

2026

NEW TRUSTEES

**NEW STAFF: WELCOME
MEGAN**

**MEMBER HIGHLIGHT:
ANUP AWARD**

**CHAMPIONS: HAVE
YOUR SAY**

**CHRISTMAS STINGRAY
PHOTOS**

**GIG BUDDIES
HIGHLIGHTS**

**COMPUTER BUDDIES
UPDATE**

**GROUP SPOTLIGHT:
OXFORDSHIRE**

TRAVEL BUDDY UPDATE

**WORDSEARCH AND
SPOT THE DIFFERENCE**

WHAT'S ON



WHAT'S ON?

THE INCLUDER

JAN/FEB 2026 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



New Trustees



At our AGM in November, members voted for who they would like to be the trustees for 2025 - 2026.



Trustees make the important decisions about the charity.



For example, they decide how MLMC spends it's money.



They also plan which projects MLMC will do in the future.



MLMC is proud to be 100% user led, which means all of our trustees having a learning disability.



Introducing...



Abul
Kasem



Ady
Chappell



Andy
Law



Ben
McCay



Charlene
Mileham



David
Murgia



Hayley
Evans



Katherine
Longthorp



Liam
Payne



Lucy
Bowerman



Michael
Edwards



Mick
Bebbington



Nathan
Stanton



Tom
Eyre



Will
Lambert



New Staff: Welcome Megan!



Hey, I'm Megan, and I'm the new Communications and Volunteer Coordinator at MLMC.



I'll be working on our social media, getting volunteers for Gig Buddy pairs and helping out at Gig Buddy events.



I can't wait to meet everyone at MLMC and hopefully match up lots of Gig Buddy pairs!



Fun facts about me: I'm a vegetarian, I'm from Yorkshire, and I love Yorkshire Tea! I like reading, charity shopping, going to gigs and festivals.



Get in touch with Megan:



megan@mylifemychoice.org.uk



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Member Highlight: Anup Wins a Volunteer Award!



Anup, one of our paid consultants at MLMC, is also the chair of the Patient Panel Learning Disabilities Subgroup for the South Central Ambulance Service.

She has been volunteering with them for nearly 2 years! Helping with things like Easy Read and the 2 day conference.



In October 2025, Anup was awarded the SCAS Community Volunteer of the Year for her good teamwork. She was given an award and a certificate.



Anup says, "I was really happy when I got the award. I hope I get it again next year."



Anup will get to stay in a hotel for 2 nights as part of her prize.





Champions January 2026: Have Your Say!



Earlier this year, St Andrew's long stay hospital in Northampton was in the news again.



This time for getting another bad rating from the Care Quality Commission.



This was because people were not kept safe and the staff did not give good care.



Some of our members were kept at St Andrews Hospital in the past when their mental health was bad.



Pam said, "It was like a prison then, and it's no better now; they should close it down!"



In February next year, My Life My Choice will head to Northampton to protest about care at the hospital.



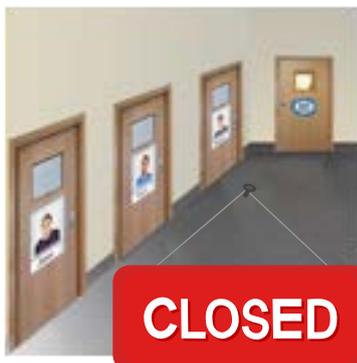
They will meet outside St Andrews Hospital from 8.30am on Friday 13th February.



They will have a letter for the CEO of St Andrews Healthcare telling them to close down their Northampton site.



Then they will walk to the centre of Northampton with banners and make some speeches in the town centre.



They will share stories of what it is like to be locked away and why long stay hospitals, like St Andrew's, should close.



Would you like to join the Champions on this protest or one in the future?



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 your rights, or something else?



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



To find out more about getting involved, get in touch with James:



james@mylifemychoice.org.uk



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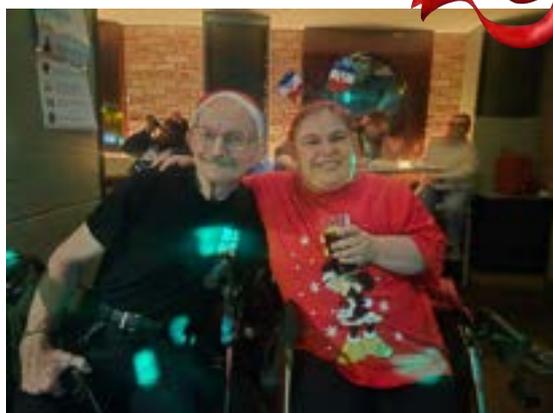
Christmas Stingray



Thank you to everyone who came along to our Christmas Stingray in December, we had so much fun!



Here are some of our favourite photos!





Gig Buddies Highlights



In October, a group went on the train to London to visit Madame Tussauds.



We saw the waxwork models of lots of different famous people



We visited Blenheim Palace to walk around the spooky Halloween trail.



In November, we visited our friends Oxford Rising Stars Ice Hockey team. Some of our members got to go on the ice with the team.



We enjoyed a visit to the Oxford O2 to see The Ogresones, who play music from the Shrek films.



A MLMC group visited St Aldates Police Station to meet the City Centre Neighbourhood Police Team.



They tried on lots of the police kit and got to see how they catch criminals in the city centre using CCTV.



We had an amazing night watching Mamma Mia at the New Theatre. We enjoyed singing and dancing at the end.



To come on a trip, get in touch with George:



george@mylifemychoice.org.uk



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Computer Buddies Update



Building Computer Confidence



3 Weeks Computer Confidence Class



Where: My Life My Choice, OX4 6NF



Date: Starts 28th of January 2026
Wednesday 4th February
Wednesday 11th February



Time: From 1pm to 3pm



To find out more or book a place, get in touch with Yazz:

 yazz@mylifemychoice.org.uk

 01865 204214

Book
1:1
sessions



Computer Buddies Continued



Building Computer Confidence



3 Weeks Computer Confidence Class



Where: My Life My Choice, OX4 6NF



Date: Starts 18th of February 2026
Wednesday 25th February
Wednesday 4th March



Time: From 1pm to 3pm



To find out more or book a place, get in touch with Yazz:

 yazz@mylifemychoice.org.uk

 01865 204214

Book
1:1
sessions



Group Spotlight: Oxfordshire Group on the Road!



Oxfordshire Group is changing for 2026!



Every other month, we will be going out to visit a different town in Oxfordshire



For example, in January we will visit Bicester; in March, Witney; and in May, Wantage.



The meeting will stay online in the other months like February, April and June.



To find out more about the change, get in touch with James:

 james@mylifemychoice.org.uk

 01865 204214



Jordan and Ella



Charlene and Laurel



Gina and Marium

Congratulations

To all our recent Travel Buddy Pairs who have completed their training journeys!



Kumudu and his trainee



Dawn and Sophie



Michael and Harry



Dean and Rhys

Travelling to an Event



Follow our top tips to get you to your event on time.



Once you know the date and time of your event or appointment, you can start to plan.



You can do this by working backwards from the time you need to arrive.



If you are walking, think about how long it will take to get there, to work out what time you need to leave home.



If you are catching a bus or train, look at the timetable to see which one arrives before your event starts.



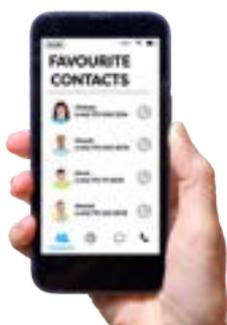
Plan the route, work out where you need to get on and off the bus or train. You can use a map or travel app on your phone to help.



Make sure you have everything with you that you need.
Bus pass/train ticket, money, your phone, keys and any important items like medication or water to drink.



Leave home early so you don't feel rushed, and arrive at the stop before your bus/train is due.



Have people's phone numbers stored in your phone so you can get hold of them in an emergency or if you are running late.

For more information get in touch with Rachael or Clair:



rachael@mylifemychoice.org.uk

clair@mylifemychoice.org.uk



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HAPPY NEW YEAR

WORD SEARCH

Find and circle the words.



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

Firework
Midnight
Tradition
Memories

Party
Family
Friends
January

New Year
Celebrate
Resolution
Countdown



Spot the Difference



Can you find 8 differences in these 2 winter pictures?



Did you find them all?

WHAT'S ON?

JANUARY 2026

PLEASE BOOK: CALL 01865 204214

Stingray Nightclub

Tuesday 6th January
6:30pm - 9:30pm
Spirit Bar,
Oxford,
£5



Oxford Group

Weds 14th January
5pm - 7pm
Wesley Memorial
Church, Oxford

Oxford Pub Club

Weds 7th January
7pm - 9pm
The Swan & Castle
Castle Street
Oxford



Chipping Norton Group

Thursday 8th Jan
1pm - 3pm,
The Albion Centre,
Chipping Norton

Bowling

Thursday 8th Jan
2pm - 4pm
Hollywood Bowl,
Ozone Leisure
Complex,
OX4 4XP
£8



Banbury Group

Tuesday 13th Jan
2pm - 4pm,
Ruscote
Community Centre,
Banbury

Banbury Pub Club

Tues 13th Jan
4.30pm - 6.30pm
The Exchange
Banbury
OX16 5LA

New
day and
time

Games Club

Tues 13th Jan
6pm - 8:30pm,
MLMC Office,
OX4 6NF,
£3
Booking essential



Abingdon Pub Club

Weds 14th Jan
5pm - 8pm
The Narrows,
Abingdon
OX14 5AA



Lush Pamper Party

Thursday 15th Jan
1pm - 2pm /
3pm-4pm
Westgate Centre
Oxford, OX1 1TR
£15



Abingdon Group

Thursday 15th Jan
1pm - 3pm,
Health & Wellbeing
Centre,
Abingdon,
OX14 3GD

New day,
time &
venue

Didcot Group

Friday 16th Jan
3pm - 5pm,
All Saints' Youth
and Community
Hall, Roman Place,
OX11 7ER

WHAT'S ON?

JANUARY 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Chips and Chat

Friday 16th Jan
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN



Cosmo All You Can Eat Buffet

Mon 19th Jan
5.15pm -7pm
8 Magdalen Street
OX1 3AD
£21.99



Witney Group

Tuesday 20th Jan
4pm - 6pm,
High Street
Methodist Church
OX28 6HG

Witney Pub Club

Tuesday 20th Jan
6pm - 8pm,
Company of
Weavers,
Market Square
OX28 6AD



Wantage Group

Tuesday 20th Jan
6pm - 8pm
Methodist Church
Church Street
Wantage
OX12 8DA

Bicester Group

Weds 21st Jan,
11am - 2pm,
Bicester Methodist
Church,
OX26 6JQ

Arts & Crafts Group

Weds 22nd Jan,
2pm - 4pm,
MLMC Offices,
OX4 6NF

£3



New
venue

Ladies Lunch Club

Mon 26th Jan
12pm - 2pm
Wesley Memorial
Church, Oxford
**Bring your
own lunch**



Seated Yoga

Tues 27th Jan
11.15am - 12.30pm
The Leys Leisure
Centre,
OX4 6JL
Free



Young Adults Group

Tues 27th Jan
5pm - 7pm,
Wesley Memorial
Church, Oxford
OX1 2DH

New
time

Walk and Talk

Friday 30th Jan
11am -12pm,
Meet at Carfax,
Oxford,
OX1 1ET



Illusion Museum

Friday 30th Jan
1.30pm -3pm,
133 High Street,
OX1 4DN
£6.50



WHAT'S ON?

FEBRUARY 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Stingray Nightclub

Tuesday 3rd Feb

6:30pm - 9:30pm

Spirit Bar,

Oxford,

£5



Oxford Group

Weds 4th Feb

5pm - 7pm

Wesley Memorial

Church, Oxford

Oxford Pub Club

Weds 4th Feb

7pm - 9pm

The Swan and Castle

Castle Street

Oxford



Ice Hockey

Watch a Rising Stars
Game!

Sunday 8th Feb

5.45pm - 9.45pm

Oxford Ice Rink,

OX1 1RX

Free



Banbury Group

Tuesday 10th Feb

2pm - 4pm,

Ruscote

Community Centre,

Banbury

Banbury Pub Club

Tues 10th Feb

4.30pm - 6.30pm

The Exchange

Banbury

OX16 5LA

Games Club

Tuesday 10th Feb

6pm - 8:30pm,

MLMC Office,

OX4 6NF,

£3

Booking essential



Abingdon Pub Club

Weds 11th Feb

5pm - 8pm

The Narrows,

Abingdon

OX14 5AA



Chipping Norton Group

Thursday 12th Feb

1pm - 3pm,

The Albion Centre,

Chipping Norton

Sunny Afternoon The Kinks Musical

Thurs 12th Feb

7pm - 9.40pm

The New Theatre,

Oxford

OX1 2A

£7.50



Witney Group

Tuesday 17th Feb

4pm - 6pm,

High Street

Methodist Church

OX28 6HG

Witney Pub Club

Tuesday 17th Feb

6pm - 8pm,

Company of

Weavers,

Market Square

OX28 6AD



WHAT'S ON?

FEBRUARY 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Wantage Group

Tuesday 17th Feb
6pm - 8pm
Methodist Church
Church Street
Wantage
OX12 8DA

Bicester Group

Weds 18th Feb,
11am - 2pm,
Bicester Methodist
Church,
OX26 6JQ

Abingdon Group

Thursday 19th Feb
1pm - 3pm,
Health & Wellbeing
Centre,
Abingdon,
OX14 3GD

Here and Now The Steps Musical

Thurs 19th Feb
7pm - 9.30pm
The New Theatre,
Oxford
OX1 2A
£13.50



Aqua Aerobics

Friday 20th Feb
12.15pm - 1.30pm
The Leys Leisure
Centre,
OX4 6JL
Free



Didcot Group

Friday 20th Feb
3pm - 5pm,
All Saints' Youth
and Community
Hall, Roman Place,
OX11 7ER

Chips and Chat

Friday 20th Feb
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN



Ladies Lunch Club

Monday 23rd Feb
12pm - 2pm
The Swan and
Castle, Oxford
**Bring your
own lunch**



Oxfordshire Group Online

Tuesday 24th Feb
2pm - 3:30pm
Zoom - Get in
touch for
the link!



New
day

Young Adults Group

Tues 16th Feb
5pm - 7pm
Wesley Memorial
Church, Oxford
OX1 2DH

Bowling

Thursday 26th Feb
2pm - 4pm
Hollywood Bowl,
Ozone Leisure
Complex,
OX4 4XP
£8

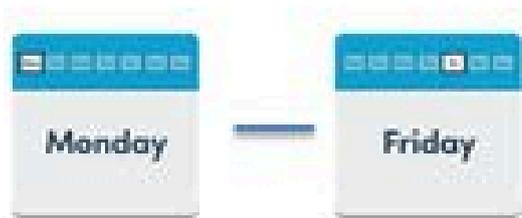
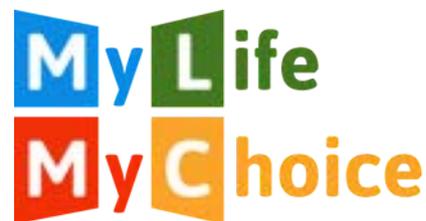


Walk and Talk

Friday 27th 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

Instagram: @MyLifeMyChoiceOxford



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