

YOUTH
in mind

GUIDE
2020



#YOUTHINMIND

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Childhood and teenage years are naturally times of constant change and development and it can be a challenging time for the family as a whole. Emotional upheavals or psychological distress can arise and sometimes support other than that of family and friends may be needed. Teenage years are also the time when more severe mental health problems may first occur and early intervention can help prevent them from getting worse.

WELCOME

Welcome to this the first publication of the Youth in Mind Guide to children's mental health services in Oxfordshire. We plan on this becoming a regular publication and would be very interested in any feedback you have on both what works and what could be improved or added next time.

Youth in Mind is a partnership between Oxfordshire Mind and Oxfordshire Youth; the first manifestation of this was the Youth in Mind conference in March 2019, and this booklet has been produced ready for distribution at the same time as the 2020 Conference.

Our partnership has come about from our shared passion for improving the lives of children and young people in Oxfordshire through both highlighting existing services and also by working together to improve mental health services in the county.

Mental health issues are an increasing challenge for younger people not just in Oxfordshire but also nationally and indeed internationally, and 50% of adult mental health problems are established by age 14 and 75% by age 24. Suicide is the biggest cause of death for people in the UK under the age of 35, and self-harm rates continue to rise – more so amongst girls than boys. The causes of this are varied and not yet fully understood – many researchers are looking into causes, prevention, and interventions that we can help. We do know that technology, social media, academic and financial pressures, all play a part in delivering challenges unique to this generation. Pleasingly the stigma associated with mental health is breaking down and we hope this publication will play a part in improving the lives of younger people in this county.

**50% OF ADULT
MENTAL HEALTH
PROBLEMS ARE
ESTABLISHED BY
AGE 14 AND 75%
BY AGE 24**

In this guide you will find:

- A comprehensive directory of local and national organisations who support the mental health and wellbeing of children and young people. Information on the two partner organisations and associated services
- A high level summary of common mental health issues

This guide has built on the foundation of its sister publication the Mind Guide, which has been published by Oxfordshire Mind in various formats since 1992, with the latest edition also being released in 2020. The information in this Guide has come from the Mind Guide; from information held by Oxfordshire Youth and Oxfordshire Mind; and from the information gathered for last year's conference which was published as the Youth in Mind Map 2019.

Information is, as far as possible, correct at the time of going to print, but users of the guide should be aware that some detail may change over time.

We would like to thank all the staff and volunteers who have helped pull this information together and we hope it proves useful.



Jodie Lloyd-Jones
CEO, Oxfordshire Youth



Dan Knowles
CEO, Oxfordshire Mind



KEY CONTACTS *in Oxfordshire*

SAFEGUARDING

Multi-Agency Safeguarding Hub (MASH)

☎ 0345 050 7666
✉ mashchildrens@oxfordshire.gcsx.gov.uk

Oxfordshire Safeguarding Children Board

☎ 01865 815843
✉ oscb@oxfordshire.gov.uk

LOCALITY AND COMMUNITY SUPPORT SERVICES (LCSS)*

LCSS Central

☎ 0345 241 2705

LCSS North

(including Banbury, Witney, Bicester, Carterton and Woodstock):

☎ 0345 241 2703

LCSS South

(including Abingdon, Faringdon, Wantage, Thame, Didcot and Henley):

☎ 0345 241 2608

If you have a concern out of office hours call Emergency Duty Team on 0800 833 408.

CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Single Point of Access (SPA)

☎ 01865 902515
✉ OxonCAMHSSPA@oxfordhealth.nhs.uk
🌐 www.oxfordhealth.nhs.uk/camhs/oxon

* for a 'no names' consultation (meaning you don't give the child's name).

OXFORDSHIRE COUNTY COUNCIL SERVICES

Oxfordshire Young Carers Team

✉ young.carers@oxfordshire.gov.uk

The Aquarius Service

☎ 07950 301426

For individuals aged 8-19 who use substances and/or are affected by familial substance misuse.

Kingfisher

☎ 01865 309196
✉ kingfisherteam@oxfordshire.gov.uk

Supporting and protecting children and young people who are subject to or at risk of being sexually exploited.

Phoenix

☎ 01865 904331

Working with looked after children (LAC), children in the residential Edge of Care Service, Youth Justice Service and children who are at risk of, or have been subject to sexual exploitation.

Family Solutions Service

📡 Search 'Family Solution Service' at www.oxfordshire.gov.uk
Family Centres located in Witney, Banbury, Bicester, Barton, Rose Hill, Blackbird Leys, Abingdon and Didcot.

OXFORD CITY COUNCIL

Youth Ambition

☎ 01865 252728
✉ youthambition@oxford.gov.uk
🌐 www.oxford.gov.uk/youthambition

WORKING IN PARTNERSHIP

Oxfordshire Mind works with a wide range of partners across the county. We are founding members of the TalkingSpace Plus Partnership providing services to people with anxiety and depression; the Oxfordshire Mental Health Partnership providing services to people with serious mental illness; and Youth in Mind – of which this guide is the most recent manifestation.

OUR VALUES

- Striving to make mental health services more human.
- Raising awareness, promoting understanding and challenging stigma.
- Working alongside people to help them realise their potential.
- The importance of community and the benefits of mutual support.

OXFORDSHIRE MIND SERVICES

TalkingSpace Plus – provides psychological treatment (talking therapies) to people aged 16 and over with anxiety and depression. Treatment can be individual, computerised or in groups:

- Psychoeducational courses
- Cognitive Behavioural Therapy
- Telephone support
- Mindfulness groups
- Computerised therapy
- Brief individual counselling and therapy

Transitional Housing Recovery Service – provides a range of supported accommodation options for adults with mental health and housing needs in Oxfordshire. Residents are supported to move out to independent housing within two years. Projects are based across the county, and include:

- Shared housing units
- Individual housing units
- Women's only project

Oxfordshire Mind Wellbeing Service – this service helps around 20,000 people a year, operating from a number of locations around the county, including Oxford, Abingdon, Witney, Banbury and Bicester.

Services include:

- Benefits for Better Mental Health
- Peer support groups
- Education and coping skills courses
- The Information Service (Mind Guide & Information Line)
- Primary care wellbeing workers in GP surgeries
- Wellbeing workers in adult mental health teams
- Volunteering and Peer Support opportunities
- Physical activity
- Walking for Wellbeing
- Oxford and Banbury Safe Havens

Children and Young People – we work with schools, colleges, CAMHS, local authorities, and third sector partners including Oxfordshire Youth to improve services for children and young people and campaign for positive change. Services include:

- Supporting children and young people to increase their knowledge and coping skills
- Physical Activity and Wellbeing courses
- As part of the Mental Wealth Academy partnership we are offering new provision supporting 18 to 25 year olds
- Peer Support Groups in Colleges
- We will also be launching new work building mentally healthy universities with Oxford Brookes and National Mind in 2020

Workplace Training – we deliver high quality interactive courses, workshops and presentations. The training aims to promote understanding of mental health, reduce stigma and provide practical tools to support mental health in the workplace. Training includes:

- Module 1: Understanding Mental Health
- Module 2: Workplace Wellbeing
- Module 3: Tools for Managers
- 5 Ways to Wellbeing
- Mental Health First Aid
- Bespoke Training

Find us here:
oxfordshiremind.org.uk



ABOUT OXFORDSHIRE YOUTH

Oxfordshire Youth is the leading youth charity in Oxfordshire supporting organisations working with children and young people aged 8-25.

Supporting the Sector

Young people need access to safe spaces and trusting relationships, where they can be themselves, develop new skills and make positive changes to their lives and their communities. We are very proud of our history in providing support for a large and diverse youth sector, together reaching over 26,000 young people.

Mental Health and Wellbeing

We are committed to supporting children and young people's mental health. How do we do this? We deliver our 'Introduction to Children and Young People's Mental Health' training across Oxfordshire training over 1400 staff in schools in the last two years.

Plus, in partnership with Oxfordshire Mind, we provide Youth in Mind – our annual mental health conference, a must for anyone working with children and young people.

Developing Skills for Life

Young people are at the heart of what we do. Our Youth VOICE, a network of young people informs and guides our work. We believe that informal education, youth work and non-formal learning is essential to improving young people's quality of life. Through our impactful youth programmes, we are committed to helping young people fulfil their potential and become the best they can be.

Find us here: oxfordshireyouth.org



Oxfordshire Youth services

Network – we provide a range of learning, development and collaboration opportunities for third sector organisations working with children and young people in Oxfordshire.

Change Makers – we provide a package of support at highly subsidised rates for organisations who sign up to become a change maker in Oxfordshire.

Information hub – information and guidance line for those working with children and young people in Oxfordshire

Disclosure and Barring Service (DBS) – oxfordshireyouth.org/dbs

Bi-annual Youth Awards – oxfordshireyouth.org/youthawards

Our most popular learning and development opportunities

- Bespoke business development
- Bespoke organisational development
- Bespoke support to design and implement programmes and workshops for young people
- Introduction to Children/Young People's Mental Health
- Emergency First Aid
- Youth Work Masterclass
- Understanding Challenging Behaviour
- Group Work skills
- How to authentically hear youth voice

Our most popular workshops for young people

- A range of leadership workshops
- Body Image
- Bullying and coping skills
- Friendships and Social Media
- Good Food for Your Mood
- Healthy Relationships
- Online Resilience and Cyberbullying
- Self-confidence and Motivation
- Exploring Gender, Sexuality and Identity

Youth development programmes

- Young leaders programme – a 4-6 month programme for 14-21 year olds
- Oxford Young Leaders – a 3 day, 2 night residential programme for 14-21 year olds
- Future Leaders – a 3 day, 2 night residential programme plus mentoring 18-25 year olds

OXFORD CITY

KEY TO SYMBOLS



Disability / inclusion



Wellbeing and support



Educational



Community safety



Volunteering & social action



Physical activity: indoor / outdoor



Family support



Creative arts



LGBTQ+



Faith / integration



13th Theatre Company



✉ info@13ththeatreco.co.uk

📡 www.13ththeatreco.co.uk

📍 Corpus Christi Church Hall, Margaret Road, Headington, Oxford, OX3 8AJ

Established in 2008, 13th Theatre Co., is Oxford's first social enterprise theatre company. As a social enterprise the core values are helping and contributing to the community and to charities. The company has organised events for the Thames Valley and Chiltern Air Ambulance. They have also won an Oxford Brookes Social Enterprise Award for a project on Dyspraxia.

Ark T Centre



☎ 01865 396778

✉ arktdevelopment@gmail.com

📡 www.ark-t.org

📍 Ark T Centre, Crowell Rd, Oxford, OX4 3LN

An Oxford Arts Centre where people, art and powerful ideas come together. Ark T use the powers of creativity and human connection to change lives.

Barracks Lane Community Garden



☎ 07729 655543

✉ barrackslanegarden@yahoo.co.uk

📡 www.barrackslanegarden.org.uk

📍 Barracks Lane Community Garden, 36 Kenilworth Avenue, Oxford, OX4 2AN

Barracks Lane Community Garden is a beautiful green space and eco building at the heart of a vibrant community in Oxford. It is for everyone to use and enjoy by visiting, booking for a private function or by coming along to one of the many events and activities that are held throughout the year.

Barton Youth Centre

- ☎ 01865 761987
- ✉ info@bartoncommunityassociation.com
- 📡 www.bartoncommunityassociation.com/neighbourhood-centre
- 📍 Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS

The service can provide support in relation to a number of different topics such as what's going on in and around Barton, what activities are taking place at the centre and what events are planned for the coming year. They also provide specialist support for people seeking help with finding work, those looking for training or educational courses and for people who are thinking of setting up their own small business.

Barton Youth Club

- ☎ 01865 252728
- ✉ youthambition@oxford.gov.uk
- 📡 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2
- 📍 Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS

Local Youth club for young people in Barton. Meets every Thursday (5:00pm – 7:00pm) during term time. The club is run by Oxford Youth Ambition.

Blackbird Leys Adventure Playground (BLAP)

- ☎ 01865 236646
- ✉ blap76@yahoo.co.uk
- 📡 fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=xq4BDLkJEgo
- 📍 Blackbird Leys Community Centre, Blackbird Leys Road, Oxford, OX4 6HW

Blackbird Leys Adventure Playground (BLAP) provides an after-school club and holiday scheme for children aged 8 – 13. BLAP is wheelchair accessible and on one level with accessible toilet facilities. The adventure playground is accessible but some pieces of equipment may be more of a problem without adult assistance.

Blackbird Leys Boxing Club

- ✉ info@blackbirdleysboxingclub.co.uk
- 📡 www.blackbirdleysboxingclub.co.uk
- 📍 Blackbird Leys Community Centre, Blackbird Leys Road, Oxford, OX4 6HW

Blackbird Leys Amateur Boxing Club was founded in 1960 by Len Lee and it is the longest running boxing club in Oxford open to everyone. All of the coaches are fully qualified by the amateur boxing association of England and all hold first aid certificates. At the club they want to promote discipline and fitness to every one who attends. The club is open to all race religions and sexes without prejudice.

Body Politic

- ☎ 07719 972149
- ✉ emj@bodypoliticdance.com
- 📡 www.bodypoliticdance.com
- 📍 Classes are located at Cheney School and The Oxford Academy

Street Dance Classes for ages 11years+. The classes aim to boost the confidence and self-esteem of young aspiring dancers who are keen to improve knowledge and technique in performance, improvisation and choreography. They also offer Dance Leadership training, internships and professional training opportunities. Body Politic offers subsidised places to young people who may need support in order to attend. Call us to book a free trial.


Branch Up – Oxford Hub

- ☎ 07384 718332
- ✉ hello@oxfordhub.org
- 📡 www.oxfordhub.org
- 📍 36 Little Clarendon Street, Oxford, OX1 2HU


Oxford Hub offers a range of social action opportunities, which help people connect with the community and one another. Volunteering has been shown to support mental health, wellbeing, life satisfaction and self-esteem.


Children and Family Centres – Central

Barton


 01865 323240

 bartonfst@oxfordshire.gov.uk


 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/barton-children-and-family

 Barton Children & Family Centre, Waynelete Road, Headington, Oxford, OX3 8DD

Rose Hill


 01865 815566

 rosehillfst@oxfordshire.gov.uk


 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/rosehill-children-and-family

 Rose Hill Children & Family Centre, The Oval, Oxford, OX4 4UY

Blackbird Leys

 01865 428490


 blackbirdleystf@oxfordshire.gov.uk

 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/leys-family-centre

 The Leys, 61-63 Cuddesdon Way, Oxford, OX4 6SB

The service provides support to vulnerable families across all parts of Oxfordshire, and focuses on families in greatest need through eight Children and Family Centres. Staff based at the centres work with partner agencies to provide a range of services including some open access provision, such as stay, play & learn and youth sessions, parenting programmes, support to families impacted by issues such as domestic abuse, early attachment, school readiness, access to education, employment and training. There is an Early Help Team and a Children's Social Care Family Support team based at each of the Children and Family Centres.

Donnington Doorstep Family Centre

 01865 727721


 info@donnington-doorstep.org.uk

 www.donnington-doorstep.org.uk

 Townsend Square, Oxford, OX4 4BB

Donnington Doorstep is an independent, community-based family centre delivering a range of universal and specialist services. The centre was set up in 1984 by local parents who knew that caring for children can be hard – “we’re a home from home drop-in for children, young people and their families as well as a hub for local community activity.” From their purpose-built centre in East Oxford their activities focus on play, food, support and community development.

DrumBeats

 07910 433265


 info@drum-beats.co.uk

 www.drum-beats.co.uk

 44 Warwick Street, Oxford, OX4 1SX

DrumBeats brings drum and guitar tutoring into primary and secondary schools in and around Oxford. Popular sessions include ‘Rhythm in Music’.

East Oxford Youth Club

 01865 252728

 youthambition@oxford.gov.uk

 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2

 44 Princes Street, Oxford, OX4 1DD

Local Youth club serving the East Oxford area. Meets on Fridays (5:00pm – 7:00pm) during term time. The club is run by Oxford Youth Ambition.

EMBS Community College

☎ 01865 776041

✉ info@embs.org.uk

📡 www.embs.org.uk

📍 Oxford Sixth Form, Templar Square, 2-3 Bank Court Chambers, Oxford, OX4 3XT

EMBS offers a range of courses to help individuals raise their confidence, develop new skills, find employment and progress onto further or higher education. EMBS also run a weekly Youth Club for 11 – 19 year olds. The Youth Club meets every Saturday (3:00pm – 5:00pm) during term time, it is a safe place to have fun, make new friends and try new things.

Family Arena

☎ 01865 402108

✉ info@familyarena.org

📡 www.familyarena.org

📍 73 Hollow Way Road, Oxford, OX4 2ND

The family Arena has the following aims. Connect – meet and network with a community-hub of children, young people and adults around events, activities and projects of mutual interest. Learn – at your pace, in your own space or with others. There is always something new to stimulate and engage your interest. Grow – dream big, start small! Enhance your capacity and ability for social, cultural and economic engagement.

Family Links: The Centre for Emotional Health

☎ 01865 401800

✉ info@familylinks.org.uk

📡 www.familylinks.org.uk

📍 Units 2 & 3 Fenchurch Court, Bobby Fryer Close, Oxford, OX4 6ZN

Family Links empowers children, parents, families, schools and workplaces to prioritise positive emotional health, by delivering innovative, high quality training to health and social care services, third sector organisations, schools and universities.

Flo's – The Place in the Park

☎ 01865 587611

✉ coordinator@flosoxford.org.uk

📡 www.flosoxford.org.uk

📍 Rymers Ln, Oxford, OX4 3JZ

Open since September 2018 Flo's is working to connect people of all ages in the Florence Park and Cowley area by providing a space where people can relax and meet each other in the heart of a the beautiful park. Flo's is a community-owned hub for people to meet, work, play, create, learn, eat and connect.

Fusion Arts

☎ 01865 245735

✉ info@fusion-arts.org

📡 www.fusion-arts.org

📍 Fusion Arts, 44B Princes Street, Oxford, OX4 1DD

Fusion's projects reach across Oxfordshire and beyond, working with communities in public and environmental art, participatory art projects and high profile public events such as Cowley Road Carnival, Christmas Light Festival and In-tent-city.

Go For It (Respite and Social Care) Limited

☎ 07897 117435

✉ info@goforituk.org

📡 www.goforituk.org

📍 Regal Community Centre, Ridgefield Road, Oxford, OX4 3BY

Go For It is an exciting new provision that facilitates social opportunities and personal development to young people aged 16 years and over with Learning Disabilities, Autism and Aspergers in Oxfordshire.

Home-Start Oxford

☎ 01865 779991

✉ admin@homestart-oxford.org.uk

📡 www.home-startoxford.org.uk

📍 Blackbird Leys Youth and Community Centre, Blackbird Leys Road, Oxford, OX4 6HW

Home-Start is a voluntary organisation which is committed to promoting the welfare of families with at least one child under five years of age. Volunteers offer regular support, friendship and practical help to families under stress in their own homes helping to prevent family crisis and breakdown.

Inspired YPP

☎ 07743 874162

✉ adamfrench1@gmail.com

📡 www.facebook.com/pg/Inspiredypp/about

📍 18 Mathews Way, Oxford, Oxfordshire, OX13 6JX

A social enterprise offering activities and opportunities for young people.

Jacari

☎ 01865 264167

✉ oxford@jacari.org

📡 www.jacari.org

📍 16-17 Turl Street, Oxford OX1 3DH

Jacari is a student charity operating in Bristol and Oxford which provides free home tutoring to children aged 6 – 16, who speak English as an additional language.

JSC Fun Clubs

☎ 07931 315450

✉ jsc2011@live.co.uk

📡 www.facebook.com/JSC4Kids/about/?ref=page_internal

JSC enhance lives and promote the talent of children and young people. JSC delivers: sports, art, crafts, cookery, Key Stage 1 and 2 activities, and events. JSC creates 'Safe Places to Play' and a welcoming environment. Founded in 1994 by Jason S Carbon, JSC continues to grow, offering work experience and mentoring.

Leys Community Development Initiative

☎ 01865 395927

✉ admin@leyscdi.co.uk

📡 www.leyscdi.co.uk

📍 Blackbird Leys Community Centre, Blackbird Leys Road, Oxford, OX4 6HW

Community Development Initiative (CDI) is a long running youth project on Oxford's Leys estate, it works with children and young people aged 9 – 25. The initiative works closely with young people, their families and the wider community to respond to local need. They take the following structured support approach: preventative recreational and educational activities open to all, including after-school and holiday clubs, with activities for different ages; targeted support and development of older young people aged 11 – 18, who get involved in design, delivery and management of CDI programmes; and bespoke intensive support for young people aged 18 – 25 involved with crime or displaying high-risk negative behaviour.

Littlemore Youth Club

- ☎ 01865 252728
- ✉ youthambition@oxford.gov.uk
- 📡 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2
- 📍 Littlemore Community Centre, Giles Road, Littlemore, Oxford, OX4 4NL

A place where young people can meet and use the facilities. Young people can choose what activities they take part in each week. They are being run by the Positive Futures team, a scheme which coaches young people in sports and other activities. They offer table tennis, pool, air hockey, art, music and more. The club also organise special activities like ten pin bowling, special meals, football and table tennis tournaments, film evenings and cooking sessions, the 'Festival of Trees' at St James' Church, and theatre productions.

Mandala Theatre Company

- ☎ 01865 711341
- ✉ info@mandalatheatre.co.uk
- 📡 www.mandalatheatre.co.uk
- 📍 88 Crescent Road, Oxford, OX4 2PD

The Mandala Theatre Company is a diversity-led company creating exciting new theatre with social justice at its heart. They give a voice to those whose stories are not heard – and give those stories life. From its centre in Oxford, Mandala aims to reach out to the world. The work connects people and brings them together, because Mandala believe that the arts are a force for change.

Master Rhythm Studios

- ☎ 07765 224245
- ✉ info@masterrhythm.co.uk
- 📡 www.masterrhythm.co.uk
- 📍 Unit 7-8 Westbridge House, Templars Square, 129 Pound Way, Oxford, OX4 3XH

Master Rhythm studios have two separate booths for instrument practice, control rooms, drum lessons and recording. The studios are available to hire includes a broad range of drum and percussion related instruments and amplifiers; vintage amplifiers with vintage keyboards classic combos, cared

for and tuned drum kits. Vintage combos and instruments include classic Fender Rhodes and Fender Twin, Hammond Organ and Lesley Cab and Fender Bassman.

Musical Youth Company Oxford (MYCO)

- ✉ info@myco.org.uk
- 📡 www.myco.org.uk

The Musical Youth Company of Oxford (MYCO) is a teenage musical theatre group based in Oxford. The company was formed in 1988 and currently has over 50 members aged between 12 and 19 from all around Oxfordshire.

My Life My Choice

- ☎ 01865 204214
- ✉ imogen@mylifemychoice.org.uk
- 📡 www.mylifemychoice.org.uk
- 📍 Unit 3 Watlington House, Watlington Road, Cowley, Oxford, OX4 6NF

My Life My Choice is a user-led Oxfordshire based self-advocacy organisation. Together they raise the self-esteem, confidence and quality of life for people with learning disabilities by providing training, employment, volunteering and social opportunities for our members

North Oxford Youth Theatre (NOYT)

- ✉ noytinfo@gmail.com
- 📡 www.noyt.org.uk
- 📍 Wolvercote Village Hall, 59 Rosamund Road, Wolvercote, Oxford, OX2 8NX

North Oxford Youth Theatre (NOYT) don't audition and anyone can join. The aim is to provide an opportunity for young people from different walks of life to learn to work together with peers and adults; to learn that the entire cast/backstage depend on each other, show up on time, work hard and enjoy themselves. It doesn't matter if they don't aspire to large parts, or if they are not good actors, as long as they learn to work to these principles. In having members of all levels of ability the purpose is to encourage them to achieve the best they can. Members join aged 10 and leave at 17.

Northway Youth Club

- ☎ 01865 252728
- ✉ youthambition@oxford.gov.uk
- 📡 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2
- 📍 Tower Playbase, Maltfield Road, Oxford, OX3 9RG

Local Youth Club for young people in Northway. Meets on Tuesdays (4:00 – 6:00pm) during term time. The club is run by Oxford Youth Ambition.

OVADA

- ☎ 01865 200979
- ✉ info@ovada.org.uk
- 📡 www.ovada.org.uk
- 📍 The Warehouse, 14a Osney Lane, Oxford, OX1 1NJ

OVADA aims to present artists based in Oxfordshire within the context of contemporary practice, alongside national and international artists, helping to form productive collaborations. They also support emerging visual arts professionals by providing a training ground for Work Experience in areas such as Curation and Project Management, and successful Volunteer Programme. OVADA also offers a vibrant community for Associates, a website with useful resources, and a mailing campaign that provides members with up-to-date and relevant opportunities.

Oxford Brookes Counselling Service

- ☎ 01865 484650
- ✉ wellbeing-recpt@brookes.ac.uk
- 📡 www.brookes.ac.uk/students/wellbeing/counselling
- 📍 Ground Floor Buckley Building, Gypsy Lane, Oxford, OX3 0BP

Oxford Brookes Counselling is available to all enrolled students. The aim of the service is to work with students to enhance their emotional wellbeing at University. It is a free and confidential service which aims to help students clarify and overcome problems or issues that concern them and to develop resources and skills to manage and enhance their life at University more effectively. The service offers psychoeducational workshops and groups and when assessed as appropriate short-term Solution-Focused Brief Therapy.

Oxford Brookes Students' Union Advice Centre

- ☎ 01865 484770
- ✉ su.advice@brookes.ac.uk
- 📡 www.brookesunion.org.uk/advice
- 📍 John Henry Brookes Building, Headington Campus, Gypsy Lane, Oxford, OX3 0DP

Advice Service available to all enrolled students at Oxford Brookes University. Drop-in and appointments are available.

Oxford Brookes Wellbeing

- ☎ 01865 484650
- ✉ wellbeing-recpt@brookes.ac.uk
- 📡 www.brookes.ac.uk/students/wellbeing
- 📍 Wellbeing Reception Buckley Building, Headington Campus, Oxford Brookes University, Oxford, OX3 0BP

A service that helps students make their own decisions, and where appropriate give information and advice to assist. Counselling, the Disability and Dyslexia Services and the Multifaith Chaplaincy are located on the ground floor of the Buckley Building on the Headington Campus (behind Starbucks). The service is here to help you get the most out of your time at Oxford Brookes.

Oxford College Counselling Service

- ☎ 01865 551843
- 📡 www.activatelearning.ac.uk/contact/enquiries
- 📡 <https://oxford.activatelearning.ac.uk/college-life/supporting-you/>
- 📍 City of Oxford College, Oxpens Road, Oxford, OX1 1SA

Study, relationships, money worries – sometimes problems can seem hard to deal with and life can be challenging at times. All City of Oxford College students have access to a free, confidential counselling service, to help them work through any issues that may be affecting their studies.

Oxford Contemporary Music

☎ 01865 484777

✉ info@ocmevents.org

📡 www.ocmevents.org

📍 OCM, Headington Hill Hall, Oxford Brookes University, Oxford, OX3 0BP

Oxford Contemporary Music believe in the ability of the arts to empower people and communities through self-expression, to allow people to question, imagine, challenge and dream. This is done by:

- Supporting artists in their professional and creative development.
- Forging inspiring partnerships that cross conventional boundaries within music, the arts and beyond the arts.
- Presenting excellent work from the UK and abroad that is highly engaging, relevant and accessible to diverse audiences.
- Developing and using innovative approaches to presentation and interaction.
- Developing and delivering participative projects with schools and community groups that nurture skills and offer personal fulfilment.

Oxford Methodist Circuit

☎ 01865 243216

✉ churchoffice@oxfordmethodists.org.uk

📡 www.oxfordmethodists.org.uk

📍 Wesley Memorial Methodist Church, New Inn Hall Street, New Inn Hall Street, OX1 2DH

All groups offer a warm welcome and a great place to find supportive people.

Monday Toddler Group: 9:30am –11:00am during term time
Cowley Rd Methodist Church, Cowley Road, Oxford.

Tuesday Tots: 9:45am –11:45am during term time. On first Tuesday of the month a hot lunch is served at the end. Woodstock Methodist Church, Oxford Road, Woodstock.

Rainbow House Drop in Café for parents/carers and their pre-school children: 10:30am – 2:00pm Wednesday to Friday during term time. Serves food and offers a fun play space for toddlers. Free entry.

Oxford Phab (People Have Abilities)

✉ john@oxfordphab.org.uk

📡 oxford-phab.wp.paladyn.org

📍 Oxford Phab Club, c/o Wesley Memorial Church, New Inn Hall Street, Oxford, OX1 2DH

Phab is a charity which aims to bring together people of all abilities (disabled and non disabled) to take part in a range of activities and get to know each other better. Activities include social nights, discos, trips out and holidays. Membership is open to anyone who supports the philosophy and aims of Phab.

Oxford Playhouse

☎ 01865 305318

✉ admin@oxfordplayhouse.com

📡 www.oxfordplayhouse.com

📍 Oxford Playhouse, 11-12 Beaumont Street, Oxford, OX1 2LW

A theatre for everyone. The theatre's Participation Team work with over 15,000 people each year through post-show discussions, workshops, work experience, holiday schemes, a youth theatre and a young people's theatre company.

Oxford Student Mental Health Network

☎ 01865 484650

✉ osmhn@brookes.ac.uk

📡 www.osmhn.org.uk

📍 Helena Kennedy Student Centre, London Road, Headington, Oxford, OX3 6BP

A partnership between local education institutions and health service providers, which focuses on student mental health issues in Oxford. It provides a programme of training and workshops for people who work with students in a variety of contexts.

Oxford Swans Swimming Club for Disabled People



☎ 07847 821703

✉ oxfordswans@gmail.com

📡 www.oxfordswans.com

📍 Ferry Leisure Centre, Diamond PI, Summertown, Oxford, OX2 7DP

Weekly swimming club for disabled people and elderly people, provided through a friendly and supportive club. The club provide one-to-one work and group activities in the water. Swimming sessions take place in Summertown and Blackbird Leys.

Oxford University Amateur Boxing Club



📡 www.ouabc.com/committee

📡 www.ouabc.com

📍 Sports Hall, Iffley Road Sports Complex, Oxford, OX4 1EQ

The Oxford University Amateur Boxing Club (OUABC) is the boxing club for the University of Oxford. Founded in 1881, OUABC is the second oldest active amateur boxing club in the United Kingdom.

Oxford University Counselling Service



☎ 01865 270300

✉ counselling@admin.ox.ac.uk

📡 www.ox.ac.uk/students/shw/counselling

📍 Counselling Service, 3 Worcester Street, Oxford, OX1 2BX

Professional counselling service for current student members of the University of Oxford. The service offers both individual and group counselling sessions on a range of issues. Some people use it in times of crisis, others in a more developmental and exploratory way. The service is free and confidential. Self-referral.

Oxford University Student Union Advice Service



☎ 01865 288466

✉ advice@oxfordsu.ox.ac.uk

📡 www.oxfordsu.org/wellbeing/student-advice

📍 4 Worcester Street, Oxford, OX1 2BX

A confidential advice, referral, information, witness and advocacy service for the members of the Oxford University Student Union. For current and former students (if the help needed is related to the former student experience) of the University of Oxford.

RAW Workshop



☎ 01865 714111

✉ team@raw-workshop.co.uk

📡 www.raw-workshop.co.uk

📍 Dunnock Way, Oxford, OX4 7EX

RAW produce high quality products, offer services and work with corporate, education, local government and private customers. They employ, train and support people from Oxfordshire communities who face prejudice and barriers to work. Over 85% of the team will be striving to succeed in the face of issues such as physical or learning difficulties, mental health illness, recovery from addiction and criminal history. Every month RAW create over 1,400 hours of human social impact. That includes skills, training, employment, positive activity and life-skills.

Rose Hill Youth Club

- ☎ 01865 252728
- ✉ youthambition@oxford.gov.uk
- 📡 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2
- 📍 Rose Hill Community Centre, Carole's Way, Rose Hill, Oxford, OX4 4HF

Local Youth Club for young people in Rose Hill. Meets on Mondays (4:30pm – 6:30pm) during term time. The club is run by Oxford Youth Ambition.

Rose Hill Junior Youth Club

- ☎ 07770 324277
- ✉ fran.gardner@greensquaregroup.com
- 📡 www.rosehilljyc.org
- 📍 Rose Hill Community Centre, Carole's Way, Rose Hill, Oxford, OX4 4HF

Rose Hill Junior Youth Club is based at Rose Hill Community Centre and provides an exciting, lively after school club for children aged 5–11 to play, explore, run, dance, jump and just have lots of fun in a caring, supportive setting.

Student Run Self Help

- ✉ info@srsh.co.uk
- ✉ brookes@srsh.co.uk
- ✉ enough@srsh.co.uk
- 📡 www.srsh.co.uk

A volunteer-led organisation providing support to students with eating disorders. It runs a national network of self help groups, providing informal peer-to-peer support to students when they need it. Groups are run at Oxford Brookes University and Oxford University.

The Children's Allotment

- ✉ info@thechildrensallotment.org
- 📡 www.thechildrensallotment.org
- 📍 East Ward Allotments, Cricket Road, Oxford, OX4 3DJ

The Children's Allotment are a group of local parents and volunteers creating an inclusive outdoor education space for the local community. They provide affordable, cooperative childcare, outdoor learning and sustainable food-growing for children and families, primarily outdoors all year round.

The Dovecote Centre

- ☎ 01865 712299
- ✉ leysdvpc@hotmail.com
- 📡 www.dovecoteproject.com
- 📍 Dovecote Centre, Nightingale Avenue, Blackbird Leys, Oxford, OX4 7BU

Dovecote Easter and Summer Playschemes for 4 to 12 year olds.

The Motherkind Café

- ✉ motherkindoxford@gmail.com
- 📡 www.facebook.com/themotherkindcafe
- 📍 Rymers Lane, Oxford, OX4 3JZ

The Motherkind Café is a volunteer-run, community postnatal support group for mums who are struggling with their mental health or finding it tough for any reason. It is completely free to attend, and they provide a safe, welcoming space for women to come and talk honestly and openly about their experience of motherhood both with other mums, and to our trained peer-supporters, many of whom have their own lived experience of a post-natal mental health condition.

The Oxford Foundation

✉ info@theoxfordfoundation.org.uk

🌐 www.theoxfordfoundation.com

📍 The Oxford Foundation, Clarendon House, 52 Cornmarket Street, Oxford, OX1 3HJ

The Oxford Foundation utilises theology, poetry, interfaith dialogue, drama, art, music, storytelling, successful role models and one-to-one mentoring to inspire young people to achieve and contribute in a meaningful way to British society.

The Parasol Project

☎ 01865 742816

✉ info@parasolproject.org

🌐 www.parasolproject.org

📍 The Tower Playbase, Maltfield Road, Oxford, OX3 9RG

The Parasol Project is an Oxford based charity committed to redressing the balance for disabled and disadvantaged children and young people experiencing, or at risk of, social exclusion.

The People Centre

☎ 01865 395145

✉ info@peeple.org.uk

🌐 www.peeple.org.uk

📍 The People Centre, Northfield Close, Oxford, OX4 4NH

The People Centre trains professionals, provides childcare and works with families to support parents and carers with their childrens learning.

Thrive Teams – Innovista

☎ 01865 788350

✉ hello@innovista.org

🌐 www.innovista.org/thrive-teams

📍 Suite A, First Floor, Meridian House, Sandy Lane West, Oxford, OX4 6LB

Thrive Teams believe every young person has potential and purpose. They want to see young people changing their own futures and that of their communities. Thrive are here to work alongside young people growing up in disadvantage, helping them recognise that they have the power to change the future – for themselves and for their communities.

TRAX

☎ 01865 318040

✉ admin@traxonline.co.uk

🌐 www.trax.education

📍 Red Barn Farm Cottage, Woodstock Road, Oxford, OX2 8JR

TRAX runs courses to engage young people aged 13 – 18 years old in Oxfordshire. They aim to divert young people away from anti-social behaviour, crime and negative activities and encourage the personal, social and educational development of all young people who come to the project so that they become positive and active members of their communities.

VIP+

☎ 07950 230426

✉ vipplus@oxfordhub.org

🌐 www.vipplusoxford.org

📍 Oxford Hub, 16/17 Turl Street, Oxford, OX1 3DH

VIP+ engages with 5 – 18 year olds in Oxfordshire. They provide opportunities to develop supportive skills and further enhance and enrich their lives through play, education, leisure and cultural activities, empowering children and young people to use their voice in decisions affecting themselves.

Wesley Memorial Methodist Church



☎ 01865 243216

✉ mel.mcculloch@gmail.com

📡 www.wesleymem.org.uk

📍 Wesley Memorial Church, New Inn Hall Street, Oxford, OX1 2DH

Wesley Memorial Methodist Church work with two other churches in the city centre to provide social evenings and relaxed 'Café style' services to explore biblical and ethical themes. Social evenings have included a 'Taskmaster' themed evening, a murder mystery evening and eating bbq'd pizza.

West Oxford Community Association (WOCA)



☎ 01865 245761

✉ cllrccook@oxford.gov.uk

📡 www.woca.org.uk

📍 West Oxford Community Centre, Botley Road, Oxford, OX2 0BT

WOCA is a volunteer-run non-profit, committed to improving the lives of those in West Oxford. At the bustling community centre, they offer welfare, educational and recreational activities that you can get involved in.

Wolvercote Young People's Club



☎ 01865 559374

✉ hello@wolvercoteypc.org.uk

📡 www.wolvercoteypc.org.uk

📍 St Peter's Road, Oxford, OX2 8AU

Wolvercote Young People's Club (WYPC) exists to promote the mental, physical and emotional well-being of young people in Wolvercote and Cutteslowe by providing a safe place where they can grow, learn and flourish under the guidance of qualified youth workers and trained volunteers, such that they make a positive contribution to the local community and wider society.

Wood Farm Parent and Toddler Group



☎ 75903 99899

📡 <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service?page?id=3dYx52YODyo>

📍 Wood Farm School, 11 Titup Hall Drive, Oxford, OX3 8QQ

Toddler Group for 0 – 5 year olds. Situated in the Youth Centre Building on the Wood Farm Estate on the School Grounds.

Wood Farm Youth Centre



☎ 01865 769263

✉ richardb.bryant@ntlworld.com

📍 Wood Farm Primary School, Titup Hall Drive, Headington, Oxford, OX3 8QQ

A Youth Centre for the Wood Farm community.

Wood Farm Youth Club



☎ 01865 252728

✉ youthambition@oxford.gov.uk

📡 www.oxford.gov.uk/youthambition/info/2/activities/1/activities/2

📍 Wood Farm Youth Centre, Titup Hall Drive, Headington, Oxford, OX3 8QQ

Local Youth Club for young people in Wood Farm. Meets on Wednesdays (6:00pm – 8:00pm) during term time. The club is run by Oxford Youth Ambition.

Yoga Quota



☎ 07808 577144

✉ hello@yogaquota.com

📡 www.facebook.com/yogaquota/

📍 108 High Street, Oxford, OX1 4BW and 16-17 Turl Street, Oxford, OX1 3DH

Yoga Quota is a registered charity working to spread the benefits of yoga to those who need it most. The two yoga studios in Oxford offer inclusive, accessible and joyful yoga and pilates classes seven days per week. Classes are suitable for all levels of experience and all bodies.

Youth Ambition



☎ 01865 252728

✉ youthambition@oxford.gov.uk

🌐 www.oxford.gov.uk/youthambition

📍 St. Aldates Chambers, 109 St. Aldates, Oxford, OX1 1DS

The aim of Youth Ambition is to build meaningful relationships with disadvantaged young people aged 11 – 19 years old, (or up to 25 if they have physical or learning difficulties), who are from Oxford's regeneration areas. Youth Ambition engage with young people through youth voice activities, youth clubs, multi-sports sessions and detached work in a variety of settings. They also work in partnership with other voluntary, community and statutory organisations.

Young Women Music Project (YWMP)



✉ info@ywmp.org.uk

🌐 www.ywmp.org.uk


📍 Makespace, Ground Floor Aristotle House, 1 Aristotle Lane, Jericho, Oxford OX2 6TP

The Young Women's Music Project (YWMP) is an educational charity based in Oxford, which provides an inclusive and supportive space for young women aged 14 – 21 to make music together, learn new skills, express themselves, and grow in confidence. In the free music sessions and workshops, the young women make and record music, plan and hold gigs and events, and discuss issues affecting young people

CHERWELL




Banbury Young Homelessness Project (BYHP)

 01295 259442


 enquiries@byhp.org.uk

 www.byhp.org.uk

 2 Chandos Close, Banbury, OX16 4TL

Banbury Young Homelessness Project, BYHP, offers free services to young people, aged 13 – 25. Call us on 01295 259 442 for help with benefits, housing advice, and many other services BYHP offers a range of services to help prevent homelessness and when that is not possible their Housing Advice and Support Worker will assist the individual in finding safe secure accommodation. Opening hours: Monday to Thursday: 9:00am – 5:00pm and Friday: 9:30am – 4:30pm.

Cherwell District Council

 01295 227001

 customer.service@cherwell-dc.gov.uk

 www.cherwell.gov.uk

 Bodicote House, White Post Road, Bodicote, Banbury, OX15 4AA

Cherwell District Council is part of three-tier local authority structure and is based at Bodicote House, Banbury, Oxfordshire. Cherwell District Council has responsibilities for issues such as waste and recycling collection, street cleansing, environmental enforcement, planning, car parks, and leisure centres.

Cherwell Theatre Company

 cherwelltheatreco@gmail.com

 www.cherwelltheatrecompany.co.uk

Cherwell Theatre Company is a creative home for young theatre-makers in Banbury and the surrounding areas. They exist to give young people a sense of self-belief, wellbeing and value by bringing them together with professional artists to make theatre. The work is for everyone, though we are particularly interested in creating strong female roles and non gender stereotype characters, where the voices of our young participants shine through. Their Patron is Sir Trevor Nunn, former Director of the RSC and National Theatre. He's one of many professionals who support CTC in the belief that they create access and aspiration for all, regardless of background.

Children and Family Centres – North

☎ 01865 328470

✉ bicesterfst@oxfordshire.gov.uk

🌐 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/bicester-children-and-family

📍 The Courtyard Youth Arts Centre, Launton Road, Bicester, OX25 6DJ

The service provides support to vulnerable families across all parts of Oxfordshire, and focuses on families in the greatest need through eight Children and Family Centres. Staff based at the centres work with partner agencies to provide a range of services including some open access provision, such as stay, play & learn and youth sessions, parenting programmes, support to families impacted by issues such as domestic abuse, early attachment, school readiness, access to education, employment and training. There is an Early Help Team and a Children's Social Care Family Support team based at each of the Children and Family Centres.

Kirtlington Youth Club

☎ 01869 350474

✉ JMoody2505@aol.com

🌐 www.kirtlingtonvillage.co.uk/kirtlington-youth

📍 Kirtlington Village Hall, South Green, Kirtlington, Kidlington, OX5 3HJ

Meetings: Tuesday, 7:00pm – 9:00pm, (term time only), Year 6 to 16 years.

Fringford Youth Club

☎ 01869 277310

☎ 07817 573891

✉ max@mimirs-well.org.uk

🌐 <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service-page?id=ITNwPjBvg-Q>

📍 Fringford Village Hall, The Green, Fringford, Bicester, OX27 8DY

Youth Club for young people aged 11 – 16. Alternate Thursdays, 7:00pm – 8:30pm (term time only).

Grimsbury Junior Youth Club

☎ 07946 509396

✉ grimsburycommunity@gmail.com

📍 Grimsbury Community Association, Burchester Place, Banbury, OX16 3WT

The club meets at 6:00pm – 8:00pm on Thursdays at the Community Hall. The club is for 9 – 13 year olds offering a range of activities including art music and sport. They are always on the look out for volunteers for Grimsbury Junior Youth Club. Support and training will be given to inexperienced volunteers. This club is affiliated to Oxfordshire Youth.

Home-Start – Banbury, Bicester and Chipping Norton

☎ 01295 266358

✉ info@home-startbanbury.org.uk

🌐 www.home-startbanbury.org.uk

📍 Britannia Road Children's Centre, Grove Street, Banbury, OX16 5DN

Home-Start supports families with young children, offering friendship, support and practical help through home visits. Trained volunteers support families in situations as varied as isolation, physical or mental illness, bereavement, multiple births, or simply being unable to cope. For all families who have at least one child under the age of five.

Hook Norton Baptist Church

☎ 01608 730677

☎ 07973 140069

✉ pastor@hookybaptist.org.uk

🌐 www.hookybaptist.org.uk

📍 Netting Street, Hook Norton, OX15 5NJ

Baptist Church providing a youth group on Thursday evenings at 5:00pm – 6:30pm for 11 – 16 years old.

Kidlington Baptist Church



☎ 01865 374983

✉ scott@kidlington-baptist.org.uk

📡 www.kidlington-baptist.org.uk/youth

📍 High Street, Kidlington, OX5 2DS

Kidlington Baptist Church runs both religious and non-religious youth groups for a multitude of ages. The Friday groups are aimed at those aged 6 – 18 and have a variety of games, crafts, activities etc.

Orchard Baptist Church



☎ 07577 124852

✉ steve.barber@orchardbaptistchurch.org

📡 www.orchardbaptistchurch.org

📍 c/o 44 Maple Road, Bicester, OX26 6QY

Orchard Baptist Church runs several groups for 11 – 18s, including a girls' group and a boys' group, a 14 – 18's group and a group for all secondary aged pupils. Some groups are more specifically Christian, others are suitable for all – please contact the church if you would like to know more about the groups.

OYAP Trust



☎ 01869 602560

✉ admin@oyap.org.uk

📡 www.oyap.org.uk

📍 The Old St Edburg's School, Cemetery Road, Bicester, OX26 6BB

The projects enable young people to realise their own personal, social and leadership skills, grow in confidence and build self-esteem and resilience. OYAP encourage people to be aspirational about themselves. They support them to exceed their own expectations. OYAP do this by making sure that there are opportunities for young people to enjoy small victories, so that they come to understand what success feels like.

OXPIP



☎ 01865 778034

✉ info@oxpip.org.uk

📡 www.oxpip.org.uk

📍 Suite J, The Kidlington Centre, Oxford, OX5 2DL

The clinical team are specialists in parent-infant work. They focus on the relationship between parent and baby, observing the interaction to encourage the development of a strong and loving attachment. Parents get in touch for a variety of reasons which may include post-natal depression, a baby that struggles to sleep or feed, anxieties about parenthood or a difficult birth experience. There may also be issues from the parent's past or from the transition to parenthood which affects the relationships now they are parents themselves.

Sunrise Multicultural Project



☎ 01295 701728

✉ sunrisemcp.office@gmail.com

📡 www.sunrisemulticultural.org.uk

📍 60 Orchard Way, Banbury, OX16 0EN

The Sunrise Multicultural project supports ethnic minority families in Banbury.

The Baptist Church (Middleton Cheney)



☎ 07889 542248

✉ john.r.j@btinternet.com

📍 22A Queen Street, Middleton Cheney, OX17 2SP

This Baptist Church supports families with Autism (mainly Asperger's). They hold family fun nights enabling families to meet together in a safe and supportive environment. The Pastor of the church also undertakes events teaching churches how to provide support for families with special needs children.

☎ 01295 276769

✉ community@sunshinecentre.org

🌐 www.sunshinecentre.org


📍 Edmunds Road, Banbury, OX16 0PJ

The Centre offer support to children and families within the local area. Our service aims to provide practical help and emotional support to families who need a little extra help. The Sunshine Centre want our children to be happy and receive the best possible start in life.

SOUTH OXFORDSHIRE




Be Free Young Carers

 01235 838554


 yc@befreeyc.org.uk

 www.befreeyc.org.uk

 Be Free YC, Harwell Innovation Centre, 173 Curie Avenue, Didcot, OX11 0QG

Be Free Young Carers provides expert advice, information, practical and emotional support to young carers aged 8 to 24 across the Vale and South Oxfordshire area.


Benson Youth Club

 www.bensonyouthclub.co.uk/contact

 Youth Hall, Wallingford, Oxford Road, Benson, OX10 6LX

Youth Club is open 7:00pm – 9:00pm during term times. There is a 50p subs fee every session.

Berinsfield Amateur Boxing Club Limited

 01865 341348

 corrigan56@btinternet.com

 www.facebook.com/groups/berinsfieldabc

 7 Tower Road, Berinsfield, Wallingford, OX10 7LN

Berinsfield Amateur Boxing Club (ABC) is a well established and highly respected boxing club which gives the youth of South Oxfordshire the chance to learn self-discipline, whilst building their self confidence under the strict guidance of qualified coaching staff and within the rules of the Amateur Boxing Association of England.

Berry Youth Centre

☎ 01865 340111

📧 berry-youth-centre.business.site

📍 Green Furlong, Berinsfield, Wallingford, OX10 7NR

Youth club open Tuesdays (6:00pm – 8:00pm) and Thursdays (7:00pm – 9:00pm).

Chalgrove Youth Club

☎ 07946 383199

📧 info@chalgrove-parish.org.uk

📡 www.chalgrove.info/youth/youth-club.aspx

📍 Youth Wing Chalgrove Village Hall, Baronshurst Dr, Chalgrove, Oxford, OX44 7TE

Located in the Youth Wing adjacent to the Village Hall. Each session is run by a Youth Leader and volunteers. Youths are required to fill in a membership form and agree to the rules of the Youth Club. Friends from outside the village can be signed in for sessions. Each session costs 20p. There is a tuck shop available during the sessions where soft drinks, hot drinks, hotdogs and various snacks can be purchased. They currently have table tennis, snooker, table football, TV, Wii, and a CD player.

Didcot Baptist Church

☎ 01235 813187

📧 office@didcotbaptist.org.uk

📡 www.didcotbaptist.org.uk

📍 43 Wantage Road, Didcot, OX11 7AG

Didcot Baptist Church is a church with an outward focus. They support children, young people and their families. During the week they host baby and toddler groups and the Girls Brigade. Every Sunday morning we have Sunday School during our services for ages 3 – 16. Didcot Baptist Church exists to show and share the love of Jesus in our words and actions. All are welcome.

Didcot Children and Family Centre

☎ 01865 328480

📧 didcotfst@oxfordshire.gov.uk

📡 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/didcot-children-and-family

📍 The Vibe, Park Road, Didcot, OX11 8QX

The service provides support to vulnerable families across all parts of Oxfordshire, and focuses on families in greatest need through eight Children and Family Centres. Staff based at the centres work with partner agencies to provide a range of services including some open access provision, such as stay, play and learn and youth sessions, parenting programmes, support to families impacted by issues such as domestic abuse, early attachment, school readiness, access to education, employment and training. There is an Early Help Team and a Children's Social Care Family Support team based at each of the Children and Family Centres.

Chinnor Youth Club

☎ 07888 705976

📡 www.facebook.com/chinnor.youthclub

📍 Whites Field Community Hall, Chinnor, OX39 4RF

Chinnor Youth Club is open every Thursday night from 7:00pm to 9:00pm. All 11 – 17 year olds are welcome. Lots of activities, tuck shop and events each week.

Cholsey Parish Council

☎ 01491 652255

📧 clerk.cpc@outlook.com

📡 www.cholseypc.org

📍 The Pavilion, Station Road, Cholsey, Wallingford, OX10 9PT

Cholsey Parish Council is the first level of local government in the Cholsey and Winterbrook area and as such has certain duties and discretionary powers which help to preserve and enhance the quality of life in the local community.

Cholsey Youth Club

✉ admin@cholseyyouth.org.uk

🌐 www.cholseyyouth.org.uk

📍 The Pavilion, Station Road, Cholsey, Wallingford, OX10 9PT

Cholsey Youth Club is open on a Thursday evening during term time (7:00pm – 8:30pm). It is open for all young people currently in Years 7, 8 and 9 at school and is run at The Cholsey Pavillion.

Didcot TRAIN Youth Project

☎ 01235 519315

✉ info@didcottrain.org.uk

🌐 www.didcottrain.org.uk

📍 118 Broadway, Didcot, OX11 8AB

TRAIN works for young people in Didcot who are vulnerable and at high risk of educational failure, crime, child sexual exploitation, alcohol and substance abuse, and other risky behaviours. TRAIN's mission is to seek out, engage and empower these young people and reduce the negative impact upon their life chances. TRAIN is made up of a team of Trustees, staff members and volunteers. They engage with and support young people through detached and outreach youth work, one-to-one and group mentoring and various positive activities. Interacting with young people both in their own territory during detached and outreach, and in-house in the TRAIN Office, supports the service in building trusting relationships and encouraging those we work with to make informed and constructive choices in regards to relationships, personal health and wellbeing, education and training, employment and recreation.

Gobo Theatre Foundation

☎ 07970 581924

✉ info@gobothatre.co.uk

🌐 www.gobothatre.co.uk

📍 Harwell Village Halls, High Street, Harwell, Didcot, OX11 0EX

Be part of classes and a production run by a professional theatre company with a love of fostering young talent. You'll learn how to act, sing and dance, as well helping with costumes, set and props.

Home-Start Southern Oxfordshire

☎ 01235 511152

✉ admin@homestartso.org

🌐 www.homestart-southernoxfordshire.org.uk

📍 1st Floor, Didcot Library, 197 Broadway, Didcot, OX11 8RU

Home-Start Southern Oxfordshire is a voluntary home-visiting scheme, which supports families with at least one child under five in the southern area of Oxfordshire. It is managed locally, but supported by Home-Start UK, the national organisation which offers training, information and guidance to Home-Start schemes to ensure consistent and quality support for parents and children wherever they are.

Nomad

☎ 01491 635737

✉ info@nomadhenley.co.uk

🌐 www.nomadhenley.co.uk

📍 D:Two Centre, 55-57 Market Place, Henley on Thames, RG9 2AA

Charity supporting children, young people and families at grass roots level. Nomad provide support for those facing challenging situations in their lives and seek to work collaboratively with other agencies to deliver positive and individually tailored programmes of support.

SOFEA

☎ 01235 510774

✉ info@sofea.uk.com

🌐 www.sofea.uk.com

📍 1E Trident Business Park, Didcot, OX11 7HJ

SOFEA works with young people to build their employability, whilst providing nutritious food for those in need. Programmes for young people to build up skills in a safe judgement-free zone.

Sonning Common Youth Club

✉ becky@sonningcommonparishcouncil.org.uk

📡 www.facebook.com/sonningcommonyouthclub/

📍 Chiltern Edge School, Reades Lane, Reading, RG4 9LN

Sonning Common Youth Club is for young people, and provides a place to relax, have fun and make new friends. They meet at Chiltern Edge School on Tuesday (Years 9,10 and 11: 7:00pm – 9:00pm) and Wednesday (Years 6, 7 and 8: 6:30pm – 8:30pm).

Sonning Youth Club use Segways, play sports, make cakes, play pool, dance, listen to music, make music, pamper ourselves, create things, make things and do great things! Sometimes they go on trips to places like Thorpe Park, paintballing and bowling.

Thame Youth Café

📞 07538 675156

📡 www.thameyouthcafe.org.uk

📍 Christchurch, High Street, Thame, OX9 2DN

Thame Youth Café is primarily run and supported by volunteers. These individuals come from all walks of life, give up their time to hang out with the young people, feed them, play games with them, entertain them and create a safe, welcoming, non-judgmental environment. Oversight is provided by a committee under the umbrella charity – Thame Youth Projects Group. They run two youth cafés: one for 11 – 14s and one for 14 – 16s.

Thame Youth Project

📞 07538 675156

✉ info@thameyouthprojects.org.uk

📡 www.thameyouthprojects.org.uk

📍 c/o 36 Maple Road, Thame, OX9 2BH

Thame Youth Projects Group was formed in 2012 with the express aim of continuing the supporting for the young people of Thame, starting a Youth Café and looking to expand youth opportunities available in the town, especially since funding withdrawal left the town without any county council youth run services. The group has now been running for four years and is a registered charity. Through the work of Thame Youth Projects Group we are working with approximately 30-40 young people a week in our younger Youth Café (schools years 7 – 9), and approximately 10-15 young people a week in our older Youth Café (school years 10 – 11).

The Abingdon Bridge (TAB)

📞 01235 522375

✉ tabcentre@yahoo.co.uk

📡 www.theabingdonbridge.org.uk

📍 27 Bridge Street, Abingdon OX14 3HN

The Abingdon Bridge (TAB) is leading the way in championing the wellbeing and mental health of young people, with integrity across the South and Vale. The counselling team work with about 100 different young people per year. On average our clients have about 10 counselling sessions each. TAB also supports about 700 students within the local secondary schools, delivering education and workshops aimed at increasing young people's resilience around healthy lifestyles including drugs and alcohol and staying safe online. In addition, TAB supports about 40 different young people a year through the healthy lifestyles mentoring programme.

Watlington Youth Club

☎ 03001 112340

✉ help@localgiving.org

🌐 www.localgiving.org/charity/wymc

📍 1 Old School Place, Watlington, Oxfordshire, OX49 5QH

Watlington Youth Club was reborn around ten years ago by a group of caring adults. It is designed to give young people somewhere to go and enjoy being together in a fun and safe environment. Sometimes somewhere to hang out and chill is all that is required. The club meets at the pavilion at the recreation grounds on Tuesday and Thursday evenings and is supervised by trained youth workers supported by local, vetted volunteers.

Wheatley Productions

🌐 www.facebook.com/pg/Wheatley-Productions-393216340695193/about

Wheatley productions was an amalgamation of other groups and have now put on 70 shows. They put on three to four productions a year including a family panto. They are always looking for new people both on stage and back stage.

Woodcote Youth Club

☎ 01491 681861

✉ pc@woodcote-online.co.uk

🌐 www.facebook.com/woodcoteyouthclub/

📍 Woodcote Village Hall, Reading Road, Woodcote, Reading, RG8 0SD

Woodcote Youth Club offers a safe haven for young people to express themselves and experience some freedom in a fun and vibrant setting. The club has comfortable sofas where you can relax with friends or listen to music, and you can take part in other activities, eg. pool competitions, gaming on the Xbox/Wii, or outdoor sports activities in the summer. They also arrange fun trips to trampoline parks and bowling centres throughout the year.

VALE OF WHITE HORSE



Abingdon DAMASCUS

☎ 01235 848694

☎ 07875 649008

✉ roxy.ycat@gmail.com

📡 www.ycat.org.uk

📍 Abingdon DAMASCUS Youth Project, 11N Park House,
Milton Park, Abingdon, OX14 4RS

The Abingdon Damascus Youth Project (a voluntary and registered charity) prides itself on enabling young people to make a positive difference within their own communities. The team is made up of enthusiastic, qualified youth workers who have a passion for seeing change in young people's lives.

Abingdon Drama Club (ADC)

☎ 08454 636638

✉ enquiries@abingdon-drama-club.com

📡 www.abingdon-drama-club.com

📍 6 Marcham Road, Abingdon, OX14 1AA

Each year Abingdon Drama Club produces three shows at the Unicorn Theatre in Abingdon. An eclectic mix of modern dramas, classics and comedies. Every other year the club produce a popular pantomime.

Appleton Youth Club OX13+


✉ susan.sternberg@talk21.com

📡 www.appleton-eaton.org/ox13-youth-club


📍 Appleton Village Hall, Appleton, Oakesmere, Abingdon, OX13 5JS

Are you in Year 8 or above and under 18? Are you looking for a place to hang out with friends listening to music, baking something delicious or perhaps playing pool, table tennis, or table football? Then why not come along?

Children and Family Centres – South

 01865 328400


 abingdonfst@oxfordshire.gov.uk

 www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/children-and-family-centres/abingdon-children-and-family

 The Net, Stratton Way, Abingdon, OX14 3RG

The service provides support to vulnerable families across all parts of Oxfordshire, and focuses on families in greatest need through eight Children and Family Centres. Staff based at the centres work with partner agencies to provide a range of services including some open access provision, such as stay, play and learn and youth sessions, parenting programmes, support to families impacted by issues such as domestic abuse, early attachment, school readiness, access to education, employment and training. There is an Early Help Team and a Children's Social Care Family Support team based at each of the Children and Family Centres.

Christ Church Abingdon

 01235 539172


 office@cca.uk.net

 www.cca.uk.net

 Christ Church Abingdon, Northcourt Road, Abingdon, OX14 1PL

Christ church Abingdon is a lively, diverse Anglican church meeting on Sundays and throughout the week. They meet across two sites in North Abingdon: Northcourt Road and Long Furlong. Together they seek to flourish as a community practising the way of Jesus, growing as disciples and seeing our neighbourhoods transformed.

COMPASS Youth Club

 01235 530227

 compass@peachcroftcc.org


 www.peachcroftcc.org/page/compass-youth-club

 Peachcroft Christian Centre, Lindsay Drive, Abingdon, OX14 2RT

COMPASS Aims to promote the mental, physical and emotional well-being of young people in the Abingdon area by providing a safe place where they can grow, learn and flourish under the guidance of the volunteers. They try


to encourage the young people to make a positive contribution to their local community and wider society. The group meets on Thursday evenings in term time (7:15pm – 8:45pm). There are a variety of activities including indoor and outdoor games, crafts, films, cooking, discussions and time to chat. All young people aged 13 – 17 are welcome.

Earth Trust

 01865 407792

 admin@earthtrust.org.uk

 www.earthtrust.org.uk

 Little Wittenham, Abingdon, OX14 4QZ

The Earth Trust offer a range of activities for all ages including guided walks, family activity trails, bushcraft and festivals such as the extremely popular Lambing Festival in March.

FAAAZE

 contact@faaaze.org


 www.faaaze.org

 Shellingford, Faringdon, SN7 7HJ

An independently run social club for young people with special needs living in and around Faringdon. The club is for anyone with a disability between the ages of 11 and 25 years. They aim to provide a safe social environment for young people to encourage the development of their independence, social and life skills through weekly sessions and occasional age specific special events. Every week they have games and activities, social events, entertainment and a small affordable tuck shop selling snacks and drinks.

Faringdon Coder Dojo

 faringdon.gb@coderdojo.com

 zen.coderdojo.com/dojos/gb/great-faringdon-faringdon/faringdon

 1st Floor, Pump House, Market Place, Faringdon, SN7 7HL

The CoderDojo is currently open to children in years 5 to 11:

- They provide laptops, but you can bring your own if you have one.
- They teach Scratch and Snap from beginner to more advanced.
- They can also offer other coding opportunities and support depending on what the group wants.

Faringdon Town Council

☎ 01367 240281

✉ liz@faringdowntowncouncil.gov.uk

🌐 www.faringdowntowncouncil.gov.uk

📍 The Pump House, Market Place, Faringdon, SN7 7JA

This site provides information for Faringdon residents and visitors to Faringdon. You can find information about Town Council services, business, as well as news and other local services.

GroW Families (GroW)

☎ 01235 376037

✉ contact@growfamilies.co.uk

🌐 www.growfamilies.co.uk

📍 St Johns Church, Main Street, Grove, Wantage, OX12 7LQ

GroW (Grove and Wantage Family Community Group) provide non-statutory support for families with babies and toddlers. They are affiliated to St John's Church, Grove, and run as an independent community group for the Grove and Wantage area.

Host Abingdon

☎ 01235 555486

✉ hello@hostabingdon.org

🌐 www.hostabingdon.org

📍 St Ethelwold's House, 30 East St Helen Street, Abingdon, OX14 5EB

Host Abingdon is an informal group of local people who want to respond to the needs of people who are seeking sanctuary from war, famine, water shortage or persecution.

Kennington Youth Club & Café

☎ 07788 746157

✉ kycwellbeing@gmail.com

🌐 www.kenningtonyouthclub.com

📍 Kennington Youth Club, Kennington, Oxford, OX1 5PG

Kennington Youth Club (Years 5-8) is a place where you can have massive amounts of fun, feel safe, and make great friends. Join the Club on Wednesdays (7:00pm – 8:30pm) in term time. Young people are usually free to play with whatever equipment they would like for most of the sessions. Kennington Youth Café (Years 7-10) provides a space for young people to chill after school. Price is £2.00 per session. We meet on the first Wednesday of the month (3.30pm – 5:00pm).

KJB Bubble Football

☎ 07749 876787

✉ kjbsbubblefootball@gmail.com

🌐 www.kjb-s-bubble-football.co.uk

📍 5 Caudwell Close Drayton, Abingdon, OX14 4HX

KJBs provide Bubble Football, Tag Archery and Nerf Wars at any suitable location.

Sweatbox Youth Venue

☎ 01235 225700

✉ jpetkunaite@kaacademy.org

🌐 https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service?page?id=kd_Jgtt7CYw

📍 King Alfred's Academy, East Site, Springfield Road, Wantage, OX12 8ET

The Sweatbox building consists of a large American diner style coffee bar area with a pool table, air hockey, table football and TV. Adjoining the coffee bar is an impressive mirrored stage room featuring a sophisticated lighting and sound system and a wide range of musical instruments, backline equipment and DJ technology. A busy well equipped youth work office completes the venue.

The Abingdon Bridge (TAB)

☎ 01235 522375

✉ tabcentre@yahoo.co.uk

🌐 www.theabingdonbridge.org.uk

📍 27 Bridge Street, Abingdon OX14 3HN

The Abingdon Bridge is leading the way in championing the well-being and mental health of young people, with integrity across the South and Vale. The counselling team work with about 100 different young people per year. On average our clients have about 10 counselling sessions each. TAB also supports about 700 students within the local secondary schools, delivering education and workshops aimed at increasing young people's resilience around healthy lifestyles including drugs and alcohol and staying safe online. In addition, TAB supports about 40 different young people a year through a healthy lifestyles mentoring programme.

Vale Karate

☎ 07963 579736

🌐 www.valekarate.uk

📍 Letcombe Regis Village Hall, Bassett Road, Wantage, OX12 9LJ

Vale Karate has a comprehensive timetable of classes running throughout the week.

West Hendred and Ginge Youth Club

☎ 01235 832113

✉ events@hendred.org

🌐 www.westhendred.net/events


📍 Ginge Road, Wantage, OX12 8RP

The Youth Club meets usually on the third Friday of the month at 7:00pm. Call to confirm timings, prior to attending.


WEST OXFORDSHIRE




Bladon Junior Church

 01869 337881

 mail@juniorchurch.co.uk


 www.juniorchurch.com


 28-32 Park Street, Bladon, Woodstock, OX20 1RW

Bladon Junior Church meet weekly for a short all-age service which is followed by games and activities. They specialise in music, drama, stage concerts and full length musical productions.

Branches Youth Café


 info@branchesyouth.uk

 www.branchesyouth.uk

 1st Floor, Elms Court, West Way Place, Chapel Way, Botley, OX2 9LP


Join Branches for breakfast, lunch, cakes and delicious Fairtrade coffee. Branches is a social enterprise and working with young people is their social purpose. At Branches young people will always find a safe and compassionate space to socialise, develop skills and grow. The main entrance is up the staircase opposite Botley Co-op.

Charlbury Community Centre

 01608 811878

 info@charlburycommunitycentre.org.uk

 www.charlburycommunitycentre.org.uk

 Spendlove Centre, Enstone Road, Charlbury, Chipping Norton, OX7 3PQ

Run on a not-for-profit basis by professional staff and volunteers, Charlbury Community Centre is the result of many years of fundraising and hard work. It is owned and managed by the Thomas Gifford Trust, a Charitable Incorporated Organisation registration number: 1155669.

Children and Family Centres – Witney

☎ 01865 328730

✉ witneyfst@oxfordshire.gov.uk

📡 www.oxfordshire.gov.uk/residents/children-education-and-families-information-parents/children-and-family-centres/witney-children-and-family

📍 Witney Children & Family Centre, Witan Way, Witney, OX28 4YA

The service provides support to vulnerable families across all parts of Oxfordshire, and focuses on families in greatest need through eight Children and Family Centres. Staff based at the centres work with partner agencies to provide a range of services including some open access provision, such as stay, play and learn and youth sessions, parenting programmes, support to families impacted by issues such as domestic abuse, early attachment, school readiness, access to education, employment and training. There is an Early Help Team and a Children's Social Care Family Support team based at each of the Children and Family Centres.

Churches together in Witney

☎ 07566 229585

✉ ministerwnlc@gmail.com

📡 witneynewlifechurch.com

📍 25 Meadow lane, Witney OX28 6DN

Churches together in Witney support young people at the local college.

Cogges Heritage Trust

☎ 01993 772602

✉ judy.niner@cogges.org.uk

📡 www.cogges.org.uk

📍 Cogges Manor Farm, Church Lane, Witney, OX28 3LA

Cogges is a unique historic farm. With a beautiful manor house, stunning walled garden and friendly animal residents, it's a place for people of all ages to relax, learn and have fun. We're shut in winter, except for special festive events – pantomime, Christmas market and Santa's Grotto.

Cottsway Housing Association

☎ 01993 890000

✉ contact@cottsway.co.uk

📡 www.cottsway.co.uk

📍 Cottsway Housing Heynes, Place Avenue Two, Witney, OX28 4YG

Cottsway Housing Association Ltd was formed in 2001 to receive the transfer of West Oxfordshire District Council's housing stock. They are a not-for-profit housing association and our income comes entirely from rents. Cottsway became a charitable industrial and provident society in 2009. Support includes hoarding and a tablet loan scheme.

Eynsham Baptist Church

☎ 01865 881670

✉ zolibiro@gmail.com

📡 www.eynshambaptistchurch.co.uk

📍 18 Shakespeare Road, Eynsham, OX29 4PY

Eynsham Baptist Church run a monthly youth club for children in Years 5 and 6 in separate groups. The aim is to provide a safe space where children can play, relax and interact with their friends face to face rather than digitally.

Home-Start Oxford in Witney and West Oxfordshire

☎ 01865 779991

✉ info@homestart-oxford.org.uk

📡 www.homestartoxford.org.uk

📍 Witney Methodist Church, 40 High Street, Witney, OX28 6HG

Home-Start Oxford is a voluntary organisation which is committed to promoting the welfare of families with at least one child under five years of age.

Leafield Youth Club

☎ 07891 074375

✉ leafieldyouthclub@outlook.com

📶 www.facebook.com/leafieldyouthclub

📍 New Village Hall, Lower End, Leafield, Witney, OX29 9QJ

A place for young people to learn new skills and build new friendships with other peers.

North Leigh Youth Project

☎ 07864 267169

📶 www.facebook.com/NorthLeighYouthProject/

📍 Park Road, North Leigh, Witney, OX29 6SA

North Leigh Youth Project offers a safe and positive environment where young people can meet, socialise and develop their interests and hobbies.

RemixChippy

📶 www.stmaryscnorton.com/events

📶 www.facebook.com/RemixChippy-1743591312551875

📍 Glyme Hall, Burford Road, Chipping Norton, OX7 5EF

Remix Youth Club meets on Fridays (3:15 – 4:45pm). It is for young people in school years 7-11 and it is free entry.

Remix is a place for young people to come and relax and mix it up with their friends.

There is an exciting café where you can create your own milkshake, chocolate bars, cakes, toast, coffee etc.

They have lots of games, pool, table tennis, sports, Xbox one, nail painting, craft etc.

Standlake Youth Club

☎ 01865 301928

✉ mandy@etjsolutions.co.uk

📶 www.standlakepc.org.uk/community.html

📍 Standlake Village Hall, Church End, Standlake, Witney, OX29 7SB

Open to all young people in the local area. Age 10 to 14 (from when you join year 6 at your school).

Times: Friday (7:00pm – 9:00pm) during term time. Held at Standlake Youth Club Hut, Church End. (The entrance is opposite Standlake School).

Activities include sports, art and crafts, swimming, ice-skating and water sports. Club activities include air hockey, games, quizzes, fundraising events, tuck shop and more.

Synolos

☎ 01993 222555

✉ enquiries@synolotraining.co.uk

📶 www.synolos.co.uk

📍 Unit L-M Country Park Industrial Estate, Avenue 2, Station Lane, Witney, OX28 4YD

Synolos works with the following people:

- Those with learning difficulties and autism
- Those who are NEET (Not in Education, Training or Employment)
- Those with low or no qualifications
- Struggling at school in years 7-11
- Those who are young and unemployed
- Dealing with mental health issues
- Long-term unemployed, aged 24 – 50+
- On long-term sick leave, who are seeking to get closer to employment

The 7Cs Foundation

☎ 07773 939926

✉ enquiries@muzoakademy.com

🌐 www.7csfoundation.com

📍 Witney Music Rooms, Unit 6 Eagle Industrial Estate,
Church Green, Witney, OX28 4YR

The 7Cs are essential life skills; Creativity, Communication, Confidence, Cooperation, Coordination, Commitment and Constructive Critical Thinking. They have a profound positive effect on individuals and families improving relationships at home, at work and at school. 7Cs help people by providing support and musical activities which develop their skills, capacities and capabilities to enable them to participate in society as responsible individuals. They extend the provision of the musical activities to all and any age groups that would benefit from the support and development, including the underprivileged and vulnerable.

Witney Community Church

☎ 07366 111884

✉ arice@reignministries.org

🌐 www.witney.occ.org.uk

📍 The Kings School, New Yatt Road, Witney, OX29 6TA

Witney Community Church runs a bi-weekly Youth Club on Madley Park estate in Witney. It is open to all young people from Years 7-10.

Woodstock Youth Club

☎ 01993 811775

✉ info@woodstockyouthclub.info

🌐 www.woodstockyouthclub.info


📍 Woodstock Youth Centre, Recreation Road, Woodstock,
OX20 1NY

The club is open to 8 – 16 year olds providing social, sports and creative activities for the kids of Woodstock and the surrounding villages. Woodstock Youth Club is a registered charity run by volunteers and trustees.

COUNTY-WIDE




Active Oxfordshire

 01865 252676


 info@activeoxfordshire.org


 www.activeoxfordshire.org

 2nd Floor, Marlborough House, 69 High Street, Kidlington, OX5 2DN


Active Oxfordshire is a charitable incorporated organisation, their vision is for everyone in Oxfordshire to be physically active. They are one of 43 Active Partnerships in the country and help people in the most need by working with partners to increase physical activity. Using local understanding Active Oxfordshire supports and responds to local needs. They focus our efforts on targeting inactive people and under-represented groups who will benefit most from an active lifestyle.

Adventure Plus

 01993 703308


 enquiries@adventureplus.org.uk

 www.adventureplus.org.uk

 Adventure Plus, Main Street, Clanfield, Bampton, OX18 2SN

Adventure Plus is the Adventure Youthwork and Outdoor Education charity that provides Adventure Holidays, Gap Year Training programmes and Internships, all in a positive Christian Environment.

African Families in the UK (AFiUK) CIC

 07921 462949

 africanfamiliesintheuk@gmail.com

 www.africanfamilies.co.uk

 Regal Community Centre, Ridgefield Road, Oxford, OX4 3BY

As a Community Interest Company, AFiUK exists to serve the interests primarily of those children whose parents were born and educated in the so called 'Third Countries', or otherwise referred to as developing countries. These children do not identify themselves entirely with their parents' culture nor that of the host country, rather they evolve a new culture, a third culture.

Animation Station

☎ 07887 953609

✉ asincorporated@gmail.com

🌐 www.animationstation.co.uk

📍 Animation Station Chenderit School, Archery Road, Middleton Cheney, Banbury, OX17 2QR

The Animation Station is an inclusive arts organisation which aims to animate young hearts and minds through the use of animation and digital moving image in relation to new technology, artists and the community.

Aquarius – Oxfordshire Young People’s Service

☎ 07950 301426

✉ ypoxfordshire@aquarius.org.uk

🌐 <https://aquarius.org.uk/our-services/young-peoples-services/oxfordshire-yp/>

📍 236 Bristol Road, Edgbaston, Birmingham, B5 7SL

📍 Locally – based in the seven Oxfordshire County Council Family Solution Centres

Aquarius strive to help people overcome the harms caused by alcohol, drugs and gambling. They work closely with individuals, families and friends to lessen the impact caused by the behaviour of a loved one. Overcoming an addiction can be a difficult process but you can be sure that our staff will be dedicated to giving you and your family the attention and support that you need.

Aspire Oxford

☎ 01865 204450

✉ info@aspireoxford.co.uk

🌐 www.aspireoxfordshire.org

📍 Aspire Oxford, St Thomas School, Osney Lane, Oxford, OX1 1NJ

Aspire Oxford exists to help vulnerable people who are facing challenges such as homelessness, poverty, addiction, offending histories or mental health difficulties to move into the world of work. They offer work experience in our own enterprise businesses and person-centred support needed to make lasting change.

Asylum Welcome/Venda Club

☎ 01865 722082

✉ youth@asylum-welcome.org

🌐 www.asylum-welcome.org

📍 Unit 7, Newtec Place, Magdalen Road, Oxford, OX4 1RE

Children who arrive in the UK ‘unaccompanied’ (without a parent or guardian) are confused, homesick and traumatised by the journey. They lack the ability to present their case to the authorities or to meet basic needs without help. They must navigate adolescence in a foreign culture without good adult role models. Asylum Welcome prioritises care for unaccompanied child asylum seekers and refugees because of the many risks to their welfare.

Big Brothers Big Sisters

☎ 07384 718332

✉ hello@oxfordhub.org

🌐 www.bbbsuk.org

📍 36 Little Clarendon Street, Oxford, OX1 2HU

Big Brothers Big Sisters commit their time to create lasting relationships with a young person, helping to build their self-esteem and achieve their potential through a wide range of positive activities.

Bring the Game Over

☎ 07585 449062

✉ enquiries@bringthegameover.com

🌐 www.bringthegameover.com

📍 Grove Business Park, Boston House, Downsview, Wantage, OX12 9FF

Bring the Game Over is a fully mobile gaming arcade van and pop-up arcade that offers an immersive one-of-a-kind gaming party experience.

CAMHS Outreach Service

☎ 01865 902576

✉ OxonCAMHSSPA@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/camhs/oxon/service/osca

📍 Raglan House, 23 Between-Towns Road, Cowley, OX4 3LX

CAMHS provides an outreach service, which supports children and families with complex needs, or those requiring follow-up treatment and support after an emergency assessment. Referrals can be made by a range of statutory children and family services, including CAMHS.

CAMHS Learning Disability Service

☎ 01865 902785

✉ OxonCAMHSSPA@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/camhs/oxon/ld/

📍 Raglan House, 23 Between-Towns Road, Cowley, OX4 3LX

This specialist service provides assessment, treatment and support for young people (up to 18 years) with learning disabilities who have mental health needs or complex behavioural difficulties.

CAMHS Neuropsychiatry Service

☎ 01865 902930

✉ OxonCAMHSSPA@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/camhs/oxon/service/neuropsychiatry

📍 Maple House, The Slade, Horspath Driftway, Oxford, OX3 7JH

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 and Tourette's Syndrome who are presenting with high risk behaviours and/or have come into contact with the youth justice system. The team also offers support to their families.

Clean Slate

☎ 01869 232461

✉ office@cleanslate.org.uk

🌐 www.cleanslate.org.uk

📍 572 Brice Road, Bicester, OX25 5TE

Clean Slate's purpose is to provide a service that empowers, builds self-esteem and develops the talking and coping skills of adults and young people who have been victim to sexual, physical, mental and emotional abuse in Oxfordshire.

Clear Sky Children's Charity

☎ 01865 362789

✉ info@clear-sky.org.uk

🌐 www.clear-sky.org.uk

📍 The Manor House, Little Wittenham, Abingdon, OX14 4RA

Provides support for children who have experienced trauma or life difficulties through Play and Creative Arts Therapy. They work in partnership with schools and other organisations, and can provide one-to-one and group Play and Creative Arts Therapy, support for parents and training for school staff.

Diocese of Oxford

☎ 01865 208200

✉ stuart.nimmo@oxford.anglican.org

🌐 www.oxford.anglican.org

📍 Church House Oxford, Langford Locks, Kidlington, OX5 1GF

The Diocese of Oxford is the administrative area of the Church of England that, broadly speaking, covers the three counties of Berkshire, Buckinghamshire and Oxfordshire. The diocese sits between the Cotswolds in the west and London to the east. It extends from tiny rural communities to the vastly different cities of Oxford and Milton Keynes. The diocese also helps to support the running of local Church of England schools. We are passionate about schools and their ability to offer an excellent and inclusive education which is welcoming to those of all faiths and none.

Educational Psychology in Oxfordshire

- 📞 City of Oxford: 01865 323381
- 📍 Knights Court, 21 Between Towns Road, Cowley, OX4 3LX
- 📞 North Oxfordshire: 01865 816732
- 📍 Samuelson House, Tramway Road, Banbury, OX16 5AU
- 📞 South Oxfordshire: 01865 323532
- 📍 Abbey House, Abbey Close, Abingdon, OX14 3JD
- 🌐 <http://schools.oxfordshire.gov.uk/cms/schoolsnews/educational-psychology-service-0>

Psychological support for young people aged 0 – 25 in Oxfordshire (generally within local authority settings). Referral is normally via schools, parents or other professionals. Works with children, parents and teachers and schools to promote children's learning and development.

Family Assessment and Safeguarding Service

- 📞 01865 902418
- ✉️ OxonCAMHSSPA@oxfordhealth.nhs.uk
- 🌐 www.oxfordhealth.nhs.uk/camhs/oxon/service/fass/
- 📍 Raglan House, 23 Between Towns Road, Oxford, OX4 3LX

This service aims to reduce the consequences of child maltreatment and neglect through providing specialist mental health assessment and treatment which contributes to the safeguarding of children and young people. They work with children aged 0 – 18.

Family Links

- 📞 01865 401800
- ✉️ info@familylinks.org.uk
- 🌐 www.familylinks.org.uk
- 📍 Units 2 & 3 Fenchurch Court, Bobby Fryer Close, Cowley, Oxford, OX4 6ZN

Teaches nurturing and relationship skills to parents, children and school staff. Also provides training for professionals.

Full Circle

- 📞 01865 246456
- ✉️ fullcircle@fullcircleoxon.org.uk
- 🌐 www.fullcircleoxon.org.uk
- 📍 Full Circle, c/o Deddington Primary School, Earls Lane, Deddington, OX15 0TJ

Full Circle is a charitable incorporated organisation which began working with Oxfordshire schools in 2000. They bring older and younger people together on a weekly basis, with the aim of nurturing friendship and understanding between the generations.

Guideposts Trust

- 📞 01993 893560
- ✉️ info@guideposts.org.uk
- 🌐 www.guideposts.org.uk
- 📍 Willow Tree House, Two Rivers, Station Lane, Witney, OX28 4BH

Guideposts exists to provide services to meet individual needs so that each person has the opportunity to fulfill their aspirations and maximise their potential. They seek to achieve excellence in their work and lead the way in researching, delivering and disseminating good practice.

Hope Thru Horses

- 📞 07341 920644
- ✉️ hopethruhorses@icloud.com
- 🌐 www.hopethruhorses.com
- 📍 Hope Thru Horses, Pettiwell, Garsington, Oxford, OX44 9DB

Hope Thru Horses offers equine involvement therapy. Equine Involvement informed therapy works on addressing the psychological and emotional effects of trauma on the nervous system, body, mind and energy. In the process, they recognise, identify and integrate separated, fearful, parts of the self, bringing those parts together into the one whole 'self'.

Infant-Parent Perinatal Service (IPPS)

☎ 01865 902171

✉ infant-parent.perinatalservice@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/service_description/oxfordshire-ipp

📍 Raglan House, 23 Between Towns Road, Oxford, OX4 3LX

The Infant-Parent Perinatal Service offers support to women who are experiencing, or are at risk of developing, mental health difficulties in the antenatal or postnatal period. Referrals can be made by any professional with a concern about a mother's mental health during the antenatal period and up to one year in the postnatal period. Professionals can call the number shown to consult the team about a referral.

Jennie's Children's Trust

✉ jane@jennieschildrenstrust.org

🌐 www.jennieschildrenstrust.org

📍 11 Field House Drive, Oxford, OX2 7NT

Jennie's Children's Trust provides a place where children who have suffered medical trauma or bereavement can recover, recharge and enjoy quality time together with their families. Families can escape the difficulties that they face on a daily basis, relax and have fun in the peaceful surroundings of countryside and coastline.

KEEN

☎ 07806 743595

✉ keen@keenoxford.org

🌐 www.keenoxford.org

📍 KEEN, St Clement's Centre, Cross Street, Oxford, OX4 1DA

An award-winning, youth-led organisation focused on creating a more inclusive society for people with additional needs. They create and run sessions and projects, with support from other organisations including sports clubs, and keenly promote inclusion more widely through campaigns and collaboration. Around 300 young people contribute to their work each year, through a wide range of volunteering opportunities, internships, and placements.

Life at No. 27

☎ 07875 357478

✉ enquiries@lifeatno27.com

🌐 www.lifeatno27.com

Life at No. 27 is a social enterprise in Oxfordshire, built with passion at its core and designed to improve lives. The Life at No. 27 mission is to connect with, believe in and empower people; transforming lives through the power of gardening and growing our produce. Life at No. 27 provides a range of fun, long- and short-term Wellbeing Programmes and Curriculum Enrichment Programmes. Suitable for individuals or groups within a nursery, school or home setting.

North Oxfordshire PCAMHS

☎ 01865 904105

✉ oxonCAMHSGMHnorth@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/camhs/oxon/service/community

📍 Orchard Health Centre, Cope Road, Banbury, OX16 2EZ

The CAMHS teams provide intervention for children, young people and families who are experiencing severe, complex and persistent mental health difficulties. Following an initial assessment, specific interventions will be offered. This could involve working with a range of professionals including psychiatrists, psychologists, social workers and family therapists, among others. Referrals are usually via PCAMHS teams.

One-Eighty

☎ 01865 236869

✉ enquiries@one-eighty.org.uk

🌐 www.one-eighty.org.uk

📍 Unit 20 Kings Meadow, Ferry Hinksey Road, Oxford, OX2 0DP

One-Eighty is a psychology focused charity working with vulnerable young people aged 4 – 18 who are at risk of missing out on education.

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)

- ☎ Helpline Phone: 01865 726295
- ☎ Helpline Free Phone: 0800 7836294
- ☎ Text number: 07537 432442
- ✉ Office email: admin@osarcc.org.uk
- ✉ Support helpline email: support@osarcc.org.uk
- 📡 www.osarcc.org.uk
- 📍 Dovey Accountancy Services Ltd, Heyford Park House, Upper Heyford, Bicester, OX25 5HD

Oxfordshire Sexual Abuse and Rape Crisis Centre provides support to victims and survivors of sexual abuse and sexual violence.

Oxford Against Cutting

- ☎ 07909 510840
- ✉ info@oxfordagainstcutting.org
- 📡 www.oxfordagainstcutting.org
- 📍 Unit 7685, Po Box 6945, London, W1A 6US

Oxford Against Cutting is a rights-based group working to help prevent harmful cultural practices, including female genital mutilation (FGM) and forced marriage, of girls and women living in the Thames Valley.

Their mission is to end practices that harm the bodily integrity of girls and women by:

- Providing education
- Supporting survivors
- Raising awareness of support services
- Empowering young people to champion initiatives

Oxford Education Deanery

- ☎ 01865 611006
- ✉ katharine.burn@education.ox.ac.uk
- 📡 www.educationdeanery.ox.ac.uk
- 📍 University of Oxford Department of Education, 15 Norham Gardens, Oxford, OX2 6PY

Our aim is to work effectively with local schools to improve educational outcomes.

The Oxford Education Deanery facilitates the continuing professional development of teachers at all career stages in local schools by engaging them in research and providing various training courses.

Oxfordshire Army Cadet Force

- ☎ 01869 259681
- ✉ se-oxf-cao@rfca.org.uk
- 📡 armycadets.com/county/oxfordshire-acf
- 📍 Broderidge House, Arncott Wood Road, Bicester, OX25 1AB

We aim to inspire young people in the core values of the Army Cadet Force. Giving world class training in both military and civilian skills. During a cadet's career they will be given the opportunity to complete and compete in numerous activities such as First Aid, DofE (Duke of Edinburgh's Award) and the BTEC Certificate in Public Services and Music (Equivalent to 4 GCSE grades A*-C). Fieldcraft and Navigation are just two of the many military based activities available.

Oxfordshire Community Foundation

- ☎ 01865 798666
- ✉ ocf@oxfordshire.org
- 📡 www.oxfordshire.org/project/thrive
- 📍 3 Woodin's Way, Oxford, OX1 1HD

An independent charity that connects people who care with causes that matter.

Oxfordshire Family Information Service

☎ 01865 323332

✉ fis.enquiries@oxfordshire.gov.uk

📡 fis.oxfordshire.gov.uk

📍 4th Floor, County Hall, New Road, Oxford, OX1 1ND

Information and advice on: finding childcare, help with childcare costs, rights and options for working parents, family and parenting support, activities for children, young people and families and help for families with disabled children.

Oxfordshire Family Mediators

☎ 07532 308046

✉ admin@ofm.org.uk

📡 www.ofm.org.uk

📍 The Practice Rooms, The Old Bakehouse, 2A South Parade, Oxford, OX2 7JL

Professional, familiar with the law and extremely experienced, we provide a high-quality service in several Oxfordshire locations. We specialise in family mediation, so we handle conflict in a constructive way that keeps the needs of everyone – including children – at the heart of the discussion.

Oxfordshire Mind

☎ 01865 247788

✉ info@oxfordshiremind.org.uk

📡 www.oxfordshiremind.org.uk

📍 2 Kings Meadow, Osney Mead, Oxford, OX2 0DP

Oxfordshire Mind firmly believes that everyone who has mental health difficulties should have somewhere to turn to for advice and support. They exist to make that happen. They do this through raising awareness of mental health issues, making sure that support for mental health in Oxfordshire is easy to find, and by running a range of mental health services.

They were set up in 1967 as an independent charity to support people in Oxfordshire, but their services are quality assured through National Mind's standards. They're part of their network of local Minds, offering support directly to those who need it within the community.

Oxfordshire Play Association

☎ 01865 779474

✉ martin.gillett@oxonplay.org.uk

📡 www.oxonplay.org.uk

📍 c/o Innovista 1st Floor Offices, Suite A Meridian House, Sandy Lane West, Oxford, OX4 6LB

Oxfordshire Play Association (OPA) was established as a charity in 1974. For over 40 years, OPA has been one of the lead organisations in Oxfordshire to promote high quality play opportunities across the county for all children and young people aged 0 – 16 years. OPA's mission is to champion and to support the rights of all children and young people to have access to high quality, inclusive play opportunities.

Oxfordshire Youth

☎ 01865 767899

✉ members@oxfordshireyouth.org

📡 www.oxfordshireyouth.org

📍 Oxfordshire Youth, Bury Knowle Coach House, North Place, Oxford, OX3 9HY

Oxfordshire Youth is the leading youth charity for the youth sector in Oxfordshire. Their vision is for all young people to be empowered, feel respected and know that they are valued. They achieve this with, and through, their local network of youth sector organisations, together reaching over 26,000 young people. They believe that informal education, youth work and non-formal learning is essential to improving young people's quality of life. They are committed to helping young people fulfil their potential and provide youth development programmes, high quality workshops on important issues like body image or healthy relationships, training in mental health awareness for adults working with young people and large-scale events tackling local and national issues, for example Youth in Mind.

Paediatric Psychology – Oxford Childrens Hospital

☎ 01865 234187

✉ wendy.wyatt@ouh.nhs.uk

📡 www.oxmindguide.org.uk/minditem/oxford-childrens-hospital/

📍 Childrens Hospital, Headley Way, Oxford, OX3 9DU

Paediatric psychology provides mental health treatment and support to children and young people who are being treated at the John Radcliffe or Churchill Hospitals. They support patients with a range of mental health related problems, including those related to adjustment and adherence. Paediatric Psychology also offers specialist services to young children with autistic spectrum disorders and related complex conditions. The service accepts referrals from hospital staff, GPs and other professionals for children and young people up to the age of 18 years.

Pegasus Theatre

☎ 01865 812150

✉ info@pegasustheatre.org.uk

📡 www.pegasustheatre.org.uk

📍 64-65 Magdalen Road, Oxford, OX4 1RE

Pegasus has an excellent track-record of creating inspiring and high quality projects which engage children and young people embracing difference and a diverse range of backgrounds. We actively reach out, especially through our inclusion programme, to those who are most excluded and vulnerable within society. We strive to integrate the life experience of children and young people with the creative learning opportunities we provide, the professional performances which appear on our stage, productions we create and tour and the partner companies we work with in our building. The depth of our approach means the impact of what we achieve through our work is far-reaching and long-lasting.

Primary Child and Adolescent Mental Health Service

☎ 01865 902515

✉ OxonCAMHSSPA@oxfordhealth.nhs.uk

📡 www.oxfordhealth.nhs.uk/camhs/oxon

📍 Oxon CAMHS SPA, Raglan House, 23 Between-Towns-Road, Oxford, OX4 3LX

The PCAMHS teams provide an early intervention mental health service for children and adolescents experiencing emotional or behavioural difficulties. The aim is to support children at the earliest opportunity with problems which might, for example, be linked to bullying, low self-esteem, family breakdown and avoiding school. Children can be seen at a variety of locations in the community. Referrals to PCAMHS can be made by any professional. Professionals can call the consultation line to discuss referrals with the team.

SAFE! Support for Young People Affected by Crime

☎ 01865 582495

✉ safe@safeproject.org.uk

🌐 www.safeproject.org.uk

📍 Unit 9 Standingford House, 26 Cave Street, St Clements, Oxford, OX4 1BA

Offers free support to 8 – 25 year olds in Oxfordshire who have been harmed by crime and bullying. SAFE works to help people regain their confidence and sense of safety.

SeeSaw

☎ 01865 744768

✉ info@seesaw.org.uk

🌐 www.seesaw.org.uk

📍 Bush House, 2 Merewood Avenue, Headington, Oxford, OX3 8EF

Support to bereaved children and families (when parent or sibling has died or is dying). Also provides information, advice, consultancy and training to professionals.

South Oxford Adventure Playground

☎ 01865 249787

✉ hiresoapoxford@gmail.com

🌐 www.soapoxford.org.uk

📍 47 Whitehouse Road, Oxford, OX1 4NA

The South Oxford Adventure Playground is a charity run by volunteers and play workers. It is free and open to everyone. SOAP is a place where children can play freely, meet new friends and have fun in a natural and physically challenging environment. It offers an indoor and outdoor space where children can express themselves creatively and test themselves physically. SOAP aims to provide inclusive, exciting and adventurous play for children aged 7 and over, within a supervised playground. All children are welcome. Those under 7 must be accompanied by an adult. Playworkers are onsite after school and through the holidays to support and encourage children in their play.

South Oxfordshire PCAMHS

☎ 01865 904700

✉ oxonCAMHSGMHsouth@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/camhs/oxon/service/community

📍 Clock House, 22-26 Ock Street, Abingdon, OX14 5SW

The CAMHS teams provide intervention for children, young people and families who are experiencing severe, complex and persistent mental health difficulties. Following an initial assessment, specific interventions will be offered. This could involve working with a range of professionals including psychiatrists, psychologists, social workers and family therapists, among others. Referrals are usually via PCAMHS teams.

Sylva Foundation

☎ 01865 408018

✉ info@sylva.org.uk

🌐 www.sylva.org.uk

📍 Sylva Wood Centre, Little Wittenham Road, Long Wittenham, OX14 4QT

Sylva is an environmental charity helping trees and people grow together. We work across Britain and are active under four main programmes: science, education, forestry and wood.

The Multi Agency Safeguarding Hub

☎ 03450 507666


✉ mash-children@oxfordshire.gov.uk

🌐 www.oxfordshire.gov.uk/business/information-providers/multi-agency-safeguarding-hub

📍 County Hall, New Road, Oxford, OX1 1ND

The Multi Agency Safeguarding Hub (MASH) is the front door to Children's Social Care for all child protection and immediate safeguarding concerns.

Thomley

 01844 338380

 enquiries@thomley.org.uk

 www.thomley.org.uk

 Thomley, Menmarsh Road, Worminghall, HP18 9JZ

Thomley is a place for people of all abilities and disabilities. We bring disabled people, their families, carers and friends together with experienced and nurturing staff that understand their needs.

Thrive

 01189 885688


 info@thrive.org.uk

 www.thrive.org.uk

 Beech Hill Road, Beech Hill, Reading, RG7 2AT

We have over 40 years' experience of an approach called social and therapeutic horticulture (STH), where trained horticultural therapists work with plants and people to improve an individual's physical and psychological health, communication and thinking skills.

Topaz

 01865 396778


 topaz@ark-t.org


 www.topazoxford.org.uk

 Topaz, c/o Ark T Centre, Crowell Road, Oxford, OX4 3LN


Social group for young people aged 13– 25 who identify as Lesbian, Gay, Bisexual, Transgender, or who are questioning their sexuality. The group meets on the third Saturday of the month in Abingdon. Attendance through self-referral.

Unlocking Potential

 www.byhp.org.uk/employability-projects.html#:~:text=Unlocking%20Potential%20%7C%20BYHP,or%20Training%20or%20already%20NEET

The Unlocking Potential project is being delivered by Aspire, BYHP, SOFEA and Trax. All four are experienced community partners across Oxfordshire with a strong track record of reaching, engaging and empowering young people NEET towards, into and during employment, training and education. The team of support workers offer one-to-one engagement across Oxfordshire with access to a wide range of activities and mentoring. Each young person creates an individualised plan with their support worker enabling them to make the positive changes needed to progress. Oxford Council is the Lead Organisation and brings its compliance and governance expertise to support and enable  project partnership.

Warneford Hospital – Highfield Unit

 01865 902711

 Out of Hours Nurse Office: 01865 902901

 www.oxfordhealth.nhs.uk/highfieldunit

 Warneford Hospital, Warneford Lane, Oxford, OX3 7JX

This unit provides acute and medium term mental health care for young people aged 11 – 18. It offers a setting where young people can be assessed and treated for psychiatric disorders which cannot be managed in the community, offering a broad range of treatments. The unit works closely with community CAMHS services to ensure stays in hospital are as short as possible. Oxfordshire County Council provides teaching in line with the national curriculum.

Yellow Submarine

☎ 01865 236119

✉ kate@yellowsubmarine.org.uk

🌐 www.yellowsubmarine.org.uk

📍 12 Park End Street, Oxford, OX1 1HH

Yellow Submarine is an award-winning Oxfordshire charity that believes people with learning disabilities and autism deserve to live life to the full. They support our members to 'do more' and 'need less' increasing confidence, self-esteem and reducing social isolation; through our various projects including training, social activities, day trips and holidays.

Youth Challenge Oxfordshire (YoCO)

☎ 07999 340597

🌐 www.yoco.online

📍 Midland House, West Way, Oxford, OX2 0PH

Youth Challenge Oxfordshire (YoCO) is a local charity supporting young people aged 14 – 21 to develop resilience and confidence so that they can overcome the problems that they face during teenage years.

Youth Engagement and Opportunities

☎ 01865 328460

✉ oxme@oxfordshire.gov.uk

🌐 www.oxme.info/cms/health/drugs

📍 3rd Floor, County Hall, New Road, Oxford, OX1 1ND

Information and guidance website for children and young people offering web-chat, information services, links to local services, support around health and job-seeking, information about Oxfordshire Early Intervention Hubs and other services for children and young people. Open access. Some linked services require referral.

NATIONWIDE





📞 0207 8316562

✉️ contact@akt.org.uk

🌐 www.akt.org.uk/refer

📍 Unit B, Sawmill Studios, 19-21 Parr Street, London, N1 7GW

AKT supports LGBTQ+ young people in the UK experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.



📞 0207 3860868

✉️ info@apni.org

🌐 www.apni.org

📍 145 Dawes Road, Fullham, London, SW6 7EB

Provides women who have been diagnosed with, or think they have, post natal illness, with information packs, a helpline, email support and a mentoring scheme.



📞 0207 4437895

✉️ info@bestbeginnings.org.uk

🌐 www.bestbeginnings.org.uk

📍 36 Great Russell Street, Bloomsbury, London, WC1B 3QB

Empowering parents with the knowledge and confidence to look after their own health and their children's long term development and well-being.

Child Bereavement Network

☎ 0207 8436309

✉ cbn@ncb.org.uk

📡 www.childhoodbereavementnetwork.org.uk

📍 National Children's Bureau, WeWork, 115 Mare Street, London, E8 4RU

Information and signposting for children and young people facing bereavement.

Childline

☎ 0800 1111 (24 hour helpline)

✉ help@nspcc.org.uk

📡 www.childline.org.uk

📍 Weston House, 42 Curtain Road, London, EC2A 3NH

Free confidential helpline for children and young people in the UK on any issue.

Children Heard and Seen

☎ 07557 339258

✉ info@childrenheardandseen.co.uk

📡 www.childrenheardandseen.co.uk

📍 160 Divinity Road, Oxford, OX4 1LR

Supports children, young people and their families who are experiencing parental imprisonment.

Community Albums

☎ 07958 372021

✉ jan@communityalbums.com

📡 www.communityalbums.com

📍 112 Halse Road, Brackley, NN13 6EG

Community Albums devise and deliver bespoke projects and programmes for those wanting to use music and media to develop people and give communities a voice.

Coram Voice

☎ 08088 005792

✉ info@coramvoice.org.uk

📡 www.coramvoice.org.uk

📍 Coram Voice, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ

Provides advocacy to young people who are living in care or have recently left care through a helpline and network of community advocates. The helpline has access to interpreters for those young people who speak little or no English.

Family Lives

☎ 08088 002222 (24 hour helpline)

✉ Essex: hadleigh@familylives.org.uk

✉ London: parentssupportherts@familylives.org.uk

✉ South East London: katied@familylives.org.uk

✉ Westminster & Bexley: fatimaa@familylives.org.uk

📡 www.familylives.org.uk

📍 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

Family Lives is a charity providing professional non judgemental support and advice to parents about all aspects of family life, including child development, issues with schools and parenting/relationship support. Services include the helpline and live chat services.

Family Support Service (contact a family)

☎ 0207 6088700

✉ info@contact.org.uk

📡 <https://contact.org.uk/>

📍 209-211 City Road, London, EC1V 1JN

Gives information and advice on any aspect of caring for disabled children.

Friends of O.S.C.A.R

☎ 07498 578890

✉ contact@friendsofoscar.org.uk

📡 www.facebook.com/FriendsOfOscar/

📍 The Self Storage Co., Room 70 Building H2/3, Milton Road, Didcot, OX11 7HH

A national charity which supports families of a child diagnosed with a brain or spinal tumour. Friends of O.S.C.A.R provides written information and a family bag at the time of diagnosis. Various family events are arranged throughout the year. They also provide practical support with obtaining holidays, wigs, insurance and equipment. Friends of O.S.C.A.R supports extended family including siblings and grandparents.

Home-Start

☎ 01865 779991

✉ admin@homestart-oxford.org.uk

📡 www.home-start.org.uk

📍 The Crescent, King Street, Leicester, LE1 6RX

Committed to promoting the welfare of families with at least one child under five years of age.

Ideal Flatmate

☎ 02038 663701

✉ hello@idealfatmate.co.uk

📡 www.idealfatmate.co.uk/flatmate-HQ

Going to university is an exciting time, but the change it brings can be overwhelming. Moving away from home, making new friends and being responsible for your own learning – it's a new sense of independence for many. This website gives you an insight into looking after your mental health whilst being a student.

Level Up

☎ 07922 899274

✉ hello@welevelup.org

📡 www.welevelup.org

📍 115 Mare Street, London, E8 4RU

Level Up is a new feminist organisation, working together to:

- 1: Change sexist rules, laws and behaviour
- 2: Support each other to challenge sexism in our own lives

Level Up want the UK to be a place where all women and non-binary people are valued the same as men, whether it's at home, work or on the streets.

Level Up Children UK

☎ 01865 515292

✉ info@levelupuk.com


📡 www.levelupuk.com

📍 127 Old Gloucester Street, London, WC1N 3AX

Level Up Children UK are a social enterprise that aims to create and develop platforms that promote education and employment opportunities for all young people especially those from disadvantaged backgrounds.

The Team believes that given the chance all young people have the potential to learn, grow and gain valuable opportunities. Therefore, they want to create a culture of learning that embraces diversity and inspires the youth to envision a future of infinite possibilities.

Mayday Trust

 01865 670028

 www.maydaytrust.org.uk

 Mayday Trust, 10b Littlegate Street, Oxford, OX1 1QT

Mayday Trust is a forward thinking organisation working with people going through some of the toughest life transitions, including people experiencing homelessness, leaving care, coming off drugs or alcohol, coming out of prison or psychiatric hospital. Mayday provides direct support through its radical Personal Transitions Service (PTS), which works with people going through tough times, providing strength based and personalised support. Alongside the PTS, Mayday also provide housing in Northamptonshire, Oxford and Westminster through their Housing Transitions Service.

National Mind

 03001 233393

 info@mind.org.uk


 www.mind.org.uk

 15-19 Broadway, Stratford, London E15 4BQ


Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They won't give up until everyone experiencing a mental health problem gets support and respect. Every year, one in four of us will experience a mental health problem. But hundreds of thousands of people are still struggling.


They believe no-one should have to face a mental health problem alone. They'll listen, give you support and advice, and fight your corner.

NOFAS UK

 0208 4585951


 help@nofas-uk.org

 www.nofas-uk.org

 022 China Works, 100 Black Prince Road, Lambeth, London, SE1 7SJ

Foetal Alcohol Syndrome-UK is dedicated to supporting people affected by Foetal Alcohol Spectrum Disorders (FASD), their families and communities. It promotes education for professionals and public awareness about the risks of alcohol consumption during pregnancy. NOFAS-UK is a source for information on FASD to the general public, press and to medical and educational professionals.

NSPCC

 08088 005000 (24 hour helpline)


 help@nspcc.org.uk

 www.nspcc.org.uk

 Weston House, 42 Curtain Road, London EC2A 3NH

UK-based charity that works to prevent childhood abuse, protect children and campaign for their rights. Any adult with concerns about a child can ring the helpline number. Emails will be responded to within 72 hours where possible.

Parent Zone

 0207 6867225

 info@parentzone.org.uk

 www.parentzone.org.uk

 Parent Zone, 95 White Lion Street, London, N1 9PF

Provides support and information to parents, children and schools, working globally to help families to navigate the internet safely and confidently.

Rape Crisis England & Wales

☎ 08088 029999

✉ rcewinfo@rapecrisis.org.uk

🌐 www.rapecrisis.org.uk

📍 Suite E4, Josephs Well, Hanover Walk, Leeds, LS3 1AB

Rape Crisis England & Wales is the national umbrella body for a network of Rape Crisis Centres across England and Wales.

Centres provide support services to women and girls of all ages who've experienced any form of sexual violence, at any time in their lives. Over half of our members also provide support services to male sexual violence survivors.

Support services include specialist counselling, helplines, and ISVAs providing support to report (Independent Sexual Violence Advisors).

St Mungo's

☎ 02038 566000

✉ pdryp@mungos.org

🌐 www.mungos.org

📍 3 Thomas More Square, Tower Hill, London, E1W 1YW

Putting down roots for young people, a project for young people that helps build confidence, develop new skills and opportunities in training, apprenticeship and employment.

Student Minds

☎ 0113 3438440

✉ info@studentminds.org.uk

🌐 www.studentminds.org.uk

📍 17 Springfield Mount, Leeds, LS2 9NG

Student Minds is a UK student mental health charity. They offer support for students with mental health problems, including eating disorders, through a national network of self help groups. Groups provide peer to peer support to students when they need it and empower students with the knowledge, confidence and skills to look after their own mental health and support others.

Place2Be

☎ 0207 9235500

✉ TheArtRoom@place2be.org.uk

🌐 www.place2be.org.uk

📍 56 Glanville Road, Oxford, OX4 2AU

📍 London head office: 175 St John Street, Clerkenwell, London, EC1V 4LW

Place2Be is a national charity to improve the mental wellbeing and prospects of children, their families and school communities across the UK.

They believe that children should not have to face mental health problems alone. Place2Be's vision is for all children to have the vital support they need to help them build life-long coping skills and to thrive.

Place2Be helps children to deal with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

They provide access to emotional and therapeutic support and training within their school, using tried and tested methods, backed by research.

The Mix

☎ 08088 084994 (2:00pm-11:00pm)

🌐 www.themix.org.uk

📍 PO BOX 7777, London, W1A 5PD

The Mix is the UK's leading support service for young people. They are here to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to The Mix via online, social or our free, confidential helpline.

Together with Migrant Children

☎ 01865 528658

✉ hello@togethertomigrantchildren.org.uk

🌐 www.togethertomigrantchildren.org.uk

📍 Wolvercote Young People's Centre, Oxford, OX2 8AU

Together with Migrant Children provides specialist support to children, young people and families impacted by immigration control. This includes asylum seekers and refugees, families with No Recourse to Public Funds and other or no immigration status. They deal with welfare, housing, family needs. They do not provide immigration advice but may signpost you to one of their immigration advice partners.

UK Youth

☎ 02031 373810

✉ info@blog.ukyouth.org

🌐 www.ukyouth.org

📍 Avon Tyrrell Outdoor Centre, Braggers Lane, Bransgore, BH23 8EE

UK Youth's mission is to provide all young people with access to appropriate, high quality services in their local community or online. They offer support, advice and training to equip young people with the vital life skills needed to engage in education, volunteering and employment.

Winston's Wish

☎ Helpline: 08088 020021

✉ Helpline email: ask@winstonswish.org

✉ General enquires: info@winstonswish.org

🌐 www.winstonswish.org.uk

📍 Winston's Wish, Ventnor Villas, Hove, East Sussex, BN3 3DD

Winston's Wish support children, young people and their families after the death of a parent or sibling. This is one of the most devastating losses a child will ever face. Through an array of dedicated bereavement services, Winston's Wish can help children and young people cope with their grief.

Yoga in Schools

☎ 01761 470658

✉ info@yoga-in-schools.co.uk

🌐 www.yoga-in-schools.co.uk

📍 Red Hill House, Red Hill, Camerton, Bath, BA2 0NY

Qualified yoga and mindfulness teachers experienced with age groups from nursery to sixth form in mainstream and special schools across the United Kingdom. Yoga in Schools offers:

- Yoga and mindfulness for themed activities days
- Yoga and mindfulness for personal, social and health education
- Intervention teaching for vulnerable learners
- Yoga and mindfulness to engage students in the PE curriculum
- Clear mind, steady breath support for students facing the stress of exams
- Yoga and mindfulness for staff well-being
- Free Yoga Retreat days for school staff
- Free taster classes and funded activities

YoungMinds Parents' Helpline

☎ 08088 025544 Monday to Friday (9:30am – 4:00pm)

☎ If you need urgent help text YM to 85258

🌐 www.youngminds.org.uk

Our Parents' Helpline is available to offer advice to parents and carers worried about a child or young person under 25. They will endeavour to reply to emails received within three working days.



Our vision is for all young people to be empowered, feel respected and know that they are valued. For over 70 years we have provided support to the youth sector in Oxfordshire and more recently we provide accredited youth leadership opportunities for young people throughout the UK. For more information about organisations working with children and young people in Oxfordshire visit:

www.oxfordshireyouth.org



Our vision is: *"We won't give up until everyone experiencing a mental health problem gets both support and respect"*. Established over 50 years ago, we now help over 20,000 people in Oxfordshire each year – including children, parents, carers and teachers. For the Oxfordshire Mind Guide resource see:

www.oxmindguide.org.uk