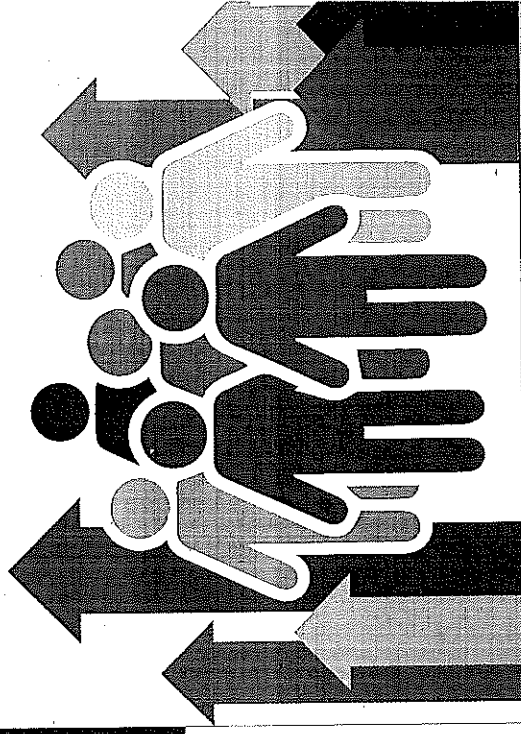


Community Link

Connecting you with
your community



**Your doctor isn't the
only person who can
help you feel better**



Last updated: November 2019

We know that being active, engaging with others, learning something new and getting involved in the world around you will improve your mental health and wellbeing.

Why don't you take the first step and get in touch?



The Community Information Network is part of the **Age UK Oxfordshire** family of services

www.ageuk.org.uk/oxfordshire

9 Napier Court, Barton Lane, Abingdon,
OX14 3YT

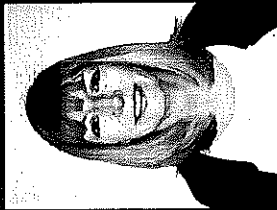
Age UK Oxfordshire is a registered charity (No. 1091529) and company limited by guarantee. Registered in England and Wales No. 4328143. Registered office: 9 Napier Court, Barton Lane, Abingdon OX14 3YT. Age UK Oxfordshire is an independent, autonomous organisation working with older people and their carers in Oxfordshire.

Funded by the
Banbury Primary Care Network and

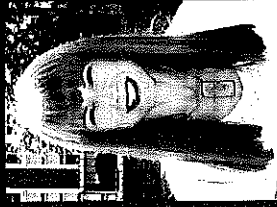


**Your
Community Link Workers**
work alongside GP's and other staff working at your local Practice. The Banbury PCN is pleased to introduce you to:

Jackie



Janine



Jackie and Janine will work with you to:

1. Discuss the problems you are facing
2. Explore what is important for you
3. Agree your goals
4. Find local activities and services
5. Help you access them

You can be referred to them by the following GP Surgeries:

- Banbury Cross Health Centre
- Hightown Surgery
- Horsefair Surgery
- Windrush Surgery
- Woodlands Surgery

Your Community Link Worker is provided by the **Community Information Network** and works with anyone aged 18+ within your local community. They can help to connect you to all the different services, support, activities and opportunities that exist locally.

Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist they can help you. Their aim is to work with you to **support you to live as independently as possible.**

What Services or Activities might I be able to access?

- Getting involved in local groups and activities and social afternoons
- Befriending, counselling and other support Groups
- Dealing with bereavement, retirement or new baby
- Housing, benefits and financial support and advice
- Help with transport or volunteering

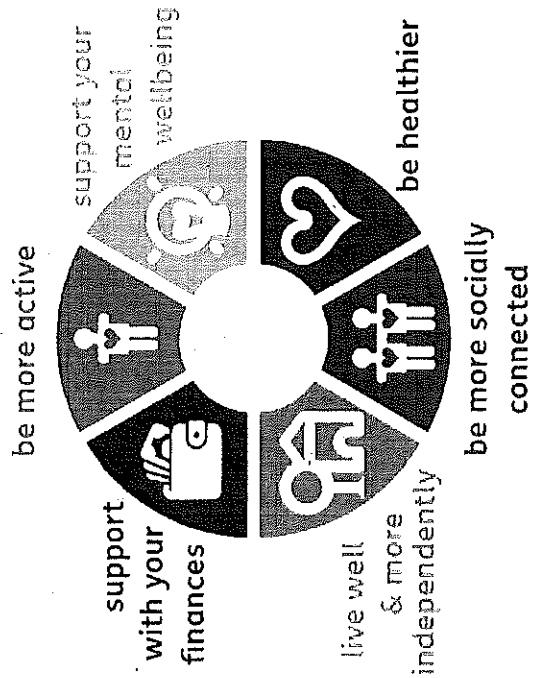
We will work hard to find the activity or support that works for you

The **Community Link Worker** is someone

- to talk to confidentially
- who is practical, helpful and who will not judge you
- who can help you decide what you'd like to do to improve your health, wellbeing and independence
- who can find you activities that will suit you
- who can give you support along the way.



How could this improve my health?



How can I use this service?

You have been given this leaflet following a conversation that you will have had with your GP, Practice Nurse or other Health Professional.

They feel that you could benefit from our help and this leaflet is designed to give you a little more information about what we do.



What happens next?

One of our **Community Link Workers** will contact you to say hello and arrange a visit, at a time and place convenient to you - this could be at the GP surgery or in your own home.

Your **Community Link Worker** will support you to identify what you would like help with and will help to find solutions and options that will make a difference for you.

You can also contact us yourself by:

Calling : 01235 849 445

or **Emailing:**

communitylinkbanbury@ageukoxfordshire.org.uk