

## THAME

### **The Community Information Network**

The Community Information Network exists to provide information on local support services and activities, money matters and social care. The Community Information Directory features a variety of activities, support, and opportunities in and around the northern area of South Oxfordshire, and includes Berinsfield and Garsington, Chalgrove and Watlington, Thame, Chinnor and surrounding villages and hamlets.

**This is an ideal site to explore changes to services due to social distancing, during the Covid-19 pandemic.**

<http://www.ageuk.org.uk/oxfordshire/community-information-network/thame-watlington-and-wheatley/>

Rachel Poole, Community and Activity Worker

**Telephone:** 07827 235 460

**Email:** rachelpoole@ageukoxfordshire.org.uk

Kate Hart, Community Network and Activity Worker

**Telephone:** 07827 235 403

**Email:** katehart@ageukoxfordshire.org.uk

**If for any reason, you cannot get hold of Rachel or Kate, you can contact:**

Helen: **Telephone:** 01235 839434

Community Network: **Telephone:** 03454 501276

### **Thame (Sharing Life Trust)**

Registered charity offering counselling, transport, furniture exchange and support within the community. They have the following services available:

#### **The Good Neighbours Schemes**

Providing support for the elderly, disabled, or anyone who feels isolated within their community.

**Telephone:** 0800 531 6286

**Email:** info@thamegns.org

**Visit:** <https://www.thamegns.org/>

### **Toogle**

A website containing links and information about all the agencies providing free local support and help within the Thame area.

**During this Covid-19 Pandemic, there are two key contacts for support in Thame:**

**Love Thame Helpline:** 03300 221441 **Sharing Life Trust Foodbank:** 03002 010212

**Visit:** <http://www.toogle.org.uk/>

## Thame Community Bank

Thame Community Bank is a branch of Swan Credit Union and is a safe, ethical and affordable for local people to save and borrow money.

**Telephone:** 03030 300147

**Email:** enquiries@swancommunitybank.org.uk

**Visit:** <http://swancommunitybank.org.uk/>

## Thame Citizens Advice Bureau

Outreach surgery run by Thame CAB. The service provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.

**Telephone:** 0300 3309 042 (Monday-Friday 9am-5pm)

**Visit:** <https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/contact-us/?serialnumber=101205>

## Thame & District Day Centre

We are a local charity, caring for and supporting older people who can no longer, perhaps due to frailty or decreased mobility get out on their own and are socially isolated.

**Please contact them for any revised services they might be offering, during social distancing.**

**Telephone:** 01844 212080

**Email:** info@thameanddistrictdaycentre.co.uk

**Visit:** <http://www.thameanddistrictdaycentre.co.uk/home/>

## 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, those who:

- Have little or no contact with others
- Do not often 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:

**Telephone:** 01295 234 850

**Email:** phonefriends@ageukoxfordshire.org.uk

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

**Thames Homecare Service**

Providing a care service to either yourself or someone you know who needs some care support.

**Telephone:** 02088 407471

**Fax:** 08721 158906

**Email:** [enquiry@thameshomecare.co.uk](mailto:enquiry@thameshomecare.co.uk)

**Visit:** <http://thameshomecare.co.uk/>