

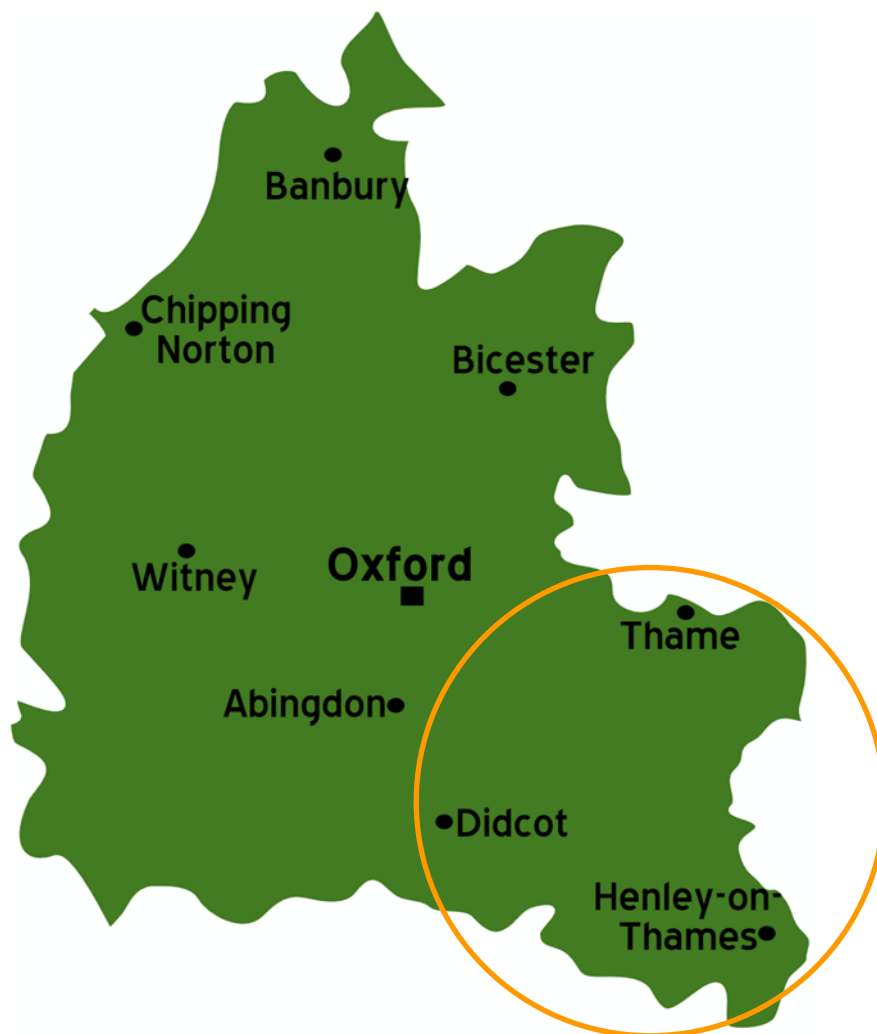
www.dementiaoxfordshire.org.uk

Dementia helpline 9 am to 6pm Monday to Friday

01865 410 210

Dementia Information Prescription

South – East Oxfordshire



Dementia Oxfordshire, 9 Napier Court, Barton Street,
Abingdon, Oxon, OX14 3YT.
Age UK Oxfordshire registered charity no 1091529



Welcome

There are many things to think about when you are living with dementia, whether you're the person who has been diagnosed or a family member or carer.

This **Dementia Information Prescription** is a directory of key services, organisations and contact details in **South East Oxfordshire** that you might find useful on your dementia journey, created for you, by Dementia Oxfordshire.

Who are Dementia Oxfordshire?

Dementia Oxfordshire is a partnership between three local charities, Age UK Oxfordshire, Guideposts and YoungDementia UK.

We've brought together our specialist expertise to develop and deliver a **Dementia Support and Information Service** for people of all ages.

The service is free to use. It is supported financially by Oxfordshire Clinical Commissioning Group and Oxfordshire County Council.

How can we help you?

We aim to help you access relevant information, local support and activities, tailored to enable you to live well on your dementia journey. This may be face-to-face with a dedicated Dementia Advisor, via this directory, our website, and/or information sessions for carers.

If you do not have access to a computer or printer, we're happy to find and print off information for you.

Call our Support line on **01865 410 210**, Monday - Friday, 9am - 6pm.

Or, email us via info@dementiaoxfordshire.org.uk

Meet our Dementia Advisors for South East Oxfordshire

Kate Hampton	07827 235437	katehampton@dementiaoxfordshire.org.uk
Gaynor Langton	07557 038275	gaynorlangton@dementiaoxfordshire.org.uk
Anna Eden (Young Onset Dementia)	01865 794 311	annaeden@youngdementiauk.org.uk



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1. Activities for mental and physical well being		
Change 4 Life	"Change4Life is here to help your family be healthier and happier. Web: www.nhs.uk/change4life	0300 123 4567
Dementia cafes, activities sessions, support groups, social clubs	There are a variety of dementia cafes, carers support groups, activities, social, singing and arts and crafts-based groups throughout Oxfordshire, offering dementia-friendly spaces, support, information and friendship. Friendly and informal, they're open to people living with dementia, families, friends and carers, many are free and usually provide refreshments, sometimes even homemade cake! Ask your Dementia Adviser for the What's On activities leaflet in your area, or check the Dementia Oxfordshire website.	See separate What's On leaflets - ask your Dementia Adviser
Federation of Holistic Therapists	Provides a list of professionally qualified and insured holistic/complementary, beauty and sports therapists, including massage and reflexology, in your area. Email: info@fht.org.uk Web: www.fht.org.uk	023 8062 4350
Forget Me Knot Book*	Forget Me Knot Book allows family and friends to collect stories and photographs together in an online memory or life story book. It is free to create a book online and there is a small charge if the book is printed. Email: support@forgetmenotbook.com Web: www.forgetmenotbook.com Facebook: www.facebook.com/forgetmenotbook	01225 891 778
Generation Games	Discover exercise and sport sessions for over 50s near you, as well as specialised classes such as Parkinson's, falls prevention and MS. Improve your physical fitness and level of activity to feel fitter, stronger and healthier - and enjoy life to the full. Generation Games is in partnership with Age UK Oxfordshire. Look online for their what's on guide: Email: gg@ageukoxfordshire.org.uk Web: www.generationgames.org.uk	01235 849403



<p>Singing groups</p>	<p>Singing has benefits for memory and people living with dementia, research has found.</p> <p>Singing groups are relaxed and fun, based around the principles of music therapy. You'll be singing a huge range of familiar old and new songs suited to everyone's tastes, usually accompanied by a CD, a live musician or a music therapist.</p> <p>You don't need to have any experience or an amazing voice - just have a go! They are open to people living with dementia, families, friends and carers.</p> <p>Ask your Dementia Adviser for your local What's On activities leaflet, or check the Dementia Oxfordshire website.</p>	<p>Ask your Dementia Adviser for a What's On leaflet for your local area</p>
<p>The Daily Sparkle</p>	<p>The Daily Sparkle is a reminiscence newspaper, published 365 days a year. It offers an ever-changing range of nostalgia topics and activities, targeted at the elderly and those with dementia.</p> <p>Email: info@dailysparkle.co.uk Web: www.dailysparkle.co.uk/</p>	<p>0800 228 9698,</p>
<p>The Life Story Network*</p>	<p>The Life Story Network's projects aim to educate, empower and enable, encouraging and embrace relationships built on empathy.</p> <p>Web: http://www.lifestorynetwork.org.uk/</p>	<p>0151 237 2669</p>

2. Benefits, financial and legal advice

<p>Attendance Allowance</p>	<p>You may be entitled to Attendance Allowance of up to £85.60 a week if you're over 65 and have a long term condition such as dementia. Please speak to a Dementia Adviser for more information and/or help applying for this.</p> <p>Web: www.gov.uk/attendance-allowance</p>	<p>0345 605 6055,</p>
<p>Benefits for Better Mental Health Service (BBMH) - Oxfordshire MIND</p>	<p>Oxfordshire MIND's benefits advice, information and advocacy service. The Benefits for Better Mental Health (BBMH) team are experienced in helping people apply for and sort out any issues with benefits, whatever your circumstances. They will contact the Department of Work and Pensions on your behalf if you wish. Particularly helpful with PIP and DLA. The Benefits for Better Mental Health (BBMH) Team have sessions across Oxfordshire.</p> <p>Monday to Thursday, 9.30am to 4.30pm Friday, 9.30am to 4pm (closed Bank Holidays)</p> <p>Email: bbmh@oxfordshiremind.org.uk Web: www.oxfordshiremind.org.uk/what-we-do/benefits-advice/</p>	<p>Information Line: 01865 247788</p>



<p>Better Housing Better Health - home energy grants</p>	<p>Better Housing Better Health (BHBH) works to reduce the number of people in home energy costs, to therefore improve health and wellbeing.</p> <p>It offers advice on grants available and it's coordinated by the National Energy Foundation. Dementia Advisers, health or social care professionals can refer you, or you can refer yourself.</p> <p>Email: bhbh@nef.org.uk Web: www.bhbh.org.uk</p>	<p>Helpline: 0800 107 0044</p>
<p>Carers Allowance</p>	<p>You could get £64.60 a week if you care for someone at least 35 hours a week, you may be entitled to Carers Allowance. You don't have to be related to, or live with, the person you care for. Please speak to our Dementia Advisors for more information</p> <p>Monday - Friday, 8am - 6pm Web: www.gov.uk/carers-allowance</p>	<p>Attendance Allowance Helpline: 0800 731 0122</p> <p>Textphone: 0800 731 0317</p>
<p>Carers Assessment</p>	<p>Access to a one-off direct payment and support plan.</p> <p>Email: carersoxfordshire@oxfordshire.gov.uk Web: www2.oxfordshire.gov.uk</p>	<p>0345 050 7666, Select option 3</p>
<p>Disability adaptations and grants</p>	<p>For house adaptation enquiries. Advice about assistive technology and gadgets to make life easier. Some equipment is available on loan.</p> <p>An occupational therapist (OT) can visit you in your home, suggest adaptations and find grants to help with the cost. Please contact to arrange an appointment.</p> <p>Web: www.oxfordshire.gov.uk</p>	<p>0345 050 76 66</p>
<p>Disability Living Allowance / Personal Independence Payment</p>	<p>Personal Independence Payment (PIP) has replaced Disability Living Allowance (DLA) for people aged 16-64.</p> <p>If you are already receiving DLA, you may receive a letter from the Department of Work and Pensions (DWP) asking you to apply for PIP instead.</p> <p>Monday to Friday, 8am to 6pm</p> <p>About DLA: www.gov.uk/dla-disability-living-allowance-benefit About PIP and how to apply: www.gov.uk/pip</p> <p>British Sign Language (BSL) video relay service is available: www.gov.uk/disability-benefits-helpline</p>	<p>Helpline: 0800 121 4433</p> <p>Textphone: 0800 121 4493</p> <p>Next Generation Text (NGT) relay service Dial: 18001 then 0800 121 4433</p>
<p>Energy Best Deal Extra</p>	<p>Free service run by Citizens Advice to find cheaper energy suppliers for residential customers.</p> <p>Please call the Advice Line for more information. Monday - Friday, 10am - 4pm</p>	<p>Advice & Appointment Line: 03444 111 444</p>



<p>Government UK Benefits Calculators</p>	<p>Information and self-service benefits calculator regarding eligibility of specific benefits. This has replaced the Government's Benefits Advice Service.</p> <p>Web: www.gov.uk/benefits-calculators</p>	<p>Website only</p>
<p>Government UK Disability Living Allowance Helpline</p>	<p>Web: www.gov.uk/dla-disability-living-allowance-benefit</p>	<p>0345 712 34 56 Textphone: 0845 722 44 33.</p>
<p>Marriage and Civil Partnership Tax Allowance</p>	<p>Are you married or in a civil partnership? If so, you may be entitled to an annual £900 tax break called the marriage tax allowance. More information from Money Saving Expert, Martin Lewis: www.moneysavingexpert.com Apply online here: www.gov.uk/marriage-allowance</p>	<p>Website only</p>
<p>Oxfordshire Citizens Advice</p>	<p>The Citizens Advice service helps people resolve their legal, money, consumer, housing, tax and a wide range of other issues. They provide free, independent and confidential advice, including information in different languages such as Welsh and BSL. Opening times of each location varies; please phone the Advice & Appointment Line first to check if it's a drop-in or appointment-based session at your local Citizens Advice.</p> <p>Monday - Friday, 10am - 4pm.</p> <p>Web: www.caox.org.uk/</p>	<p>Advice & Appointment Line: 03444 111 444,</p>
<p>Oxfordshire Specialist Advice Service -</p>	<p>This AGE UK and Citizens Advice partnership provides a free, comprehensive, independent advice service for people that have a long term illness or disability, or if you are caring for someone that does. The Specialist Advice Service helps with queries around benefits, money advice, budgeting and other welfare issues. The Specialist Advice Service can arrange to visit you in your home if you're unable to access support via phone, email or attend a venue in the local community. Monday - Friday 9am - 5pm</p> <p>Email: advice@oxfordshiresas.org.uk Web: www.caox.org.uk/projects/osas</p>	<p>01865 410 660</p>



<p>State Pension Advice and Forecasts</p>	<p>State Pension Advice from Dept. of Work and Pensions (DWP). Web: www.gov.uk/contact-pension-service</p>	<p>Not yet receiving State Pension: 0800 731 78 98</p> <p>Already getting State Pension: 0800 731 0469</p> <p>Textphone 0800 731 7339 Freephone</p>
<p>Tax Aid - for people who are under 60 years.</p>	<p>Advice for people on low incomes whose problems cannot be resolved with HMRC. This is not an alternative to HMRC. Web: taxaid.org.uk/pages/contact-us</p>	<p>Website only</p>
<p>Tax Help for Older People</p>	<p>Free, confidential and independent advice for people who are over 60 years with an annual income of less than £20,000. Web: www.taxvol.org.uk/</p>	<p>08456 013 321 or 01308 488 066</p>
<p>The Money Advice Service - Ask MA</p>	<p>Free, unbiased and independent charity giving advice about all aspects of personal finance. Web: www.moneyadvice.service.org.uk</p>	<p>Helpline 0800 138 7777</p> <p>Typetalk: 0800 915 4622</p>
<p>Turn2Us (British Red Cross)</p>	<p>If you're struggling with money problems, the British Red Cross can help you through a period of financial difficulty. You can get money advice and local support on the phone or online from Turn2Us, which is a charity in partnership with the British Red Cross. Monday to Friday, 9am - 8pm Web: redcross.turn2us.org.uk/</p>	<p>0808 802 2000,</p>
<p>Winter Fuel Payment</p>	<p>Annual payment from the Pension Service of between £100 and £300 individually (liable to change yearly).</p>	<p>0345 915 1515</p>



3. Care options advice

Care Quality Commission (CQC)	<p>CQC are the independent inspectorate and regulator of health and social care in England. To report a concern about a care home, home-care agency or other adult social care service, please contact Oxfordshire County Council or the CQC.</p> <p>Online national care home and domiciliary agencies directory Web www.cqc.org.uk/search/site</p> <p>Email: enquiries@ccq.org.uk Web: www.cqc.org.uk</p> <p>CQC National Correspondence, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA.</p>	CQC National Contact Centre: 03000 616161
How to find help at home, explained by Age UK	<p>How to find help at home, your options explained by Age UK:</p> <p>Monday to Friday 8am - 7pm</p> <p>Web: www.ageuk.org.uk/information-advice/care/find-care-support/how-to-find-help-at-home/</p>	Age UK Helpline: 0345 450 1276
My Care My Home	<p>Free advice about care options, employing assistance, finding the right one for you and handling care costs.</p> <p>Web: www.mycaremyhome.co.uk/</p>	0800 731 8470
My Support Broker	<p>A social business offering a collaborative approach between people, Local Authorities, the NHS and local communities. Aims to plan, source and manage quality and value-for-money support and care.</p> <p>Web: https://www.mysupportbroker.com/</p>	0800 994 9944



4. Community transport		
Aspire Oxford Community Transport	Aspire provide a door-to-door minibus service for people with mobility problems who cannot use public transport. Register with the service before use. Web: www.aspireoxford.co.uk	01865 819995
Community First Oxfordshire	Supports new and existing schemes for community transport and community transport systems. Email: info@communityfirstoxon.org Web: http://www.communityfirstoxon.org.	01865 883 488, Emily Lewis
Non-Emergency Patient Transport Service (NEPTS)	Non-Emergency Patient Transport for patients of Oxford Health Foundation Trust will be booked by clinical staff. Patients should talk to staff at their clinic or treatment centre to find out if they can use the service. Web: www.oxfordshireccg.nhs.uk	0300 123 3258
Oxfordshire Comet	Bookable transport service for those who can't access public transport. This County Council service utilises the minibuses that are used for transporting pupils to school during the rest of the day. Can be booked for any type of trip, but need to sign up to be a member beforehand. Bookings can be made, Monday - Friday 10am - 12pm. Service is available, Monday to Friday 10.15am - 2.30pm.	01865 323 201
Oxfordshire Lift Share Scheme	Book a lift with someone offering one or more empty seats in their car and pay them the scheme's agreed mileage. Free to register online. Registered your journey, find a suitable match from the results, then contact the member using Lift Share's internal messaging system and confirm that you're sharing. Web: www.liftshare.com/uk/community/faqs	Website only

5. Dementia friendly aids, gadgets and gifts		
Unforgettable	Dementia-friendly products, such as memory aids, motion sensors, telephones, companion pets, equipment, gadgets and gifts, including a simple-to-use music player. 10% of profits go to the Unforgettable Foundation. 7 days a week, 8am - 8pm Request a free catalogue via the website, email or phone. email: happytohelp@unforgettable.org Web: www.unforgettable.org	020 3322 9070



6. Driving and dementia		
Driving advice - Alzheimer's Society	<p>Alzheimer's Society has a useful information guide about driving and dementia.</p> <p>They can also offers advice and support via their helpline. Online guide:</p> <p>Web: www.alzheimers.org.uk/get-support/staying-independent/driving-and-dementia</p>	Helpline 0300 222 1122
Regional Driving Assessment Centre (RDAC)	<p>Many people with dementia can still drive, but it is always best to have an assessment if you are unsure.</p> <p>Approved driving instructors and Occupational Therapists make up the team at the Regional Driving Assessment Centre.</p> <p>It offers advice as well as assessments to understand if you need any adaptations to enable you to continue driving.</p> <p>RDAC - Oxford, Regional Driving Assessment Centre, Unit A, Anvil Court, Stanton Harcourt Road, Eynsham, Oxford, OX29 4UD. Centre open 8.30am - 4.30pm, Monday - Friday.</p> <p>Email: info@rdac.co.uk Web: www.rdac.co.uk</p>	RDAC information line: 0300 300 2240

7. Emergency contacts		
Ambulance, Fire & Police	<p>For all emergency support</p> <p>Call 101 for the police if it's a non-emergency.</p>	999
BT Landline - Free Priority Report Fault Repair Scheme	<p>If you qualify for the scheme, your phone line will be looked after free of charge and any faults will be dealt with as soon as possible, day or night, every day of the year, including Christmas Day. You can also find more information about other BT services for those with additional needs & download booklets here:</p> <p>BSL users can use the SignVideo interpreting service to get in touch with BT.</p> <p>There is an online chat option and online form to contact BT, as well as the Freephone number.</p> <p>Web: www.btplc.com/inclusion/index.htm</p>	0800 800 150
CALM (Campaign Against Living Miserably)	<p>Offering support to men in the UK, of any age, who are down or in crisis via their helpline, webchat and website. Being silent isn't being strong. CALM gives men a voice and encourages them to be heard. Things can get tough, but CALM can help you get your life back.</p> <p>Open 5pm - midnight, 365 days a year.</p> <p>Web: www.thecalmzone.net</p>	0800 58 58 58



<p>Concerns about a care or health service</p>	<p>A guide about your options if you are worried about the social care or health care that you or your loved one is receiving. Your Dementia Advisor can print this out for you if you don't have access to a computer and/or a printer. The Social Care Institute for Excellence (SCIE) provides guidance on what works in social care but it doesn't deal with, respond to or advise on complaints about individual care or health services.</p> <p>Web: www.scie.org.uk/contact/concerns/</p>	<p>Ask your Dementia Advisor to print the guide if you're unable to.</p>
<p>Emergency Carers Support Service Oxfordshire</p>	<p>FREE emergency care can be provided from 1 to 48 hours - and, in exceptional circumstances, up to 72 hours. Experienced staff look after the cared for person when the carer has an emergency and is unable to do so. You will need to register with the service by filling in a form, either online or by printing it out and posting it to: Carers Oxfordshire, PO Box 780, Oxford OX1 9GX. Don't worry if you can't fill in parts - a member of staff will telephone you to go through any missing information.</p> <p>Email: carersoxfordshire@oxfordshire.gov.uk Web: www.carersoxfordshire.org.uk/cms/content/emergency-carers-support-service</p>	<p>0845 050 7666</p>
<p>Herbert Protocol to find vulnerable people - Thames Valley Police community tool</p>	<p>The Herbert Protocol is a new tool that Thames Valley Police use to help find vulnerable people, particularly those with dementia who go missing. It consists of a form for recording key information which the police will require if the vulnerable person goes missing. Carers, family members and friends should complete part one of the form in advance, and obtain a recent photograph of the vulnerable person. In the event of the vulnerable person going missing, part two should be completed, and the form plus photograph handed to the police. The form can be used for any vulnerable person not just those with dementia.</p> <p>Web: www.thamesvalley.police.uk/about-us/publications-and-documents/herbert-protocol/</p>	<p>101, for more information, calls cost 15p per call</p>
<p>Message in a Bottle Scheme</p>	<p>Message in a bottle is a simple idea, started by Carterton Lions Club, which is now in place nationally. A small plastic bottle containing emergency contacts and medication information inside a small plastic bottle, kept in your fridge, which is easily and quickly found by the Emergency Services in case of an emergency. Bottles are free and available from your GP, chemist or the Carterton Lions Club direct via an online form.</p> <p>Web: www.cartertonlions.org.uk/messageinabottle.html</p>	<p>01993 772 241, Maddie or John Radburn</p>



<p>NHS Carers Direct Helpline</p>	<p>Free confidential information and advice for carers. Lines are open 9am-8pm, Monday to Friday, except bank holidays, and 11am to 4pm at weekends.</p> <p>Calls are free from UK landlines and mobile phones or you can request a free call back. You can also ask for a call back in one of more than 170 languages.</p> <p>Web: www.nhs.uk/conditions/social-care-and-support/</p>	<p>0808 802 0202</p>
<p>Non-emergency medical help</p>	<p>Dial 111 if you need medical help fast but it's not a 999 emergency.</p> <p>If you, a friend or relative are experiencing mental health problems, and are not known to mental health services, you should contact your General Practitioner (GP) in the first instance.</p>	<p>111</p> <p>Non-emergency</p>
<p>Oxfordshire Adult Social Care team</p>	<p>If you have an emergency or issue with care, please contact the Adult Social Care Team.</p> <p>Monday - Thursday: 8.30am - 5pm, Friday: 8.30am - 4pm.</p>	<p>0345 050 7666, Select option 1</p> <p>Out of hours emergency number 0800 833408</p>
<p>Oxfordshire Fire Service</p>	<p>Offer free Safe and Well Visits, firefighters can visit you at home to see what they can do to help you reduce the risk of fire. What does a visit cover? It combines a Home Safety Check to help reduce the risk of fire in your home, such as checking and fitting smoke alarms and helping you make a fire escape plan. During the visit firefighters are able to provide advice and support to reduce any immediate risk from falls, fire, flood or power cuts. They can also provide advice on health and crime prevention too.</p> <p>Web: www.365alive.co.uk</p>	<p>08000 325 999</p>
<p>Samaritans</p>	<p>Whatever you're going through, call the Samaritans there to listen round the clock, 24 hours a day, 365 days a year.</p> <p>If you need a response immediately, it's best to call them on the phone. This number is FREE to call.</p> <p>You don't have to be suicidal to call us - if you need to chat to someone, is there for you.</p> <p>Oxford: Usual hours open to receive callers at the door: 8:00am - 10:00pm</p> <p>Email: jo@samaritans.org</p> <p>Web: www.samaritans.org/branches/oxford-samaritans</p>	<p>116 123 (UK)</p> <p>01865 722 122 (Oxford office)</p>



Worried about safety or experiencing abuse	<p>Anyone can be vulnerable to abuse at some time in their lives. Abuse or bullying can happen anywhere and take a number of different forms.</p> <p>Here is some information about it and how to get help for you or someone else: www.oxfordshire.gov.uk/cms/content/protecting-vulnerable-people</p> <p>Call 999, if you or someone else is in immediate danger.</p> <p>Or call the Oxfordshire Adult Social Care team</p>	<p>Call 999 if you or someone else are at immediate risk</p> <p>Adult Social Care team, 0345 050 7666, Select option 1</p> <p>Social Care team's out of hours emergency number: 0800 833408</p>
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8. Emotional support and counselling services

British Association for Counselling and Psychotherapy (BACP)	<p>National professional body for accredited counsellors and psychotherapists.</p> <p>Information about how the different types of talking therapies can help you, including CBT. They have an online directory of registered, qualified therapists in your area.</p> <p>Also see the entry for TalkingSpacePlus for NHS counselling and support.</p>	0345 325 2500 Counselling Directory
Oxfordshire MIND	<p>Whether you're stressed, depressed, anxious, living with dementia or experiencing another mental health problem or care for someone who does Oxfordshire MIND can help.</p> <p>Monday to Thursday, 9:30am to 4:30pm (closed Bank Holidays) Friday 9:30am to 4:00pm</p> <p>Email: info@oxfordshiremind.org.uk Web: www.oxfordshiremind.org.uk/</p>	01865 247788
TalkingSpace Plus	<p>TalkingSpace Plus offers a group course for carers who look after people with dementia, based on Cognitive Behavioural Therapy (CBT). They also offer one-to-one counselling and support for both people living with dementia, carers, families and friends. Please contact Hannah Cooper for more information.</p> <p>Email: hannah.cooper2@oxfordhealth.nhs.uk Web: www.talkingspaceplus.org.uk</p>	01865 901222, Hannah Cooper



9. Equipment, mobility and adaptations		
Disabled Living Foundation	Promoting independent living. Web: www.dlf.org.uk	0300 999 0004
Horizon Mobility	Short- and long-term mobility and daily living equipment hire. Email: sales@mobilityhire.com Web: www.mobilityhire.com	0800 111 6234
Oxfordshire Community Equipment Service - Millbrook Healthcare	They are an independent, family-owned business. High-quality community equipment, wheelchair, assistive technology, aids for daily living and home improvement/adaptation services to the NHS, local authorities and individuals. Offers delivery and installation, servicing and maintenance. You can also try out and purchase equipment in their shop. Open Mon to Sat: 8am - 5pm Email: oxfordshirecontactus@millbrookhealthcare.co.uk Web: www.millbrook-healthcare.co.uk	0333 999 0870 Unit 38a, Innovation Drive, Milton Park, Oxford, OX14 4RT.
Oxfordshire Community Voice	Personal alarms and Telecare Equipment to purchase. Email: eynshamoffice@cvcr.org.uk	01865 733 299
Oxfordshire County Council equipment, aids and adaptations	Please see entry under Occupational Therapists for more information about assessments, equipment loans, aids and adaptations including your home.	0345 050 7666
Red Cross Equipment Loans Service - Abingdon	Short term loans (one day to three months) of mobility equipment. They also sell mobility aids if you'd prefer to buy one. Delivery can be arranged. Monday to Friday 1.30 pm - 3.45 pm. Home From Hospital service: Web: www.redcross.org.uk	01235 552 664, Red Cross House, Colwell Drive, Abingdon, OX14 1AU 01865 760 555



<p>Shopmobility - Westgate, Oxford</p>	<p>Shopmobility in Oxford City is run by a company called Interserve from the Westgate car park. You can hire mobility scooters, wheelchairs or a motorised scooter for the day for free. They can be collected from the Shopmobility office or dropped off at the Guest Experience Desk.</p> <p>Available 9am to 11pm, 7 days a week, it's recommended that you pre-book. You'll need ID or Disability Pass.</p> <p>Web: westgateoxford.co.uk/your-visit/facilities</p>	<p>01865 263600</p>
<p>True Mobility</p>	<p>Mobility and care equipment, daily living and household aids. Shop based in Didcot, plus online sales.</p> <p>Opening hours: Mon - Fri 9am - 4.30pm, Sat 9am - 4pm</p> <p>Email: admin@truemobility.co.uk Web: www.truemobility.co.uk</p>	<p>01235 5197772</p> <p>Market Place Didcot Oxfordshire OX11 7LE.</p>

10. Government support

<p>Benefits and financial help</p>	<p>Benefits and financial help, including Disability Living Allowance, Employment and Support Allowance and Attendance Allowance.</p> <p>Web: www.gov.uk/browse/disability/benefits</p>	<p>Website only</p>
<p>Disability equipment, adaptations and transport, Blue Badge</p>	<p>Disability equipment and transport, including Blue Badge, Disabled Facilities grants and disabled access.</p> <p>Web: www.gov.uk/browse/disabilities/equipment</p>	<p>Website only</p>
<p>Disability rights and Equality Act 2010</p>	<p>Disability rights, including disability rights under the Equality Act 2010.</p> <p>Web: www.gov.uk/browse/disabilities/equipment</p>	<p>Website only</p>
<p>Employment</p>	<p>Work and disabled people includes recruitment and disabled people, reasonable adjustments at work and Access to Work.</p> <p>Web: www.gov.uk/browse/disabilities</p>	<p>Website only</p>
<p>Garden maintenance</p>	<p>Garden maintenance for elderly or disabled council tenants - contact local district council.</p> <p>Web: www.gov.uk/garden-maintenance-council-tenants</p> <p>Also see local support for local council details</p>	<p>Please contact your local district council</p>
<p>Support for carers</p>	<p>Carers, including Carer's Allowance and day care centres.</p> <p>Web: www.gov.uk/browse/disabilities/carers</p>	<p>Website only</p>



11. Health information and services		
Action on Elder Abuse	Working to protect, and prevent the abuse of, vulnerable older adults and by doing so also protect other adults at risk of abuse. Monday to Friday 9.00 am to 4.30 pm Email: enquiries@elderabuse.org.uk Web: elderabuse.org.uk	080 8808 8141
Action on Hearing Loss	Action on Hearing Loss is part of Royal National Institute for Deaf People (RNID). Information, advice and products include listening devices, telephones, amplifiers, hearing loops and text phones. The information line offers advice on a range of subjects relating to hearing loss, deafness and tinnitus. Email: informationline@hearingloss.org.uk Web: https://www.actiononhearingloss.org.uk/	0808 808 0123 Textphone 0808 808 9000. SMS 07800 000 360
Advocacy - SEAP (Support, Empower, Advocate, Promote)	Independent Mental Health Advocacy (IMHA) and NHS Complaints Advocacy Service in Oxfordshire. Email: oxfordshire@seap.org.uk Web: www.seap.org.uk/local-authority/oxfordshire	01865 728 981 Or 0300 343 5718
Arthritis Care	Information and support to empower you to take control of your arthritis, links to local support and advice to help you live well with arthritis. Email: helplines@arthritiscare.org.uk Web: www.arthritiscare.org.uk/Home	0808 800 4050
Asthma UK	For independent, confidential advice and support, you can call the helpline to speak to specialist asthma nurses. You can also prearrange a call from a helpline nurse if that is more convenient or not an urgent query. Monday to Friday, 9am to 5pm Email: info@asthma.org.uk Web: www.asthma.org.uk	0300 222 5800 (Option 1)
British Heart Foundation	Research, information and support, including a helpline. Email: hearthelpline@bhf.org.uk Web: www.bhf.org.uk	Heart Helpline 0300 330 3311 Textphone 18001 0300 330 3322
COPD (Chronic Obstructive Pulmonary Disease)	The British Lung Foundation has information and offers links to local support groups in London. Monday to Friday 9am-5pm Web: www.blf.org.uk/support-for-you/copd	03000 030 555,



Deaf Direct	<p>Deaf Direct are the charity working locally to improve the lives of people affected by hearing loss. They can offer information and support, social groups, BSL courses, translation, communication support, equipment and technology.</p> <p>Email: info@deafdirect.org.uk Web: www.deafdirect.org.uk</p> <p>Oxford Hard of Hearing social group: www.deafdirect.org.uk/oxford-hard-of-hearing-group/</p>	<p>Tel: 01905 746301.</p> <p>Text: 07725 244129.</p>
Dentists and Oxfordshire Dental Helpline	<p>6.30pm to 9.30pm Monday to Thursday, 9.00am to 6.00pm at weekends, 9.00am to 5.00pm and 6.00pm to 9.00pm on bank holiday weekends and bank holidays.</p> <p>List of dentists in your area: Web: www.nhs.uk/Service-Search/Dentists/LocationSearch</p>	<p>111, Oxfordshire Dental Helpline</p>
Diabetes UK	<p>Information, advice, research, online support forum, training, insurance and magazine. Careline staffed by trained, supportive counsellors, knowledgeable about managing Type 1, Type 2 and living with a long term condition.</p> <p>Monday to Friday 9am - 7pm</p> <p>Email: helpline@diabetes.org.uk Web: www.diabetes.org.uk</p>	<p>Helpline: 0345 123 2399</p>
District / Community Nurse	<p>For home visits to meet any short or long term nursing needs. Please contact your GP. District Nurses are based at a local GP Practice or Health Centre. Most visits will be made within core hours. If you need care outside these hours then your nurse will arrange for the evening nursing service to visit you. Available seven days a week, 8.00 am - 10.00 pm.</p>	<p>Please contact your GP</p>
Epilepsy Action	<p>Epilepsy Action is a community of people committed to a better life for everyone affected by epilepsy. They want high quality, accessible epilepsy healthcare services, so that people with epilepsy have the support they need to manage their condition.</p> <p>Monday to Friday, 8.30am to 5.30pm</p> <p>Email: helpline@epilepsy.org.uk Web: www.epilepsy.org.uk</p>	<p>0808 800 5050,</p>
Find local NHS services	<p>Look up GPs, hospitals, dentists, opticians and other health services in your area.</p> <p>Directory of services: Web:www.nhs.uk/Pages/HomePage Services in Oxfordshire: www.oxfordhealth.nhs.uk/services</p>	<p>Website only</p>



<p>Headway Oxfordshire - Rehabilitation Centre</p>	<p>Supporting people affected by acquired brain injury and carers across Oxfordshire. Activities, speech and language therapy, physiotherapy, Yoga/Tai Chi, peer support, social groups, subsidised transport.</p> <p>Headway Oxfordshire Activity and Rehabilitation Centre Monday to Friday 9am to 5pm</p> <p>Email: admin@headway-oxford.org.uk Web: headwayoxford.org.uk/</p>	<p>01865 326263, 4 Bagley Wood Road, Kennington, Oxford, OX1 5PL.</p>
<p>Healthwatch Oxfordshire</p>	<p>Help to improve health and social care services in Oxfordshire by giving your views.</p> <p>Email: hello@healthwatchoxfordshire.co.uk Web: www.healthwatchoxfordshire.co.uk</p>	<p>01865 520 520</p>
<p>Hearing Impairment Team - Oxfordshire County Council</p>	<p>Oxfordshire County Council's specialist services for people who are deaf, hard of hearing or visually impaired. They provide information, advice and support for people of all ages relating to hearing loss and deaf issues, for example, equal access to services, equipment and adaptations to your home.</p> <p>Contact them via a video service with a BSL interpreter: www2.oxfordshire.gov.uk/cms/content/sensory-impairment</p> <p>Email: hearing.impairment@oxfordshire.gov.uk Web: www2.oxfordshire.gov.uk/cms/content/contact-sensory-impairment-team</p>	<p>01865 894925 Text Relay: 18001 01865 894925 SMS: 07713 329501</p>
<p>Hearing loss - NHS services</p>	<p>Hearing loss may contribute to increased isolation, but hearing aids may also add further confusion with increased or distorted noise levels. It is therefore important to have the right assessment by an Audiologist experienced in assessing hearing loss and dementia. Please contact your GP for advice.</p> <p>Oxford Audiology department Web: www.ouh.nhs.uk/services/departments/specialist-surgery/audiology/default.aspx</p>	<p>Please contact your GP</p>
<p>HERE First</p>	<p>Support and information for people with various long term health conditions. Helpline and local support information.</p> <p>Web: www.herefirst.org.uk</p>	<p>0300 222 5709</p>
<p>Macmillan Cancer Support</p>	<p>Local information and support available.</p> <p>Helpline. Monday to Friday, 9am to 8pm</p> <p>Web: www.macmillan.org.uk</p>	<p>0808 808 0000</p>



<p>NHS Hearing Aid Repair Clinics</p>	<p>Batteries for NHS hearing aids are available free from most health centres and surgeries, or by posting your hearing aid and record book to: Audiology Department, Level LG1, West Wing, John Radcliffe Hospital, Headley Way, Oxford, OX3 9DU.</p> <p>Email: audiology.department@ouh.nhs.uk</p> <p>List of repair clinics: Web: www.ouh.nhs.uk/services/departments/specialist-surgery/audiology</p>	<p>01865 234585</p>
<p>NHS Physiotherapists</p>	<p>Oxfordshire Physical Disability Physiotherapy Service appointments are made to see patients in community hospitals, your own home or local community facilities e.g.. gyms or day centres. They accept referrals from the patient, professionals or carers direct to the physiotherapist.</p> <p>Web:www.oxfordhealth.nhs.uk/?service_description=physiotherapy</p>	<p>01865 903692</p>
<p>NHS Podiatry (Chiropody)</p>	<p>NHS podiatry services offers assessment, treatment and advice about all aspects of foot health, delivered across Oxfordshire in the community or via home visit. To be referred, please contact your GP or other health or social care professional.</p> <p>Monday to Thursday 8.30 am - 4.30 pm, Friday 8.30 am - 4.00 pm</p> <p>Email: podiatry@oxfordhealth.nhs.uk Web: www.oxfordhealth.nhs.uk/podiatry/contact-us/</p>	<p>01865 902016,</p>
<p>Occupational Therapists</p>	<p>An occupational therapist (OT) can visit you at home to make an assessment of your needs. He or she can help you find solutions to enable you to live independently or to support your carers. This includes finding alternative ways to carry out day-to-day activities, equipment and home adaptations. In the first instance, please contact the Health and Social Care Team to book an assessment via phone or an online form here:</p> <p>Web: www2.oxfordshire.gov.uk/cms/content/submitting-your-own-assessment</p> <p>More information: Web: www2.oxfordshire.gov.uk/cms/content/home-assessment-equipment-aids-and-adaptations</p>	<p>0345 050 7666, Health and Social Care team</p>



<p>Outside Clinic - home eye and hearing tests</p>	<p>Specialising in providing NHS funded eye tests at home, a dispensing service and all year round free aftercare. You can use NHS optical vouchers as a contribution towards the cost of any of the glasses from their wide range from budget to designer. They can also offer private hearing tests at home.</p> <p>Email: info@outsideclinic.com Web: www.outsideclinic.co.uk</p>	<p>0800 85 44 77</p>
<p>Oxfordshire Association for the Blind (OAB)</p>	<p>Oxfordshire Association for the Blind (OAB) is a life-enhancing charity supporting children and adults who are blind or partially sighted throughout Oxfordshire. OAB advises on and provides services, social groups, sport, technology and equipment that enables visually impaired people to live full, independent lives.</p> <p>Monday - Friday 9am to 4pm</p> <p>Web: www.oxeyes.org.uk/website/</p>	<p>OAB Helpline: 01865 725595.</p>
<p>Oxfordshire Community Bladder and Bowel Service</p>	<p>The service actively seeks to promote healthy bladder and bowels, and provide help with toileting and continence. Assessments by Nurse Specialists and Specialist Physiotherapists. Each holistic assessment takes into consideration the physical, mental, psychological, social and emotional wellbeing of the individual. The service provides clinics all over Oxfordshire and where possible appointments will be made to your nearest clinic. On occasions home visit appointments are available.</p> <p>Self-refer or a carer can refer to the service.</p> <p>Monday to Friday, 8.30am to 4.30pm</p> <p>Web: www.oxfordhealth.nhs.uk/service_description/continence-advisory-service-oxfordshire</p>	<p>01865 904 303 Telephone answerphone</p>
<p>Oxfordshire Community Nutrition and Dietetic Department</p>	<p>For dietary advice and nutritional support.</p> <p>Web:www.oxfordhealth.nhs.uk/service_description/nutrition-and-dietetic-service/</p>	<p>01865 904447 East Oxford Health Centre, Manzil Way, Cowley Road, Oxford, Oxfordshire OX4 1XD</p>
<p>Oxfordshire Falls Prevention Service</p>	<p>The Oxfordshire Falls Prevention Service strives to improve health and wellbeing by the early detection, management and treatment of risk factors that can lead to falls. The service visits people across the county, home visits available. Anyone can refer you to the service, including yourself. The referral form is online.</p> <p>Email: oxon.falls@nhs.net Web: www.oxfordhealth.nhs.uk/service_description/falls-service</p>	<p>01865 903400</p>



<p>Oxfordshire Incontinence Laundry Service</p>	<p>A weekly collection and delivery service, accessed via the Health and Care Needs assessment by the Oxfordshire Adult Social Care Team. Call them or use the contact form on their website</p> <p>8.30am - 5pm Monday - Thursday 8.30am - 4pm Friday</p> <p>Web:www2.oxfordshire.gov.uk/cms/content/contact-social-and-health-care</p>	<p>0345 050 7666</p>
<p>Parkinson's Society</p>	<p>Working to find a cure and improve life for everyone affected by Parkinson's. Information and support. Online Forum, Peer Support Service and local groups.</p> <p>Helpline. Monday to Friday, 9am - 7pm.</p> <p>Web: www.parkinsons.org.uk</p>	<p>0808 800 0303</p>
<p>Specsavers Home Visiting Optical Services</p>	<p>Specialises in home eye care services; takes care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service.</p> <p>Web: www.specsavers.co.uk/home-eye-tests</p>	<p>0800 198 1132</p>
<p>Speech and Language Therapists</p>	<p>Adult Speech and Language Therapy Service (SALT) is to provide assessment, diagnosis, treatment and management of adults with communication and/or swallowing impairments in order to maximise their abilities. The Community Speech and Language Team provides appointments for clients in community hospitals, out-patient clinics or their own home.</p> <p>Email: AdultSLT@oxfordhealth.nhs.uk Web: www.oxfordhealth.nhs.uk/?service_description=adult-%20speech-language-therapy-service</p>	<p>01865 904 193 East Oxford Health Centre, Manzil Way, Cowley Road, Oxford, OX4 1XD</p>
<p>The Association of UK Dietitians</p>	<p>Information and support on diet, nutrition and eating.</p> <p>Email: info@bda.uk.com Web: www.bda.uk.com</p>	<p>0121 200 8080</p>
<p>Vision and Opticians</p>	<p>Undetected visual problems, such as sight loss, when you live with dementia may exacerbate anxiety and increase your risk of falls, so it's a good idea to get your eyes given the once over, if you don't already. List of opticians in your area:</p> <p>Web: www.nhs.uk/Service-Search/Optician/LocationSearch/9</p>	<p>Website only</p>
<p>Visioncall</p>	<p>Specialises in home eye care services; takes care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service. They also have dementia-friendly room signage.</p> <p>Web:www.vision-call.co.uk</p>	<p>0800 035 6316</p>



<p>Visual Impairment Team - Oxfordshire County Council</p>	<p>Oxfordshire Council has a countywide visual impairment team of specially trained staff. The team offers support and advice on any type of visual loss and the wider issues relating to this. The team provide rehabilitation support, equipment, alarms, gadgets and adaptations to your home. Staff make appointments to see you in the office or in your own home. They can be contacted by you, a family member, your GP or health professional on your behalf.</p> <p>Email: visual.impairment@oxfordshire.gov.uk</p>	<p>01865 894935</p>
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12. Housing and energy

<p>Better Housing Better Health</p>	<p>Better Housing Better Health (BHBH) works to reduce and prevent the number of people in fuel poverty, and by doing so, aims to improve health & well-being.</p> <p>BHBH is coordinated by the National Energy Foundation and has grants available for residents from local councils, subject to your circumstances.</p> <p>BHBH can also provide you with information about grants offered by home energy suppliers.</p> <p>BHBH can refer a client with their permission to grants, or individuals can self-refer.</p> <p>Monday - Friday, 9am - 5pm Email: bhbh@nef.org.uk Web: www.bhbh.org.uk</p>	<p>0800 107 0044</p>
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13. Information and research

<p>SCIE Dementia Gateway - On-line training*</p>	<p>Social Care Institute of Excellence (SCIE) offers free web-based module training on various aspects of dementia understanding and care.</p> <p>Email: info@scie.org.uk Web: www.scie.org.uk/dementia</p>	<p>020 7766 7400</p>
<p>Dementia related information in other languages*</p>	<p>A website where dementia related information is provided in a number of languages other than English.</p> <p>Web: www.fightdementia.org.au/about-dementia/resources/languages</p>	<p>Website only</p>



Dementia Information Prescription

<p>Dementia UK *</p>	<p>Provision of Admiral nurses specialising in dementia in the community, plus information and support via their Admiral Nurse Dementia Helpline. Take your time, there is no time limit.</p> <p>Monday - Friday 9am - 9pm Saturday & Sunday 9am - 5pm</p> <p>Email: helpline@dementiauk.org Web: http://www.dementiauk.org</p>	<p>0800 888 6678</p>
<p>DeNDRoN - National Institute for Health Research (NIHR)</p>	<p>National research network for dementia and neurodegeneration, linked to NHS.</p> <p>Web: www.nihr.ac.uk/nihr-in-your-area/dementias-and-neurodegeneration</p> <p>For more information about getting involved in clinical trials and how you can help, visit Involve:</p> <p>Web: www.invo.org.uk/find-out-more/getting-involved/ Involves email: involve@nihr.ac.uk</p> <p>To look for clinical research trials near you, UK Clinical Trials Gateway</p> <p>Web: www.ukctg.nihr.ac.uk</p>	<p>023 8059 5628, Involve helpline.</p>
<p>Oxford Dementia and Ageing Research (OxDARE)</p>	<p>Oxford Dementia and Ageing Research network (OxDARE) and their latest research projects. If you'd like more information, their quarterly newsletter and/or are interested in taking part in research, you can join Friends of OxDARE for free here:</p> <p>Email: oxdare@psych.ox.ac.uk Web: www.oxdare.ox.ac.uk/for-the-public</p>	<p>Website & email only</p>



14. Legal and financial		
Age UK - Housing, care and financial support advice	<p>How to find the help you need at home including what happens at a care needs assessment from your local authority. How to arrange and pay for social care at home.</p> <p>Open 365 days a year, 8am - 7pm</p> <p>Web: www.ageuk.org.uk/information-advice/care/ Paying for care</p> <p>Web: www.ageuk.org.uk/information-advice/care</p>	0800 055 6112,
Lasting Power of Attorney	<p>A Lasting Power of Attorney (LPA) enables you to appoint one or more people whom you trust to manage your affairs, should this become necessary. The role of the attorney may be to make decisions about your health and personal welfare that are in your best interests such as: where you live; the provision of day-to-day care; medical treatment and /or managing your financial affairs. You do not have to involve a solicitor to draw up a LPA, other organisations such as Citizens Advice or Age UK can help too. You may wish to set up more than one type of Power of Attorney depending on your wishes.</p> <p>You can fill out and register a LPA online guidance is given on how to do this, the UK Government's website Office of the Public Guardian (OPG) has all the forms you'll need and guidance</p> <p>Web: www.gov.uk/government/organisations/office-of-the-public-guardian</p> <p>Email: customerservices@publicguardian.gsi.gov.uk</p> <p>More information about this subject can be found in Age UK's helpful step-by-step guide online,</p> <p>Web: www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney</p> <p>The Alzheimer's Society also have a useful guide here including an audio version,</p> <p>Web: www.alzheimers.org.uk/get-support/legal-financial/lasting-power-attorney</p> <p>If you choose to use a solicitor, Age UK and the Law Society may be helpful to find a suitable one in your area.</p>	<p>0300 456 0300 OPG helpline</p> <p>0800 055 6112, Age UK Advice line</p>



<p>Lasting Power of Attorney - fee refund</p>	<p>Are you eligible for a power of attorney fee refund? The Ministry of Justice has set up a scheme to give a partial fee refund to anyone who registered a power of attorney between 2013 and 2017.</p> <p>Monday, Tuesday, Thursday, Friday 9am to 5pm Wednesday 10am to 5pm</p> <p>Email: poarefunds@justice.gov.uk Web: www.gov.uk/power-of-attorney-refund</p> <p>More information from Age UK here Web: www.ageuk.org.uk/latest-news/articles/2018/february/ministry-of-justice-launches-power-of-attorney-fee-refund-scheme/</p>	<p>Refunds Helpline 0300 456 0300 (option 6)</p> <p>Textphone: 0115 934 2778</p>
<p>Paying For Care advice service</p>	<p>An information and advice service helping people (their families, friends and carers) to make informed choices when faced with the prospect of having to pay for the costs of their own care.</p> <p>Web: www.payingforcare.org/</p>	<p>Website only</p>
<p>Saga Care Funding Advice Service</p>	<p>For independent advice regarding funding care.</p> <p>Web: www.saga.co.uk/money/care-funding-advice</p>	<p>0800 056 7996</p>
<p>The Law Society</p>	<p>If you call their helpline, they will help you find a solicitor to advise you about Lasting Power of Attorney (LPA). Alternatively, if you would like to find a solicitor for yourself, you can use their free online search facility:</p> <p>Web: www.lawsociety.org.uk</p> <p>Click on 'find a solicitor', then click on 'find a law firm', fill in your postcode and enter the word 'advocacy' for area of law.</p>	<p>020 7242 1222</p>
<p>The Society of Later Life Advisers (SOLLA)</p>	<p>Aims to assist consumers and their families in finding trusted accredited financial advisors who understand financial needs in later life.</p> <p>Email: admin@societyoflaterlifeadvisers.co.uk Web: http://www.societyoflaterlifeadvisers.co.uk</p>	<p>0333 2020 454</p>



15. Library services

Oxfordshire Home Library Service	<p>The Oxfordshire Home Library Service is free, bringing books, DVDs, music CDs, audio books and information about other library services to your home. The service runs in association with Age UK and Royal Voluntary Service. When you contact them, you can discuss the sorts of books, DVDs, music CDs or audiobooks that interest you. A volunteer will deliver and collect these from your home every 3 weeks, free of charge. No late fees, no charge for requests. For more information or to register, please phone or email the home library services with your details.</p> <p>Email: homelibraryservice@oxfordshire.gov.uk Web: https://www2.oxfordshire.gov.uk/cms/content/home-library-service</p>	<p>01865 810259, Home Library Service.</p> <p>01865 810240, Libraries Customer Services.</p>
Oxfordshire Libraries - eBooks, eAudiobooks, newspapers and eMagazines	<p>There's free access to eBooks, eAudiobooks, newspapers from around the world and eMagazine titles online or via an app through Oxfordshire Libraries.</p> <p>Web: www2.oxfordshire.gov.uk/cms/content/ebooks-and-eaudio</p>	<p>01865 810240, Libraries Customer Services.</p>
Reading Well - Books on Prescription - Oxfordshire Libraries	<p>Oxfordshire Libraries run the Books on Prescription Scheme (BOP), offering useful information, support, personal stories, living well with dementia, activities and self-help books for people with dementia and carers. They are endorsed by health professionals and can all be found or requested from your local library. Books on Prescription for Dementia:</p> <p>Web: www.reading-well.org.uk/books/books-on-prescription/dementia</p> <p>Oxfordshire Libraries Reading Well Web: www2.oxfordshire.gov.uk/cms/content/reading-well</p> <p>Oxfordshire Libraries also have books on prescription for many other long term conditions and mood-boosting books lists.</p>	<p>01865 810240, Libraries Customer Services.</p>



16. Local support		
Age UK Oxfordshire	<p>Provides advice, information and support for the over 50s. Including activities, groups, a helpline, face-to-face support and a Community Network Directory listing what's available in your area. 8am - 7pm daily</p> <p>Email: helpline@ageukoxfordshire.org.uk Web: www.ageuk.org.uk/oxfordshire</p> <p>Age UK's Community Network Directory: Web: communitynetworkdirectory.org.uk</p>	Age UK Helpline: 0345 450 1276
Alzheimer's Society Dementia Support	<p>Offers information and practical guidance to help people understand dementia. They also run activity and support groups for people living with dementia and informal carers.</p> <p>Dementia Support Worker for South Oxfordshire:</p>	Kate Czczko, 07889 604599.
Dementia Oxfordshire - Information for Carers sessions	<p>Dementia Oxfordshire regularly offers a range of free short courses for families, friends and informal carers, in convenient locations throughout Oxfordshire. We aim to provide you with person-centred information, support and an understanding of dementia to help you in your dementia journey. You'll have a chance to share experiences with other carers in a similar situation and practical coping ideas.</p> <p>Please check our website for dates/locations and contact Rachel Oscroft if you would like more information or would like to book a place.</p> <p>Email: roscroft@guideposts.org.uk Web: http://www.dementiaoxfordshire.org.uk/home/get-involved/courses-for-carers/caring-for-someone-with-dementia/</p> <p>If you'd like to book a 1 hour, Dementia Friends awareness session for yourself, your organisation or business, please contact Rachel Oscroft.</p>	01993 893572



<p>Dementia Oxfordshire Support Service</p>	<p>Our friendly team of specialist Dementia Advisors are here to help you with information, advice and support with all aspects of different types of dementia, except young onset dementia. Your dedicated Dementia Advisor can connect you with a wide network of dementia-friendly services, groups and social activities in your area. We'll help you cope with day to day challenges and prepare for the future, giving you the help that you need, when you need it. Dementia Advisors can meet you face-to-face in your home, via our specialist telephone Support line, email and at the dementia-friendly activity and support groups that we run for both people with dementia and carers. Dementia Oxfordshire produce a series of comprehensive, local What's On guides, split into locality areas. The guides detail a variety of support and activity groups, including other organisations and our own. It can be downloaded from our website or sent to you upon request.</p> <p>Monday - Friday, 9am - 6pm. Answered by our specialist Dementia Advisors.</p> <p>Email: info@dementiaoxfordshire.org.uk</p> <p>Web: www.dementiaoxfordshire.org.uk</p>	<p>Support line: 01865 410 210,</p>
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17. Practical help

<p>Borrow My Doggy</p>	<p>Connecting dog owners with trusted, local dog lovers to share the care of a dog. Once you've chosen and met the dog lover, and are happy, you can arrange mutually convenient times between you. Dog lovers take care of your dog for free; dog owners still remain the owner. Free to join as a borrower or owner. There is an option to pay for a premium membership, which gives you access to 24/7 Vet helpline, insurance and verification of borrowers, if you wish. Mon - Fri, 9am - 5pm</p> <p>Web: www.borrowmydoggy.com Info about premium membership: https://www.borrowmydoggy.com/membership</p>	<p>020 3826 8628,</p>
<p>Cinnamon Trust</p>	<p>Charity that pairs volunteers with people who need help looking after their pets.</p> <p>Web: www.cinnamon.org.uk</p>	<p>01736 757 900</p>
<p>Home groceries and goods deliveries</p>	<p>Many supermarkets and other companies offer delivery services, so you can enjoy a wide range of groceries and goods delivered to your door.</p>	



<p>Home Support Options Service, provided by Age UK Oxfordshire</p>	<p>The Home Support Service provides a range of practical tasks to help you stay independent, these can include:</p> <ul style="list-style-type: none"> • Support to attend local activities and events • Company to chat or share pastimes and hobbies • Help to keep your home clean and tidy, changing bedding, ironing and dealing with laundry • Help with shopping, getting to appointments and picking up prescriptions, making telephone calls and dealing with post • Assistance to prepare simple meals • Help to learn new skills such as using a computer or mobile phone • Trusted Traders: finding a reputable handyman or tradesperson • Nail cutting <p>There may be a charge for this service. Monday - Thursday: 8.30am - 5pm & Friday: 8.30am - 4pm.</p> <p><i>“I can’t express what a difference Kate makes each week. She sees what needs doing without me telling her. Also she’s like a friend - we have laughs together, she listens to my “grumps” and puts me right.” - Mrs H</i></p> <p>Email: amygreenway@ageukoxfordshire.org.uk Web: www.ageuk.org.uk/oxfordshire/our-services/home_support/</p>	<p>Age UK Oxfordshire: 0333 577 1044</p> <p>Out of hours emergency number: 0800 833408</p>
<p>Volunteer Link Up - Good Neighbour Scheme</p>	<p>Volunteer Link-Up provides support for Good Neighbour Schemes. Help to connect with volunteer support throughout Oxfordshire, for befriending, transport and help with small tasks.</p> <p>Email: office@vlu.org.uk Web: http://www.vlu.org.uk</p>	<p>01993 776 277</p>

18. Support

<p>Alzheimer’s Society Live Advice and Helpline*</p>	<p>For any type or aspect of dementia or memory loss, not just Alzheimer’s. Confidential live online chat, advice online or via the telephone helpline. For information and support. Let them know when you call if English is not your first language as they can provide confidential interpreters in many languages.</p> <p>Monday to Wednesday, 9am - 8pm, Thursday and Friday, 9am - 5pm, Saturday and Sunday 10am - 4pm</p> <p>Email via online form: www.alzheimers.org.uk/forms/form/155/en/email_a_question_to_the_helpline Web: www.alzheimers.org.uk</p>	<p>0300 222 11 22</p> <p>Text Relay: 18001 - 0300 222 1122</p>
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<p>Blue Badge Scheme</p>	<p>The Blue Badge Scheme provides national parking concessions for people with severe walking difficulties who travel as drivers or passengers. The scheme is also for people who are severely sight impaired. People who have blue badges can park close to their destination using on-street parking and some car parks. The Government are currently deciding whether to extend the scheme to other 'invisible' conditions such as dementia.</p> <p>Web: www.oxfordshire.gov.uk/cms/taxonomy/term/870</p>	<p>0345 050 7666, Select 5</p>
<p>Call In Time friendship calls</p>	<p>Get a free weekly friendship call. Call in Time is a free telephone befriending service for matching volunteers with older people based on their interests and hobbies, supported by Age UK. For more information, call the Freephone number or look at their website here:</p> <p>Web: www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending</p>	<p>0800 434 6105</p>
<p>Carers Oxfordshire</p>	<p>Carers' Oxfordshire are an organisation offering help, support, advice and connections for adults caring for adults. They host many carers' groups across the county that are not dementia specific and will still provide invaluable support, please contact them for a full list of locations, days and times.</p> <p>Email: carersoxfordshire@oxfordshire.gov.uk Web: http://www.carersoxfordshire.org.uk</p>	<p>Christine Stanbridge: 07827 235456</p> <p>Mel Wilkinson: 07557 430880</p>
<p>Carer's Assessment - Carers' Oxfordshire</p>	<p>Carers' Oxfordshire also organise Carers' Assessments on behalf of the Oxfordshire Adult Social Care team. If you would like to speak to someone and do the assessment over the phone, or in person, please phone the contact number.</p> <p>The carer's assessment form is available online: www.carersoxfordshire.org.uk/cms/content/carers-assessments Information about the assessment: www.oxfordshire.gov.uk/cms/content/carers-assessment</p>	<p>0345 050 7666, Select option 3.</p>
<p>Carers Trust discussion forum, live chat and carers' blog</p>	<p>Carers Trust is a charity for carers, whatever their age or circumstances. It works to improve support and recognition for unpaid carers. The website features a discussion forum, live chat and carers' blog.</p> <p>Email: support@carers.org.uk Web: https://www.carers.org/carers-space</p>	<p>Website only</p>
<p>Carers UK</p>	<p>The charity, Carers UK, offers support for carers with caring, benefits, legal advice and someone to talk to. It also has an annual creative writing competition open to everyone.</p> <p>Monday to Friday, 10am - 4pm.</p> <p>Web: http://www.carersuk.org</p>	<p>0808 808 7777</p>



<p>Community Information Network</p>	<p>A free local information service for older people in Oxfordshire. Your local Community Information team can help you find activities and support near to where you live. You can meet them at community information events and drop-ins, or give them a call. They can also visit you at home if you have difficulty getting out and about. The team also produce an online directory containing local activities and support.</p> <p>Web: www.ageuk.org.uk/oxfordshire/community-information-network/</p>	<p>0345 450 1276</p>
<p>Crossroads Care Oxfordshire</p>	<p>A leading provider of domiciliary care throughout Oxfordshire. Experienced in caring for people living with dementia, helping with all aspects of personal and social care.</p> <p>Email: oxfordshire@crossroads.org.uk Web: www.oxfordshirecrossroads.org.uk</p>	<p>01865 260 280</p>
<p>Dementia Alliance International</p>	<p>Runs weekly online peer-to-peer support groups. For more information,</p> <p>Email: info@infodai.org Web: www.dementiaallianceinternational.org</p>	<p>Website only</p>
<p>Dementia Aware Facebook group</p>	<p>UK based Facebook group helping to spread awareness and share issues. A closed group but you can join if you or one of your family or friends has a form of dementia, just sent them a message.</p> <p>Facebook: www.facebook.com/groups/250325295027020/#_=_</p>	<p>Facebook</p>
<p>Dementia Engagement & Empowerment Project*</p>	<p>Innovations in Dementia support many local dementia peer groups, contact to see if there is one in your area.</p> <p>Email: Rachael@myid.org.uk Web: http://dementiavoices.org.uk</p>	<p>01392 420 076</p>
<p>Dementia Information (3Nations Working Group) Facebook group</p>	<p>An open Facebook group sharing information for anyone diagnosed with a dementia, their families, caregivers and professionals. Run by Chris Roberts who is living with young onset dementia.</p> <p>Facebook: ww.facebook.com/groups/340138552838718/about</p>	<p>Facebook</p>
<p>Dementia Mentors</p>	<p>Run virtual social gatherings and memory cafes for people living with dementia, it is like attending a social group but from the comfort of your own home.</p> <p>Web: www.dementiamentors.org/virtual-memory-cafes.html</p>	<p>Website only</p>
<p>Dementia Support for Under 21s</p>	<p>A Facebook group for people aged under 21 who have a family member affected by young onset dementia.</p> <p>Facebook: www.facebook.com/dementiasupportu21?fref=ts</p>	<p>Facebook</p>



Emergency Carers Support Service Oxfordshire	FREE emergency care for 1 - 48 hours through Carers Oxfordshire. You will need to register for the service so that they have all the relevant health & safety information to deliver care.	0845 050 7666
Equality Advisory Service	The helpline advises and assists people on issues relating to equality and human rights. Freepost, Equality Advisory Support Service, FPN4431. Mon - Fri 9am - 7pm, Saturday 10am - 2pm Web: www.equalityadvisoryservice.com	0808 800 0082, Freephone. Textphone: 0808 800 0084.
Frontaltemporal dementia (FTD) Support Forum	An international online forum for people living with frontotemporal dementias and those who support them. Web: www.ftdsupportforum.com	Website only
Lewy Body Society*	National charity offering information and support to help understand and raise awareness of Lewy Body disease and its impact. Research projects, information and books. Email: info@lewybody.org Web: http://www.lewybody.org	01942 914000
LGBTQI+ and social care	Research co-produced by the Social Care Institute of Excellence (SCIE), the University of Bristol, Stonewall and REGARD. It is the first piece of qualitative research undertaken into the experiences of LGBTQI+ disabled people using social care and self-directed support. Includes video interviews. Web: www.scie.org.uk/lgbtqi/	Website only
LGBT+: Living with dementia	If you are lesbian, gay, bisexual or trans and have dementia, this guide developed with the National LGBT Partnership and the Alzheimer's Society, is for you. It aims to explain how you can live well with dementia: Web: www.alzheimers.org.uk/get-support/daily-living/lgbt-living-dementia	0300 222 11 22, National Dementia helpline (Alzheimer's Society)
National LGBT Partnership	Reducing health inequalities and improving access to health and social care for LGBT+ people. Email: nationallgbtpartnership@gmail.com Web: www.nationallgbtpartnership.org	0207 064 6506
Stonewall - LGBT+ community support	Stonewall are there to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone. This includes anyone with a long term condition such as memory loss or dementia, plus carers. Monday - Friday, 9.30am - 5.30pm Email: info@stonewall.org.uk Web: www.stonewall.org.uk	020 7593 1850



<p>Northants Carers</p>	<p>For most people who live in Middleton Cheney, if you pay your Council Tax to Northants, rather than Oxfordshire.</p> <p>Web: www.northamptonshire-carers.org</p>	<p>01933 677837</p>
<p>Ofcom Guide to reducing unwanted, nuisance telephone calls and messages</p>	<p>Tips about how to reduce the number of nuisance calls and advice about what to do when you receive them Monday to Friday from 9.00am to 5.00pm.</p> <p>Web: www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/problems/tackling-nuisance-calls-and-messages BSL video relay available Web: www.ofcom.org.uk/about-ofcom/contact-us</p> <p>Deaf or speech-impaired:</p>	<p>0300 123 3333</p> <p>Textphone 18001 then 01925650744.</p>
<p>Oxfordshire Advocacy (Getting Heard)</p>	<p>Oxfordshire Advocates are trained to support people to be involved in decisions made about their health, care and support, understand the processes and their rights, and have their voice heard. Volunteer advocates can attend appointments or meetings with you for moral support or talk on your behalf, if you wish, having previously agreed with you what you wish to say. The service is free, confidential and independent. Advocates can help you with issues linked to the Care Act and Mental Capacity Act. They also have an Appointment Buddies service, if you'd like someone to come to medical appointments with you.</p> <p>Monday - Friday 9am - 5pm</p> <p>Email: office@gettingheard.org Web: www.gettingheard.org</p>	<p>0300 343 5718 01865 230203</p>
<p>Oxfordshire Carers' Voice</p>	<p>An opportunity for carers and ex-carers to give their views and join discussions, in order to influence the way health and social care services are planned, improved and delivered .</p>	<p>01235 520440</p>
<p>Oxfordshire Social and Health Care Crisis Service</p>	<p>The Crisis Response Service aims to provide a rapid co-ordinated response for someone who is experiencing a social care crisis.</p>	<p>Office hours: 0345 050 7666 Out of hours: 0800 833 408</p>
<p>Oxfordshire Unlimited</p>	<p>Oxfordshire Unlimited is a charity run by disabled people and carers for disabled people and carers. They are focused on practical support, 'Opening Doors and Widening Horizons' for people with physical and sensory disabilities, to enable us all to have the same opportunities as other Oxfordshire residents, to enjoy social events and activities.</p> <p>Email: info@unltdox.org.uk Web: www.unltdox.org.uk</p>	<p>0800 044 8192</p>



<p>Oxfordshire Volunteer Befriending Service</p>	<p>Volunteers will offer carers a regular weekly or fortnightly break from their caring role, by staying with the person they care for. This break will be approximately between 2 - 3 hours.</p> <p>Email: elaine@ccnwoxon.org.uk Web: www.carersoxfordshire.org.uk/cms/content/someone-help</p>	<p>07801 482408, Elaine Gilbert, Coordinator</p>
<p>Phone Friends</p>	<p>A free and confidential telephone befriending service organised by Age UK Oxfordshire.</p> <p>Email: phonefriends@ageukoxfordshire.org.uk Web: www.ageuk.org.uk/oxfordshire/our-services/phone-friends</p>	<p>07827 235 404,</p>
<p>Posterior Cortical Atrophy (PCA) awareness Facebook group</p>	<p>A closed Facebook group for people whose lives are affected by Posterior Cortical Atrophy (PCA)</p> <p>Web: www.facebook.com/groups/147542335356010/?fref=ts#_ =</p>	<p>Facebook</p>
<p>Rarer Dementia Support</p>	<p>Between 5% and 15% of people living with a dementia receive a diagnosis of a rare or young-onset dementia. Rare Dementia Support (RDS) is a charity that works to support people affected by five rare dementia conditions: Familial Alzheimer’s Disease (FAD), Frontotemporal Dementia (FTD), Familial Frontotemporal Dementia (fFTD), Posterior Cortical Atrophy (PCA), Primary Progressive Aphasia (PPA).</p> <p>Email: contact@raredementiasupport.org Web: www.raredementiasupport.org</p>	<p>See website for telephone numbers</p>
<p>Relatives & Residents Association</p>	<p>Helpline that exists for older people needing, or living in, residential care, and their families and friends left behind at home.</p> <p>Monday to Friday 9.30 am - 4.30 pm</p>	<p>020 7359 8136,</p>
<p>Silver Line Helpline</p>	<p>The Silver Line, set up by Esther Rantzen, operates a confidential, free helpline for older people across the UK, that’s open 24 hours a day, 365 days a year. Their specially-trained helpline team offers information, friendship and advice. Link callers to local groups and services. Regular one-to-one friendship calls, facilitated group calls and letter friendship schemes, matching volunteers with older people based on their interests. Protection and support for older people who are suffering abuse and neglect.</p> <p>Email: info@thesilverline.org.uk Web: www.thesilverline.org.uk</p>	<p>0800 470 80 90</p>



<p>Support at Home and Home from Hospital - Red Cross</p>	<p>You can get support and care from the British Red Cross to help you live independently at home or when you return after a stay in hospital. If you're returning from hospital, Red Cross can make sure you have everything you need for your first 24 to 72 hours back at home. They may then provide up to 12 weeks of support depending on the level of help you need. We'll assess your needs and help you decide what goals you want to achieve with our help. They can offer practical and emotional support.</p> <p>Email: ILCRSouthCIAdmin@redcross.org.uk Web: www.redcross.org.uk/get-help/get-support-at-home</p>	<p>01235 552 665</p>
<p>Supporting an LGBT+ person with dementia</p>	<p>People living with dementia will experience a range of challenges. Many of these will not be affected by the person's sexual orientation or gender identity. However, there are certain challenges that lesbian, gay, bisexual and trans people with dementia are likely to face that may bring additional stress to deal with. This guide from the National LGBT Partnership and the Alzheimer's Society may be useful:</p> <p>Web: www.alzheimers.org.uk/get-support/help-dementia-care/lgbt-support</p>	<p>0300 222 11 22, National Dementia helpline (Alzheimer's Society)</p>
<p>Talking Point forum</p>	<p>Talking Point is the Alzheimer's Society's online community for people with dementia, their family, friends and carers. It's a safe place to ask questions, share your experiences and get advice and support.</p> <p>Email: talkingpoint@alzheimers.org.uk Web: www.alzheimers.org.uk/get-support/talking-point-our-online-community/what-talking-point</p>	<p>Website only</p>
<p>TalkingSpace Plus Oxfordshire</p>	<p>For people living with dementia, carers and families. Free NHS face-to-face talking therapies and CBT to support you if you're feeling stressed, have a low mood and/or are anxious. You can refer yourself or your GP can refer you to this service. They also offer carers support via 12 week course. Contact them via an online self-referral form, email or post.</p> <p>Email: talkingspaceplus@nhs.net Web: http://www.talkingspaceplus.org.uk</p>	<p>Website, email or by post TalkingSpace Plus, Oxbridge Court, Osney Mead, Oxford, OX2 0ES.</p>
<p>Tide carers campaign and support network</p>	<p>tide, 'together in dementia everyday', is a UK wide network of carers, former carers and health and care professionals, working together to build a better future for carers of people living with dementia.</p> <p>Email: carers@tide.uk.net Web: www.tide.uk.net</p>	<p>0151 237 2669</p>



<p>Time Out for Carers</p>	<p>A voluntary support service providing respite breaks for people with dementia and carers in their own home, on the telephone and out in the community. The service provides quality time away from the responsibilities of caring for the wellbeing of both carers and those being cared for.</p> <p>Please contact Volunteer Coordinator, Ben Reynolds, for more information.</p> <p>Email: breynolds@guideposts.org.uk Web: www.carersoxfordshire.org.uk/cms/content/time-out-carers</p>	<p>01993 899980 or 07815 558 479</p>
<p>Support for younger people</p>		
<p>Carers Trust</p>	<p>Information and advice online for young and young adult carers.</p> <p>Web: www.carers.org/article/getting-support-if-you-are-young-carer-or-young-adult-carer</p>	<p>Website only</p>
<p>Childline</p>	<p>If you are worried or scared about anything and need some urgent help, find a safe place and call Childline.</p> <p>Web: www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/</p>	<p>0800 1111</p>
<p>Oxfordshire Young Carers Service</p>	<p>A young carer is someone under the age of 18 years (18-25 is a young adult carer) who may physically or emotionally caring for someone in their family because of an illness or disability. The Oxfordshire Young Carers Service, at Oxfordshire County Council, works with schools, professionals and services to support young carers and their families across the county for carers under 18. If you are aged 18-25 years, you are a young adult carer, and will be entitled to an adult carers' assessment. Please watch the video online to find out about Jake's journey. Contact form online:</p> <p>Web: www.oxfordshire.gov.uk/cms/content/young-carers-services</p>	<p>07919 298263</p>
<p>The Children's Society</p>	<p>Offers advice & support to young people including young and young adult carers.</p> <p>Web: www.childrensociety.org.uk/youngcarer/help-for-young-people</p>	<p>0300 303 7000</p>



<p>YoungDementia UK</p>	<p>Dementia is considered ‘young onset’ when it affects people under 65 years of age. It is also referred to as ‘early onset’ or ‘working age’ dementia. However this is an arbitrary age distinction which is becoming less relevant as increasingly services are realigned to focus on the person and the impact of the condition, not the age. What is available to you will depend on where you live, and what you are looking for. YoungDementia UK have compiled a list of services across the UK that they know of, that are tailored to the needs of people with young onset dementia</p> <p>Facebook: www.facebook.com/YoungDementiaUK/ Email: www.youngdementiauk.org/contact-us Web: www.youngdementiauk.org</p>	<p>YoungDementia UK PO Box 315 Witney Oxfordshire OX28 1ZN</p>
<p>YoungDementia Network</p>	<p>We know first-hand about the impact of dementia on younger people and their families and how isolating it can be. We believe that everyone affected should be well informed, feel connected to others and enabled to live life to the full. So we have created a Network. A community that includes people living with young onset dementia, their family and friends, as well as organisations and professionals who work in the fields of dementia and social care. The network provides opportunities for members to share experience, knowledge and to learn from each other. Encourage improved young onset services across the UK and influence and inform national and local policies.</p> <p>Web: www.youngdementiauk.org/young-dementia-network</p>	<p>Website only</p>

19. Translation services

<p>Language Line</p>	<p>Language solutions provided include telephone, face-to-face, video and British Sign Language interpreting and document translation in more than 200 languages. Free quote, but costs involved.</p> <p>Email: enquiries@languageline.co.uk Web: www.languageline.co.uk</p>	<p>0800 169 2879,</p>
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20. Travel, holidays and days out		
ReVitalise holidays	<p>Revitalise is a national charity providing short breaks and holidays (respite care) supported by nurse-led care. Quality time with the one you love, holidays for people with dementia and their families, adults only. ReVitalise can help with funding.</p> <p>Web: www.revitalise.org.uk</p>	0303 303 0145
Age UK Travel Advice	<p>Accessible holidays, days out, travel tips, questions to ask before you go.</p> <p>Web: www.ageuk.org.uk/information-advice/travel-hobbies/accessible-holidays/</p>	0800 055 6112 Online or use website to order guides by post
Dementia Adventure	<p>This organisation provides a range of adventures ranging from short walks to international holidays and bespoke group breaks. Also provides training for carer and anyone supporting people with dementia.</p> <p>Email: info@dementiaadventure.co.uk Web: www.dementiaadventure.co.uk</p>	01245 237548 Dementia Adventure CIC, Unit 11 Old Park Farm, Main Road, Ford End, Essex, CM3 1LN.
Silver Travel	<p>Travel guides for older people by Age UK's partners, Silver Travel Advisor. Including free days out in the UK, great British days out with grandchildren, accessible holidays and attractions, ideas for solo travellers in the UK and abroad, holidays for keeping active, great British travel and transport tips. Request the free travel guides and Silver Traveller magazine from Silver Travel Advisor's</p> <p>Email: service@silvertraveladvisor.com Web: www.silvertraveladvisor.com/magazine-and-guides</p>	01753 740169
Travel insurance - Age UK	<p>Web: www.ageuk.org.uk/products/insurance/travel-insurance/</p>	0800 389 4852
Travel insurance - Money Saving Expert	<p>Money Saving Expert, Martin Lewis' website advises how to find the best travel insurance, even if you have existing health conditions.</p> <p>Web: www.moneysavingexpert.co.uk</p>	Website only
Travel insurance - Saga	<p>Web: www.saga.co.uk/insurance/</p>	0800 015 0757



21. GP List		
SOUTH - EAST		
Surgery	Address	Telephone
The Bell Surgery	York Road, Henley-On-Thames, RG9 2DR	01491 843250
Cross Keys Practice	Church Road, Chinnor, OX39 4PG	01844 344488
The Watlington & Chalgrove Surgeries		
The Chiltern Surgery	Hill Road, Watlington, OX49 5AF	01491 612444
The Brook Surgery	Hight Street, Chalgrove, OX44 7AF	01865 890760
Goring & Woodcote Medical Practice		
Goring Surgery	Red Cross Road, Goring on Thames, RG8 9HG	01491 872372
Woodcote Surgery	Wayside Green, Woodcote, RG8 0QL	01491 680686
The Hart Surgery	York Road, Henley-On-Thames, RG9 2DR	01491 843200
Mill Stream Surgery	Benson, Wallingford, OX10 6RL	01491 838286
Morland House Surgery	London Road, Wheatley, OX33 1YJ	01865 872448
Nettlebed Surgery	Wanbourne Lane, Nettlebed, Henley-on-Thames, RG9 5AJ	01491 641204
The Rycote Practice	Thame Health Centre, East Street, Thame, OX9 3JZ	01844 261066
Wallingford Medical Practice	Reading Road, Wallingford, OX10 9DU	01491 835577
Wellington House Surgery	5 Station Road, Chinnor, OX29 4PX	01844 351230
Sonning Common Health Centre	Wood Lane, Sonning Common, Reading, RG4 9SW	01189 722188

