



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES



Summer Term 2023



Courses and Activities



All of our services need to be prebooked.



The Sunshine Centre, Edmunds Road, Banbury, Oxon. OX16 0PJ
Tel: 01295 276769 email: Community@sunshinecentre.org

The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714

All of our services need to be pre booked:-

For weekly universal sessions you can book in person or by telephoning after 9.30am on the day following the session to attend the next week.

For courses and groups we request a professional or self referral.

You can obtain a form by calling
The Sunshine Centre on 01295 276769

For other resources call 01295 276769 to discuss your needs.

Our exceptions to booking are

THE COMMUNITY LARDER

BINGO

MINI MARKET

CITIZENS ADVICE

Groups and services facilitated by other agencies are accessed via those organisations

Sunshine Centre Childcare



Our Child Care has an outstanding Ofsted report.

We have provision for children from 3 months to 4 years and boast a highly skilled staff team with a variety of specialist training.

JUBILEE *Sensory Room*

We are happy to talk to you about booking our new Sensory Room for you and your child. As a professional you can also book this resource for you and a client.

Call us on 01295 276769 to book and discuss your requirements.



Community LARDER

Our community Larder is open from Monday to Friday, 9:30am to 5:30pm.

You are welcome to take five items at a time. If your circumstances are difficult and you need more ring our bell and a member of staff will help you.

Donations are always welcome.



Outreach Support



Everyone faces challenges in their life at times and our experienced and skilled staff are here to offer support to families on issues such as:

Parenting, making healthy choices, attending activities/courses at the centre, housing, domestic abuse and benefits etc.

Charlie THE CHEF



Chef Charlie

MEETING WITH CHILDREN TO TRY NEW FOODS

For mums dads and carers concerned about the amount and variety of foods their children seem to be eating. With assistance from Charlie the Chef our staff can help by:-

- Talking through your concerns.
- Helping you keep food diary.
- Working with parents and child using Charlie to encourage children to try new foods.

The Sunshine Centre

Borrow a Book

Books can be loaned and brought back during any of the universal family sessions
(Soft Play, Sensory Baby, Stay and Play)



Soft Play *With* Stories & Rhymes

£2 a session

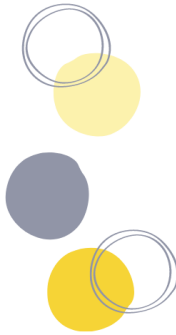
Tuesdays
10.00am
to
11.00am



Open to children and their carers (from 1 year old until their 3rd birthday)

Enjoy playing on our soft play equipment followed by a story and singing
Booking Required

SENSORY Baby



£2 a
session

Sensory play, songs,
rhymes and social time
with your under 1's.

TUESDAYS
1.30pm to 2.30pm
Booking required

Saplings

WEDNESDAY'S

10:15am to 11:30am



A group for parents to be

A joint project run by

The Sunshine Centre and OXPIP



**THIS GROUP IS ACCESSED BY REFERRAL FROM
YOUR COMMUNITY MIDWIFE**

Cooking with Lucy



Food can be collected from 10:00am
on Wednesdays.

This course is delivered via a mixture
of Youtube video links and recipe
cards so that you can cook at a time
convenient to you.



£2 a week (runs for 6 weeks)

Ingredients provided

Booking Required



STAY AND PLAY

THURSDAY'S

**Come and have fun with your under 5's and
explore activities together and meet other
parents from the local community.**

£2 a session 10:00am - 11:00am

Booking Required



Every other
THURSDAY
10.00am-
11.30am



MINI MARKET



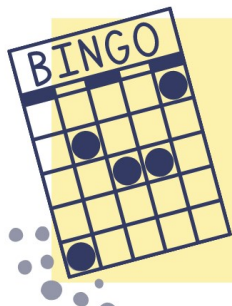
GOOD AS NEW
Toys, clothes & school uniform



See Facebook for details



£1 a Book / Raffle 50p a Strip



Prize Bingo for over 50's

Every last Thursday of the month.

Doors open at 2.00pm

Eyes down at 2.30pm

Nature PLAY

£2
a week

Booking Required

Join MUDDY FEET on their 8 weekly sessions, promoting outdoor learning opportunities for children under 5 and their parents / carers.

We promote outdoor play to maximise opportunity for physical exercise and cognitive development.



A minimum booking of 4 consecutive weeks required. Full 8 week sign up is recommended.

Payment plans available upon request.

Please call 01295276769 or visit
The Sunshine Centre to book

MUDDY FEET will be held on the following dates:

May 4th, 11th, 18th and 25th

HALF TERM

June 8th, 15th, 22nd and 29th

From 1:00pm—2:30pm

Family Adventures

Come and join us with your children for weekly adventures through play and music with Cherwell Theatre Company. Adults get to join in too so it's fun for all the family!

Themed Weekly Adventures

Fridays, 11.00am - 12.00pm
Booking required



BABY MASSAGE & MOVEMENT

£21
For 6 weeks

Fridays
10:30 am
to
11:30am



See Facebook for latest dates

SELF ESTEEM PROGRAMME

To help build your confidence and assertiveness

“ I didnt change,
I just found myself ”

An 8 week programme to help build confidence and assertiveness

BOOKING REQUIRED
Call to enquire.

FAMILY LINKS

Wonder if family life could be more fun?
Why is it the more you tell them off the more they argue?

Discover more about parenting.



The Parenting Puzzle

A 10 week course for Mums, Dad's and Carers
(cost £5 for resources)

Booking Required
Call to enquire.





Helping fathers
value their children

A programme to help fathers improve their relationship with their children and end controlling, abusive and neglectful behaviour.

Caring Dad's is a 17 week course offering fathers a unique opportunity to engage with their children and develop a positive relationship with them.

Participants can only access this course via a professional referral.
For more information contact us at
The Sunshine Centre

Wednesdays
10.00am - 12.00pm

Citizens
Advice will be
available at The
Sunshine Centre

Drop in, no need to book

**citizens
advice**



Book your FREE NHS Health Check today with Health Checks Oxfordshire

If you are aged 40-74 years and live in Oxfordshire, you could be eligible for a FREE NHS Health Check with Health Checks Oxfordshire.

The new service launched earlier this year to assist GP practices in catching up with Health Checks that were missed during the COVID-19 pandemic.

The health check takes 30-45 to complete and will give you a snapshot of what is going on inside your body to help you tackle health problems before they become a concern. The check aims to reduce your risk developing heart disease, stroke, type 2 diabetes, kidney disease and certain types of dementia and achieves this by assessing the risk factors. Your expert health advisor will ask a number of questions relating to your health, measure your height and weight, take your blood pressure and a quick and easy finger prick blood sample.

At the end of a health check, you'll be given a personalised report outlining your results to take away from the appointment. Depending on your results, you'll be receive advice on how to lower your risk with lifestyle changes.

We work with a number of local partners to ensure that you have access to the support you need following your health check. Whether you need help to quit smoking, lose some weight or cut down on your alcohol intake – we'll signpost you to free and local services that can help you achieve these goals.

Health Checks are currently being delivered at Sunshine Centre, Edmunds Road, Banbury Ox16 0JP



Booking Required.

Check your eligibility:

www.healthchecksoxfordshire.org

0800 122 3790



Health Visitor Appointments



Did you know that you can book in to see a Health Visitor at the Sunshine Centre?



Health Visitor session run weekly on Tuesdays.
Booking required. Book in via your Health Visitor.

Fresh Fruit & Vegetable Bags



£2.00

Tuesdays and Fridays
From 10:30am, while stock lasts.
First come, first serve basis.
£2.00

To help keep our community eating well, especially during the cost of living crisis, The Sunshine Centre will have fresh Fruit and Vegetable bags available twice a week.

Each bag will have 3 fruit and 3 vegetable items/packs and will be worth up to £5.

Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE



Coming Soon



Summer Trips & Family Fun Sessions

Keep an eye on our social media pages and website for all the latest events and activities



Play Cherwell Lottery and support our cause



- Make a difference to the community and support our cause
- Sign up for only £1 a week!
- You get the chance to win cash prizes up to £25,000 every week!
- We get 50p from every £1 ticket and a further 10p goes to other good causes
- Join your community in making where we all live, a even better place

To start supporting, visit
www.CherwellLottery.co.uk
and search for: **The Sunshine Centre**

Supporters must be 16 years of age or older



Your Thoughts

We welcome suggestions from the community of what they would like to see more of in and for their community and at the Centre.

We would also like to hear feedback from our Centre users on their experience at our sessions, courses, events and from our Early Years.

Please feel free to write to us via email, Facebook messenger or leave comments on relevant posts on our social media.

Or you can always pop in to let us know how we are doing and what you hope for your community.

We look forward to hearing from you soon!



A new way to support The Sunshine Centre

Amazon Gift List

Now that Amazon Smile has come to an end, our sponsors, supports and community can continue to support the Centre by gifting us items of need from our Amazon Gift List.

The Gift List will be updated regularly with items that the Centre needs.

Gifted items have the option of being delivered directly to the Centre by selecting the Centre as the delivery address.

To view our Gift List, please scan the QR code.



We would like to thank you in advance for your continued support and generosity.



Ways You Can Support The Sunshine Centre

Volunteer

Fundraise For Us

Donate (via Just Giving)

<https://www.justgiving.com/sunshinecentre>

Amazon Gift List

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Fundraising Campaign

Our top priorities are the safety of the children in our Early Years rooms and our centre users and the quality of education, services and facilities that we are able to provide. So, we are currently fundraising for some long overdue refurbishments to help keep the centre a safe, welcoming and purpose-built space for its users.

To donate visit
<https://www.justgiving.com/campaign/thesunshinecentre>



Or scan the QR Code to go to our
Refurbishment Fundraiser
on Just Giving



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

The Sunshine Centre
Edmunds Road, Banbury
Oxfordshire, OX16 0PJ

Keep up to date via;

-  Phone: 01295 276 769
-  Email: community@sunshinecentre.org
-  Web: www.sunshinecentre.org
-  <https://www.facebook.com/SunshinecentreBanbury>
-  <https://www.instagram.com/sunshinecentrebanbury>

