

Useful local contacts

Oxfordshire CCG:
oxfordshireccg.nhs.uk

**Oxford University
Hospitals:**
ouh.nhs.uk

**Oxford Health NHS
Foundation Trust:**
oxfordhealth.nhs.uk

**Oxfordshire
County Council:**
[oxfordshire.gov.uk/
adultsocialcare](http://oxfordshire.gov.uk/adultsocialcare)

**Healthwatch
Oxfordshire:**
[healthwatchoxfordshire.
co.uk](http://healthwatchoxfordshire.co.uk)

Leaving hospital

If you are medically fit to leave hospital it's better for you to be at home to continue your recovery or maybe in nursing or residential care. There is local support to help you leave hospital as soon as you are well enough.

More advice at:

www.ouh.nhs.uk/patient-guide/inpatients/leaving-hospital.aspx

Age UK Oxfordshire

Age UK provides information, advice and support on a range of issues to help you stay independent, and offers activities and opportunities to help you live life to the full.

www.ageuk.org.uk/oxfordshire

or contact 0345 450 1276



Need to change a health appointment?

If you are unable to get to your appointment at your GP surgery or hospital please let them know as soon as possible so they can give someone else the chance to be seen.

If you miss appointments your treatment could be delayed.



Carers Oxfordshire

If you care for a loved one, relative or friend you can find support at Carers Oxfordshire – they offer free information and advice to unpaid carers.

www.carersoxfordshire.org.uk or contact
0345 050 7666

See the Live Well
Oxfordshire directory:
livewell.oxfordshire.gov.uk



Local support for homeless people

Luther Street GP Medical Centre in Oxford city centre provides healthcare services for homeless people. Contact 01865 901571

Homeless Oxfordshire:

www.homelessoxfordshire.uk

Connection Support:

www.connectionsupport.org.uk/oxfordshire

Crisis Skylight Oxford:

www.crisis.org.uk/get-help/oxford

Keep warm and well

Better Housing Better Health provides free impartial advice on lower energy bills, how to manage fuel bill debt and energy saving tips to save you money. www.bhbh.org.uk or contact 0800 107 0044

Carers Oxfordshire has advice on paying utility bills at: www.carersoxfordshire.org.uk/cms/content/help-paying-utility-bills



Better Housing
Better Health

Oxfordshire advice card

Your guide to services



Help us, help you

If you are ill or injured it is important to choose the right service to help you get the best and most appropriate treatment.

This pocket guide includes information on local health, support and advice services and online information.



Don't wait until you feel worse

Even if it's just a cough or cold, ask your pharmacist for advice before it gets more serious.

If you run out of prescribed medication, pharmacies might be able to provide emergency supplies.



Your GP practice

GP practices provide health services by appointment, including medical advice, examinations and prescriptions. GP practices treat some minor injuries and carry out blood tests, cervical screening and child health. Some offer evening and weekend appointments.

To find your local GP practice visit www.nhs.uk



NHS 111

If you have an urgent medical concern and need advice or medical treatment call 111 for free 24 hours a day, 7 days a week. A call-handler will help you choose the right NHS service and may be able to book you an appointment.



Minor injuries units (MIUs)

MIUs offer treatment for minor injuries like deep cuts, broken bones, severe sprains, eye injuries or minor head or sports injuries. There are MIUs at Abingdon, Witney and Henley community hospitals - no appointment needed.

Find your nearest MIU and opening hours at:
www.oxfordhealth.nhs.uk



Emotional health and wellbeing

Talking Space Plus for help with low mood or worry including stress of long term health conditions:

www.talkingspaceplus.org.uk

Children and Adolescent Mental Health Service:
01865 902515

Adult / older adult mental health services:
01865 901000

Oxford Safe Haven for adults in crisis ohftnhs.uk/osh

A&E/999

Only use Accident & Emergency if you have a serious, life threatening injury or illness, such as:

- loss of consciousness
- heavy bleeding
- severe chest pain or breathing difficulty
- serious burns, strokes or fits

Only call 999 for life threatening emergencies.

Find services with the phone app

It signposts you to local GPs, pharmacists, minor injuries units and the options for adult social care needs. Locations and opening times of services make it easier for you to get advice or treatment quickly.

Download the app at:

bit.ly/iphoneappchoosewell or
bit.ly/androidappchoosewell

