REMEMBERING NIGEL

MEMBERS VOICE: ANUP

CHARITY FILM AWARDS

BECOME A TRUSTEE

ANNUAL GENERAL MEETING INVITE

LAWN BOWLING

SOCIAL MEDIA COMPETITION

BOTLEY ROAD AND TRAVEL BUDDY UPDATE

CHAMPIONS: HAVE YOUR SAY

LEAVING A GIFT

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WHAT'S ON

WHAT'S ON?

THE INCLUDER

NOVEMBER/DECEMBER 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

Remembering Nigel

We have some sad news.

We are sorry to share that Nigel, who many of you will know, sadly passed away recently.

Nigel was an active member of MLMC and had been a Trustee, Campaign Champion, and Health Trainer for many years.

He was involved in many of our projects and was a key voice for adults with learning disabilities.

Nigel was also a friend to many of us, and we will miss him greatly.

We know this news will be sad for lots of you, so please do take care of yourselves.

We will share the details of his funeral when we have them.

Our thoughts are with his family and friends during this difficult time.

Thank you for all you did, Nigel.

Members Voice: Anup

Anup is an Oliver McGowan lived experience trainer. This means she goes with other trainers to organisations to deliver interactive training.

She shares her stories about treatment within health and social care and answers any questions the people being trained might have.

Anup says being a trainer is really good and she hopes more people become trainers because it's a good experience.

Anup has done her refresher training and is ready to deliver more training to organisations.

The Oliver McGowan Mandatory Training makes sure people who work in health and social care have a better understanding of learning disabilities and autism.

Charity Film Awards

The Saltways Charity Film Festival is a new 2026 film festival celebrating films made by charities that show the important work they do.

MLMC entered our research film, Women with Learning Disabilities in WW1, in the Best Co-Created Film category.

Co-created means making something by working together with one or more people. At MLMC, we take pride in doing this in all our work.

Out of 200 entries, we were happy that our film was picked as a finalist, alongside 3 other charity films.

Gina, who has been involved in the research since the start, went with Megan to the Charity Film Festival in London to find out who won.

Charity Film Awards

Unfortunately, My Life My Choice didn't win this time, but we are still proud of how far we came, and we had a great day. There were lots of amazing films!

Scan this QR code if you want to watch our research film that made it to the finals.

Become a Trustee

MLMC is a 100% user-led 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 5 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 4th November, 11 am - 2 pm.

The workshop will cover things like what a trustee is and what they do, and support for writing and giving a good speech.

To book a place or for more information, get in touch with Yazz:

yazz@mylifemychoice.org.uk

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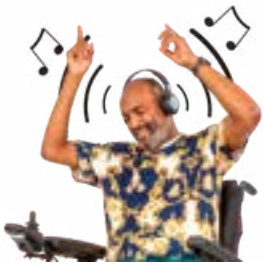
You are Invited to our AGM!

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

Wednesday

West Oxford Community Centre, Oxford

Free Lunch



Music

Trustee Speeches and Voting

MLMC Updates

To book a place or for more information, get in touch with Yazz:

yazz@mylifemychoice.org.uk

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Lawn Bowling

On the 11th of September, Gig Buddies went to South Oxford Bowling Green.

Lawn bowls is played outside. The aim is to get your bowling balls as close to the jack as possible. The jack is a small white ball.

The people at the Bowling Club helped us to practice our skills and everyone had a great time and said they would like to play again next season.

A special thanks to South Oxford Bowling Club for making us feel so welcome.

To join one of our Gig Buddies events, get in touch with George:

george@mylifemychoice.org.uk

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Social Media Competition

We are running a social media competition.

We would like you to make a short video about My Life My Choice. Your video will help us show people why our charity is great.

Make a video that is between 30 seconds and 1 minute long. Choose ONE of these questions to answer:

- Why do you love My Life My Choice?
- What does self advocacy mean to you?

The competition is open to all members, and you can make a video yourself or as part of a group.

There will be 3 winners. Each winner will get a £25 pub gift card.

You can send your video to us in two ways:

- By Email: Send your video to Megan's email address, megan@mylifemychoice.org.uk.
- By Facebook: Send a direct message to the official My Life My Choice Facebook page.

Botley Road Update

Botley Road was closed to traffic for over three years while work was being done by Network Rail and it finally reopened on 20th September!

Because of this many of the bus routes, bus numbers and timetables have changed in Oxfordshire.

Travel Buddy Dawn says it's really important to check for any changes before going on your bus journey.

Dawn says to always tell the driver where you want to go to double-check that the bus is going there.

Work to make Oxford Station bigger and better will now start. Dawn would like to see train information made bigger and easier to read, and new toilets.

Travel Buddy Update

Lydia is an Oliver McGowan co-trainer for StyleAcre, and she has been having travel training to get from her home in Banbury to StyleAcre in Didcot to do her job.

This journey is a long one, with Lydia needing to get a train and then a bus, so we decided to focus on one part at a time.

Travel Buddy Pam taught Lydia the train journey first, with Travel Buddies Shaun and Mick stepping in when Pam wasn't available.

After 7 practice journeys, Lydia had the skills and confidence to get the train to Didcot on her own. Lydia feels very proud that she can do this.

Lydia is now learning the bus part with Travel Buddy Jordan. He says this is going very well and thinks Lydia will soon be doing the whole 75-mile round trip independently.

Well done to Lydia and all the Travel Buddies helping her to achieve her goals!

Champions Nov/Dec 26: Have Your Say!

The new Labour government says it will make sorting out social care a priority.

Prime Minister Andy Burnham, said at the Labour conference that we will get "a national care service which would be free at the point of use"

This means that, like most of the NHS, you would never get a bill for your care.

This would help a lot of people, but it would also cost a lot of money.

Champions fed back what they thought about this to the government's online social care conversation.

Champions Nov/Dec 26: Have Your Say!

The consultation is closed now, but we would still like to hear what you think.

Where can we find the money for everyone to get good care?

We will continue to share any feedback you have with the government.

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

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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.

SCAN ME

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!

Wordsearch

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

Santa Toys Joy

Tinsel Frosty

My Life My Choice

WHAT'S ON?

NOVEMBER 2026

PLEASE BOOK: CALL 01865 204214

Halloween Stingray Nightclub
Tuesday 3rd Nov
6:30pm - 9:30pm
Spirit Bar, Oxford,
£5
(fancy dress optional)

Oxford Group
Weds 4th November
5:00pm - 7:00pm
Wesley Memorial Church, Oxford
OX1 2DH

Oxford Pub Club
Weds 4th November
7:00pm - 9:00pm
The Swan & Castle
Castle Street
Oxford

Birds exhibition and arts and crafts at Weston Library

Tuesday 10th Nov
10:30am-12:30pm
Broad Street, Oxford
Free

Banbury Group
Tuesday 10th Nov
2:00pm - 4:00pm,
Ruscote Community Centre,
Banbury, OX16 1PH

Banbury Pub Club
Tuesday 10th Nov
4.30pm - 6.30pm
The Exchange
Banbury
OX16 5LA

Games Club
Tuesday 10th Nov
6:00pm - 8:30pm,
MLMC Office,
OX4 6NF,
£3
Booking essential

Abingdon Pub Club
Weds 11th Nov
5:00pm - 8:00pm
The Narrows,
Abingdon
OX14 5AA

Chipping Norton Group
Thursday 12th Nov
1:00pm - 3:00pm,
The Albion Centre,
Chipping Norton
OX7 5DD

Sledgehammer 80's tribute band

Friday 13th Nov
7:00pm - 10:00pm
The Bullingdon,
Oxford, OX4 1UE
£7.50

Witney Group
Tuesday 17th Nov
4:00pm - 6:00pm,
High Street Methodist Church
OX28 6HG

Wantage Group
Tuesday 17th Nov
6:00pm - 8:00pm
The Beacon,
Portway
Wantage
OX12 9BX

WHAT'S ON?

NOVEMBER 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

My Life My Choice AGM

Weds 18th Nov
11:30am - 3:30pm,
West Oxford Community Centre
OX26 6JQ

Abingdon Group

Thursday 19th Nov
1:00pm - 3:00pm,
Health & Wellbeing Centre,
Abingdon,
OX14 3GD

Didcot Group

Friday 20th Nov
3:00pm - 5:00pm,
All Saints' Youth and Community Hall, Roman Place,
OX11 7ER

Chips and Chat

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

Sing-along Movie Songs with Gareth Malone

Sunday 22nd Nov
3:30pm - 6:30pm,
New Theatre, Oxford,
£18.50

Oxfordshire Group (Didcot)

Tuesday 24th Nov
1:00pm - 3:00pm,
T2, Trident Business Park, Basil Hill Road,
Didcot, OX11 7HJ

Young Adults Group

Tuesday 24th Nov
5:00pm - 7:00pm,
Wesley Memorial Church, Oxford
OX1 2DH

Xmas Arts and Crafts

Thursday 26th Nov
2:00pm - 4:00pm,
MLMC Offices,
Oxford, OX4 6DP
£3

Walk and Talk

Friday 27th Nov
11:00am -12:00pm,
Meet at Carfax,
Oxford,
OX1 1ET

My Life My Choice

WHAT'S ON?

DECEMBER 2026

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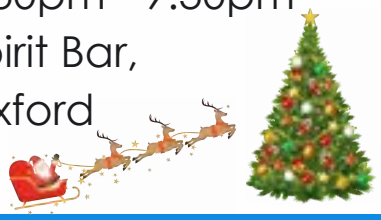
Xmas Stingray Nightclub
Tuesday 1st Dec
6:30pm - 9:30pm
Spirit Bar,
Oxford



Oxford Group
Weds 2nd Dec
5:00pm - 7:00pm
Wesley Memorial Church, Oxford

Oxford Pub Club
Weds 2nd Dec
7:00pm - 9:00pm
The Swan and Castle
Castle Street
Oxford

Boccia
Thursday 3rd Dec
2.30pm - 3.30pm
The Leys Leisure Centre,
OX4 6JL
Free

Robin Hood Panto
Saturday 5th Dec
2:00pm - 4:30pm
The Players Theatre,
Nelson Street,
Thame
OX9 2DP
£13

Oxford Science Museum Workshop
Tuesday 8th Dec
10.30pm - 12:30pm
Broad Street, Oxford
OX1 3AZ
Free

Banbury Group
Tuesday 8th Dec
2:00pm - 4:00pm,
Ruscote Community Centre,
Banbury

Banbury Pub Club
Tuesday 8th Dec
4.30pm - 6.30pm
The Exchange
Banbury
OX16 5LA

Games Club
Tuesday 8th Dec
6:00pm - 8:30pm,
MLMC Office,
OX4 6NF,
£3
Booking essential

Abingdon Pub Club
Weds 9th Dec
5:00pm - 8:00pm
The Narrows,
Abingdon
OX14 5AA

Chipping Norton Group
Thursday 10th Dec
1:00pm - 3:00pm,
The Albion Centre,
Chipping Norton

Ebenezer Cinema Trip

Friday 11th Dec
2:00pm - 5.30pm tbc
Vue Cinema
Ozone Leisure Park,
£8.99

My Life My Choice

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DECEMBER 2026

GEORGE@MYLIFEMYCHOICE.ORG.UK

Witney Group
Tuesday 15th Dec
4:00pm - 6:00pm,
High Street
Methodist Church
OX28 6HG

Wantage Group
Tuesday 15th Dec
6:00pm - 8:00pm
The Beacon,
Portway
Wantage
OX12 9BX

Young Adults Group
Xmas Meal

Tues 15th Dec
5pm - 7pm
The Swan & Castle
Oxford
Booking essential

Bicester Group
Weds 16th Dec
11:00am - 1:00pm,
Bicester Methodist
Church,
OX26 6JQ

Abingdon Group
Thurs 17th Dec
1:00pm - 3:00pm,
Health & Wellbeing
Centre,
Abingdon,
OX14 3GD

Annie the Musical
Thurs 17th Dec
7:00pm - 10:00pm,
New Theatre,
George Street
Oxford
£7.50

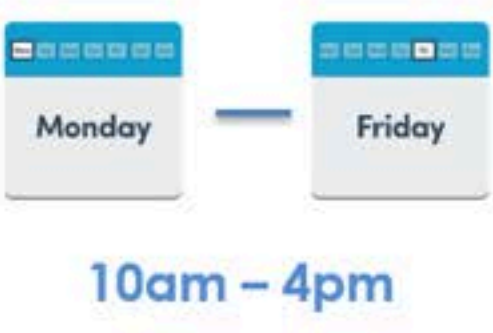
Didcot Group
Friday 18th Dec
3pm - 5pm,
All Saints' Youth
and Community
Hall, Roman Place,
OX11 7ER

Chips and Chat
Friday 18th Dec
5:30pm - 8:30pm,
Prince of Wales,
Didcot,
OX11 7NN

Merry Christmas everyone!

The MLMC office will be closed over the Christmas period.
We look forward to seeing you in the New Year.

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
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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