

## Start Here!!

In this leaflet you will find a number of links to websites so, we suggest, as a first step:

### 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 explore these resources at:


### BICESTER LIBRARY

Free drop-in tech sessions - Three times a week – Mondays 2:00 – 3:00, Thursdays 3:00 - 4:00, Fridays 11:00 – 12:00. Call 01869 816011 to book if you think you might need a long time.

**Abingdon and Witney College** in Bicester Library  
Term-time only: Thursdays - Digital Skills for Life – Adults (UCKU109P): Courses start regularly.  
Email: [enquiries@abingdon-witney.ac.uk](mailto:enquiries@abingdon-witney.ac.uk)  
Tel: 01235 555 585



Age UK Oxfordshire offer a range of activities listed in their seasonal “Community Links” Leaflet. This can be requested by calling 01235 849 434 or accessed on the web via: [This Link](#) and click the link at the bottom of the page. If you are reading this leaflet on paper, go to: [www.ageuk.org.uk/oxfordshire/our-services/](http://www.ageuk.org.uk/oxfordshire/our-services/) Scroll down to “Load more”, click once, and click on “Linking into your community” and click the link at the bottom of the page.

 **Community Links Oxfordshire** The leaflet covers all Oxfordshire. Bicester activities are listed in the “Cherwell” section.

### WERE YOU THINKING OF PHYSICAL ACTIVITIES MORE THAN SOCIAL ACTIVITIES?

See Bicester Health Centre leaflet: **‘ONE STEP AT A TIME - 2024 edition’ for information and contact details.** It is available in the Health Centre as a printed leaflet, and on the website: [bicesterhc.co.uk](http://bicesterhc.co.uk)



*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 3: March 2024

## 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

Bicester Garden Stuff for free, sale or swap

Bure Park Waggy Tails (dog walkers club – private) Bicester Art Network

Kingsmere Community Chat

Langford Village Bicester Community (not LVCA)

**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 Rock Choir** - Thursdays – 7:30 – 9:30  
fee payable, contact 01252 714276

and see [www.RockChoir.com](http://www.RockChoir.com) at **Bicester**

**Methodist Church Hall Bell Lane OX26 6JQ**

**Cloud9 Choir:** Wednesdays 2:00-3:15 at **Bicester Methodist Church Hall, Bell Lane OX26 6JQ** First session free. £7.00 a session termly in advance. Phone: 01295 573692

email: cloud9musica@gmail.com and

web: <http://cloud9musica.co.uk/choir.html>

**Cloud9 Choir** – Wed. evenings 7:30 – 9:00 at **Emmanuel Church, Bicester, Barberray Place, Bicester OX26 3HA**. First session free. £8.00 a session termly in advance. Contact as above.

## Face 2 Face opportunities:

In winter months public libraries in Oxfordshire are designated as warm spaces, so there are some leisure activities in:

**Bicester Library: Phone:** 01869 252181

**Chess Club** –Thursday 5.00-6.30

Free, ask for the room. **Knit and Natter Group:**

Mondays 2.30-4.00. Free - no need to book.

**Your own group?** – Bicester Library has a supply of board games. You could meet with your friends to play Monopoly or Scrabble etc. Contact the library to book a room and games to try.

### Other Places

**Open doors Café – lunch every Friday**

at Bicester Methodist Church Hall

Bell Lane OX26 6JQ contact 01869 323030

**Bicester Bridge Club** – Mondays – sitting to play from 7:15 so please come before 7:00

at Highfield Social Club, Bicester, OX26 2EE

contact 01869 252876

**Bicester Local History Society** – meetings on 3<sup>rd</sup>

Monday of each month (except Aug.), 7:30 at

Clifton Centre, Ashdene Rd. Bicester OX26 2BH.

Non-members welcome £3.00 Society contact the chairman 01869 350662 or [chairman@blhs.org.uk](mailto:chairman@blhs.org.uk)

see the website [www.blhs.org.uk](http://www.blhs.org.uk) for list of other related websites.

**The u3a** - open to anyone not in full-time employment. Activities normally take place in the daytime and are organised by members in small groups on topics from 'Any Type of Good Music' to 'Wine Appreciation'. All you need is interest and enthusiasm. To see groups and join us, please visit <https://bicester.u3asite.uk/>

## Making a 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](http://www.stopforlifeoxon.org/our-services/stop-for-life)

**Alcohol and drug addiction:**

Contact 01295 225544 (Banbury number) or

[www.turning-point.co.uk/services/oxfordshire](http://www.turning-point.co.uk/services/oxfordshire)

There is a Bicester Clinic on Fridays 10:00 – 2:00

at Bicester Methodist Church Hall

Bell Lane OX26 6JQ

## Do you need help with something?

**Citizens Advice Bicester**

Drop-in Mon&Tues 9:30-11:30 & Thurs 1:00– 3:00.

Call Mondays, Tuesdays & Thursdays 09:00 - 5:00

Hub team online Mondays 09:30 – 13:30,

Wednesdays 2:00 – 4:00 and Fridays 9:30 – 12:30

at The Garth, Launton Road, BICESTER, OX26 6PS

Tel: 0808 278 7906 <https://www.canosn.org.uk/>

## Have you thought of volunteering?

**Volunteer Connect** Contact 0300 3030 126

Or [info@volunteerconnect.org.uk](mailto:info@volunteerconnect.org.uk)

Access the website to read current volunteer opportunities: [www.volunteerconnect.org.uk](http://www.volunteerconnect.org.uk)

**ARCh Oxfordshire**– Assisted Reading for Children Reading Helpers visit school twice a week, during term-time, spending half an hour each with three children. The school selects pupils who may be struggling with reading, lack language skills or have little confidence. Training and material are provided, experience is not necessary. Contact 01869 320380 [info@archoxfordshire.org.uk](mailto:info@archoxfordshire.org.uk), website: [www.archoxfordshire.org.uk](http://www.archoxfordshire.org.uk)