

## Organisations that may be able to provide Advice and Support

<b>Advice and Information</b>		
<p style="text-align: center;"><b>Government Documents</b></p> <p>In multiple languages for download:</p> <p style="text-align: center;">Stay at Home Guide</p> <p><a href="https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance">https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</a></p> <p style="text-align: center;">Social Distancing</p> <p><a href="https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people">https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</a></p>	<p style="text-align: center;"><b>Oxfordshire County Council</b></p> <p>Updates on Local Services during the coronavirus, including information on school closures and schools for key workers children, as well as other council services</p> <p><a href="https://news.oxfordshire.gov.uk/coronavirus-information-from-the-government/">https://news.oxfordshire.gov.uk/coronavirus-information-from-the-government/</a></p>	<p style="text-align: center;"><b>NHS 111 Online</b></p> <p>Check if you have Coronavirus symptoms</p> <p><a href="https://111.nhs.uk/covid-19">https://111.nhs.uk/covid-19</a></p>
<p style="text-align: center;"><b>Oxfordshire Clinical Commissioning Group</b></p> <p>For advice on seeing your GP and other health professionals during the coronavirus.</p> <p>Information and advice about coronavirus can be found on the website. They do not hold patient information.</p> <p style="text-align: center;"><a href="mailto:oxon.gpc@nhs.net">oxon.gpc@nhs.net</a></p> <p><a href="https://www.oxfordshireccg.nhs.uk/">https://www.oxfordshireccg.nhs.uk/</a></p>	<p style="text-align: center;"><b>Oxfordshire Association of Local Councils</b></p> <p style="text-align: center;">(OALC)</p> <p>Posting daily briefings on their Local News Section of the website, this is free to access for all councillors, whether a member or not:</p> <p><a href="https://www.oalc.org.uk/local-news">https://www.oalc.org.uk/local-news</a></p>	<p style="text-align: center;"><b>Oxford Health</b></p> <p>Update on visiting patients in any of their inpatient units</p> <p style="text-align: center;">(i.e. The Warneford)</p> <p><a href="https://www.oxfordhealth.nhs.uk/">https://www.oxfordhealth.nhs.uk/</a></p>
<p style="text-align: center;"><b>Oxfordshire University Hospitals</b></p> <p>Information and advice on going to the hospital</p> <p><a href="https://www.ouh.nhs.uk/">https://www.ouh.nhs.uk/</a></p>	<p style="text-align: center;"><b>Doctors of the World</b></p> <p>Latest NHS guidelines translated into 34 languages</p> <p><a href="https://www.doctorsoftheworld.org.uk/coronavirus-information/">https://www.doctorsoftheworld.org.uk/coronavirus-information/</a></p>	<p style="text-align: center;"><b>Reducing the Risk</b></p> <p>Domestic Abuse advice and support</p> <p><a href="https://www.reducingtherisk.org.uk/cms/content/oxfordshire">https://www.reducingtherisk.org.uk/cms/content/oxfordshire</a></p>
<b>Support for Vulnerable People</b>		
<p style="text-align: center;"><b>Age UK Oxfordshire</b></p> <p>Telephone Support Service</p> <p style="text-align: center;"><b>01865 411288</b></p> <p>Information and advice available online</p> <p><a href="https://www.ageuk.org.uk/oxfordshire/our-services/information-and-advice/">https://www.ageuk.org.uk/oxfordshire/our-services/information-and-advice/</a></p> <p>Generation Games – Chair based exercises to do at home</p> <p><a href="https://www.ageuk.org.uk/oxfordshire/our-services/generation-games/">https://www.ageuk.org.uk/oxfordshire/our-services/generation-games/</a></p>	<p style="text-align: center;"><b>Community Connect</b></p> <p>Social Prescribing Service</p> <p style="text-align: center;"><b>0300 004 0401</b></p> <p><a href="mailto:community.connect@nhs.net">community.connect@nhs.net</a></p> <p><a href="https://www.oxfordshireccg.nhs.uk/documents/localities/north-east/meetings/2019-06/2019-06-12-paper-4b-Community-Connect.pdf">https://www.oxfordshireccg.nhs.uk/documents/localities/north-east/meetings/2019-06/2019-06-12-paper-4b-Community-Connect.pdf</a></p>	<p style="text-align: center;"><b>EIWell</b></p> <p>Useful information and support for over 70s. If you, or someone you know is alone and struggling during self-isolation please get in touch, we are offering emotional support phone calls for the elderly across Oxfordshire</p> <p style="text-align: center;"><b>01865 238185</b></p> <p><a href="mailto:hello@el-well.com">hello@el-well.com</a></p> <p><a href="https://www.el-well.com/phone-calls-for-elderly/">https://www.el-well.com/phone-calls-for-elderly/</a></p>

<p align="center"><b>Guideposts</b></p> <p>Guideposts' Here For You service will offer free advice and support over the phone or via webchat.</p> <p align="center"><b>0300 222 5709</b> <b>0800 048 7035</b></p> <p align="center"><a href="mailto:hereinfo@guideposts.org.uk">hereinfo@guideposts.org.uk</a> <a href="http://www.herefirst.org.uk/">http://www.herefirst.org.uk/</a></p>	<p align="center"><b>ICE Centre</b></p> <p>ICE provides inclusive care &amp; education along with real choices for people with disabilities</p> <p>The centre is currently closed but support is available online and via phone</p> <p align="center"><b>01993 846240</b></p> <p align="center"><a href="mailto:theicecentre@btconnect.com">theicecentre@btconnect.com</a> <a href="https://www.facebook.com/theicecentre.co.uk/">https://www.facebook.com/theicecentre.co.uk/</a></p>	<p align="center"><b>Laurel Leaf</b></p> <p>Support and care for adults at home and in the community</p> <p align="center"><b>01993 358060</b></p> <p align="center"><a href="mailto:admin@laurelleaf.co.uk">admin@laurelleaf.co.uk</a> <a href="https://www.laurelleaf.co.uk/">https://www.laurelleaf.co.uk/</a></p>
<p align="center"><b>Oxfordshire Family Support Network (OxFSN)</b></p> <p>OxFSN is a not for profit organisation run by and for family carers of people with learning disabilities - both children and adults</p> <p align="center"><a href="https://www.oxfsn.org.uk/">https://www.oxfsn.org.uk/</a></p>	<p align="center"><b>Oxfordshire Learning Disability Community!</b></p> <p>Online community for people in Oxfordshire to ensure children and adults with learning disabilities including autism get the best support as possible</p> <p align="center"><a href="mailto:notifications@ldox.org">notifications@ldox.org</a> <a href="http://www.ldox.org">www.ldox.org</a></p>	<p align="center"><b>Yellow Submarine</b></p> <p>Virtual Support to existing service users and their family. Social support with gaming for other people with a learning disability</p> <p align="center"><b>01865 236119</b></p> <p align="center"><a href="https://www.yellowsubmarine.org.uk/">https://www.yellowsubmarine.org.uk/</a> <a href="https://www.facebook.com/ysubcharity/">https://www.facebook.com/ysubcharity/</a></p>
<p align="center"><b>Oxfordshire Association for the Blind</b></p> <p>Telephone and email support for those in need</p> <p align="center"><b>01865 725595</b></p> <p align="center"><a href="mailto:info@oxeyes.org.uk">info@oxeyes.org.uk</a> <a href="https://www.oxeyes.org.uk/">https://www.oxeyes.org.uk/</a></p>		
<b>Food &amp; Supplies</b>		
<p align="center"><b>North Oxfordshire Food Bank (Covers Chipping Norton, Woodstock and Charlbury)</b></p> <p>Chipping Norton – Tuesdays</p> <p>From Monday 6th April our Chipping Norton distribution centre will be opening on Mondays, 10am - 11.30am rather than Tuesdays.</p> <p align="center"><b>07929 721172</b></p> <p><a href="mailto:admin@northoxfordshirecommunityfoodbank.org.uk">admin@northoxfordshirecommunityfoodbank.org.uk</a> <a href="mailto:vouchers@northoxfordshirecommunityfoodbank.org.uk">vouchers@northoxfordshirecommunityfoodbank.org.uk</a> <a href="http://www.northoxfordshirecommunityfoodbank.org.uk/">http://www.northoxfordshirecommunityfoodbank.org.uk/</a></p>	<p align="center"><b>Witney Besom</b></p> <p>Provision of crisis food parcels to those who are in extreme poverty. Will only serve those in absolutely critical need and cannot guarantee same day delivery</p> <p align="center"><a href="mailto:contact@witneybesom.org">contact@witneybesom.org</a></p>	<p align="center"><b>Eynsham Food Bank</b></p> <p>Food Parcels for those in crisis in the Eynsham area</p> <p>Service due to start on 30 March 2020</p> <p align="center"><b>07738 063083</b></p>

<p><b>Witney Community Fridge</b></p> <p>Redistributing surplus food donated by food business and local people to all members of the community</p> <p>Witney Community Support Service, Moorland Road, Witney, OX28 6LS</p> <p><a href="mailto:witneyfridge@gmail.com">witneyfridge@gmail.com</a></p> <p><a href="https://www.facebook.com/WitneyFridge/">https://www.facebook.com/WitneyFridge/</a></p>	<p><b>SOFEA</b></p> <p>Community Larder and support for Foodbanks across West Oxfordshire</p> <p><b>01235 510774</b></p> <p><a href="mailto:info@sofea.uk.com">info@sofea.uk.com</a></p> <p><a href="https://www.sofea.uk.com/">https://www.sofea.uk.com/</a></p>	<p><b>Giving World</b></p> <p>Free goods for voluntary/community groups to distribute to most vulnerable</p> <p>Register your group, request items, pay for delivery, distribute</p> <p><a href="https://www.givingworld.org.uk/charity/">https://www.givingworld.org.uk/charity/</a></p>
<p><b>Good Food Oxford</b></p> <p>Updated Information on community food supplies for the most vulnerable</p> <p><a href="https://www.oxford.gov.uk/foodservice-smap">https://www.oxford.gov.uk/foodservice-smap</a></p>		
<p><b>Keeping Active</b></p>		
<p><b>British Heart Foundation</b></p> <p>How to get active indoors</p> <p><a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors</a></p>	<p><b>Sport England</b></p> <p>Tips to stay active while you are at home</p> <p><a href="https://www.sportengland.org/news/how-stay-active-while-youre-home">https://www.sportengland.org/news/how-stay-active-while-youre-home</a></p>	<p><b>Living Streets</b></p> <p>Blogs and tips on walking and coronavirus</p> <p><a href="https://www.livingstreets.org.uk/news-and-blog/blog/walking-and-coronavirus">https://www.livingstreets.org.uk/news-and-blog/blog/walking-and-coronavirus</a></p>
<p><b>Mental Health</b></p>		
<p><b>Oxfordshire Mind</b></p> <p>Support for people who may be feeling anxious or worried about coronavirus</p> <p>01865 247788</p> <p><a href="mailto:info@oxfordshiremind.org.uk">info@oxfordshiremind.org.uk</a></p> <p><a href="https://www.oxfordshiremind.org.uk/help/crisis-help/">https://www.oxfordshiremind.org.uk/help/crisis-help/</a></p>	<p><b>Oxfordshire Therapy Service</b></p> <p>Free online group support for individuals.</p> <p>90 mins for 10 weeks</p> <p>Self Referral - Email Kate <a href="mailto:kateots8@gmail.com">kateots8@gmail.com</a> with subject line 'On-Line Support Groups'</p>	<p><b>NHS</b></p> <p>Tips for mental wellbeing during crisis</p> <p><a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</a></p>
<p><b>Mental Health UK</b></p> <p>Advice and links for helping manage mental well being during crisis</p> <p><a href="https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/">https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/</a></p>	<p><b>Mental Health Foundation</b></p> <p>Looking after your mental health during Covid-19</p> <p><a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>	<p><b>Rethink</b></p> <p>Mental Illness Support</p> <p><a href="https://www.rethink.org/">https://www.rethink.org/</a></p>
<p><b>Community Volunteers</b></p>		
<p><b>British Red Cross</b></p> <p>Contact British Red Cross if you would like to volunteer or there is a need for volunteers near you</p> <p><a href="https://reserves.redcross.org.uk/reserves@redcross.org.uk">https://reserves.redcross.org.uk/reserves@redcross.org.uk</a></p>	<p><b>OCVA</b></p> <p>Advice and Information for voluntary and community Groups</p> <p><a href="https://ocva.org.uk/coronavirus-covid-19-advice-information-and-support-across-oxfordshire-for-voluntary-community-groups/">https://ocva.org.uk/coronavirus-covid-19-advice-information-and-support-across-oxfordshire-for-voluntary-community-groups/</a></p>	<p><b>Oxfordshire All In</b></p> <p>Tool for groups and organisations to coordinate on the Oxfordshire community response to Covid-19</p> <p><a href="https://www.oxfordshireallin.org/local-support-groups">https://www.oxfordshireallin.org/local-support-groups</a></p>

<p><b>Oxfordshire Community Foundation</b></p> <p>Coronavirus Resilience Fund</p> <p>Funding for organisations meeting new needs appearing as a result of coronavirus. Funding for organisations to recover stronger if operations or income are interrupted</p> <p><a href="https://oxfordshire.org/">https://oxfordshire.org/</a></p>	<p><b>Volunteer Link Up</b></p> <p>Maintaining support for existing clients</p> <p>Advice re safeguarding and data protection for volunteers and volunteer groups</p> <p><a href="https://ocva.files.wordpress.com/2020/03/volunteer-link-up-advice.docx">https://ocva.files.wordpress.com/2020/03/volunteer-link-up-advice.docx</a></p> <p>Contact Volunteer Link Up to help in your community</p> <p><b>01993 776277</b>  <a href="mailto:office@vlu.org.uk">office@vlu.org.uk</a>  <a href="http://www.vlu.org.uk/">http://www.vlu.org.uk/</a></p>	<p><b>Witney Land Army</b></p> <p>Building a coordinated community response in Witney to Covid-19.</p> <p><a href="mailto:HQ@witneylandarmy.org">HQ@witneylandarmy.org</a>  <a href="https://www.witneylandarmy.org/">https://www.witneylandarmy.org/</a></p>
<p><b>Age Concern Chipping Norton</b></p> <p>Age Concern in Chipping Norton have 5 staff and 2 minibuses at Highlands and are offering help and support including errands and chat, other volunteers welcome</p> <p><b>01608 64320</b></p>	<p><b>West Oxfordshire Scouts</b></p> <p>(Witney Only)</p> <p>Working on behalf of practices and pharmacies in Witney to deliver prescription medicine to people.</p> <p>Witney residents should ask their GP for this service</p>	<p><b>Next Door</b></p> <p>Nextdoor is the neighbourhood hub for trusted connections and the exchange of helpful information, goods, and services. Join your neighbourhood by signing up online or downloading the app</p> <p><a href="https://nextdoor.co.uk/">https://nextdoor.co.uk/</a></p>
<p><b>Charity Commission</b></p> <p>Guidance for charities to help run your charity during Covid-19 crisis</p> <p><a href="https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-the-charity-sector">https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-the-charity-sector</a></p>	<p><b>NVCO KnowHow</b></p> <p>Free advice (no need for membership) for organisations and volunteers during Covid-19 (supporting staff/volunteers, service users) financial advice</p> <p><a href="https://knowhow.ncvo.org.uk/coronavirus">https://knowhow.ncvo.org.uk/coronavirus</a></p>	
<p><b>Children and Young People</b></p>		
<p><b>CAMHS</b></p> <p>Face to face consultations have been suspended but they continue to offer support digitally and by phone. Advice Line has been set up and there are a number of short videos and self help guides online.</p> <p><b>01865 902 515</b></p> <p><a href="https://www.oxfordhealth.nhs.uk/camhs/oxon/">https://www.oxfordhealth.nhs.uk/camhs/oxon/</a></p>	<p><b>Thrive</b></p> <p>(Chipping Norton and surrounding areas)</p> <p>Practical support for children of struggling families (Chipping Norton) who have an urgent need for basic items (toiletries, bed, basic clothing etc)</p> <p><a href="mailto:contact@thrive-northox.co.uk">contact@thrive-northox.co.uk</a>  <a href="https://www.thrive-northox.co.uk/">https://www.thrive-northox.co.uk/</a></p>	<p><b>Witherslack Group</b></p> <p>Webinars to ensure parents, carers and professionals are still getting the support they need at home.</p> <p><a href="https://witherslackgroup.co.uk/webinars/">https://witherslackgroup.co.uk/webinars/</a></p>
<p><b>Family Lives</b></p> <p>Parenting Support</p> <p><a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a></p>	<p><b>Family Links</b></p> <p>Online Family Links Parenting Course</p> <p><a href="https://www.netmums.com/support/netmums-parenting-course-welcome">https://www.netmums.com/support/netmums-parenting-course-welcome</a></p>	<p><b>Home Start</b></p> <p>Online Support for Referrals in Witney</p> <p><a href="http://home-startoxford.org.uk">http://home-startoxford.org.uk</a></p>

## Employment, Benefits and Financial Concerns

<p style="text-align: center;"><b>Citizens Advice</b></p> <p>We give advice on many issues, including; debt, understanding benefits, employment issues, consumer rights and relationship problems.</p> <p><a href="https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/">https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/</a></p> <p style="text-align: center;">Advice Line</p> <p style="text-align: center;"><b>0300 330 9043</b></p> <p style="text-align: center;">Help to Claim Universal Credit</p> <p style="text-align: center;"><b>0800 144 8444</b></p>	<p style="text-align: center;"><b>ACAS</b></p> <p>Employment advice for employers and Employees</p> <p style="text-align: center;">Helpline - 0300 123 1100</p> <p>Live Twitter Q&amp;A session every Friday at 10.30am to answer questions about time off work, pay, remote working. Online advice and information.</p> <p style="text-align: center;"><a href="https://www.acas.org.uk/advice">https://www.acas.org.uk/advice</a></p>	<p style="text-align: center;"><b>Thames Water</b></p> <p>Priority Services Register - Support for if your water supply turns off - You can register for priority services if you have an ongoing health condition or specific communication needs. You do not need to register if you are self-isolating or have coronavirus</p> <p style="text-align: center;">0800 009 3652</p> <p style="text-align: center;"><a href="mailto:ecs@thameswater.co.uk">ecs@thameswater.co.uk</a></p> <p style="text-align: center;"><a href="https://www.thameswater.co.uk/help-and-advice/customer-commitment/priority-services">https://www.thameswater.co.uk/help-and-advice/customer-commitment/priority-services</a></p>
<p style="text-align: center;"><b>Cottsway</b></p> <p>Financial Advice for Tenants</p> <p style="text-align: center;">0300 303 8618</p> <p style="text-align: center;"><a href="mailto:cottsway.housing@citizensadvicewestoxon.org.uk">cottsway.housing@citizensadvicewestoxon.org.uk</a></p>	<p style="text-align: center;"><b>Gov.uk</b></p> <p>Information on claiming Universal Credit during Corona Virus</p> <p style="text-align: center;"><a href="https://www.understandinguniversalcredit.gov.uk/coronavirus/">https://www.understandinguniversalcredit.gov.uk/coronavirus/</a></p>	<p style="text-align: center;"><b>Turn 2 Us</b></p> <p>Advice and Support for people in financial need</p> <p style="text-align: center;"><a href="https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-new">https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-new</a></p>

Please note that this information is correct as of 27/03/2020 and West Oxfordshire District Council is not responsible for the content.