UPDATE FROM YOUR ASHBURY22/05/2020

PARISH STREET COORDINATOR

**FOOD PARCELS**

If you have not yet registered for food aid parcels but are in immediate need or have registered but not received one please ring:

District Council Community Support 01235422600 (lines open 7 days a week)

If you have not yet registered for food aid parcels, are not in immediate need, and require them for the long term please ring either:

Government food aid registration

08000288327

(lines open 7 days a week)

Oxon County Council Shielding

01865897820

(lines open Mon/Fri 8.30am - 8pm Sat/Sun 9am - 5pm)

You will be required to give your NHS number so you can be checked for eligibility to receive food parcels. They are also able to fill out your application for you whilst you give the necessary details over the phone.

**To cancel food parcels:**

If you are receiving food parcels and no longer require them please let your street coordinator or Sally-Ann Spence know (01793710032) as there may be another resident in need. If there is no suitable recipient to be found we can cancel the deliveries for you.

**Video resources to help with home schooling:**

Bobby Seagull is providing mid-morning maths lessons that are being streamed at 10am every Monday, Wednesday and Friday mornings. See the link below for more information:

[www.dailyinfo.co.uk/events/231076/mid-morning-maths-with-bobby-seagull](https://www.dailyinfo.co.uk/events/231076/mid-morning-maths-with-bobby-seagull)

**WELL BEING**

London Drawing Group is running a selection of art workshops to allow you to be creative and experiment with different forms of art from your homes. Book your place on a workshop through the link below:

[www.eventbrite.co.uk/o/london-drawing-group-11407647443](https://www.eventbrite.co.uk/o/london-drawing-group-11407647443)

Each week the Oxfordshire Mindfulness Centre are uploading a free Mindfulness session which focus on a variety of things including one week looking at how to incorporate mindfulness in your everyday routine:

[www.oxfordmindfulness.org/](https://www.oxfordmindfulness.org/)

**Helping young people manage low mood and depression:**

University of Reading is launching a free course to help young people manage their mood during coronavirus lockdown. This practical course offers young people, parents and carers and teachers practical tools to help manage low mood now and into the future:

[www.futurelearn.com/courses/low-mood-during-covid-19/1](https://www.futurelearn.com/courses/low-mood-during-covid-19/1)