

Oxfordshire Mental Health Information

Banbury Area Booklet

2008

(Revised January 2010)

omhi

*Oxfordshire Mental
Health Information*



The aim of this guide is to help you find services you need to get support and information.

Find it online:

www.omhi.org.uk

Get more information by 'phone

01865 247788, 9:30am – 4:30pm Monday - Friday

ADVICE AND INFORMATION

Benefits for Better Mental Health ⓘ Free and confidential “benefits health checks”, and help with all aspects of the benefits system for people who experience mental health problems.

Contact us for advice and to arrange appointments:

Tel: 07501 469384. email:samantha.spurgeon@oxfordshire-mind.org.uk

Tel: 07754 999411. email:david.bryceland@oxfordshire-mind.org.uk

Banbury Library Service Free use of computers for 30mins -1 hour. Advisable to book in advance. Staff will help when possible in quiet periods. Tel: 01295 262282

email: banbury.library@oxfordshire.gov.uk

Banbury Benefits Advice Project ⓘ Advice on all types of benefits, help for tribunals. Home visits available. Tel: 01295 255863. email: bbaproject@btconnect.com

Citizens’ Advice Bureau ⓘ Banbury (CAB) Free, confidential, impartial advice and information on a wide range of subjects. Tel: 01295 255824

Guideposts Trust Independent Living Centre ⓘ, in partnership with Oxfordshire County Council, provides information on products and organisations to assist people with disabilities and older people to increase and maintain their independence.

Website: www.guidepostsilc.org.uk email:

ilc@guidepoststrust.org.uk

Information and Advocacy Service ⓘ Help for in-patients in Oxfordshire’s psychiatric wards and in the community across Oxfordshire.

Tel: (01865) 728981. email: info@oxford-mentalhealth.org

Oxfordshire County Council Details of County Council services, including education, health and social care, leisure and culture, consumer rights, community groups. Information about Self-Directed Support.

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Tel: 01865 792422. www.oxfordshire.gov.uk email:
online@oxfordshire.gov.uk

Oxfordshire Mind ⓘ Provides mental health services, housing projects, information line, therapeutic groups, information, campaigning.

Tel: 01865 263730. www.oxfordshire-mind.org.uk email:
info@oxfordshire-mind.org.uk

Oxfordshire Primary Care Trust (PCT) ⓘ plans and provides local healthcare services in the community and funds your hospital treatment. The Patient Guide to Local Health Services in Oxfordshire contains information about how to access and make best use of local services. They welcome suggestions about how services can be improved, and encourage involvement of Service Users and Carers in the planning and development of mental health services.

Tel: 01865 336800. www.oxfordshirepct.nhs.uk

Oxfordshire Rural Community Council ⓘ Works to improve the quality of life for those living and working in rural Oxfordshire. Directory of Community Transport Schemes.

Tel: 01865 883191. www.oxonrcc.org.uk email:
orcc@oxonrcc.org.uk

Oxfordshire Short-Term Advocacy Scheme ⓘ (OSTAS) Issue-bases short-term advocacy.

Tel: 01865 742690. www.oadg.org.uk email: ostas@oadg.org.uk

Oxfordshire Mental Health Information Service ⓘ (OMHI) Free and confidential information and advice on mental health issues and services.

Tel: 01865 247788. email: info@oxford-mentalhealth.org

Patient Advice and Liaison Service ⓘ (PALS) Information and advice on mental health services, and guidance for complaints.

Tel: 0800 3287971. 01865 226269. email: pals@obmh.nhs.uk

Stop It Now! (UK & Ireland) Sexual Abuse concerns. Free and confidential helpline.

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Tel: 0808 1000900. www.stopitnow.org.uk email:
help@stopitnow.org.uk

West Oxfordshire Citizens Advice Bureau ⓘ Rural Advice Project serving residents of West Oxfordshire, for people with disabilities or who are over 60 years, and find it difficult to get into the offices at Witney or Chipping Norton. Offers to check people are getting the benefits they are entitled to. Tel: 01608 646168. email: bureau@chippingncab.cabnet.org.uk

BLACK AND MINORITY ETHNIC GROUPS

Integrated Youth Support Services for young people aged 13-19 years, run by

Oxfordshire Youth Support Services. Contact Karyn Workman.
email: karyn.workman@oxfordshire.gov.uk

Banbury Asian Directory A comprehensive guide to access community groups, contacts, and services for Asian people. www.oxfordshire.gov.uk

Banbury District Racial Equality Council exists to lessen the existence and severity of discrimination on racial grounds. Provides support and interviews face to face.

Tel: 01295 264518 Margaret Ferriman. email:
bdrec@btinternet.com

Britannia Road Children's Centre ⓘ providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi.

Tel: 01295 264068. email: britanniaroad.fc@oxfordshire.gov.uk

Community Development Officers ⓘ work with families and individuals, providing access to information, funding and services within Oxfordshire County Council.

For the Indian, Pakistani and Bangladeshi communities, contact Usha Masih

Tel: 01865 323089 email: usha.masih@oxfordshire.gov.uk

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

For the Chinese community, contact Ka-Lee Powell

Tel: 01865 323090 email: kalee.powell@oxfordshire.gov.uk

For the African Caribbean community, contact Adannaya Chobbah

Tel: 01865 323092 email: adannaya.chobbah@oxfordshire.gov.uk

Website: www.oxfordshire.gov.uk

Community Development Workers ① work with black and minority ethnic communities on mental health issues to promote increased awareness, and gain better use of primary care services.

Nigel Carter - 01865 264915

Mob: 07920726257 email: Nigel.carter@oxfordshirepct.nhs.uk

Neelam Rizwani - 01865 264936

Mob: 07717513615 email: Neelam.rizwani@oxfordshirepct.nhs.uk

Ben Lloyd Shogbesan - 01865 264937

Mob: 07717513617 Ben.lloyd-shogbesan@oxfordshirepct.nhs.uk

Oxfordshire Early Intervention Service ① A service for anyone aged between 14 and 35 that focuses on early detection of psychosis.

Tel: 01865 226607.

Ethnic Minority Business Service ① Computer training and business courses, friendly atmosphere. ESOL courses. Sewing groups open to all.

Tel: 01865 727015 / 794006. email: srini@f2s.com

East Street Centre Lots of activities for all ages such as ESOL, Skills for Life, Children's Centre. Group for Asian carers. Contact: Lesley Bourne

Tel: 01295 266763. email: eaststreet.reception@oxfordshire.gov.uk

Language Line ① offers face to face and telephone translation and can be accessed through the service you want to use e.g. GP surgery, police, schools, local government services.

Language Line operates 24 hours all year round. 0845 3109900 / 0800 1692879 client services.

North Banbury Children's Centre ① providing a range of services for children under 5 and their families. Have support workers who

① = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

speak Urdu and Punjabi. Tel: 01295

271841 email:Northbanburychildrenscentre@oxfordshire.gov.uk

Oxfordshire Chinese Community and Advice Centre ① Bilingual information, advice, interpreting and translation services. Computer and survival English classes, food safety training courses for caterers. Luncheon scheme, services for vulnerable elderly members. Recreational, cultural and leisure activities.

Tel: 01865 204188. Fax 01865 242188. email:

occac@dsl.pipex.com

Oxfordshire Health Advocacy Service ① Helps clients from ethnic communities to access and use health services across the county.

Contacts: Indian and Pakistani Communities

01865 264910; Bangladeshi Community 01865 264911; Chinese Community 01865

264912; Caribbean Community 01865 264913; Traveller Gypsy Community 07810 836136;

Vulnerable Groups/Refugees & Asylum Seekers 01865 264914; Minorities Liaison Officer

North Oxfordshire (Public Health) Robina Zafar 01295 819122

Oxfordshire Racial Equality Council ① Exists to support individuals who may experience discrimination in any form, and is the main agency in Oxfordshire empowered to monitor and evaluate race relations etc. Contact Patrick Tolani. Tel: 01865 791891. Fax: 01865 726150.

Sunshine Centre ① Children's centre providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi.

Tel: 01295 276769. email: sunshinecentre@freeuk.com

CARERS

Carers' Centre Banbury ① Information, advice and support.

① = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Tel: Office 01295 264545. Carer's Line 08457 125546. email: carers@ccnwoxon.org.uk

Carers' Support Service ⓘ Oxfordshire wide support for carers around mental health issues run by Rethink. Tel: 01865 455877. email: oxfordshirecarers@rethink.org
www.rethink.org

Oxfordshire Carers' Forum ⓘ is run by unpaid Carers, for unpaid Carers. It is the independent voice of Carers in Oxfordshire and signposts Carers to appropriate support, as well as influencing service provision for Carers.

Tel: 01235 547180. email: carers@oxoncarersforum.org.uk

Young Carers' Project ⓘ Support for young people caring for others.

Tel: 01865 205192. email: youngcarers@carecentre.co.uk

CHILDREN AND FAMILIES

Advisory Service for the Education of Travellers Support to ensure equal access to education for parents and children, including The Mobile Nursery.

Tel: north & west 01295 264545, south & vale, 01235 510212.
email: TravEd@oxfordshire.gov.uk

Childline ⓘ Free helpline for children and young people.

Tel: Helpline:0800 1111. www.childline.org.uk

Counsellors Emotional and therapeutic support for young people aged 12-18 years on weekdays for Banbury School students. Contact Jenny Jobling and Robina Zafar.

Tel: 01295 251451.

Home-Start ⓘ Free help to people with children under 5 years. Volunteers help parents going through difficult times. Support, friendship, practical help. Tel: 01295 266 358. www.home-startbanbury.org.uk e-mail: info@home-startbanbury.org.uk

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For More Information Call 01865 247788 or see www.omhi.org.uk

Oxfordshire Rural Children's Centre Project providing a range of services for children under 5 and their families in various rural areas. See website for more details:

www.oxfordshire.gov.uk/ruralchildrenscentre

Tel: 01865 456742. email: RuralCCP@oxfordshire.gov.uk

Oxfordshire Services Directory (OSD) A directory of services for children, young people and families in Oxfordshire. A paper copy is available. Also operate Language Line, an immediate telephone interpretation service. www.oxfordshireservicesdirectory.org.uk

Tel: 08452 262636. email: enquiries@oxoncis.org.uk

Parentline Plus ⓘ Supports parents with teenagers.

www.parentlineplus.org.uk

Tel: 01865 726444. e-mail: parentsplus@carerscentre.co.uk

Primary Child and Adolescent Mental Health Service ⓘ offers early brief one to one work with children aged 0-18years, by referral only. Advice about other sources of help.

PCAMHS North (Banbury & Bicester): 01869 604109

Consultation line for professionals: 01865 425130. email:

pcamhs@oxfordshire.gov.uk

Energize (Cherwell District Council) Holiday activities for children aged 5-16 years.

Tel: 01295 221803. Website: www.cherwell-dc.gov.uk

Young Minds ⓘ Is an organisation for children's and young people's mental health.

Tel: 020 7336 8445. Helpline: 0808 802 5544.

COMMUNITY RESOURCES

Access Team ⓘ is the main point of contact for adult social care services in Oxfordshire.

Out of hours emergency number: 0800 833408 (free phone).

Tel: 0845 0507666. email: access@oxfordshire.gov.uk

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

ADAPT ⓘ All age dementia project. Tel: 01865742745. email: adapt@oadg.org.uk

Beacon Centre Drop-in, light refreshments, friendship and advice. All welcome, especially those with housing needs. 10-12.12pm on Monday, Tuesday and Wednesday. Thursday, except the second Thursday of the month. St Mary's Centre, St Mary's Church, Horsefair, Banbury.

Brackley Friday Group ⓘ For people with severe and enduring mental illness. Activities and relaxation. Tel: 01280 840923.

CAPOLD ⓘ (Citizens Advice for People of Oxfordshire with Learning Disabilities)

provides advocacy for people with a learning disability.

Community based advocacy, tel: 01865 741293. email:

capoldc@oadg.org.uk

Hospital based advocacy, tel:01865 744702 email:

capoldh@oadg.org.uk

Capricorn Club Daventry Service user run group. Facilities include pool table, table tennis, and games. Tel: 01327 877733.

Community Development Officer (Social and Community Services) help groups and communities to get access to information, funding and services within Oxfordshire County Council. Contact Graham Ablett Tel: 01280 706051.

www.oxfordshire.gov.uk email: graham.ablett@oxfordshire.gov.uk

Community drop in at St Francis Church. Adults in Hardwick, Ruscot, and Ruscot area.

Relax, talk, and make friends. Tuesday 11- 3.30, lunch at 1pm.

Parents or carers with tots experiencing stress and loneliness,

Wednesday: 10.30am-12pm Friday: 12.30-2pm, lunch for under 5's.

Tel: 01295 254316 (Hazel) or 01295 275449 (Vicar)

Mind in Banbury ⓘ Mental health information and advice, emotional and practical support.

Tel:01295 271064. Mobile: 0750 842 8161 email:

mindinbanbury@oxfordshire-mind.org.uk

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For More Information Call 01865 247788 or see www.omhi.org.uk

Mind in Chipping Norton ⓘ Mental health information and advice, emotional and practical support. Tel: 01608 645296. email: mindinchippingnorton@oxfordshiremind.org.uk

North Street Day Service Daventry Open access centre following the recovery model.
Tel: 01327 879416.

The Mill Arts Centre Community arts centre running groups for all abilities and ages.
Tel: 01295 252050. www.themillartscentre.co.uk

Towcester Mind User-led centre offering activities and outings. Tel: 01327 354931.

COUNSELLING AND SUPPORT GROUPS

Clive Project ⓘ Supporting younger people with dementia and their families and friends.
Tel: 01993 776295. www.thecliveproject.org.uk email: mail@thecliveproject.org.uk

Coasters ⓘ Health and recovery through sport and challenging outdoor activities.
Tel: 01865 455882.

Domestic Violence ⓘ help. Oxfordshire Women's Aid 0800 731 0055.

24 hour Freephone 0808 2000 247. email: support@owa.uk.com
Sahara (Asian Refuge) 0118 926 6333. Police Domestic Violence Units 0845 8505 505

Farm Crisis Network Helps farming people through difficult times, responds quickly and confidentially to requests for help. email: mail@fcn.org.uk
Tel: 0845 3679990 every day 7am-11pm.

www.farmcrisisnetwork.org.uk
Oxfordshire contact: Glyn Evans, Regional Director, 07870 405241, glyn.fcns@googlmail.com

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

GP Counsellors Contact your local GP surgery for further details.
www.oxfordshirepct.nhs.uk

Isis Centre ⓘ NHS professional counselling and psychotherapy service open to Oxfordshire residents. Tel: 01865 556648.

MDF The Bipolar Organisation ⓘ Members support group; journal; travel insurance & life assurance. Tel: 08456 340540.

NO PANIC ⓘ Helpline for panic attacks, phobias, obsessive/compulsive disorders and anxiety disorders. Tel: 01952 590005. Helpline: 0808 808 0545.

Oxford Friend: ⓘ Lesbian & Gay Helpline. Tel: 01865 726893. The helpline is open 7-9pm every Tuesday, Wednesday and Friday evening. email: confidential@oxfordfriend.co.uk

Oxford OCD Support Group ⓘ Support group for sufferers of obsessive-compulsive disorder and carers. Tel: 07976 745871. e-mail: ox.ocd.support@hotmail.com

Oxford Sexual Abuse & Rape Crisis Centre ⓘ Tel:0800 7836294.

Oxfordshire Complex Needs Service ⓘ Therapeutic services for people with emotional or mental health problems covering Oxfordshire.

Tel: 01865 455872 or 01865 455815. email: tvi@obmh.nhs.uk

Oxon & Bucks Victim Support ⓘ Confidential support to cope with the effects of crime.

Tel: 0845 4503883. email: oxandbucks@victimsupport.org.uk

PACE Promoting lesbian and gay health and wellbeing.

www.pacehealth.org.uk

Relate Banbury ⓘ Offers relationships counselling. Tel: 01295 258141.

Samaritans ⓘ- Banbury and District. Confidential support to those in emotional distress.

Tel: 01295 270000. email: jo@samaritans.org

Survivors of Bereavement by Suicide ⓘ National Helpline. Tel: 0844 561 6855.

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

TalkingSpace ⓘ (Oxfordshire Improving Access to Psychological Therapies Service) Tel: 01865 325777. email

TalkingSpace@nhs.net. Referral currently via GP practice.

Therapeutic Groups Service ⓘ Cognitive behavioural therapy based groups to help people learn to cope with anxiety or depression, build self-esteem or learn assertiveness techniques.

Tel: 01865 263730. email: info@oxfordshire-mind.org.uk

DRUG AND ALCOHOL SERVICES

Alcoholics Anonymous ⓘ Oxon Health Liaison Officer Advice on local meetings etc.

Tel: 01865 242373. National 08457 69755.

Al-Anon Family Groups ⓘ Disturbed by someone else's drinking? Confidential helpline.

Tel: 0207 4030888.

SMART Drug and Alcohol Services SMART aims to reduce the negative effects of drug and alcohol abuse by providing a range of services that focus on supporting individuals.

Tel: 01295 273511. www.smartcjs.org.uk

Youth Support Service Support and information for young people about drug issues. One-to-one and group support offered. Contact Brendon Miller. Tel: mobile 07747765397.

EMPLOYMENT, TRAINING AND EDUCATION

Banbury Adult Learning Courses in literacy, numeracy and ESOL; leisure learning; workforce development and family learning. Based at East Street Centre, Grimsby. Contact Carole Millard on 01295 266763. email: banbury.acl@oxfordshire.gov.uk

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Banbury Adult Skills Enterprise (BASE) Skills development and skills for life qualifications; online courses in literacy and numeracy through Learndirect. Based in Sunshine Community Centre. Contact Becky Ruffle.

Tel: 01295 276769. email: community@sunshinecentre.org

BASICS ⓘ Workshops covering the essential information needed for working in many areas of mental health. Tel: 01865 728981.

email: training@oxford-mentalhealth.org

Bridewell ⓘ Organic Gardens Offers a range of land-based therapeutic activities.

Tel: 01993 864530 (office). email:

info@bridewellorganicgardens.co.uk

Disability Employment Advisor ⓘ Job Centre Plus. Support and advice in returning to work for people with a range of disabilities.

Contact Balbir Dhesi. Tel: 01865 445089.

Job Centre Plus Incapacity Benefit Personal Advisor

Tel: 01295 455076 Contact Catherine Southam.

www.jobcentreplus.gov.uk

Adult Guidance Service/Nextstep Adviser. Advice on returning to work, including learning, job seeking, interview skills, CV's, retraining, voluntary work. Appointment only. Tel: 01295 265160.

email: north.newstart@oxfordshire.gov.uk

Oxford and Cherwell Valley College Banbury campus for higher education.

Tel: 01865 550550. www.ocvc.ac.uk email: enquiries@ocvc.ac.uk

Oxfordshire Employment Service ⓘ Support people with a long-term health issues or disability to find and keep paid employment.

Tel: 01865 791 606. email: oes@oxfordshire.gov.uk

EXERCISE AND FITNESS

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Exercise on Referral for certain physical, mental and emotional issues. Check with your own GP to see if you qualify for the scheme.

Green Gym Improving health and fitness through nature conservation activities.

Tel: 01296 330033. www.btcv.org.uk/greengym email: thamesandchilterns@btcv.org.uk

Health Walks Short local walks for people of all abilities, led by group leaders. A free, easy and beneficial activity. Tel: 01295 221628. email: wendy.kingsbeer@cherwell-dc.gov.uk

Spiceball Park Leisure Centre Offers a range of fitness and fun activities.

Tel: 01295 257522 www.leisure-centre.com

HOUSING AND HOMELESSNESS SERVICES

BYHP (Working with Young People) ⓘ Drop in group for young people in need of support. Drops Ins held Tuesday to Friday please phone for further information.

Tel: 01295 259442. www.byhp.org.uk email: enquiries@byhp.org.uk

Charter Community Housing General needs housing.

Nominations through Cherwell District Council.

Tel: 01295 816300 or 0845 0092500. email: charter.info@sanctuary-housing.co.uk

Cherwell District Council ⓘ For information on small repairs and housing grants.

Tel: 01295 252535. e-mail: housing@cherwell-dc.gov.uk

Connection Floating Support Team ⓘ Support vulnerable people with mental health problems and substance misuse issues to maintain housing.

Tel: 01865 711267. e-mail: enquiries@connectionsfs.org

Foyer Project Supported housing for young people aged 16-25 years. Access via referral through Cherwell District Council.

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Tel: 01295 270075. email: louise.powell@sanctuary-housing.co.uk
Gateway Project Supported housing for young families. No direct referrals. Tel: 01295 263174.

Julian Housing Project Second Stage, supported accommodation.
Tel: 01865 201992. email: info@julianhousing.org.uk

Oxford Homeless Pathways ⓘ Direct access, emergency accommodation and resettlement support.

Tel: 01865 304600. www.oxhop.org.uk email: info@oxhop.org.uk

Oxfordshire Mind Housing ⓘ Supported accommodation for people with mental health problems. Tel: 01865 263746. email: housing@oxfordshire-mind.org.uk

Palm Court Scheme Housing and support service (fixed scheme): 7 self-contained flats with housing related support and office based on the scheme. Office hours 9.00am-5.00pm.

Tel: 01869 247073.

Bure Park (dispersed flats): 8 self-contained flats: Office hours 9.00am-5.00pm.

Tel: 01869 247073.

Merton Street (dispersed flats): 4 self-contained flats offering support. The landlord is

Paradigm. Office hours 9.00am-5.00pm. Tel: 01869 247073

Stonham Housing ⓘ Witney Short Stay Project supported housing for people with mental health problems. Tel: 01993 775550.

Stonham Floating Support Service ⓘ Housing related support for adults. Tel: 01865 335334

PSYCHIATRIC HOSPITALS AND DAY HOSPITALS

The Elms Centre, Banbury OX16 9AL. . Referral via GP. Day Hospital, Community Mental Health Team. Tel: 01295 819022. www.obmh.nhs.uk Out of hours 01295 819058.

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

Littlemore Mental Health Centre, ⓘ Oxford OX4 4XN. Psychiatric Hospital.

Tel: 01865 741717. www.obmh.nhs.uk

The Fiennes Centre, Banbury OX16 9BF Day Centre for adults over 65 years.

Tel: 01865 741717. www.obmh.nhs.uk

Warneford Hospital, ⓘ Oxford OX3 7JX. Psychiatric Hospital and Day Hospital.

Tel: 01865 741717. www.obmh.nhs.uk

Fulbrook Centre, ⓘ Oxford OX3 7LE. Inpatient service for adults over 65 years.

Tel: 01865 741717. www.obmh.nhs.uk

OLDER PEOPLE

Age Concern Oxfordshire ⓘ Befriending, information and advice, day care etc.

The Place 5 White Lion Walk, Banbury OX16 5UD. Open 10am-2.00pm Monday to Friday

Tel: 01235 849400. email: admin@ageconcernoxon.org.uk

Banbury Evergreen Chinese Community ⓘ Recreational activities and friendship, reducing isolation. Monday to Friday 11am-5pm. Tel: 07828100813. email: beccbanbury@hotmail.co.uk

Highlands Day Centre ⓘ Social stimulation for the elderly and socially isolated. Homecooked meals. Tel: 01608 643320.

Oxfordshire County Council Guide to Services for Older People.

Tel: 01865 792422. www.oxfordshire.gov.uk email:

scs@oxfordshire.gov.uk

Seniors Directory Lists a full range of services and amenities for over 50's in Cherwell. Produced by Cherwell District Council. Phone for a printed copy.

Tel: 01295 227907. www.cherwell.gov.uk

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

WRVS Cornhill Centre Helps older people stay more active in their communities through a range of activities and services. Castle Street, Banbury.

Tel: 01295 264214. email: Elizabeth.reed@wrvs.org.uk

YOUNG PEOPLE

Connexions ⓘ are a service to support young people across Oxfordshire through their teenage years. Help to work through issues in their lives and to achieve full potential.

Contact Richard Savage. Tel: 0845 6029315.

Face 2 Face ⓘ Youth Counselling Service one-to-one counselling (free & confidential) for 13-19 year olds. Tel: 01993 892424.

www.spired.com email: face2face@oxfordshire.gov.uk

Get Connected ⓘ Helpline and email contact for young people with any kind of problem.

Tel: 0808 808 4994. www.getconnected.org.uk

Oxfordshire Early Intervention Service ⓘ focuses on the early detection, rapid assessment and treatment of first episodes of psychosis in 14-35 year olds in Oxfordshire, emphasizing family work and support for carers. Tel: 01865 226607. email: oeis@obmh.nhs.uk

Oxfordshire's Youth Support Service For details of youth centres and useful information for young people aged 13-19 years.

www.spired.com

Banbury Youth Centre: 01295 264665 email:

Mike.Beal@oxfordshire.gov.uk.

Bridge Bar: 01295 273008 email:

Karyn.Workman@oxfordshire.gov.uk

Sexual Health Worker, Janet Cullimore email:

Janet.Cullimore@oxfordshire.gov.uk

Detached Youth Work Project: 01295 278077 email:

Owen.Pinnock@oxfordshire.gov.uk

ⓘ = Listed by OMHI.

For More Information Call 01865 247788 or see www.omhi.org.uk

“Way Out” Project Gay and Lesbian social youth group.

Tel: 01865 243389. email: wayout@tht.org.uk

What About Me? Supporting young people when families break up – aged 6 years upwards. Tel: 01865 741781.

Young Carers’ Project ⓘ Outreach to young carers.

Tel: 01295 264545. email: veronica@ccnwoxon.org.uk

Young People and Self-Harm ⓘ Information resource for young people who self harm, their friends and families and for professionals working with them. e-mail: selfharm@ncb.org.uk

Oxfordshire Youth Mentoring Service Mentoring is a voluntary one-to-one relationship between a young person and a trained supportive adult. It aims to make constructive changes in the life and behaviour of the young person. An Oxfordshire County Council service.

Tel: 01295 267833. email: Charlie.Holmes@oxfordshire.gov.uk

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Organisations listed ⓘ have more information available at www.omhi.org.uk. If you would like to talk to someone, you can call our free and confidential information line on 01876 24777 9:30 – 4:30, Monday – Friday (not public holidays).

Oxfordshire Mental Health Matters are an independent local charity that exists to help anyone affected by mental distress. They provide a drop in service at The Elms and at Mind in Banbury. Phone 01295 271064 for Mind in Banbury (drop-in 1st Wednesday of the month) 01296 819022 for the Elms (drop in every other Wednesday of the month).

Mind in Banbury is an Oxfordshire Mind Community Resource Project providing support, advice and information as well as activities and groups in a safe and welcoming environment. Contact 01295 271064 or 07508 428161 for more details. Email mindinbanbury@oxfordshire-mind.org.uk

Acknowledgments and thanks to Sue Taylor, Development Worker, Oxfordshire County Council