

**Healthy Start vouchers** for eligible families with children under 5 to help with buying healthy food. See details at <https://www.healthystart.nhs.uk/how-to-apply/>

**You Move** - A new programme starting in June 2022 to remove/reduce financial barriers to being active for families with 1 or more children over 5 eligible for free school meals. Access to a range of offers and discounts at Leisure centres and community-based activities. Information available at <https://www.getoxfordshireactive.org/>

### Support for Families, Mental Health & Wellbeing

**Home-Start** - A charity that provides emotional and practical support to parents with at least one child under five years old. See <https://homestartoxford.org.uk/> or <https://home-startbanbury.org.uk/> (Charlbury is just inside the area covered by the Oxford branch) : 01865 779991

**Move Together** - a free to access tailored programme to encourage and support people with poor mobility to move more and connect with others and, as a result, improve their wellbeing. 01993 861564 See <https://www.getoxfordshireactive.org/move-together>

**Be Kind to Your Mind** - A campaign to improve awareness and understanding of mental health across West Oxfordshire. See <https://www.westoxon.gov.uk/communities-and-leisure/be-kind-to-your-mind/>

**The Oxfordshire MIND Guide** - Directory of mental health services in Oxfordshire. See <https://www.oxmindguide.org.uk/directory/> MIND information and support 01865 247788

**Oxfordshire MIND courses** - to help you develop skills and learn new ways to manage your wellbeing. See <https://www.oxfordshiremind.org.uk/support-for-you/short-courses/>

**The Youth in Mind Guide** - A detailed guide to services and activities in Oxfordshire that will help improve and sustain children's mental health. <https://oxfordshireyouth.org/wp-content/uploads/2021/07/YiM-GUIDE-2020-OXMIND-HYPERLINKS-3.pdf> This publication has been created by Oxfordshire MIND in partnership with Oxfordshire Youth.

**Talking Space Plus** - Offer a range of FREE talking therapies to adults registered with an Oxfordshire GP. This service is part of the NHS and helps people suffering from low mood, anxiety and depression. See <https://www.oxfordhealth.nhs.uk/talkingspaceplus/> 01865 901222

July 2022

## Information provided by West Oxfordshire District Council on support for people during the Cost of Living Crisis

### Financial Support

**Citizens Advice West Oxfordshire** - for welfare support and debt advice <https://citizensadvicewestoxon.org/> Adviceline: 0808 278908. (Face-to-face help available via Adviceline)

**AgeUK Oxfordshire** - <https://www.ageuk.org.uk/oxfordshire>. Helpline for information and advice: 0345 450 1276.

**Christians Against Poverty (CAP)** - for debt advice and useful self-help pack - <https://capuk.org>. 0800 328 0006.

**The National Debtline** provides free advice on how to manage finances to reduce debts. The Debtline's freephone number is 0808 808 4000. They have a website: <https://www.nationaldebtline.org/>

**The Money Advice Service** provides free debt advice on 0800 138 1677. This service has now been combined with two other Government advice services – Pension Advisory Service and Pension Wise – to form a new service “Money Helper”. Their website is here: <https://www.moneyhelper.org.uk/en>

**Turn2us** - A national charity providing practical help to people who are struggling financially. You can use their website to find out what help may be available to you through benefits, grants and other sources of support: Helpline: 0808 802 2000 <https://www.turn2us.org.uk/Your-Situation/Cost-of-Living>

**StepChange** - A national charity providing a free debt advice service that helps people with debt problems take back control of their finances and their lives. See their website at <https://www.stepchange.org/how-we-help/rising-cost-of-living.aspx> Helpline: 0800 138 1111.

**Macmillan Cancer Support** - Are able to provide cost of living support for people with cancer. See <https://www.macmillan.org.uk/cancer-information-and-support/get-help/cost-of-living> Support Line: 0808 808 00 00

**West Oxfordshire District Council - Council Tax Support.** If you are struggling with payment of your Council Tax, you may be able to get help. Information on this is available at <https://www.westoxon.gov.uk/council-tax-and-benefits/council-tax-support/> or phone: 01993 861077 (Resident Support)

**West Oxfordshire District Council - Council Tax Rebate.** Households in council tax bands A-D are eligible to receive a non-repayable £150 Council Tax Rebate from the Government to help households with rising energy bills. West Oxfordshire District Council will be distributing the payments to everyone eligible within the district. See <https://www.westoxon.gov.uk/council-tax-and-benefits/150-council-tax-rebate/>

**West Oxfordshire District Council - Housing Benefit.** If you are on a low income and meet particular criteria, you may be able to get help with payment of your rent. See <https://www.westoxon.gov.uk/council-tax-and-benefits/housing-benefits-and-universal-credit/apply-for-housing-benefit/> or phone 01993 861077 (Resident Support) If you are on a low income and do not meet the criteria to claim Housing Benefit you will need to claim [Universal Credit](#) for housing cost help .

**West Oxfordshire District Council - Discretionary Housing Payment.** In some circumstances the Council can provide people suffering exceptional hardship an extra payment called Discretionary Housing Payments (DHP) to help with housing costs. To claim you must be receiving Housing Benefit or the housing element of Universal Credit. <https://www.westoxon.gov.uk/council-tax-and-benefits/housing-benefits-and-universal-credit/discretionary-housing-payments/> or phone 01993 861077 (Resident Support)

**Housing Associations** - If you live in a property owned by a Housing Association, contact them if you have problems with paying the rent.

**Energy Companies** - If you are having problems paying for electricity and gas, you may be able to make a payment arrangement with your supplier. If you do not know the name of your supplier(s), you can look it up at the following link <https://www.theenergyshop.com/guides/whos-my-energy-supplier>

**Better Housing Better Health (BHBH)** is a longstanding service working to reduce the number of people in fuel poverty and improve domestic warmth & wellbeing. They provide free, confidential advice including energy efficiency, switching energy suppliers, maximising income, signing up to the Priority Services Register, and accessing funding. You can self-refer via the website below or by calling the free phone number. <https://www.bhbh.org.uk/make-a-referral/> or 0800 107 0044 (Weekdays 9am -5pm)

**National Energy Action (NEA)** is a fuel poverty and energy efficiency charity, which was founded over 40 years ago. Providing advice and support to people struggling to heat their homes affordably. NEA's WASH Advice Service is a free support service providing advice to people on their energy bills and keeping warm and safe in their home. <https://www.nea.org.uk/get-help/wash-advice/> or 0800 304 7159 (Monday - Friday, 10am - 12 noon)

**Tax-free childcare.** For details see Gov.UK here: <https://www.gov.uk/tax-free-childcare>

### Support with food

**Good Food Oxford** - If you are finding it difficult to buy enough food, you can use the map at <https://foodmap.goodfoodoxford.org/> to find the names and contact details of food support organisations near where you live. These include the four organisations listed below.

**Cornerstone** - in the Corner House, Charlbury <https://www.charlbury.info/community/402>

**Chippy Larder** - in Chipping Norton <https://www.facebook.com/pages/category/Community-Service/The-Chippy-Larder-101325341520812/>

**North Oxfordshire Community Foodbank** - in Chipping Norton (Baptist Church, New Street OX7 5LL Mondays 10.00—11.30 a.m), and Woodstock (Baptist Church, High Street OX20 1TE Wednesdays 9.30-11.00 a.m. 07908-114144 (for Chippy) [www.northoxfordshirecommunityfoodbank.org.uk](http://www.northoxfordshirecommunityfoodbank.org.uk)