

Introduction

Try more than one or two new things in 2023!!

This Bicester Health Centre leaflet is a supplement to the January 2023 Age UK leaflet:

My Connected Community Bicester.

Look for a copy in the practice.

Be more confident with the tech you have:

If you have one or more of the modern devices: a smartphone, tablet, laptop, or a PC, do you feel comfortable when using all the features these devices have?

If you would like to be more confident, including being secure and avoiding scams, please contact the following organisation: See 'Tech Buddy' and 'IT Classes & digital Gadget Drop ins' in AGE UK leaflet.

BICESTER LIBRARY: the free drop-in tech session is Thursday 2:30-4:30. Term Time only. Call 01869 252181 if you think you might need a long time and book.



Read

My Connected Community Bicester.

Look for a copy in the practice. This leaflet is a supplement to that.



WERE YOU THINKING OF PHYSICAL ACTIVITIES MORE THAN SOCIAL ACTIVITIES?

See Bicester Health Centre leaflet: '**ONE STEP AT A TIME - 2023 edition**' for information and contact details. It is available in medical practices, in Bicester Library, in Bicester Methodist Church Hall and on BHC website.

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 in the Bicester Area



This is one of the projects by the **Bicester Health Centre PPG** to help practices and patients in the Bicester area.

Edition 2 April 2023

Online links in this area:

If you are confident, or soon will be, are you aware of the following social media links?

Bicester area Facebook pages may be private, where you need to sign up, or public.

If it is a public site, do not put in personal information and even in private groups, be cautious.

Some Facebook pages:

Bicester Community Chat (private)

Bicester Garden Stuff for free, sale or swap (public)

Bure Park Waggy Tails (dog walkers club – private)

Bicester Art Network (public),

Kingsmere Community Chat (private),

Langford Village Bicester community (not LVCA) (private).

On the internet

Live Well Oxfordshire:

<https://livewell.oxfordshire.gov.uk/> Scroll down on the left to 'Things to do' and have a look at the different possibilities.

Face 2 Face with online links

Bicester Methodist Church Hall

Bell Lane OX26 6JQ

Bicester Rock Choir - Thursdays - fee payable contact 01252 714276

and see www.RockChoir.com

Cloud9musica - Wednesdays 2.00-3.15 email Amanda to book cloud9musica@gmail.com and see <http://cloud9musica.co.uk/choir.html>

Bicester Choral and Operatic society (BCOS)

contact: 07805 534195 admin@bcoswesing.org.uk
St. Mary's RC Primary School, Bicester, OX26 2NX

Face 2 Face opportunities:

In 2023 public libraries in Oxfordshire were designated as warm spaces so there are more

leisure activities in **Bicester Library** than before Covid.

Chess Club – Now meets on a Thursday 5.00-6.30 in Bicester Library. Free, ask for the room.

Citizens Advice Drop in at Bicester Library – Every Wednesday at 10.00-12.00.

Knit and natter group at Bicester Library – Mondays 2.30-4.00 & 5.00-6.30 Free - no need to book.

Other Places

Bicester Methodist Church Hall

Bell Lane OX26 6JQ

Open Doors Café - every Friday - Lunch 12.30-1.30

Highfield Social Club,

George Street, Bicester, OX26 2EE

Bicester Bridge Club – Mondays – sitting to play from 7.15 so please come before 7

Clifton Centre,

Ashdene Rd. Bicester OX26 2BH

Bicester Local History Society

Contact the Chairman on 01869 350662 or chairman@blhs.org.uk.

Meetings third Monday of each month at 7.30.

Non-members welcome £3.00. The society website has a list of other related websites.

Crofters may be restarting in Lerwick Croft Community Hall, Bicester OX26 4XX (off Churchill Rd. or Launton Rd) Contact Nicolette Mackenzie 07719 923952 for more information

Is there something you would like to change in your life?

Stopping Smoking: you can get free support to help you stop smoking: call 0800 122 3790.

TEXT STOPOXON to 60777 or

www.stopforlifeoxon.org/our-services/stop-for-life

Alcohol and drug addiction:

Call 01865 261690 or

www.turning-point.co.uk/services/oxfordshire

Have you thought about volunteering if you have some time?

Here is **ONE** example:

Bicester Good Neighbour Scheme (BGNS). This covers Bicester and local villages. The volunteers make home visits for an hour or so a week, to help with small tasks, shopping or just have a chat. All volunteers are police (DBS) checked. More info at www.goodneighbourscheme.com
Contact: 07849 799530 Kat Harman, email bgns@live.com

There is a central Oxfordshire organisation "**Community of Volunteers (OCVA)** with subsections: <https://ocva.org.uk>

If you do not have internet connection phone 0300 3030 126

You can join an online session to see what volunteering might involve in general, either short term or long term. You do not make a commitment to do any volunteering at an introductory session. Contact vol@ocva.org.uk