

OXFORDSHIRE MIND

Projects Listing – September 2010

Community Resource Projects
Rural Transport Service
Housing Projects
Benefits for Better Mental Health
Carers Support Group
Head Space for Students
Mind Out for Young Adults Aged 18-25
Lesbian, Gay, Bisexual and Transgender Wellbeing Group
Diverse Minds
Late Shifts For Working People
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

Mind Community Resource Projects are here to provide help, support and information in your local community. Our projects provide information, activities, support, advice, resources, friendship, a safe space and someone to talk to. Many of our projects run a range of therapies and creative activities that can help people with mental health problems improve the quality of their lives. For example Massage, Reflexology, Aromatherapy, Yoga, Head Massage, Qi Gong, Meditation, Dance, Music, Creative Arts etc.

| 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 * Mon 2.00 pm – 4.00 pm ** Tue 10.00 am – 1.00 pm * Tue 2.00 pm – 4.00 pm ** 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 ** * Open access ** Afternoon programme of activities/groups. | Vacant Post Susan Mundy (Mon, Tue, Thr, Fri) Jade Sullivan (Mon pm&eve, Tue pm, Wed, Fri) Vacant Post |
| Mind in Banbury 2 nd Floor The Banbury Health Centre 58 Bridge Street Banbury Oxon OX16 5QB Tel: 01295 225549 Mob: 07508 428161 Email: mindinbanbury@oxfordshire-mind.org.uk | Mon 10.00 am – 1.00 pm R Mon 1.30 pm – 3.00 pm Y Tue 10.00 am – 1.00 pm W Wed 10.00 am – 1.00 pm * Thr 2.00 pm – 4.00 pm Thr 4.30 pm – 7.00 pm ** R – Recovery themed session. Y - Yoga W – Women Wellbeing Group. * At The Mill Arts Centre ** Late Shift for Working People | Susan Weavers 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 Mob: 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 Kate Watson |
| 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 – 3.30 pm | 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**
Wed 6.00 pm – 8.00 pm***

Tom Hawkesworth (Tue, Wed)
Susan Mundy (Wed)
Saul Goode (Tue)

* Methodist Church

** Couture Café, Cornerstone Art Centre, Didcot

*** Late Shift at Whiteleaf Training Ltd – see Support Groups

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
Wed 12.30 pm – 2.30 pm*
Thr 11.00 am – 1.00 pm**
Thr 2.00 pm – 4.00 pm
Thr 5.00 pm. – 7.00 pm***

Angela Craig
Roger Thomason

* Women's Wellbeing Group, at Friends Meeting House, 45 Northfield End, Henley-On-Thames, RG9 2JJ

** Men's fitness group

*** The Late Shift – Starbucks, 1a Bell Street, Henley

Mind in Kidlington

Kaleidoscope 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, Costa Cafe

9 High Street, Kidlington, Oxon OX5 2DH

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

St James Hall
Between Towns Road
Cowley
Oxford
OX4 3LZ

Tel: 01865 604368

Mob: 07505 628351

Mob: 07505 626833

Mob: 07760 629089 Beth

Email: mindincowley@oxfordshire-mind.org.uk

Mon 12.00 am – 4.00 pm
Tue 12.00 am – 4.00 pm
Wed 12.00 am – 4.00 pm
Thr 12.00 am – 4.00 pm

Beth Brown-Reid (Manager)
Marianna Piskovszky
Anna Scigala
Duncan McFarland
Dominika Akuszewska

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 10.00 am – 12.00 pm*
Fri 1.00 pm – 3.00 pm**

Lynne Jones
Antonia Hund-Goeschel

* Working in the community with other agencies. Groups Workshops including CBT.

Workers are bookable – please contact us to discuss

** A programme to enhance wellbeing and recovery:

Activities, groups, workshops including CBT. Please contact the project for more information.

*** **The World Wide Women's Group** runs 1st and 3rd Tuesday of the month from 10.00 a.m. – 1.00 p.m. This project run by Oxfordshire Mind, Restore, Home-Start, NHS and Refugee Resource Project. Open to all women from diverse communities, who are interested in women's wellbeing.

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

Dominika Akuseweska

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

Thame OX9 3ER

Tel: (01844) 218820

Mob: 07919 658831

Email: mindinthame@oxfordshire-mind.org.uk

Tue 10.30 am – 2.30 pm

Tue 4.00 pm – 6.00 pm*

Thr 10.00 am – 1.00 pm

Rosalia Barresi

Deborah McLean-Thorne

Fiona Tickler (Tue)

* The Late Shift - At Rumseys Café, 8 Upper High Street, Thame

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 – 8.30 pm**

Thr 10.00 am – 3.00 pm

Saul Goode (Thr)

Jade Sullivan (Tue eve and Thr)

** 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 – 1.30 pm*

Mon 2.00 pm – 3.00 pm**

Wed 10.30 am – 1.30 pm*

Wed 1.30 pm – 3.00 pm#

Thr 2.00 pm – 4.00 pmN

Thr 4.30 pm – 8.30 pm*

Annie Mellor

Justine Robinson-Bartlett

* The Late Shift

Structured Group

N Meet at Norton's Café

** Sharing and support Group

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 Anne Clarke Mob: Email: anne.clarke@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* | Anne Clarke 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: 07866 107520 Ademola Adediran Mob: Barbara Blandford | Mon – Fri 9.30 am – 5.30 pm Mon-Fri 9.30 am – 5.30 pm | Barbara Blandford Ademola Adediran |
|---|--|---------------------------------------|

Email: ademola.adediran@oxfordshire-mind.org.uk
Email: barbara.blandford@oxfordshire-mind.org.uk

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

| | | |
|---|---|------------------------------|
| 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 9.30 am – 5.30 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 9.30 am – 4.30 pm** Tue 9.30 am – 4.00 pm** Fri 9.30 am – 4.00 pm** | Barbara Blandford* Bonita Gorini** |
|--|---|---------------------------------------|

OXFORDSHIRE MIND - HOUSING SERVICES CONT/...

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

| | | |
|---|---------------------------|----------------------------------|
| Mind in Oxford Floating Support 213 Barns Road Cowley Oxford OX4 3UT Tel: (01865) 776655 Mob: 07866 107422 Email: ellen.russell@oxfordshire-mind.org.uk Mob: 07866 107481 Email: kelly.sainsbury@oxfordshire-mind.org.uk | Mon-Fri 9.30 am – 5.30 pm | Ellen Russell Kelly Sainsbury |
|---|---------------------------|----------------------------------|

| | | |
|---|---|---|
| The Visiting Team 213 Barns Road Cowley Oxford OX4 3UT Tel/Fax: (01865) 776655 Mob: 07866 107535 Email: sarah.hatch@oxfordshire-mind.org.uk Mob: 07866 107960 Email: joe.mulligan@oxfordshire-mind.org.uk Mob: 07866 107524 Email: mark.nicholson@oxfordshire-mind.org.uk Email: liz.ward@oxfordshire-mind.org.uk | 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 | Simon Leavey Sarah Hatch Liz Ward Joe Mulligan Mark Nicholson |
|---|---|---|

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

BENEFITS FOR BETTER MENTAL HEALTH

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

| | |
|---|----------------------------------|
| Benefits Hotline Tel: 01865 263756 Email: bbmh@oxfordshire-mind.org.uk Basic Benefits Advice, Referrals, Signposting and Bookings | Wed & Thr 10.00 a.m. – 1.00 p.m. |
|---|----------------------------------|

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 or the Hotline 01865 263756 to check their whereabouts in the county. A Saturday service is available by appointment only. This service is for those who are in work and cannot make office hours.

CARERS SUPPORT GROUP

| | | |
|---|--|----------|
| Carers Support Group* The Friends Meeting House 43 St Giles Oxford OX1 3LW | Every 2 nd Thursday of each month, except August. 10.30 a.m. – 12.30 pm | Pat Ross |
|---|--|----------|

Tel: 01865 263735 (Oxfordshire Mind)

* Correspondence to Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP

OXFORDSHIRE MIND – LATE SHIFTS

| PROJECT NAME | OPENING TIMES | STAFF NAMES |
|---|-----------------------|--|
| Banbury Late Shift – for working People Run by Mind in Banbury 2 nd Floor, The Banbury Health Centre 58 Bridge Street Banbury Oxon OX16 5QB Mob: 07508 428161 Email: mindinbanbury@oxfordshire-mind.org.uk | Thr 4.30 pm – 7.00 pm | Susan Weavers Lyn Tivenan Joanna Iles |
| Didcot Late Shift - for working people Run by Mind in Didcot 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 Tom Hawkesworth |
| Henley Late Shift – for working people Run my Mind in Henley Starbucks 1a Bell Street Henley-on-Thames Oxon RG9 2BA Tel: 07919 658830 Email: mindinhenley@oxfordshire-mind.org.uk | Thr 5.00 pm – 7.00 pm | Angela Craig Roger Thomason |
| Oxford Late Shift - for working people St James Hall Between Towns Road Cowley Oxford OX4 3LZ Mob: 07505 628351 Email: mindincowley@oxfordshire-mind.org.uk | Thr 5.30 pm – 9.00 pm | Beth Brown-Reid (Manager) Marianna Piskovszky Anna Scigala Duncan McFarland |
| Thame Late Shift – for working people Run by Mind in Thame Rumsey's Café 8 Upper High Street Thame Oxon Tel: 07919 658831 Email: mindinthame@oxfordshire-mind.org.uk | Tue 4.00 pm – 6.00 pm | Rosalia Barresi Deborah McLean-Thorne |
| Witney Late Shift – for working people Run by Mind in Witney Witney Resource Centre Moorland Road Witney Oxon OX28 6LF Tel: 01993 702999 Email: mindinwitney@oxfordshire-mind.org.uk | Thr 4.30 pm – 8.30 pm | Annie Mellor Justine Robinson-Bartlett |

The Late Shifts are projects for anyone in employment or between jobs (or service users). 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 - TALKING SPACE IAPT LOW INTENSITY PROJECT

| PROJECT NAME | OPENING TIMES | STAFF NAMES |
|---|---------------|---|
| Improving Access to (IAPT) Talking Space Oxbridge Court Osney Mead Oxford OX2 0ES Tel: 01865 325777 For Patients / Service Users only Tel: 01865 738500 Admin Line Mob: 07553 374350 jen.cothier@oxfordshire-mind.org.uk Mob: 07918 732132 amaryllis.roy@oxfordshire-mind.org.uk Mob: 07918 732133 laura.kerrharnott@oxfordshire-mind.org.uk Mob: 07918 732135 Mob: 07918 732136 Mob: 07733 881556 afandi.mohamed@oxfordshire-mind.org.uk Mob: 07733 881557 ursula.beglinger@oxfordshire-mind.org.uk Mob: 07760 767362 fiona.mcnally@oxfordshire-mind.org.uk Mob: 07760 767363 nicole.mcbride@oxfordshire-mind.org.uk Mob: 07760 767361 mark.sainsbury@oxfordshire-mind.org.uk Mob: 07553 346053 svitlana.samoylenko@oxfordshire-mind.org.uk Mob: 07760 767360 jemma.pemberton@oxfordshire-mind.org.uk Mob: 07760 767364 monica.trabalza@oxfordshire-mind.org.uk Mob: 07760 767365 sharyn.hyde@oxfordshire-mind.org.uk Mob: 07918 732131 lauren.bradley@oxfordshire-mind.org.uk Mob: 07760 626256 rebecca.burton@oxfordshire-mind.org.uk Mob: 07598 348559 natalie.barnes@oxfordshire-mind.org.uk Mob: 07598 348132 catherine.martin@oxfordshire-mind.org.uk | Mon-Fri | Psychological Therapies Jen Cothier (Mngmnt Supervisor) Amaryllis Roy Laura Kerr Harnott Afandi Mohamed Ursula Beglinger Fiona McNally Nicole McBride Mark Sainsbury Svitlana Samoylenko Jemma Pemberton Monica Trabalza Sharyn Hyde Lauren Bradley Rebecca Burton Natalie Barnes Catherine Martin |

COGNITIVE BEHAVIOURAL THERAPY GROUPS (CBT)

For more information on the latest programme please contact **01865 263734** or **01865 263741**.

Mind runs three main CBT groups as part of it's programme. These groups consist of eight two and a half hour sessions, with the exception of self esteem, which has ten sessions. We provide a variety of locations and times during the year, so that as many people as possible have access to the groups. The groups are:

Depression: Depression lowers your mood, and can make you feel hopeless, worthless, unmotivated and exhausted. It can affect sleep, appetite and self-esteem, and interfere with daily activities. It may affect your physical health. This may set off a vicious circle because the worse you feel, the more depressed you are likely to get. Depression often goes hand in hand with anxiety.

Anxiety: Anxiety can mean constant and unrealistic worry about any aspect of daily life. You feel restless and have problems sleeping. You may also suffer from physical symptoms. Your heart may beat faster, your stomach may be upset, your muscles may tense up and you may feel shaky. Anxiety also feeds on itself. Someone who is highly anxious may develop other related problems, such as panic attacks, a phobia or obsessive-compulsive disorder.

Self Esteem: This is often connected to depression and anxiety, or can just produce withdrawal from life making it difficult to get a job, go to college or even carry out such everyday tasks as going shopping. People with low self esteem can feel worthless, or feel that no one likes them. They are often bullied and feel victims.

If you put your name down for a group, the group facilitators will meet with you beforehand to discuss your needs and help ensure that the group is the right one for you.

The groups are divided up into teaching sessions, group discussion and tasks. We ask participants to complete some tasks and reading between sessions. Groups will have between eight and sixteen participants. We split participants up into smaller groups for many tasks. We do not use high intensity tasks such as role play, or ask people to present to the group.

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: 07553 362210 * 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 * Urgent Calls Only | Zoe McIntosh Mon - Fri |
| Finance & Personnel Officer Fundraising | Tel: 01865 263733 nicky.clargo@oxfordshire-mind.org.uk | Nicky Clargo Mon-Fri |
| Information & Publicity Officer | Tel: 01865 263735 amy.wackett@oxfordshire-mind.org.uk info@oxfordshire-mind.org.uk | Amy Wackett Mon - Fri |
| Information/ Community Resource Project Worker | Tel: 01865 263750 susan.weavers@oxfordshire-mind.org.uk | Susan Weavers Mon, Tue, Thr |
| Office Administrator Minibus Bookings | Tel: 01865 263734 sheema.zaman@oxfordshire-mind.org.uk | Sheema Zaman Mon - Fri |
| Chain Reaction Manager (Volunteers) | Tel: 01865 263736 diana.thomas@oxfordshire-mind.org.uk | Diana Thomas Mon 7.30 – 5.30 pm Wed 7.30 – 12.30 pm |
| Chain Reaction Project Engagement Worker | Tel: 01865 263736 faith.sanipour@oxfordshire-mind.org.uk | Faith Sani Pour Mon/Fri 10 – 4.30 pm Wed 10 – 5.00 pm |
| Development and Fundraising Officer | Mob: 07847-119806 phil.powell@oxfordshire-mind.org.uk | Phil Powell Tue-Wed-Fri Thr am |
| CBT Groups Manager | Tel: 01865 263741 Mob: 07733 898306 shaun.goodwin@oxfordshire-mind.org.uk | Shaun Goodwin Tue, Wed, Fri |
| CBT Groups Administrator | Tel: 01865 263747 ellie.raikes@oxfordshire-mind.org.uk | Ellie Raikes Mon 9 – 5.30 pm Wed/Thr 9 – 12.30 pm |
| Clinical Psychologist | Tel: 01865 263742 carolyncowey@googlemail.com | Caroline Cowey In the Mind office part-time. |

OTHER USEFUL TELEPHONE NUMBERS

OXFORDSHIRE MENTAL HEALTH INFORMATION HELPLINE

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 Mind.

Tel: (01865) 247788

Fax: (01865) 263732

Email: omhi@oxfordshire-mind.org.uk

Web: www.omhi.org.uk

NATIONAL MIND CONTACTS

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

MIND CHARITY SHOPS IN OXFORDSHIRE

Mind Charity Shop (Oxford)

118 Walton Street

Oxford

OX2 6AH

Tel: 01865 310990

Email: mindoxford@googlemail.com

Mind Charity Shop (Banbury)

7 Parsons Street

Banbury

Oxon

OX16 5EG

Tel: 01295 265167

The Mind Charity Shops are run and managed by National Mind, but funds raised can be applied for by local Mind organisations. Donations of goods to sell and volunteers are always very welcome. Mind Christmas Cards are on sale in the festive season.

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