

Cherwell and West

Peer Support Groups

Day	Time	Location	Group
Banbury			
Monday	10:00am - 12:00pm	Banbury Wellbeing Hub	Open Peer Support and Board Games
Tuesday	10:00am - 12:00pm	Banbury Wellbeing Centre	Women Only
Tuesday	2:00pm - 3:00pm	Banbury Wellbeing Hub	Yoga
Thursday	10:00am - 12:30pm	Banbury Wellbeing Hub	Creative Group
Thursday	2:00pm - 4:00pm	Banbury Wellbeing Hub	Open Peer Support
Witney			
Monday	1:45pm - 2:30pm	Witney Resource Centre	Yoga (chair-based)
Monday	2:45pm - 3:30pm	Witney Resource Centre	Yoga (mat-based)
Tuesday	10:00am - 12:30pm	Witney Resource Centre	Open Peer Support and Crafts
Tuesday	2:00pm - 3:30pm	Witney Resource Centre	Get Into Reading
Thursday	5:00pm - 8:00pm	Witney Resource Centre	Meal, Relaxation and Music
Bicester			
Monday	2:00pm - 4:00pm	Bicester Sainsbury's Cafe	Sainsbury's Cafe
Friday	2:00pm - 4:00pm	Studio 2	Open Peer Support
Chipping Norton			
Tuesday	2:00pm - 4:00pm	Old Mill Cafe	Open Peer Support

Contact the Cherwell and West team to find out more:



Banbury - 01295 261 195

Witney - 01993 702 999



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