

Ways to Wellness

Weekly wellbeing activities

Mondays



Gym

10am-11.30am at the Fitness & Wellbeing Hub, Didcot, OX11 7HR £4

Tuesdays



Karate

10am-11am at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £5



Connect & Create

11.30am -12.45pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ Free



Silent Disco

1.00pm - 1.55pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £4



Zumba

2.00- 2.45pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £5

Please contact Anita Powell if you'd like to come along to any of these
apowell@styleacre.org.uk or 07760 527 610

Most activities are open to the wider learning disability community as well as Style Acre but
please check first.

Wednesdays



Tennis

11am-12noon, Blewbury Tennis Club, OX11 9HF £3



Gym

1.15pm-2pm at Powerhouse Gym, Chinnor RFC, Rectory Pavillion, Thame OX9 3JL FREE



Zumba

1.30pm-2.30pm at SABRe, 5 Butchers Row, Banbury, OX16 5JH £7.50

Fridays



Music & Dance

10.30am-11.15am or 11.20am - 12noon, Didcot Leisure Centre, Didcot, OX11 8AY,
£3 for one session or £4 for both



Football

11.00am-12.00pm, Willowbrook Leisure Centre, Didcot, OX11 7AF, £3



Drama & film-making

1pm-2pm, T2, Didcot, OX11 7HJ, £5



BEAT Fitness (mixed indoors/outdoors activities)

11.30am-12.30pm at SABRe, 5 Butchers Row, Banbury, OX16 5JH FREE

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