

STAKEHOLDER NEWS

SEPTEMBER 2022

ISSUE 11

Regular update for our stakeholders on developments and key milestones from the You Matter team



Queen Elizabeth II

1952-2022



Last week, we received the news of the Queen's death at the age of 96. For many she was an inspirational leader, and her death brings to an end a significant reign that has touched our lives. We understand the Queen's death will have touched you and your team in different ways. For some her death may be a reminder of the fragility of life, for others her passing may be a reminder of family members or friends you have lost. For many of us we have never known anyone but the Queen reigning over us and her death may leave you with a sense of uncertainty about our future under the reign of our new King. As we step forwards together, we encourage you to take care of your own wellbeing and to draw on the support of your colleagues and team as we reflect on these events.

The You Matter team is available to support you through this time and beyond. Please reach out for support as and when you need it, now or in the future.

Did you know?

Over 650 staff members have contacted You Matter since February 2021 for Wellbeing and Mental Health Advice – it could not be easier to get in touch! See overleaf.

Date for your diary – September 19th Queen Elizabeth II's State Funeral:

Her late majesty Queen Elizabeth II's funeral will be held in Westminster Abbey before the interment ceremony at Windsor Castle.

Top tip:

Put together a pile of cosy blankets and jumpers on the sofa to use instead of putting the heating on/up. The cat will love this too!

Cost of Living Crisis – what services are there to support you through this?

With the cost of living crisis on the rise, we would like to urge anyone who is in need of support, whether this is financially or emotionally if you are feeling overwhelmed, to reach out.

Below is a list of services that you can access to receive support and advice.

If you live in Oxford City and would like to receive a Cost-of-Living Support leaflet, please email youmatter@oxfordhealth.nhs.uk with your address.

Help with food costs:

Oxford City: [Free and Low Cost Food in Oxford | Free and Low Cost Food in Oxford | Oxford City Council](#)

Buckinghamshire: [Support with food, bills and finances \(Helping Hand\) | Buckinghamshire Council](#)

Berkshire: [Support with the Cost of Living - West Berkshire Council](#)

Financial support:

Oxford City: [Home - Citizens Advice Oxford](#) 0808 278 7909

Buckinghamshire: [Get Advice - Citizens Advice Buckinghamshire \(citizensadvicebucks.org.uk\)](#) 0808 278 7938

Berkshire: [Citizens Advice West Berkshire – A local charity for people who live and work in West Berkshire](#) 0808 278 7994

We understand that the announcement of the bank holiday can be good news for some, but for others this poses financial worry. Whilst many places will be closed for the Queen's funeral, here are some free days out:

Buckinghamshire:

- Stowe National Trust on Sunday 18th September as part of Heritage Open Days.
- Discover Bucks Museum on Saturday 17th September. Aylesbury's outstanding automobiles: the Cubbit Car and 1920s Aylesbury. (Free collection and talk but other galleries chargeable).



Oxfordshire:

- North Leigh Roman Villa Mosaic, Witney Open on Saturday 17th & Sunday 18th September as part of Heritage Open Days.
- Abingdon Museum with archaeologist talks, on Saturday 17th September as part of Heritage Open Days.
- The Ashmolean, The Oxford University Museum of Natural History and The Pitt Rivers Museum are all free admission and do not require a booking.

Help for Carers:

With over 80,000 unpaid carers in Oxfordshire alone, the need for support has never been so great. If you are an unpaid carer, it is important to know what benefits you could be entitled to. It can be confusing to work out which benefits you could be entitled to. If you are a carer, see below for a list of benefits to look into.

- Household support grant
- Cold weather payment scheme
- Waterhelp
- NHS low-income scheme
- Costs of living payment
- Council tax reduction
- Warm home discount scheme

Remember: it is very easy to contact us to arrange an appointment for you or your team

Online Referral:

www.YouMatter-bob.nhs.uk

Email us:

YouMatter@oxfordhealth.nhs.uk

Phone us:

0800 145 6568
Monday to Friday
8am-4pm