



Community Support

Help and Support for West Oxfordshire residents

Over the past year it has been wonderful to see our fabulous communities come together and step up to the mark, rallying to support those in need, We hope this newsletter provides groups and communities with signposting information to relevant services that can now help build upon that fantastic community spirit, create resilience and sustainability to continue to support West Oxfordshire residents.

The Community Support team are still here, don't hesitate to get in touch if we can be of assistance.

WODC Community Support Helpline 01993 861077

Healthy Start Voucher Scheme Increase

From April the value of Healthy Start vouchers increase to £4.25 per week from £3.10.

Pregnant women and families on low income, benefits or tax credits may be entitled to supermarket vouchers every week which can be spent on milk, fresh, frozen and tinned fruit and vegetables, fresh, dried and tinned pulses and formula milk. you could also receive free vitamins.

To find out more about the scheme, to see if you [qualify](#) and [apply](#) click the link below.

[Healthy Start Scheme](#)

Community Connect Social Prescribing Service

Community Connect is a social prescribing service provided in unison with Citizens Advice and local GP's linking individuals with local community groups that can help with a wide range of issues, the service is particularly beneficial to people with long term conditions, those needing support with mental health issues, suffering from isolation and loneliness or with complex social needs affecting their wellbeing.

You can be referred by a GP, health practitioner or refer yourself, for more information please click the link below.

Community Connect

Community Workshops Available

Community First Oxfordshire have a wealth of information available to assist community groups and organisations ranging from community action, planning and placemaking, training, bulk energy buying schemes, funding opportunities to Covid19 resources and information.

Three workshops currently available aimed at community groups and volunteers are:

- Together We Can
- Listen In Listen Out
- How To Attract The Unusual Suspects Toolkit

For more information please click the link below or contact: info@communityfirstoxon.org or call 01865 883488

Community First Oxfordshire

Act F.A.S.T.

A stroke strikes every 5 minutes in the UK and the faster a patient receives treatment, the better their chances are of surviving and reducing long-term disability, the pandemic has seen a significant fall in stroke related hospital admissions but unfortunately a 7% rise in deaths, if you recognise any one symptom of stroke in yourself or anyone you know call 999.

- Face - has their face fallen on one side? can they smile?
- Arms - can they raise both arms and keep them there?
- Speech - is their speech slurred?
- Time - to call 999

For more information click the link below

NHS Stroke Information

Oxfordshire Domestic Abuse Service

The Oxfordshire Domestic Abuse services are open and available to anybody aged 16+ experiencing domestic abuse.

If your abuse is physical, emotional, sexual or psychological, or if you're being controlled financially, bullied, or threatened or hurt because you've been told you are dishonouring your family, you can contact the ODAS Helpline

Monday to Friday 10am - 7pm

T: 0800 731 0055

E: das@a2dominion.co.uk

If you're at immediate risk, call 999 (if it's not safe to speak use the Silent Solution by pressing 55 when prompted).

* Alternatively, you can call the 24-hour National Domestic Abuse Helpline

T: 0808 2000 247

Oxfordshire Domestic Abuse Service

Date For Your Diary - Good to Grow Day 2021

The Good to Grow day event is a weekend 23rd - 26th April of celebration for community gardens and growing networks to kick off the growing season.

If you would like to join in (anyone growing food in at least one square metre or more is eligible to join) click the link below for more information.

Good to Grow Day 2021

WODC Community Support Helpline on 01993 861077