



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

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>



Registered Charity No: 1124335 Registered in England and Wales No: 05876714 Registered Office: Edmunds Road, Banbury, Oxfordshire OX16 0PJ



September - December 2025 Courses and Activities

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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.



Ways You Can SUPPORT The Sunshine Centre

Volunteer

Please email 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.



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

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!

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 OXFORDSHIRE COUNTY COUNCIL	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 OXFORDSHIRE COUNTY COUNCIL	Caterpillars  Stay and Play for parents aged under 20 (every fortnight starting 9th 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



spooky session

Family Fun Event

£2.00
Per person

Fun for all the family

Friday 31st October 2025
10:00am - 11:30am

Fancy dress encouraged

Spooky themed activities included
Take-away lunch provided by play:full

Payment required at time of booking. Limited spaces available.
Booking deadline is 17th October 2025
Visit reception to book.



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.

THE CENTRE FOR
**EMOTIONAL
HEALTH**

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.



NHS
Oxford Health
NHS Foundation Trust

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**

Free support to quit smoking.
Book your appointment today.

Visit www.SmokeFreeOxon.co.uk
Call 0800 772 3673
Text QUITOXON to 66777
Email SmokeFreeOxon.s4h@nhs.net



Time

Wednesdays

10:45am - 12:00pm

OXPIP
Oxford Parent
Infant Project

NHS
Oxford Health
NHS Foundation Trust

Saplings

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

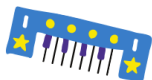
This group is accessed by referral from your community midwife.



Time	Thursdays
10:00am - 11:00am 	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
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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.
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Time	Fridays
9:30am - 10:30am 0-18m 	Tune Tots music class    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 
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Time	Saturdays
09:30am - 12:00pm 	led by Marigold Short MA Fine Art CREATIVE COLLAGE Art for wellbeing. Art for fun. Art for Art's sake. 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. Suggested Donation: £5 