

MLMC TRUSTEE GETS
NEW JOB

NEW STAFF MEMBER

TRAVEL BUDDY NEWS

GROUPS

CHAMPIONS: HAVE
YOUR SAY

DIGITAL TRAINING
WITH STYLE ACRE

FREE NHS HEALTH
CHECKS

NEW ARTS AND
CRAFTS GROUP

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WHATS ON



WHAT'S ON?

THE INCLUDER

FEBRUARY 2025 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

MLMC Trustee gets new job!



Congratulations to Ben McCay for getting a new job as Service Quality Director at the Camden Society.



Ben joined MLMC in 2017 because he wanted to do more things and meet more people.



He joined the Banbury self-advocacy group. "It helped me out a lot, it was nice to meet people like me."



Ben became a **trustee** in 2018.

A **trustee** is elected by the members and helps to run the charity.



He represented MLMC at national conferences and awards.



Ben said “MLMC taught me how to speak up and advocate for myself and others”.



His proudest moments were MLMC winning the Charity Award in 2023 and speaking at the charity’s 25th anniversary party.



“MLMC has given me more work opportunities and a social life. I don’t think I could cope without it.”



Ben has gained lots of experience at MLMC that has prepared him for his new job. “MLMC has been like my apprenticeship. It’s my reward for years of hard work”, he says.

New staff! Meet Clair



Hi, I am Clair and I am the new Project Coordinator at MLMC.



I'm working on the Travel Buddies project, supporting our Champions and Consultants and delivering Self Advocacy Groups



I'm looking forward to joining the team and getting to know everyone involved with MLMC



In my free time, I enjoy going away in my VW Camper spending time by the sea and going to music festivals



For more information, get in touch with Clair:

clair@mylifemychoice.org.uk

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Travel Buddy News



Mark has started 2025 with some new found travel independence and a Travel Buddy certificate!



Mark had training with his Travel Buddy, Dean, to learn the bus journey from Didcot to Abingdon and back.



He practiced which bus to catch, where to wait for it, when to get off and how much bus fare to bring.



Dean and Mark remembered each other from primary school and Mark said the thing he liked best was his old friend Dean "helping me with the confidence to get the bus".



On the last journey Dean scored Mark smiley faces in all areas of his travel assessment and said that "Mark did absolutely brilliant."

Join A Self Advocacy Group



My Life My Choice runs self advocacy groups all around Oxford but what are they?



Self-advocacy means speaking up for yourself so that things in your life go the way you want.



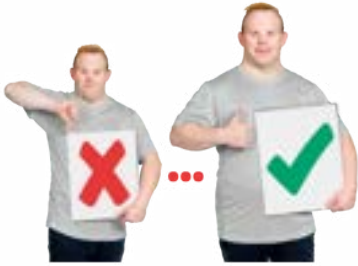
Self-advocacy groups are for people who have the similar beliefs to get together and discuss issues and share ideas.



They are also somewhere to socialise and make friends.



Every month the groups have a topic that a member of staff and a member of MLMC lead a discussion on.



The session can be on anything that matters to the group, usually it is something that they struggle with and want to improve.



We also do fun things like play games and have tea and coffee together.




Check the monthly calander to see when your next local group is on and come along! The groups are the most important part of MLMC



For more information, get in touch with Yazz:

 yazz@mylifemychoice.org.uk

 01865 204214



Champions: Have Your Say!



This month Champions talked about E-scooters and some of the safety issues people with a disability have with them.



An e-scooter is a small two wheeled vehicle with an engine, that people used to move about quicker than by walking or on a push bike or scooter.



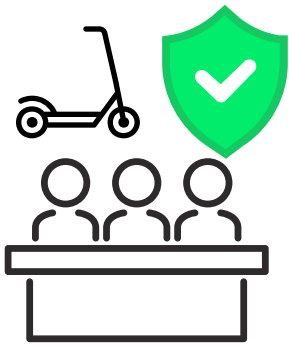
In our meeting with Thames Valley Police Keith said these can be very dangerous if they were driven badly on busy pavements.



Lucy said she had nearly been knocked down by one in the street in Oxford.



Dawnie added that they might be a even bigger problem for people who cannot see very well.



We talked about how we would like the Council and the Government to do more to make sure e-scooters were used safely.



Keith will write a letter, to ask them what was being done, so people are always safe to go on the pavement, without getting knocked into by a scooter.



If you would like to something about e-scooters or being safe when out and about please let us know.




Or you can share it with Champions by joining one of our self-advocacy groups, if you are not sure when the next one is go to [mylifemychoice.org.uk](https://www.mylifemychoice.org.uk)



Or get in touch with Champions via James

 james@mylifemychoice.org.uk

 01865 204214

Digital Training With Style Acre



Our Computer Buddy project is teaming up with Style Acre to have a training day on the 4th of February in Didcot.



We will be discussing things like staying safe when using the internet, how to use email and social media, and how to share photos, videos, forms and website links



These will all be ONLINE meetings so you will need to have a computer, tablet or phone that is connected to the internet. You will also need an email address.



The training will take place from 10am to 3pm on Tuesday the 4th of February in Didcot Civic Hall.



To find out more get in touch with Robin.



robin@mylifemychoice.org.uk



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FREE NHS HEALTH CHECKS



My Life My Choice Member Nigel Taylor is one of the members on the Health and Happiness Project.



Nigel told us about the free Health Check scheme run by the National Health Service (NHS). Nigel knows there are hundreds of people with Learning Disabilities who have never had one.



Anybody aged between 40 and 74 can have a health check for free. You should be invited to have one every year. Ask your Doctor if you think you have not had one.



You can take somebody with you if you are scared or worried. At the check they will measure your height, weight, waist, blood pressure and the levels of sugar and fat in your blood.



You might find out that your health is not that good but the sooner you find out the sooner you can start working to make it better!

New Arts and Crafts group



A new, monthly, MLMC arts and crafts group is starting in February.



Lucy, one of our trustees, will be co-facilitating the group and organising craft activities.



The group will be held at The Old Fire Station Cafe. You can buy food and drinks to enjoy whilst you take part in arts and crafts



Our first meeting is on Thursday February 27th at 2pm.



To book, get in touch with with George:



george@mylifemychoice.org.uk



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VALENTINE'S DAY WORD SEARCH



Circle words in the puzzle below

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

love	arrow	care	valentine
sweet	bow	friend	heart
like	candy	card	cupid

WHAT'S ON?

FEBRUARY 2025

PLEASE BOOK: CALL 01865 204214

Valentines Stingray

Tuesday 4th Feb
6:30pm - 9:30pm

Spirit Bar,

Oxford,

£5



Oxford Group

Wednesday 5th Feb,
5pm - 7pm

Wesley Memorial
Church, Oxford

Oxford Pub Club

Wednesday 5th Feb,
7pm - 9pm

The Swan and
Castle, Castle Street
Oxford



Bowling

Thursday 6th Feb,
2pm - 3:30pm
Hollywood Bowl,
Ozone Leisure Park
OX4 4XP
£3.69



Banbury Group

Tuesday 11th Feb
2pm - 4pm,
Ruscote
Community
Centre, Banbury

Games Club

Tuesday 11th Feb
6pm - 8:30pm,
MLMC Office,
OX4 6NF,
£3



Abingdon Pub Club

Wednesday
12th Feb,
5pm - 8pm
The Narrows,
OX14 5AA



Chipping Norton Group

Thursday 13th Feb,
1pm - 3pm,
The Albion Centre,
Chipping Norton

Ice Hockey

Sunday 16th Feb,
5.30pm - 8:30pm
Oxford Ice Rink
Oxford
OX1 1RX
Free



Oxfordshire Group Online

Tuesday 18th Feb
2pm - 3:30pm
Zoom - Get in
touch for the link!



Witney Group

Tuesday 18th Feb,
3pm - 5pm,
The Corn
Exchange,
OX28 6AB

Boccia

Tuesday 18th Feb,
2pm - 2:45pm
OXSRAD, Marsh
Lane, Oxford,
OX3 0NQ
£6



WHAT'S ON?

FEBRUARY 2025

GEORGE@MYLIFEMYCHOICE.ORG.UK

Bicester Group

Wednesday
19th Feb,
11am - 1pm,
Bicester Methodist
Church, OX26 6JQ

Banbury Pub Club

Thursday 20th Feb,
6pm - 9pm,
The Exchange Pub,
Banbury



Didcot Group

Friday 21st Feb,
3pm - 5pm, All
Saints' Youth and
Community Hall,
Roman Place,
OX11 7ER

Chips and Chat

Friday 21st Feb
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN



Women's Group

Monday 24th Feb,
12 - 2pm,
Wesley Memorial
Church,
Oxford



Young Adults Only Flight Club Darts

Monday 24th Feb,
6pm - 8pm
Westgate Centre,
Oxford, OX1 1TR
Free



Young Adult's Group

Tuesday 25th Feb
6pm - 7:30pm, The
Community Works,
21 Park End Street,
Oxford

Abingdon Group

Wednesday
26th Feb,
7pm - 9pm,
Cafe, Abingdon
Baptist Church,
OX14 5AG

Arts and Crafts

Thursday 27th Feb,
2pm - 4pm
The Old Fire Station
Caffe, Oxford, OX1
2AQ
£3



LGBT+ Group



Thursday 27th Feb,
3pm - 5pm, The
Community
Works, 21 Park
End Street, Oxford

Walk and Talk

Friday 28th Feb,
11am - 12pm,
Meet at Carfax,
Oxford,
OX1 1ET




Contact Us



10am – 4pm

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


 01865 204214



You can find us on:
Facebook: @1MLMC
X: @mylifemychoice1



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