



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

Keep up to date via;

-  Phone: 01295 276 769
-  Email: [community@sunshinecentre.org](mailto:community@sunshinecentre.org)
-  Web: [www.sunshinecentre.org](http://www.sunshinecentre.org)
-  <https://www.facebook.com/SunshinecentreBanbury>
-  <https://www.instagram.com/sunshinecentrebanbury>



The  
**Sunshine  
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

# April - July 2024

## Courses and Activities



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

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### 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.



# Ways You Can SUPPORT The Sunshine Centre

## Volunteer

Please email [community@sunshinecentre.org](mailto:community@sunshinecentre.org) if you would like to volunteer for us. We'd be grateful of any help from individuals or local businesses.

## Fundraise For Us

Either on your own, as a family or with friends, there are lots of different fun fundraising methods and challenges that you can do to raise funds for the Centre. Let us know your plan and we can share it with our community on social media.

## Donate (via Just Giving)

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

## 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.



# 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](http://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!

# Sunshine Centre Childcare



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*

Our sensory room can be booked for your child/ren when attending with a professional.

Call us on 01295 276769 to discuss your requirements.



# Community **LARDER**

Our community Larder is open 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 items, please ring our bell and a member of staff will help you.

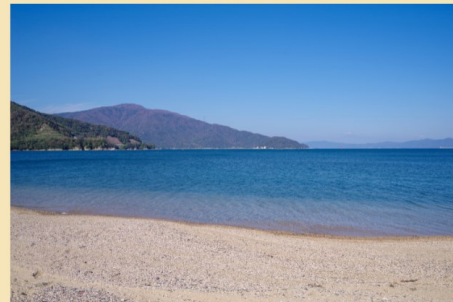
Donations are always welcome.



Keep an eye on our Facebook and Instagram pages for news of **upcoming trips** and **special events**.



 The  
**Sunshine  
Centre**  
SUPPORTING & ENCOURAGING COMMUNITIES



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



CARING  
DADS™

# 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.**

## 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.

## Nature PLAY

Booking Required



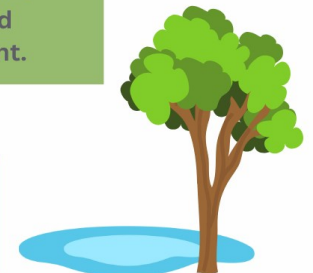
Join Little Wild Things on their weekly sessions, promoting outdoor learning opportunities for children under 5 and their parents /carers.

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

£2  
a week



Every Tuesday  
12.30pm to 2.30pm.



# 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

## 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.

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)



## BABY MASSAGE & MOVEMENT

£21  
For 6 weeks

See Facebook or  
call for latest  
course dates



**Wednesdays**  
10.00am - 12.00pm

Citizens  
Advice will be  
available at  
The Sunshine Centre  
*Drop in, no need to book*

**citizens  
advice**

## Soft Play with Stories & Rhymes

£2 a session  
Booking  
required

Enjoy exploring our  
soft play equipment  
followed by a story  
and singing.

Open to  
1 & 2 year olds and  
their parents/carers.

Tuesdays  
9.45am to 10:45am



## SENSORY Baby

£2 a  
session



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

**TUESDAYS**  
1.30pm to 2.30pm  
**Booking required**

# Saplings

**WEDNESDAYS**

10:15am to 11:30am

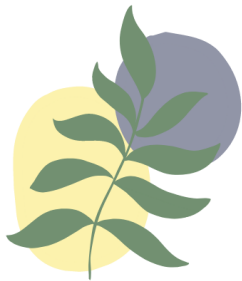
A group for  
parents-to-be.



A joint project run by  
The Sunshine Centre and  
Community Midwives.



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



## MINI MARKET



**GOOD AS NEW**

**Toys, Books & Games  
Children's and Ladies Clothes  
Baby Items  
Bric-a-Brac  
School Uniform**



10.00am to 11.30am

See Facebook or call for  
details and latest dates

## STAY AND PLAY THURSDAYS

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

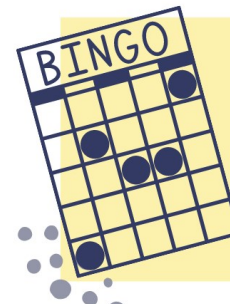
**£2 a  
session**

10:00am - 11:00am

Booking Required



£1 a Book / Raffle 50p a Strip



**Prize Bingo for over 50s**

Every last Thursday of the month.  
Doors open at 1:30pm  
Eyes down at 2.15pm