

ROSE HILL ADVICE CENTRE...

... an independent charity,
grant-aided by Oxford City Council
& supported by Littlemore Parish Council.



We serve Rose Hill, Donnington & Littlemore, and offer free advice in confidence to all local residents looking for help sorting out benefits, debt, and housing issues.

Should the need arise, we will represent you in Courts of Law (for debt, rent arrears, eviction or mortgage repossession).

Find us: in the Rose Hill Community Centre, Carole's Way, off Ashhurst Way, Rose Hill, OX4 4HF.

Drop in sessions:

Monday 9:30am-12:30pm | Tuesday 2pm-4pm |
Wednesday 9:30am-12:30pm | Thursday 2pm-4pm

Appointment-only sessions:

Monday 2pm-4pm | Tuesday 9:30am-12:30pm |
Thursday 9:30am-12:30pm

You can also find us:

*online at rhdadvice.org

*email: admin@rhdadvice.org.

*freephone 0800 170 0156 or 01865 438 634

Monday to Thursday from 9.30am to 4.00pm.

Sarah Meziu, Manager

FOOD SUPPORT

see: www.oxford.gov.uk/info/20007/communities/1198/free_and_low_cost_food_in_oxford

There are many ways of accessing free and low cost food in Oxford. These include:

- * Community fridges and larders
- * Food banks
- * Community support groups

***Before visiting any listed below, please check for opening times as these are subject to change.*

* LOCAL COMMUNITY FRIDGES AND LARDERS

Leys Community Larder

Weds 3-5pm: Blackbird Leys Community Centre, OX4 6HW.

This is a food club: members have access to food, to a cafe, to reduced cost on some utilities, and to information about food.

Membership is: £10 to registration +£3.50/week direct debit for individuals, or £7.00/week for a family: you do not have to be on benefits to be a member. Individuals get up to 10 items of food plus free fruit/veg every week, and families up to 20 items of food plus free fruit/veg. **To register**, see www.sofea.uk.com.

Oxford Action Pantry, Templars' Square OX4 3XH:

www.mercyinaction.org.uk/action-pantry

This provides: peer support; healthy fresh food; food advice; sexual health advice; signposting to other services.

Costs: Action Pantry members pay a small weekly sub for membership. **Collection:** Members select and collect their food on a set day each week. Members must organise their own transport. We can provide delivery under exceptional circumstances.

Rose Hill Community Larder

at Rose Hill Community Centre, Carole's Way OX4 4HF:
Tuesdays 2.30-4pm

This is a community initiative with a mission to reduce food waste and make good food affordable. It's run by Magdalen College School and the charity SOFEA. **Cost:** (per month) £14 for a single/couple membership or £28 for a family. Each week, you can choose to take 10 or 20 grocery items respectively. Fresh fruit and vegetables are unlimited!

email: rosehillcommunitylarder@mcsoxford.org, see: <http://www.mcsoxford.org/about-us/partnerships/community-larder/>

Community Cupboard at Rose Hill Methodist Church

Food bank & outdoor cafe: Weds from 1.15-3.30pm. Anyone can pop in and have something to eat, share in conversation and get information about local services and groups that run in the area. There is also food available to take away for those who need it, based on a referral system that any of our volunteers on duty will be able to explain. Most of our the food we have available to take away comes from Oxford Food Hub and FareShare. We also supplement from our own stocks.

*FOOD BANKS

Services such as Oxford Food Bank and the Community Emergency Fund which has had an outlet in Littlemore since 2015 (see below), may be able to support you with food parcels. Please note they usually require a referral.

* COMMUNITY SUPPORT GROUPS

There are several groups in Littlemore which give out food parcels to those who want them. You can find them in the What's On Listings. If you are thinking about starting such a group, or adding food parcels to what you offer, please remember that all of the above agencies need to find food from the same sources.

OUR COMMUNITY EMERGENCY FOODBANK

www.cefoxford.co.uk



Supporting Littlemore since 2015. You can ask to be referred to us if your household is facing a shortage of essential, non-perishable food: please contact your doctor, one of the advice agencies, a community or housing worker, your children's school, a church minister, counsellor, or other professional person to refer you.

Following referral you will be able to collect a food parcel: its size will depend on your circumstances & household size. Please bring identification for yourself & anyone you are collecting for.

- Monday & Wednesday 12 noon to 2 pm: Barton Neighbourhood Centre: Underhill Circus, OX3 9LS
- Tuesday & Friday 12 noon to 2 pm: St Francis Church, Hollow Way; Headington, OX3 7JF
- **Thursday 10 am to 11:30 am: Littlemore Baptist Church: Edith Kempson House, Chapel Lane, Littlemore, OX4 4QB**

If you would like to consider helping CEF as a volunteer please email info@cefoxford.co.uk *Andrew Bevan*