

Mood-Lifting Activities and Mental Health Support in West Oxfordshire



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Welcome to Mental Health Support West Oxfordshire

Mental health is an essential part of our overall wellbeing. Whether you're facing a period of stress, low mood, anxiety, or a more ongoing challenge, you are not alone and support is available in your local community.

This booklet brings together a range of local services, groups, and activities across West Oxfordshire that promote mental health and emotional wellbeing. It has been created to make it easier for individuals, families, carers, and professionals to find the right support at the right time. The information inside includes everything from professional support services and peer groups to community-run activities that foster connection, purpose, and resilience.

This guide is for you if:

- You're seeking help for yourself or a loved one
- You're looking to refer someone to a local service
- You're a professional or volunteer working in the community
- You want to explore ways to improve or maintain your mental wellbeing

We hope this resource helps you feel more informed, empowered, and supported. If there's a service or group you'd like to see included in future editions, we'd love to hear from you:

Community.wellbeing@westoxon.gov.uk

Take your time, explore what's available and remember, reaching out is a strength.

“Over 11% of Oxfordshire’s 10-19 year olds were referred to mental health services last year.”

**Oxfordshire Mind,
2025**



The Branch Trust

We provide a variety of support from Domestic Abuse, Young Carers, Citizens Advice, Mind, Connection Support and NHS Keystone Mental Health and Wellbeing Hub. The “gateway” to The Branch is through Connect Café on a Tuesday 1:00-2:30pm, when you will be signposted to the most useful service or could just drop in and have tea and cake!

There is a Mental Health drop in every Friday 10:00am-12:00pm

We work with the whole community of Chipping Norton and surrounding villages.



Referrals:

Self-refer yourself, no booking required, just drop in!

Contact:

Monday—Friday 8:30am—5:30pm



[The Branch, 16 Market Place, Chipping Norton, OX7 5NA](#)



01608 698250



office@thebranchtrust.org



www.thebranchtrust.org



All services at The Branch are free



Bridewell Gardens

We provide a mental health recovery service using an approach called Social and Therapeutic Horticulture. Our objective is to help people recover to the point that they are able to participate in mainstream community activities such as employment, volunteering, training/education and social activities.

We support adults of working age, who are registered with a GP in Oxfordshire and whose mental health has had a significant and sustained impact on how they manage day-to-day activities.



Referrals:

Professional referral required (via website below) and booking required to attend a session.

Contact:

Monday—Friday 10:00am—3:00pm



[Bridewell Gardens, The Walled Garden, OX7 3DT](#)



01993 259059



info@bridewellgardens.org



<https://bridewellgardens.org/referrals>



All services are free



Oxfordshire Mind

We offer peer support groups bringing together people to provide mutual support in a safe and welcoming space. Having the chance to speak to people who have been through similar experiences to you can be incredibly reassuring, provide a sense of belonging, and help you find the support that's right for you.

These are aimed at people (16+) who are suffering with difficulties with their wellbeing or mental health.

We also offer coping skills courses. Information on the courses can be found here: <https://www.oxfordshiremind.org.uk/support-for-you/short-courses/>

Referrals:



Self-referral preferred. Link for self referral: <https://www.oxfordshiremind.org.uk/help/options-session-form/>

Contact:

Tuesdays 10:00am-4:00pm & Thursdays 10:00am-12:00pm



[The Witney Hub, Moorland Road, Witney, OX28 6LS](#)



01865 247788 / Text on 07451 277973



info@oxfordshiremind.org.uk



www.oxfordshiremind.org.uk/about-2/oxfordshire-mind-contact-details/



Free at the point of access



Turning Point

We believe that everyone has the potential to grow, learn, and make choices. We provide 1:1 and group work designed to reduce the risk associated with substance use, supporting adults aged 18 and over.

Our colleagues have a lot of experience supporting people to decide what changes they want to make. We work with some people for a long time while others need only brief support.

Referrals:



Professional or self-referrals accepted. Drop-in on a Wednesday between 10:00am and 2:00pm.

Contact:

Mon, Tues & Fri 9:00am—5:00pm

Wed & Thurs 9:00am-7:00pm (late night- appointment only)



[Marlborough House, Marlborough Lane, Witney OX28 6DY](#)



01993 849405



[Turning Point Homepage](#)



All services are free



The Theatre, Chipping Norton

School mental health and drama weekly workshops for children, aged 9 to 15, with mental health needs. Current groups include:

- Year 6 & 7s transition years project
- Years 8-10 project
- SEN Support Group project & SEMH School project
- Parent WhatsApp group
- Anti-bullying primary schools project—run in the schools

We currently work with Chipping Norton and Park SEMH Schools. We are open to working with more schools, funding dependent. Please do get in touch if you need support for your school.

Referrals:



Professional referral for School projects.

Parents WhatsApp group—Join via website, but we recommend that people join the Branch's parent groups.

Contact:

School project available from January to May.



[2 Spring Street, Chipping Norton, OX7 5NL](#)



Clare O'Hara on 01608 642349



takepart@chippingnortontheatre.com



[Contact Us | Chipping Norton Theatre](#)



Free to schools & participants. Funded through fundraising by the theatre.



Oxfordshire Mind—Safe Haven

We provide support for people in a mental health crisis by offering a listening ear, safety planning and coming up with coping strategies/techniques, as well as signposting.

We also offer group space in Oxford and Banbury every day from 6 -8pm, which is a safe and friendly space for people to come and engage in distracting activities such as crafts, puzzles, games and general chit chat.

Group Space is not a therapeutic space. If people need to speak about their mental health we advise they book a phone or face to face session by calling the referral line. We offer 50 minutes for a first session, with sessions thereafter being 20 minutes.

Referrals:



Professional & self referral accepted. Booking is essential, using the referral line. No Drop-In service.

Contact:

7 days a week, 365 days a year, 11:30am—9:30pm



[Manzil Way, Oxford](#)



[Brittania Road, Banbury](#)



01865 903037 (Referral Line)



osh@oxfordshiremind.org.uk—Oxford

banburysafehaven@oxfordshiremind.org.uk—Banbury



https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-safe-haven/



All services are free

We provide mental health support to children and young people with early, low to moderate mental health needs and offer to schools for support with mental health initiatives/staff training.

We work with children aged 5-18 year old who are finding it hard to cope with everyday life because of difficult feelings, behaviour or relationships. We also support parents/carers of children and school staff.

We can work in a range of different ways to suit your needs, including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Family Therapy, Psychotherapy and Solution Focussed Practice.

Referrals:



Professional referral mainly, via child's school. Parents can refer. Booking is essential.

Contact:

Monday to Friday—Generally within school hours.



[Oxon CAMHS Single Point of Access \(SPA\), OX4 3LX](#)



01865 902 515



oxonCAMHSSPA@oxfordhealth.nhs.uk



<https://www.oxfordhealth.nhs.uk/camhs/oxon/mhst/>



No Cost.

The Keystone Mental Health Team will offer triage and assessment when needed following routine mental health referral received. This could then lead to self-help advice, signposting to 3rd sector/ voluntary sector, short term intervention from the Keystone MH Team, direct referral into enhanced or dedicated MH teams without the need for further triage or repeated assessment.

Referrals:



Professional referral. The referral criteria is for anyone 18 years + with a severe mental illness and above the criteria for Oxfordshire Talking Therapies but not requiring an emergency or urgent assessment.

The Keystone Witney Mental Health & Wellbeing Team is open for drop in sessions on Fridays only from 10am to 12pm at The Branch Trust in Chipping Norton for advice and if you would like to know more about the service.

Contact:

Monday to Friday (excl. Bank Holidays) - 09:00am-05:00pm



[Nuffield Health Centre, Witney \(Mon to Thurs\)](#)



[The Branch Trust, Chipping Norton \(Fridays\)](#)



01865 901060



keystone.witney@oxfordhealth.nhs.uk



[Witney Keystone Mental Health & Wellbeing Hub](#)



Free of charge.



APCAM

Our **parent clinic** is here to provide a non-judgemental space to support parents of children affected by mental health concerns or SEN needs. This can mean listening to parents or offering guidance on the most appropriate services for their family. We can assist with attending school meetings, writing referrals or connecting with other parents who understand what they are going through. These sessions are aimed at parents or carers with children struggling with their mental health. This includes children in primary or secondary school and school non-attenders.

Our **young persons clinic** also provides this space to be listened to and heard about whatever is bothering them. We also offer therapeutic sessions. Both of these are aimed at teenage children over the age of 11.

We also offer **WeGAME** sessions which are inclusive gaming sessions, online and offline to reduce social isolation and increase connectivity. Open to everyone, however if your child is under the age of 11 they must be accompanied by an adult.

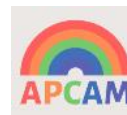


Referrals:

We can receive both self and professional referrals.

Our clinic and WeGame—just drop-in!

Young person's therapeutic session—by appointment only.



APCAM

Contact:

For a faster response, please contact us on Facebook messenger, or attend our drop-in.



[Allandale Centre, 8 Burford Road, Carterton, OX18 3AA](#)



www.facebook.com/apcamgroup



info@apcamgroup.org.uk



<https://apcamgroup.org.uk>

Sessions:

Parent & Young Peoples Clinics:

Thursdays in Carterton

9am-6pm (4-6pm is for emergency young people. The team will need to be contacted prior to coming.)

Therapeutic sessions for young people:

Mondays in Carterton

By appointment only

WeGAME:

First Sunday of every month

- Carterton WeGAME—3pm-5pm
- Witney WeGAME—11am-1pm

Staff are on hand to support parents. Snacks & drinks available from tuck shop.



Donations welcome, but services are free.



Sustainable Chipping Norton

We are a community-led initiative focused on building resilience, wellbeing, and connection through sustainability, nature, and creativity. We offer a wide range of inclusive, low-cost or free activities that bring people together. Whether you're looking for peer support, skill-sharing opportunities, or simply a welcoming space to connect, Sustainable Chipping Norton provides a platform for people of all ages to engage, contribute, and thrive.

Please see the individual session information to find out what is available.

Contact:



Phone or message Cara on 07517 144828 for info about the activities.

Sessions:

Craft Café, Willow Gardens:

A drop-in craft session. Learn or share skills, chat, or simply enjoy some space to work on something away from distractions. Refreshments and a warm welcome. Open to all (children must be accompanied by an adult).

When: Wednesdays 2-4pm (occasionally unavailable).

Where: Willow Gardens, Chipping Norton.

Further Details: We are always looking for volunteers to help run the sessions. For more information please e-mail craftcafe@sustainablechippingnorton.org or call Cara

Fireside Fridays:

Sit around a fire, chat or listen, and connect with others. There is an optional WhatsApp group to stay in contact between sessions if you would like. Over 18s only.

When: Monthly on a Friday, 8-10:30pm

Where: Enstone

Where: Enstone

Booking: Required. Phone Cara to find out more and book.

Further Details: Bring warm layers and whatever you'd like to drink. Can bring snacks or nibbles to share of you'd like.

Parents Peer Support & Nature Activities:

Meet-ups, peer support, rewilding projects, walks and activities. This is for parents of children experiencing low mood, anxiety, depression or have additional needs.

When: Fortnightly on Tuesdays, 12-2pm.

Where: Various (plus WhatsApp group to keep connected).

Booking: Required. E-mail Cara to book or for more info.

Rusty Riders—Bike Maintenance & Guided Ride:

Free bike check and basic repairs or advice given, followed by a guided cycle ride. This is for anyone looking to connect through cycling or boost confidence by cycling locally.

When: 2nd Saturday of each month, 10am-12pm.

Where: Chipping Norton Leisure Centre

Booking: Drop in. Check the [website](#) for more info and updates.

Youth Group—Outdoor Activities:

Outdoor activities for young people aged 12-18 including cooking, bushcraft with opportunities to join camps, and more. We run in most weathers, but occasionally do have to postpone.

When: Tuesdays, 4-6pm (and sometimes other days).

Where: Cotswold Crescent, Chipping Norton.

Booking: Drop in, but worth getting in touch with us ahead. Either e-mail [here](#), or SMS message Cara.

Sustainable Living & Nature Connection Activities:

Ongoing programme of events such as foraging walks, repair cafes, swap shops, fireside gatherings, workshops, heritage crafts and more. Phone Cara, or visit [here](#) for more information.





Tough to Talk

We are a UK charity dedicated to reducing male suicide. We partner with organisations to help them meet the unique needs of their men, to break stigma and re-educate on the real issues that are pushing men beyond the brink.

We offer suicide prevention/intervention training, men's mental health and crisis training, and content.

Our training is aimed at male centric spaces and organisations that support vulnerable men.

Contact:



Talk@toughtotalk.com



www.toughtotalk.com



We charge fees to professional organisations but our services are free to NFP and charities who support men.

In the event of a crisis here are some organisations who can help

- Call [Samaritans](#) on 116 123 (freephone). They're always open.
- Text SHOUT to 85258. This is a free 24/7 crisis text service run by [Shout](#)
- [Papyrus UK](#)—Prevention of young suicide 0800 068 4141
- [Campaign Against Living Miserably](#) (CALM) 0800 585858. Designed to engage men, provides listening services, information and support for anyone who needs to talk, including a web chat.

For a comprehensive guide to what is available around Oxfordshire and beyond, see the [The Mind Guide](#).