



MLMC AGM

TRAVEL BUDDY PROJECT
AWARD WINNER

TRAVEL BUDDY NEWS

CHAMPIONS: HAVE YOUR
SAY

ARTS & CRAFTS CLUB

GIG BUDDIES: ROUND UP

LADIES LUNCH CLUB

WORDSEARCH

WHAT'S ON



WHAT'S ON?

THE INCLUDER

NOVEMBER/DECEMBER 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



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



Oxford Climate Awards



We are very happy that in September MLMC won the Oxford Climate Award 2025 for it's brilliant Travel Buddy Scheme!



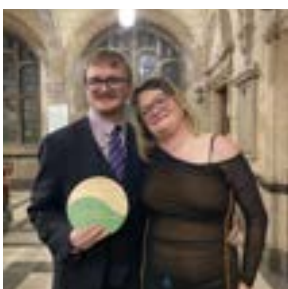
The Travel Buddy Scheme helps the environment as Travel Buddies teach people how to travel on public transport or get to places by walking or wheeling.



Choosing not to travel by car if we can, means less pollution from harmful gases goes into the air which heat up our planet.



Travel Buddies Jordan and Hayley went to a ceremony at the Oxford Town Hall to meet the other finalists and to find out who had won.



Jordan said he is 'very proud' that MLMC won and when asked what's next, Hayley said 'training even more people to travel by bus so they don't need to get taxis'.



Travel Buddy News



Kyle is 22, he lives in Oxford and enjoys football, going to the cinema, bowling and playing Minecraft.



Kyle needed to learn how to get to his new training placements that were starting in September.



He practiced the journeys with Travel Buddy Mick and it didn't take him long at all to get the hang of it. Mick said he did 'brilliantly'.



After 4 training sessions Kyle felt confident to do the journeys alone, he said he had enjoyed getting to know the Botley area and learning a new bus route.





Nicola has completed her first travel training job as a Travel Buddy.



She has been meeting Amy for weekly travel training sessions so that Amy can practise using good road safety skills when she is out on a journey.



Nicola taught Amy how important it is to put phones away and to stay focused and aware especially when crossing roads.



After 10 sessions, Amy and Nicola received their certificates for completing travel training.

Well done both!



Get in touch with Rachael or Clair:



rachael@mylifemychoice.org.uk

clair@mylifemychoice.org.uk



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Champions November 2025: Have Your Say!



In September Anup went to the Positive Voices Conference in Birmingham



Positive Voices is a national conference which self advocacy groups like My Life My Choice from across the country attend.



In the morning people could ask health experts about the big health issues learning disabled people face.



Anup asked how we will speak up about health when Healthwatch and NHS England close in 2026.



The panel were not sure, but said we should work together to help people speak up about their health.



Later on Anup also asked senior NHS managers whether their new targets will be in Easy Read.



In the afternoon every group who was there talked about something we had worked on this year.



Anup told them about our Save Our Support campaign.



She also talked about the video she'd made about why her support matters to her.



At the end a group ran over to Anup to tell her they wanted to join the campaign.



Anup said on the way home "It was great, I need to go again next year".



Do you want to go to conferences like Anup,
and ask questions to people in charge?



If so why not get involved with Champions, our
campaign group at My Life My Choice.



All you need is to be a member, and be able
to do one piece of campaign work a month.



Or maybe you just want to speak up about
health, or something else?



If you do, you could bring up an issue at your
local My Life My Choice self advocacy group.



Or get in touch with Champions via James

✉ james@mylifemychoice.org.uk

☎ 01865 204214

Arts and Crafts Group



The MLMC arts and crafts group runs once a month on a Wednesday. It costs £5 to take part.



The group is held at West Oxford Community Centre on Botley Road.



We do lots of different arts and crafts including sticking collages, colouring and making things.

We like to chat whilst we are crafting.



There is a cafe at the centre where you can buy food and drinks to enjoy whilst you take part in arts and crafts.



To book, get in touch with with George:



george@mylifemychoice.org.uk



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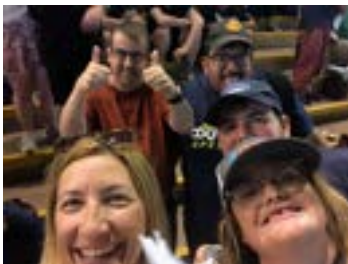
Gig Buddies Highlights



In July, the sun was shining so we went to Hinksey Park swimming and to Bury Knowle Park to play tennis, crazy golf and shuffleboard



We also played pool and darts at J's Bar.



Gig Buddies visited Oxford Speedway to watch motorbike racing.



Some people were really close to track and got sprayed with dirt!



We enjoyed moving our bodies to music with Anjali Dance.



We went on a trip down the Thames river on the Wheelyboat.



David took control of the wheel and steered the boat.



We visited St Giles Fair. Members went on rides and some won cuddly toys.



If you would like to come on a Gig Buddies trip, get in touch with with George:



george@mylifemychoice.org.uk



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Ladies Lunch Club and Self-Advocacy Group



Hi, my name is Dawn and I co-facilitate the Ladies Lunch Club. I have been planning and running the group for the last 5 years.



The group is important, it is a place where we can talk about women's issues like health, work and women's history.



Women don't always get fair treatment, that is why it is very important to have a women's self-advocacy group, so women can learn to speak up for themselves.



We are a friendly group that meets once a month. The best thing about the group is hearing about different topics. If you are thinking of coming to the group, bring some lunch and join us, we are a friendly, happy bunch!



If you would like to join the group, get in touch with Yazz:



yazz@mylifemychoice.org.uk



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Ladies Lunch Club



Speak up for yourself and make friends!



The Ladies Lunch Club is a self-advocacy group for women 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: Wesley Memorial Church, New Inn Hall St, Oxford, OX1 2DH



Date: Last Monday of the month



Time: 12pm - 2pm



Info: Bring a packed lunch



CHRISTMAS WORD SEARCH



Find and circle the words.

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

- sleigh
- turkey
- holiday
- christmas
- star
- gifts
- merry
- santa
- sack
- angel
- candy
- ribbon



WHAT'S ON?

NOVEMBER 2025

PLEASE BOOK: CALL 01865 204214

Ice Hockey

Watch a Rising Stars Game!

Sunday 2nd Nov
5.45pm - 9.45pm
Oxford Ice Rink,
OX1 1RX

£7



Banbury Group

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

Halloween Stingray

Tuesday 4th Nov
6:30pm - 9:30pm
Spirit Bar,
Oxford,

£5



Oxford Group

Weds 5th Nov
5pm - 7pm
Wesley Memorial
Church, Oxford

Oxford Pub Club

Weds 5th Nov
7pm - 9pm
The Swan and Castle
Castle Street
Oxford



Shrek Tribute Band

Saturday 8th Nov
6.15pm - 10pm
O2 Academy,
Cowley Road,
OX4 1UE

£9



MLMC AGM

Tuesday 11th Nov
11.15am - 3.30pm
Wesley Memorial
Church, Oxford

**Contact the MLMC
office to book**

Abingdon Pub Club

Weds 12th Nov
5pm - 8pm
The Narrows,
Abingdon
OX14 5AA



Games Club

Weds 12th Nov
6pm - 8:30pm,
MLMC Office,
OX4 6NF,

£3

Booking essential



Chipping Norton Group

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

Oxfordshire Group Online

Tuesday 18th Nov
2pm - 3:30pm

Zoom - Get in
touch for the link!



Witney Group

Tuesday 18th Nov
4pm - 6pm,
High Street
Methodist Church
OX28 6HG

WHAT'S ON?

NOVEMBER 2025

GEORGE@MYLIFEMYCHOICE.ORG.UK

Witney Pub Club

Tuesday 18th Nov
6pm - 8pm,
Company of
Weavers,
Market Square
OX28 6AD



Wantage Group

Tuesday 18th Nov
6pm - 8pm
Methodist Church
Church Street
Wantage
OX12 8DA

Stretching Exercise Class

Weds 19th Nov
11am - 12pm
Leys Leisure Centre,
Pegasus Rd, OX4 6JL
Free



Bicester Group

Weds 19th Nov,
11am - 2pm,
Bicester Methodist
Church,
OX26 6JQ

St Aldates Police Station Visit

Fri 21st Nov
11am - 1pm
St Aldates, Oxford,
OX1 1SZ
Free



Didcot Group

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

Chips and Chat

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



Ladies Lunch Club

Monday 24th Nov
12pm - 2pm
Wesley Memorial
Church, Oxford
Bring your own lunch



Young Adults Group

Tues 25th Nov
5.30pm - 7.30pm,
Wesley Memorial
Church, Oxford
OX1 2DH

Arts & Crafts Group

Weds 26th Nov,
2pm - 4pm,
West Oxford
Community Centre
Oxford, OX2 1BT
£5



Mamma Mia

Weds 26th Nov
7pm - 10.30pm
The New Theatre,
Oxford,
OX1 2AG
£10

Fully Booked
Wait List
Only

Walk and Talk

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



WHAT'S ON?

DECEMBER 2025

PLEASE BOOK: CALL 01865 204214

Dick Whittington Pantomime

Friday 28th Nov
6pm - 8pm
Oxford Playhouse,
OX1 2LW
Free



Xmas Stingray



Tuesday 2nd
December
6.30pm - 9.30pm
Spirit Bar, Oxford
Free Entry



**Free Photo
Booth**

Dancing

**Free drink
on entry**

WHAT'S ON?

DECEMBER 2025

GEORGE@MYLIFEMYCHOICE.ORG.UK

Oxford Group

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

Oxford Pub Club

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



Wicked - For Good Cinema Trip

Thursday 4th Dec
5.30pm - 8.30pm tbc
Vue Cinema, Ozone
Leisure Park,
OX4 4 XP

£7



Millets Farm Xmas Light Trail

Mon 8th Dec
6pm - 8pm
Frilford,
OX13 5HB
£8.50



What makes a Treasure tour and Xmas crafts.

Tues 9th Dec
10.15am - 12.30pm
Weston Library,
Oxford, OX1 3BG
Free



Games Club

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



Banbury Group Xmas Party

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



Badminton

Weds 10th Dec
1pm - 2pm
The Leys Leisure
Centre
OX13 5HB
Free



Abingdon Pub Club

Weds 10th Dec
5pm - 8pm
The Narrows,
Abingdon
OX14 5AA



Chipping Norton Group

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

Didcot Group

Friday 12th Dec
3pm - 5pm,
All Saints' Youth
and Community
Hall, Roman Place,
OX11 7ER

Chips and Chat Xmas Meal

Friday 12th Dec
5:30pm - 8:30pm,
Prince of Wales,
Didcot, OX11 7NN
£5 deposit required



WHAT'S ON?

DECEMBER 2025

GEORGE@MYLIFEMYCHOICE.ORG.UK

Ladies Lunch Club Xmas Lunch

Monday 15th Dec
12pm - 2pm



The Swan and
Castle, Oxford

Oxfordshire Group Online

Tuesday 16th Dec
2pm - 3:30pm



Zoom - Get in
touch for the link!

Witney Group

Tuesday 16th Dec
4pm - 6pm,
High Street
Methodist Church
OX28 6HG

Witney Pub Club

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



Young Adults Group & Xmas Meal

Tues 16th Dec
5.30pm - 8.30pm,
Wesley Memorial
Church, Oxford
OX1 2DH



Wantage Group

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

Bicester Group & Xmas Lunch

Weds 17th Dec,
11am - 2pm,
Bicester Methodist
Church,
OX26 6JQ



Miss Saigon Musical

Weds 17th Dec
7pm - 9.40pm
The New Theatre,
Oxford
OX1 2AG
£14



Oxford Xmas Market

Thursday 18th Dec
12pm - 2pm
Broad Street, Oxford
OX4 6JL

Free



Merry Christmas Everyone!

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 George:

 01865 204214

 george@mylifemychoice.org.uk