

Mind in Chipping Norton

Tuesdays 10.00am – 3.30pm (open access)

Fridays 12.00pm – 3.30pm (open access)

A place to find help, emotional support, information and to meet others.

The following **optional** activities are available in **March 2008**:

Tuesday 4 March Benefits Advice with David Bryceland available all day
1.30pm Relaxation

Friday 7 March 10.30 –11.30am Line Dancing
1.30pm Craft activity

Tuesday 11 March 1.30pm “Change One Thing”
workshop

Friday 14 March 10.30 –11.30am Line Dancing
1.30pm Craft Activity

Tuesday 18 March 1.30pm Relaxation
1.30 –3.30pm Head/Hand Massage with Jo Badger

Friday 21 March CLOSED (Bank Holiday)

Tuesday 25 March CLOSURE DAY

Friday 28 March 10.30 –11.30am Line Dancing
1.30pm Craft Activity

Mind in Chipping Norton
St Mary’s Parish Rooms
Bottom of Church Street
Chipping Norton

01608 645296 mindinchippingnorton@oxfordshire-mind.org.uk



Oxfordshire Mind
Registered Charity Number 261476
Company Limited by Guarantee Number 4343625
Registered in England at registered office:
125 Walton Street Oxford OX2 6AH
www.oxfordshire-mind.org.uk



For better
mental health

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A place to find help, emotional support, information and to meet others.

The following **optional** activities are available in **April 2008**:

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| Tuesday 1 April | 1.30pm General Meeting |
| Friday 4 April | 10.30 –11.30am Line Dancing
1.30pm Craft activity |
| Tuesday 8 April | 1.30pm Relaxation |
| Friday 11 April | 10.30 –11.30am Line Dancing
1.30pm Craft Activity |
| Tuesday 15 April | 1.30pm Relaxation |
| Friday 18 April | 10.30 –11.30am Line Dancing
1.30pm Craft Activity |
| Tuesday 22 April | 1.30pm Relaxation |
| Friday 25 April | 10.30 –11.30am Line Dancing
1.30pm Craft Activity |
| Tuesday 29 April | 1.30pm Relaxation
1.30pm Head/hand massage with
Jo Badger |



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