



Feeling isolated or overwhelmed?

Struggling with feeling low or  
anxious?

Need help with finding your  
confidence or motivation?

We can help.

## Community Connect

We are the social prescribing service for Cherwell and West Oxfordshire. We can provide support over the telephone to:

- Help to manage **worries** and **wellbeing** at home
- Help with **money**, benefits and budgeting issues
- Signpost to **practical support** with food or medication collection
- Link people with **services** that can further support them



**0300 004 0401**



**[community.connect@nhs.net](mailto:community.connect@nhs.net)**