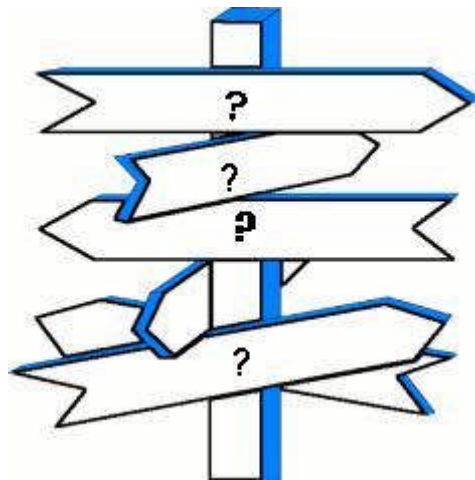


# Mental Health Information Booklet 2008

## Banbury Area



The aim of this guide is to help you find services you need.

## Mental Health Information for Banbury Area 2008

<b><i>Advice and Information</i></b>	
<b>Benefits for Better Mental Health.</b>	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: <a href="mailto:samantha.spurgeon@oxfordshire-mind.org.uk">samantha.spurgeon@oxfordshire-mind.org.uk</a> Tel: 07754 999411 email: <a href="mailto:david.bryceland@oxfordshire-mind.org.uk">david.bryceland@oxfordshire-mind.org.uk</a>
<b>Banbury Library Service</b>	Free use of computers for 30mins -1hour. Advisable to book in advance. Staff will help when possible in quiet periods. Tel: 01295 262282 email: <a href="mailto:banbury.library@oxfordshire.gov.uk">banbury.library@oxfordshire.gov.uk</a>
<b>Banbury Benefits Advice Project</b>	Advice on all types of benefits, help for tribunals. Home visits available. Tel: 01295 255863 email: <a href="mailto:bbaproject@btconnect.com">bbaproject@btconnect.com</a>
<b>Citizens' Advice Bureau Banbury (CAB)</b>	Free, confidential, impartial advice and information on a wide range of subjects. Tel: 01295 255824
<b>Dialability Oxfordshire</b>	Information service and telephone helpline. Tel: 01865 763600 email: <a href="mailto:helpline@dialability.org.uk">helpline@dialability.org.uk</a>
<b>Information and Advocacy Service</b>	Help for in-patients in Oxfordshire’s psychiatric wards and in the community across Oxfordshire. Tel: (01865) 728981 email: <a href="mailto:info@oxford-mentalhealth.org">info@oxford-mentalhealth.org</a>
<b>MindinfoLine</b>	Mental health information service. Tel: 0845 766 0163 email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
<b>Oxfordshire County Council</b>	Details of County Council services, including education, health and social care, leisure and culture, consumer rights, community groups. Tel: 01865 792422 email: <a href="mailto:online@oxfordshire.gov.uk">online@oxfordshire.gov.uk</a> <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a>
<b>Oxfordshire MIND</b>	Provides mental health services, housing projects, information line, therapeutic groups, information, campaigning. Tel: 01865 511702 email: <a href="mailto:info@oxfordshire-mind.org.uk">info@oxfordshire-mind.org.uk</a> <a href="http://www.oxfordshire-mind.org.uk">www.oxfordshire-mind.org.uk</a>
<b>Oxfordshire Rural Community Council</b>	Works to improve the quality of life for those living and working in rural Oxfordshire. Directory of Community Transport Schemes. Tel: 01865 883191 email: <a href="mailto:orcc@oxonrcc.org.uk">orcc@oxonrcc.org.uk</a> <a href="http://www.oxonrcc.org.uk">www.oxonrcc.org.uk</a>
<b>Oxfordshire Short-Term Advocacy Scheme (OSTAS)</b>	Issue-bases short-term advocacy. Tel: 01865 742690 email: <a href="mailto:ostas@oadg.org.uk">ostas@oadg.org.uk</a> <a href="http://www.oadg.org.uk">www.oadg.org.uk</a>
<b>Oxfordshire Mental Health Information Service</b>	Free and confidential information and advice on mental health issues and services. Tel: 01865 247788 email: <a href="mailto:info@oxford-mentalhealth.org">info@oxford-mentalhealth.org</a>
<b>Patient Advice and Liaison Service (PALS)</b>	Information and advice on mental health services, and guidance for complaints. Tel: 0800 3287971. 01865 226269. email: <a href="mailto:pals@obmh.nhs.uk">pals@obmh.nhs.uk</a>
<b>Stop It Now! (UK &amp; Ireland)</b>	Sexual Abuse concerns. Free and confidential helpline. Tel: 0808 1000900 email: <a href="mailto:office@stopitnow.org.uk">office@stopitnow.org.uk</a> <a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>

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<p><b>West Oxfordshire Citizens Advice Bureau</b> 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</p>
<p><b><i>Black and Minority Ethnic Groups</i></b></p>
<p><b>Asian Youth Forum</b> for young people aged 13-19 years, run by Oxfordshire Youth Support Services. Contact Mike Beal Tel: 01295 264665 email: Mike.Beal@oxfordshire.gov.uk</p>
<p><b>Banbury Asian Directory</b> A comprehensive guide to access community groups, contacts, and services for Asian people. <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a></p>
<p><b>Banbury District Racial Equality Council</b> 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</p>
<p><b>Britannia Road Children's Centre</b> providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi. Tel: 01295 264068 email: <a href="mailto:britanniaroad.fc@oxfordshire.gov.uk">britanniaroad.fc@oxfordshire.gov.uk</a></p>
<p><b>Community Development Officer</b> for the Indian, Pakistani and Bangladeshi communities. Working with families and individuals. Access to information, funding and services within Oxfordshire County Council. Banbury Asian Forum is an opportunity to meet with agencies that work with the Asian community. Contact Usha Masih. <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a> Tel: 01865 323089 email: usha.masih@oxfordshire.gov.uk</p>
<p><b>Community Development Workers</b> 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: <a href="mailto:Nigel.carter@oxfordshirepct.nhs.uk">Nigel.carter@oxfordshirepct.nhs.uk</a> Neelam Rizwani 01865 264936 Mob: 07717513615 email: <a href="mailto:Neelam.rizwani@oxfordshirepct.nhs.uk">Neelam.rizwani@oxfordshirepct.nhs.uk</a> Ben Lloyd Shogbesan 01865 264937 Mob: 07717513617 <a href="mailto:Ben.lloyd-shogbesan@oxfordshirepct.nhs.uk">Ben.lloyd-shogbesan@oxfordshirepct.nhs.uk</a></p>
<p><b>Oxfordshire Early Intervention Service</b> A service for anyone aged between 14 and 35 that focuses on early detection of psychosis. Community Development Worker for black and minority ethnic communities: Muqudus Bajwa Ul-Hassan Tel: 01865 226607 email: Muqudus.Ulhassan@obmh.nhs.uk</p>
<p><b>Ethnic Minority Business Service</b> Computer training and business courses, friendly atmosphere. ESOL courses. Sewing groups open to all. Tel: 01295 269999 email: dorothy@f2s.com</p>
<p><b>East Street Centre</b> 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: <a href="mailto:eaststreet.reception@oxfordshire.gov.uk">eaststreet.reception@oxfordshire.gov.uk</a></p>
<p><b>Language Line</b> 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.</p>
<p><b>North Banbury Children's Centre</b> providing a range of services for children under 5 and their families. Have support workers who speak Urdu and Punjabi. Tel: 01295 271841 email: Northbanburychildrenscentre@oxfordshire.gov.uk</p>
<p><b>Oxfordshire Chinese Community and Advice Centre</b> 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</p>

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<p><b>Oxfordshire Health Advocacy Service</b> 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 &amp; Asylum Seekers 01865 264914; Minorities Liaison Officer North Oxfordshire (Public Health) Robina Zafir 01295 819122</p>
<p><b>Oxfordshire Racial Equality Council</b> 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</p>
<p><b>Sunshine Centre</b> 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: <a href="mailto:community@sunshinecentre.org">community@sunshinecentre.org</a></p>
<p><b>Carers</b></p>
<p><b>Carers' Centre Banbury</b> Information, advice and support. Tel: Office 01295 264545. Carer's Line 08457 125546 email: <a href="mailto:carers@ccnwoxon.org.uk">carers@ccnwoxon.org.uk</a></p>
<p><b>Carers' Support Service</b> Oxfordshire wide support for carers around mental health issues run by Rethink. Tel: 01865 455878 <a href="http://www.rethink.org">www.rethink.org</a></p>
<p><b>Oxfordshire Mind Relatives' Support Group</b> Tel: 01865 750124 email: <a href="mailto:info@oxfordshire-mind.org.uk">info@oxfordshire-mind.org.uk</a></p>
<p><b>Oxfordshire Carers' Forum</b> 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: 01993 706543 email: <a href="mailto:carers@oxoncarersforum.org.uk">carers@oxoncarersforum.org.uk</a></p>
<p><b>Young Carers' Project</b> Support for young people caring for others. Tel: 01295 264545 email: <a href="mailto:veronica@ccnwoxon.org.uk">veronica@ccnwoxon.org.uk</a></p>
<p><b>Children and Families</b></p>
<p><b>Advisory Service for the Education of Travellers</b> Support to ensure equal access to education for parents and children, including The Mobile Nursery. Tel: 01865 256620 email: <a href="mailto:TravEd@oxfordshire.gov.uk">TravEd@oxfordshire.gov.uk</a></p>
<p><b>Banbury School Counsellor</b> Emotional and therapeutic support for young people aged 12-18 years on Wednesday, Thursday, and Friday. Contact Robina Zafir. Tel: 01295 251451</p>
<p><b>Childline</b> Free helpline for children and young people. Tel: Helpline:0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>
<p><b>Home-Start</b> Free help to people with children under 5 years. Volunteers help parents going through difficult times. Support, friendship, practical help. E-mail: <a href="mailto:info@home-startbanbury.org.uk">info@home-startbanbury.org.uk</a> Tel: 01295 266 358 <a href="http://www.home-startbanbury.org.uk">www.home-startbanbury.org.uk</a></p>
<p><b>Oxfordshire Rural Children's Centre Project</b> providing a range of services for children under 5 and their families in various rural areas. See website for more details: <a href="http://www.oxfordshire.gov.uk/ruralchildrenscentre">www.oxfordshire.gov.uk/ruralchildrenscentre</a> Tel: 01865 456742 email: <a href="mailto:RuralCCP@oxfordshire.gov.uk">RuralCCP@oxfordshire.gov.uk</a></p>
<p><b>Oxfordshire Services Directory (OSD)</b> 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. Tel: 08452 262636 email: <a href="mailto:enquiries@oxoncis.org.uk">enquiries@oxoncis.org.uk</a> <a href="http://www.oxfordshireservicesdirectory.org.uk">www.oxfordshireservicesdirectory.org.uk</a></p>

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<p><b>Parentline Plus</b> Supports parents with teenagers. Tel: 0808 800 2222 email: <a href="mailto:parentsupport@parentlineplus.org.uk">parentsupport@parentlineplus.org.uk</a> <a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a></p>
<p><b>Primary Child and Adolescent Mental Health Service</b> offers early brief one to one work with children aged 0-18years, by referral only. Advice about other sources of help. Consultation line for professionals. 01865 845760 email: <a href="mailto:pcamhs@oxfordshire.gov.uk">pcamhs@oxfordshire.gov.uk</a></p>
<p><b>Energize</b> (Cherwell District Council) Holiday activities for children aged 5-16 years. Tel: 01295 221719 Tel: 01295 221719 email: <a href="mailto:Lisa.Darnell@cherwell-dc.gov.uk">Lisa.Darnell@cherwell-dc.gov.uk</a></p>
<p><b>Young Minds</b> Is an organisation for children's and young people's mental health. Tel: 020 7336 8445 email: <a href="mailto:enquiries@youngminds.org.uk">enquiries@youngminds.org.uk</a></p>
<p><b>Community Resources</b></p>
<p><b>Access Team</b> is the main point of contact for adult social care services in Oxfordshire. Tel: 0845 0507666 email: <a href="mailto:access@oxfordshire.gov.uk">access@oxfordshire.gov.uk</a> Out of hours emergency number: 0800 833408 (free phone)</p>
<p><b>ADAPT</b> All age dementia project. email: <a href="mailto:adapt@oadg.org.uk">adapt@oadg.org.uk</a> Tel: 01865742745</p>
<p><b>Beacon Centre</b> 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</p>
<p><b>Brackley Friday Group</b> For people with severe and enduring mental illness. Activities and relaxation. Tel: 01280 840923</p>
<p><b>CAPOLD</b> provides advocacy for people with a learning disability. Tel: 01865 741293 email: <a href="mailto:capold@oadg.org.uk">capold@oadg.org.uk</a></p>
<p><b>Capricorn Club</b> Daventry Service user run group. Facilities include pool table, table tennis, and games. Tel: 01327 877733</p>
<p><b>Community Development Officer</b> (Social and Community Services) help groups and communities to get access to information, funding and services within Oxfordshire County Council. Contact Graham Ablett <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a> Tel: 01280 706051 email: <a href="mailto:graham.ablett@oxfordshire.gov.uk">graham.ablett@oxfordshire.gov.uk</a></p>
<p><b>Community drop in</b> 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)</p>
<p><b>Mind in Banbury</b> Mental health information and advice, emotional and practical support. Tel:01295 271064 email: <a href="mailto:mindinbanbury@oxfordshiremind.org.uk">mindinbanbury@oxfordshiremind.org.uk</a></p>
<p><b>Mind in Chipping Norton</b> Mental health information and advice, emotional and practical support. Tel: 01608 645296 email: <a href="mailto:mindinchippingnorton@oxfordshiremind.org.uk">mindinchippingnorton@oxfordshiremind.org.uk</a></p>
<p><b>North Street Day Service</b> Daventry Open access centre following the recovery model. Tel: 01327 879416</p>



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<p><b>Therapeutic Groups Service</b> Cognitive behavioural therapy based groups to help people learn to cope with anxiety or depression, build self-esteem or learn assertiveness techniques. Tel: 01865 511702 email: <a href="mailto:info@oxfordshire-mind.org.uk">info@oxfordshire-mind.org.uk</a></p>
<p><b><i>Drug and Alcohol Services</i></b></p>
<p><b>Alcoholics Anonymous</b> Oxon Health Liaison Officer Advice on local meetings etc. Tel: 01865 242373 National 08457 69755</p>
<p><b>Al-Anon Family Groups</b> Disturbed by someone else's drinking? Confidential helpline. Tel: 0207 4030888</p>
<p><b>Cranstoun Drug Services</b> offers varied groups; family support; structured programmes; relapse prevention etc Tel: 01295 273511 email: <a href="mailto:libra.banbury@btopenworld.com">libra.banbury@btopenworld.com</a> <a href="http://www.cranstoun.org">www.cranstoun.org</a></p>
<p><b>Youth Support Service</b> Support and information for young people about drug issues. One-to-one and group support offered. Contact Brendon Miller. Tel: mobile 07747765397</p>
<p><b><i>Employment, Training and Education</i></b></p>
<p><b>Banbury Adult Skills Enterprise (BASE)</b> 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: <a href="mailto:community@sunshinecentre.org">community@sunshinecentre.org</a></p>
<p><b>BASICS</b> Workshops covering the essential information needed for working in many areas of mental health. Tel: 01865 728981 email: <a href="mailto:training@oxford-mentalhealth.org">training@oxford-mentalhealth.org</a></p>
<p><b>Bridewell Organic Gardens</b> Offers a range of land-based therapeutic activities Tel: 01993 868445 (office) email: <a href="mailto:info@bridewellorganicgardens.co.uk">info@bridewellorganicgardens.co.uk</a></p>
<p><b>Disability Employment Advisor</b> Job Centre Plus. Support and advice in returning to work for people with a range of disabilities. Contact Balbir Dhesi. Tel: 01295 455021</p>
<p><b>Job Centre Plus Incapacity Benefit Personal Advisor</b> Tel: 01295 455076 Contact Catherine Southam <a href="http://www.jobcentreplus.gov.uk">www.jobcentreplus.gov.uk</a></p>
<p><b>New Start Adult Guidance Service</b> Next Step Adviser. Advice on returning to work, including learning, job seeking, interview skills, CV's, retraining, voluntary work. Appointment only. Tel: 01295 265160 email: <a href="mailto:north.newstart@oxfordshire.gov.uk">north.newstart@oxfordshire.gov.uk</a></p>
<p><b>Oxford and Cherwell Valley College</b> Banbury campus for higher education. Tel: 01865 550550 email: <a href="mailto:enquiries@ocvc.ac.uk">enquiries@ocvc.ac.uk</a> <a href="http://www.ocvc.ac.uk">www.ocvc.ac.uk</a></p>
<p><b>Oxfordshire Employment Service</b> Support people with a long-term health issues or disability to find and keep paid employment. Tel: 01865 791 606 email: <a href="mailto:oes@oxfordshire.gov.uk">oes@oxfordshire.gov.uk</a></p>
<p><b>Restore: LEaP</b> The service supports people with mental health problems to enter work (paid or voluntary), start a business, or undertake work placements and courses. Tel: 01295 276345 email: <a href="mailto:leap@restore.org.uk">leap@restore.org.uk</a> <a href="http://www.restore.org.uk">www.restore.org.uk</a></p>
<p><b><i>Exercise and fitness</i></b></p>
<p><b>Exercise on Referral</b> for certain physical, mental and emotional issues. Check with your own GP to see if you qualify for the scheme.</p>

## Mental Health Information for Banbury Area 2008

<p><b>Green Gym</b> Improving health and fitness through nature conservation activities. Tel: 01296 330033 email: <a href="mailto:thamesandchilterns@btcv.org.uk">thamesandchilterns@btcv.org.uk</a> <a href="http://www.btcv.org.uk/greengym">www.btcv.org.uk/greengym</a></p>
<p><b>Health Walks</b> Short local walks for people of all abilities, led by group leaders. A free, easy and beneficial activity. Tel: 01295 221628 email: <a href="mailto:wendy.kingsbeer@cherwell-dc.gov.uk">wendy.kingsbeer@cherwell-dc.gov.uk</a></p>
<p><b>Spiceball Park Leisure Centre</b> Offers a range of fitness and fun activities. Tel: 01295 257522 <a href="http://www.leisure-centre.com">www.leisure-centre.com</a></p>
<p><b><i>Housing and Homelessness Services</i></b></p>
<p><b>BYHP (Supporting Young People in Housing Need)</b> Drop in group for young people in need of support. Drops Ins held daily please phone for further information Tel: 01295 259442 email: <a href="mailto:byhp@freeuk.com">byhp@freeuk.com</a> <a href="http://www.byhp.org.uk">www.byhp.org.uk</a></p>
<p><b>Bromford Housing</b> - Cherwell Floating Support Service for people with mental health needs. Tel: 01869 247073 <a href="http://www.bromford.co.uk">www.bromford.co.uk</a></p>
<p><b>Charter Community Housing</b> General needs housing. Nominations through Cherwell District Council. Tel: 01295 816300 or 0845 0092500 email: <a href="mailto:charter.info@sanctuary-housing.co.uk">charter.info@sanctuary-housing.co.uk</a></p>
<p><b>Cherwell District Council</b> For information on small repairs and housing grants. Tel: 01295 221809 e-mail: <a href="mailto:housing@cherwell-dc.gov.uk">housing@cherwell-dc.gov.uk</a></p>
<p><b>Connection Floating Support Team</b> Support vulnerable people with mental health problems and substance misuse issues to maintain housing. Tel: 01295 701880 email: <a href="mailto:cn-banbury@btconnect.com">cn-banbury@btconnect.com</a> <a href="http://www.connectionfs.org">www.connectionfs.org</a></p>
<p><b>Foyer Project</b> Supported housing for young people aged 16-25 years. Access via referral through Cherwell District Council. Tel: 01295 270075 email: <a href="mailto:ceridwen.deane@sanctuary-housing.co.uk">ceridwen.deane@sanctuary-housing.co.uk</a></p>
<p><b>Gateway Project</b> Supported housing for young families. No direct referrals. Tel: 01295 263174</p>
<p><b>Julian Housing Project</b> Direct access, emergency accommodation and resettlement support. Tel: 01865 304600 email: <a href="mailto:info@julianhousing.org.uk">info@julianhousing.org.uk</a></p>
<p><b>Oxford Night Shelter</b> Direct access, emergency accommodation and resettlement support. Tel: 01865 304600 email: <a href="mailto:info@oxfordnightshelter.org.uk">info@oxfordnightshelter.org.uk</a> <a href="http://www.oxfordnightshelter.org.uk">www.oxfordnightshelter.org.uk</a></p>
<p><b>Oxfordshire Mind Housing</b> Supported accommodation for people with mental health problems. Tel: 01865 723359 email: <a href="mailto:john.white@oxfordshire-mind.org.uk">john.white@oxfordshire-mind.org.uk</a></p>
<p><b>Stonham Housing</b> Witney Short Stay Project supported housing for people with mental health problems. Tel: 01993 775550</p>
<p><b><i>Psychiatric Hospitals and Day Hospitals</i></b></p>
<p><b>The Elms Centre</b>, Banbury OX16 9AL. . Referral via GP. Day Hospital, Community Mental Health Team Tel: 01295 819022 Out of hours 01295 819058 <a href="http://www.obmh.nhs.uk">www.obmh.nhs.uk</a></p>
<p><b>Littlemore Mental Health Centre</b>, Oxford OX4 4XN. Psychiatric Hospital. Tel: 01865 778911 <a href="http://www.obmh.nhs.uk">www.obmh.nhs.uk</a></p>

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<p><b>The Fiennes Centre</b>, Banbury OX16 9BF Day Centre for adults over 65 years. 01295 229301 <a href="http://www.obmh.nhs.uk">www.obmh.nhs.uk</a></p> <p><b>Warneford Hospital</b>, Oxford OX3 7JX. Psychiatric Hospital and Day Hospital. Tel: 01865 778911 <a href="http://www.obmh.nhs.uk">www.obmh.nhs.uk</a></p> <p><b>Fulbrook Centre</b>, Oxford OX3 7LE. Inpatient service for adults over 65 years. Tel: 01865 223800 <a href="http://www.obmh.nhs.uk">www.obmh.nhs.uk</a></p>
<b>Older People</b>
<p><b>Age Concern Oxfordshire</b> Befriending, information and advice, day care etc. Tel: 01295 278040 email: <a href="mailto:admin@ageconcernoxon.org.uk">admin@ageconcernoxon.org.uk</a></p> <p><b>The Place</b> 5 White Lion Walk, Banbury OX16 5UD. Open 10am-2.00pm Monday to Friday</p> <p><b>Banbury Evergreen Chinese Community</b> Recreational activities and friendship, reducing isolation. Monday to Friday 11am-5pm. Tel: 07828100813 email: <a href="mailto:beccbanbury@hotmail.co.uk">beccbanbury@hotmail.co.uk</a></p> <p><b>Highlands Day Centre</b> Social stimulation for the elderly and socially isolated. Home-cooked meals. Tel: 01608 643320</p> <p><b>Oxfordshire County Council</b> Guide to Services for Older People. Tel: 01865 792422 email: <a href="mailto:scs@oxfordshire.gov.uk">scs@oxfordshire.gov.uk</a> <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a></p> <p><b>Seniors Directory</b> 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 <a href="http://www.cherwell-dc.gov.uk">www.cherwell-dc.gov.uk</a></p> <p><b>WRVS Cornhill Centre</b> Helps older people stay more active in their communities through a range of activities and services. Castle Street, Banbury. Tel: 01295 264214 email: <a href="mailto:Elizabeth.reed@wrvs.org.uk">Elizabeth.reed@wrvs.org.uk</a></p>
<b>Young People</b>
<p><b>Connexions</b> 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: 01865 815144 email: <a href="mailto:askconnexions@oxfordshire.gov.uk">askconnexions@oxfordshire.gov.uk</a></p> <p><b>Face 2 Face</b> Youth Counselling Service one-to-one counselling (free &amp; confidential) for 9 to 25 year olds. Tel: 01993 892420 (Enquiries) email: <a href="mailto:face2face@oxfordshire.gov.uk">face2face@oxfordshire.gov.uk</a></p> <p><b>Get Connected</b> Helpline and email contact for young people with any kind of problem. Tel: 0808 808 4994 <a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a></p> <p><b>Oxfordshire Early Intervention Service</b> focuses on the early detection, rapid assessment and treatment of first episodes of psychosis in 14-35 year olds in Oxfordshire, emphasising family work and support for carers. Tel: 01865 226607 email: <a href="mailto:oeis@obmh.nhs.uk">oeis@obmh.nhs.uk</a></p> <p><b>Oxfordshire's Youth Support Service</b> For details of youth centres and useful information for young people aged 13-19 years. <a href="http://www.spired.com">www.spired.com</a> Banbury Youth Centre: 01295 264665 email: <a href="mailto:Mike.Beal@oxfordshire.gov.uk">Mike.Beal@oxfordshire.gov.uk</a> Bridge Bar: 01295 273008 email: <a href="mailto:Karyn.Workman@oxfordshire.gov.uk">Karyn.Workman@oxfordshire.gov.uk</a> Sexual Health Worker, Janet Cullimore email: <a href="mailto:Janet.Cullimore@oxfordshire.gov.uk">Janet.Cullimore@oxfordshire.gov.uk</a></p> <p><i>Detached Youth Work Project:</i> 01295 278077 email: <a href="mailto:Owen.Pinnock@oxfordshire.gov.uk">Owen.Pinnock@oxfordshire.gov.uk</a></p>

## Mental Health Information for Banbury Area 2008

<b>"Way Out" Project</b> Gay and Lesbian social youth group. Tel: 01865 243389 email: <a href="mailto:wayout@tht.org.uk">wayout@tht.org.uk</a>
<b>What About Me?</b> Supporting young people when families break up – aged 6 years upwards. Tel: 01865 741781
<b>Young Carers' Project</b> Outreach to young carers. Tel: 01295 264545 email: <a href="mailto:veronica@ccnwoxon.org.uk">veronica@ccnwoxon.org.uk</a>
<b>Young People and Self-Harm</b> Information resource for young people who self harm, their friends and families and for professionals working with them. <a href="http://www.selfharm.org.uk">www.selfharm.org.uk</a>
<b>Youth Mentoring Service</b> 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: <a href="mailto:Charlie.Holmes@oxfordshire.gov.uk">Charlie.Holmes@oxfordshire.gov.uk</a>