

Rock of Ages Café

A seniors' group that offers an opportunity to chat over tea or coffee and to share in various activities such as crafts, quizzes, talks, games and more. They especially look on it as an opportunity for older people who live alone to meet others.

Bicester Methodist Church

Tuesdays 10.00 – 12.00

Contact: Elizabeth Taylor ☎01869 243479

Age UK – Bereavement support groups: Late Spring

A group that meets twice a month whereby members chat over coffee and cake in a relaxed and friendly setting. It allows members to talk about and openly remember their loved ones that have passed away.

Contact: Paula ☎07557 038 278

🌐 www.ageuk.org.uk/oxfordshire/our-services/late-spring/

Bicester Methodist Church Hall

Monday - Bicester Widows 1.30 – 3.30pm

Tuesday - Forget Me Nots 9am – 3pm

Wed' day - Scrabble 2-4pm 1st/3rd of month

Memory Café 10:30-12, last Wed. of month

Thursday - Forget Me Nots 9am – 3pm

Friday - Coffee Morning/Lunch 9:30-1pm

Saturday - Bicester Crafters 10am-4pm, 1st

Saturday of the month

For more information about above activities:

✉ churchadmin@bicestermethodist.org.uk

☎ 01869 323030

Crofters

Crofters is a community group that meet up for different activities. They do bingo, pub quizzes, fish & chip lunches, etc. They raise funds through raffles and parties and it is a self-coordinated group.

They meet at Lerwick Croft Community Hall, Bicester, OX26 4XX (off Churchill Rd or Launton Rd) on the 1st Tuesday of the month, 11.00 – 1.00.

Wheelchair accessible.

Contact: Nicolette ☎07719 923952

✉ Netty.mackenzie@hotmail.co.uk

Physical Activities

A large number of physical activities are available in the Bicester Area

- Cherwell Health Walks
- Bicester Green Gym
- Generation Games
- Yoga/ Pilates/Tai Chi at BHC
- Bicester Social Cycle

See leaflet 'One Step at a Time' in Bicester Health Centre waiting room for more information and contact details.

NOTE: The information presented in this leaflet is provided in good faith and is accurate and reliable to the best of our knowledge and belief, but is not guaranteed to be so. It is the responsibility of the reader to verify the information and to establish the suitability of any activities. Nothing herein is to be construed as recommending any activity organiser or provider.

Are you Over 60? This leaflet may interest you!



A guide to the social activities available in the Bicester area.



This leaflet is one of the projects by the Bicester Health Centre Patient Participation Group to help practice and patients. Each GP practice in England has a Patient Participation Group which you can join.

Edition 2 June 2019

Bicester Good Neighbour Scheme

Covering Bicester and local villages the Scheme's volunteers make home visits, for an hour or so a week, to help with small tasks, shopping, or just have a chat.

If you would like some company or a little help please call us. Visits are free and all volunteers are police checked.

Contact: ☎ 07849 799530

💻 www.goodneighbourscheme.com

University of the Third Age

The U3A is an organisation that runs very many different activity groups all the time, including arts and crafts, French, German and Spanish classes, bowling, Scrabble™, singing, table tennis, short walks, and many more.

Contact: ☎ 01869 242506

💻 www.u3asites.org.uk/bicester/groups

Silver Threads Club

For over 60s, meets fortnightly in Bicester. A social gathering with activities including coach outings, talks, meals out and musical entertainments.

It will be held on Monday afternoons at the Pop-in Centre, Manorsfield Road, Bicester.

Contact: Mrs Jean Barrington

☎ 01869 245 009

Bicester Community Support Service

The Bicester Community Support Service offers tailored support activities for adults who have a learning disability, ageing health needs, physical disability, dementia or mental health needs.

They offer many activities such as Arts and Crafts, Bowling, Cookery, Gardening, Gym, Golf, and Music. It's a great way to do something fun and meet new people.

Contact: ☎ 01865 897105

💻 www.oxfordshire.gov.uk/residents/social-and-health-care/adult-social-care/daytime-support/community-support-service-centres/Bicester

Contact the Elderly

Teas are organised on ONE Sunday afternoon a month for 12 months in the year. Guests will be contacted by the local organiser. A volunteer will collect an older person from their home, drive them to the home of another volunteer (the host), stay for the tea party and then drive them home. More drivers are always needed, please.

Local contact: Anna ☎ 07513 121789

Suzan Hyland, National Volunteer Support Officer

Freephone ☎ 0800 716 543

✉ suzan.hyland@contact-the-elderly.org.uk

💻 www.contact-the-elderly.org.uk

Age UK Oxfordshire

They offer many different services:

Phone Friends is an initiative that gives anybody over the age of 50 the chance to talk to someone over the phone every week.

Generation Games is a physical activity service that gives people the chance to exercise and get moving.

Home Support Options is a service that helps you stay independent both at home and out and about. This can include help with shopping and cooking, keeping your home tidy, or just having a chat.

The Community Information

Network exists to provide you with information on local support services and activities, money matters and social care.

💻 www.ageuk.org.uk/oxfordshire/activities-and-events/

Contact: ☎ 0345 450 1276

Elefriends

Elefriends is a supportive **online community** where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

💻 www.elefriends.org.uk