



NEW STAFF: WELCOME ANDREA!

WANTAGE SELF ADVOCACY GROUP: NEW VENUE

WE ARE 1000! FESTIVAL FLYER AND DETAILS

EASY LEARN: HOW TO USE QR CODES

CHAMPIONS: HAVE YOUR SAY

DISABILITY DISCOUNTS

BUS PASS PETITION UPDATE

TRAVEL BUDDY UPDATES

LEAVING A GIFT

WORDSEARCH

WHAT'S ON



WHAT'S ON?

THE INCLUDER

MAY/JUNE 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 Staff: Welcome Andrea!



Hi, I'm Andrea and I am a new Project Coordinator for MLMC.

I will be working on the Health and Happiness project as well as supporting with campaigns.



I have enjoyed meeting some of you already at MLMC and am looking forward to supporting some of you to work towards your own health goals.



Fun facts about me: I love walking, the cinema and most music! I have a little dog, who is a schnoodle called Harry.



Get in touch with Andrea:



andrea@mylifemychoice.org.uk



01865 204214

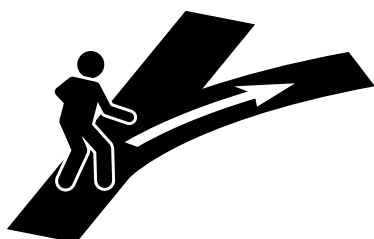
Wantage Self Advocacy Group: New Venue



Wantage Group has been growing and is attended regularly by it's members.



Because the group now has more people we needed to find a bigger room to use.



From April we have a new venue so we have enough space. The session will still be 6 to 8pm on the third Tuesday of each month.




Our new venue is: The Beacon, Portway, Wantage, OX12 9BX This is just 2 minutes walk from our old room.



If you want to attend or need a Travel Buddy to show you the way to the new venue, get in touch with Clair:

 clair@mylifemychoice.org.uk

 01865 204214



WE ARE

10000

FESTIVAL!

ON

SATURDAY JUNE 6TH

12 PM - 5 PM

**ENJOY FREE FOOD AND DRINKS
LIVE MUSIC AND ENTERTAINMENT**

**AT SOUTH OXFORD ADVENTURE
PLAYGROUND WHITEHOUSE RD,
GRANDPONT, OXFORD OX1 4QH**

**CALL THE OFFICE OR EMAIL GEORGE TO
CONFIRM YOUR PLACE
ON 01865 204214**





We are 1000!

Celebration Festival



The We Are 1000! festival will celebrate My Life My Choice reaching 1,000 members. It will be held at South Oxford Adventure Playground (SOAP).



There is parking near SOAP, and it's close to the Abingdon Road bus stops. SOAP is accessible, and the Mobiloo Changing Place will be there.



Food will be provided by BurnOut BBQ. There will be a bar and ice cream too. Food and drink are free.



There will be music all day, including Stingray DJ's and live music from Horns of Plenty and The Undercovers.



There will be activities to take part in, such as garden games and arts and crafts.

Easy Learn: What Are QR Codes?



QR codes are small, square patterns. “QR” means Quick Response.



QR codes can take you to things like websites, text, contact details, Wi-Fi passwords, documents, payment links, and more.



QR codes can work as digital tickets for events like gigs, the theatre and festivals and as train tickets.



But like with most things, there are some risks; people can make fake QR codes that lead to harmful websites. Always scan codes from trusted places.

Easy Learn: How To Use QR Codes?



Using your phone camera is the most common way.

Open your Camera app.

Point it at the QR code; there's no need to take a photo.

Wait for a small pop-up link to appear.



Tap the link to open it.

Works on most iPhones and Android phones.

If the camera doesn't work
Use a QR scanner app. Many phones already have one built in:



- iPhone: Control Centre → "Code Scanner"
- Android: Google Lens (in the Camera app or Google app)

Champions May/June 2026: Have Your Say!



In May, there will be some local elections in Oxfordshire and the rest of England.



There are no Oxfordshire County Council elections this year, so some of us will not be voting.



If you live in Cherwell, Oxford City or West Oxfordshire, though, you will be able to vote for your district or City Councillor.



My Life My Choice will put information on their social media to help make sure if you want to vote, you can.



The big voting day is Thursday 7 May 2026.



Whether or not it is your turn to vote, Champions would love to hear what you think about local issues.



For example, are you happy with how the bins are collected where you live?



And does your Council do enough to help make sure people have good homes?




If you have something to say, you could speak up at your local My Life My Choice self advocacy group.



Or let James, the Campaigns Coordinator, know:

 james@mylifemychoice.org.uk

 01865 204214

Disability Discounts



At Bicester group, members talked about schemes they use for people with disabilities and thought it would be helpful to share information about them.



CEA cards are cinema passes that mean a person who supports you at the cinema can get their ticket for free when you buy yours.



Access cards show your disability, so you don't have to explain it every time. They can make it easier to get help to access venues and also get you discounts at some places.



If you live in the Cherwell District, you may qualify for a Cherwell Link card. Dawn says it gives her 50% off at leisure centres.



Disabled Persons Railcards make train tickets one-third cheaper for you and a companion. They cost £20 for a year.



A disabled persons bus pass allows people who qualify for them to travel for free on buses after 9am.



Bus Pass Petition Update



MLMC started a petition for the Council to remove the after 9 am time limit on disability bus pass use.



The petition got 236 signatures, which meant we could attend a meeting with the Council to raise the matter with them.



Nathan went along on behalf of the Champions. The Council said, "We can't afford to do this because the national Government doesn't fund the bus pass scheme properly".



Nathan said, "It is disappointing, but only a setback! We will continue to work with the council to look at different ways of funding this".



Champions will also look at how they could lobby the Department of Transport to fund the scheme properly.

Dean and Will M



A new route after moving house

Olive and Will G



Using the train

Jordan and Ella



Journey to a work placement



CERTIFICATE OF ACHIEVEMENT

MyLife MyChoice

This certificate is presented to:

Travel Buddies

For successfully completing travel training with the MLMC Travel Buddy Scheme

Spring 2026

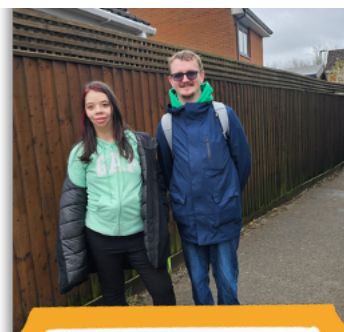


Dawn and Manisha



Bus into Oxford to meet friends

Jordan and Hannah



Walking route for singing lessons

Gina and Emily

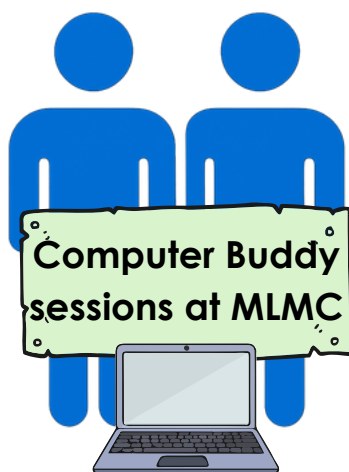
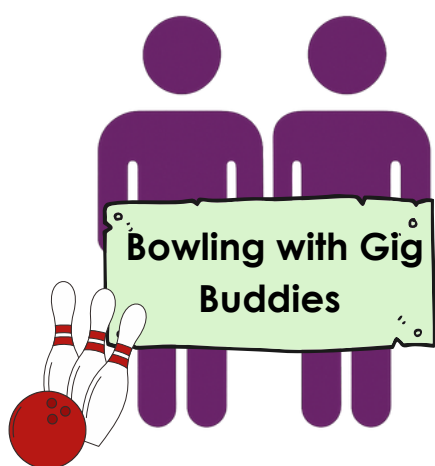


Bus journey to college

These are one-off journeys where members have a travel buddy to help them get to an activity, event or appointment.



Recently, the Travel Buddy team have been helping get people to...



For more information get in touch with Rachael or Clair:



rachael@mylifemychoice.org.uk

clair@mylifemychoice.org.uk



01865 204214



Leaving a Gift

Leaving a gift in your Will won't cost you anything during your lifetime, but it can create lasting change for people with learning disabilities long after you're gone. Your generosity helps ensure they can continue to speak up for themselves and shape a better future.



LEAVING A GIFT

MLMC supporters are eligible for a free Will through www.freewills.co.uk.

- Create a legally binding Will in around fifteen minutes.
- Every Will is checked by legal experts, and you can update it at any time, free of charge, forever.



Contact Bryan at bryan@mylifemychoice.org.uk or by calling the office for more information or to ask any questions, 01865 204214.

£500

would allow us to buy laptops for our members, supporting them to build up their digital skills!

£5,000

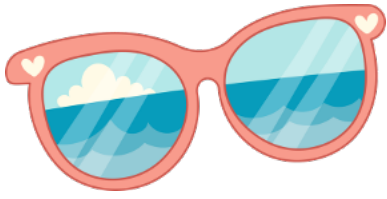
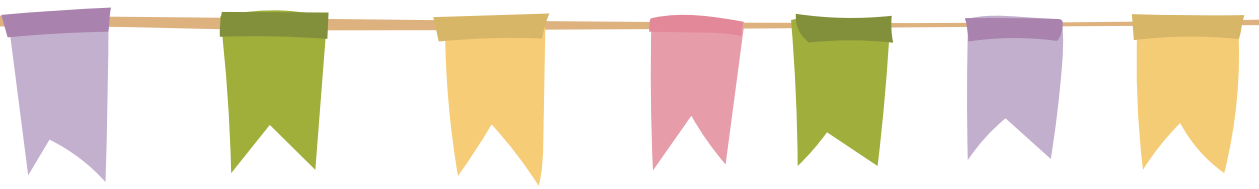
would be used to train three of our members to learn how to travel independently with our Travel Buddy Project!

£10,000

would fund our monthly nightclub, Stingray, for a further year, with over 100 monthly attendees!

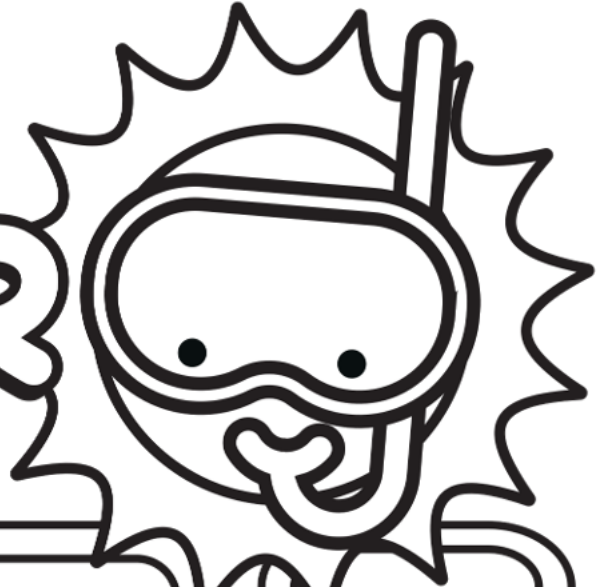
£20,000

To cover the cost of running five of our self-advocacy groups, supporting our members to campaign, use their voice, and make change!



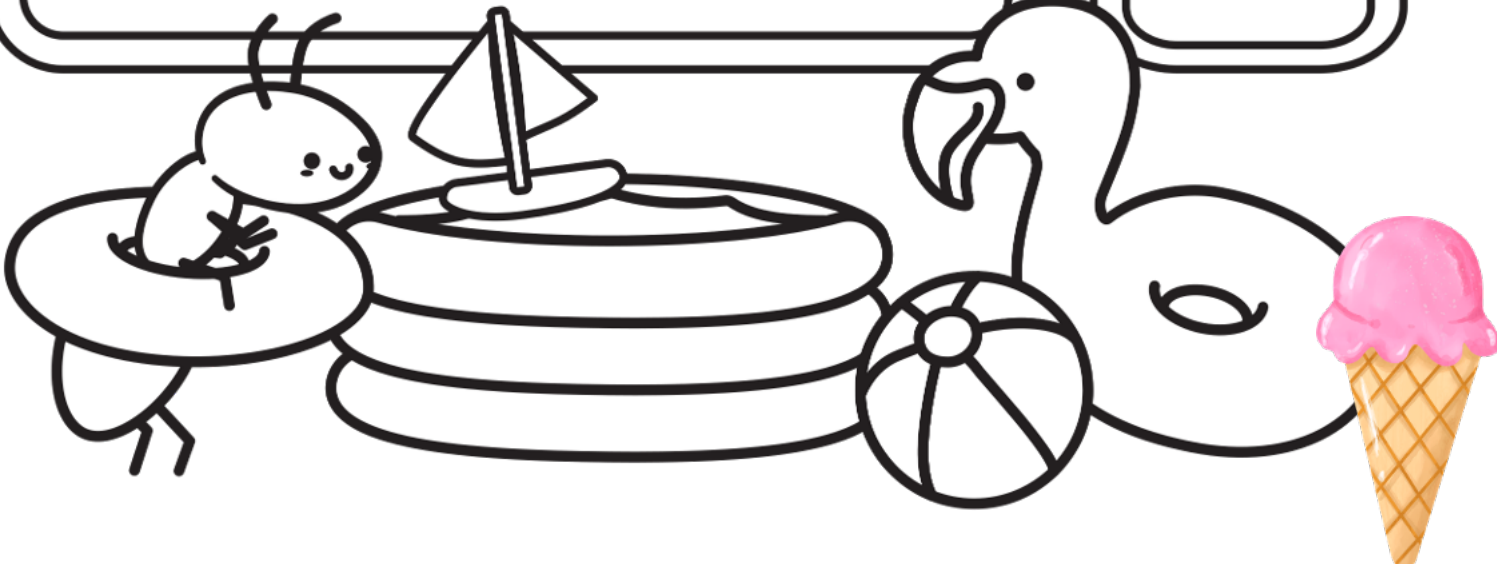
SUMMER

WORD SEARCH



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

BOAT
BUGS
CAMP
FISH
HOT
POOL
SAND
SUN
SWIM
TRIP



WHAT'S ON?

MAY 2026

PLEASE BOOK: CALL 01865 204214

Stingray Nightclub

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



Oxford Group

Weds 6th May
5pm - 7pm
Wesley Memorial
Church, Oxford
OX1 2DH

Oxford Pub Club

Weds 6th May
7pm - 9pm
The Swan & Castle
Castle Street
Oxford



Strictly Come Dancing Professionals Show

Wednesday 6th May
7pm - 9.50pm
New Theatre
Oxford
£18.50



Michael Jackson Cinema trip

Friday 8th May
Afternoon - time tbc
Ozone Leisure
Oxford,
OX4 4XP
£6.99



Banbury Group

Tuesday 12th May
2pm - 4pm,
Ruscote
Community Centre,
Banbury,
OX16 1PH

Banbury Pub Club

Tues 12th May
4.30pm - 6.30pm
The Exchange
Banbury
OX16 5LA



Games Club

Tues 12th May
6pm - 8:30pm,
MLMC Office,
OX4 6NF,
£3
Booking essential



Abingdon Pub Club

Weds 13th May
5pm - 8pm
The Narrows,
Abingdon
OX14 5AA



Chipping Norton Group

Thurs 14th May
1pm - 3pm,
The Albion Centre,
Chipping Norton
OX7 5DD

Wood Festival

Fri 15th - Sun 17th
May
Braziers Park, Ipsden



Fully
Booked

Didcot Group

Friday 15th May
3pm - 5pm,
All Saints' Youth
and Community
Hall, Roman Place,
OX11 7ER

WHAT'S ON?

MAY 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Chips and Chat

Friday 15th May
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN



Ladies Lunch Club

Mon 18th May
12pm - 2pm
Wesley Memorial
Church, Oxford

**Bring your
own lunch**



Witney Group

Tues 19th May
4pm - 6pm,
High Street
Methodist Church
OX28 6HG

Wantage Group

Tuesday 19th May
6pm - 8pm
The Beacon,
Portway
Wantage
OX12 9BX

**New
Venue**

Bicester Group

Weds 20th May,
11am - 1pm,
Bicester Methodist
Church,
OX26 6JQ

Arts & Crafts Group

Weds 20th May,
2pm - 4pm,
MLMC Offices,
OX4 6NF

£3



Abingdon Group

Thurs 21st May
1pm - 3pm,
Health & Wellbeing
Centre,
Abingdon,
OX14 3GD

Oxfordshire Group

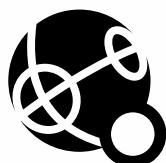
Tues 26th May
1pm - 3pm,
Wantage
Community Support
Service, Charlton
Village Road,
OX12 7HG

Young Adults Group

Tues 26th May
5pm - 7pm,
Wesley Memorial
Church, Oxford
OX1 2DH

Boccia

Thursday 28th May
2.30pm - 3.30pm
The Leys Leisure
Centre,
OX4 6JL
Free



Legally Blonde

The Musical

Thursday 28th May
7pm - 9.50pm
New Theatre, Oxford
£7.50



Walk and Talk

Friday 29th May
11am - 12pm,
Meet at Carfax,
Oxford,
OX1 1ET



WHAT'S ON?

JUNE 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Stingray Nightclub

Tuesday 2nd June

6:30pm - 9:30pm

Spirit Bar,

Oxford,

£5



Oxford Group

Weds 3rd June

5pm - 7pm

Wesley Memorial

Church,

Oxford

Oxford Pub Club

Weds 3rd June

7pm - 9pm

The Swan and Castle

Castle Street

Oxford



We are 1000! MLMC Celebration Festival

Saturday 6th June

12pm - 5pm

South Oxford

Adventure

Playground, OX1 4QH



Banbury Group

Tuesday 9th June

2pm - 4pm,

Ruscote

Community Centre,

Banbury

Banbury Pub Club

Tues 9th June

4.30pm - 6.30pm

The Exchange

Banbury

OX16 5LA



Games Club

Tuesday 9th June

6pm - 8:30pm,

MLMC Office,

OX4 6NF,

£3

Booking essential



Abingdon Pub Club

Weds 10th June

5pm - 8pm

The Narrows,

Abingdon

OX14 5AA



Bournemouth Seaside Day Trip

Thurs 11th June

10am - 7pm

Cost tbc



Chipping Norton Group

Thursday 11th June

1pm - 3pm,

The Albion Centre,

Chipping Norton

Witney Group

Tuesday 16th June

4pm - 6pm,

High Street

Methodist Church

OX28 6HG

Wantage Group

Tuesday 16th June

6pm - 8pm

The Beacon,

Portway

Wantage

OX12 9BX

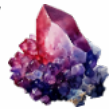
WHAT'S ON?

JUNE 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Rocks & Minerals Exhibition and Jewellery Making

Weds 17th June
10:30pm - 12:30pm
Museum of Natural
History, OX1 3PW
Free



Bicester Group

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

Abingdon Group

Thursday 18th June
1pm - 3pm,
Health & Wellbeing
Centre,
Abingdon,
OX14 3GD

Didcot Group

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

Chips and Chat

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



Oxfordshire Group Online

Tuesday 23rd June
1pm - 3pm
Zoom - Get in
touch for
the link!



Dinner at Wetherspoons & Walking Silent Disco

Thursday 25th June
5pm - 7.30pm
Swan and
Castle,
OX1 1AY
£7 (+money for dinner)



Walk and Talk

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



Crazy Golf, Shuffleboard and Tennis

Monday 29th June
10am - 11.30am
Bury Knowle Park
OX3 9ED
£5

Ladies Lunch Club

Monday 29th June
12pm - 2pm
Wesley Memorial
Church, Oxford
**Bring your
own lunch**



Young Adults Group

Tuesday 30th June
5pm - 7pm
Wesley Memorial
Church, Oxford
OX1 2DH

Waitress

The Musical
Thursday 2nd July
7pm - 10pm
New Theatre,
Oxford
£7.50




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


BlueSky: @mylifemychoiceox.bsky.social

Instagram: @MyLifeMyChoiceOxford



For support with travel, please get in touch with Rachael:


 rachael@mylifemychoice.org.uk

 01865 204214



For support with Gig Buddies, please contact George:

 george@mylifemychoice.org.uk

 01865 204214

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