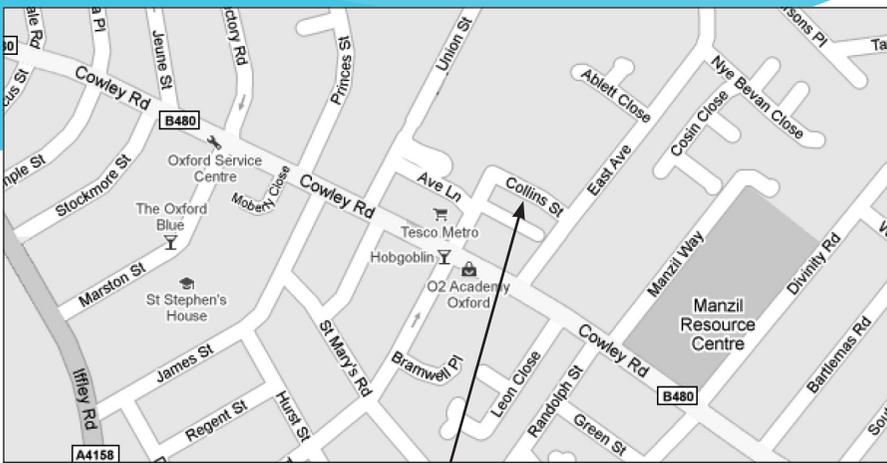


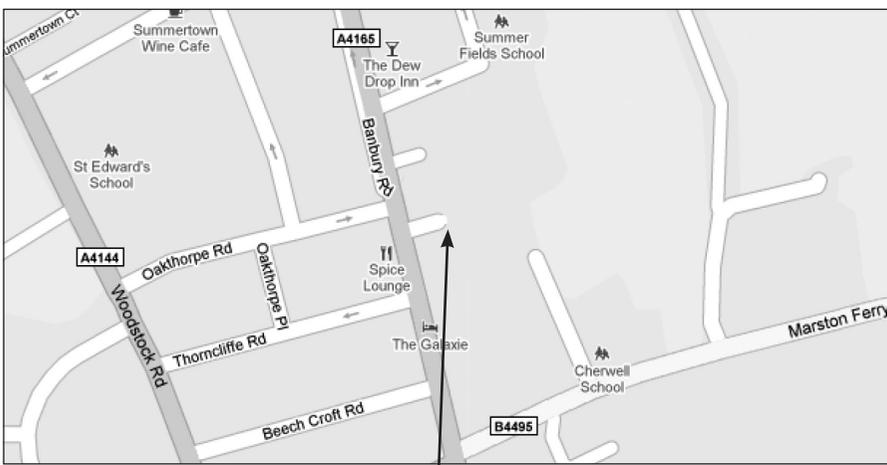
Re-energize & Socialise

**RE-ENERGIZE**  
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**East Oxford Games Hall**

5 Collins Street, Oxford OX4 1XS



**Ferry Leisure Centre**

Diamond Place, Summertown, Oxford OX2 7DP

Re-energize & Socialise

**RE-ENERGIZE**  
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The Sports & Social Group for Body & Mind

Do you want to keep fit and have fun?

Want to move away from the services or professional involvement?

Do you want to meet new people away from the services?

People who understand all about the difficulties of staying in shape on medication?

Who understand the many side-effects, like low-energy and weight gain?

And who understand the loss of confidence that mental health problems can bring?

**THEN COME TO RE-ENERGIZE**

We're a friendly, positive and informal sports and social group that's run for and by people overcoming mental health difficulties

**Exercise**

Regular sessions at the Ferry Leisure Centre, Summertown:

Gym, Swimming, Yoga, Pilates.

**Badminton**

Regular sessions at the East Oxford Games Hall, just off the Cowley Road

**Socialise**

We often go out in the evenings and at weekends as a group:

Whatever members want to do: cinema, gigs, theatre, comedy etc

There's no pressure to attend – just come when you can and want to.

So, why don't you come for a taster session – we'd love to see you.

**Phone Re-energize: 0779 284 9261 or 0777 865 1892**

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### **Who is it for?**

We welcome all people who have a mental health diagnosis. However, the people who benefit most are those who are doing well with their mental health recovery but want help to get back into the world outside of mental health services, make friendships and socialise.

### **Why Re-energize?**

We offer something different: we focus on befriending and socialising, as well as just our sports activities. We provide social events at 'natural' times, in the evenings and at weekends, and our sports sessions at easily accessible times in the late morning and afternoon.

### **Who runs it, where are they based?**

Re-energize is user run: everyone is equal. Members meet entirely in the community, away from professionals and (to some) stigmatising mental health venues.

### **What needs does Re-energize meet?**

Battling isolation and loneliness; building confidence and self esteem, a need to be active and socialise; a wish to be in the community and not segregated from it; and the desire to have fun and enjoyment.

### **How can Re-energize help with confidence issues?**

We enable our members to have confidence to be in the wider community outside of mental health services, and to build social skills and battle social phobias organically in real situations, through interacting with other members and the community in our sports and social activities.

Members have found that their own confidence has grown, and that they are able to do more things outside of Re-energize, as a result of being a member.

### **How can Re-energize help build my independence?**

We are a great resource for people moving on from a service, or those who want to move away from reliance upon professional involvement. Re-energize is a stepping stone back into the world outside of mental health services, providing people with fun things to do and with friends to socialise with.

**0779 284 9261**  
**or 0777 865 1892**

## The Sports & Social Group for Body & Mind

### **Can I come along just to see if I like it?**

You can come and visit us for a taster session to see how the group works – then decide if you want to join.

### **Can I have someone to support me come along?**

You can come on your first few visits with any care worker, family member or friend.

### **Will I have to sign up to attend regularly?**

There is no pressure to attend on a regular basis – come as little or as often as you want.

### **Do I have to be referred by a professional?**

You can have a professional make contact with us if you prefer; alternatively, you can just ring us if you are interested or would like further information

### **Are there many forms I have to fill in?**

Re-energize is as bureaucracy free as possible. There is no waiting list or difficult signing up procedure.

### **What have passed members said?**

Members have found that the group is a great stepping stone from the care of the services. They have commented that they have valued having a regular structure, meeting new people, getting out socially, trying new sports and getting fitter.

As one member puts it, "it is great that there is something fun and healthy to do every weekday with lovely friendly people. I also like it that you can just turn up when you want."

### **How do I join?**

Just get in touch and arrange to come to a session. For details of current activities, or any other inquiry, please phone Re-energize on either 0779 284 9261 or 0777 865 1892