

2018

HEALTHIER BARTON HEALTHIER YOU!

@BARTON NEIGHBOURHOOD CENTRE

BREAKFAST CLUB

FREE

FREE breakfast to all school children

8 - 8:45am

BARTON COMMUNITY CUPBOARD

FREE

Deliveries from Oxford Food Bank

Appx 1pm

GADGET DROP IN

FREE

2:30 - 4:30pm

JOB CLUB: BARTON

FREE

6:30 - 8:30pm 10am-12noon

SALSA CLASS

6 SESSIONS FOR £5

7 - 8pm

BODY TONING

6 SESSIONS FOR £5

9:30 - 10:30am

ADVICE CENTRE

Drop in available for OX3 city residents

9:30 - 1pm

ENGLISH LITERACY CLASSES

FREE

9:30 - 11:30am

MATHS NUMERACY CLASSES

FREE

9:30 - 11:30am

LUNCH CLUB

Two course healthy lunch

£2

11:30am - 1:30pm

BARTON SINGS

£5 OR £1 IF ON INCOME RELATED BENEFITS

10am - 12noon

ZUMBA

6 SESSIONS FOR £5

6:30 - 7:30pm

RESTORE DROP IN

FREE

9am - 12:30pm 1:30 - 4:30pm

MARTIAL ARTS

1ST MONTH FREE

Variety of beginner classes for 4 years +

5 - 8:30pm 9:30 - 11am

PLUS SO MUCH MORE.....

@BARTON LEISURE CENTRE

CLASSES & SESSIONS

FROM £1.30 PER ACTIVITY

Extensive programme of classes, sessions and courses to suit all ages and abilities. From £1.30 with Bonus Slice card

FREE SWIMMING

FREE

For Oxford residents under 16 years old with a free Kids Slice Card.

FLUID MOTION

FROM £2.50 PER ACTIVITY

Water-based rehabilitation programme to strengthen through strengthening and conditioning exercises.

2 - 3pm 11 - 12noon **BOOKING IS ESSENTIAL**

APPOINTMENT BUDDIES

Are you over 50 years old and need help with GP appointments at Hedena Health or Manor Surgeries? Call Getting Heard on 01865 230203 or email advocacy@gettingheard.org

FOR INFORMATION ON BARTON HEALTHY NEW TOWN

www.oxford.gov.uk/bhnt

www.bartoncommunityassociation.com

www.facebook.com/bartoncommunity

To register for updates

barton@oxford.gov.uk or 07767 318274

@BARTON CHILDREN AND FAMILY CENTRE

PLAY AND LEARN

FREE

Drop-in for families with babies, toddlers & siblings 0-5 years.

10 - 12noon **HEALTH VISITORS FROM 10:30AM**

CHOICES

FREE

Support for work & training opportunities for 16-19 year olds

12noon - 3pm

@ST MARY'S CHURCH

COFFEE AND CRAFTS

Weekly social group to meet with others and craft together

11am - 1pm **TERM TIME ONLY**

AFTER SCHOOL CLUB

3 - 4:30pm **TERM TIME ONLY**

@HEDENA HEALTH

SOCIAL PRESCRIBING

Offering health and wellbeing support for both Hedena Health and Manor patients. Drop in to see Sarah at Barton surgery



www.oxford.gov.uk



OXFORDSHIRE COUNTY COUNCIL

