



The  
**Sunshine  
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

# September - December 2025 Courses and Activities

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

Tel: 01295 276769

Email: [community@sunshinecentre.org](mailto:community@sunshinecentre.org)



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

# Services

## 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.

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.**



## 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.



### **Food Bank Vouchers**

The Centre is able to issue food bank vouchers between 9:00am and 2 pm from Monday to Thursday. In person only.  
(Subject to staff availability)



### **Community Laptops**

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



### **Booking Sessions**

Many of our sessions need to be pre-booked unless it specifies that it is a drop in.

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. Please note that we are unable to accept bookings via email

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

# Sunshine Centre Childcare



We have provision for children from 9 months to 4 years and have a highly skilled staff team with a variety of specialist training.

# The Sunshine Centre

The Sunshine Centre has partnered with Oxfordshire County Council to bring you various Community Hub services and sessions, we also host third party agencies to bring their services to you locally.



All activities, courses, events and services provided to you by The Sunshine Centre will be shown in this booklet with a blue border and our sun logo

Please note that The Sunshine Centre is currently partially funded by The National Lottery's Community Fund



## Time

## Mondays

10:00am - 12:00pm

**citizens  
advice**

### CHIP Drop In by Citizen's Advice

West Northants and Cherwell.

#### No appointment necessary.

We are here to ensure you receive the most appropriate help, from the most appropriate person, at the most appropriate time.

**Community  
Help and  
Information  
Point**

1:00pm - 4:00pm

**NHS**

Oxfordshire  
Talking Therapies



### Talking Therapies Drop-In

#### One Drop Ins. No need to book.

Talking therapies can help if you're struggling with things like feelings of depression, excessive worry, social anxiety or post-traumatic stress disorder (PTSD).



1:00pm - 2:30pm

**NHS**

Oxford Health  
NHS Foundation Trust



### Caterpillars

Stay and Play for parents aged under 20  
(every fortnight starting 9<sup>th</sup> June 2025)

Come along and join us for stories, music and messy play, toys and lots of fun.

If you are a young parent with a little one, come and drop in, free of charge.

**No need to book!**

For more information contact SPA ON 01865 903800





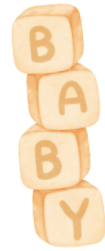
## Time

## Tuesdays

12:30pm - 2:30pm

### Well Child Drop In Clinic

The clinic will give access to health and development information and advice, including weighing scales. No appointment is required.



### Baby Lunchbox

Feeding support and information from birth and beyond. No need to book. Just drop in.



**These are Health Visitor Led services.**



1:30pm - 2:30pm



### SENSORY Baby

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

**Booking Required. £2 per family**



10:00am - 2:00pm

### Smokefree Oxon

Details coming soon

## Time

## Wednesdays

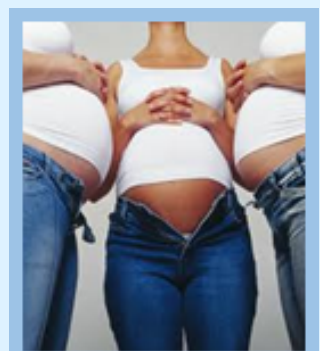
10:45am - 12:00pm



### Saplings

A group for parents to be run by The Community Midwives and OXPIP.

This group is accessed by referral from your community midwife.



Time

Thursdays

10:30am - 11:30am



## STAY AND PLAY



Come and have fun with your under 5s, while you explore activities together.

Promoting fun, creativity and socialisation.



**Booking Required. £2 per family.**

10:00am - 11:00am



## MINI MARKET

GOOD AS NEW:

Ladies & Children's Clothing

Toys & Books

Baby & Toddler Items

Bric-a-Brac

School Uniform



**See Facebook or call for details and latest dates.**

Fill a plastic bag for £2

Fill a bag for life for £3

Some items are individually priced

Doors open:  
1.30pm

Eyes down:  
2.15pm



## OVER 50s Prize



£1 per bingo book

50p per strip of raffle tickets



**Every Last Thursday of the month.**

## Time

## Fridays

9:30am - 10:30am  
0-18m



Discover the world of music and instruments in this weekly session, guided by an Early Years music teacher.



**Booking Required. Free session.**

10:00am - 11:00am



## Parent & Baby Sessions for Mental Wellbeing

**Coming Soon**



## Time

## Saturdays

10:00am -  
12:00pm

## CREATIVE COLLAGE

led by Marigold Short MA Fine Art

This practical course for adults allows time and space to explore the creative possibilities of collage. The medium of collage is one of the most versatile art forms. The course is suitable for beginners and those with previous experience of collage and other art forms.

Bring: junk mail or an old magazine or two.  
Provided: scissors, glue, plain paper, card etc.



**Booking Required. £10 per session.**

# The Sunshine Centre



## Borrow a Book



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



## Community Trips and Family Fun Sessions

The Sunshine Centre runs annual term break trips and Family Fun Sessions

For more information on what trips and sessions are coming soon, see the individual event posters at the back of this brochure.



## Courses



### Self Esteem Programme

An 8 week programme to help build confidence and assertiveness

**Call to enquire. Booking Required.**

**I DIDN'T  
change  
I JUST FOUND  
myself**



### The Nurturing Programme

A “10-week parenting programme that improves the emotional health of both adults and children and strengthens family relationships.”

**Call to enquire. Booking Required.**







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# SPOOKY DAY

## FAMILY FUN SESSION



**Details coming soon**



The  
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# Coming Soon

## Winter Wishes

**Details coming soon.**

Winter Wishes is our annual festive Community Event which helps us bring joy to the families in our community during the holiday season and helps us raise funds for the Centre.

**We hope to see you there.**

# 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.
- Come together with your community to make our area an even better place to live.

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



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## Please share your thoughts

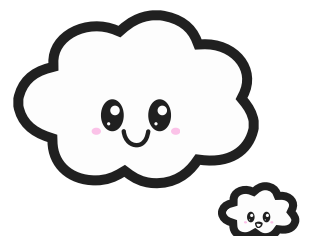
We welcome suggestions from the community.

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

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.

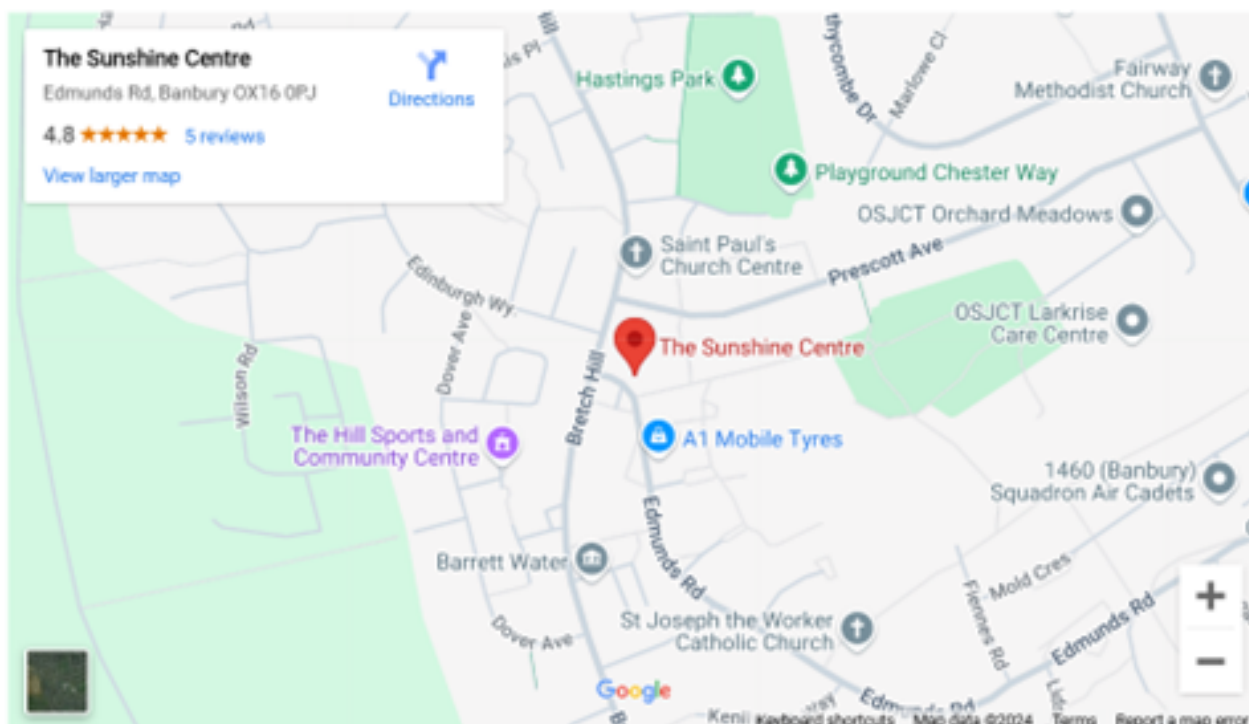
## Amazon Gift List

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.

## Donate (via GoFundMe)

Please consider donating towards updating and replacing equipment in our well-loved outdoor area.





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>

