

OXFORDSHIRE MIND

Projects Listing – November 2009

Community Resource Projects
Rural Transport Service
Housing Projects
Benefits for Better Mental Health
Carers Support Group
Lesbian, Gay, Bisexual and Transgender Wellbeing Group
Late Shifts For Working People
Head Space for Students
Mind Out for Young Adults Aged 18-25
Talking Space – IAPT Low Intensity Project
Cognitive Behavioural Therapy Groups
Head Office Contacts
Other Useful Telephone Numbers



**For better
mental health**

Oxfordshire Mind

2 Kings Meadow
Osney Mead
Oxford
OX2 0DP

Tel: 01865 263730
Fax: 01865 263732

Email: info@oxfordshire-mind.org.uk
Web: www.oxfordshire-mind.org.uk

Registered Charity Number 261476
Company Limited By Guarantee Number 4343625

OXFORDSHIRE MIND - COMMUNITY RESOURCE PROJECTS

PROJECT NAME	OPENING TIMES	STAFF NAMES
Abingdon Women's Wellbeing Group St. Ethel Wold's House 30 East St. Helen's Street Abingdon Oxon OX14 5EB Tel: (01235) 770411 Email: mindinwantage@oxfordshire-mind.org.uk	Thr 6.00 pm – 8.00 pm There is a programme of activities, discussion and workshops. Please contact the project for more information.	Lynne Jones Lorraine Collis
Mind in Abingdon The Charter Complex (up the steps opposite the Library) Broad Street Abingdon OX14 3LZ Tel: (01235) 522096 Email: mindinabingdon@oxfordshire-mind.org.uk	Mon 10.00 am – 1.00 pm Tue 10.00 am – 1.00 pm Wed 10.00 am – 1.00 pm Thr 10.00 am – 1.00 pm There is an afternoon programme of activities and groups. Please contact the project for more information.	Jude Houseago (Mon, Tue pm, Wed, Thr, Fri) Susan Mundy (Mon Tue, Thr, Fri) Jade Sullivan (Mon, Tue pm, Wed, Fri) Saul Goode (Tue)
Mind in Banbury St Paul's Church Hall Warwick Road Banbury Oxon OX16 2AN Tel: (01295) 271064 Mob: 07508 428161 Email: mindinbanbury@oxfordshire-mind.org.uk	Mon 10.00 am – 3.00 pm Tue 10.00 am – 1.00 pm* Wed 10.00 am – 3.00 pm Thr 10.00 am – 1.00 pm** * Tuesdays – Women Only at The Mill Arts Centre (Long Room) ** At The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE	Emma Bowers Lyn Tivenan Joanna Iles
Mind in Bicester (The Causeway) 25 The Causeway Bicester Oxon OX26 6AN Tel: (01869) 249864 Email: mindinbicester@oxfordshire-mind.org.uk www.causewaycentre.org.uk	Mon 10.00 am – 3.00 pm Wed 10.00 am – 3.00 pm Fri 12.15 pm – 2.15 pm* Fri 2.30 pm – 6.30 pm * Womens group with crèche – term time only – please ring to enquire about a place.	Prue Sykes June Morton
Mind in Carterton Carterton Community Centre Trefoil Way Carterton Oxon OX18 1AX Tel: 01993 844723 Tel: 07918 677396 Email: mindincarterton@oxfordshire-mind.org.uk	Mon 10.30 am – 3.00 pm Fri 10.30 am – 3.00 pm Also meets 3 rd Saturday of each month from 10.30 am – 12.30 pm at Nortons Café, Langdale Gate, Witney Creche provided Mon and Fri 12.45 pm – 2.45 pm	Jan Patrick Catherine Donnelly
Mind in Chipping Norton St. Mary's Parish Rooms Bottom of Church Street Chipping Norton Oxon OX7 5NT Tel: 01608 645296 Email: mindinchippingnorton@oxfordshire-mind.org.uk	Tue 10.00 am – 3.30 pm Fri 10.00 am – 12.00 pm* Fri 12.00 pm – 3.30 pm * There is a morning programme of activities and groups for women only. Please phone for more information.	Diana Taylor Jo Keats

PROJECT NAME**OPENING TIMES****STAFF NAMES****Mind in Didcot**

The Methodist Church
The Broadway
Didcot

Oxon
OX11 8RQ

Mob: 07930 512111

Email: mindindidcot@oxfordshire-mind.org.uk

Tue 10.00 am – 3.00 pm*
Wed 1.30 am – 3.30 pm**

Vacant Post
Susan Mundy ^(Wed)

* Methodist Church
** Couture Café, Cornerstone Art Centre, Didcot

Mind in Henley

Kempster Hall
Christchurch URC
Reading Road
Henley-on-Thames
Oxon
RG9 1AG

Tel: (01491) 572867

Mob: 07919 658830

Email: mindinhenley@oxfordshire-mind.org.uk

Mon 10.00 am – 2.30 pm
Thr 11.00 am – 2.30 pm

Vacant Post
Roger Thomason

After Hours – Café Nero, Bell Street, Henley-on-Thames
Thr 5.00 pm. – 7.00 pm

Mind in Kidlington

Kaliedoscope Childrens Centre
Oxford Road
Kidlington
Oxon
OX5 1AB

Tel: (01865) 373165

Mob: 07983 245 485

Email: mindinkidlington@oxfordshire-mind.org.uk

Wed 1 pm – 4 pm*

Michelle Smith
Jan Patrick

Morning Meeting, Flavour Cafe
13-14 The Kidlington Centre, High Street, Kidlington
Wed 11.00 am – 12.15 pm

* Please contact the centre for info and programme.
Transport to Mind in Bicester is available on Mondays.

Mind in Cowley – Tuesdays

St James Hall
Between Towns Road
Cowley
Oxford
OX4

Mob: 07505 628351

Mob: 07505 626833

Email: mindincowley@oxfordshire-mind.org.uk

Tue 10.00 am – 1.00 pm
Tue 2.00 pm – 4.00 pm*

Beth Brown-Reid (Manager)
Marianna Piskovszky
Anna Scigala
Duncan McFarland
Jaison Elias (BAMF Project)

* Structured activities (closed group, see monthly programme)

Mind in Cowley – Wednesdays/Thursdays

East Oxford Community Centre
Princes Street
Cowley Road
Oxford
OX4 1HU

Mob: 07505 628351

Mob: 07505 626833

Mob: 07958 065110 (BAMF Project)

Email: mindincowley@oxfordshire-mind.org.uk

Wed 10.00 am – 1.00 pm &
Wed 2.00 pm – 4.00 pm
Thr 10.00 am – 1.00 pm ~
Thr 2.00 pm – 4.00 pm (user led activities)
Thr 5.30 pm – 9.00 pm #

Beth Brown-Reid (Manager)
Marianna Piskovszky
Anna Scigala
Duncan McFarland
Jaison Elias (BAMF Project)

& Art Group (closed group)
~ Sports Activities (open access)
Thursday The Late Shift for Working People at
The Mill, 46 Cowley Road, Oxford OX4 1HZ

Mind in Oxford - Oasis (Women Only)

Micklewood House
331 Cowley Road
Oxford
OX4 2AQ

Tel: (01865) 721472

Email: mindoasis@oxfordshire-mind.org.uk

Mon 5.00 pm – 9.00 pm
Fri 11.00 am – 1.00 pm*
Fri 1.00 pm – 3.00 pm

Lynne Jones
Antonia Hund-Goeschel

* Friday – a programme of activities, groups and workshops.
Please contact the project for more information.

PROJECT NAME**OPENING TIMES****STAFF NAMES****Mind in Oxford – The Mill**

46 Cowley Road
Oxford
OX4 1HZ

Tel: 01865 263758

Email: themill@oxfordshire-mind.org.uk

Mon 10.00 am – 3.00 pm
Tue 10.00 am – 3.00 pm
Wed 10.00 am – 3.00 pm
Thr 10.00 am – 3.00 pm
Sun 11.00 am – 3.00 pm

Kim Pope (Manager)
Adam Clayton
Alda Porter
Sean Veitch
Catou Mason (Sun)
Miriam Baassiri

Headspace for Students

Tue 7.00 pm – 9.30 pm

Mind in Thame & Good Mood Food Café

Christchurch
Upper High Street
Thame

Oxon

OX9 2DN

Tel: (01844) 218820

Mob: 07919 658831

Email: mindinthame@oxfordshire-mind.org.uk

Tue 10.00 am – 2.00 pm
Thr 11.00 am – 2.30 pm
Thr 4.00 pm – 6.00 pm*

Rosalia Barresi
Deborah McLean-Thorne
Fiona Tickler (Tue)

* At Rumseys Café, 8 Upper High Street, Thame OX9 3ER

Mind in Wallingford

Centre 70
The Kinecroft
Wallingford

Oxon

OX10 ODT

Tel: (01491) 826886

Tel: 07999 537884

Email: mindinwallingford@oxfordshire-mind.org.uk

Tue 6.30 pm – 9.00 pm**
Thr 10.00 am – 3.00 pm

Saul Goode (Thr)
Jade Sullivan (Tue and Thr)
Jude Houseago (Tue)

** Women only service at Centre 70

Mind in Wantage

Methodist Church Hall
Newbury Street

Wantage

Oxon

OX12 8DA

Tel: (01235) 770411

Email: mindinwantage@oxfordshire-mind.org.uk

Tue 11.00 am – 4.00 pm
Thr 1.00 pm – 4.00 pm

Lynne Jones
Lorraine Collis

Meet in the Community the first Thursday of each month at the Wantage Museum 1.30 pm – 3.30 pm – phone for info. There is a programme of activities, groups and workshops. Please contact the project for more information.

Mind in Witney

Witney Resource Centre
Moorland Road

Witney

Oxon

OX28 6LF

Tel: (01993) 702999

Email: mindinwitney@oxfordshire-mind.org.uk

Mon 10.30 am – 3.00 pm*

Annie Mellor
Justine Robinson-Bartlett

Wed 10.30 am – 1.30 pm*

Wed 2.00 pm – 4.00 pm#

Thr 2.00 pm – 4.00 pmN

Thr 4.30 pm – 8.30 pm*

* Open Access
Structured Group
N Meet at Norton's Café

OXFORDSHIRE MIND – RURAL TRANSPORT SERVICE

Oxfordshire Mind has two mini buses which are used to transport people living in rural areas to and from our Community Resource Projects in the county. At present the service runs as follows:

Mondays
Tuesdays
Thursdays

Mind in Bicester and Mind in Henley
Mind in Thame and Mind in Wantage
Mind in Thame and Mind in Wallingford

For further information please contact the relevant projects during opening hours.

Silver Mini Bus Mobile 07702 120699

Blue Mini Bus Mobile 07976 638901

OXFORDSHIRE MIND - HOUSING SERVICES

PROJECT NAME	OPENING TIMES	STAFF NAMES
Head of Housing Services Housing Administrator 2 Kings Meadow Osney Mead Oxford OX2 0DP Tel: 01865 263745 John White Mob: 07796 827753*John White - * Urgent Calls Only Email: john.white@oxfordshire-mind.org.uk	Mon – Fri 8.30 am – 4.30 pm Mon/Tue/Thr 8.30 am – 3.30 pm* Wed 8.30 am – 12.30 pm*	John White Christine Hallett*
Tel: 01865 263746 Christine Hallett Email: christine.hallett@oxfordshire-mind.org.uk Email: housing@oxfordshire-mind.org.uk		
Housing Team Manager Housing Team Manager 2 Kings Meadow Osney Mead Oxford OX2 0DP Tel/Fax: (01865) 263759 Mob: 07717 254195 Jenny Davies Email: jenny.davies@oxfordshire-mind.org.uk	Mon – Fri 9.30 am – 5.30 pm Mon-Fri 9.30 am – 5.30 pm	Anne Clarke Jenny Davies
Mob: 07760 464279 Anne Clarke Email: anne.clarke@oxfordshire-mind.org.uk		
Housing Cover Worker Mob: 07794 332875	Mon-Fri	Simon Leavey
East Oxford Houses 19a Regent Street Cowley Oxford OX4 1QU Tel: (01865) 793526 Mob: 07500 240405 Ann Bourton Mob: 07788 789870 Debbie Ellis Email: EOH@oxfordshire-mind.org.uk Also supporting 28 Regent Street	Mon-Fri 9.30 am – 5.00 pm Mon-Fri 9.30 am – 3.30 pm*	Ann Bourton Debbie Ellis*
Western House 35-39 Cowley Road Oxford OX4 1HP Tel: (01865) 241692 Mob: 07807 683276 Tony Mob: 07746 019306 Gail Email: frideswide@oxfordshire-mind.org.uk	Wed 1.00 pm – 5.30 pm* Thr 9.30 am – 4.30 pm* Fri 9.30 am – 5.30 pm* Mon-Fri 10.00 am – 6.00 pm	Tony Hanford* Gail Barwell
Micklewood House 331 Cowley Road Oxford OX4 2AQ Tel: (01865) 794913 Mob: 07831 233222 Barbara Mob: 07810 217192 Bonita Email: micklewood@oxfordshire-mind.org.uk	Mon-Thr 9.30 am – 5.00 pm* Fri 9.30 am – 4.30 pm* Mon/Fri 9.30 am – 5.30 pm** Tue 9.30 am – 1.00 pm**	Barbara Blandford* Bonita Gorini**

OXFORDSHIRE MIND - HOUSING SERVICES CONT/...

PROJECT NAME	OPENING TIMES	STAFF NAMES
--------------	---------------	-------------

Mind in Oxford Floating Support	Mon-Fri 9.30 am – 5.30 pm	Ellen Russell Kelly Sainsbury
--	---------------------------	----------------------------------

213 Barns Road

Cowley

Oxford

OX4 3UT

Tel: (01865) 776655

Mob: 07866 107422 Ellen

Mob: 07866 107481 Kelly

Email: floating.support@oxfordshire-mind.org.uk

The Visiting Team	Mon-Fri 9.00 am - 5.00 pm	Ademola Adediran Sarah Hatch Liz Ward
--------------------------	---------------------------	---

213 Barns Road

Cowley

Oxford

OX4 3UT

Tel/Fax: (01865) 776655

Mob: 07866 107520 Ademola

Mob: 07866 107960 Sarah

Mob: 07866 107960 Joe

Mob: 07866 107524 Mark

Email: temple.cowley@oxfordshire-mind.org.uk

The Visiting Team support: Temple Cowley Project, Elmesthorpe House, Combe Road, Temple Street, Florence Park, New Internationalist Flat, St Mary's Road, Bullingdon Road

On Call and Other Contact Numbers

Mind Housing Residents Front Line ON Call Mobile 07766 888219

Mind Housing Residents Back-up ON Call Mobile 07979 417707

Western House Locum Mobile 07594 596465

Temple Cowley Access Mobile 07807 548501

OXFORDSHIRE MIND TELEPHONE AND OTHER SUPPORT GROUPS

PROJECT NAME	OPENING TIMES	STAFF NAMES
Benefits for Better Mental Health Oxfordshire Mind 46 Cowley Road Oxford OX4 1HZ Tel: 01865 263757 Mob: 07754 999411 David Email: david.bryceland@oxfordshire-mind.org.uk Mob: 07501 469384 Samantha Email: samantha.spurgeon@oxfordshire-mind.org.uk	Mon-Fri 3 rd Saturday of each month for those in work by appointment only.	David Bryceland (Manager) Samantha Spurgeon

Benefits Hotline Tel: 01865 263756 Basic Benefits Advice, Referrals, Signposting and Bookings	Wed 10.00 am – 1.00 pm
---	------------------------

Benefits advice workers are available Monday to Friday. For appointments please call or e-mail or see the Oxfordshire-Mind website www.oxfordshire-mind.org.uk to check their whereabouts in the county. From January 2009 a new Saturday Service starts. By appointments only this service is for those who are in work and cannot make office hours.

Carers Support Group* The Friends Meeting House 43 St Giles Oxford OX1 3LW Tel: (01865) 263735 (Mind)	Every 2 nd Thursday of each month, except August Meeting held in the Friends Meeting House from 10.30 am – 12.30 pm	Pat Ross
--	---	----------

* Correspondence should be sent to the Mind office, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP

QueerMind Lesbian, Gay, Bisexual and Transgender Wellbeing Group Brewery Gate 5 St Thomas Street Oxford OX1 1JJ Tel: 01235 522096 - Jude Houseago Tel: 07754 999411 - David Bryceland	First Tuesday of each month 6.30 p.m. – 8.30 p.m.	Jude Houseago David Bryceland
---	--	----------------------------------

The Late Shift (for working people) The Mill 46 Cowley Road Oxford OX4 1HZ Mob: 07505 628351 Mob: 07505 626833 Email: mindincowley@oxfordshire-mind.org.uk	Thr 5.30 pm – 9.00 pm	Beth Brown-Reid (Manager) Marianna Piskovszky Anna Scigala
---	-----------------------	--

The Late Shift (for working people) Whiteleaf Training Ltd 185 F&G Milton Park Didcot Oxon OX14 4SR Tel: 01235 522096 Email: mindindidcot@oxfordshire-mind.org.uk	Wed 6.00 pm – 8.00 pm	Susan Mundy
---	-----------------------	-------------

The Late Shift in Didcot is an exciting new project for anyone in employment or between jobs. Lost your work / life balance? Worried about the recession? Life getting you down? Join us for discussion, focusing on topics such as How to de-stress, Self Esteem, Relaxation, Assertiveness, Well Being and Healthy Living.

OXFORDSHIRE MIND TELEPHONE AND OTHER SUPPORT GROUPS CONT/...

Headspace (for Students)

The Mill
46 Cowley Road
Oxford
OX4 1HZ

Tue 7.00 pm – 9.30 pm

Alda Porter
Miriam Baassiri

Tel: 01865 263758

Email: themill@oxfordshire-mind.org.uk

Mind Out (for 18-25 year olds)

The Charter Complex
Broad Street
Abingdon
Oxon
OX14 3LZ

Mon 6.00 pm – 8.00 pm

Jade Sullivan

Tel: 01235 522096

Email: mindinabingdon@oxfordshire-mind.org.uk

Mind Out is a new group for 18-25 year olds in Abingdon. It is a space where young adults can relax, socialise, seek support, get advice and take part in activities.

OXFORDSHIRE MIND TALKING SPACE - IAPT LOW INTENSITY PROJECT

PROJECT NAME	OPENING TIMES	STAFF NAMES
Improving Access to Psychological Therapies (IAPT) Talking Space Oxbridge Court Osney Mead Oxford OX2 0ES Tel: 01865 325777 For Patients / Service Users only Tel: 01865 738526 Admin Line Tel: 01865 738500 Admin Line Mob: 07766 366481 Amanda Jarman Mob: 07918 732132 Amaryllis Roy Mob: 07918 732133 Laura Kerr-Harnott Mob: 07918 732135 Sarah Sanderson Mob: 07918 732136 Stuart Dobinson Mob: 07733 881556 Joe Chapman Mob: 07733 881557 Ursula Beglinger Mob: 07760 767362 Fiona McNally Mob: 07760 767363 Nicole McBride Mob: 07760 767361 Mark Sainsbury Mob: Svitlana Samoylenko Mob: 07760 767360 Jemma Pemberton Mob: 07760 767364 Monica Trabalza Mob: 07760 767365 Sharyn Hyde Mob: 07918 732131 Lauren Bradley	Mon-Fri	Amanda Jarman (Manager) Amaryllis Roy Laura Kerr-Harnott Sarah Sanderson Stuart Dobinson Joe Chapman Ursula Beglinger Fiona McNally Nicole McBride Mark Sainsbury Svitlana Samoylenko Jemma Pemberton Monica Trabalza Sharyn Hyde Lauren Bradley Sharon Collins (Supervisor)

COGNITIVE BEHAVIOURAL THERAPY GROUPS (CBT)

Oxfordshire Mind runs a series of CBT Groups throughout the year on **Anxiety, Depression, Skills for Life and Self-Esteem**. The courses are run over 8 to 10 weeks and are FREE of charge and open to everyone.

For more information on the latest programme please contact **Holly Weston on 01865 263734**.

OXFORDSHIRE MIND – HEAD OFFICE

2 Kings Meadow, Osney Mead, Oxford OX2 0DP

Director	Tel: (01865) 263738 patrick.taylor@oxfordshire-mind.org.uk Mob: 07981 815357 * Urgent Calls Only	Patrick Taylor Mon - Fri
Head of Services (Community Resources)	Tel: 01865 263740 stuart.reid@oxfordshire-mind.org.uk Mob: 07789 172191* Urgent Calls Only	Stuart Reid Mon - Fri
Service Manager (Community Resources) IAPT, Groups, Student Placements	Tel: 01865 263739 linda.mcdiarmid@oxfordshire-mind.org.uk Mob: 0771 421 7156 * Urgent Calls Only	Linda McDiarmid Mon - Fri
Service Manager (Community Resources) BBMH, Transport, Volunteering, Locums	Tel: 01865 263737 zoe.mcintosh@oxfordshire-mind.org.uk Mob: 07760 758794 *	Zoe McIntosh Mon - Fri
Finance & Personnel Officer Fundraising	Tel: (01865) 263733 nicky.clargo@oxfordshire-mind.org.uk	Nicky Clargo Mon-Thr
Information & Publicity Officer	Tel: (01865) 263735 amy.wackett@oxfordshire-mind.org.uk info@oxfordshire-mind.org.uk	Amy Wackett Mon - Fri
Office Administrator Minibus Bookings	Tel: (01865) 263734 holly.weston@oxfordshire-mind.org.uk	Holly Weston Mon - Fri
Volunteer Development Manager	Tel: (01865) 263736 diana.thomas@oxfordshire-mind.org.uk	Diana Thomas Mon, Tue, Thr 8.30 – 12.15 p.m.
Development and Fundraising Officer	Mob: 07847-119806 phil.powell@oxfordshire-mind.org.uk	Phil Powell Mon-Wed Thr am
CBT Groups Manager	Tel: 01865 263741 shaun.goodwin@oxfordshire-mind.org.uk	Shaun Goodwin Mon-Wed
Clinical Psychologist	Tel: 01865 263742 carolyncowey@googlemail.com	Caroline Cowey In the Mind office part-time.

OTHER USEFUL TELEPHONE NUMBERS

The Mind Charity Shop

118 Walton Street
Oxford
OX2 6AH
Tel: 01865 310990

Banbury Mind Charity Shop

Tel: 01295 265167

National Mind

15-19 Broadway
London
E15 4BQ

Tel: (0845) 7660163

Xmas Cards Tel: (0208) 5344040

Website: www.mind.org.uk

Mind Publications

Tel: (0844) 4484448

Email: publications@mind.org.uk

Website: www.mind.org.uk

Mind Legal Unit

Open Mon, Wed, Fri, 2.00 pm – 4.30 pm

Tel: (0208) 5192122

Fax: (0208) 5221752

Oxfordshire Mental Health Matters

PO Box 1476

Oxford

OX4 9DG

Tel: (01865) 728981

Fax: (01865) 203605

Email: office@oxford-mentalhealth.org

Oxfordshire Mental Health Information (OMHI)

For free, confidential, independent information on a wide range of mental health issues and services.

Information available in other languages. Managed by Oxfordshire Mental Health Matters and Oxfordshire Mind

Tel: (01865) 247788

Fax: (01865) 203605

Email: info@oxford-mentalhealth.org

Web: www.omhi.org.uk

Trek Slovenia

and explore the dramatic landscapes and unspoilt natural valleys of the Julian Alps in aid of Oxfordshire Mind

24th - 29th June 2011

Registration
Fee £50

Fundraising and
Sponsorship
£1,450

Registered
Charity
Number
261476

For further information please call 01865 263733
Email: nicky.clargo@oxfordshire-mind.org.uk
Visit: www.oxfordshire-mind.org.uk

Oxfordshire Mind provides a variety of services for people who are experiencing mental and emotional health problems such as anxiety, bereavement, depression, loneliness, post-natal depression, recovery from breakdowns, stress and schizophrenia.



For better
mental health