

If you're on a low income, and are struggling to pay your bills, you can apply for a Council Tax Reduction by contacting our Council Tax team or head to our webpage:

- South Oxfordshire - www.southoxon.gov.uk/ctrs
- Vale of White Horse - www.whitehorsedc.gov.uk/ctrs

Free debt advice is available

- **National Debtline** on 0808 808 4000.
- **Citizens Advice Oxfordshire South and Vale** on 0808 278 7907.
- **Vale Community Impact** on 01235 765348.
- **Christians Against Poverty** on 0800 328 0006.

Health and wellbeing

Here are some useful contacts offering mental health and wellbeing support, advice and help:

- **Buckinghamshire and Oxfordshire Mental Health Helpline** is a 24/7 mental health helpline, the number for adults is 01865 904997 and for children and young people, the number is 01865 904998.
- **Connection Support** provides a tailored support and advice to adults and families in Oxfordshire. You can contact them on 01865 711267.
- **Samaritans** - if you're having a hard time, they can provide you with advice and support. Call them anytime on 116 123.
- **Mind - National Mental Health Charity**. Call their information line on 0300 123 3393.
- **CALM (Campaign Against Living Miserably)** is a charity that supports men under 45 years old with mental health issues. You can call them on 0800 58 58 58.

Staying active

Regular activities and exercise can help improve your mood and mental health. Visit our Active Communities page for details on activities we run and support:

- South Oxfordshire - www.southoxon.gov.uk/activecommunities
- Vale of White Horse - www.whitehorsedc.gov.uk/activecommunities

Move Together is a local scheme focused on helping you to move more and feel better if you have been affected by Covid-19. Head to www.getoxfordshireactive.org/move-together for more information or contact your local coordinator:

- South Oxfordshire: 07717 836750
- Vale of White Horse: 07717 714477

YouMove is a programme that provides free or low cost activities for families across Oxfordshire. If a child or children are in receipt of benefits related free school meals, the South and Vale Active Communities team have a fantastic range of activities for families enjoy together, including at weekends and school holidays. More information can be found on this website www.getoxfordshireactive.org/you-move

Sport England has some great tips and advice that can help you and your family stay active - www.sportengland.org/jointhemovement

If you need this leaflet in a different format, please contact our Community Hub team using the contact details above.

You can find out more information, guidance and support available on our Cost of Living help website by scanning one of our QR codes.



South Oxfordshire



Vale of White Horse

