



January – March 2024

Courses and Activities



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

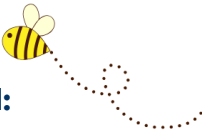
The Sunshine Centre Registered Charity Number 1124335 / Registered in England & Wales No 05276714



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 we request a professional or self referral. You can obtain a form by calling The Sunshine Centre on 01295 276769



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

Food Bank Vouchers

The Centre is able to issue food bank vouchers between 9:30am and 11:30 am from Monday to Thursday.

In person only.
(Subject to staff availability)

The Centre has **Community Laptops** which can be used, on site, to complete forms and documents such as school applications.

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 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.

Family 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.

Cooking with Lucy

Booking Required

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
Starting February
Call to enquire

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)



Stay & Play SEND Sessions

1-2pm on Mondays

A group for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed.

Booking required. Limited spaces available.

£2
per session

To book call:
01295 276769



Soft Play with Stories & Rhymes

Open to 1 & 2 year olds and their
parents/carers.
Enjoy playing on our soft play equipment
followed by a story and singing

Tuesdays
9:45am to 10:45am
£2 a session. Booking Required



Soft Play for 3 & 4 year olds



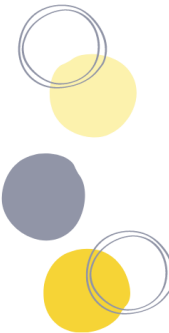
Tuesdays
11:00am to 11:45am
£2 a session. Booking Required

Open to 3 & 4 year olds and
their parents/carers.
Enjoy playing on our soft
play equipment.



SENSORY Baby

**£2 a
session**

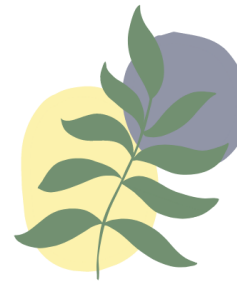


Sensory play, songs,
rhymes and social time
with your under 1's.

TUESDAYS
1.30pm to 2.30pm
Booking required

Saplings

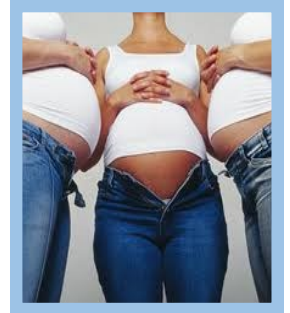
WEDNESDAY'S
10:15am to 11:30am



A group for parents to be
A joint project run by

The Sunshine Centre and Community Midwives

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



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





MINI MARKET



GOOD AS NEW
Toys, clothes & school uniform

10.00am to 11.30am

See Facebook or call for
details and latest dates



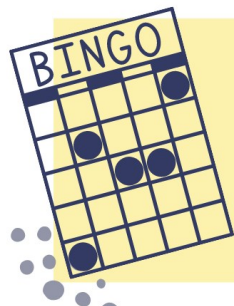
BABY MASSAGE & MOVEMENT

£21
For 6
weeks

See Facebook or
call for latest
course dates



£1 a Book / Raffle 50p a Strip



Prize Bingo for over 50's

Every last Thursday of the month.

Doors open at 1:45pm

Eyes down at 2.15pm

Wednesdays
10.00am - 12.00pm

Citizens
Advice will be
available at The
Sunshine Centre

Drop in, no need to book

**citizens
advice**

SELF ESTEEM PROGRAMME

*I DIDN'T
Change,
I JUST FOUND
Myself*

**An 8 week programme to
help build confidence
and assertiveness**

**BOOKING REQUIRED
Call to enquire.**

Starts in January.

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.**

Starts in January.



Coming Soon

**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



Coming Soon



Time Out for Parents

A course for parents of children with additional needs

This course provides an opportunity for you to receive and provide support, encouragement, share feelings & experience and come up with solutions to problems on a basis of what works - not what is meant to work

Starts in February

Course costs £5 for the resources

Call to enquire

Coming Soon

Free Workshop

Call to enquire



Left to Their Own Devices

A workshop to help parents address the challenge of the online world, discuss topics such as the impact of the digital world on children, screen time, social media and tackle some of the more serious issues such as online bullying.

Health Visiting Services



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.

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



Please share your thoughts

We welcome suggestions from the community.

We welcome your feedback on your experience at our sessions, courses, events and our Early Year's Childcare.

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!

Ways You Can Support The Sunshine Centre

Volunteer
Fundraise For Us

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

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



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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/sunshinecentrebunbury>

