



**NHS**

Oxford Health  
NHS Foundation Trust


# Cost of Living

Local and national support for you,  
your family, friends and loved ones



*We know that the current economic climate is causing concern for many of us and may be impacting our day to day lives. Money problems can be a real worry, but we don't need to go through it alone. As well as support available via OHFT and our partnership providers, there are many organisations who can help, not only with making ends meet today, but also in the longer term.*

*You can also use this brochure to help any patients, service users and carers*

**We care, we are with you,  
can make a difference** 

  
We are  
**compassionate  
and inclusive**

  
We are  
**recognised  
and rewarded**

  
We each have  
**a voice that  
counts**

  
We are  
**safe and  
healthy**

  
We are  
**always  
learning**

  
We work  
**flexibly**

  
We are  
**a team**



**Caring , safe, excellent**

**If you are in a crisis and urgently need food or money.**

Source of support	How to make contact
<p><b>Citizens Advice Bureau</b> for general advice and support, and urgent access to emergency food referrals</p>	<p>For <b>Oxfordshire</b>: <b>0808 2787909</b> or <a href="#">Email Us - Citizens Advice Oxford</a></p> <p>For <b>Buckinghamshire</b>: <b>0808 2787938</b> or <a href="#">Email Us Form - Citizens Advice Buckinghamshire (citizensadvicebucks.org.uk)</a></p> <p>For <b>Wiltshire</b>: <b>0800 144 8848</b> or <a href="#">citizensadvicewiltshire.org.uk</a> (email link halfway down the homepage)</p> <p>Alternatively, the <b>national Citizens Advice Bureau helpline</b> will help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.</p> <p>The number for the national <b>Help through Hardship</b> line is <b>0808 208 2138</b>. They work closely with the Trussell Trust.</p>
<p><b>Trussell Trust</b> A national network of foodbanks  referrals are needed</p>	<p><a href="#">Find a Food Bank - The Trussell Trust</a></p> <p>Your local food bank will be able to tell you which referral agencies they work with in your area and how you can get a voucher. The phone number is the same as the national <b>CAB Help Through Hardship</b> line: <b>0808 208 2138</b></p>



## Extra Support Available in Oxfordshire

Source of support	How to make contact
<p><b>Oxford City</b>  <a href="#">Free and Low Cost Food in Oxford</a>  <a href="#">Free and Low Cost Food in Oxford - Oxford City Council</a></p>	<p>A list of locations and contact details of Community Fridges and Community Larders providing <b>free food (no referral needed)</b> in Oxford City</p>
<p><b>Cherwell Larder</b>  <a href="https://www.facebook.com/groups/cherwelllarder">https://www.facebook.com/groups/cherwelllarder</a>  <a href="#">Cherwell Larder - Cherwell Collective</a>                      Exeter Hall, Kidlington, OX5 1AB</p>	<p>Community Food Larder - <b>Open to all, with no fixed cost</b> - a donation, paying what you can (no minimum) to help with costs no need for a formal referral or means-testing to access services.</p> <p>Thursday, Friday and Saturday 11 - 2pm. Fresh veg &amp; bakery items as well as other items &amp; a cafe on site, taking small donations for hot drinks and food.</p> <p><b>Just fill in a simple form online to sign up.</b> <a href="#">Cherwell Larder Sign up (google.com)</a></p>
<p><b>Abingdon Community Fridge</b>  <a href="http://www.facebook.com/abingdoncommunityfridge">http://www.facebook.com/abingdoncommunityfridge</a>                      Hadland Road Community Centre, OX14 3YH</p>	<p><b>No referrals needed</b>, open Mon 5pm – 5.30pm, Thurs 1pm – 2pm and Sat 10.30am-11.30am</p>
<p><b>Banbury Madni Mosque</b>  <a href="#">Visit the Facebook Group for more information</a></p>	<p>Community fridge from which anyone can take food. <b>Open 7 days a week from dawn till dusk.</b> The food would be sent to a landfill if not distributed, so everyone is entitled to it. <b>No voucher needed.</b></p>



Source of support	How to make contact
<p><b>Didcot Community Kitchen</b> <a href="#">Visit the Facebook Group Here</a></p> <p>King Alfred Drive Community Centre, 2 King Alfred Drive, Didcot, UK, Didcot, OX11 7N</p>	<p>Open to all Fridays 12:00-3pm providing a cooked lunch</p>
<p><b>Sustainable Wantage/The Mix Community Fridge</b> <a href="#">Visit the Facebook Group Here</a></p>	<p>Thursdays 4-5pm Community Fridge food is available at Cornerstone Cafe in Grove (10 Savile Way, Grove, Wantage OX12 0PT). On Fridays 2.30-4.30pm Community Fridge food will be available alongside Wantage Commu- nity Larder (at the Beacon, Portway, Wantage, OX12 9BX</p>
<p><b>Sharing Life Trust Thame Food Bank</b></p> <p>Station Yard, Thame, UK, Thame, OX9 3UH Call 0300 201 0212 or 07541 299010</p>	<p><b>Accepts self referrals</b>, open Mon-Fri cover- ing Thame including Chinnor, Watlington, Chalgrove, Stadhampton, the Milton's, Wheatley, Long Crendon and Haddenham.</p>
<p><b>Bicester Community Fridge</b> <a href="http://www.facebook.com/bicesterfridge">http://www.facebook.com/bicesterfridge</a></p> <p>Bicester Community Support Service, Launton Road, Bicester, OX26 6DJ</p>	<p>Open Mon- Fri 0930 – 1530, Sat's 10am- 2pm. <b>Anyone can collect from fridge</b></p>
<p><b>Witney Food Revolution (Community Fridge)</b> <a href="#">Visit the Facebook Group Here</a></p>	<p>Open Tues, Thurs &amp; Sat 10am – 12pm: Open to all</p> <p>The Amos Room, Wesley Centre, 40 High Street, Witney, OX28 6HG, UK, Witney, OX28 6HG</p>



**Extra Support Available in Buckinghamshire**

Source of support and contact	Summary of what they offer
<p><b>Lindengate - Wendover</b> <a href="https://www.lindengate.org.uk/programmes">https://www.lindengate.org.uk/programmes</a></p>	<p>Register for Lindengate’s Kitchen Garden Programme, to take part in activities such as growing vegetables, foraging and cooking</p>
<p><b>All Together Community Fridge – Chalfont St Giles</b> <a href="http://www.alltogethercommunity.com">www.alltogethercommunity.com</a></p>	<p>Helping to reduce the amount of food sent to landfill, and re-distributing it within the community</p>
<p><b>Aylesbury Vineyard Storehouse Food Bank</b> <a href="http://www.aylesburyvineyard.church/storehouse">www.aylesburyvineyard.church/storehouse</a></p>	<p>Storehouse Food Bank is currently open to clients on Tuesdays and Saturdays – 10am-12pm <b>for the collection of pre-assembled food bags and boxes</b></p>
<p><b>Big Community Takeaway – various sites</b> <a href="http://www.bigcommunitytakeaway.org.uk">www.bigcommunitytakeaway.org.uk</a></p>	<p>For those who need a hot, <b>freshly cooked, two-course meal (criteria applies)</b></p>
<p><b>Chesham Community Fridge</b> <a href="http://www.kingschurchchesham.co.uk/community-fridge-chesham">www.kingschurchchesham.co.uk/community-fridge-chesham</a></p>	<p>Anyone, <b>regardless of income</b>, is welcome to come and take away food that would otherwise go to waste. <b>No referral or voucher</b> needed and the food is free. Open Wednesday and Saturday mornings in the yard behind Broadway Baptist Church, Chesham</p>
<p><b>FoodCycle Aylesbury</b> <a href="http://www.foodcycle.org.uk/location/foodcycle-aylesbury">www.foodcycle.org.uk/location/foodcycle-aylesbury</a></p>	<p>Anyone can attend as a guest and enjoy a hot meal for free. Family friendly and accessible. Tuesdays at 6pm</p>



**Extra Support Available in Buckinghamshire**

Source of support and contact	Summary of what they offer
<p><b>One Can Trust - referral needed</b>  <a href="http://www.onecantrust.org.uk/about/what-we-do">www.onecantrust.org.uk/about/what-we-do</a></p>	<p>Working with local organisations, including Buckinghamshire Council, housing associations and the Department for Work and Pensions, to provide <b>weekly food parcels</b> to those who need help. Emergency parcel may be issued by exception</p>
<p><b>Restore Hope</b>  <a href="http://www.restorehopelatimer.org/foodlife">www.restorehopelatimer.org/foodlife</a></p>	<p>Restore Hope can provide <b>3 different types of food boxes</b>. They also have a community market garden, as well as running FoodLife courses</p>
<p><b>Community Larder - SOFEA</b>  <a href="http://www.sofea.uk.com/purpose-projects/community-larder">www.sofea.uk.com/purpose-projects/community-larder</a></p>	<p>There are a number of community larders in the wider area. <b>They are open to everyone and they are not a food bank</b></p>
<p><b>Wing Helpers</b>  <a href="http://www.facebook.com/winghelpers">www.facebook.com/winghelpers</a></p>	<p>Swap, drop and collect food. <b>Open daily</b> 10am-4pm</p>
<p><b>Wycombe Community Friendly Fridge</b>  <a href="http://www.womensculturalarena.org.uk/food/">www.womensculturalarena.org.uk/food/</a></p>	<p>The fridge is able to offer fresh food to those in need. <b>Please bring your own bag or bags for 4 to 6 kg of provisions per guest</b>. Open every Thursday from 9:30AM - 12:30PM at Oakridge Baptist Church, High Wycombe, HP11 2PH</p>



**Extra Support Available in Wiltshire**

Source of support	How to make contact
<p><b>Bradford on Avon Community Fridge</b></p> <p>Call <b>01225 864240</b></p>	<p><b>Open to all</b>, Found on the side of St Margaret's Hall, nearest to the start of the Riverside Walk</p>
<p><u><a href="#">Community Fridge Devizes - Sustainable Devizes</a></u></p>	<p>Open every Friday 10.30am-12.30pm located in the Shambles indoor market.</p>
<p><b>Food Cycle Bath</b></p> <p>Walcot Methodist Chapel, Nelson Place, Bath, BA1 5DA</p>	<p><b>Free hot meal every Wednesday at 7pm</b> open to all including families</p>
<p><b>Food Cycle Swindon</b></p> <p>Pinetrees Community Centre, The Circle, Swindon SN2 1QR</p>	<p>Every <b>Thursday 6.30pm free meal</b></p>
<p><b>One Chippenham</b></p> <p><u><a href="#">Fighting Hunger with Food Waste - Home   Facebook</a></u></p>	<p>Contact via their <u><a href="#">Facebook page</a></u>, by email to <u><a href="mailto:fhwiltshire@gmail.com">fhwiltshire@gmail.com</a></u> or message on <b>07786 429407</b> to request a food parcel</p>
<p><b>Trowbridge Pantry</b></p> <p>Trowbridge Community Centre 91 Caernarvon Way Trowbridge Cardiff CF3 1RU</p>	<p>Friday 10-2pm For a <b>small weekly subscription of £5</b>, members of this pantry will be able to have access to food including fresh fruit and vegetables and store cupboard favourites that will often value £15-20 or more</p>
<p><b>Melksham</b></p> <p><u><a href="#">Melksham Free Dining - Bowerhill Village Hall</a></u></p>	<p>Providing a free meal once a month (12-4pm) and social activities visit their website for next occurrence</p>



## Support Available at OHFT

If you are in need of support and cannot find anything in this document that can help, please do not hesitate to get in touch with our wellbeing team at [Wellbeing@Oxfordhealth.nhs.uk](mailto:Wellbeing@Oxfordhealth.nhs.uk). We also encourage you to look into the services below available to all our NHS People.

### Intranet pages

The H&W Emotional Support pages list a wide range of support, free & confidential resources. Find them [here](#) or visit the homepage [here](#).

### Spiritual & Pastoral Care

The team offer a range of staff support. Chaplains are based at the Littlemore and Whiteleaf and regularly travel to the Warneford. For more information visit their pages online [here](#).

### Staff Mental Health & Wellbeing Hub

Free, fast and confidential support and guidance by care professionals for health and care staff  
Phone: 0800 145 6568  
You can find more [here](#).

### Employee Assistance Programme

Offers 24/7 advice and support. To access support any time of the day or night, 365 days a year.  
Call 0800 030 5182 and state:  
Username: Oxford Password: NHS  
You can find more [here](#).

### Bereavement Services

Our Wellbeing Matters pages have lots of guidance to help you find the services you need. Visit the homepage [here](#) or, you can find specific items below.

[OHFT Bereavement Support & Advice](#)

[OHFT Bereavement Leaflet](#)

### Further Support

Other trust support services are also available, if you require someone to speak with. Please do have a look at [TalkingSpace](#), [Healthy Minds](#) or The [Oxfordshire & Buckinghamshire MH Helpline](#) if you require support.

Managers and clinical leaders need support too - this could be regular or just a one-off chance to talk through a challenge you are facing, please contact us at the below inbox.

