



Berinsfield Garden Village Steering Group

Berinsfield Health and Wellbeing Project: Scoping of Community Assets, Services and Local Groups

September 2023

Facilities

Berinsfield has a variety of facilities and physical assets and selection of activities for the community hosted within or around the village. Further details of these will be contained within the Berinsfield Community Insight report which will be developed as part of work to develop a community health and wellbeing profile and action plan for Berinsfield.

Berinsfield has an abundance of facilities and physical assets including a primary school, Preschool, a GP surgery, a library service, Youth Centre, leisure centre (Abbey Sports Centre), Adult Day Centre, The Berin Centre, Berinsfield Community Association, church, The Wandering Kitchen at Queenford Lakes, shops, including a post office, hairdressers and a fish and chip shop as well as a Pavilion. There are also green spaces that are well-used and available for the Berinsfield community.

Below is an overview of these:

- Queenford Lakes – privately owned facility which has a café, water sports facilities and access to walks around the lake.
- Recreational grounds – including field, 2 play parks, green gym equipment, table tennis, skateboard park and basketball hoop and football field.
- Church Green (a green space in the centre of the village).
- 'Let it Bee' sites on Green Furlong and Fane Drive and the central recreational ground.
- The Roman Road footpath which connects the village with Cowley through the countryside. However, at the moment there is limited access between the Bladon's and Blackbird Leys.
- A variety of other green spaces such as the Copse.
- Whittenham Clumps is also within approximately 3.2 miles walking distance from Berinsfield village.
- Community Kitchen Garden: Provides a space where local people can come and pick herbs, fruit and vegetables to take home and eat, and to have a garden to tend together. The garden is centrally located outside The Berin Centre, there is also a Community Garden Group which meets Thursday 10am – 12 noon at The Berin Centre.



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Community Facilities Review

South Oxfordshire District Council are conducting a study to look at all the community buildings and spaces in the village and how they're being used for community activities to help support work to regenerate Berinsfield. The study will explore how new or renovated community buildings and spaces could be designed so that charities, organisations and groups in the village can continue to offer services that residents want and need in the future. The study is expected to make recommendations in Summer/Autumn 2023.

Organisations, Groups and Services

Soft Assets

There are a selection of many groups and activities operating in Berinsfield that support peoples' health and wellbeing. 6 weekly Berinsfield Community Network meetings are organised by The Berin Centre for local services to share information and promote partnership working and collaboration.

There are also many low and no cost activities available across the village for members of the community to access (some of these subsidised by Voluntary and Community Sector organisations, South Oxfordshire District Council and Oxfordshire County Council). These are set out in the table below:



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Groups, Services, and Organisations (Please note that this information is subject to change and timings included if known)	Operating Hours If Applicable
<p>Warm Hub: warm space to be for December and January</p> <p>The Berin Centre: The Library and The Church are open at different times as a warm space.</p> <p>Berin Centre: Tuesday 12 noon -3:30pm, Thursday 12noon -3:30pm.</p> <p>The Library: Tuesday 2pm -5:30pm, Friday 10am-1pm and 2-5:30pm.</p> <p>The Church: Chair Exercise Class: Monday's 2:00-3:00pm.</p> <p>Memory Café: Tuesday's 10:30am – 12 noon, Coffee and Craft: Thursday's 2-3pm.</p> <p>(These are also incorporated into some of the existing sessions within community buildings which are outlined below).</p>	
<p>The Berin Centre</p> <p><u>Play sessions: Children aged 0-5 and their parents and carers (free sessions)</u></p> <p>Stay and Play: free play groups happen twice a week on a Monday morning (10am-11.30am) and Thursday afternoon (1.15pm-2.45pm).</p> <p>Bumps and Babies: a group for expectant parents and pre-walkers to come together for support and conversation and to experience some sensory play. Mondays 1.15pm-2.45pm).</p> <p>Themed Thursday's: a structured session with play, read and sing together. Thursday mornings from 10-11am for children under 5 and parents/carers. Often includes special events and trips).</p>	



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Saturdays: Last Saturday of every month, 10am-11.30am, for Dads, Grandads, Uncles, and other male carers and role models. Bacon butties included.

Music and Movement: Friday mornings, 10-10.45am, singing, instrument making, sign along, and dancing.

Growing Minds: Children aged 0-5 (free sessions)

The Growing Minds project is delivered in partnership with The Berin Centre, People and Home-Start Oxford. The aim is to help children in Berinsfield and Littlemore to thrive, learn, and to join school feeling ready and prepared to succeed through offering four different strands of support: The Outdoor explorers aged 1-5, the baby group for 0-1 year olds, targeted School readiness group and baby massage.

Imagination Library: Every child within Berinsfield born on or after the 1st of January 2018 can sign up to receive a free book every month until they turn 5, as part of Dolly Parton's Imagination Library. These are delivered to you at home, to enjoy together.

Family Support: Tailored family support on a 1:1 basis to develop the confidence and skills to prepare your child for school and help within the family home.

Individual and Family Support

A range of support services including parenting strategies, budgeting, relationship difficulties, health concerns, CV support, or understanding letters or emails from other organisations like the doctors or the school.

Physical Activity

Gentle exercise for people of all ages.

Lawn Games: group meets every Thursday 1-2pm on the Church Green.

Community Larder: The Community Larder runs every Wednesday from 11am-4pm. Cost is £3.50 per week. People gain access to a variety of store cupboard, chilled, and fresh produce.



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Computer/IT Support: Computer Drop-In Sessions, Friday 10am – 12noon.

Digital Skills for Life courses Monday 4.30-6.30pm and Friday 10-12pm.

Adult craft group, the last Thursday of the month 3-5pm.

Multi-Cultural ladies evenings, every other Thursday 6-7pm, starting September 2023.

Village Voice Volunteers Group: Tuesday, 10:30am – 12 noon.

Visiting Services

Adult Learning:

Abingdon and Witney college deliver courses to the community from The Berin Centre. Digital skills for life, leading onto a Level 1 IT qualification, skills for work course.

Riverside Counselling: Riverside Counselling are a local charity who provide counselling services and see clients several days a week at The Berin Centre and The GP surgery. They will be running a bereavement course in September 2023 from The Day Centre.

Health Visitors: Oxford Health NHS Foundation Trust service which provides a professional nursing-led public health service for individuals, families, groups and communities. Appointments are offered on some Mondays and Wednesdays.

Abbey Woods School SEN Support: Runs once a term from 2-3pm.

Multicultural Group:

Timings tbc.

Berinsfield Community Association (BCA)

Opening hrs (vary over Bank Hols)



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The BCA is a charitable community organisation for the residents of Berinsfield. The BCA aims to foster a welcoming environment where residents of all ages and backgrounds can come together, connect, and create lasting memories. The BCA has a large function room (available for hire), lounge area and games room as well as outdoor seating and children's play area.

The BCA hosts and supports a range of events including:

1. Successful number of in-house sports teams with Aunt Sally (indoor & outdoor), Darts, Pool, Bar Billiards.
2. Vibrant and lively 'over 60's' group that meets every 2 weeks on a Wednesday afternoon (from approx. 1.30 to 4pm) – with additional trips away throughout the year.
3. Bingo sessions – every 2 weeks on a Wednesday evening from 7.30pm.
4. Bingo sessions + Meat Draw + Bonus Ball on a Sunday afternoon from 3pm.
5. Regular fun quiz night on 1st Friday of month with a Members Draw held after.
6. Regular programme of evening entertainment with live acts/month.
7. Regular programme of Family nights.
8. Ongoing support for range of Football Teams from junior age groups through to adult.

The BCA is always willing to help organise other events that may be of interest to members of the community.

www.bcaberinsfield.online

Wed: 18.30-23.00
Thurs: 17.00-23.00
Frid: 16.00-24.00
Sat: 12.00-00.00
Sun: 12.00-21.00

GP Surgery

Monday and Friday
08:00 until 18:30
Extended hours 6.30pm
-7.15 pm
Tuesday, Wednesday
and Thursday
08:00 until 18:30



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<p>Abbey Sports Centre</p> <p>This is a leisure centre run by GLL. The timetable of activities can be found at:</p> <p>https://www.better.org.uk/leisure-centre/south-oxfordshire/abbey-sports-centre/timetable</p>	<p>Monday to Friday - 07:00 – 22:00 Saturday and Sunday - 09:00 – 15:00</p>
<p>Library</p> <p>An Oxfordshire County Council run library service with a range of different events including:</p> <p>Berinsfield Rhymetime: Wednesday 10.30am to 11.30 am</p> <p>Berinsfield Digital Help Sessions: Thursday, 2:00pm – 5:00pm</p> <p>Berinsfield Friendly Friday: Friday, 10:00am – 12:00pm</p> <p>Berinsfield In-Library Sports Day</p> <p>Berinsfield Book Club</p> <p>Berinsfield Knit and Natter Sessions</p> <p>Berinsfield Board Games and Pop-up Cafe</p> <p>Berinsfield Lego Challenge</p> <p>Christians Against Poverty (CAP): Tuesday 2:00 - 4:00pm.</p>	<p>Tuesday and Wednesday: 10:00am – 1:00pm and 2:00pm - 5.30pm Thursday: 2:00pm - 5.30pm Friday: 10:00am – 1:00pm and 2:00pm - 5.30pm Saturday: 10:00am – 12:30pm</p>
<p>Youth Club</p> <p>Junior Youth Club: Tuesday 6:00-7:30pm.</p> <p>Quiet Session: (for those with SEN or do not like a busy environment): last Monday of each month 6:00 – 7:00pm.</p>	



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<p>Karate Club: Sunday 10:00am – 2:00pm.</p> <p>Berry Camps-Summer School Childcare 9-5pm every Wednesday during summer holidays for 7-12 year olds.</p> <p>Senior Youth Club: Thursday 6:30pm – 8:00pm.</p> <p><u>Visiting Services</u></p> <p>Berinsfield YOCO Wednesday 7:15 to 8:30 pm (held at the Youth Club).</p> <p>Riverside Counselling Service Drop-in Session – one per month Commencing September 2023.</p>	
<p>St Mary and St Berin Church</p> <p>Chair Exercise Class (pilates): Monday's 2-3pm.</p> <p>Memory Café: Tuesday's 10:30 – 12 noon.</p> <p>Church Service and coffee: Wednesday 9:30am.</p> <p>Church Fellowship Group: Wednesday 1:30 – 3pm.</p> <p>Messy Church: A time for young families to be together to explore craft and activities: Every first Sunday of the month: 4:00 – 5:00pm.</p> <p>Yoga Wednesday 7-7:45pm.</p>	
<p>Adult Day Centre</p> <p>A CVS run Day Service for older people. Exercise and chair dancing, bingo, raffle, knitting, jigsaws, quiz and group entertainers. Two course hot meal and drinks and biscuits. A range of arts and crafts and exercises are on offer, karaoke days and days out. Clients have an input with choosing activities.</p> <p>£15 a day plus £5 for transport if needed (Berinsfield only).</p>	<p>Wednesday and Friday 9.30am - 2pm</p>



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<p>Football Club</p> <p>The football club has many teams including junior and adult.</p>	<p>Weekday evenings and weekends</p>
<p>The Pavilion</p> <p>The Pavilion and pitches are currently used most weekends by Football Clubs based in Berinsfield. The facilities include a meeting room and a kitchen suitable for use for up to 20 people. The Pavilion and pitches are located on the recreation ground. The facility is owned by the Parish Council and rooms can be rented.</p>	
<p>Abbey Woods School</p>	<p>School term-time</p>
<p>Berinsfield Pre-School</p> <p>An independent pre-school which currently takes up to 24 children aged 2-5 years.</p>	<p>School term-time</p>
<p>Berinsfield Amateur Boxing Club</p> <p>Berinsfield Amateur Boxing Club Ltd is a well-established and highly respected boxing club which gives the youth of South Oxfordshire the chance to learn self-discipline, whilst building their self-confidence under the strict guidance of qualified coaching staff and within the rules of the Amateur Boxing Association of England.</p>	<p>Monday and Wednesdays 5.30-7.30pm</p>
<p>Abingdon Gymnastics Club</p> <p>A purpose-built gymnastics facility in the village that offers a variety of classes and opportunities including preschool sessions are designed to teach important skills including balance, coordination, speed and strength in a stimulating and safe environment.</p>	<p>Monday 9.30-11am Wednesday 1-2.30pm Saturday, 09:00 - 13:00</p>



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Other Existing Programmes of Work and Initiatives

Abbey Sports Centre

Using filtered membership data, there are currently 133 customers using the leisure centre facilities for an activity, gym, class or swim that are residents of Berinsfield. This was based on postcode data.

SODC operate two physical activity pathways across the village with many patients in Berinsfield benefiting from the two programmes below. In addition to the activities below, the district council are working with partner organisations to develop a range of summer activities for the community. This is delivered by SODC's Active Communities team.

Move Together

Move Together is a physical activity pathway designed to support people living with long term health conditions to be more active as a way to improve their physical, mental and social wellbeing. The pathway was originally borne out of COVID-19 and has since been extended through further funding to become a pathway for all long-term health conditions.

Move Together is a person-centred pathway which is based around a programme of telephone based motivational interviewing and behavioural change support and is accompanied by a wide range of free and subsidised physical activity offers. The pathway supports people living with comorbidities to become more active with the aim of improving physical, mental and social wellbeing.

You Move

You Move is a family physical activity programme, funded by public health and designed to support families in Oxfordshire to move more together. The programme is free at the point of access and specifically aimed at families in receipt of benefits related Free School Meals (28% of children living in Berinsfield have access to Free School Meals). It is designed to break down barriers to physical activity, particularly those relating to cost and support families with increasing activity levels.

A Health Walk is also arranged in the village every Tuesday 11:00am to 12 noon as well as monthly activities outside of the village such as boat trips and walks.

Currently, 24 families have signed up from Berinsfield with an estimated 75 -100 people expected to take part as a result. Such examples of participatory levels within the programmes in Berinsfield include:

- Xplorer Easter Orienteering with 24 people participating.
- Taster sessions at PlayDay run by Oxfordshire Play Association where 40 people participated.



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- Skate events with a 49 people participating.
- Multisport events with 25 participating.
- Seated chair exercise.

Achieve Oxfordshire

Achieve Oxfordshire runs a 12-week healthy living course for adults at The Berin Centre, started in June 2023. It also runs a 12-week healthy lifestyle programme for children (4-12 years old) and families starting in January 2024 at the Leisure Centre. This programme includes 10 weeks of free swimming.

Berinsfield Community Calendar

An online calendar displaying group activities, services and events happening in Berinsfield. All services and organisations have been invited to upload the calendar to their website and have been given access to use the calendar to advertise as they wish. The calendar is currently hosted on The Berin Centre website.