HEALTH, WELLBEING & WELFARE

Tysoe Supporting Tysoe

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| **Organisation** | **Contact** | **What is it?** | **Details** |
| Lunch Club | Marion Ascott 01295 680584 & Nicola Rexton 01295 680058 | Monthly lunch club for older residents. All welcome. Please book ahead. | 1st Friday of the month at 1.00 pm, Tysoe Village Hall |
| Dementia Friends Cafe | Paul & Heather Dowler01295 688376 | Support & Social Cafe for carers and their loved ones living with dementia. | Every Friday 10 am – 12 noonTysoe Village Hall |
| St Mary’s Coffee Morning | Rev. George Heighton01295 680201 | Free, everyone welcome – all ages get together. Includes ‘Stay and Play’ for tots and parents | 3rd Tuesday in the month,9 am - 12 noon |
| Doctors | 01295 680220 | Dr Raj Kanwar, Kineton & Tysoe Surgery | Vale of the Red Horse Health Care Centre, Main Street, Tysoe |
| Tysoe Utility Trust | Yvonne DillonSecretary01295 680567 | Trust which provides discretionary grants to Tysoe parish residents in need (7 years residency normally applies). | Christmas grants to those of state pension age. Other grants available to individuals in need. |
| Shipston Food Bank (covers Tysoe) | 01608 661210 &Rev. George Heighton01295 680201 | Emergency food bags available, no referral needed. Donate via box in St Mary’s Church, Tysoe | Collect from St Edmund’s Church, Shipston, Saturdays 10.30 am to 12 noon. Possible emergency delivery to Tysoe. |

Tysoe Societies – Get Involved, Keep Active

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| **Organisation** | **Contact Name** | **Contact Number** |
| Women’s Institute  | Christine Harrop  | 01295 780765 |
| Bowls Club | Phil Short  | 01295 680732 |
| ‘Craft and Laugh’ Group | Linda Johnson | 01295 680585 |
| Wildlife Group  | Rosemary Collier & Shirley Cherry  | 01295 680127 &01295 680793 |
| WOT2Grow Community Orchard | Liz Atkinson  | 01295 680045 |
| Tennis Club | Carol Spencer  | 07708 412767 |
| Bridge Club | Jane Ridgway  | 01295 680262 |
| Tysoe United Football Club | Steve Allen  | 07808 633155 |
| Social Club | Danny Dillon  | 01295 680627 |
| CCOTS Community Choir | Anna Harcourt | 07708 590107 |
| Tysoe Heritage Research Group | thrg.info@gmail.com |
| Bell Ringing | David Bell  | 01295 688466 |
| St Mary’s Church | Rev George Heighton  | 01295 680201 |
| Village Hall Bookings | Jacqui Franklin  | 07816 403798 |

Tysoe Exercise Classes & Charged-for Wellbeing Services

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| **Activity/Service** | **Contact** | **Venue** |
| Physiotherapist  | Sarah Paterson & Glynn Alderman 07947 028454 | Therapy Rooms, The Old Fire Station |
| Therapy Massage | Millie Ely 07791 777029 | Therapy Rooms, The Old Fire Station |
| Podiatrist | Kate Kirby 07843 154532 | Therapy Rooms, The Old Fire Station |
| Fitness Pilates | Alison Marcuse-Harris 07585 800727 | Village Hall – various classes |
| Yoga and Pilates  | Jeanne Corcos-Conisbee 07896 242362 | Village Hall Yoga Mon am/Pilates Wed am  |
| Seated Exercise & Dance  | Eileen Mann 01295 680921 | Village Hall, Thursdays 10.30 – 11.30 |
| Fitsteps Dance Exercise/Express Toning | Ian Parker 07730 955123 | Village Hall Thursdays Fitsteps 6.30pmToning 7.30pm |
| Personal Coaching  | Jo Small 07946 440158 | 2 Windmill Way  |

Services in the Wider Area

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| **Transport** | **Contact**  | **Details** |
| VASA Community Transport Service | 01789 262889 | Transport to medical appointments and social groups such as lunch clubs/dementia cafés. £3 admin fee and 45p/mile. Wheelchairs and mobility aids can be accommodated. |
| UBUS Community Transport within South Warwickshire | 01789 264491 to register and book.  | Dial a ride minibus for all ages. No registration fee. Weekdays only. Fares are £4 single and £6 return. Concessionary bus passes accepted. Wheelchairs and mobility aids accommodated. |
| Shipston Link Local volunteer bus between Tysoe & Shipston. | David Sewell 01295 680316 | Wednesday only. Older Person’s and Disabled Person’s Bus Passes allow free travel; Fare-paying passengers pay adult £2, child £1. |
| Bus Pass | 01926 410410  | Call Warwickshire CC for details and an application form. |
| Blue Badge – disabled parking | 01926 410410 | Call Warwickshire CC for details and an application form. |
| **Older Residents** | **Contact** | **Details** |
| Age Concern Shipston-0n-Stour & District | David Kennett 01608 664039  Christine Grant 01608 662771 Chris Cockell 01295 688233   | Lunch Clubs (Tuesdays/ Thursdays/Fridays) in Shipston, Outings (on Wednesdays 2-5pm), small grants scheme. |
| Age UK, Cov & Warwickshire | 02476 231999 | Support for all age-related issues and dementia. |
| Age UK, Home Support Service | 01788 552546/ 552548. | Help with cleaning, shopping, social contact. NO PERSONAL CARE, £15 per hour (+55p per mile charge for shopping etc)  |
| AGE UK, Befriending  | 02476 231999  | Telephone based befriending for isolated people aged 70+. |
| Assistive Technologies Stratford DC | 01789 260848  | Independent Living Aids for the elderly and those living with dementia |
| **Library** | **Contact** | **Details** |
| Mobile Library WCC | 01926 851031  | Every 4th Tues 2.00 - 2.45 Outside Tysoe Village Hall |
| Listening Books | 01926 851031 | Shipston Library, 12 Church Street, Shipston on Stour |
| **Caring** | **Contact** | **Details** |
| Warwickshire ‘Community Food Fleet’ | 01926 800915 or01789 842182 | Deliver hot lunches (‘Meals on Wheels’) to vulnerable residents in Tysoe 7 days a week. Costs £7 for 1 course or £8 for two courses. |
| Attendance Allowance | 0800 730122 | Financial allowance for those with care needs. Not a means tested benefit – available to all. |
| Carer’s Allowance | 0800 731 0297 | Financial allowance for carers. |
| Carers 4 Carers Group, Kineton | Gillian Grason Smith07947 893504 | Support for anyone who looks after a relative or friend who needs care. Fourth Friday of each month 10.30am - 12 noon. Kineton Village Hall, Mill Street, Kineton, CV35 OLB. Disabled access |
| **Caring Together Warwickshire** | 0800 197 5544 | Support for carers. |
| **Shipston Home Nursing**  | 01608 664850 | Hospice at home care that provides nursing and emotional support for terminally ill patients and their families. |
| Shakespeare Hospice, Church Lane, Shottery. | 01789 266852 | Support and palliative care for patients and their families living with a life limiting illness.  |
| VASA Wheelchair Loan | 01789 262889  | Supply wheelchairs for a suggested £20 donation for loan of up to one month. |
| Shopmobility Wheelchair Loan | **01789 414534** | Long term hire of wheelchairs, scooters and walking frames – deposit required. |

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| **Support & Advice** | **Contact**  | **Details** |
| Citizens Advice BureauSouth Warwickshire | 01789 200136Helpline 0808 250 5715 (Mon - Fri 9am - 5pm)Or 0800 995 6047 (Monday 5pm – 7pm) | Address: Elizabeth House, Church Street, Stratford -on-Avon CV37 6HX. Free, confidential, impartial and independent advice, including financial advice. |
| Warwickshire Local Welfare Scheme | 01926 359182 Mon - Thurs 9am to 5pmFri - 9am to 4.30pm. | Support to pay for food, energy and water for Warwickshire residents without enough resources. |
| Stratford District Council | Council Offices 01789 267575 | Local Tysoe Ward Councillor,Malcolm Littlewood 07514 951174 |
| Warwickshire County Council | Council Offices 01926 410410 | Local Kineton and Red Horse Councillor, Chris Mills07966 133607 |
| Crime Prevention Information | 01789 26757501827 71802 | Stratford District Crime Prevention Coordinators.Warwickshire Rural Watch |
| Police, Safer Neighbourhood Team | 01789 444670 | Shipston Branch  |

Specialist organisations

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| **Organisation** | **Contact** | **Details** |
| Cruse Bereavement Support | 02476 670714 or **0808 808 1677** | Counselling, South Warwickshire and Rugby Branch |
| Bereavement & Grief Café and Support Group | Dr Helen Guntonhelengunton1@gmail.com | Bereavement Café Mondays 2 -3.30pm at The Scout Hall, Park Piece, Kineton, CV35 0NTThey also run block courses for anyone who is bereaved, whether recently or dating back several years. Suitable for people of all faiths and beliefs Mondays 1:00-2:15pm  |
| Coventry and Warwickshire Mental Wellbeing Line  | 0800 616171 | Mental Health Support |
| Safeline Sexual Abuse and Rape Support | 0808 800 5008Text 07860 027573 | Face to face and online counselling and advice. Supporting women, men and young people; those suffering and survivors. |
| 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, Warwickshire’s Dementia Connect Service | 0333 150 3456  | A personalised support and advice service for anyone affected by dementia, including those worried about their memory, carers, and family members.  |
| Warwickshire Vision  | 01926 411331 | Support for those living with sight loss  |
| Continence Advisory Service | 01926 600818 – ask for continence dept) | Based at Leamington Rehabilitation Hospital |

**A copy of this document is available on the Tysoe Parish & Community Website tysoe.org.uk**

**If you have any amendments or additions to make to this document, please email parish.clerk@tysoe.org.uk**