



Mind in Kidlington

Programme of Activities

April to July 2008

DATE	ACTIVITY	TIME	VENUE
Every Tuesday	Health Walk	Meet at 10.15 for 10.30am start	Start from Flavour Café
Wed 16 April	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 23 April	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 30 April	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 7 May	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 14 May	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 21 May	Creative Writing	1.00 - 2.30pm	Kaleidoscope
Wed 28 May	Shiatsu Massage	1.00 - 2.30pm	Kaleidoscope
Wed 4 June	Short-term advocacy	1.00 - 2.30pm	Kaleidoscope
Wed 11 June	Aromatherapy	1.00 - 2.30pm	Kaleidoscope
Wed 18 June	Reiki	1.00 - 2.30pm	Kaleidoscope
Wed 25 June	David Bryceland Benefits Advice	12.30 - 3.30pm	Kaleidoscope
Wed 2 July	Adult education	1.00 - 2.30pm	Kaleidoscope

Points of Contact:

Weds
11.00am - 12.15pm
(Flavour Café)

Weds
12.30 - 3.30pm
(Kaleidoscope)

Address:
Kaleidoscope Centre
Oxford Road
Kidlington
OX5 1AB

Phone:
07983 245485
01865 373165

Email:
mindinkidlington@oxfordshire-mind.org.uk
www.oxfordshire-mind.org.uk



For better
mental health

Oxfordshire Mind
Registered Charity Number 261476
Company Limited by Guarantee Number 4343625
Registered in England at registered office:
125 Walton Street Oxford OX2 6AH



Mind in Kidlington

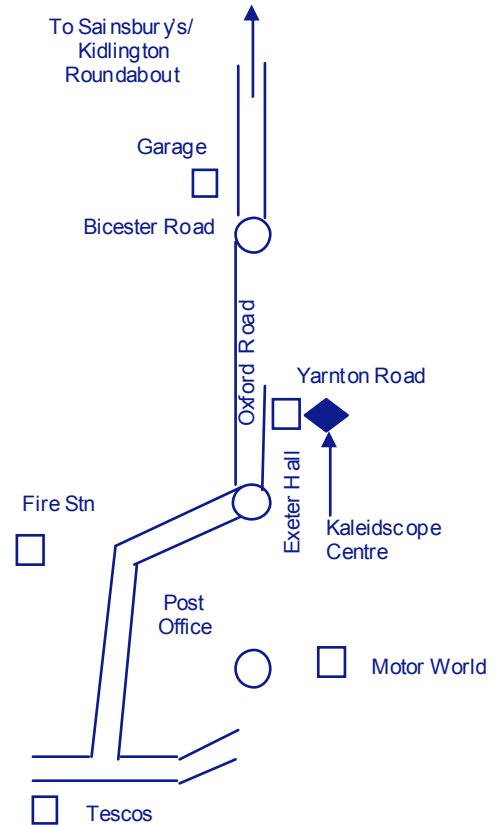
**Weds 11.00am - 12.15 at
Flavour Café, 13-14 The Kidlington Centre
Join us for coffee!**

AND

**Weds 12.30 - 3.30 at
Kaleidoscope Centre,
(behind Exeter Hall)
Oxford Road, Kidlington**

Open access for:

- **Information**
- **Support**
- **Advice**
- **Groups**
- **Resources**
- **Signposting**
- **Advocacy**
- **Access to activities**



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We have a full programme of activities including:

- **Complementary therapies**
- **Talks**
- **Creative arts**
- **Health walks**

Telephone or email for details - ask for a copy of the latest programme. Activities run at the Kaleidoscope Centre or in other venues. We sometimes provide a crèche - please enquire.

Email: mindinkidlington@oxfordshire-mind.org.uk
www.oxfordshire-mind.org.uk

