

USEFUL LOCAL AND NATIONAL SERVICES AND ORGANISATIONS



This booklet lists many helpful organisations that support people with mental health problems offering advice and help with housing, social isolation, employment, education and financial assistance.

It is not an exhaustive list and there are likely to be many more organisations and charities that offer support to those in need.

You may find some more listed if you ask around or explore some of the websites listed in this booklet. As always, I wish you well as you seek more support and hope this booklet is helpful.

EMPLOYMENT AND EDUCATION

Aspire

Aspire Community Enterprise Ltd

Employment, volunteering and work experience

St Thomas School, Osney Lane, Oxford, Oxfordshire, OX1 1NJ

Telephone: 01865 204450

Email: ian@aspireoxford.co.uk

Website: <http://www.aspireoxford.co.uk/>

Employment or time off work

Mind's information about mental health in the workplace, getting support and taking time off is very helpful.

Website: <https://www.mind.org.uk/information-support/tips-for-everyday-living/workplace-mental-health/getting-support/>

Make sure you are getting the money you are owed in sick pay and benefits, and get advice if need be (see benefits checker website in financial section below).

Access to Work

Disability support to help people with disabilities find and stay in employment.

This government service by the DWP can provide equipment, transport and coaching free of charge.

A workplace assessment is organised and paid for by your employer (minimal fee).

Any equipment or transport that is recommended is then provided by the DWP.

- Website: <https://www.gov.uk/access-to-work>
- Access to Work helpline:
 - Telephone: 0800 121 7479
 - Textphone: 0800 121 7579
- NGT text relay (if you cannot hear or speak on the phone): 18001 then 0800 121 7479

Open Monday to Friday, 9am to 5pm

Alternative formats are available if you call the Access to Work number to ask for alternative formats, such as braille, large print or audio CD.

HOUSING AND ACCOMADATION

Beacon Centre

Banbury District Housing Coalition

Housing, accommodation and homelessness

St Marys Centre, Horsefair, Banbury, Oxfordshire, OX16 0AA

Telephone: 07814446131

Email: banburybeacon@hotmail.co.uk

Website: <https://sites.google.com/site/beaconbanbury/home>

Crisis Skylight Oxfordshire

Housing, accommodation and homelessness

The Old Fire Station, George Street, Oxford, OX1 2AQ

Telephone: 01865 263900

Email: reception.oxford@crisis.org.uk

Website: <http://www.crisis.org.uk/pages/crisis-skylight-oxford.html>

Mears Home Improvement Ltd

Offers assistance with small repairs for disabled and older people in South Oxfordshire and the Vale.

Can also help with budgeting and accessing funding for any work being carried out.

Mears Home Improvement Ltd, Building 166, Maxwell Avenue, Harwell Campus, Harwell, OX11 0QT

Telephone: 01235 432 410

Website: <http://www.southoxon.gov.uk/services-and-advice/housing/managing-your-home/home-improvement-older-people>

Advance UK

Housing and accommodation for people with disabilities and mental health difficulties in Oxfordshire

Website: <http://www.advanceuk.org/safety-first>

The Porch / Steppin' Stones

Housing, accommodation and homelessness

139 Magdalen Road, Cowley, Oxford, OX4 1RL

Telephone: 01865 251798

Email: info@theporch.org.uk

Website: <http://www.theporch.org.uk>

Cherwell CVS Furniture Recycling Store

Housing, accommodation and homelessness

Unit 21C,, Beaumont Close,, Beaumont Industrial Estate, Banbury,, OX16 1TG

Telephone: 01295 267741

Email: cherwellcvs@gmail.com

Sovereign Vale Housing

Housing, accommodation and homelessness

Sovereign Vale Housing, The Old Maltings, Vineyard, Abingdon, OX14 3UG Website:

<https://www.sovereign.org.uk>

Elmore Community Services

Housing, accommodation and homelessness

213 Barns Road, Cowley, Oxford, Oxfordshire, OX4 3UT

Telephone: 01865 200 130

Email: info@elmorecommunityservices.org.uk

Website: <http://www.elmorecommunityservices.org.uk/>

Emmaus Oxford

Emmaus UK

Housing, accommodation and homelessness

Emmaus Oxford, 171 Oxford Road, Cowley, Oxford, Oxfordshire, OX4 2ES

Telephone: 01865 402073

Email: EddieBlaze@emmausoxford.org

Website: <http://www.emmaus.org.uk/oxford>

ADVICE AND ADVOCACY

The Site

Information, advice or advocacy

Email: help@getconnected.org.uk

Website: <http://www.thesite.org/>

Citizens Advice Banbury

Cornhill House

Information, advice or advocacy

Cornhill House, 26 Cornhill, Banbury, OX16 5NG

Telephone: 03444 111 444

Website: <https://www.canosn.org.uk>

Citizens Advice Oxford

95 St Aldates, Oxford, OX1 1DA

Telephone: 03444 111 444

Website: <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=101191>

Oxfordshire Advocacy Hub

POhWER

Information, advice or advocacy

Abingdon

Telephone: 0300 456 2370

Email: oxfordshireadvocacyhub@pohwer.net

Website: <https://www.pohwer.net/oxfordshire>

LEISURE AND LEARNING

All Saints Art Group

Leisure, activities and clubs

Chilton, OX11 0SH

Please call for details,

Telephone: 01235 834408

Health Walks (Jericho)

Oxford City Council

Meet inside Jericho Health Centre Thursdays 1.30-2.30pm

Leisure, activities and clubs

Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW

Email: ecollins@oxford.gov.uk

Website: More information on Oxford City Health Walks

Mates N Dates

Guideposts Trust

Dating and friendship agency for people in Oxfordshire aged 18+ with a disability.

Leisure, activities and clubs

Telephone: 01993899980

Email: m.hemmings@guidepoststrust.org.uk

Website: <https://guideposts.org.uk/mates-n-dates/>

Music Therapy and Wellbeing Group

Guideposts

Mental Health support

Methodist Church, High Street, Witney, OX28 6HG

Email: juliapool@dementiaoxfordshire.org.uk

Fusion - Oxford's Community Arts Agency

Leisure, activities and clubs

Fusion Arts, 4 Princes Street, Oxford, OX4 1DD

Telephone: 01865 245735

Email: info@fusion-arts.org

Website: <http://www.fusion-arts.org>

Oxford University Museums and Collections

Leisure, activities and clubs

Ashmolean, Museum of the History of Science, University Museum of Natural History, Pitt Rivers

Website: <http://www.museums.ox.ac.uk>

The Mill Arts Centre

Leisure, activities and clubs

The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE

Website: <http://www.themillartscentre.co.uk>

Creative writing - Bullingdon Community Centre

Bullingdon Community Association

Creative writing (informally led)

Leisure, activities and clubs

Bullingdon Community Centre, Peat Moors, Oxford, OX3 7HU

Telephone: 01865 762 869

Email: Shirleyanne2016@yahoo.com

Kidlington IT Drop In

A relaxed IT class which aims to give elderly people confidence using computers and come away from the class completing their own set goals.

Kidlington Library, 23 Oxford Road, Town Centre, Kidlington, Cherwell, OX5 2BP

Telephone: 07957 981381

Email: troybryan@ageukoxfordshire.org.uk

Website: <http://www.ageukoxfordshire.org.uk>

Bicester IT Drop-in

Would you like to learn basic computer skills, or gain more confidence?

Education and training

Bicester Library, Franklins House, Wesley Lane, Bicester, OX26 6JU

Email: troybryan@ageukoxfordshire.org.uk

Website: <http://www.ageuk.org.uk/oxfordshire>

MENTAL WELLBEING

Response

Mental Health support

Response Head Office, A. G. Palmer House, Morrell Crescent, Littlemore, Oxford, OX4 4SU

Telephone: 01865 397940

Email: reception@response.org.uk

Website: <http://www.response.org.uk>

Oxfordshire Mind Short Courses

Oxfordshire Mind

Health and wellbeing support

Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford, OX2 0DP

Website: www.oxfordshiremind.org.uk/courses

Iris Hayter House

Response Organisation for *Residential or nursing care (including substance misuse and mental health difficulties)*

43 Sandford Road, Littlemore, Oxford, Oxfordshire, OX4 4XL

Telephone: 01865749560

Email: kathleen.walker@response.org.uk

Website: <http://www.response.org.uk>

Aspirations

Care and support at home

190 Hucknall Lane, Bullwell, Nottingham, Nottinghamshire, NG6 8AJ

Telephone: 0800 044 3255

Email: info@aspirationscare.com

Website: <http://www.aspirationscare.com>

Oxfordshire Mental Health Partnership (OMHP)

Education and training

The Straw Bale, Restore, Manzil Way, Cowley Road, Oxford,, OX4 1YH

Telephone: 01865 779 613

Email: contactorc@restore.org.uk

Website: <http://oxfordshirerecoverycollege.org.uk/>

Samaritans

24-hour emotional support for anyone who needs to talk.

Call: 116 123

Freepost RSRB-KKBY-CYJK, PO Box 90 90, Stirling FK8 2SA

Website: samaritans.org

Email: jo@samaritans.org

EVE Womens Wellbeing

Clean Slate

Women's support group, Freedom Programme and abuse counselling and support

Domestic and sexual abuse

Clean Slate, The Chapel, Building 572 Brice Road, Upper Heyford, OX25 5TE

Telephone: 01869 232461

Email: office@cleanslate.org.uk

Website: <http://www.cleanslate.org.uk>

Oxfordshire Domestic Abuse Services

A2Dominion and Oxfordshire Domestic Abuse Services (ODAS) offer emotional and practical support

Telephone: 0800 731 0055

Email: oxfordshiredomestic@a2dominion.co.uk

Website: <http://www.reducingtherisk.org.uk/cms/content/information-and-advice-oxfordshire>

Oxford Counselling Centre

Counselling and coaching at a reasonable price

The Old Music Hall, 106-108 Cowley Road, Oxford, OX4 1JE

Telephone: 01865 403221

Email: enquiries@oxfordcounsellingcentre.com

Website: <http://www.oxfordcounsellingcentre.com>

You may find other useful information at: <https://livewell.oxfordshire.gov.uk/Categories/9>

FINANCES

The Money Carer Foundation

Financial services

The Money Carer Foundation, The Heath Business and Technical Park, Runcorn, Cheshire, WA74QX

Website: <https://www.moneycarer.org.uk/>

Money Advice Service

Provides free and impartial money advice.

Call: 0800 138 7777

Website: moneyadvice.service.org.uk

Money for Life

Supports young people to develop the knowledge and skills to manage their money

Website: moneyforlife.org.uk

The Trussell Trust

Website: trusselltrust.org

Emergency food and support for people in need. Includes a searchable list of local food banks.

Turn2Us

Helps people in financial difficulty to access benefits, grants and support services.

Website: turn2us.org.uk

Benefits

Mind have collected a list of useful factsheets, resources and signposts to help with the benefits assessment process and to give you more information about benefits themselves and how to make a complaint if you feel you have been assessed unfairly.

Website: <https://www.mind.org.uk/about-us/our-policy-work/benefits/where-you-can-find-help/>.

Debt

National Debtline

Information and advice about debt, including a helpline, online webchat and sample letters for writing to creditors.

Website: nationaldebtline.org

Step Change

Website: stepchange.org

Provides free advice about money problems, debt and budgeting.

The Money Advice Service provides a [benefits checker](#)

Website: <https://www.moneyadviceservice.org.uk/en/categories/benefits>

Saving money

Money Saving Expert

moneysavingexpert.com

Tips and articles about money, debt, banking and saving.

Oxford Credit Union

Financial service

Oxford Credit Union, Temple Court Business Park, Suite 1a, 107 Oxford Road, Cowley, Oxford, OX4 2ER

Website: <http://www.oxfordcreditunion.co.uk/index.php>

Financial help for individuals

These organisations offer support to people with mental health problems who are facing financial problems. For full information about what they will fund and how to apply see individual websites.

Aldo Trust

Coast Cottage, 90 Coast Road, West Mersea, Colchester, CO5 8LS

Tel: 01206 383809

Grants for people in need who are being held in detention pending their trial or after their conviction. The applicant must still be serving the sentence. Applicants must have less than £25 in private cash.

Al-Mizan Trust

Website: almizantrust.org.uk

Al-Mizan Charitable Trust is a Muslim grant-funder which supports disadvantaged people and deprived communities across the UK, regardless of their faith or cultural background.

Elizabeth Finn Care

Website: elizabethfinncare.org.uk

Elizabeth Finn Care gives money to help people who have less than £4,000 in savings and, lacking enough household income, manage a bare hand-to-mouth existence.

Family Action

Website: family-action.org.uk

Phone: 020 7254 6251

Welfare and educational grants programmes for disadvantages families and individuals

Freecycle

Website: freecycle.org

Also for oxford: <https://groups.freecycle.org/group/OxfordUK/posts/all>

A world-wide organisation with thousands of members who 'recycle' old items from clothing to computers, household goods to children's toys. Subscribers can request items or post items they want to get rid of, then individuals can 'bid' for the free item and usually pick it up. The entire service is free-of-charge and there are many local groups nationwide.

Furniture Reuse Network

Website: <https://reuse-network.org.uk>

In Oxfordshire: Cottsway House, Heynes Place, Avenue Two, Cottsway OX28 4YG -
Phone: 01993 890 000

National body of furniture reuse organisations. Has details of other community recycling projects listed on the Contact Us page.

Guide to grants for individuals in need

Book published by the Directory of Social Change available in most libraries and some Citizen's Advice Bureaux. Contains details of over 2,000 trusts which together give a total of around £269 million a year for the relief of individual poverty and hardship.

Independence at Home

Website: independenceathome.org.uk

Phone: 020 8427 7929

Provides financial help to all people living at home who are substantially disabled or severely long term ill and in need.

Martin's Money Tips

Website: moneysavingexpert.com

Grant Grabbing section includes home improvement, education, individuals and small businesses and there are links to forums towards the bottom of the page.

The Matthew Trust

Website: matthewtrust.org

The Matthew Trust is a small registered charity providing last-stop support & care for people aged 8 years old & upwards, living in all communities of our society throughout the UK, who have a mental health problem of any kind. Applications must come from healthcare professionals on behalf of individuals.

The Skinners' Trust

Website: skinershall.co.uk

The Skinners' Benevolent Trust aims to support isolated adults living on a very low income, who have been cut off in some way from society and who are trying to re-build their lives. We provide grants of up to £250 for essential household items that cannot be paid for from statutory funds.