask that young children are accompanied by an adult.

Please note that walks will not go ahead if there is severe rainfall, snow or ice.

For walk details, visit: <https://www.walkingforhealth.org.uk/walkfinder/south-east/oxford-health-walks-0#schemedetails> | Claire Clayson: 07483 007114 | cclayson@oxford.gov.uk

Oxgrow Edible Community Garden

We've transformed waste land in the heart of Oxford into a thriving food garden. OxGrow is open to everyone – it's for kids and adults of all ages to learn how to grow food together. It's an exciting, creative edible laboratory where we're experimenting with organic, climate-friendly growing techniques, and harnessing local knowledge to dabble with produce you'll never find in the shops.

**Get Involved! Work-Parties: Sundays 13:00 - 17:00
& Wednesdays 17:00 - dusk [summer evenings only]**

All the work will be done collaboratively and volunteers will take home a share of the day's harvest. Tools and everything else will be provided, you just have to show up. But do bring with you:

strong shoes | warm clothes that can get dirty | a bag or a box to take home a share of the day's harvest | & if you have any... food waste, because our compost bin is always hungry (but no meat or cooked food please)

There's no need to come at 13:00 on the dot, nor to stay until the end. Come and go as you like. The only exception is when we're holding workshop days, when you might miss the beginning if you come later than 1pm.

If you don't fancy doing anything very much, please just come and use the space during the afternoon. Hogacre Common is a community asset so come and enjoy the surroundings, bring some lunch to eat on the grass, bring a guitar and sing to the diggers, bring a football or stare at the sky.

<https://oxgrow.org>

