

Good Neighbour scheme in Faringdon

Oxfordshire County Council is funding a project that helps local communities establish a Good Neighbour scheme. We are looking in to introducing one in Faringdon

Weight Watchers on the NHS

Slimming Club vouchers are now available through the White Horse and Fern Hill Medical Practices

Gentle exercise

Thursday, 1000-1100
Bowling Club, £2.50

Over 50s aerobics

Leisure Centre, Monday
1130-1215, £2.65

Health walks

Every Wednesday, 1030
from outside The Bell

Oxfordshire Mental Health Information

Contact: **01865 247788** Monday to Friday.
info@oxford-mentalhealth.org. www.omhi.org.uk

Sole Mates Foot care

01865 717615

Oxfordshire LINK

www.makesachange.org.uk

Seeks views of local people about health and social care services.

To have your say write to:

Oxfordshire Link, 18 Thorney Leys Business Park, Witney, OX28 4GE

Tel **01993 862855**

oxfordshirelink@makesachange.org.uk



Your voice on local health and social care

Extended surgery hours

**White Horse
Fernhill**

Alternate Saturdays, and some weekdays
0700 to 0800 Tue, Fri

Faringdon Health Centre

Volunteer Way Faringdon, SN7 7YU

White Horse Medical Practice
Tel: **01367 242388**
www.whmp.co.uk

Fernhill Medical Practice
Tel: **01367 242407**
www.fernhillpractice.co.uk



FARINGDON AREA PROJECT

Health and Social Care

October 2009

Faringdon Pharmacy London St.

Mon to Sat - 0700 to 2300
Sunday - 0900 to 1300

Attendance Allowance

If you are **over 65** and have a medical condition lasting at least 6 months you may be entitled to an attendance allowance.

You do not need to have a carer and can use the money as you see best.

Phone 0800 882200 for information

Drinking and drug advice

Thursdays 1030-1230
Private room in Gloucester Street
car park.
SMART Helpline
01865 403151

Help with health costs if you are on a low income

If you have difficulty in meeting your health costs and do not qualify for any other kind of help, you may be able to get help under the NHS low income scheme.



You may be eligible for help with the following:
NHS prescriptions
NHS dental treatment
Sight tests
Repayment of hospital travel costs...and more.

For information and forms **phone 0845 850 1166**

GP Out of hours

0845 345 8995

After 1800 weekdays,
and all weekend.

Citizens Advice Bureau

The CAB service is independent and provides free, confidential and impartial advice.

For legal, housing, benefit, or debt problems.
call Abingdon 01235 521894
or email: admin@abingdon.cabnet.org.uk

More information on health services in Faringdon in the Health section of
www.faringdon.org

Produced by

myPA Business Ltd www.faringdon.org Faringdon Area Project

Funded by

Oxfordshire LINK

Maternity services in Faringdon

Faringdon does not have ante natal classes in the town.

The PCT has stated that it is currently unable to provide education sessions in each individual area. The classes need 10 – 12 customers per session to be cost effective. They say there is a lack of appropriate venues here that may be used at weekends.

**Let us know what you think of this on the health pages of
www.faringdon.org**

Are you looking after someone, who is ill, frail or disabled?

South & Vale Carers Centre can help you with free & confidential advice, information, emotional & practical support and help with claiming allowances. Please call **01235 510212**. Weekdays 9 a.m. to 4 p.m.

Are your drugs doing the job or are they just cheap?

Sometimes generic drugs are being prescribed in place of branded drugs that are possibly more effective but more expensive. Some patients have been told that their branded prescription is being changed to a generic alternative. Discuss any changes with your doctor.

Outpatient appointments

To change your appointment at an Oxford hospital call **0845 330 8888**

Breast Cancer Screening

If you're over 50 you should be checked every three years. Arrange this through your doctor.

New services from your GP

- Dermatology checks
- DVT diagnostics
- Eye diagnoses
- Arrhythmia monitoring
- Ultrasound (later this year)

Hospital discharge letters to GPs

From April 2010, hospitals must send a discharge summary to a patient's GP **within 24 hours**.

999 calls

The emergency ambulance service covers a wide area, including Hampshire, where there is a village called FARRINGDON (spelled with two 'R's). If you have to call an ambulance to your home, tell them you're in Faringdon with one R, and make it clear that you are in SN7 or Oxfordshire

Make sure your house number is clearly visible for the ambulance driver

British Red Cross

Home care, equipment loan, transport
Tel: 01235 552 660

NHS Direct

0845 4647
for health advice anytime

Public Transport to Hospitals

Faringdon to Oxford

Number 66 to Oxford (Gloucester Green) departs Faringdon every hour.

Oxford to Nuffield & Churchill hospitals

Oxford Bus Company number 15, departs every 12 minutes from St. Aldates opposite the Town Hall in Oxford.

Oxford to John Radcliffe hospital

Stagecoach. 14,14A bus, departs every 30 minutes from outside Debenhams or Oxford Bus Company no 13,X13, departs every 10 minutes from St. Aldates opposite the Town Hall.

Car and Bus

The 700 service now runs, every 15 minutes, from Water Eaton Park & Ride (north of Oxford), to the John Radcliffe Hospital, then the Nuffield Orthopaedic, then Churchill Hospital.

Faringdon to Swindon

Number 66 to Swindon Bus Station every hour, sometimes half hourly

Swindon Bus Station to Great Western Hospital

Thamesdown Service 11, 16, 19, 20, 21, 46, 47, 47A, 48, 48A

Hospital Transport is available

for people without their own transport or unable to drive or use buses. There is a charge for this voluntary drivers scheme. Call **01235 765348** for details

There is a Non-Emergency Ambulance Transport Scheme

for patients with a disability or a genuine reason for being unable to travel by private or public transport. Call **0845 330 8888** for Oxford Hospitals and **01249 813604** for Swindon

Housing Benefits Surgery

Monthly at the Pump Rooms
Phone Jane Haynes:
01367 241162

Coffee morning

For advice and information, once or twice a month, mainly for older people.
Ask your GP for further details

FAP Health and Social Care Group

We're trying to improve health services in Faringdon, so tell us your views in the Health section of **www.faringdon.org**
If you would like to join the group contact Jane Haynes on **01367 241162**
jane.haynes@bordengate.co.uk