

# OXFORDSHIRE MIND - COMMUNITY RESOURCE PROJECTS

PROJECT NAME	OPENING TIMES	STAFF NAMES
<b>Abingdon Women's Wellbeing Group</b> St. Ethel Wold's House 30 East St. Helen's Street Abingdon Oxon OX14 5EB <b>Tel: (01235) 770411</b> <b>Tel: (01993) 844723</b> <b>Email: mindinwantage@oxfordshire-mind.org.uk</b>	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
<b>Mind in Abingdon</b> The Charter Complex (up the steps opposite the Library) Broad Street Abingdon OX14 3LZ <b>Tel: (01235) 522096</b> <b>Email: mindinabingdon@oxfordshire-mind.org.uk</b>	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 Susan Mundy Jonathan Pointer Saul Goode
<b>Mind in Banbury</b> St Paul's Church Hall Warwick Road Banbury Oxon OX16 2AN <b>Tel: (01295) 271064</b> <b>Mob: 07508 428161</b> <b>Email: mindinbanbury@oxfordshire-mind.org.uk</b>	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 Craven Lyn Tivenan
<b>Mind in Bicester (The Causeway)</b> 25 The Causeway Bicester Oxon OX26 6AN <b>Tel: (01869) 249864</b> <b>Email: mindinbicester@oxfordshire-mind.org.uk</b> <b>www.causewaycentre.org.uk</b>	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
<b>Mind in Carterton</b> Millenium Activity Centre Stanmore Crescent Carterton Oxon OX18 <b>Tel: 01993 844723</b> <b>Tel: 07918 677396</b> <b>Email: mindincarterton@oxfordshire-mind.org.uk</b>	Mon 10.30 am – 3.00 pm* Fri 10.30 am – 12.00 pm# Fri 12.30 pm – 3.00 pm* * Millenium Centre # Leisure Centre – Activities TBC Also meets 3 <sup>rd</sup> Saturday of each month from 10.30 am – 12.30 pm at Nortons Café, Langdale Gate, Witney	Lorraine Collis Jan Patrick
<b>Mind in Chipping Norton</b> St. Mary's Parish Rooms Bottom of Church Street Chipping Norton Oxon OX7 5NT <b>Tel: 01608 645296</b> <b>Email: mindinchippingnorton@oxfordshire-mind.org.uk</b>	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**  
 St Peter's Church Hall  
 Newland Avenue  
 Didcot  
 Oxon  
 OX11 8PY  
**Tel: (01235) 511104**  
**Mob: 07930 512111**  
**Email: mindindidcot@oxfordshire-mind.org.uk**

Mon 10.00 am - 3.00 pm  
 Wed \*

Catherine King-Spooner  
 Susan Mundy  
 Jonathan Pointer

\* CBT Groups and Café Project Planned  
 Please contact the project for further information.

\*\* **Meet at Salinas Café, Broadway, Didcot**

**Mind in Henley**  
 Kempster Hall  
 Christchurch URC  
 Reading Road  
 Henley-on-Thames  
 Oxon  
 RG9 1AG  
**Tel: (01491) 572867**  
**Fax: (01491) 571207 (Church Fax)**  
**Email: mindinhenley@oxfordshire-mind.org.uk**

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

Gemma Lusted  
 Fiona Tickler

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 12.30 pm – 3.30 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 – Acorn**  
 Currently in the process of moving  
**Mob: 07505 628351**  
**Mob: 07505 626833**  
**Email: mindincowley@oxfordshire-mind.org.uk**

Mon 9.30 am – 1.30 pm\*  
 Mon 1.00 pm – 3.00 pm  
 Tue 10.00 am – 3.00 pm  
 Wed 10.00 am – 3.00 pm  
 Thr 10.00 am – 3.00 pm  
 Thr 5.30 pm – 8.30 pm\*\*

Beth Borwn-Reid (Manager)  
 Conroy Harris  
 Miriam Baassiri  
 Sean Veitch

\* **Monday Young Mums Support Group at Oasis,**  
 331 Cowley Road, Oxford OX4 2AQ  
 \*\* **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.

**Mind in Oxford – The Mill**  
 46 Cowley Road  
 Oxford  
 OX4 1HZ  
**Tel: (01865) 721458**  
**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 11.15 am – 3.00 pm  
 Catou Mason (Sun)

Kim Pope (Manager)  
 Adam Clayton  
 Zuzana Pytlova  
 Wayne Pack  
 Alda Porter

**PROJECT NAME****OPENING TIMES****STAFF NAMES****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  
Catherine King-Spooner

\* 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 10.00 am – 12.00 pm\*  
Tue 6.30 pm – 8.30 pm\*\*  
Thr 10.30 am – 12.00 pm\*  
Thr 12.00 pm – 3.30 pm\*\*\*

Val Smith  
Saul Goode  
Susan Mundy

\* At The Methodist Church, St Leonards Square, Wallingford

\*\* Women only service at Centre 70

\*\*\* At Centre 70, open access.

**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

There is a programme of activities, groups and workshops.  
Please contact the project for more information.

**Mind in Witney**

Moorland Centre  
24 Dark Lane  
Witney  
Oxon  
OX28 6LE

**Tel: (01993) 702999****Email: mindinwitney@oxfordshire-mind.org.uk**

Mon 10.30 am – 1.30 pm\*  
Mon 2.00 pm – 3.00 pm~  
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 – 8.00 pm\*

Annie Mellor  
Marianna Piskovszky

\* Open Access  
~ Sharing and Support Group  
# Structured Group  
N Meet at Norton's Café

**OXFORDSHIRE MIND – MINI BUS MOBILE PHONES****Silver Mini Bus Mobile 07702 120699****White Mini Bus Mobile 07976 638901**

## OXFORDSHIRE MIND - HOUSING SERVICES

PROJECT NAME	OPENING TIMES	STAFF NAMES
<b>Head of Housing Services</b> <b>Housing Team Manager</b> <b>Housing Team Manager</b> Top Floor (The Mill) 46 Cowley Road Oxford OX4 1HZ <b>Tel/Fax: (01865) 723359</b> <b>Mob: 07796 827753 John White</b> <b>Mob: 07837 712108 Jenny Davies</b> <b>Mob: 07760 464279 Anne Clarke</b>	Mon – Fri 10.00 am – 6.00 pm Mon – Fri 9.30 am – 5.30 pm Mon-Fri 9.30 am – 5.30 pm Thr/Fri	John White Anne Clarke Jenny Davies Christine Hallett (Admin)
<b>East Oxford Houses</b> 19a Regent Street Cowley Oxford OX4 1QU <b>Tel: (01865) 793526</b> <b>Email: eoh@oxfordshire-mind.org.uk</b> Also supporting 28 Regent Street	Mon-Thr 9.30 am – 5.00 pm Mon/Tue/Thr 9.00 am – 5.30 pm* Fri 9.00 am – 1.00 pm*	Mark Nicholson Debbie Ellis*
<b>Western House</b> 35-39 Cowley Road Oxford OX4 1HP <b>Tel: (01865) 241692</b> <b>Email: frideswide@oxfordshire-mind.org.uk</b>	Wed 12.00 pm – 4.00 pm* Thr/Fri 10.00 am – 5.30 pm*  Mon-Fri 10.00 am – 6.00 pm	Tony Hanford*  Gail Barwell
<b>Micklewood House</b> 331 Cowley Road Oxford OX4 2AQ <b>Tel: (01865) 794913</b> <b>Mob: 07831 233222 Barbara</b> <b>Mob: 07810 217192 Bonita</b> <b>Email: micklewood@oxfordshire-mind.org.uk</b>	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**
<b>Mind in Oxford Floating Support</b> Based at 213 Barns Road	Mon-Fri 9.30 am – 5.30 pm Wed-Fri 9.30 am – 5.30 pm Mon-Wed 9.30 am – 5.30 pm	Ellen Russell Alda Porter Tracey Jesson
<b>The Visiting Team</b> 213 Barns Road Cowley Oxford OX4 3UT <b>Tel/Fax: (01865) 776655</b> <b>Email: temple.cowley@oxfordshire-mind.org.uk</b>	Mon-Fri 9.00 am - 5.00 pm  Tue/Wed/Fri 9.30 am – 5.30 pm Tue-Thr 9.30 am – 5.30 pm	Ademola Adediran Sarah Hatch Liz Ward Joe Mulligan Laura Bleach

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

## OXFORDSHIRE MIND TELEPHONE AND OTHER SUPPORT GROUPS

PROJECT NAME	OPENING TIMES	STAFF NAMES
<b>Benefits for Better Mental Health</b> Oxfordshire Mind 125 Walton Street Oxford OX2 6AH <b>Mob: 07754 999411 David</b> <b>Mob: 07501 469384 Samantha</b> <b>Email: david.bryceland@oxfordshire-mind.org.uk</b> <b>Email: samantha.spurgeon@oxfordshire-mind.org.uk</b>	Mon-Fri	David Bryceland (Manager) Samantha Spurgeon

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](http://www.oxfordshire-mind.org.uk) to check their whereabouts in the county.

<b>Improving Access to Psychological Therapies (PCT)</b> Oxfordshire Mind 125 Walton Street Oxford OX2 6AH <b>Mob: 07918 732131 Email: amanda.jarman@oxfordshire-mind.org.uk</b> <b>Mob: 07918 732132 Email: amaryllis.roy@oxfordshire-mind.org.uk</b> <b>Mob: 07918 732133 Email: laura.kerrharnott@oxfordshire-mind.org.uk</b> <b>Mob: 07918 732135 Email: sarah.sanderson@oxfordshire-mind.org.uk</b> <b>Mob: 07918 732136 Email: stuart.dobinson@oxfordshire-mind.org.uk</b>		Amanda Jarman (Manager) Amaryllis Roy Laura Kerr-Harnott Sarah Sanderson Stuart Dobinson
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<b>Relative's Support Group*</b> The Friends Meeting House 43 St Giles Oxford OX1 3LW <b>Tel: (01865) 750124 Pat Ross</b> <b>Tel: (01865) 511702 Mind Office</b>	Every 2 <sup>nd</sup> Thursday of each month, except August  Meeting held in the Friends Meeting House from 11.00 am – 1.00 pm	Pat Ross
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\* Correspondence should be sent to the Mind office

# OXFORDSHIRE MIND – HEAD OFFICE

125 Walton Street, Oxford OX2 6AH

<b>Director</b>	<b>Tel: (01865) 310830 Ext 23</b> patrick.taylor@oxfordshire-mind.org.uk Mob: 07981 815357 * Urgent Calls Only	Patrick Taylor
<b>Day Services Manager Head of Groups, Student Placements &amp; Arts Programme</b>	<b>Tel: (01865) 310830 Ext 25</b> linda.mcdiarmid@oxfordshire-mind.org.uk Mob: 0771 421 7156 * Urgent Calls Only	Linda McDiarmid
<b>Day Services Manager Head of Transport &amp; Health &amp; Safety</b>	<b>Tel: (01865) 310830 Ext 24</b> stuart.reid@oxfordshire-mind.org.uk Mob: 07789 172191* Urgent Calls Only	Stuart Reid
<b>Finance &amp; Personnel Officer Fundraising</b>	<b>Tel: (01865) 310830 Ext 22</b> nicky.clargo@oxfordshire-mind.org.uk	Nicky Clargo
<b>Information &amp; Publicity Officer</b>	<b>Tel: (01865) 310830 Ext 20</b> info@oxfordshire-mind.org.uk	Sarah Burton
<b>Office Administrator Minibus Bookings</b>	<b>Tel: (01865) 310830 Ext 31</b> ellie.moir@oxfordshire-mind.org.uk	Ellie Moir
<b>Volunteer Development Manager</b>	<b>Tel: (01865) 310830 Ext 30</b> diana.thomas@oxfordshire-mind.org.uk	Diana Thomas
<b>Development and Fundraising Officer</b>	<b>Mob: 07847-119806</b> Email: phil.powell@oxfordshire-mind.org.uk <b>Works part-time from home Mon-Wed</b>	Phil Powell

## 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](http://www.mind.org.uk)

### **Mind Publications**

Tel: (0844) 4484448

Email: [publications@mind.org.uk](mailto:publications@mind.org.uk)

Website: [www.mind.org.uk](http://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](mailto: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](mailto:info@oxford-mentalhealth.org)

Web: [www.omhi.org.uk](http://www.omhi.org.uk)

# **OXFORDSHIRE MIND**

## **Projects Listing – June 2008**

**Community Resource Projects  
Housing Projects  
Head Office Contacts  
Other Useful Contacts**



**For better  
mental health**

**Oxfordshire Mind  
125 Walton Street  
Oxford  
OX2 6AH**

**Tel: (01865) 511702**

**Tel: (01865) 310830**

**Fax: (01865) 558680**

**Email: [info@oxfordshire-mind.org.uk](mailto:info@oxfordshire-mind.org.uk)**

**Web: [www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)**

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Company Limited By Guarantee Number 4343625**