



Cherwell

DISTRICT COUNCIL
NORTH OXFORDSHIRE

Community Link

For sports, voluntary and community sector partners in the Cherwell District

(Please note this email newsletter edition makes references to suicide and abuse)

Sunshine and stories with students, Local Government Reorganisation (LGR), **Funding for Crisis support**, Bicester improvements, **Free sports and Leisure tasters**, Citizens Advice ROAR, **Training for organisations**, Castle Quay pop-up space, **Support with Energy Matters**, Healthy Start, **ACTIVATE courses for skills**, Art workshop - free, **Recycling champs**, Electric blue indoor Bowls



Over 70 students took part in a competition to research and design a mural to capture an image of Banbury and make a pitch to key stakeholders to bring it to life. This winning design is by Reggie Heslin, Molly Hayword, Abigail Lees, Harrison Collins and Evie Smith, with painting help from Honey Durrant-Rance & Ed White, shows people and stories of Banbury celebrating the annual canal festival.

What can you see in it?

What local legend would you want to add?

Mural by Banbury and Bicester College students with artist Andrew 'Mani' Manson (@theBigOrangeM)

See end of newsletter for some of the answers to design highlights!

Suggestions for future mural inclusions to: wellbeing@cherwell-dc.gov.uk
#MadeInBanbury

Crisis and Resilience Funding

As part of 'Crisis and Resilience' support we will be looking to bolster the existing great work that partner organisations deliver across Cherwell through the provision of targeted funding.

This will focus on short term crisis intervention and long term resilience through a network of information and support hubs.

Take a look at the funding and criteria below.

Cherwell District Council Grants and Funding

GOV.UK information on CRF

The Bicester West Community Insight profile

In 2025, we asked you about living in Bicester West and how to improve health and wellbeing in the area.

Bicester West Community Insight Profile: From Insight to Action

The Bicester West Community Insight Profile, published in April 2025, highlighted what residents value about their community and the recommendations identified for improving health and wellbeing. The findings are already making a difference.



Through the Bicester West Community Insight Fund, 12 projects were funded in the first round, with all projects designed to respond directly to the profile recommendations. A second funding round has recently closed and will support further community-led action.

What you said you like:

-  Green spaces and Parks
-  Friendly Community
-  Local facilities like schools, shops & GP
-  Good transport links

What could be better:

-  Easier Access to health services
-  Less Crime
-  Cleaner streets
-  More activities and support

The collaboration developed through the Community Insight work has also led to the establishment of the Bicester Youth Partnership, which shares the vision that young people in Bicester and the surrounding villages feel heard, supported and able to thrive, with joined-up services, clear pathways and meaningful opportunities shaped with them, rather than for them.

To find out more about the profile, insight fund, or partnership opportunities, visit the link below or contact healthypaceshaping@cherwell-dc.gov.uk.

Your suggestions: You told us what you wanted to see in Bicester West:

-  More support for older people
-  Activities for young people
-  Community mental health support

What's happening now in Bicester West:

The community health development officer is working with local groups to take forward your suggestions and what you said could be better.

To find out more about your area contact: healthypaceshaping@cherwell-dc.gov.uk

This information has helped shape what we do locally, bringing together the council, local organisations, and community groups to take action that actually fits what people need.

To read the full report scan the QR code



**Cherwell** | DISTRICT COUNCIL
NORTH OXFORDSHIRE**OXFORDSHIRE**
COUNTY COUNCIL

Bicester Insight

Have-a-go Event

Spiceball Leisure Centre, Banbury Wednesday 19th August 1-3pm



BOUNCY CASTLE



TABLE TENNIS



OXFORDSHIRE CRICKET



YOUTH ACTIVATORS



BANBURY RUGBY CLUB



FREE ENTRY
Open to the public
No booking required
Drop in at any time



Bouncy Castle
Table Tennis
Ride on toys for Under 5s
Oxfordshire Cricket
delivering cricket activities
Banbury Rugby Club
delivering rugby activities
Activities led by the Youth Activators
Information stand with info on local YouMove offers, activity providers and food and nutrition information and resources.

ACTIVITIES LED BY THE YOUTH ACTIVATORS

Come along and try something new!

! Please note this is not a drop off and leave event and children will need to be supervised by a responsible adult at all times. We advise participants to wear trainers and clothing that they can comfortably move around in.

**citizens
advice**

**West Northants
& Cherwell**



Big shout to Pat Coomber-Wood and CA team for putting this together!



OCVA Training reminder

Take a look at the training offers from OCVA starting 10th September. Topics include:

Working well without burning out (Oxford)

Disability Awareness hosting by MyVision Oxfordshire (Oxford)

Emergency First Aid at Work (Oxford)
Strengthening your organisations Governance (Online)

OCVA Training September - November 2026

NOW AVAILABLE: Connect with your community at our Banbury venue
We welcome you to book a pop-up slot at our new location!



Ideally located on the Ground Floor of Cherwell District Council offices at 39
Castle Quay, Banbury.

Close to bus station with parking all around.

For accessibility we are now closer to: Toilets, Baby Change, Adult
Changing Places facility, Shire Mobility access, more centralised parking

Our current regular partners include: Age UK (Oxfordshire), SmokeFree Oxon
and our Environmental and Recycling Team.

*Wider partner sessions have including Alcohol Awareness, Recycling,
Community Garden ,recycling and more*

Book a pop-up slot

Location Map

Age UK (Oxfordshire)

SmokeFree Oxon (Support and self-referral)



Fancy a day at the Market?

Banbury, Bicester and Kidlington all offer a weekly charter market. With an approx 3m x 3m pitch with table and cover provided this could be a great option for service promotion.

(Our recycling team were very busy outside of this picture!)

Market Stall booking



Energy Matters

Emergency Relief

Fuel Voucher referrals: For clients on prepayment meters who cannot afford to top up. Referrals made via fuel bank.

Food Voucher referrals: Working with partners in Cherwell

Core Services

Income & Discounts: Full benefits checks, social tariffs, Hardship Funds, Warm Home Discount, and Winter Fuel Payments.

Debt & Billing: Energy debt management, resolving billing errors, and escalating disputes to the Energy Ombudsman.

Efficiency & Safety: Tariff comparisons, energy-saving advice, retrofit schemes, Carbon Monoxide awareness, and Priority Services Register sign-ups.

How to Refer to Us

We aim to contact all referred clients within five working days.

External Partners: Please submit your referrals below

If you have any questions, please don't hesitate to reach out to the team at: energy.matters@cawnac.org.uk.

Partner referral link

Young People and Domestic Abuse - let's get the message out to them too



Reducing the Risk

of Domestic Abuse



For client support and to find out more contact the team.



Healthy, fair, sustainable and delicious food for Oxfordshire
www.gfo.org.uk

Healthy Start is the NHS project aimed at those who are pregnant or have under 4s who are eligible with Universal Credit and low monthly income.

Many partners will know about this and already support on the ground to get the help out **but together we need to increase referral rates across Cherwell to prevent those eligible missing out.**

Healthy Start

Good Food Oxfordshire provides helpful, free training for community food service providers and industry professionals especially in regard to food poverty, healthy and sustainable food choices.

Training that supports Healthy Start and more

Pudding Pie COOKERY SCHOOL
at
GRIMSBURY COMMUNITY CENTRE

We want to create cookery sessions that our community will love. Your ideas will help us shape what we offer!

HOW IT WORKS

- 1 SCAN**
Scan the QR code with your phone
- 2 TELL US**
Answer 6 quick questions (less than 2 minutes)
- 3 SHAPE**
Help shape the cookery classes you'd love to see at Grimsbury!

Your ideas. Your community. Your cookery programme.

WHAT WOULD YOU LIKE TO COOK?

IT TAKES less than 2 minutes!

We're planning new community cookery sessions at Grimsbury Community Centre and we'd love your input!

Tell us what you'd like to learn, what times work best for you, and how we can make it easier for you to take part.

SCAN ME!

WHAT COULD WE COOK TOGETHER?
Here are some ideas - pick your favourites and add your own!

- One Pot, Less Fuss
- Good Food, Smaller Budget
- Cook Together (Parent & Child)
- Love Your Lunchbox
- Start from Scratch
- Meat in the Kitchen
- Beyond Beans on Toast (Students)
- Kitchen Confidence (12-14)
- Ready, Steady, Independent (15-18)
- Cooking Your Way
- Quick Meals for Busy Families
- Something Else!

Your voice shapes what we cook together!

Not online? No problem!
Pick up a paper copy of the survey at Grimsbury Community Centre.

Thank you for helping us build something amazing together.

GRIMSBURY COMMUNITY CENTRE
The Heart of our community

Pudding Pie COOKERY SCHOOL

Cherwell

DISTRICT COUNCIL NORTH OXFORDSHIRE

Do you support people in increasing activity and keeping moving?

Some useful changes to be aware of:

- **"Some is good, more is better"** – health benefits can be gained from any increase in activity, not just from meeting the full recommended targets.
- **Removal of the 10-minute rule** – physical activity no longer needs to be completed in bouts of at least 10 minutes; shorter periods of movement still count.
- **Greater emphasis on strength and balance** – alongside aerobic activity, muscle-strengthening and balance activities are now highlighted as important for maintaining health, function and independence.
- **More focus on reducing sedentary behaviour** – people are encouraged to break up long periods of sitting, as prolonged sedentary time is linked to poorer health outcomes.
- **New guidance for pregnant and postnatal women and disabled adults**, making the recommendations more inclusive and relevant to a wider range of people.
- **More flexible guidance for children and young people** – the recommendation is now an average of 60 minutes of activity per day across the week, rather than a strict daily target.

Chief Medical Officer - Physical Activity Guidelines



Recycling champions for Banbury and Bicester

Look out for more information on our recycling team working with you to recruit recycling champions!

Suicide awareness and prevention - free online training

Please take a look at this free online training offer from the Zero Suicide Alliance (ZSA) which can offer some basic in the prevention and awareness of suicide that may help avoid the most tragic of situations.

The link below takes you to 3 free short training resources options:

Suicide Awareness Training

LGBTQ+ Suicide Awareness Training

Supporting a Stranger Suicide Awareness Training.

Supported by Mersey Cares NHS Charity

Suicide Awareness Training



Campus Course		Term 1			
		Dates	Day (s)	Weeks	Days
Oxford	Basic IT - Autumn Term	15/09/2026 - 23/10/2026	Tuesday	5	5 (1.5 hours a week)
	L2 Food Hygiene - Autumn Term	15/09/2026 - 17/09/2026	Tuesday - Thursday	1	3
	Citizenship - Living in the UK - Autumn Term	21/09/2026 - 19/10/2026	Monday	5	5 (1.5 hours a week)
	Interview Skills and Job Search 1 - Autumn Term	22/09/2026 - 24/09/2026	Tuesday - Thursday	1	3.00
	Health and Safety for Cleaners - Autumn Term	13/10/2026 - 21/06/2026	Tuesday and Wednesday Tues, Thurs, Fri	2	4 (4 hours a week)
	CSCS Oxford - Autumn Term	20/10/2026 - 29/10/2026	Tuesday - Thursday	2	6 (15 hours a week)
	Driving Theory - Autumn Term	27/10/2026 - 29/10/2026	Tuesday - Thursday	1	3
	Introduction to Volunteering - Autumn Term	03/11/2026 - 06/11/2026	Tues, Thurs, Friday	1	3
	Literacy - Autumn Term	03/11/2026 - 01/12/2026	Tuesday	5	5 (1.5 hours a week)
	Introduction to Care - Autumn Term	10/11/2026 - 13/11/2026	Tues, Thurs, Friday	1	3
	Interview Skills and Job Search 2 -- Autumn Term	09/11/2026 - 07/12/2026	Monday	5	5 (1.5 hours a week)
Banbury	Interview Skills and Job Search 1 - Autumn Term	24/09/2026 - 22/10/2026	Thursday	5	5 (1.5 hours a week)
	Introduction to Volunteering - Autumn Term	30/09/2026 - 02/10/2025	Wednesday - Friday	1	3
	Health and Safety for Catering - Autumn Term	07/10/2026 - 16/10/2026	Wednesday and Friday	2	4
	Citizenship - Living in the UK - Autumn Term	04/11/2026 - 05/12/2026	Wednesday	5	5 (1.5 hours a week)
	CSCS Banbury - Autumn Term	08/12/2026 - 17/12/2026	Tuesday - Thursday	2	6 (15 hours a week)
Online					
	Online Customer Service - Autumn Term	16/09/2026 - 18/09/2026	Wednesday - Friday	1	3

[Register for Employability courses](#)

[Link to Activate wider Adult Learning courses](#)

Local Government reorganisation (LGR)

We would like to provide the following links that give further information on LGR and what it means generally moving forward.

As LGR progresses we will also be in touch with our Voluntary & Community Sector partners who, over many years have taken huge steps with us in the support and delivery of valuable and essential services to residents in Cherwell District within Oxfordshire County.

Whilst this process moves forward we will continue to deliver those services - events will continue, grants and funding will continue, networking meetings and forums will continue, and the enthusiasm and commitment from members of the Wellbeing Team will continue with you.

Updates on LGR and statement from Cllr Lesley McLean, Leader of the Council

How did we get here?

What this means moving forward



Blue is the new Green

Banbury Cross Indoor Bowls Club (BCIBC) welcome a new playing Green for it's Banbury base.

A collaboration between local partners saw support for this new surface

including BCIBC, Legacy and Cherwell District Council.

Only the best for Sporting facilities in Cherwell:

Dales Sports have installed UK manufactured Artificial Bowls Surfaces and Systems throughout the World for all levels of play including the Commonwealth Games in Delhi 2010. Greens have been laid in Australia, New Zealand, Malaysia, Hong Kong, India, Egypt, Tunisia, Cyprus, Malta, Spain, Portugal, Tenerife, Netherlands, Ireland, USA, Canada and many locations in the U.K. Dales provide WORLD BOWLS approved products throughout the WORLD!

Fancy a game? Youth and adult sessions with BCIBC

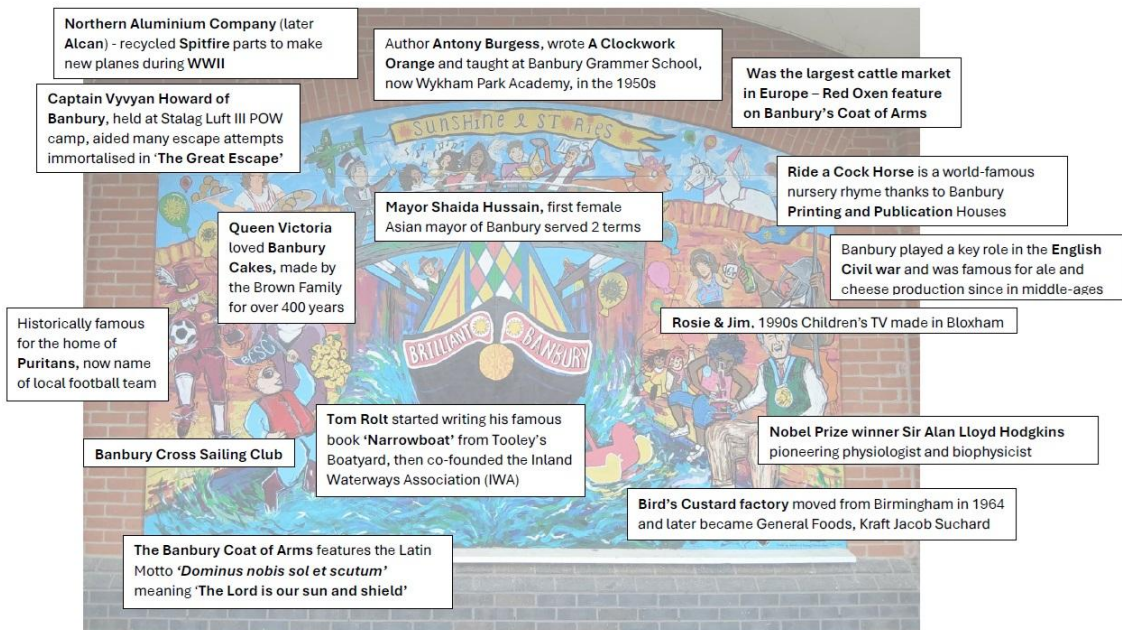
More about what goes into manufacture and install



Supported with funding from Cherwell District Council

Highlights of the mural - answers below!

(You might have to zoom in to see)



wellbeing@cherwell-dc.gov.uk

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