



**Cherwell**

DISTRICT COUNCIL  
NORTH OXFORDSHIRE

# Support for our residents

During this period of lockdown, we know that you will be relying on family, friends, and neighbours, to help you with everyday tasks. If you need additional support, there are a range of organisations that Cherwell District Council has partnered with, who are ready and waiting to fill in the gaps.



If you need support for a need not listed here please email us at [cdc.shield@cherwell-dc.gov.uk](mailto:cdc.shield@cherwell-dc.gov.uk) or if you're not online, call us on **01295 227051** and we will help get you the support you need.

## Community Connect

citizens  
advice

North Oxon &  
South Northants

☎ **0300 004 04 01**

🖱 [www.canosn.org.uk](http://www.canosn.org.uk)

Support and guidance on how to keep well at home, what support is available and how to manage anxiety, debt and money advice.

## Volunteer Driving Scheme

(Citizens advice)

☎ **0300 3030125**

🖱 [www.canosn.org.uk](http://www.canosn.org.uk)

If you (or someone elderly/vulnerable you know) are self-isolating and have no means of getting food, we can deliver an emergency food parcel to you.

To request a delivery call the above number and leave your name and telephone number only. One of the team will call you back.

We can also support you to get an assisted food delivery.

## Samaritans

**SAMARITANS**

☎ **116 123** (free from any phone)

🖱 [www.samaritans.org](http://www.samaritans.org)

Whatever you're going through, you can talk to someone at the Samaritans.

## Oxfordshire Mind



☎ **01865 247788**

🖱 [www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

**Oxfordshire**

If you're concerned about your mental health, the information line can point you towards support.

## Oxfordshire All In



The website below is mapping all community services available within Oxfordshire which you may find of use.

**[www.oxfordshireallin.org](http://www.oxfordshireallin.org)**

If yourself or know anyone who is providing services/ community provision in the light of the current situation with Covid-19 then this can be entered and mapped in the above **Oxfordshire All In** website.

## Age UK Oxfordshire

☎ **01865 411288**

🖱 [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)



New, free, telephone support service, for older residents providing a friendly, regular weekly call to see how people are, to chat and also help if people are facing practical problems. The number connects straight to an answerphone, where you can leave your name and contact number. You will receive a call back as soon as possible during normal working hours. Please note this service cannot provide medical advice - people should ring **111** for medical advice or **999** in a medical emergency.

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

The current restrictions on our day to day living and additional stresses will put pressure on lot of relationships and families. We know that domestic abuse is likely to get worse with the increased stress of social distancing and self-isolation. 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 to somewhere safe.

### How and where to get help and support:

Anyone in immediate danger should phone **999**.

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

### Oxfordshire Domestic Abuse Services

offer free advice: **0800 731 0055**

(Mon-Fri 10am-7pm)

[das@a2dominion.co.uk](mailto:das@a2dominion.co.uk)

Alternatively, call the 24-hour **National Domestic Abuse Helpline: 0808 2000 247**



**Respect**  
Phoneline

Anybody worried about causing harm to the ones they love can get help by contacting **Respect Phoneline: 0808 802 4040**  
[respectphoneline.org.uk](http://respectphoneline.org.uk)

What to look out for to protect neighbours who might be suffering from domestic abuse:

[www.ourwatch.org.uk/get-involved/help-and-advice/crime-prevention-toolkits/domestic-abuse/how-help](http://www.ourwatch.org.uk/get-involved/help-and-advice/crime-prevention-toolkits/domestic-abuse/how-help)



Follow the NHS and government guidelines on staying safe, keeping 2m apart even when receiving deliveries to your home etc, and frequently washing your hands (for the time it takes to sing 'Happy birthday' twice).



**Palm  
to palm**



**The backs  
of hands**



**In between  
fingers**



**The back of  
the fingers**



**The  
thumbs**



**The tips of  
the fingers**

It is important to try and keep yourself active in your homes, maybe some gentle stretching or walking around the house and garden.

If you need a little inspiration or help to get you started Generation Games have a free gentle exercise DVD that can be posted to your home for you to try – to receive a copy of the DVD in the post please contact

Generation Games on **01235 849 403** or visit their website [www.generationgames.org.uk](http://www.generationgames.org.uk).



There are lots of ways to keep busy in your homes, watching the wildlife or the world go by through your window, jigsaws or other puzzles, reading a good book or getting creative. For those that are online, many museums and the National Trust have given you virtual access to tour their sites and collections as well as theatres providing free streaming of productions.

[www.nationaltrustcollections.org.uk](http://www.nationaltrustcollections.org.uk)

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

[www.oxford.gov.uk/info/20304/culture\\_events\\_and\\_creative](http://www.oxford.gov.uk/info/20304/culture_events_and_creative)

[www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk)

[tinyurl.com/the-shows-must-go-on-48-hours](http://tinyurl.com/the-shows-must-go-on-48-hours)

[www.nationaltheatre.org.uk/nt-at-home](http://www.nationaltheatre.org.uk/nt-at-home)

[www.roh.org.uk/streaming](http://www.roh.org.uk/streaming)

[www.bbc.co.uk/arts](http://www.bbc.co.uk/arts)



**Stay safe and stay connected.**

