

**BECOME A TRUSTEE AND  
MLMC AGM**

**GIG BUDDIES @ TRUCK**

**DAWN & KUMUDU  
CO-PRESENT**

**CHAMPIONS: HAVE YOUR  
SAY**

**RESEARCH TRIP TO  
SCOTLAND**

**TRAVEL BUDDY NEWS**

**COMPUTER BUDDIES:  
ONLINE SAFETY**

**WORDSEARCH**

**WHAT'S ON**



# WHAT'S ON?

## THE INCLUDER

**SEPTEMBER/OCTOBER 2025 NEWSLETTER**

[www.mylifemychoice.org.uk](http://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](mailto:yazz@mylifemychoice.org.uk)

# Become a Trustee



MLMC is a 100% user lead charity.  
This means that it is run by its members.  
Each year members vote for 15 trustees at the annual general meeting (AGM) in November.



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.



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



Yazz will run a workshop for people who are interested in being trustees on 28th of October 11am - 2pm.

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.

**To book a space on the workshop or for more information about becoming a trustee contact Yazz:**



Yazz@mylifemychoice.org.uk



01865 204214





# You are invited to our AGM!



As members of MLMC, you get to vote on who you want to be a trustee and run the charity for the next year... join us at our AGM to have your voice heard!



Tuesday



Wesley Memorial  
Church, Oxford



Free Lunch



Music



Trustee Speeches  
and Voting



MLMC Updates



**To book a space at the AGM contact Yazz:**



Yazz@mylifemychoice.org.uk



01865 204214





# Truck Festival 2025



This is the 3<sup>rd</sup> year that My Life My Choice have been to Truck Festival supporting the Access Team.



We helped on the viewing platforms and access areas by the stages. We made sure that people with access needs could see the bands safely.



Pam, Ady, Mick, Shaun and Oliver camped there with Paula, George, Yazz and one of our Gig Buddy volunteers called James.



Volunteers Katie C, Katie L, and Claire came for the day. We all worked until 6pm and then we got to watch the bands!



The weather was good all weekend. There was a roller disco, fair rides, a dance music tent and a comedy tent too.



This was Shaun's 3<sup>rd</sup> year at Truck. "My favourite band was Bloc Party and I enjoyed the drum and bass tent on the Sunday night."



Pam said "I loved the whole of Truck! The highlight was watching The Lambrini Girls. Their music was brilliant. I liked meeting different people and mixing with the staff."



It was Oliver's first time at Truck Festival and it was the biggest festival he had ever been to!

He said "I enjoyed the bands and helping out. I liked hanging out with new friends I made."

# Dawn and Kumudu Co-Present the Learning Disability 10 Year Plan



MLMC members have been working with Oxfordshire County Council to co-produce their Learning Disability 10 Year Plan.



MLMC members Dawn and Kumudu were asked to co-present the plan to the Health and Wellbeing Board at County Hall with Sharon Paterson from the Council.



They met with staff from the council to decide who was going to present which section and had a practice run the week before.



On the day of the board meeting, they were shown the room where they would be presenting. There were microphones set up ready for everyone.



Dawn and Kumudu did a fantastic job of co-presenting the plan with Sharon and answering questions from the board. The Health and Wellbeing Board approved the plan.



Everyone was impressed by Dawn and Kumudu's presenting. They were clear and professional.



Dawn said "I felt proud to co-present the plan, it was good. It's important to be included in decisions which affect us, we shouldn't be left out".



Kumudu said "It's important that people with lived experience are co-producing the plan because we understand how challenging it is to live with learning disabilities. I felt empowered and proud to present the plan"

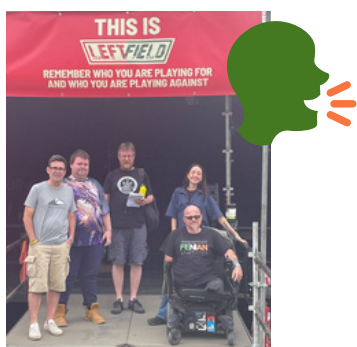




# Champions August 2025: Have Your Say!



At the end of January our Champion Ady, had a 'life-changing' opportunity.



He went to the Glastonbury Music Festival in Somerset to talk on a politics panel on the Leftfield Stage.



Ady went to speak about the government's changes to benefits and the big worries this had caused disabled people.



Ady told the crowd of hundreds "people are struggling, and it feels like the government are trying to trick them into losing their money".



He got to speak on stage at the same time as other important voices, like Manchester mayor Andy Burnham.





The pressure from Ady and other disabled groups and people meant the government dropped some changes to benefits.



Champions will continue to fight though, so people have the support they need to live good lives.



If you have something you'd like to say about benefits, you can share it at our self-advocacy groups.



If you are not sure when the next one is go to [mylifemychoice.org.uk](http://mylifemychoice.org.uk)



**Or get in touch with Champions via James**

✉ [james@mylifemychoice.org.uk](mailto:james@mylifemychoice.org.uk)

☎ 01865 204214



# Research Trip to Scotland



In June our history research group went to Scotland.

The group are researching women with learning disabilities during World War One.



They went to Scotland to visit a munitions factory where women worked.



Munitions factories are places they made weapons and other things needed to fight during a war.



**Get in touch with Paula if you want to get involved in research:**

✉ [paula@mylifemychoice.org.uk](mailto:paula@mylifemychoice.org.uk)

☎ 01865 204214

# Travel Buddy Success



The travel buddy team are having a very busy summer. We would like to congratulate Mick and Will M and, Dean, Jordan and William S on completing their training recently.



Travel Buddy Mick taught Will M the journey from Oxford to Witney.



Travel Buddies Dean and Jordan taught William S the journey from Grove to Abingdon and Abingdon College.



Both are confident travellers and it didn't take them long to learn the new routes- well done!!!



**Get in touch with Rachael or Clair:**



[rachael@mylifemychoice.org.uk](mailto:rachael@mylifemychoice.org.uk)

[clair@mylifemychoice.org.uk](mailto:clair@mylifemychoice.org.uk)



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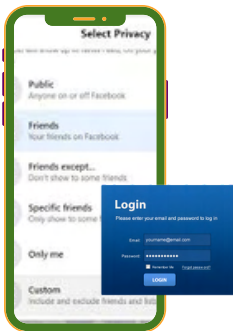
# Staying Safe on Social Media



Some MLMC members have been asking about safety when using social media.



Social media like TikTok, Facebook, Instagram and SnapChat let you talk to people online and see things they share.



Your social media account includes personal information about you that you should keep safe.



Hide your location on social media and don't share your phone number, address or postcode online.



You should only add people you know.



A stranger online can be a risk, not everybody is who they say they are on social media.





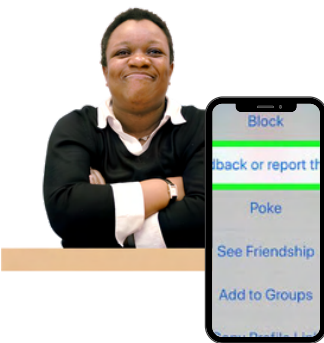
Be careful what you post online, it might be seen by lots of people not just your friends.



Think about how what you post may make people feel.



If you feel unsafe, are being asked to do something you don't want to, or are experiencing abuse come offline.



Remember you are in control of who you talk to online, block any abusive people and report it.



Talk to someone you trust like a support worker, friend or family member who can help you deal with what is happening.



If you are experiencing abuse online contact the police and keep any evidence to show them.

# Autumn Word Search

Can you find the words hidden in the puzzle?



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

LEAVES

TREES

BASKET

SCARECROW

ACORN

APPLES

BOOTS

MUSHROOMS

PUMPKIN

WIND

HARVEST

CRANBERRIES

# WHAT'S ON?


**SEPTEMBER 2025**

**PLEASE BOOK: CALL 01865 204214**

## **Womens Group**

Monday 1<sup>st</sup> Sept  
12pm - 2pm  
Wesley Memorial  
Church, Oxford

## **Wheelyboat trip**

Tuesday 2nd Sept  
10am - 12pm or  
2pm-4pm  
Riverside Park &  
Pools, Wallingford,  
OX10 8EB,   
**£5**

## **Stingray**

Tuesday 2nd Sept  
6:30pm - 9:30pm  
Spirit Bar,  
Oxford,  
**£5**



## **Oxford Group**

Weds 3rd Sept  
5pm - 7pm  
Wesley Memorial  
Church, Oxford

## **Oxford Pub Club**

Weds 3rd Sept  
7pm - 9pm  
The Swan and Castle  
Castle Street  
Oxford



## **St Giles Fair**



Monday 8th Sept  
2.30pm - 4.30pm  
Oxford  
**Bring money  
for rides**



## **Banbury Group**

Tuesday 9th Sept  
2pm - 4pm,  
Ruscote  
Community Centre,  
Banbury

## **Games Club**

Tuesday 9th Sept  
6pm - 8:30pm,  
MLMC Office,   
OX4 6NF,  
**£3**   
Booking essential

## **Abingdon Pub Club**


Weds 10<sup>th</sup> Sept  
5pm - 8pm  
The Narrows,  
Abingdon  
OX14 5AA



## **Chipping Norton Group**

Thursday 11th Sept  
1pm - 3pm,  
The Albion Centre,  
Chipping Norton

## **Bowling**

Thursday 11th Sept  
2:00pm - 4pm  
Hollywood Bowl  
Ozone Leisure Park  
OX4 4XP  
**£3.69** 

## **Aqua Aerobics**

Friday 12th Sept  
12:00PM - 1:30PM  
Leys Leisure Centre,  
Pegasus Rd, Oxford  
OX4 6JL  
**Free**



# WHAT'S ON?

**SEPTEMBER 2025**

**GEORGE@MYLIFEMYCHOICE.ORG.UK**

## **Oxfordshire Group Online**

Tuesday 16th Sept  
2pm - 3:30pm  
Zoom - Get in  
touch for the link!



## **Witney Group**

Tuesday 16th Sept  
**NEW TIME & VENUE**  
4pm - 6pm,  
High Street  
Methodist Church  
OX28 6HG

## **Witney Pub Club**

Tuesday 16th Sept  
6pm - 8pm,  
Company of  
Weavers,  
Market Square  
OX28 6AD



## **Wantage Group**

Tuesday 16th Sept  
6pm - 8pm  
Methodist Church  
Church Street  
Wantage  
OX12 8DA

## **Bicester Group**

Weds 17th Sept,  
11am - 1pm,  
Bicester Methodist  
Church,  
OX26 6JQ

## **Drama Workshop**

Weds 17th Sept  
1pm - 3pm  
West Oxford  
Community Centre  
Oxford,  
OX2 1BT  
**£5**



## **Banbury Pub Club**

Thursday 18th Sept,  
6pm - 9pm,  
The Exchange Pub,  
Banbury  
OX16 5LA



## **Blenheim Horse Trails**

Friday 19th Sept  
10am - 4pm  
Blenheim Palace,  
Woodstock,  
OX20 1PS  
**£15**



## **Didcot Group**

Friday 19th Sept  
3pm - 5pm,  
All Saints' Youth  
and Community  
Hall, Roman Place,  
OX11 7ER

## **Chips and Chat**

Friday 19th Sept  
5:30pm - 8:30pm,  
Prince of Wales,  
Didcot,  
OX11 7NN



## **Arts & Crafts Group**

Weds 24th Sept,  
2pm - 4pm,  
West Oxford  
Community Centre  
Oxford, OX2 1BT  
**£5**



## **LGBT+ Group**

Thursday  
25th Sept,  
3pm - 5pm,  
Wesley Memorial  
Church, Oxford  
OX1 2DH





### Walk and Talk

Friday 26th Sept  
11am - 12pm,  
Meet at Carfax,  
Oxford,  
OX1 1ET



### Womens Group

Monday 29th Sept  
12pm - 2pm  
Wesley Memorial  
Church, Oxford

### Young Adults Group

Tues 30th Sept  
5.30pm - 7.30pm,  
Wesley Memorial  
Church, Oxford  
OX1 2DH

# WHAT'S ON?

## OCTOBER 2025

PLEASE BOOK: CALL 01865 204214

### Oxford Group

Weds 1st October  
5pm - 7pm  
Wesley Memorial  
Church, Oxford

### Oxford Pub Club

Weds 1st October  
7pm - 9pm  
The Swan and Castle  
Castle Street  
Oxford



### Stingray

Tuesday 7th Oct  
6:30pm - 9:30pm  
Spirit Bar,  
Oxford,  
**£5**



### Abingdon Pub Club

Weds 8<sup>th</sup> Oct  
5pm - 8pm  
The Narrows,  
Abingdon  
OX14 5AA



### Chipping Norton Group

Thursday 9th Oct  
1pm - 3pm,  
The Albion Centre,  
Chipping Norton

### Flight Club Darts

Thursday 9th Oct  
6pm-7.30pm  
Westgate Rooftop  
Terrace,  
Oxford, OX1 1TR  
**Free**



### Banbury Group

Tuesday 14th Oct  
2pm - 4pm,  
Ruscote  
Community Centre,  
Banbury

### Games Club

Tuesday 14th Oct  
6pm - 8:30pm,  
MLMC Office,  
OX4 6NF,  
**£3**  
Booking essential



### Bicester Group

Weds 15th October,  
11am - 1pm,  
Bicester Methodist  
Church,  
OX26 6JQ

# WHAT'S ON?

OCTOBER 2025

GEORGE@MYLIFEMYCHOICE.ORG.UK

## Madame Tussauds London Trip

Thurs 16th Oct  
9am - 5pm



**£30 - includes train  
ticket and entry.**

Contact George for  
more info

## Banbury Pub Club

Thursday 16th Oct,  
6pm - 9pm,  
The Exchange Pub,  
Banbury  
OX16 5LA



## Didcot Group

Friday 17th Oct  
3pm - 5pm,  
All Saints' Youth  
and Community  
Hall, Roman Place,  
OX11 7ER

## Chips and Chat

Friday 17th Oct  
5:30pm - 8:30pm,  
Prince of Wales,  
Didcot,  
OX11 7NN



## Oxfordshire Group Online

Tuesday 21st Oct  
2pm - 3:30pm  
Zoom - Get in  
touch for the link!



## Witney Group

Tuesday 21st Oct  
**NEW TIME & VENUE**  
4pm - 6pm,  
High Street  
Methodist Church  
OX28 6HG

## Witney Pub Club

Tuesday 21st Oct  
6pm - 8pm,  
Company of  
Weavers,  
Market Square  
OX28 6AD



## Wantage Group

Tuesday 21st Oct  
6pm - 8pm  
Methodist Church  
Church Street  
Wantage  
OX12 8DA

## Sledgehammer - 80's tribute band

Fri 24th October,  
6.45pm - 10pm,  
The Bullingdon,  
OX4 1UE  
**£7**



## Womens Group

Monday 27th  
October  
12pm - 2pm  
Wesley Memorial  
Church, Oxford

## Seated Yoga

Tuesday 28th Oct  
11:15am - 12:30pm  
Leys Leisure Centre,  
Pegasus Rd, Oxford  
OX4 6JL  
**Free**



## Young Adults Group

Tues 28th Oct  
5.30pm - 7.30pm,  
Wesley Memorial  
Church, Oxford  
OX1 2DH

# WHAT'S ON?

OCTOBER 2025

PLEASE BOOK: CALL 01865 204214

## Arts & Crafts Group

Weds 29th October,  
2pm - 4pm,  
West Oxford  
Community Centre  
Oxford, OX2 1BT



£5

## LGBT+ Group

Thursday  
30th October,  
3pm - 5pm,  
Wesley Memorial  
Church, Oxford  
OX1 2DH



## Halloween Trail at Blenheim Palace

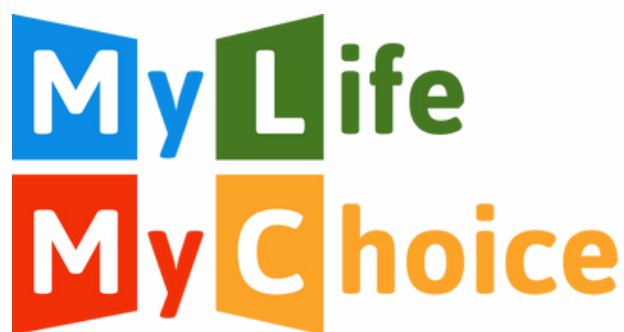
Thurs 30th Oct,  
6pm - 8pm,  
Woodstock,  
OX20 1PS

£11



## Walk and Talk

Friday 31st Oct  
11am - 12pm,  
Meet at Carfax,  
Oxford,  
OX1 1ET



## COMING SOON

## MAMMA MIA!

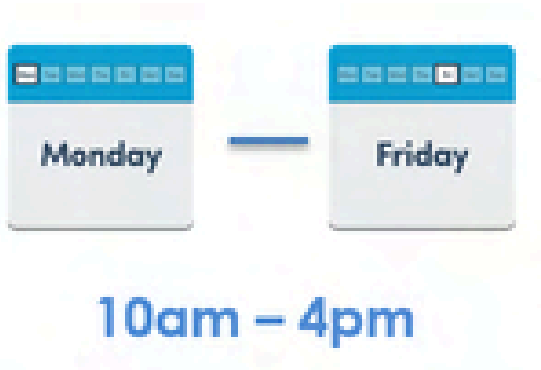


Join MLMC to watch this  
fun Abba musical at The  
New Theatre, Oxford


Weds November 26th  
7PM - 10:30PM

£10

# Contact Us



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](mailto:rachael@mylifemychoice.org.uk)



For support with Gig Buddies, please contact George:

 01865 204214

 [george@mylifemychoice.org.uk](mailto:george@mylifemychoice.org.uk)