

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.

<http://www.emmanuelbicester.org.uk/groups/rock-ages-caf%C3%A9>

Contact: 01869 320021

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.

<https://www.ageuk.org.uk/oxfordshire/our-services/late-spring/>

Contact: 07557 038 278

Bicester Green Gym

The aim is to get fit physically and mentally by working outdoors and seeing the improvements that can be brought to the environment.

Activities include weeding, litter picks, tidying gardens, trimming bushes, pruning, and many other outdoor activities.

<https://www.bicestergreengym.org/>

Physical Activities

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

- Cherwell Health Walks
- Bicester Green Gym
- Generation Games
- Yoga/ Pilates
- Bicester Social Cycle
- etc

(see leaflet 'One step at a time' in Bicester Health Centre waiting room for more information/ contact details)

Crofters

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

Contact: Nicolette - 07719 923952

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.



Bicester Services for the Over 60s



A guide to the social activities available in the Bicester area



This leaflet is one of the projects supported by the Bicester Health Centre PPG to help practice and patients.

Each GP practice in England has a Patient Participation group which you can join. Edition 1 April 2018



Bicester Good Neighbour

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.

<https://u3asites.org.uk/bicester/groups>

Silver Threads Club

For over 60s, meets fortnightly in Bicester. A social gathering with activities including 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 is a service that provides tailored support for people in Bicester who need it. 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.

<https://www2.oxfordshire.gov.uk/cms/content/bicester-community-support-service>

Contact: 01865 897105

Contact the Elderly

Contact the Elderly offers monthly 'tea parties' whereby a volunteer will collect the older person from their home, drive them to the home of another volunteer (the host), stay for the tea party with them, and then drive them home.

<http://www.contact-the-elderly.org.uk/about-us/locations>

Contact: 02078 812361

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. Volunteers visit you and can: attend local activities with you, keep your home tidy, help with shopping and cooking, or just stay and have a chat.

<https://www.ageuk.org.uk/oxfordshire/activities-and-events/>

Contact: 03454 501276

Elefriends

Elefriends is an online support group whereby you can talk and share tips and ideas. It is a great way to always be able to talk to people and receive comfort and encouragement if you ever feel lonely.