

TRUCK FESTIVAL

CHAMPIONS: HAVE
YOUR SAY

NEW STAFF: ELIOTT

RESEARCH LAUNCH

TICKET OFFICE
CLOSURES

BECOME A TRUSTEE

WHATS ON

FREEDOM GROUP

WORDSEARCH



WHAT'S ON? THE INCLUDER

SEPTEMBER 2023 NEWSLETTER

www.mylifemychoice.org.uk | Charity number: 1187726

Unit 3, Watlington House, Watlington Road, Oxford, OX4 6NF
phone: 01865 204214 or email: yazz@mylifemychoice.org.uk

Truck Festival 2023!



Truck Festival is a music festival held every year at Hill Farm in Oxfordshire. There are different stages with lots of music, food and entertainment.



My Life My Choice volunteered at the festival to support the Access Team. We helped people on the viewing platforms and in the accessible campsite.



Ant, Ady and Shaun camped at the festival with Paula and a Gig Buddy volunteer called James. We got to see lots of music from bands like The Vaccines and Royal Blood.



Katie and Tom worked on Friday. Katie got to see her favourite band Two Door Cinema Club and even got to see the band's tour bus!



Ben, Will and Keith worked on Saturday. We had a great day even though it rained and the festival became very muddy!



Keith helped a charity called Diverse on Saturday in their sensory tent. He loved helping to clean the headphones and enjoyed being supplied with tea and food!



Ady said "I'm really proud of everyone and myself what we have achieved."

Ant said "Everything was amazing" and "I was even able to come out my comfort zone."




The Access Team said they couldn't have done it without us and would love to have MLMC back to help in 2024!



Get in touch with Eleni:

 eleni@mylifemychoice.org.uk

 01865 204214



Champions: Have Your Say!



In Champions this month, we heard about Abul and Anup's visit to the South Central Ambulance Service.



The service is also where the NHS 111 phone line works from.



Abul and Anup wanted to visit to find out:



- Why you sometimes have to wait a long time to speak to a nurse or a doctor.
- If there were any ways it could be easier for people with a learning disability when they call NHS 111



We are going to work with their Learning Disability Officer Saricka, to see what they can do differently.



Have you or someone who helps you ever contacted NHS 111?



Is there anything that could have made the call better?




You can tell us at a My Life My Choice self-advocacy group or get in touch with James.



Contact James at:

 james@mylifemychoice.org.uk

 01865 204214

New Staff: Meet Elliott!



Hello, I'm Elliott.

I joined My Life My Choice in August.



I am the new Travel Buddy Assistant. This means I will be helping to organise travel training for Trainers and Trainees, as well as travel to MLMC events!



I am really excited to be working with the Travel Buddies project to recruit new volunteers and organise some exciting activities.




I have lived in Oxford since 2019 and I'm looking forward to experiencing the city without being a student here! I love crocheting, history and cycling.



Get in touch with Elliott at:

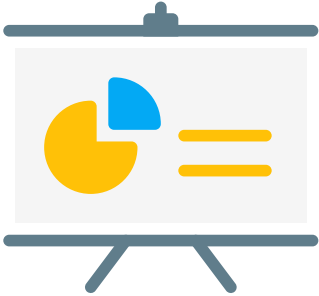
 elliott@mylifemychoice.org.uk

 01865 204214



Research Launch

Renting your own home



10 members of MLMC have been invited to hear the results of a research project on what renting is like for people with learning disabilities.



This would be useful if you are thinking of renting or are having some problems renting.



Where: Story Museum Oxford, OX1 1BP



Date: 27th September 2023




Time: 10:30am to 2:30pm



Get in touch with Iarfhlaith:

 iar@mylifemychoice.org.uk

 01865 204214

Train Ticket Offices Are Closing

What does this mean for people with a learning disability?



Train companies have decided that they want to close ticket offices at train stations.



This means people will have to book tickets online or using the machines.



Co-chair of the MLMC Trustees Ben McCay said that this made him feel angry, anxious and scared.



Some MLMC members have said that they would find it hard to use the machine to buy their train tickets.



People are worried that if they can't buy a train ticket they will have to stay at home.



There is an online survey where people can share how they feel about this.

www.transportfocus.org.uk/ticket-office-consultation/



If you would like some help to fill out the online form, please call Rachael on 01865 204214




If you have something to say about this please speak to James so he can raise it with our Champions group.



Get in touch with James:

 james@mylifemychoice.org.uk

 01865 204214

Become a Trustee



MLMC is a 100% user-led charity.
This means that MLMC is run by its members.



Each year members vote for 15 trustees at the annual general meeting (AGM) in November.



Members who want to become trustees give a short speech at the AGM about why they would be a good trustee.



The trustees meet 4 times a year. They make big decisions about the charity like which projects to run and what to spend money on.



Pam was a trustee and said "It is a brilliant job, you get to run the charity. I helped by interviewing and employing staff. It got me out of my comfort zone and build my confidence up."



Meg will run a workshop for people who are interested in being trustees on 16th of October. The workshop will cover:

- What is a trustee and what jobs do they do?
- Why is it good to be a trustee?
- Support to write and give a good speech.



We are really interested in women being trustees. This is because we want there to be the same number of men and women as trustees.



We want everyone to have the chance to vote for the trustees. You can vote at the AGM in November. We will send more details about this soon.



To find out more contact Meg:

✉ meg@mylifemychoice.org.uk

☎ 01865 204214

WHAT'S ON?

SEPTEMBER 2023

St. Giles Fair

Tuesday 5th
2:30pm - 4:30pm
St. Giles, OX1 3JP



Stingray

Tuesday 5th
6:30pm -
9:30pm
Spirit Bar, Oxford



Oxford Group

Wednesday 6th
5pm - 7pm
Wesley Memorial
Church, Oxford

Oxford Pub Club

Wednesday 6th
7pm-9pm
Four Candles,
OX1 2BE



Museum Trip

Thursday 7th
2:30pm - 4:00pm
Oxford University
Museum of
Natural History



Banbury Group

Tuesday 12th
2pm - 4pm
Ruscote
Community
Centre, Banbury

Wantage Group

Tuesday 12th
7pm - 9pm
Wantage
Methodist Church

Abingdon Pub Club

Wednesday 13th
5pm - 8pm
The Narrows,
OX14 5AA



Chipping Norton Group

Thursday 14th
1pm - 3pm
The Albion Centre,
Chipping Norton

Salsa Night

Thursday 14th
6pm - 10pm
The O2 Academy,
OX4 1UE



Chips and Chat

Friday 15th
5pm-8pm
Prince of Wales,
Didcot, OX11
7NN



Oxfordshire Group Online

Tuesday 19th
2pm - 3:30pm
Zoom



WHAT'S ON?

SEPTEMBER 2023

Games Club

Tuesday 19th,
6pm - 8pm,
MLMC Office,
Watlington Rd,
OX4 6NF



Bicester Group

Wednesday 20th
11am - 1pm
Bicester Methodist
Church Hall

Shrek the Musical

Wednesday 20th
7pm - 10pm
New Theatre, OX1
2AG



Banbury Pub Club

Thursday 21st
6pm - 9pm
The Exchange
Pub, Banbury



Women's Group

Monday 25th
12-2pm
Oxford Library,
Westgate,
Oxford



Young People's Group

Tuesday 26th,
6pm - 7:30pm, The
Community Works,
21 Park End Street,
Oxford

Abingdon Group

Wednesday 27th
7pm - 9pm
Cafe, Abingdon
Baptist Church

Walking Club

Friday 29th
11am - 12pm
Meet at Carfax,
Oxford, OX1 1ET



Food Festival

Saturday 30th
12pm - 2pm
Broad Street, OX1
3AJ



Please remember to book on to an event if you would like to come. You do not need to book to attend Stingray.

MLMC Freedom Group

Would you like to join?



Should MLMC run a Freedom Group? This group is a self-advocacy group for Black, Asian and people of colour with a learning disability.



Self-advocacy is about knowing what is important to you, speaking up and changing things for the better.



The group will meet once a month and talk about things that are important to them, make friends and have fun.




The group will meet in Oxford City Centre, but we still need to agree the date and time. It will be free and we can support people to travel to and from the group.



Get in touch with Yazz:

 yazz@mylifemychoice.org.uk

 01865 204214



Festival Wordsearch

S	D	N	A	B	E	T	L	N	N	D	A	M	N
U	E	C	I	S	G	E	N	E	L	N	M	M	L
C	U	L	M	R	A	V	E	A	U	S	V	D	F
T	N	E	M	S	E	V	G	N	I	P	M	A	C
T	N	E	T	A	P	A	R	T	Y	D	G	C	E
E	A	A	A	A	T	U	L	V	F	V	C	N	V
A	G	F	O	O	D	A	M	T	F	F	R	I	I
E	G	E	L	I	V	E	E	U	M	P	G	G	C
V	N	R	N	A	I	S	Y	N	S	L	R	C	N
E	I	T	B	E	B	A	A	P	F	I	U	O	S
S	C	L	A	N	D	R	E	R	S	U	C	V	V
A	N	P	L	A	V	I	T	S	E	F	N	A	C
C	A	V	S	E	O	N	F	G	A	F	R	A	F
P	D	T	M	B	D	M	E	N	Y	A	N	N	A

Find these words in the grid above:

FUN

CAMPING

FESTIVAL

PARTY

LIVE

MUSIC

TENT

BANDS

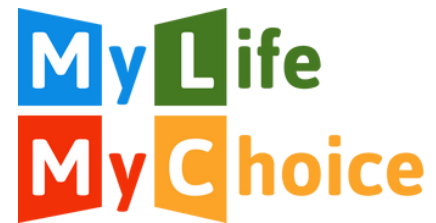
FOOD

RAVE

DANCING


STAGE

Contact Us

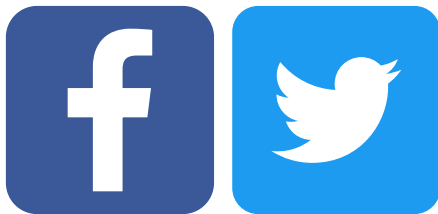


10am – 4pm

If you have any questions, please get in touch with us at the My Life My Choice office.

 01865 204214

 yazz@mylifemychoice.org.uk



You can find us on:

Facebook: @1MLMC


Twitter: @mylifemychoice1

Travel Buddy



SUPPORTING INDEPENDENT TRAVEL


For support with travel, please contact Rachael:

 01865 204214

 rachael@mylifemychoice.org.uk



For support with Gig Buddies, please contact Paula:

 01865 204214

 paula@mylifemychoice.org.uk