



A day of free drop-in activities and services for everyone

Monday 5 September, 3 October, 7 November and 5 December 2022

The Ark-T Centre

Under-5s stay
and play
9.30-11.15am

Under-5s stories
and crafts
9.30-11.15am
& lunch at 11.15am in the cafe

Confidential support to
victims of crime or abuse
(ask for Elaine)
9:30-2pm

Pay-as-you-feel meal
12-2pm

Adult Art and Craft
class
1-3pm

Bitesize Talks and
games
1.15pm

Dementia-friendly
social
2-3.00pm

The Venue

Dementia info
and advice
10-11am

Mental health advice
and support
10-11am

Benefits, debt and
housing advice
10-11am

Cuppa and Chat
Social Group
10-12pm

Crowell Road, Oxford OX4 3LN

The Waste2Taste cafe is open for tea & cake from
9am-2pm

In collaboration with:



For more info email : anna@ark-t.org or call 01865 772095