



YOUTH in mind GUIDE 2022



#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 the second publication of the Youth in Mind Guide to children's mental health services in Oxfordshire. There is more information in this edition than the first one and we have made improvements, not least based on feedback from readers of the first guide. Please do let us know what you think and give us ways to improve – there has never been a more important time to work on the mental health of children and young people and this guide is a key resource in this work.

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, now a regular and well attended annual event. 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 25. 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 25**

In this guide you will find:

- A comprehensive directory of local and national organisations offering mental health and wellbeing services for 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 the Youth in Mind conferences

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





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 aged 18+ 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 continue to support 16-25 year olds with one-to-one sessions
- Peer Support Groups for 16-25 across our locality hubs and online

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:

www.oxfordshiremind.org.uk



Charity number: 261476 • Registered company number: 4343625

ABOUT OXFORDSHIRE YOUTH

Oxfordshire Youth is a boundary-breaking organisation, passionate about creating a future for and with young people that offers them the best possible opportunity to realise their potential.

Our mission is to meet the needs and aspirations of young people by providing access to safe spaces and trusting relationships within which they can be themselves, develop new skills, and make change happen in their lives and communities. This includes high quality supported accommodation for 18-24 year olds, and youth development programmes supporting young people into education, employment and training.

Supporting the Sector

For over 70 years, Oxfordshire Youth has been the backbone of this county's youth sector. We are deeply committed to meeting the changing needs of grassroots organisations working with children and young people aged 8 to 25 and we take pride in our history of providing support for a large and diverse community. Together with the members of our Changemaker network we reach 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 educate thousands of school staff via our 'Introduction to Children and Young People's Mental Health' training, and run our Mental Health Ambassador Programme for young people with lived experience of mental health issues. Plus, in partnership with Oxfordshire Mind, we host the annual mental health conference, Youth in Mind, an essential event 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 Network, a digital network of young people making their voices heard through Instagram, TikTok and the 'Are You Listening?' Podcast. 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.

Oxfordshire Youth services

Training – 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 offer a package of support at highly subsidised rates for organisations joining our Changemaker network.

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

Bi-annual Youth Awards – oxfordshireyouth.org/youthawards

Training/workshops for adults

- Introduction to children and young people's mental health
- Emergency First Aid
- Youth Mental Health First Aid
- Youth Work Level 2 Award and Level 3 Diploma
- Understanding challenging behaviour
- How to authentically hear youth voice

Popular workshops for young people

- Leadership workshops
- Body image
- Bullying and coping skills
- Friendships and social media
- Healthy relationships
- Self-confidence and motivation
- Exploring gender, sexuality and identity

Youth development programmes

- **Improving Life Chances** - using sport and physical activity to support better outcomes for young people
- **Building Resilience Programme** – avoiding school exclusions
- **Transition through Leadership** – mentoring scheme improving the transition from primary to secondary school
- **Inspiring Futures Programme** – supporting young people into education, employment or training.


Find us here: oxfordshireyouth.org




KEY CONTACTS *in Oxfordshire*

SAFEGUARDING

Multi-Agency Safeguarding Hub (MASH)

 0345 050 7666

 mash-children@oxfordshire.gov.uk


Oxfordshire Safeguarding Children Board

 01865 815 843

 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 902 515

 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 301 426

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

Kingfisher

☎ 01865 309 196

✉ kingfisherteam@oxfordshire.gov.uk

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

Phoenix

☎ 01865 904 331

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 Plus Service

📡 www.oxfordshire.gov.uk/residents/children-education-and-families/childrens-services/integrated-childrens-services/family-solutions-service

Family Centres located in Witney, Banbury, Bicester, Barton, Rose Hill, Blackbird Leys, Abingdon and Didcot

OXFORD CITY COUNCIL

Youth Ambition

☎ 01865 252 728

✉ youthambition@oxford.gov.uk

📡 www.oxford.gov.uk/youthambition

KEY TO SYMBOLS



**Disability and/or
Special Education
Needs (SEN)**



**Emotional support
and/or Mental
Health and Wellbeing**



**Education,
Employment
and Training**



**Community
Safety, Victims
of Abuse and/or
Substance Misuse**



**Social Action
and/or Volunteering**



**Physical activity and
Learning (indoor/outdoor)**



**Family support
and Young Carers**



**Creative
arts**



LGBTQ+




**Integration: Faith,
Culture and/or
Language (ESL)**

OXFORD CITY



Ark-T Centre

 01865 396 778


 mail@ark-t.org

 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 offer short-term interventions for young people, using creativity to support their wellbeing.

Barracks Lane Community Garden

 07729 655 543

 barrackslanegarden@yahoo.co.uk

 barrackslanegarden.org.uk


 Barracks Lane Community Garden, Barracks Lane, 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 Community Association

 01865 761 987

 info@bartoncommunityassociation.com

 www.bartoncommunityassociation.com

 Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS

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

Barton Youth Club



☎ 01865 252 728

✉ 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 on Thursday 6-8pm for 12 to 16 year olds at Barton Neighbourhood Centre. The club is run by Oxford Youth Ambition.

Blackbird Leys Adventure Playground (BLAP)



☎ 01865 236 646

✉ blap76@yahoo.co.uk

📶 www.blap.org.uk


📍 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. The club promotes discipline and fitness to everyone who attends. The club is open to all races, religions and sexes without prejudice.

Career & Employment Advice Hub

 01865 252 728

 youthambition@oxford.gov.uk

 www.oxford.gov.uk/ya/info/2/activities/7/aspiration


 Rose Hill Community Centre, Carole's Way, Oxford, OX4 4HF

Career and employment advice and support for 16 to 24 year olds at Rose Hill Community Centre.


Children & Family Centres – Central





Barton

 01865 897 802

 EarlyHelpBarton@oxfordshire.gov.uk

 FamilySolutionsPlusCentralBarton@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

Blackbird Leys

 01865 897 815

 BlackbirdLeysEarlyHelp@oxfordshire.gov.uk

 FamilySolutionsPlusCentralBlackbirdLeys@oxfordshire.gov.uk


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


 The Leys Children and Family Centre, Union Street, Oxford, OX4 1JP


Rose Hill

 01865 897 816

 earlyhelpprosehill@oxfordshire.gov.uk

 FamilySolutionsPlusCentralRoseHill@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 and Family Centre, Ashhurst Way, Rose Hill, Oxford, OX4 4UY

Oxfordshire County Council is providing a new integrated service from the Children & Family Centres across Oxfordshire. They are providing support and advice to children and families, with a special emphasis on supporting the whole family. Staff based at the Children and Family Centres will work closely with their partner agencies to provide a range of services (Open access provision such as stay, play and learn sessions and parenting programmes that are aimed to give help and advice to you and your family). They also support families impacted by issues such as domestic abuse, early attachment and school readiness.

Donnington Doorstep Family Centre

 01865 727 721

 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. 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 433 265


 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'. DrumBeats has now grown to include tutoring in acoustic/electric guitar and have a large group of tutors to cover the teaching commitments.


EMBS Community College

 01865 776 041

 01295 269 999


 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 runs a weekly Youth Club for 11-19 year olds. The Youth Club meets every Saturday from 3-5pm in term time, it is a safe place to have fun, make new friends and try new things.

Family Arena

 01865 402 108

 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 401 800


 info@familylinks.org.uk

 www.familylinks.org.uk

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

Family Links is a national charity dedicated to the promotion of emotional health at home, at school, and at work. They offer high-quality training and resources for professionals working with families, school and university staff, and employees in the workplace.

Flo's – The Place in the Park

 01865 587 611


 www.flosoxford.org.uk


 Florence Park, Rymers Lane, Oxford, OX4 3JZ

A community-owned hub for people to meet, work, play, create, learn, eat and connect. Flo's – The Place in the Park is a non-profit community-run organisation and is almost entirely run by volunteers.

Fusion Arts

 01865 245 735


 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 within 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. Through the transformation power of the arts, Fusion Arts respond to challenging social circumstances by delivering meaningful and inclusive artistic experiences.

Girls Youth Club

 01865 252 728


 youthambition@oxford.gov.uk

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

 EMBS Community College, 2-3 Bank Court, Templars Square, Oxford OX4 3XT

Local youth club for girls (11-19yrs) at the EMBS Community College. Meets on Wednesdays 5-7pm during term time. The club is run by Oxford Youth Ambition.

Go For It (Respite and Social Care) Ltd

 07897 117 435

 info@goforituk.org

 Referrals: referrals@goforituk.org

 www.goforituk.org

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

Go For It (GFI) facilitate social opportunities and personal development to young people aged 16 years and over with Learning Disabilities, Autism and Aspergers in Oxfordshire. GFI are providers of fun, educational-quality support within your chosen environment and aim to recognise and develop every member's potential. Working with their service users, parent/carers and professionals, they encourage them towards person-centred challenges that are within their reach.

Home-Start Oxford



☎ 01869 322 394

✉ admin@homestartoxford.org.uk

📡 www.homestartoxford.org.uk

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

Home-Start Oxford is a voluntary organisation providing non-judgmental, compassionate, confidential and individual support to families who are going through tough times, and have at least one child under five. Home-Start Oxford supports families in Oxford, and the centre and west of the county including Wheatley, Islip, Kidlington, Woodstock, Witney, Carterton and Burford.

In-Spire Sounds CIC



☎ 07724 064 476


✉ in.spire.sounds.uk@gmail.com

📡 www.inspiresounds.co.uk

📍 1 Aristotle Lane, Oxford, Oxfordshire, OX2 6TP

In-Spire Sounds was set up in 2018 by musician and producer 'King Boyden' in order to provide a professional recording, mixing & mastering service that is affordable and supportive of community and charitable activities. Their 'Inspiring Change Through Music' project is one of the main aspects of community/youth work that they do. They work with young people between the ages of 12 and 25 in Oxfordshire who face a range of adversities such as mental health difficulties, economic deprivation, homelessness and exploitation. They support them through one-to-one sessions, mentoring, supportive groups sessions and specialised projects, promoting inclusion and access to music. They believe that music is a key therapeutic tool and, through the process of creating music, they can help inspire these young people, build their confidence and resilience and make positive changes in their lives.

Jacari

 07376 293 596


 oxford@jacari.org

 www.jacari.org

 16-17 Turl Street, Oxford OX1 3DH

Jacari is a charity providing free tutoring to children aged 7–16 who speak English as an additional language.

JC Connects


 07931 315 450

 Oxford

Youth Employment Consultancy business with a 30 year proven track record. Socially skilled, pay-it-forward visionaries who enable young people to participate, not only in their development, but in the growth of the next generation. Respectfully motivating by building empathy, self-esteem, integrity and well-being.

KEENTeens Session

 01866 252 728

 youthambition@oxford.gov.uk

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

 St Clements Family Centre, Cross St, Oxford, OX4 1DA

Inclusive social activities for those with disabilities and special needs (11-19 years old). Sessions are run every Monday 6-7.30pm. These are run by Oxford Youth Ambition in partnership with KEEN.

Leys Community Development Initiative



☎ 01865 395 927

✉ admin@leyscdi.co.uk

📡 leyscdi.co.uk

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

The Leys Community Development Initiative (Leys CDI) promotes any charitable purposes for the benefit of Blackbird Leys in order to relieve poverty and sickness, and to provide facilities in the interest of social welfare with the object of improving the conditions of life of the community.

Leys CDI aims to increase the provision of safe, enjoyable activities and opportunities particularly for young people and the over-50s with the help of its dedicated staff, volunteers and young leaders.

Littlemore Youth Club

☎ 01865 252 728

✉ youthambition@oxford.gov.uk

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

📍 Littlemore Community Centre, Giles Road, Littlemore, Oxford, OX4 4NL


Littlemore Youth Club is based at Littlemore Community Centre and provides a place where young people can choose what activities they take part in each week. The activities are being run by Youth Ambition, a scheme which coaches young people in sports and other activities. Activities on offer every week include table tennis, pool, air hockey, art, music and more. Littlemore Youth Club also organise special activities like ten-pin bowling, special meals, football and table tennis tournaments, film evenings, cooking sessions (pizza, smoothies and cupcakes so far), Festival of Trees at St James' Church and theatre productions. The club is for 11-19 year olds, and meets on Thursdays at 4-6pm.

Mandala Theatre Company

 07796 390 160


 info@mandalatheatre.co.uk


 www.mandalatheatre.co.uk

 Performing and Production Arts Department, Activate Learning – City of Oxford College, Oxpens Road, Oxford, OX1 1SA


The Mandala Theatre Company is a diverse-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 Theatre Company aims to reach out to the world. Their work connects people and brings them together, because they believe that the arts are a force for change.

Master Rhythm Studios

 07765 224 245

 info@masterrhythm.co.uk

 www.masterrhythm.co.uk

 Unit 7-8 Westbridge House, Templars Square, 129 Pound Way (Hockmore Street), Oxford, OX4 3XH

Master Rhythm studios has two separate booths for instrument practice, control rooms, drum lessons and recording. Instruments available to hire, including 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. All in all a very unique sounding and creative space with an amazing live sounding room.

MultiSports

✉ youthambition@oxford.gov.uk

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

Free sports sessions for young people, organised by Oxford Youth Ambition.

BLB sessions

📞 01869 252 728

📍 Leys Pools and Leisure Centre, Pegasus Rd, Oxford, OX4 6JL

Free Blackbird Leys Boys MultiSports sessions. Every Friday 6–7.30pm for 11–14 year olds and 7.30–9pm for 15–19 year olds.

Boxing sessions

📞 01868 252 728

📍 OMAA, 21 Templars Square, Oxford, OX4 3UZ

Free boxing sessions for young people (11-19 years old) on Fridays at 4pm–5pm.

Football sessions

📞 01867 252 728

📍 Oxford City Community Arena, Marsh Lane, Marston, Oxford OX3 0NQ

Free football sessions for young people (11-19 year olds) on Tuesdays at 4pm–5pm.

Musical Youth Company Oxford (MYCO)

✉ admin@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 204 214


 sam@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 which raises the self-esteem, confidence and quality of life for people with learning disabilities by providing training, employment, volunteering and social opportunities for its members.

North Oxford Youth Theatre (NOYT)


 noyt@noyt.org.uk


 www.noyt.org.uk

 Wolvercote Village Hall, 1 Wolvercote Green, Oxford, OX2 8AB

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. However a few have gone into the professional theatre. In having members of all levels of ability their purpose is to encourage them to achieve the best they can. Members join aged 10 and leave at 17.

Northway Youth Club

 01865 252 728

 youthambition@oxford.gov.uk

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

 Tower Playbase, Maltfield Road, Oxford, OX3 9RG

Northway Youth Club (for 11-19 year olds) meets each Tuesday 4-6pm at Northway Tower Playbase. It is run by Youth Ambition whose qualified staff are working with young people and the community to make an exciting and thriving Youth Club.



☎ 01865 200 979

✉ director@ovada.org.uk (for enquiries)

✉ engagement@ovada.org.uk (for artists' collaborations)

📡 www.ovada.org.uk

📍 The Warehouse, 14a Osney Lane, Oxford, OX1 1NJ

Oxfordshire Visual Arts Development Agency (OVADA) aims to present artists based in Oxfordshire within the context of contemporary practice, alongside national and international artists, helping to form productive collaborations. OVADA support emerging visual arts professionals by providing a training ground for Work Experience in areas such a Curation and Project Management, and successful Volunteer Programmer. Also OVADA 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 484 650


✉ wellbeing-recpt@brookes.ac.uk

📡 www.brookes.ac.uk/students/wellbeing/counselling


📍 Oxford Brookes University, Buckley Building, Ground Floor,
Headington Campus, Oxford, OX3 0BT

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 Student Union Advice Service

 01865 484 770


 su.advice@brookes.ac.uk

 www.brookesunion.org.uk/advice

 Oxford Brookes University, John Henry Brookes Building,
Headington Campus, Gipsy Lane, Oxford, OX3 0BP


Brookes Union exists to support, represent and inspire the students of Oxford Brookes. They are a member-led organisation, which means they exist for the students of Oxford Brookes University and all students are automatically members. They offer a range of services – loads of active student societies, an Advice Service and a system of Student Reps. They also run a range of events from Film Nights to Meet the Guide Dogs.

Oxford Brookes Wellbeing

 01865 484 650

 wellbeing-recpt@brookes.ac.uk

 www.brookes.ac.uk/students/wellbeing

 Oxford Brookes University, Wellbeing Reception Buckley Building,
Headington Campus, Oxford, OX3 0BP

A service that helps students make their own decisions, and where appropriate give information and advice to assist. Oxford Brookes Wellbeing work together to enhance the learning, emotional, physical and spiritual life of the Oxford Brookes community through their different services, such as counselling, disability, care leavers, student carers, specialist mentoring, mature students and more.

Oxford College Counselling Service


 0800 612 6008

 oxford.activatelearning.ac.uk/college-life/supporting-you

 City of Oxford College, Oxpens Road, Oxford, OX1 1SA


Counselling service for enrolled students of the college. From problems with studies, relationships or money worries, sometimes problems can seem hard to deal with and life can be challenging at times. All their 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 484 777

 info@ocmevents.org


 www.ocmevents.org

 Oxford Brookes University, OCM, Room 136-137, Headington Hill Hall, Headington Hill Campus, 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 Hub

 07510 699 133


 hello@oxfordhub.org

 www.oxfordhub.org


 36 Little Clarendon Street, Oxford, Oxfordshire, OX1 2HU


Oxford Hub is a place-based charity bringing people together to create meaningful relationships through a range of community programmes. Their vision is of a more equal Oxford in which people come together, have a good quality of life and realise their power to make change. They create opportunities for people and organisations to build positive relationships, in order to thrive, participate in communities and create systemic change. They run a range of programmes which bring people together and tackle inequalities in the city.

Oxford Methodist Circuit

 01865 243 216

 office@oxfordmethodists.org.uk

 www.oxfordmethodists.org.uk

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

The Oxford Methodist Circuit consists of 11 Methodist churches and two ecumenical congregations located in and around Oxford. On their website you can find information about the churches themselves, their members of staff, details of their worship services, along with news of their activities, their noticeboard and diary of forthcoming events, and various articles that might be of interest.

Oxford Phab (People Have Abilities)


 info@oxfordphab.org.uk

 www.oxfordphab.org.uk

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

Oxford Phab (People Have Abilities) 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. See website for details.

Oxford Playhouse

 01865 305 305

 admin@oxfordplayhouse.com


 www.oxfordplayhouse.com

 Oxford Playhouse, 11-12 Beaumont St, Oxford, OX1 2LW

Oxford Playhouse is 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 Swans Swimming Club for Disabled People



 07507 241 461

 oxfordswans@gmail.com

 www.oxfordswans.com

 Ferry Leisure Centre, Diamond Pl, 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

 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 UK.


Oxford University Counselling Service



 01865 270 300


 counselling@admin.ox.ac.uk


 www.ox.ac.uk/students/welfare/counselling


 Counselling Service, Hayes House, 75 George Street,
Oxford, OX1 2BQ

Professional counselling service for current student members of the University of Oxford. The service offers both individual and group counselling 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, but it is not an emergency service.

Oxford University Student Union Advice Service

 01865 288 452


 enquiries@oxfordsu.ox.ac.uk

 www.oxfordsu.org/support/studentadvice

 4 Worcester Street, Oxford, OX1 2BX

Oxford University Student Union Advice Service is a confidential advice, referral, information, witness and advocacy service for the members of the Oxford University Student Union. For current and former students of the University, and former students if the help needed relates to their experience at the University.

Parent Power

 www.oxfordhub.org/parent-power

 Blackbird Leys community centre, Oxford , Oxfordshire, OX4 6HW

Parent Power brings parents together to support each other, enabling families to lead their best lives and achieve their goals.


Parent Power is an ambitious initiative that works directly with families who are keen to lead changes in their own lives – helping themselves, their children and their communities to thrive. Drawing on the experience of other projects in the UK and the US, Parent Power supports families to set their own goals, access opportunities in the community, and shape services around them.

When parents hit hard times, they are often supported by professionals such as teachers, social workers or health visitors. But what if those providing the support were actually their peers, other parents, who they can often better relate to? They believe that for parents, their peers – other parents like them – are the best people to support them to realise their aspirations and dreams for their children. Working in partnership with African Families in the UK, they have trained and employed a group of parent peer supporters.

Continued overleaf...

This is a role in which parents can learn new skills, grow their confidence and try new things. So far their parent peer supporters have been supporting families at the school food bank, accompanying other parents to meetings at school, building English language learning groups and helping families to access swimming lessons. Parent peer supporters also organise events and opportunities for people to connect, including a Netball Family Day to get families active and having fun together, and regular English language classes for parents who don't have English as their first language.



 01865 395 145

 info@peep.org.uk

 www.peep.org.uk


 The Peep Centre, Northfield Close, Oxford, OX4 4NH

Peep is a charity whose main purpose is to support parents/carers, babies and children to learn together by valuing and building on what families already do. Peep practitioners and families share information and ideas from their evidence-based Peep Learning Together Programme about how to make the most of the learning opportunities that surround us in everyday life and play.

Peep:

- train and support over 1,000 practitioners every year
- are also a delivery organisation, based in Oxford, where they work directly with local families
- run the Little Peep Nursery for Oxfordshire families
- are involved in research through the evaluation of their programmes and projects, and they work to influence policy both locally and nationally.

RAW Workshop

 01865 714 111


 team@raw-workshop.co.uk

 www.raw-workshop.co.uk

 Dunnock Way, Blackbird Leys, Oxford, OX4 7EX


RAW produce high quality products, offer superb services and work with many corporate, education, local government and private customers. They employ, train and support people from our communities who face prejudice and barriers to work. Over 85% of their 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 they create over 1,400 hours of human social impact. That includes skills, training, employment, positive activity and life-skills. This reduces isolation, raises self-esteem, lowers the call on blue-light and NHS services, combats depression/mental health illness and gives people somewhere of which they are proud to be a part of.

Rose Hill Junior Youth Club

 07721 755 599


 comms.rosehilljyc@gmail.com


 rhjyc.org

 Rose Hill Community Centre, Carole's Way, Oxford, OX4 4HF


Rose Hill Junior Youth Club is a responsive children's charity supporting children, young people and families in and around Rose Hill in Oxford. They support children aged between 5-17 years old through free after-school youth clubs, holiday activity provision and a tailored one-to-one mentoring service. They also support families with weekly boxes of surplus food to support those who need additional help.

Rose Hill Youth Club

 01865 252 728

 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 (11-19 year olds) in Rose Hill. Rose Hill Girls Youth Club – Thursdays, 5.30-7pm. Rose Hill Boys Youth Club – Wednesday 5.30-7pm. The club is based at Rose Hill Community Centre is run by Oxford Youth Ambition.

The Children's Allotment


 info@thechildrensallotment.org

 www.thechildrensallotment.org


 East Ward Allotments, Cricket Road, Oxford, OX4 3DG

The Children's Allotment are a group of local parents and volunteers creating an inclusive outdoor education space for the local community. On the site of a disused old plant nursery in the East Ward Allotments on Cricket Road, they are bringing to life their vision for a new kind of 'Nursery' and children's allotment. They are also trying out a new model that can provide affordable, cooperative childcare, outdoor learning and sustainable food-growing for children and families, all primarily outdoors year round.

The Dovecote Centre

 01865 712 299

 leysdvpc@hotmail.com

 www.dovecoteproject.com

 Dovecote Centre, Nightingale Avenue, Blackbird Leys, Oxford, OX4 7BU

Dovecote Voluntary Parent Committee is made up of local parents who came together as a constituted group in 1996 to help meet the needs of young children and families living in a new development known as Greater Leys. They provide various services with the aim of improving outcomes and life chances for young children, children with impairments and families experiencing multi-deprivations and social exclusion.

The Motherkind Café

✉ hello@themothekindcafe.org

📶 themothekindcafe.org

📍 Flo's Cafe, Florence Park, Rymers Lane, Oxford, OX4 3JZ

The Motherkind Café is a volunteer-run, community perinatal support group for mums and pregnant women who are struggling with their mental health or finding it tough for any reason. It is free to attend. They provide a safe, welcoming space for women to talk honestly and openly about their experience of motherhood both with other mums, and to their trained peer-supporters, many of whom have their own lived experience of a perinatal 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 742 816

✉ info@parasolproject.org

📶 www.parasolproject.org

📍 The Tower Playbase, Maltfield Road, Northway, 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. Their work with children and young people is split into services for children aged 5 to 12 years and services for young people aged 13 to 19 years.

The Therapeutic Rainbow



☎ 07815 596 214

✉ therapeuticrainbow@gmail.com

📡 www.therapeuticrainbow.com

A holistic space for families offering play therapy sessions and parenting support at Oxsrad Sports Centre.

TRAX



☎ 01865 318 040

✉ admin@traxonline.co.uk

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

TRAX runs courses to engage young people aged 13–18 years old in Oxfordshire. TRAX 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 this project so they become positive and active members of their communities.

VIP+



✉ vipplus@oxfordhub.org

📡 www.vipplusoxford.org

VIP+ is a programme and a series of opportunities to support children and young people get into extra-curricular activities.

Wesley Memorial Methodist Church



☎ 01865 243 216

✉ office@wesleymem.org.uk

📶 www.wesleymem.org.uk

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

Wesley Memorial is a busy church, with activities for all ages. They have a full programme for children and young people. Students – undergraduates and graduate students of both universities – and young adults are most welcome in their fellowship. The church gathers for worship every Sunday and meets in home groups and on Zoom during the week.

West Oxford Community Association



☎ 01865 245 761

✉ info@woca.org.uk

📶 www.woca.org.uk

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

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

Wolvercote Young People's Club



☎ 01865 559 374

✉ hello@wolvercoteypc.org.uk

📶 wypc.org.uk

📍 Wolvercote Young People's Club, St Peter's Rd, Oxford, OX2 8AU


Wolvercote Young People's Club provides youth work provision for young people aged 8+ in their locality with the aim to provide the highest-quality youth work possible where young people can feel successful, happy and healthy, and safe. They want them to feel supported and empowered for their future. They currently open for three sessions a week, run detached and outreach work, and are looking to expand in order to support NEETs.

Wood Farm Parent and Toddler Group

 07806 571 857


 belindahouse@hotmail.co.uk

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


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


A Toddler Group for 0-5 year olds situated in the Youth Centre Building on the Wood Farm Estate on the School Grounds. They operate four mornings a week – Monday, Tuesday, Thursday and Friday from 9-11.30am.

Wood Farm Youth Centre

 01865 769 263


 office@woodfarmyouthcentre.co.uk

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

 41 Bulan Road, Headington, Oxford, OX3 7HU
(address for correspondence)

Community based Youth Centre for young people in the Wood Farm and Lye Valley areas of Oxford.

Wood Farm Youth Club

 01865 252 728

 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 (aged 11-19 years old) in Wood Farm. Meets on Wednesday 5.30-7.30pm at Wood Farm Youth Centre. The club is run by Oxford Youth Ambition.

Youth Ambition



☎ 01865 252 728

✉ youthambition@oxford.gov.uk

📡 www.oxford.gov.uk/youthambition

📍 St Aldates Chambers, 109 St Aldate's, 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. They 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's Music Project (YWMP)



☎ 07752 403 115

✉ 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, who provide 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





☎ 01295 259 442

✉ enquiries@byhp.org.uk

📶 www.byhp.org.uk

📍 BYHP, 2 Chandos Close, Banbury, OX16 4TL

BYHP provides a range of specialist services offering support, advice and guidance to young people and their families. They offer services in three core areas, supporting between 200 and 300 young people annually:

- Health and Wellbeing
- Training and Employability
- Housing and Homelessness Advice with a foodbank

Cherwell District Council

☎ 01295 227 001

✉ 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 the three-tier local authority structure and is based at Bodicote House near 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

✉ info@cherwelltheatrecompany.co.uk

📶 www.cherwelltheatrecompany.co.uk


📍 Banbury College, Broughton Road, Banbury, OX16 9QA

Cherwell Theatre Company (CTC) 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. They are proud to welcome all young voices, regardless of background or experience. They hold no auditions, and as a registered charity with low overheads, are able to keep subscription fees low and offer bursary places to those that need them.


Children & Family Centres




Banbury

 01865 328 440


 BanburyEarlyHelp@oxfordshire.gov.uk

 FamilySolutionsPlusNorthBanbury@oxfordshire.gov.uk

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


 New Futures Centre, Hilton Road, Banbury, OX16 0EJ


Bicester

 01865 328 470

 01865 897 798

 EarlyHelpBicester@oxfordshire.gov.uk

 FamilySolutionsPlusNorthBicester@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, OX26 6DJ

Oxfordshire County Council is providing a new integrated service from the Children and Family Centres across Oxfordshire. They are providing support and advice to children and families, with a special emphasis on supporting the whole family. Staff based at the Children and Family Centres will work closely with their partner agencies to provide a range of services that are aimed to give help and advice to you and your family.


Fringford Youth Club



 01869 277 310

 penelope.wood@btopenworld.com

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

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

Fringford Youth Club is for young people between the ages of 11 to 16 years old. It is held on alternate Thursdays, 7– 8.30pm (term time only). It is a chance for teenagers to meet, interact and take part in different activities.

Home-Start – Banbury, Bicester and Chipping Norton



☎ 01295 266 358

✉ info@home-startbanbury.org.uk

📡 www.home-startbanbury.org.uk

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

Home-Start Banbury, Bicester & Chipping Norton 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.

Hook Norton Baptist Church



☎ 01608 737 315

✉ office@hookybaptist.org.uk

📡 www.hookybaptist.org.uk

📍 Netting Street, Hook Norton, OX15 5NJ

Hook Norton Baptist Church provide a youth group. The group starts at 5.30pm on Monday evenings during school time with something to eat. They have some fun with games and then sit down to talk about things. Aimed at 11 to 14 year olds, but open to similar ages.

Kidlington Baptist Church



☎ 01865 374 983

✉ info@kidlington-baptist.org.uk

📡 www.kidlington-baptist.org.uk/youth


📍 High Street, Kidlington, OX5 2DS

Kidlington Baptist Church run both religious and non-religious youth groups for a multitude of ages (0-18). The groups have a variety of games, crafts, activities etc.




Kirtlington Youth Club

 01869 350 474


 JMoody2505@aol.com


 www.kirtlingtonvillage.co.uk/kirtlington-youth

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

Meetings: 7–9pm Tuesday evenings during term time, Year 6 to 16 years old.

Orchard Baptist Church

 07889 158 215


 secretary@orchardbaptistchurch.org

 www.orchardbaptistchurch.org

 The Cooper School, Churchill Rd, Bicester, OX26 4RS

Orchard Baptist Church have several youth groups who meet regularly. They make it their priority to welcome, encourage and nurture young people. They often meet up for a range of trips and activities. Currently there are three regular groups meeting: Sunday Youth, Boys' Group and Girls' Group.

OXPIP


 01865 778 034

 info@oxpip.org.uk

 www.oxpip.org.uk

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

OXPIP 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 postnatal depression, a baby that struggles to sleep or feed, anxieties about parenthood or a difficult birth experience. There may also be issues from the parents' past or from the transition to parenthood which affects the relationships now they are parents themselves.

 01869 602 560

 admin@oyap.org.uk

 oyap.org.uk

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

OYAP empowers young people to make a difference to themselves and their communities through the Arts. Their projects offer creative opportunities for young people in Bicester, Cherwell, Oxfordshire, and beyond, giving encouragement and support to those who have few chances to access art and culture. They work in partnership with other organisations and inspirational artists to create opportunities which develop young people's creativity, confidence, employability and wellbeing.

They deliver a mixture of regular weekly activities, holiday sessions, and project funded work. Where they make a charge our fees are low and they offer free or pay what you can afford options as they believe their activities should be accessible to all.

Some of the projects they run include:

- **Creative Minds** – use your creativity to explore and enhance wellbeing, make friends and get social again after the challenges of a year of restrictions and a global pandemic. See how the arts can improve life skills, reduce anxiety and increase confidence. Have fun, make friends, and have a time to look forward to.
- **DJ workshops** – learn to mix music and explore tempos and beats in these monthly sessions with DJ G and start your music journey here.
- **Drawing Club** – focus on your drawing skills in this popular session with a professional artist. Experiment with a series of fun techniques, test out different media and styles. No drawing experience required, just free up your creative energy and learn to express your ideas.

Sunrise Multicultural Project



☎ 01295 701 728

✉ sunrisemcp.office@gmail.com

📶 www.sunrisemulticultural.org.uk

📍 60 Orchard Way, Banbury, OX16 0EN



Supports disadvantaged ethnic minority families in Banbury who are mainly of Pakistani descent, and more recently Polish families who have moved to the area. Serves single parent families, families on low incomes, and from the most deprived wards of the town. The project runs Saturday Clubs, keep fit classes, a ladies' drop-in group and ESOL classes.

The Sunshine Centre



☎ 01295 276 769

✉ community@sunshinecentre.org

📶 www.sunshinecentre.org

📍 Edmunds Road, Banbury, OX16 0PJ


The Sunshine Centre offers support to children and families within the local area. They provide practical and emotional support to families who need a little extra help, so they receive the best possible start in life.

The Sunshine Centre was created to act as a hub for a range of family and childcare support services for the community in Bretch Hill and the surrounding area. They are home to an Ofsted rated 'outstanding' nursery providing childcare for children from three months to five years, organise classes and courses for families in the community, and host a range of baby and toddler groups.

SOUTH OXFORDSHIRE



Be Free Young Carers

 01235 838 554

 yc@befreeyc.org.uk

 www.befreeyc.org.uk


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

BE FREE YC is the only specialist charity supporting young carers in Oxfordshire (operating across South Oxfordshire and Vale of White Horse). They offer support and advice to improve the lives and wellbeing of young carers. They offer befriending and peer support, enabling young carers to meet socialise and have fun, increasing their self-confidence and improving their mental wellbeing.

Benson Youth Club

 info@bensonyouthclub.co.uk


 www.bensonyouthclub.co.uk/contact

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

Benson Youth Club is open 7–9pm during term times. There is a 50p subscription fee for each session.

As well as activities at the club itself, they also organise days out to the cinema, ice skating, theme parks, and holidays/camping trips.

Berinsfield Amateur Boxing Club Ltd

 01865 341 348


 corrigan56@btinternet.com

 www.facebook.com/groups/berinsfieldabc

 7 Tower Road, Berinsfield, Wallingford, OX10 7LN

Berinsfield Amateur Boxing Club Ltd 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 340 111

 berry-youth-centre.business.site

 Green Furlong, Berinsfield, Wallingford, OX10 7NR

Berry Youth Club opens Tuesdays 6–8pm and Thursdays 7–9pm.
A chance for children to socialise and partake in activities.

Chalgrove Youth Club

 07946 383 199

 info@chalgrove-parish.org.uk


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

 Chalgrove, Oxford, OX44 7SU

Chalgrove Youth Club meets in the Youth Wing adjacent to the Village Hall. Each session is run by a Youth Leader and volunteers. Young people 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.


Children & Family Centres

Didcot

 01865 897 796

 EarlyHelpDidcot@oxfordshire.gov.uk

 FamilySolutionsPlusSouthDidcot@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

Oxfordshire County Council provides this new integrated service from the Children & Family Centres across Oxfordshire. They provide support and advice to children and families, with a special emphasis on supporting the whole family. Staff based at the Children and Family Centres work closely with their partner agencies to provide a range of services that are aimed to give help and advice to you and your family.


Chinnor Youth Club


 www.chinnorparishcouncil.gov.uk/clubs-and-groups

 Whites Field Community Hall, Chinnor, OX39 4RF


Chinnor Youth Club is open every Thursday night in Whites Field Community Hall from 7–9pm. All 11-17 year olds are welcome. Loads of activities, tuck shop and events each week.

Cholsey Parish Council

 01491 652 255

 clerk.cpc@outlook.com


 www.cholseypc.org

 The Pavilion, 31 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

 www.facebook.com/groups/634039220139984

 The Pavilion, Station Rd, Cholsey, Wallingford, OX10 9PT

Cholsey Youth Club is a place where young people can meet on weekday evenings and get involved in a number of activities. The activities change each week so that there's something to suit everyone and they welcome the input of young people in planning these activities. They also organise a termly trip voted for by their members, ranging from ice skating to visiting the Hellfire Caves. Please check their website to find out when they're open.

Didcot Baptist Church



☎ 01235 813 187

📧 www.didcotbaptist.org.uk

📍 43 Wantage Road, Didcot, OX11 0BS

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 they have Sunday School during the services for ages 3-16. Didcot Baptist Church exist to show and share the love of Jesus in our words and actions. All are welcome.

Didcot TRAIN



☎ 07458 306 358


✉ info@didcottrain.org.uk

📧 www.didcottrain.org.uk

📍 Didcot Methodist Church, Broadway Didcot, Oxfordshire, OX11 0BAD

TRAIN works with 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. Their 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. Interacting with young people both in their own territory during detached and outreach, and in-house in the TRAIN Office, supports TRAIN in building trusting relationships and encouraging those they 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 581 924

 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 511 152

 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 Youth and Community Project



 01491 635 737

 info@nomadhenley.co.uk

 www.nomadhenley.co.uk

 55-57 Market Place, Henley on Thames, RG9 2AA

Nomad is a charity based in Henley-on-Thames on the border with Berkshire and Buckinghamshire 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.

Sonning Common Youth Club



☎ 01189 723 616

✉ youthleader@sonningcommonparishcouncil.gov.uk

📡 www.sonningcommonparishcouncil.gov.uk/youth-club.php

📍 Youth Wing, Maiden Erlegh Chiltern Edge, Reades Lane,
Sonning Common, Oxon, RG4 9LN

'Ambition Quality' Youth Club run by Sonning Common Parish Council. Sports, crafts, cooking and fun trips out offered to young people of the village and surrounding area. £2 entry (membership form must be completed by a parent/guardian).

South Oxfordshire Food and Education Alliance (SOFEA)



☎ 01235 510 774

✉ info@sofea.uk.com

📡 www.sofea.uk.com

📍 Unit 1E Trident Business Park, Basil Hill Road, Didcot, OX11 7HJ

South Oxfordshire Food and Education Alliance (SOFEA) work 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. SOFEA alleviates multiple social problems: the need for jobs and training for disadvantaged young people; the demand for nutritious food for vulnerable people; and the danger of supplies from the food industry going to waste.

Thame Youth Café




☎ 07538 675 156

📡 www.thameyouthcafe.org.uk


📍 Christchurch, Upper High Street, Thame, OX9 2DN


Thame Youth Café is primarily run and supported by volunteers. These individuals, 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.

Thame Youth Projects

 07538 675 156


 admin@thameyouthprojects.org.uk

 www.thameyouthprojects.org.uk

 Thame Youth Projects Group (CIO), 8 North Close, Tiddington, Thame, OX9 2LT


Thame Youth Projects is a group of engaged volunteers that employed a full-time youth worker in September 2019. They exist with the express aim of supporting the young people of Thame. They meet on a regular basis and also communicate with the town council, school and other interested parties to ensure that the work they are doing is focused in the right areas and they are able to support as many young people as possible.

The Abingdon Bridge

 01235 522 375

 info@theabingdonbridge.org.uk

 www.theabingdonbridge.org.uk

 3 Market Place, Abingdon, OX14 3HG

The Abingdon Bridge champions the wellbeing and mental health of young people aged 13-25 across the Vale of White Horse and South Oxfordshire. They support young people to have the resilience to help overcome life's challenges.

They aim to:


- Support young people with timely interventions when they need it.
- Promote good mental health in young people and young adults through community and school partnerships.
- Inspire excellence and achieve integrated services.
- Develop outstanding services to build young people and young adults' resilience.
- Deliver innovative programmes to meet the needs of vulnerable young people and young adults.

Watlington Youth Club

 07554 427 645

 hello@watlingtonyouth.org

 watlingtonyouth.org.uk


 The Pavilion, Watlington Recreation Ground, 71 Shirburn Road, Watlington OX49 5BZ

Watlington Youth Club is open to young people between the ages of 10 – 16 who live in Watlington and the surrounding area or who go attend school in Watlington.

The club aims to help young people, through their leisure time activities, to develop their physical, mental and spiritual capacities so that they may develop as individuals and members of the community.

Watlington Youth Club is run by a committee of local 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 3 to 4 productions a year including a family panto. They are always looking for new people both on stage and backstage.

Woodcote Youth Club

 01491 681 861

 woodcoteyouthclub@outlook.com

 www.woodcote-parish-council.org.uk/Youth-Club


 Woodcote Youth Club, Woodcote Village Hall, Reading Road, Woodcote, RG8 0QY

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, or you can take part in other activities, e.g. 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 Drama Club (ADC)

 08454 636 638

 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 produces its very popular pantomime.

Children and Family Centres

Abingdon

 01865 328 400


 FamilySolutionsPlusSouthAbingdon-Thame-Wheatley@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

Oxfordshire County Council is providing a new integrated service from the Children and Family Centres across Oxfordshire. They are providing support and advice to children and families, with a special emphasis on supporting the whole family. Staff based at the Children & Family Centres will work closely with their partner agencies to provide a range of services that are aimed to give help and advice to you and your family.

Christ Church Abingdon

 01235 539 172


 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 their community and neighbourhoods transformed.

C.O.G.S.

 07739 464 129


 sarah.stoves@thepumphouseproject.org.uk

 www.thepumphouseproject.org.uk/cogs


 Faringdon


C.O.G.S. (Community Owned Guidance Service) is a FREE 1-2-1 counselling service for 12-25 year olds.

Earth Trust

 01865 407 792


 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 their extremely popular Lambing Festival in March.

FAAAZE

 contact@faaaze.org

 www.faaaze.org

 Faringdon, SN7 7HJ

FAAAZE is an independently run social club for young people with special needs living in and around Faringdon. The Club is for anyone with a disability aged 11-25. Their aim is 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 FAAAZE 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

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


The CoderDojo movement believes that an understanding of programming languages is increasingly important in the modern world, that it is both

better and easier to learn these skills early, and that nobody should be denied the opportunity to do so.

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

- Provides laptops, but you can bring your own if you have one.
- Teaches Scratch and Snap from beginner to more advanced.
- Offers other coding opportunities and support depending on what the group wants.

Faringdon Town Council

 01367 240 281


 tic@faringdowntowncouncil.gov.uk

 www.faringdowntowncouncil.gov.uk

 Faringdon Town Council, 5 Market Place, Faringdon, SN7 7HL

Faringdon Town Council provides information for Faringdon residents and visitors to the town about Town Council services and business, as well as news and other local services.

GroW Families (GroW)

 01235 376 037


 contact@growfamilies.co.uk

 www.growfamilies.co.uk

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


GroW (Grove and Wantage Family Community Group) formed as a response to the closure of the Children's Centres in Grove and Wantage in early 2017. They 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 555 486


 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 really want to respond to the needs of people who are seeking sanctuary from war, famine, water shortage or persecution.

Inspired YPP

 07743 874 162

 adamfrench1@gmail.com

 www.facebook.com/pg/Inspiredypp/about


 18 Mathews Way, Wootton, Boars Hill, Abingdon, OX13 6JX

Inspired Young People Project is a social enterprise, offering activities and opportunities for young people.

Kennington Youth Club & Café


 youthclubkennington@gmail.com

 www.kenningtonyouthclub.com

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

Kennington Youth Club is a self-funded youth club that provides a range of activities, including pool, table tennis, Wii and computers, table football, darts, cooking, air hockey, and various board games. Kennington Youth Club also have a tuck shop serving a range of drinks, crisps, healthy snacks, fruit, 5p and 10p sweets and chocolate bars.

KJB's Bubble Football Ltd

 07749 876 787

 kjbsbubblefootball@gmail.com

 www.kjb-s-bubble-football.co.uk

 5 Caudwell Close Drayton, Abingdon, OX14 4HX

KJB's Bubble Football Ltd can provide tag archery and Nerf Wars at any suitable location provided by you, or they can find a venue for you.

Sweatbox Youth Venue



☎ 01235 225 700 ext. 2283

✉ sweatbox@kaacademy.org

📶 sweatboxwantage.org

📍 King Alfred's Academy, Centre Site, Portway Wantage, Oxfordshire, OX12 9BY

The Sweatbox is a community youth centre for 11–18 year olds. Their venue consists of an American style diner space with a pool table, table football and a coffee bar selling snacks and drinks. Adjoining the coffee bar is a stage room featuring a sophisticated lighting and sound system and a wide range of musical instruments, backline equipment and DJ technology. The stage room is used for live bands and Friday night Karaoke. During Open Access sessions on Tuesdays and Fridays Sweatbox puts on a range of activities such as Bouncy Castle, Gladiator Joust, Beanbag Cinema, Nintendo Switch gaming, Sumo Wrestling, Go Karts, and Portable Skate Ramps.

The Abingdon Bridge



☎ 01235 522 375

✉ info@theabingdonbridge.org.uk

📶 www.theabingdonbridge.org.uk

📍 3 Market Place, Abingdon, OX14 3HG

The Abingdon Bridge champions the wellbeing & mental health of young people aged 13-25 across the Vale of White Horse and South Oxfordshire. They support young people to have the resilience to help overcome life's challenges.

They aim to:

- Support young people with timely interventions when they need it.
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- Inspire excellence and achieve integrated services.
- Develop outstanding services to build young people and young adults' resilience.
- Deliver innovative programmes to meet the needs of vulnerable young people and young adults.

The Abingdon DAMASCUS Youth Project



☎ 01235 848 694

✉ ritaatkinson@googlemail.com

🌐 www.ycat.org.uk

📍 The 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. Their team is made up of enthusiastic, qualified youth workers who have a passion for seeing change in young people's lives.

Wantage and Vale Karate Club



✉ valekarate3@gmail.com

🌐 www.valekarate.uk

📍 Village Hall, 28 Hunters Fld, Stanford in the Vale, Faringdon,
SN7 8LX

Wantage & Vale Karate Clubs were formed to enable you to learn one of the most effective forms of self defence around, incorporating punching, kicking, striking, sweeping, throwing and many other techniques. Suitable for ages six to 96, male and female. The club is affiliated to the Traditional Shotokan Karate Association, one of the fastest growing karate associations in the UK, which is a member of Karate England, the largest karate governing body in the UK. All instructors have been screened by the Criminal Records Bureau.

West Hendred and Ginge Youth Club



☎ 01235 832 113 (Penny Meston)

✉ events@hendred.org

🌐 www.westhendred.net/events

📍 West Hendred & Ginge Village Hall, Ginge Road, Wantage, OX12 8RP

The Youth Club usually meets on the third Friday of the month at 7pm.
Please contact for more information.

WEST OXFORDSHIRE



Bladon Junior Church



☎ 01869 337 881

✉ mail@juniorchurch.co.uk

📶 www.juniorchurch.com

📍 Bladon Methodist Church, 28-32 Park Street, Bladon, Woodstock, OX20 1RW

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

Body Politic



✉ emj@bodypoliticdance.com

📶 www.bodypoliticdance.com

📍 Body Politic Dance Ltd, The Old Chapel, Union Way, Witney, OX28 6HD

Founded in 2012, Body Politic is a not-for-profit Hip Hop Dance Theatre company who are committed to addressing the growing prevalence of mental health issues in young people. Body Politic provide a nurturing, enriching and supportive environment which works with young people from all backgrounds and ages to improve self-confidence and self-esteem through dance.

Charlbury Community Centre



☎ 01608 811 878

✉ info@charlburycommunitycentre.org.uk


📶 www.charlburycommunitycentre.org.uk

📍 Charlbury Community Centre, Enstone Rd, Charlbury, Chipping Norton, OX7 3PQ

Charlbury Community Centre is a place to connect, read, learn and play. The Centre is run on a not-for-profit basis by professional staff and volunteers and 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 no: 1155669.


Children & Family Centres

Witney

 01865 897 799

 EarlyHelpWitney@oxfordshire.gov.uk


 FamilySolutionsPlusNorthWest@Oxfordshire.gov.uk


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

 Witney Children and Family Centre, Witan Way, Witney, OX28 4YA

Witney Children and Family Centre provides support and advice to children and families who need extra help – with a special emphasis on supporting the whole family. Staff based at the Children and Family Centre work closely with partner agencies to give help and advice to families.

Children Inspired by Yoga Oxford

 07772 966 039


 oxford@tattybumpkin.com

 www.childreninspiredbyyoga.com/oxford

 3 Broad Street, Bampton, Oxfordshire, OX18 2LS


Children Inspired by Yoga (formerly Tatty Bumpkin) Oxford provides children's yoga & mindfulness sessions in primary schools, and yoga-inspired, movement & relaxation sessions in nurseries & preschools throughout Oxfordshire.

Cogges Heritage Trust

 01993 772 602


 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 is a place for people of all ages to relax, learn and have fun.

Cottsway Housing Association

 01993 890 000

 contact@cottsway.co.uk

 www.cottsway.co.uk

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

Cottsway is the largest housing association and provider of social housing within West Oxfordshire. They are a not-for-profit housing association and their income comes entirely from rents. Cottsway became a charitable industrial and provident society in 2009. They are in a strong, robust financial position and are committed to doing more to help people in housing need.

Eynsham Baptist Church

 01865 881 670

 eynsham.baptists@gmail.com

 www.eynshambaptistchurch.co.uk

 Eynsham Baptist Church, Lombard Street, Eynsham, OX29 4HT

Eynsham Baptist Church are a friendly community based church, rooted in the Baptist tradition but inclusive of Christians of all denominations, and welcoming of all who seek to practise their faith. Junior Church is the service for the younger congregation, and it runs alongside the main service. The children start off in the all ages service, and around half way through will go into the Church Hall for bible-based fun activities.

Home-Start Oxford in Witney and West Oxfordshire



☎ 07867 870 834

✉ emma@homestartoxford.org.uk

📡 www.homestartoxford.org.uk

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

Home-Start Oxford is a voluntary organisation providing non-judgmental, compassionate, confidential and individual support to families who are going through tough times, and have at least one child under 5. Home-Start Oxford supports families in Oxford, and the centre and west of the county including Wheatley, Islip, Kidlington, Woodstock, Witney, Carterton and Burford.

North Leigh Youth Project

☎ 07864 267 169

📡 www.facebook.com/NorthLeighYouthProject/

📍 Church Road, North Leigh, Oxfordshire, OX29 6TX

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

RemixChippy

✉ youth@stmaryscnorton.com


📡 www.instagram.com/remixchippy

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

Remix is an exciting Youth Club 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 a 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. The group meets on Fridays, 3.15–4.45pm.

Standlake Youth Club

 01865 301 928


 mandy@etjsolutions.co.uk


 www.standlakepc.org.uk/community.html

 Standlake Youth Club Hut (entrance opposite Standlake School), Church End, Standlake, Witney, OX29 7SQ


Standlake Youth Club offers lots of activities, including sports, art and crafts, swimming, ice-skating, water sports. Club activities include air hockey, games, quizzes, fundraising events, tuck shop and lots more. For further information and to arrange a visit please get in touch.

Synolos

 01993 222 555

 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 7C's Foundation

 07773 939 926


 enquiries@muzoakademy.com

 www.facebook.com/muzoakademy

 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. They 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


 witney@occ.org.uk

 www.witney.occ.org.uk

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

The church has children's and youth groups when they meet in person, and a crèche space for parents with under 5s, with a live stream of the service.

Woodstock Youth Club

 01993 811 775

 info@woodstockyouthclub.info

 www.woodstockyouthclub.info

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

Woodstock Youth Club meets every Tuesday from 6–8.30pm. It's open to everyone aged 8–16 in Woodstock and all the surrounding villages. They have lots of things to do from energetic sports (dodgeball, indoor football, basketball and roller hockey) to a more peaceful art and craft room. There's also a tuck shop with hot snacks and cold drinks.

COUNTY-WIDE



Active Oxfordshire

✉ 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 their local understanding Active Oxfordshire supports and responds to local needs. They focus their efforts on targeting inactive people and under-represented groups who will benefit most from an active lifestyle.

Adventure Plus

☎ 01993 703 308

✉ enquiries@adventureplus.org.uk

📶 www.adventureplus.org.uk

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

Adventure Plus exists to help children and young people reach their potential and make positive life choices, whilst giving them a great time in the great outdoors. They want to see young people embrace the adventures that life offers. They are passionate about helping them get active, push themselves and learn more about who they are and what they are capable of – all within the bigger perspective of the Christian faith, which is at the heart of what they do.

Their home is their growing Adventure Base at their 80 acre site in Clanfield, West Oxfordshire. There they welcome young people, families, schools, youth groups, churches and businesses. They also go on adventures across the UK and further afield.

African Families in the UK (AFiUK) CIC



☎ 07921 462 949

☎ 07539 455 974

✉ info@afiuk.org

📡 www.afiuk.org

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

As a Community Interest Company (CIC), African Families in the UK (AFiUK) serves the interests primarily of those children whose parents were born and educated in 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.

AFiUK aims to be the one-stop place for families of African origin residing in the UK, providing advice and information on matters relating to parenting, children's education, and other activities that enrich family lives. They also offer consultations and expert knowledge to professionals and practitioners from the Local Authority and other family support agencies.

Animation Station



☎ 07887 953 609

✉ 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 Young Person's Drug and Alcohol Service



 07950 301 426

 ypoxfordshire@aquarius.org.uk

 aquarius.org.uk/our-services/young-peoples-services/oxfordshire-yp

Aquarius Young Persons Drug and Alcohol Service provides free, confidential and non-judgemental information, advice and prevention campaigns to raise awareness of substance misuse.


They support children and young people from ages 5-19 (up to 25 in special circumstances) who use substances, are affected by another person's use of substances, or are at high risk of using substances. These support programmes are open-ended and offered for as long as the young person requires their support.

They also offer brief advice and interventions for young people using or at risk of misusing substances through assertive outreach on a one to one basis or through group work.

As an outreach service they meet young people at a safe and appropriate location and time.

Aspire Oxford



 01865 204 450

 info@aspireoxford.co.uk


 www.aspireoxfordshire.org

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


Aspire Oxford exist 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. Aspire Oxford can offer work experience within their own enterprise businesses and the person-centred support they need to make their own lasting change.

Asylum Welcome/Venda Club



 01865 722 082

 advice@asylum-welcome.org

 www.asylum-welcome.org


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

Asylum Welcome tackles suffering and isolation among asylum seekers, refugees and detainees who have fled persecution and danger in their own countries and seek refuge in Oxford and Oxfordshire. 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. Advice and casework is available for young asylum seekers and refugees from 13 up to the age of 23 years old. The youth club is for unaccompanied children aged 15-21 years old.

Big Brothers Big Sisters



 07384 718 332


 hello@oxfordhub.org

 www.oxfordhub.org/bbbs

 36 Little Clarendon Street, Oxford, OX1 2HU


Big Brothers and Sisters commit their time to build lasting relationships with a young person, helping to build their self-esteem and achieve their potential through a wide range of positive activities. Big Brothers Big Sisters is a project based in Oxfordshire, and run in partnership between Oxfordshire County Council Children’s Services and Oxford Hub.

Bring the Game Over

 07585 449 062


 bringthegameover@gmail.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. Bring the Game Over's aim is to make sure everyone is able to participate at all times by making sure everyone has a controller in their hand and access to one of eight gaming screens.

CAMHS (Child & Adolescent Mental Health Service)

 01865 902 515

 www.oxfordhealth.nhs.uk/camhs/oxon


Central Oxfordshire

 01865 902 720

 oxonCAMHSGMHcentral@oxfordhealth.nhs.uk

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


North Oxfordshire

 01865 904 105

 oxonCAMHSGMHNnorth@oxfordhealth.nhs.uk

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

South Oxfordshire


 01865 904 700

 oxonCAMHSGMHSouth@oxfordhealth.nhs.uk

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


The aim of CAMHS is to make sure that no one goes without the support they need. In Oxfordshire they provide a wide range of mental health services for children and young people (CAMHS) and community services. CAMHS offers two pathways for providing mental health services for children and adolescents.

CAMHS Learning Disability Service

 01865 902 785


 ldCAMHSOxfordshire@oxfordhouse.nhs.uk


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

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

Child & Adolescent Mental Health Service (CAMHS) Learning Disability 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, a diagnosed learning disability or significant impairment of intellectual and social adaptive functioning, or had an assessment which indicates that other services involved with the child are not able to meet the current need if there are not the skills or competence available.

CAMHS Neuropsychiatry Service

 01865 902 930 (Information)

 01865 902515 (Referrals)


 OxonCAMHSSPA@oxfordhealth.nhs.uk

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

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


Child & Adolescent Mental Health Service (CAMHS) Neuropsychiatry 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.

CAMHS Outreach Service

 01865 902 936


 OxonOSCA.Admin@oxfordhealth.nhs.uk


 oxfordhealth.nhs.uk/camhs/oxon/osca


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

OSCA stands for Outreach Service for Children & Adolescents. The OSCA Child & Adolescent Mental Health Service (CAMHS) provides an outreach service which supports children and families with complex mental health needs, who need intensive support. The services also provides a Dialectical Behaviour Therapy (DBT) programme.

Clean Slate

 01869 232 461


 office@cleanslate.org.uk


 www.cleanslate.org.uk

 572 Brice Rd, Upper Heyford, 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 362 789

 07919 143 438


 anna@clear-sky.org.uk

 www.clear-sky.org.uk

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

Clear Sky Children's Charity provides Play and Creative Arts therapeutic interventions to schools across Oxfordshire through one-to-one and group interventions. They also provide practitioner training, parent groups and professional CPD for schools and educational settings. Clear Sky offer their virtual learning platform to all family practitioners 'The Institute for Play and Attachment' providing online CPD, research, resources for working with families and self-care.

Diocese of Oxford

 01865 208 200


 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. They 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 Service

 City of Oxford: 01865 323 381


 Knights Court, 21 Between Towns Road, Cowley, OX4 3LX

 North Area (Banbury): 01865 816 732

 Samuelson House, Tramway Road, Banbury, OX16 5AU

 South Area (Abingdon): 01865 323 532


 Abbey House, Abbey Close, Abingdon, OX14 3JD

 schools.oxfordshire.gov.uk/cms/content/educational-psychology-service

Educational Psychologists are highly skilled professionals who help people to understand how they think, feel, learn and behave. They work with children and young people aged 0-25 in a range of settings, including nurseries, mainstream schools, special schools and colleges. Their work can be undertaken at the individual, class or whole-school level.

They work with children and young people who may be experiencing difficulties in their learning, behaviour, social interaction, communication, emotional well-being, physical or sensory skills.

FASS (Family Assessment and Safeguarding Service)

 01865 902 418


 fass@oxfordhealth.nhs.uk


 www.oxfordhealth.nhs.uk/camhs/oxon/fass

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


A mental health team, with expertise in attachment, family trauma, and family relationships – their focus is on the emotional side of parenting. They help families plan for their future when there has been concern about risk or harm to the children in the past. They aim to reduce the negative consequences of harm to children, and reduce risk of future harm to children.

Family Links: The Centre for Emotional Health

 01865 401 800


 info@familylinks.org.uk

 www.familylinks.org.uk

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

Family Links is a national charity dedicated to the promotion of emotional health at home, at school, and at work. They offer high-quality training and resources for professionals working with families, school and university staff, and employees in the workplace.

Full Circle

 01865 246 456


 fullcircle@fullcircleoxon.org.uk


 oxfordshire.org/project/full-circle/

 Full Circle, Townsend Square, Oxford, OX4 4BB

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

Guideposts Trust

 01993 893 560


 info@guideposts.org.uk


 www.guideposts.org.uk

 Two Rivers, Station Lane, Witney, OX28 4BH


Guidepost Trust exists to provide services to meet individual needs so that each person has the opportunity to fulfil 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

 07780 675 112

 jo@hopethruhorses.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 we recognise, identify and integrate separated, fearful, parts of the self and bring those parts together into the one whole 'self'.

Infant-Parent Perinatal Service (IPPS)

 01865 902 171

 Infant-Parent.PerinatalService@oxfordhealth.nhs.uk

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

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

IPPS offers support to women and men who are experiencing or who are at risk of experiencing moderate mental health difficulties relating to pregnancy or the birth of their child, such as: parent-infant relationship difficulties, post-natal depression or current low mood, anxiety and panic attacks, post-traumatic stress disorder, obsessive compulsive disorder, and eating disorders. The service is multi-professional and includes two community psychiatric nurses and a mental health practitioner.

Jennie's Children's Trust

 claire@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 the Pembrokeshire countryside and coastline.



☎ 07729 286 992

✉ 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. KEEN create and run amazing sessions projects, support other organisations including sports clubs, and 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.



☎ 07875 357 478

✉ enquiries@lifeatno27.com

📶 www.lifeatno27.com

Life at No.27 is a gardening and wellbeing therapy organisation based in Oxfordshire, built with passion at its core and designed to improve lives. Their mission is to connect with, believe in and empower people; transforming lives through the power of gardening and growing their own produce. Teaching attendees how to grow their own food, nurture their minds and believe in themselves, within their safe outdoor spaces.



☎ 03450 507 666


✉ 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. It is a link between universal services such as schools, GPs and statutory services such as police and social care.

One-Eighty

 01865 236 869


 enquiries@one-eighty.org.uk

 www.one-eighty.org.uk

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


One-Eighty is a mental health and behaviour support charity, seeking to re-engage young people with their learning. They support vulnerable children and young people (aged 4-25) with their mental health, their thinking, their behaviour and emotions, in order to improve their wellbeing and overcome barriers to attending school or accessing further education. They use proven techniques to support young people to thrive. They know that, with persistence, involving those around them (families, their school and other professionals) and by meeting young people where they are at, they can engage them in their learning journey, even when they have reached crisis point.

Oxford Against Cutting

 07909 510 840

 info@oxfordagainstcutting.org

 www.oxfordagainstcutting.org

 Headington, Oxford, OX1 3PL

Oxford Against Cutting (OAC) is a rights-based charity working to end harmful cultural practices suffered by girls and women living in the Thames Valley.

These include:


- Female genital mutilation (FGM)
- Honour-based abuse (HBA) and early and forced marriage (EFM)
- Female cosmetic genital surgery.


Their mission is to end cultural practices that harm girls and women by:

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

People from affected communities and young people are at the forefront of our activities.

Oxfordshire Army Cadet Force

 01869 259 681


 se-oxf-cao@rfca.org.uk


 www.armycadets.com

 Brotheridge House, Arccott Wood Road, Bicester, OX25 1AB


Oxfordshire Army Cadet Force aim to inspire young people in the core values of the Army Cadet Force. 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). Field craft and Navigation are just two of the many military-based activities available.

Oxfordshire County Council Education Employment and Training Team

 01865 328 460

 opportunities@oxfordshire.gov.uk


 www.oxme.info


 County Hall, Oxford, Oxfordshire, OX1 1ND

Supports young people aged 16-18 (up to 25 if they have an EHC plan or are Looked After) who are Not in Education Employment or Training (NEET) to access a suitable offer or learning or employment with training, including apprenticeships. One-to-one meetings, drop-ins, case work and more to support young people to re-engage with learning and address difficulties and barriers.

Oxfordshire Discovery College


 07862 015 744

 hello@oxfordshirediscovery.co.uk


 www.oxfordshirediscovery.co.uk


Oxfordshire Discovery College think that learning together about mental health is the best way to tackle difficult feelings, and is also a great way to connect with other people, so they provide lived-experience-led learning programmes exploring mental health topics.

Oxfordshire Family Information Service

 01865 323 332

 FISenquiries@oxfordshire.gov.uk


 fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page

 Oxfordshire County Council, County Hall, New Road, Oxford, OX1 1ND

Oxfordshire Family Information Service provides free information, advice and assistance on:

- Finding and paying for childcare
- Play and leisure for children, young people and families
- Help for families with disabled children
- Family and parenting support

Oxfordshire Family Mediators

 07532 308 046

 kwilliamson@ofm.org.uk

 www.ofm.org.uk

Oxfordshire Family Mediators (OFM) is a group of FMC Accredited family mediators. They provide a paid mediation service in Oxford and Banbury, offering a way of addressing divorce and separation which differs from court settlements. The mediators help you find your own solutions when relationships breakdown, and they aim to provide an all-round approach to meet the needs of children and families. Legal Aid may be available to help with the costs of mediation.

Oxfordshire Maternity Voices Partnership

✉ Hello@OMVP.co.uk

📶 www.oxfordshirematernityvoices.com

Oxfordshire Maternity Voices Partnership is a committee or team of service users, service user representatives, midwives, doctors and commissioners created in January 2018. They work together to review and contribute to the development of local maternity services. They're an independent body, reporting to and involved with local organisations and groups associated with maternity services in the county.

Oxfordshire Mind

☎ 01865 247 788

✉ info@oxfordshiremind.org.uk

📶 www.oxfordshiremind.org.uk

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

At Oxfordshire Mind we firmly believe that everyone who has mental health difficulties should have somewhere to turn to for advice and support. We exist to make that happen.

We 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. We're part of a network of local Minds, offering support directly to those who need it within our community.

Oxfordshire Play Association (OPA)

☎ 07436 270 267

✉ martin.gillett@oxonplay.org.uk

📶 www.oxonplay.org.uk

📍 Suite 7-03, Unit 7-8, Area C, Radley Road Industrial Estate, Abingdon, Oxon, OX14 3RY

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 Recovery College



☎ 01865 779 613

✉ contactorc@restore.org.uk

📡 www.oxfordshirerecoverycollege.org.uk

📍 Oxfordshire Recovery College, The Straw Bale,
Restore, Manzil Way, Cowley, Oxford, OX4 1XF

Oxfordshire Recovery College offers courses and workshops about mental health and wellbeing, available either online or in person at venues across Oxfordshire. Subjects include Understanding Anxiety and Depression, Sleep and Wellbeing and Gender, Sexuality and Mental Health. Their key value is co-production – all their courses are designed and delivered by people who have their own lived experience of managing their mental health, working alongside people with trained experience. Most courses are aimed at 18+ age groups, but they have a course designed specifically for 16 to 25s – Navigating Your Way Through Mental Health Services.

Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)



☎ Freephone Helpline: 0800 783 6294

☎ Office (admin and media enquiries): 01865 725 311

☎ Text number: 07537 432 442

✉ Office email: admin@osarcc.org.uk

✉ Support helpline email: support@osarcc.org.uk

📡 www.osarcc.org.uk

📍 OSARCC, Oxford OX2 6GB

OSARCC is a confidential service offering support to survivors in Oxfordshire who have experienced any form of sexual violence at any time in their lives.

Oxfordshire Youth



☎ 01865 767 899

✉ members@oxfordshireyouth.org

📡 www.oxfordshireyouth.org

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

Oxfordshire Youth is the leading youth organisation 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 & 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 a youth leadership programme, quality workshops on important issues like body image or healthy relationships, training in mental health awareness for adults working with young people and big-scale events tackling local and national issues, for example Youth in Mind.

Pegasus Theatre



☎ 01865 812 150


✉ 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. They actively reach out, especially through their inclusion programme, to those who are most excluded and vulnerable within society. They 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 they create and tour and the partner companies they work with in their building. The depth of their approach means the impact of what they achieve through their work is far-reaching and long-lasting.

Response

 01865 397940


 info@response.org.uk

 www.response.org.uk

 AG Palmer House, Littlemore, Oxfordshire, OX4 4SU


Response work with children, young people, and their families to help them have a healthy approach to their wellbeing and mental health, and live in a safe and supportive environment. They work with children and young people aged 4-25 year across the Thames Valley, Avon, Wiltshire and BANES.

SAFE! Support for Young People Affected by Crime

 01865 582 495

 safe@safeproject.org.uk


 www.safeproject.org.uk


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


SAFE! works with young people who have been harmed by crime and bullying. SAFE! provides individually tailored support to help young people cope without responding physically or internalising their feelings; develop strategies to report incidents; and realise it is not their fault if they have been hurt. SAFE! uses protective behaviours and restorative approaches to aid recovery. Without timely support their experience can lead to further problems including absence from school or work.

SeeSaw

 01865 744 768

 info@seesaw.org.uk

 www.seesaw.org.uk

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

SeeSaw provides grief support for children, young people and their families in Oxfordshire. Through appropriate and timely support, SeeSaw can help to reduce the emotional, psychological and mental health consequences of bereavement. Young people are then able to face the future with hope.

South Oxford Adventure Playground

 01865 249 787

 soapysapoxford@gmail.com


 www.soapoxford.org.uk

 Whitehouse Rd, 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 seven and over, within a supervised playground. All children are welcome. Those under seven must be accompanied by an adult. Playworkers are onsite after school and through the holidays to support and encourage children in their play.

Sylva Foundation

 01865 408 018


 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. They work across Britain and are active under four main programmes: science, education, forestry and wood.

The Oxford Education Deanery

 01865 611 031

 katharine.burn@education.ox.ac.uk


 www.educationdeanery.ox.ac.uk


 University of Oxford Department of Education, 15 Norham Gardens, Oxford, OX2 6PY

The Oxford Education Deanery aims to work effectively with local schools to improve educational outcomes.

They facilitate the continuing professional development of teachers at all career stages in local schools by engaging them in research and providing various training courses.

Thomley

 01844 338 380


 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. They bring disabled people, their families, carers and friends together with experienced and nurturing staff that understand their needs.

Topaz

 01865 396 778

 topaz@ark-t.org

 www.topazoxford.org.uk

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


The TOPAZ in Oxford city centre is a social group for young people who are 13–19, and identify as LGBTI+ or who are questioning their sexuality or gender identity.

It is a place to talk about anything that's bothering you, get support about LGBTI+ identities or get some help with answers to questions.

They run this session once a month on a Saturday afternoon, 12.30–3.30pm. They have a space to hang out in, with snacks as well as hot and cold drinks, and there are board games and arts and craft supplies for people to use. And - it is completely free!

Unlocking Potential

 020 3405 3550

 info@up.org.uk

 up.org.uk

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. Their team of support workers offer 1-2-1 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 the project partnership.

Warneford Hospital – Highfield Unit

 01865 902 711

 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 to 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 236 119

 hello@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 their members to 'do more' and 'need less' increasing confidence, self-esteem and reducing social isolation.

Young people's Supported Accommodation services (YPSA)

✉ placementserviceadmin@oxfordshire.gov.uk (Referrals)

📡 www.oxfordshire.gov.uk/ypsa

This pathway is co-commissioned by Oxfordshire County and District Councils for 16-24 year olds in Oxfordshire who have experienced the following issues:

- Separation from or loss of family
- Past family experiences such as trauma, abuse, neglect, family breakdown, parent drug and alcohol addiction, parent mental health or disability issues
- Challenging behaviours which have resulted from their experiences
- Needs resulting from drug and alcohol issues, anger management, low self-esteem, self-harm, mental health, learning disability and domestic abuse.

Providers of YPSA include Response, Oxfordshire Youth, Connection Support, Key2 Futures, Sanctuary Housing, A2 Dominion, and Oxfordshire County Council.

For further information or to make a referral please visit www.oxfordshire.gov.uk/business/information-providers/ypsa

Youth Challenge Oxfordshire (YoCO)

☎ 07999 340 597

✉ info@yoco.online

📡 www.yoco.online

📍 BLAP (Blackbird Leys Adventure Playground), Blackbird Leys Road, Oxford, OX4 6HW

Youth Challenge Oxfordshire (YoCO) is a local charity supporting young people aged 13–21 to develop personal confidence and resilience. Through weekly youth group sessions they deliver a fun but challenging programme of personal development, team work and social education, so that they can make good decisions that will set them up for a bright future.

NATIONWIDE



akt



📞 020 7831 6562

✉️ contact@akt.org.uk

📡 www.akt.org.uk/get-help

📍 19-20 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.

Association for Post Natal Illness



📞 020 7386 0868

✉️ info@apni.org

📡 www.apni.org

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

Providing women who have been diagnosed with, or think they have, post-natal illness, with information packs, a helpline, email support and a mentoring scheme. The Association for Post Natal Illness is the leading organisation in its field, it is a Registered Charity (No. 280510) and it was established in 1979 to:

- Provide support to mothers suffering from post-natal illness
- Increase public awareness of the illness
- Encourage research into its cause and nature.

Best Beginnings



📞 020 7443 7895


✉️ info@bestbeginnings.org.uk

📡 www.bestbeginnings.org.uk

📍 12 Groveland Court, London, EC4M 9EH


Best Beginnings works collaboratively to develop and disseminate quality-assured educational content and tools to support the transition to parenthood during pregnancy and the early stages of parenting, to give parents the confidence to look after their own health and their children's long-term development and wellbeing.

Childhood Bereavement Network

 020 7843 6000


 cbn@ncb.org.uk

 www.childhoodbereavementnetwork.org.uk

 National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN

The Childhood Bereavement Network is the hub for those working with bereaved children, young people and their families across the UK. They underpin their members' work with essential support and representation: bringing them together across localities, disciplines and sectors to improve bereavement care for children. They believe that all children have the right to information, guidance and support to enable them to manage the impact of death on their lives.

Childline

 0800 1111 (24 hour helpline)


 help@nspcc.org.uk

 www.childline.org.uk

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

Childline helps anyone under 19 in the UK with any issue they are going through. You can talk about anything. Whether it is something big or small, their trained counsellors are here to support you.

Children Heard and Seen

 07557 339 258

 info@childrenheardandseen.co.uk

 www.childrenheardandseen.co.uk

 Eynsham Road, Oxford, Oxfordshire, OX2 9NJ

Children Heard and Seen (CHAS) support children, young people and their families who are impacted by parental imprisonment. The charity's child-centred approach strives to support the needs of children with a parent in prison, listen to their concerns, and have their views heard and reflected in policy.

Coder Dojo

✉ info@coderdojo.org

📶 zen.coderdojo.com

📍 CoderDojo Foundation, Dogpatch Labs Unit 1, The CHQ Building, Custom House Quay, Dublin, Ireland, D01 Y6H7

Coder Dojo is a global network of free, volunteer-led, community-based programming clubs for young people. Anyone aged seven to seventeen can visit a Dojo.

Community Albums

☎ 07958 372 021

✉ 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. Community Albums is committed to the development of individuals and communities through the making of music and media as a transformational process.

Contact – for families with disabled children

☎ 0808 808 3555 (Parent Helpline)

☎ 020 7608 8700 (General enquiries)

✉ helpline@contact.org.uk


📶 www.contact.org.uk


📍 209-211 City Road, London, EC1V 1JN


Contact provides support for parents and carers of disabled children. They bring families together to support each other and help families to campaign, volunteer and fundraise to improve life for themselves and others. Contact understand that life with a disabled child brings its unique challenges, and they exist to help families feel valued, supported, confident and informed around this.


Coram Voice



 0808 800 5792

 info@coramvoice.org.uk

 www.coramvoice.org.uk


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


Coram Voice 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.

Coram Voice is a leading children's rights organisation. They champion the rights of children. They get young voices heard in decisions that matter to them and work to improve the lives of children in care, care leavers and others who depend upon the help of the state.

Family Lives




 0808 800 2222

 askus@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. Family Lives recognise that the best way to support families is to provide professional, non-judgemental support and advice in a way that all members of the family can freely access. They provide this through their helpline, extensive advice on their website, befriending services, and parenting/relationship support groups.

Home-Start

 0116 464 5490


 admin@homestartoxford.org.uk

 www.home-start.org.uk

 The Crescent, King Street, Leicester, LE1 6RX

Home-Start works with families in communities right across the UK. Starting in the home, their approach is as individual as the people they're helping. No judgement, it is just compassionate, confidential help and expert support.

Ideal Flatmate

 020 3866 3701

 hello@idealflatmate.co.uk


 www.idealflatmate.co.uk/students-mental-health-guide

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 is a new sense of independence for many. The Ideal Flatmate website gives you an insight into looking after your mental health whilst being a student.

Level Up

 hello@welevelup.org

 www.welevelup.org

 PO Box 75836, London, E2 2FP


Level Up is a new feminist organisation. Their mission is to build a community of feminists who can work together to end sexism in the UK. Their vision is a world where everyone is free to achieve their potential regardless of their gender.


A growing community of people working together to:

- Change sexist rules, laws and behaviour
- 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 is at home, work or on the streets. They are ready to roll up their sleeves and make change happen.

Mayday Trust

 01865 670 028


 enquiries@maydaytrust.org.uk

 www.maydaytrust.org.uk

 85 Great Portland Street, First Floor, London, W1W 7LT

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

 0300 123 3393


 info@mind.org.uk

 www.mind.org.uk

 2 Redman Place, London E20 1JQ

National Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding and will not give up until everyone experiencing a mental health problem gets support and respect.

National Organisation for FASD

 020 8458 5951

 info@nationalfasd.org.uk

 www.nationalfasd.org.uk

 The Priory, High Street, Ware, Hertfordshire, SG12 9AL

The National Organisation for FASD 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. It is a source for information on FASD to the general public, press and to medical and educational professionals.



📞 0808 800 5000

✉️ help@nspcc.org.uk

📡 www.nspcc.org.uk

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

The NSPCC Helpline is staffed by trained professionals who can provide expert advice and support. They are there if you are concerned about a child, if you are a parent or carer looking for advice, or if you are a professional in need of information and guidance. Due to an increase in demand across their service, their voice helpline is currently operating 10am–4pm Monday to Friday and 10am–2pm at the weekends. You can contact them outside of these hours by email at help@nspcc.org.uk. Emails will be responded to within 72 hours where possible.



📞 020 7686 7225

✉️ info@parentzone.org.uk

📡 www.parentzone.org.uk

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

Parent Zone provides support and information to parents, children and schools, working globally to help families to navigate the internet safely and confidently. They work with parents, schools, governments and businesses to study, understand and address the impact of emerging technologies on young people.

Parent Zone's mission is to improve outcomes for children in a digital world, so children will be safer online, resilient enough to cope with the challenges of the online world, and educated for a digital future.

Place2Be – Art Room service



✉ theartroom@place2be.org.uk

📶 www.place2be.org.uk/artroomathome

Place2Be's Art Room provision offers free art projects for primary aged children to make at home or school together with parents, carers or teachers. The creative projects can help adults and children to nurture their relationship whilst having fun making art together. Each project offers space to explore an engaging theme through stories, art and conversation. The activities provided can be adapted to a range of settings with children of different abilities and ages.

Prince's Trust



📞 07903 647 959

✉ jenny.langnes@princes-trust.org.uk

📶 www.princes-trust.org.uk

The Prince's Trust's vision is that every young person should have the chance to succeed and its mission is to help young people transform their lives by developing the confidence and skills to live, learn and earn.

Rape Crisis England & Wales



📞 0808 802 9999

✉ 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.

The 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 their members also provide support services to male sexual violence survivors.


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

St Mungo's

 020 3856 6000


 info@mungos.org


 www.mungos.org

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

St Mungo's work with clients to build a sustained recovery, progressing from basic skills to more vocational training, such as learning trade or administrative skills. Their ultimate aim is to get clients back into employment, which helps them build confidence and independence.

Student Minds

 0113 343 8440

 info@studentminds.org.uk


 www.studentminds.org.uk


 17 Springfield Mount, Leeds, LS2 9NG


Student Minds is the UK's 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.

The Anna Freud Centre

 020 7794 2313


 info@annafreud.org


 www.annafreud.org


 Anna Freud Centre, Kantor Centre of Excellence,
4-8 Rodney Street, London N1 9JH


The Anna Freud Centre is an evidence-based mental health charity supporting children young people and their families. Their support includes free resources for children and young people, parents and carers and professionals supporting families including nurseries, schools and colleges and mental health professionals.

The Mix

 0808 808 4994 (2–11pm)


 info@themix.org.uk


 www.themix.org.uk


 209 City Road, London, EC1V 1JN

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 them via online, social or their free, confidential helpline.

Thrive (Society for Horticultural Therapy)

 0118 988 5688


 info@thrive.org.uk

 www.thrive.org.uk

 Geoffrey Udall Centre, Beech Hill Rd, Beech Hill, Reading, RG7 2AT


Thrive use gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable. They 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.

Together with Migrant Children

 01865 528 658

 hello@togethermigrantchildren.org.uk

 www.togethermigrantchildren.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

 020 4526 8371

 info@ukyouth.org


 www.ukyouth.org


 Westminster Office, 8th Floor, Kings Buildings, 16 Smith Square, London, SW1P 3HQ


It is UK Youth's mission 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.

All UK Youth's programmes are designed with a clear understanding of the learning and outcomes they hope young people will achieve. In addition to the programme specific skills and knowledge they gain, they also measure emotional and social capabilities (ESC). These capabilities are sometimes referred to as life skills and include communication, self-awareness, resilience, motivation, receptiveness, confidence and responsibility.


Winston's Wish

 Helpline: 0808 802 0021

 Helpline email: ask@winstonswish.org


 General enquires: info@winstonswish.org


 www.winstonswish.org.uk


 Winston's Wish Head Office, 17 Royal Crescent, Cheltenham, GL50 3DA


Winston's Wish supports bereaved children, their families and the professionals who support them. Winston's Wish was the UK's first childhood bereavement charity, and has been supporting bereaved children since 1992. It continues to lead the way in providing specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Yoga in Schools

 01761 470 658

 info@yoga-in-schools.co.uk

 www.yoga-in-schools.co.uk


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

Well-qualified yoga and mindfulness teachers experienced with age groups from nursery to sixth form in mainstream and special schools across the UK. 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

 0808 802 5544 (Mon to Fri 9.30am – 4pm)

 Text YM to 85258 for urgent help

 www.youngminds.org.uk

Provides online and telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

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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 collectively we reach over 26,000 young people. 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

With thanks to the Oxford Health Charity

