



Mind in Kidlington

Programme of Activities July to September 2008

DATE	ACTIVITY	TIME	VENUE
Every Tuesday	Health Walk	Meet at 10.15 for 10.30am start	Start from Flavour Café
Wed 9 July	Time Out	1.00 - 2.30pm	Kaleidoscope
Wed 16 July	Healthy Living	1.00 - 2.30pm	Kaleidoscope
Wed 23 July	Adult Education	1.00 - 2.30pm	Kaleidoscope
Wed 30 July	Wellbeing Workshop	1.00 - 2.30pm	Kaleidoscope
Wed 6 August	Benefits Advice	1.00 - 2.30pm	Kaleidoscope
Wed 13 August	Indian Head Massage	1.00 - 2.30pm	Kaleidoscope
Wed 20 August	Shiatsu Massage	1.00 - 2.30pm	Kaleidoscope
Wed 27 August	Adult Education	1.00 - 2.30pm	Kaleidoscope
Wed 3 Sept	Reiki	1.00 - 2.30pm	Kaleidoscope
Wed 10 Sept	Tai Chi	1.00 - 2.30pm	Kaleidoscope
Wed 17 Sept	Benefits Advice	12.30 - 3.30pm	Kaleidoscope
Wed 24 Sept	Wellbeing Workshop	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

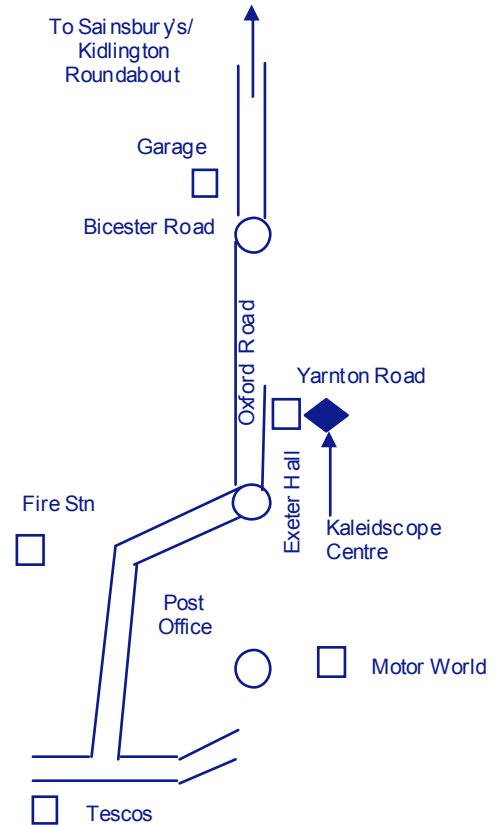
**Weds 11.00am - 12.15 at
Flavour Café, 13-14 The Kidlington Centre
Join us for coffee!**

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

