



The
**Sunshine
Centre**

SUPPORTING & ENCOURAGING COMMUNITIES

January - March 2026 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**

Services



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.



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.

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.





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.

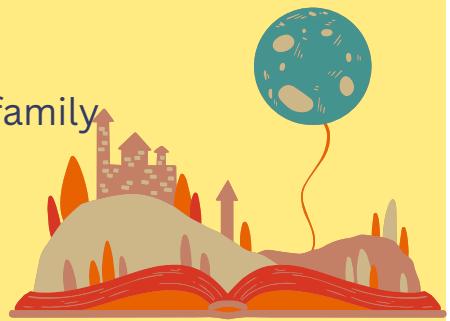
For weekly sessions you can book in person or by telephoning after 9.30am on the day following the session to attend the next week. Please note that we are unable to accept bookings via email

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

Borrow a Book



Books can be loaned and brought back during any of our 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.



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

10:00am - 12:00pm

citizens advice

Mondays

CHIP Drop In by Citizen's Advice

West Northants and Cherwell.

Community Help and Information Point

No appointment necessary.

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

1:00pm - 4:00pm

NHS

Oxfordshire Talking Therapies

OXFORDSHIRE COUNTY COUNCIL

Talking Therapies Drop-In

One to 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.

Drop In - No need to book!



For more information contact SPA ON 01865 903800

Time

10:00am - 2:00pm

Tuesdays

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



1:30pm - 2:30pm



SENSORY Baby



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

Booking Required. £2 per family

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

10:00am - 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.

Time

10:00am - 11:00am



Thursdays

MINI MARKET

GOOD AS NEW:
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

No need to book



Doors open:
1.30pm

Eyes down:
2.15pm



OVER 50s Prize



Every Last Thursday of the month.

Please check Facebook for any date changes

No need to book

£1 per bingo book
50p per strip of raffle tickets



Time

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

Fridays



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



Booking Required. Free session, donations welcome.

10:00am - 11:00am
(Fridays)



Sport In Mind



Parent & Baby Yoga for Mental Wellbeing

Open to anyone who may be feeling they want to connect with other parents and use movement to support their physical and mental well-being; whether it be low mood, anxiety or more. Yoga for parents and babies (under 1 & after a post natal check up) with our lovely instructor Lucy

This group is provided FREE by
mental health charity Sport In Mind
for the benefit of local people.



Please sign up via the QR code. No booking required.

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

Starting in January 2026

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

Call to enquire. Booking Required.



Coming Soon

Throughout the year, the Centre holds a number of Family Fun Sessions during the School holidays.



Keep an eye on our brochures and social media pages for details of the next one.



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.

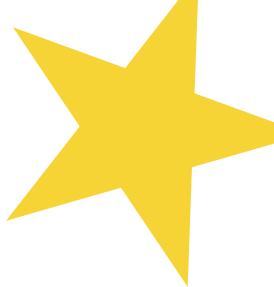
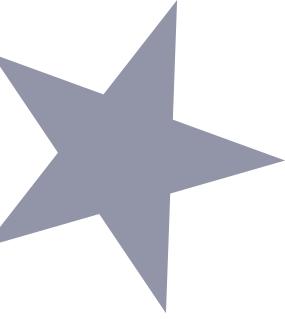
We welcome your feedback on your experience at our sessions, courses, events and our Early Year's Childcare.

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!



HOW YOU CAN HELP SUPPORT US:

VOLUNTEER

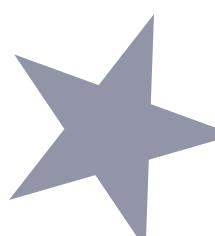
Please send us an email at **community@sunshinecentre.org** if you can spare some time to volunteer for us. We'd be grateful of any help from individuals or local businesses.

FUNDRAISE FOR US

Whether fundraising as an individual or part of a team, there are lots of different fun fundraising methods and challenges that you can do to raise money for the Centre. Let us know what you plan and we can share it with our community on social media.

JUST GIVING

You can make a donation to us through our Just Giving page: www.justgiving/sunshinecentre.



Amazon Gift List

One way our sponsors, supports and community can continue to support the Centre, is by gifting us items of need from our Amazon Gift List.

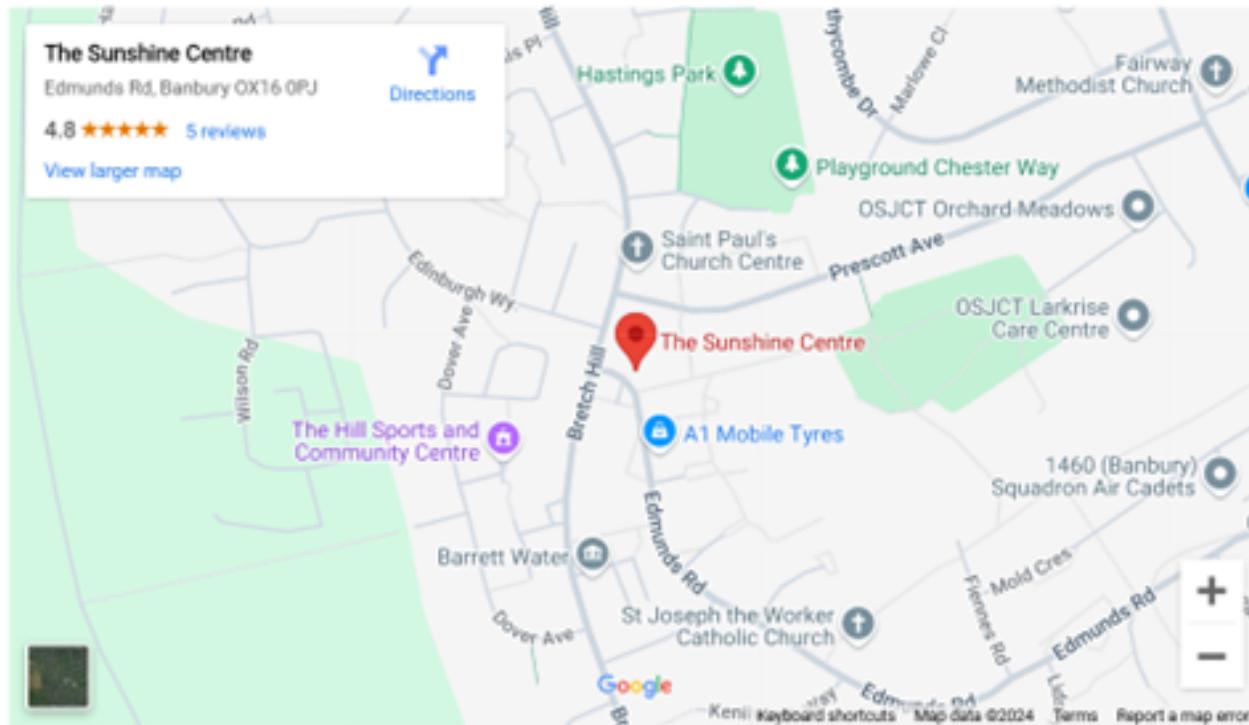
From colourful card and glue to sensory toys and amazing animals, please check out our wish list and send us an order if you can.

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

Follow the QR Code to have a look at our list:



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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/sunshinecentrebanbury>



Sanctuary

