HEALTH, WELLBEING & WELFARE

Tysoe Based Activity

|  |  |  |  |
| --- | --- | --- | --- |
| **Organisation** | **Contact** |  |  |
| Tysoe Lunch Club | Marion Ascott  01295 680584 | Monthly lunch club for older residents. Please book ahead. | PAUSED DUE TO COVID.  Normally - Methodist Hall. First Friday of month at 12.30 pm |
| Dementia Friends Cafe | Paul & Heather  01295 688376 | Support & Social café for people living with dementia and their carers. | Every Friday  Tysoe Village Hall 10am – 12 noon |
| Tysoe Doctors | 01295 680220 | Kineton & Tysoe Surgery | Vale of the Red Horse Health Care Centre, Main Street, Tysoe |
| Tysoe Utility Trust | Secretary  Yvonne Dillon  01295 680567 | Trust which provides discretionary grants to qualifying persons living in Tysoe parish (3 yrs residency normally applies). | Christmas grant to those of state pension age.  Other grants available to individuals. |
| Food Bank | For info call Rev George Heighton 01295 680201 | Donate via box in Tysoe Methodist Porch or The Vicarage, Peacock Lane | St Edmund’s Church, Shipston, Saturdays 10am to 12 noon |  |
|  |  |  |  |

Tysoe Societies – get involved, keep active.

|  |  |
| --- | --- |
| **Organisation** | **Contact** |
| Women’s Institute | Christine Harrop 01295 780765 |
| Tysoe Bowls Club | Phil Short 01295 680732 |
| WOT2Grow Community Orchard | Liz Atkinson 01295 680045 |
| Village Hall Bookings | Jacqui Franklin 01295 680051 |
| Tysoe Tennis Club | Carol Spencer 0770 8412767 |
| Bridge Club | Jane Ridgway 01295 680262 |
| Tysoe United Football Club | Steve Allen 07808 633155 |
| Tysoe Social Club | Danny Dillon 01295 680627 |
| Bell Ringing | David Bell 01295 688466 |
|  |  |

Tysoe Exercise Classes & charged-for wellbeing services

|  |  |  |
| --- | --- | --- |
| **Organisation** | **Contact** | **Details** |
| Physiotherapist | Sarah Paterson 07947 028454 | Therapy Rooms, The Old Fire Station |
| Therapy Massage | Millie Ely 07791 777029 | Therapy Rooms, The Old Fire Station |
| Pediatrist | Kate Kirby 07843 154532 | Therapy Rooms, The Old Fire Station |
| Yoga | Jeanne 07896 242362 | Village Hall |
| Fitness Pilates | Alison Marcuse-Harris 07585 800727 |  |
| Exercise & Dance Keep Fit | Ann Peach 01295 680812 | Village Hall, Thursdays 13.30 – 11.30 |
| Personal Coaching | Jo Small 07946 440158 | 2 Windmill Way and Walking & Talking |
|  |  |  |

Services in the wider area

|  |  |  |
| --- | --- | --- |
| **Organisation** | **Contact Details** | **What is it?** |
| **TRANSPORT** |  |  |
| VASA  **Community Transport Service** | 01789 262889 | Transport to medical appointments. £3 admin fee and 45p/mile. Free transport for Covid jabs. Wheelchairs and mobility aids can be accommodated. |
| UBUS  **Community Transport** within South Warwickshire | 01789 264491 to register and book. No registration fee.  Weekdays only | Dial a ride minibus for all ages. Fares on the service are £4 single and £6 return. Concessionary bus passes are valid for travel. Wheelchairs and mobility aids accommodated. |
| Shipston Link  **Local volunteer bus** between Tysoe & Shipston. | Wednesday only  David Sewell 01295 680316 | Older Person’s and Disabled Person’s Bus Passes allow free travel; but for fare-paying passengers the single flat-rate fare is adult £2.00, child £1.00. |
| Bus Pass | 01926 410410 | Call Warwickshire CC for details and an application form. |
| **SERVICES FOR THE ELDERLEY** |  |  |
| **Age Concern**  Shipston & District | David 01608 664039 | Lunch Clubs in Shipston, summer outings, small grants scheme. |
| **Age UK**  Coventry & Warwickshire | 01926 458100 | Monday to Friday 10am – 4pm |
| Age UK  **Home support service** | 01788 552546 | Cleaning, shopping, social contact.NO PERSONAL CARE  £15 per hour (+55p per mile charge if going shopping etc) |
| AGE UK  **Befriending Service** | Amy Cleaver  01926 458113 | Telephone based befriending for those who are isolated. Regular contact. |
| **Silver Surfer Computer Lessons** | 0300 555 8171 | Free. Shipston Library, 12 Church St. Tuesday 2pm Booking essential |  |
| **Assistive Technologies**  **Stratford DC** | Ashley Trinder  01789 267575 x 4963 or  07976 205350 | Independent Living for the elderly and those with dementia |  |
| **CARING FOR OTHERS** |  |  |
| **Attendance Allowance** | To apply for forms  0800 730122 | Support for carers to apply for financial allowance |
| **Carers for carers group**  Kineton | 07947 893504 | Fourth Friday of each month: 10.30am-12 noon  Kineton Village Hall, Mill St., Kineton |
| **Stour Valley Carers Group** | Lizzie Feather 01608 686013 or 07976 612424 | 3rd Friday of each month 10.30am to 12.00 noon  Ellen Badger Hospital, Shipston |
| **Shakespeare Hospice** | 01789 266853 | Monday to Friday 10am – 4pm, Church Lane, Shottery |
| **Wheelchair Loan** | 01789 262889  01608 661845 | VASA supply chairs for a donation for loan of a wheelchair for up to one month.  Shipston Medical Centre have a limited number of wheelchairs for short-term loan to patients. |
| **Blue Badge – disabled parking** | 01926 410410 | Apply to Warwickshire County Council. |
|  |  |  |
| **Citizens Advice Bureau**  Shipston on Stour | 01789 200136 Book for Appointment | 1st and 3rd Monday each month 10am to 1pm. Appointment only. New Clark House, West St., Shipston |  |
| **Stratford District Council** | 01789 267575 | SDC |
| **Warwickshire County Council** | 01926 410410 | WCC |
| **Crime Prevention Information** | 01789260200 or  01789 260625 or  01926 412338 | Stratford District Crime Prevention Co-ordinators. |
|  |  |  |
| **Mobile Library WCC** | 01926 851031 | PAUSED DUE TO COVID. Possibly restarting end June |
| **Listening Books** | 01926 851031 | Shipston Library, 12 Church Street |

Specialist organisations

|  |  |  |
| --- | --- | --- |
| **Organisation** | **Contact** | **Details** |
| Safeline  **Sexual Abuse and Rape** | 0808 800 5008  Text 07860 027573 | Face to face and online counselling and advice. Supporting women, men and young people; those suffering and survivors. |
| Cruse  **Bereavement Support** | 07730 216700  (24 hour answerphone) | Counselling  South Warwickshire Branch |
| Warwickshire **Domestic Violence** Service | 0800 408 1552  (24 hour national helpline)  Or dial 999 (from a mobile press 55 for ‘silent solution’ – you will be asked questions that only require a yes or no answer) | Support for those who are being abused physically, emotionally or otherwise.  Helpline, safe house accommodation, advocacy and outreach support. |
| **Alzheimer’s society, Warks** | 01926 888899 |  |
| **Warwickshire Association for the Blind/Warwickshire Vision Support** | 01926 411331 |  |
| **Continence Advisory Service** | 01296 600800 (ask for continence dept) | Leamington Rehabilitation Hospital |
|  |  |  |