



Visit your local Health and Wellbeing Centre today

Experience the friendly and supportive atmosphere of a Health and Wellbeing Centre. Qualified staff offer a wide range of services designed to help keep you healthy and independent. How about quizzes, yoga, crafts and seated exercise? If you'd prefer something more relaxing, try hairdressing services, manicures, podiatry, relaxation or hand massage. Or maybe you'd just like a cuppa and a chat?

There really is something for everyone at your local Health and Wellbeing Centre!

Health and Wellbeing Centres can be found in Abingdon, Banbury, Bicester, Oxford, Didcot, Wallingford and Wantage.

For more information please call **0845 050 7666** or visit

www.oxfordshire.gov.uk/healthandwellbeingcentres



**OXFORDSHIRE
COUNTY COUNCIL**

Give your local Health and Wellbeing Centre a try



If you fancy making new friends over a cup of tea in a relaxed, friendly environment, then your local **Health and Wellbeing Centre** is the place for you.

The centres provide a place where people can receive care and support and have fun socialising, while feeling at home and retaining their independence. They support adults of all ages with physical disabilities, older frail adults, and people with dementia, mental health problems and learning disabilities, and services are tailored to a person's individual and cultural needs.

There are 7 centres around Oxfordshire, all supervised by qualified staff who are available throughout the day. The centres are community hubs where people can get social and health advice and information, and they offer an important respite break for carers.

Centres offer a range of services and activities helping people to stay healthy, independent and engaged. An ever-growing list of services that may be available at your local centre includes hairdressing, manicures, podiatry and therapies such as relaxation, hand massage and access to special baths with hoists. There are plenty of activities too, like quizzes, crafts, computer classes, health walks, bingo or even outings. Take part in as much or as little as you want.

Health and Wellbeing Centres operate across the county, usually Monday to Friday, with some open on Saturdays too. Hours and services will differ between centres.



What to expect at your centre

Your day at a centre could start with a welcome cuppa on arrival, then a morning of activities. Next, you could enjoy an informal cooked lunch, followed by a therapy treatment, or a computer course.

If you would like to try a centre, you can be referred by a health professional like your GP or district nurse, a care manager, your family or a friend. You can even refer yourself! All you have to do is call the Oxfordshire County Council's Social and Health Care number 0845 050 7666, or fill in an online self-assessment form:

www.oxfordshire.gov.uk/requestassessment

For more information see the websites:

www.supportfinder.oxfordshire.gov.uk

www.oxfordshire.gov.uk/healthandwellbeingcentres

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