

HENLEY ON THAMES

The Community Information Network

The Community Information Network exists to provide information on local support services, activities, money matters and social care. The Community Information Directory features a variety of activities, support, and opportunities in and around the Didcot, Henley and Wallingford area. This is a good place to find updates since social distancing, due to Covid-19.

Visit: <https://www.ageuk.org.uk/oxfordshire/our-services/community-information-network/>

If you scroll down and select Henley for more information.

Please contact:

Rachel Poole, Community and Activity Worker

Telephone: 07827 235 460

Email: rachelpoole@ageukoxfordshire.org.uk

Kate Hart, Community Network Worker

Telephone: 07827 235 403

Email: katehart@ageukoxfordshire.org.uk

If for any reason, if you cannot get through to Rachel or Kate, you can alternatively contact:

Community Information Network: 0345 450 1276

Helen: 01235 849 434

Email: network@ageukoxfordshire.org.uk.

Henley Over 60s Club

Over 60s Social Club located in Henley on Thames. A valued part of the local community providing a warm place for the over 60s to socialise. Offering a wide variety of activities and services such as foot-care and a hairdresser. Lunch available on Mon, Wed and Fri for £6.

Opening days/times-

Monday-Friday: 10am-4pm.

£18 a year

Venue: Market Place, Henley, RG9 2AA

Phone Manager: Sharon and Paula on 01491 574718 for further information

Guideposts

During this time of self-isolation, we need to find new ways to make connections with others. Our service is here to help you adjust and manage your self-isolation and continue to do the things you like to do, and stay in contact with family and friends.

Call 0800 048 7035 for free advice from our team. Lines are open 9am-5pm Monday-Friday.

Henley Citizens Advice

32 Market Place
Henley on Thames
RG9 2AH

Visit: <https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/contact-us/?serialnumber=101197>

At the moment, they are not offering face to face support due to COVID 19. However, the support continues over the phone and by email.

Their advice line is open Monday-Friday 9am-5pm.

Telephone: 0300 330904

Information

Age UK Oxfordshire

This link offers information on support and help in Oxfordshire, during the Covid-19 pandemic
<https://www.ageuk.org.uk/oxfordshire/about-us/news/coronavirus/>

Bereavement support for the over 60's

Late Spring

Late Spring is a network of support groups for anyone aged 60+ who has been bereaved. Sessions provide an opportunity to remember with others who understand and to remember that, during the pain, there is still life left to live.

Contact: 01235 849 434 for more information, about whether anything is available remotely currently.

Visit: <https://www.ageuk.org.uk/oxfordshire/our-services/late-spring/>

Carers support (3 groups normally in Henley)

We Care Too

Support network for carers is normally face to face. You will need to contact them to see whether they are able to offer remote support at this time of social distancing.

Phone Janet Heap : 074633 35535

Email j.k.heap@btinternet.com

Henley Carers Support Group

This is normally face to face. You will need to contact them to see whether they are able to offer remote support at this time of social distancing.

Organiser: Carers Oxfordshire

Phone Fiona Macpherson 07557 430873

Henley Rethink Friend and Family Empowerment Group

This is normally face to face. You will need to contact them to see whether they are able to offer remote support at this time of social distancing.

Phone Frank King on 07802 709290

Phone Rosamund Forbes (Coordinator) on 01865 904499

Phone Friends

Phone Friends is a free and confidential telephone befriending service for people over 50 who would benefit from a regular friendly chat. Any older person in Oxfordshire is eligible to use the Phone Friends service. It is for those who:

- Have little or no contact with others
- Rarely leave their home
- Are ill or disabled
- Have non-acute mental health needs

If you would like to know more about Phone Friends service or to make a referral, please contact:

Paula Donaldson on:

Telephone: 01295 278040

Email: pauladonaldson@ageukoxfordshire.org.uk

Visit: <https://www.ageuk.org.uk/oxfordshire/our-services/phone-friends/>

Henley Care

Henley Care are able to help you or someone you know with any caring needs you might need.

Visit: <https://www.henleycare.co.uk/about-us/>

Telephone: 01491 842 915