



September 2026

AUTUMN NEWSLETTER

Hi Everyone

I cannot believe we are already talking Christmas. Where on earth has the year gone?

After a busy summer, including a trip to Bournemouth, and as we move into autumn, the changing season brings with it new opportunities to get together, try something different and enjoy time with friends.

At EnrichAbility, we know how important friendship, connection and shared experiences are. Over the coming weeks and months, we have plenty of activities, events and opportunities to look forward to – and we hope you'll join us along the way.

So, grab a cuppa, get comfortable and have a read through our latest news, activities and upcoming events. We look forward to sharing another season of friendship, fun and new experiences with you!



Christmas Lunch



We thought we would try something different this year as booking suitable venues for Christmas Lunches has become more challenging and the cost more expensive.

So we thought we would offer one Oxfordshire lunch in a fairly central location which is accessible and where there is plenty of free parking - Dean Court Community Centre, Botley.

We have a caterer booked and hope to make this a lovely occasion where members and volunteers from across the county can socialise and enjoy a happy and fun-filled event.

The Invitation and Menu choices are attached. Please do get your food choice and payment back to us as soon as possible as space is limited.

There will be local Christmas Coffee/Afternoon Tea events too so if you are unable to get to Oxford, please do join your local event.

Photography Group

We're pleased to announce the start of our new **Photography Group**, with our first meeting on 6 October at 10.30am in the **Tesco Community Room**, Bicester.

The group is open to EnrichAbility and Enrych Bucks members, and we hope to meet in different locations across both counties as the group develops.

This first meeting is a chance to get together, share ideas and decide what you would like from the group. We'd love to hear your thoughts on how often we should meet, where you would like to go and what sort of photography activities you would enjoy.

Whether you are already interested in photography or simply fancy giving it a try, please come along and have your say as we shape the group together.

Need transport? Get in touch, as we may be able to help with a lift.





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Dates for your Diary

OCTOBER			
Monday 5th	Coffee	11am	Flo's Cafe, Oxford, OX4 3JZ
Tuesday 6th	Photography Group	10.30am	Community Room, Tesco's, Bicester, OX26 1DE
Thursday 8th	Cinema	1pm	Abbey Cinema Abingdon - Sense & Sensibility
Tuesday 20th	Lunch	12noon	Banbury Tea Rooms, Banbury, OX16 9FZ
Thursday 22nd	Lunch	12noon	Boundary House, Abingdon, OX14 2AA
Tuesday 27th	Lunch	1pm	The Beekeepers, Witney, OX28 6BB
Thursday 29th	Brunch	11am	Munchies Cafe, Grove, OX12 7JZ
NOVEMBER			
Friday 6th	Coffee	11am	Costa, Kidlington, OX5 2DH
Tuesday 10th	Lunch	12noon	The Lord Nelson, Wantage, OX12 8HL
Friday 13th	Lunch	12noon	Bure Farm, Bicester, OX26 3HA
Tuesday 17th	Brunch	11am	Boswell's Cafe, Oxford, OX4 3UZ
Friday 20th	Lunch	12noon	Plum Pudding, Milton, OX14 4EL
Tuesday 24th	Lunch	1pm	Pizza Express, Witney, OX28 6BB
DECEMBER			
Tuesday 1st	Christmas Coffee	11am	Flo's Cafe, Oxford, OX4 3JZ
Friday 4th	Bowling	12noon	Banbury Disco Bowl, Banbury, OX16 5BH
Tuesday 8th	Christmas Coffee	11am	Coffee#1, Witney, OX28 8AP
Friday 11th	Christmas Brunch	11am	Ferns Cafe, Faringdon, SN7 7ZH
Tuesday 15th	Christmas Lunch	11.30am	Deans Court Community Centre, Botley, OX2 9DG



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October 2026

Friday 2 October	11am	Joel	Coffee Morning Chat with Joel
Tuesday 6 October	2pm	Joel & Joyce	Quiz
Wednesday 7 October	11am	Joyce	Seated Move & Groove
Friday 9 October	4pm	Sue	Games
Monday 12 October	11am	Vicky	Seated Move & Groove
Friday 16 October	12noon	Vicky	Lunchtime Chat
Monday 19 October	12noon	Sue	Seated Move & Groove
Wednesday 21 October	2pm	Sue	Friendly Debate
Thursday 22 October	4pm	Jo D	Mindfulness
Friday 23 October	11am	Sue	Bingo
Monday 26 October	11am	Vicky	Seated Move & Groove
Wednesday 28 October	4pm	Sue & Joyce	Quiz
Friday 30 October	2pm	Joel	Nature

Please let Sue know which Zooms you would like to join – an email with link will follow on the day.

Dance Creative

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Get fitter, stronger and happier through Dance – join one of our weekly Dance for Life groups today!



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We are always happy to share information about activities, services and opportunities offered by other organisations that may be of interest to our members. Please note that these are shared for information only and are not provided or endorsed by EnrichAbility. We cannot accept responsibility for the services, activities or information provided by external organisations.






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Bournemouth

We had a great trip to Bournemouth in September. We arrived at the coast with blue skies and sunshine above us and disembarked quickly for much needed coffee and comfort breaks. It was soon time to go and have the obligatory fish and chips at Harry Ramsdens, which was thoroughly enjoyed by all. Delicious! Feeling suitably stuffed, some of us set off for a nice leisurely stroll along the pier, where we picked up some good old-fashioned sticks of rock and other seaside treats. Despite a slightly longer than planned coach trip home, nothing was able to dampen the enthusiasm and great energy of all of our members and staff!



Trips in 2027

There is a distinct magic in the blank pages of a new calendar. Before the days fill up with appointments, deadlines, and the routine of the everyday, they hold a quiet promise. Representing opportunities to see new places, meet new people and create new memories. Planning the Journey is half the joy and that is where you come in. We would love to hear your ideas for trips in 2027. Whether it's a picture of an idyllic village you saw online that you would love to see in person, or a zoo that has an animal you've always wanted to see in real life. It could be a city you've always wanted to explore or even somewhere you've been a dozen times before but you just love being there. Where should we go next year? What should we see, eat, and experience? Tell us about the places that call to you, and let's start planning the next great adventure together.



Special Effect



When we did our Big Gaming Event this year, we were joined by a lovely lady called Jo from Special Effect. Special Effect are a charity that help disabled people to access video games and technology, in any way possible. They design adaptive game controllers, innovations like eye-gaze technology and even robots that let people who can't get out access the world via a video link. Jo and the team are really keen to connect with EnrichAbility members and discuss ways that they can help you. Why not get in touch with them by calling 01608 810055 or emailing info@specialeffect.org.uk.

Please let us know if you wish to join an event as it is really helpful to have numbers when booking venues. If you don't tell us you plan to join us we cannot guarantee enough space.