



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



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