



AGM ROUND UP

CHAMPIONS: HAVE YOUR SAY!

TRAVEL BUDDY NEWS

COMPANION JOURNEYS

DISABILITY HISTORY MONTH

CHRISTMAS WITH GIG BUDDIES

NEW GROUP IN DIDCOT

WHAT'S ON

CHRISTMAS STINGRAY

HOLIDAY WORDSEARCH



WHAT'S ON?

THE INCLUDER

DECEMBER 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

AGM round up!



Thank you to everyone who came to our AGM in November.



Our Charity Coordinator Bryan gave us the money report.



Members who were standing for trustee made speeches.



And then everyone voted for who they thought would be a good trustee.



We celebrated the year with a silent disco!



Everyone had a great time dancing together.

Then we announced the new trustees for 2023 - 2024.
Congratulations to everyone who was elected!





Champions: Have Your Say!



In Champions this month, we heard how lots of our members were worried about their letters not getting delivered on time.



This meant people might miss out on information about their:



- health appointments



- bills



- and other things like magazines that people might get through the post.



The My Life My Choice Champions would like to know if you have also had problems with your post this year.



Have you missed any big appointments or other important information because you did not get your letter in time?




Please let our Champions group know. You can tell us at a My Life My Choice self-advocacy group.



Or you can contact Champions through James at:

 james@mylifemychoice.org.uk

 01865 204214



Travel Buddy News



This is Helen. She lives in Didcot and enjoys collecting rings.



Helen attends Mind in Abingdon and needed to learn how to get there by bus.



She was paired with Travel Buddy Charlene who knows the bus journey from Didcot to Abingdon really well.



Charlene taught Helen which bus she needed to catch, where to wait for it and when to press the bell.



After 9 practice journeys Helen had learned the skills and was able to do the train journey confidently on her own. She can now travel to Mind by herself!

Companion Journeys



As well as training people to travel on their own, Travel Buddies also do Companion Journeys.



Travel Buddies take members to places or events if they don't know how to get there.



All our Travel Buddies are friendly and confident travellers who have a learning disability.




Travel Buddies have made sure members can get to bowling, festivals, clubs and meetings.



If you would like a Companion Journey, get in contact with Elliott:

 elliott@mylifemychoice.org.uk

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Disability History Month



This disability history month we want to celebrate the important research our members are doing!



In 2020 a group of members worked on the Pioneers research project to find out about people with learning disabilities during World War One.



The research team found out a lot about men with learning disabilities during this time period but not a lot about women.



Because of this, we have set up research groups made up of women with a learning disability.



The groups have worked together to try and find records of women with learning disabilities in Oxford in the year 1918 to see if they can find out what their lives were like.



Gina Regan worked on the Pioneers project and is now on the steering committee for the women's research, here's what she had to say about it:



"So far we have taken one trip to the Oxfordshire History Centre Archives. We were looking at records of people being detained, it was quite upsetting to see how they were treated and the words that were used to describe them."



"It's really interesting to be working on this again, I am learning things I never would have learned before."



"No one talks about history from the perspective of disabled people so it feels good to be doing it even though it can be hard to follow and upsetting to look at."



"I want to keep finding out more about these women and their lives because it is interesting to feel like you have a connection and the same experience as someone but from so long ago."



Christmas with Gig Buddies!



In December, Gig Buddies have lots of Christmas events for MLMC members!



We will join in the Christmas Carols at Radcliffe Square on Sunday 10th December.



We are going to the Christmas Markets on Broad Street on Monday 18th December.




We are also going on two theatre trips!

We will see the musical Everybody's Talking About Jamie and the pantomime Jack and the Beanstalk .



Book on with Eleni:

 eleni@mylifemychoice.org.uk

 01865 204214

New group in Didcot!

NEW



Didcot group is a local self-advocacy group for people with learning disabilities.



Self-advocacy means speaking up about what you want and being listened to. It means being able to choose things for yourself.



Where: All Saints' Youth and Community Hall.
Roman Place, Didcot, OX11 7ER




Date: This group starts Friday 19th January



Time: 3pm - 5pm

If you need more information or would like to come to this group, please contact Elliott at:

 eliott@mylifemychoice.org.uk

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WHAT'S ON?

DECEMBER 2023

Christmas 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



Christmas Carols

Sunday 10th,
3:30pm - 4:30pm,
Radcliffe Square,
OX1 4AJ



Wantage Group

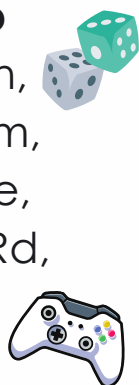
Tuesday 12th,
7pm - 9pm,
Christmas Meal
Lord Nelson
Wantage

Banbury Group

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

Games Club

Tuesday 12th,
6pm - 8:30pm,
MLMC Office,
Watlington Rd,
OX4 6NF



Abingdon Pub Club

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



Everybody's Talking About Jamie

Wednesday 13th,
2pm - 5:15pm,
New Theatre,
OX1 2AG, £13

Chipping Norton Group

Date TBC,
Contact James for
the date: 01865
204214

Oxfordshire Group Online

Tuesday 19th,
2pm - 3:30pm
Zoom



Chips and Chat

Friday 22nd,
5pm-8pm,
Prince of Wales,
Didcot,
OX11 7NN



WHAT'S ON?

DECEMBER 2023

Christmas Markets

Monday 18th,
1pm - 3pm,
Broad Street,
Oxford



Women's Group

Monday 18th,
12 - 2pm,
Christmas Meal,
Swan and
Castle, Oxford



Young People's Group

Tuesday 19th,
6pm - 7:30pm, The
Community Works,
21 Park End Street,
Oxford

Banbury Pub Club

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



Walking Club

Friday 22nd,
2pm - 3pm,
Meet at Carfax,
Oxford,
OX1 1ET



Abingdon Group

Date TBC,
Contact Iarfhlaith
for the date:
01865 204214

Pantomime - Jack in the Bean Stalk

Wednesday 3rd
January, 3:30pm -
6pm, Oxford
Playhouse

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

✉ eleni@mylifemychoice.org.uk

☎ 01865 204214



Christmas Stingray is coming!



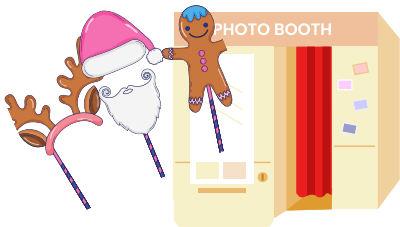
My Life My Choice is hosting a Christmas Stingray on Tuesday 5th December.



Wear your Christmas Jumpers, Santa Hats or Reindeer Antlers!



Entry is free and you will receive one free drink.



There will also be a photobooth to take pictures with your friends.



If you have any questions, please contact Eleni:

✉ eleni@mylifemychoice.org.uk

☎ 01865 204214



Holiday Wordsearch

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

Find these words in the grid above:

SANTA

GIFT

CHRISTMAS

STUFFING

HOLLY

REINDEER

SLEDGE

MISTLETOE

TURKEY

RUDOLPH

ELVES

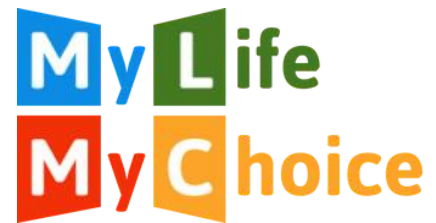
SNOW

CANDY CANE

HOLIDAY


STOCKING

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 Elliott:

 01865 204214

 elliott@mylifemychoice.org.uk



For support with Gig Buddies, please contact Eleni:

 01865 204214

 eleni@mylifemychoice.org.uk