

## Countywide and Local Support services

We aim to provide contact services for as many organisations as possible. If there are any that we have missed out, please let us know email [deddingtonwellbeing@gmail.com](mailto:deddingtonwellbeing@gmail.com)

### 24/7 Mental Health Helplines

A dedicated mental health helpline has been set up by Oxford Health NHS Foundation Trust to take some of the pressure away from the 111 service. The numbers to call for adults is 01865 904997 and for children 01865 904998 lines are open 24 hours a day, seven days a week.

If you are concerned about your mental health  
**Oxfordshire Mind** 01865 247788  
[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

**Young Minds**, children and young people's mental health [www.youngminds.org.uk](http://www.youngminds.org.uk)

**The Samaritans**  
0330 094 5717 [www.samaritans.org](http://www.samaritans.org)

**Oxfordshire Roads to Recovery - Banbury Hub**  
01295 225 544. [Oxfordshire@turning-point.co.uk](mailto:Oxfordshire@turning-point.co.uk)  
[www.wellbeing.turning-point.co.uk/oxfordshire](http://www.wellbeing.turning-point.co.uk/oxfordshire)

**Carers Oxfordshire**  
0345 450 1276 [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)  
[www.carersoxfordshire.org.uk/cms](http://www.carersoxfordshire.org.uk/cms)

**The Hummingbird Cancer Support & Therapy Centre**  
01869 244 244 [info@thehummingbirdcentre.org.uk](mailto:info@thehummingbirdcentre.org.uk)  
[www.thehummingbirdcentre.org.uk](http://www.thehummingbirdcentre.org.uk)

**Oxfordshire Sexual Abuse & Rape Crisis Centre**  
[support@osarcc.org.uk](mailto:support@osarcc.org.uk) [www.osarcc.org.uk](http://www.osarcc.org.uk)

**North Oxford Bereavement Group**  
[triciabrant@stmargaretsoxford.org](mailto:triciabrant@stmargaretsoxford.org)

**Alcoholics Anonymous**  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Narcotics Anonymous**  
<https://ukna.org/>

**Beat: eating disorders charity**  
<https://www.beateatingdisorders.org.uk/>

**Oxme.info**  
Health, life and learn for young people in Oxfordshire [www.oxme.info](http://www.oxme.info)

**Young Stone Wall, LGBTQ info**  
[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

**Childline** [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

Support & guidance on how to keep well at home, what support is available & how to manage anxiety:  
**Community Connect** 0300 004 0401  
<http://www.canosn.org.uk>

Emergency food parcel for self-isolators (leave name & phone number only) **Volunteer Connect** 0300 303 0125 <http://www.canosn.org.uk>

Weekly friendly telephone support (leave name & phone number on answerphone)  
**Age UK Oxfordshire** 01865 411288  
<http://www.ageuk.org.uk/oxfordshire>

**Cancer support Maggie's Centre** 01865 751882  
[oxford@maggiescentre.org](mailto:oxford@maggiescentre.org)

**Oxfordshire County Council shielded line**  
01865-323332 [shield@oxfordshire.gov.uk](mailto:shield@oxfordshire.gov.uk)

**Early pregnancy service** - Ladies must have had a positive pregnancy test & be <16/40 with bleeding &/or pain. The service is open Mon - Fri 8am to 6 pm & Sat 9 am to 12 pm. Ladies can self-refer by phoning 01865 221142

**GoodSam for shielded patients** - shielded patients can self-refer for volunteer support by phoning 0808 196 3382

**Oxfordshire All In** [www.oxfordshireallin.org](http://www.oxfordshireallin.org)  
This website maps all community services available within Oxfordshire including those closest to you.

Are you or someone you know at risk of harm from domestic abuse?

If you are at risk of harm at home, you can choose to leave and will be helped by police and support workers to get yourself and your family somewhere safe. Anyone in immediate danger should phone 999.

If you are in danger and are unable to talk on the phone, dial 999 and then press 55. This will transfer the call to the police, who will assist you without the caller having to speak.

Oxfordshire Domestic Abuse Services offer free advice. 0800 731 0055, Mon-Fri 10am-7pm

Alternatively, call the National Domestic Abuse Helpline: 0808 2000 247

## Deddington and Parish Covid-19 Response Team Deddington, Hempton and Clifton – Together, Apart!



### How are you?

Its week seven of lockdown in what has to be the strangest time any of us, regardless of age, has ever experienced. So far, as a community, there are over a hundred volunteers who are attending to shopping, helping out, delivering papers and much more.

We would like to open an online community conversation about what is coming next – no one knows when lockdown will be lifted or what that will mean. As a team, we are aware that there may be a range of challenges that people are facing and are not sure where to turn. We would like to have a community conversation about wellbeing and mental health so that we might be able to support those in need.

At this moment in time, our wellbeing and mental health is more important than ever before. The reality is that we're not at the toughest point of this crisis yet, and it is difficult to predict how long it will last.

We are a small team who are part of the overall Covid-19 Response Team who are co-ordinating this initiative, please get in touch by email: [deddingtonwellbeing@gmail.com](mailto:deddingtonwellbeing@gmail.com)

For wellbeing signposting and advice call Vicar Annie on 336880.

You don't have to be a church goer, or even have a faith – she is here to listen.

You can also call Heather Darwall-Smith on 336934 (Heather is a local psychotherapist who lives in Deddington but works in Oxford and London).

For ideas of any kind, to add to this initiative email: [deddingtonwellbeing@gmail.com](mailto:deddingtonwellbeing@gmail.com) or call Al Kitchen: 337548 or David Rogers: 337065



Spread the Word – not the Virus. Fighting Covid -19 as a community.  
Use 999/111 for emergencies

# What we are proposing...

Along with providing the signposting for a range of services, we would like to bring the community together to build an offering of activities both online and face to face – at a social distance. Remember not everyone is online. Please let us know what **you** think.

## Imagine a calendar of activities during lockdown...

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Art club for my children</p> <p>Phone chats</p>	<p>5km challenge</p> <p>Yoga</p>	<p>Stretching exercises I can do at home</p> <p>History Club</p>	<p>Connection with the WI</p>	<p>Book club</p> <p>Music concert</p>

Saturday	Sunday
<p>Pilates</p> <p>Online village quiz</p>	<p>Attend church online</p> <p>Virtual Bake-off</p> <p>Support to get online</p>

## What would be in **your** diary and how would **you** like to access it?

These are just ideas but what could we do as a community together and what could you add to the calendar?  
email: [deddingtonwellbeing@gmail.com](mailto:deddingtonwellbeing@gmail.com)

We have an incredible number of local specialists ready to help out in so many ways. We will add more detail about them in future newsletters. Some resources will be free, but we are sure you can appreciate that some services will need to charge. Please understand that for many people who work in this sector whose income has been severely affected.

### Free virtual Pilates with Jennie

Join our Facebook group to access virtual Pilates! Mixed ability classes are live streamed weekly at 11:30AM on Tuesdays and Thursdays. You can also come back later and view any class on demand.

**For more information contact Jennie:**  
[jennie@resetsportsmassage.uk](mailto:jennie@resetsportsmassage.uk)

### Free hypnotherapy

Free hypnotherapy recordings for relaxation and sleep issues.  
[www.patharperhypnotherapy.co.uk/free-recordings](http://www.patharperhypnotherapy.co.uk/free-recordings)

### Age of Creativity

Many of us have been disappointed by the cancellation of our regular creative and cultural activities, including the Age of Creativity Festival, postponed until October. Nevertheless we can offer you a plethora of extraordinary free creative on-line events to enjoy from the comfort of your own home. You can virtually tour the world's best museums, listen to podcasts, take a dance class, join a choir, listen to streamed concerts, watch quality theatre productions, join a virtual festival, learn some crafting techniques or stretch your brain with a short university course. The choice is immense. There are also activities for people in a care home setting and for people with dementia.  
[www.festival.ageofcreativity.co.uk/downloads](http://www.festival.ageofcreativity.co.uk/downloads)

### Free support groups

Professional therapists from the Oxfordshire Therapy & Self Development Network are offering free online support groups to anyone in the Oxfordshire community! The online groups are for 90-minutes each week, running over 10 weeks. Anyone could benefit from these – whether they are offering essential services in the community or members of the public who are feeling anxious and isolated.

**Further details and how to join are on their website**  
[www.otscentre.co.uk](http://www.otscentre.co.uk)

### Free mindfulness sessions

The Oxford Mindfulness Centre (OMC) is offering weekly online mindfulness sessions led by a fully trained Mindfulness Teacher. These sessions are completely free and open to the general public, meaning no prior mindfulness practice is needed. These sessions can offer a space for people to experience grounding and connection, discuss the challenges faced, and support each other at a time when solidarity is most needed. Each session will be available as a free podcast shortly after for anyone who missed the live session (on Zoom conference call) or wishes to practice again.

**Read more on their website** [www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)

### Local Foodbanks

An increasing number of people need emergency essentials from the foodbanks. Please do not feel embarrassed about asking for help – these are exceptionally difficult times. In order to book a package you will need a voucher code which can be accessed from a variety of different agencies (including Citizens Advice which can be contacted on 0300 303125.) For more information on receiving a code and how to get your package call:

**Banbury Food Bank – 01295 661304**  
[info@banbury.foodbank.org.uk](mailto:info@banbury.foodbank.org.uk)

**Bicester Foodbank – 01869 321806**  
[info@bicester.foodbank.org.uk](mailto:info@bicester.foodbank.org.uk)

### Cherwell District Council

01295 227051 (Mon - Fri 8:45am – 5:15pm)  
or e-mail [cdc.sheild@cherwell-dc.gov.uk](mailto:cdc.sheild@cherwell-dc.gov.uk)

Cherwell District Council has a dedicated phone and e-mail service, helping vulnerable residents with their concerns. There's also a new online guide, helping families stay active inside at [www.cherwell.gov.uk/activity-and-wellbeing-hub](http://www.cherwell.gov.uk/activity-and-wellbeing-hub)