

AGM REMINDER

CHAMPIONS: HAVE
YOUR SAY!

PHONE BUDDIES

COMPUTER BUDDIES

GROUP SPOTLIGHT:
ABINGDON GROUP

TRAVEL BUDDY

WHAT WE'VE BEEN UP
TO

WORDSEARCH

WHAT'S ON



WHAT'S ON? THE INCLUDER

OCTOBER 2024 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



Join us for our AGM!



MLMC's Annual General Meeting (AGM) is happening on Friday 1st November.



It will be at Wesley Memorial Church Oxford, OX1 2DH.



At our AGM, members vote for the new trustees. Trustees help to run the charity.



The AGM will be from 11:15am - 3:30pm.



We will celebrate the work everyone at MLMC has done over the the last year.



We will have fun by having a quiz and silent disco!



Lunch will be provided for free.



We would love to see lots of MLMC members there!



It is your chance to vote on how you would like MLMC to be run - have your say!



If you would like to come to our AGM, you will need to book a place by getting in touch with Sophie by 18th October.



Get in touch:



01865 204214



sophie@mylifemychoice.org.uk



Champions: Have Your Say!



In Champions this month we spoke about our local water company, Thames Water.



Shaunie said “They are a nightmare, they are dumping **sewage** into our rivers, and raising our bills”.



Sewage is all the wastewater, wee, and poo that comes from our toilets and bathrooms. It is against the law for this to go into our rivers.



Champions will write to the Under-Secretary of State for Water about this.



And ask what the government will do about Thames Water.



We want to know what do you think about Thames Water?



Do you think they should be allowed to dump sewage into the river and still raise our bills?



You can send a copy of the Champion's letter to your local MP too.




We will share the letter with the MLMC self-advocacy groups.



Or you can get in touch with James:

 james@mylifemychoice.org.uk

 01865 204214

Make friends with Phone Buddies!



Do you find it hard to make friends?

You could join one of our groups or come to our events.



But if you find it hard to meet new people in person, or you can't go out, we can find you a phone buddy to make friends with.




You can speak to your phone buddy regularly at a time that suits you both. It can give you someone to talk to about things you are interested in.



Get in touch with Paula if you want to know more:

 paula@mylifemychoice.org.uk

 01865 204214

Get a free computer and training!



Do you need a new laptop or tablet or training or help to go online and do things?



MLMC's Computer Buddy project can provide new computers and training to help you.



We will talk to you to find out what you might need. We will buy the new computer and help you to get used to it.




We can arrange to work with you in the office or visit you at home.



Get in touch with Robin for more information :

 robin@mylifemychoice.org.uk

 01865 204214



Group Spotlight: Abingdon Group



Every month we will share with you what one of our self-advocacy groups have been up to. This month's Group Spotlight is on Abingdon Group!



Recently, the group have been doing workshops on safety.



Here are some of the things they have been learning and discussing.



Having your journey planned before you go out and about.





Talking to your neighbours about keeping an eye on each other and each other's houses.



Knowing your rights at work and making sure there is an anti bullying policy.



Telling people you trust if something harmful has happened to you.



If you live in or near Abingdon and are interested in our group, please join the next one on the 30th October!



Get in touch with Iarfhlaith to find out more:

✉ iarfhlaith@mylifemychoice.org.uk

☎ 01865 204214

Would You Like A Travel Buddy?



Travel Buddy is a travel training scheme for adults who have a learning disability.



Travel Buddies support people to build the skills they need to travel by themselves on buses and trains, or on foot.

2

The Travel Buddy Scheme works in two ways:



If you feel worried about travelling to a place or event on your own you can ask a Travel Buddy to take you there and back.



Or, if you have a journey that you need to do a lot, such as going to college, they can practice it with you once a week until you can do it safely on your own. You get a certificate at the end!



Helen is happy she can now get to her day centre on her own after Travel Buddy Dean taught her the bus journey.



Matthew was able to learn how to get from his house to his work placement at Yellow Submarine. We are all very proud of him!



And our Travel Buddies often take members to Gig Buddies events, like festivals and bowling, all over Oxfordshire!




Let us know if you would like a Travel Buddy to help you get out and about more!



If you would like a Travel Buddy, please contact Rachael

 rachael@mylifemychoice.org.uk

 01865 204214

What have we been up to?

Check out what MLMC members have been doing the last few months



Shaun and Anup presented at a conference



Cowley Road Carnival



Health and Happiness project got off to a great start!



We had a great time at Stingray Nightclub!



We had fun at bowling!



Banbury Group celebrated 16 years



Autumn Wordsearch

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

Find these words:

ACORN

SCARF

SUNSHINE

HALLOWEEN

COLD

NOVEMBER

LEAVES

PUMPKIN

AUTUMN

COAT

OCTOBER

ORANGE

WHAT'S ON?

OCTOBER 2024

PLEASE BOOK: CALL 01865 204214

Stingray

Tuesday 1st,
6:30pm - 9:30pm
Spirit Bar,
Oxford,
£5



Oxford Group

Wednesday 2nd,
5pm - 7pm
Wesley Memorial
Church, Oxford

Oxford Pub Club

Wednesday 2nd,
7pm - 9pm
The Swan and
Castle,
Castle Street
Oxford



Chitty Chitty Bang Bang

Thursday 3rd, 7pm
- 10pm, New
Theatre
- Waiting list only!



Games Club

Tuesday 8th,
6pm - 8:30pm,
MLMC Office,
OX4 6NF, £3



Banbury Group

Tuesday 8th,
2pm - 4pm,
Ruscote
Community
Centre, Banbury

Abingdon Pub Club

Wednesday 9th,
5pm - 8pm
The Narrows,
OX14 5AA



Chipping Norton Group

Thursday 10th,
1pm - 3pm,
The Albion Centre,
Chipping Norton

Banbury Pub Club

Thursday 10th,
6pm - 9pm,
The Exchange
Pub,
Banbury



National Brick Event (LEGO)

Saturday 12th,
12pm - 3pm, Kings
Centre, Osney
Mead, OX2 0ES,
£8.01



Oxfordshire Group Online

Tuesday 15th,
2pm - 3:30pm
Zoom - Get in
touch for the link!



Witney Group

Tuesday 15th,
3pm - 5pm,
The Corn
Exchange, OX28
6AB

WHAT'S ON?

OCTOBER 2024

OR EMAIL GEORGE@MYLIFEMYCHOICE.ORG.UK

Bicester Group

Wednesday 16th,
11am - 1pm,
Bicester Methodist
Church Hall,
OX26 6JQ

Didcot Group

Friday 18th, 3pm -
5pm, All Saints'
Youth and
Community Hall,
Roman Place,
OX11 7ER

Chips and Chat

Friday 18th,
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN



Dr Who Day

Saturday 19th,
1pm - 5pm, MLMC
Office, OX4 6NF,
Must book,
free!



Bowling

Tuesday 22nd,
2pm, Hollywood
Bowl, OX4 4XP,
£7



Walk and Talk

Friday 25th,
11am - 12pm,
Meet at Carfax,
Oxford,
OX1 1ET



Women's Group

Monday 28th,
12 - 2pm,
Wesley Memorial
Church,
Oxford



Young People's Group

Tuesday 29th,
6pm - 7:30pm, The
Community Works,
21 Park End Street,
Oxford

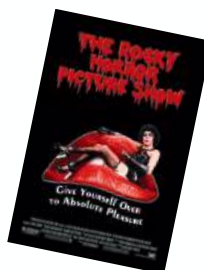
Abingdon Group

Wednesday 30th,
7pm - 9pm,
Cafe, Abingdon
Baptist Church,
OX14 5AG

LGBT Group & Gig Buddies Halloween

Watch Party - open to all!

Thursday 31st,
3pm - 5pm, The Community
Works, 21 Park End
Street, Oxford




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




For support with travel, please contact Eliott:

 01865 204214

 eliott@mylifemychoice.org.uk



For support with Gig Buddies, please contact Paula:

 01865 204214

 paula@mylifemychoice.org.uk