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Autumn Newsletter for West Oxfordshire Residents

Over State Pension age?

You could be entitled to **Pension Credit** and get the **Winter Fuel Payment.***

Check your eligibility for Pension Credit online.

Eligibility criteria apply
*or the equivalent in Scotland

Financial Support

Thousands are missing out on Pension credit, plus free financial guidance.

According to Citizens Advice, up to 7000 people in West Oxfordshire are eligible for Pension Credit, but have not applied. Pension Credit is worth, on average, £3,900 per year and unlocks additional support including:-

the Winter Fuel Payment, help with Council tax, NHS dental care, access to the Warm Home discount scheme and for those over 75, a free TV licence.

Apply online [here](#) or call the Pension Credit claim line: 0800 99 1234

In order to receive the Winter Fuel Payment for this winter (2024-25), you must claim Pension Credit by 21st December 2024. If you need support with your application, you can call our Resident Support Worker on 01993 861077

Talk Money Week (4th - 8th November) is the chance to tackle the stigma of money worries to help improve people's Financial Wellbeing. Did you know that the **Money and Pension Service (MaPS)**, who are sponsored by the DWP, can provide free and impartial money and pensions guidance.



MaPS have a range of guides and tools available to help you manage your money? To find out more go to www.moneyhelper.org.uk

Learn how to budget and manage money face to face at the **free CAP Money course** which is run over three sessions on 3rd, 10th and 17th of December 09:30 - 11:30 at the Methodist Church in Witney High Street. Refreshments provided. To register your interest, please contact katiegamble@caplifeskills.org



Safer Communities

The **16 days of Activism against Gender-based Violence** campaign runs from **25th Nov - 10th Dec**

Evidence shows that domestic abuse lasts on average 25% longer in rural areas. Get involved in the campaign, share messages, attend some training and ensure that information about support reaches as many people as possible.

Together let's make this abuse STOP. If you or someone you know is experiencing domestic abuse contact the **Oxfordshire Domestic Abuse Service** on 0800 731 0055. The National Domestic Abuse Helpline number is 0808 2000 247 (24hr)
A variety of **FREE domestic abuse related training opportunities** are available on the Oxfordshire Safeguarding Children's Board <https://training.oscb.org.uk/events-list>

Reducing the Risk domestic abuse charity will be hosting a range of activities during the 16 Days of Activism – follow their social media channels for details. They provide a range of support, especially for those at greatest risk but also training for professionals, volunteers and residents. They have recently launched their Friends programme. Further details can be found on their website – www.reducingtherisk.org.uk



Help Us Combat Rural Crime: Your Voice Matters!

If you live or work in a rural area and have views on crime in your community we need your help!

Rural communities often face unique challenges when it comes to crime, from theft and vandalism to poaching and trespassing. Understanding more about the experiences and priorities of those living and working in rural settings is essential to developing effective solutions.

Information gathered will be used by the Rural Crime Partnership to help shape future initiatives.

The survey is quick and easy to complete, taking just a few minutes of your time. Every response counts and contributes to a safer, more secure rural community. To take part visit <https://yourvoice.westoxon.gov.uk/en-GB/> and click on the Rural Crime Partnership.

Keeping Active

Move Together now extended to support Maternity services

If you are pregnant or postnatal, with higher risk factors & would like support to move more in a way that works for you, Move Together is here to help!

"Once I started moving, everything seemed to get better"



How can being active help you during pregnancy and beyond?

- Improves fitness, mood and sleep.
- Helps prevent unnecessary weight gain, reduces the chance of blood pressure problems and makes you less likely to develop gestational diabetes.
- Helps return to pre-pregnancy weight after childbirth, and improves tummy muscle and strength.

For more information click [here](#) or email the team at move.together@westoxon.gov.uk



YouMove extended to include an Early Years offer providing free and subsidised activities across West Oxfordshire for families who are supported by Homestart, families with 0–4 year-olds who are being supported by early help services, and families whose mother is on the Move Together maternity pathway.

Families facing financial barriers can enjoy a range of activities, specifically with parents, babies, and young children, in mind. There's the free Windrush Toddlers sessions in Witney, or Baby Movers and Toddler Soft Play in Carterton for just £1. Its quick and easy to sign up - click [here](#) or email the team at yomove@westoxon.gov.uk

Both Move Together and You Move are delivered by West Oxfordshire DC alongside Active Oxfordshire and have been funded by the NHS and OCC Public Health.



Mental Health and Young People

Self Harm to Self Care is brought to you by Oxfordshire Discovery College. This 5 week programme is for **parents, carers and professionals** who live with and/or support a young person between the ages of 4 -25 who is **self harming or at risk of self harm behaviours**. Together with facilitators who have both lived experience and learned expertise you **explore what sits behind self harming behaviours**, how to **support** the children and young people in our lives when they self harm, how to **manage risks** and what other, **healthier strategies** we could support them to use. The training starts on **6th November**. Click [here](#) for more info.

The Tellmi service has just been launched in Oxfordshire. Tellmi is **a digital peer support app** commissioned by Oxfordshire County Council for children aged 11-18 (up until their 19th birthday). The app works primarily through peer support whilst in the background being 100% pre-moderated with pre-emptive counsellor intervention. It includes 700+ mental health self-management tools accessible 24/7.

Tellmi can be downloaded from the Apple App Store and Google Play for Android. For more information about our approach to confidentiality, safeguarding or any other question please visit <https://www.tellmi.help/safeguarding>

Funding Opportunities

The Living Essentials Fund will support charitable organisations that are helping people with unaffordable essentials such as homelessness, food insecurity and warmth, as well as debt advice.



The following are examples of the types of activities they are looking to see in applications. However, they welcome applications for activities beyond these.

- Debt advice, benefit and practical advice, particularly around reducing energy or housing costs
- Drop-in centres, including thermally comfortable spaces, lunch clubs, social clubs and family support groups
- Practical advice on keeping homes a comfortable temperature (cool in summer or warm in winter)
- Food and meal distribution, clothing and accommodation

Closing date: Midday on Monday 4th November. For more info please click [here](#)

Westhive grant funding is making a positive difference - Farmability recently received Westhive crowd funding for their "Get Set Gagingwell" project. Watch this [video](#) to find out more about their journey. If you've got an idea for a project, are looking for funding and want to know more about Westhive contact Janine Sparrowhawk on 01993 861572 or email wodc.grants@westoxon.gov.uk



Free Webinars and Training

*Join the **Designing Services for Men in Mind webinar** on Tuesday 19th November from 1pm – 2pm to discuss how health and care services in Oxfordshire could be more inclusive and accessible for men. It is being run by Healthwatch Oxfordshire, Oxfordshire Men's Health Partnership and Oxford*

Community Champions to help mark men's health awareness month. For full details, including a Zoom joining link, click [here](#)

Various training opportunities for professionals and volunteers working in Oxfordshire including:-

- **Oxfordshire Mind's** Mental Health and Suicide Prevention training. To find out more about the courses, visit: oxfordshiremind.org.uk or contact trainingcourses@oxfordshiremind.org.uk
 - **NHS** are offering free access to their All Our Health bite sized eLearning sessions, covering a wide variety of public health topics such as financial wellbeing, inclusion health, smoking and tobacco, alcohol etc. You'll find signposting to trusted sources of helpful evidence, guidance and support. To find out more go to [All Our Health - elearning for healthcare](#)
 - **Turning Point** are offering a range training opportunities including alcohol and drug awareness sessions. For more info please contact andy.symons@turning-point.co.uk
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