

Location

House 2 (formally Stepdown)
Slade site,
Horspath Driftway,
Oxford
OX3 7JH

Contact us

Jon or Aimee
Oxford City Learning Disability team
Knight's Court
21 between Towns Road
Oxford
OX4 3LX

Telephone: 01865 904555

Email: Your.Health@oxfordhealth.nhs.uk

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਅਸਨੇ ਆ ਸਾਰਿਓ ਪਾਠਿਕ ਆਖਿਆਂ ਅਥਵਾ ਆਕਾਰ ਆਖਿਆਂ ਪੈਠਿਓ, ਜੋ ਟੁਕਾ ਚਰੀਓ ਅਸਨੇ ਖੁਚੀ
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਆਕਾਰ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ سہولت کسی دوسری زبان میں یا کسی اور سہولت سے چاہئے تو براہ کرم ہم سے پوچھیں۔

Oxford Health NHS Foundation Trust
Trust Headquarters, Warneford Hospital
Warneford Lane
Headington
Oxford OX3 7JX

Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership

NHS

Oxford Health
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Learning disabilities services

'Your health'

A weekly drop in session for adults
with a learning disability.

Every Tuesday, 10AM - 4PM

Who are we?

We support adults with a range of learning disabilities (and the people who support them) in Oxfordshire to maintain good mental and physical health.

What can we do for you?

'Your health' is a weekly drop in session hosted by the learning disabilities services for adults with a learning disability. It gives access to health information, health signposting, weekly weigh-ins, 1:1 sessions for a more bespoke tailoring of needs and information on any other health matters.

For our service users, it could be the first point of contact for health information and access to other local services/groups through referral advice.

It is important to us this is an informal space for people who may be anxious or lack confidence in accessing healthcare.

The drop in sessions take place in House 2 at the Slade site.

What can you talk to us about?

- Health action plans
- Hospital passports
- Epilepsy passports
- Dental passports
- Weekly weigh-ins
- General health matters

What will you expect to see?

How to stay healthy

We have a range of posters and leaflets for you to take home and share with your friends/family and carers. This includes topics such as:

- Healthy eating
- Oral care
- Personal hygiene
- Diabetes
- Stop smoking
- Cancer awareness



Professional staff

All our staff are friendly trained professionals who are more than happy to answer any questions you may have relating to your health and wellbeing.

Wheelchair friendly

We are a wheelchair friendly service. Disabled parking is available for blue badge holders.

Keep it healthy

Healthy eating

Everybody knows how important it is to eat a healthy and well-balanced diet. We want to show you how easy that can be. We will be holding healthy meal preparation sessions with lots of advice and information on how to eat well to feel well.



Monthly workshops

Each month we will be hosting a workshop where our professionals will give advice and information on a range of health topics. If there is anything specific you would like to know, please get in touch and send your ideas to:

Your.Health@oxfordhealth.nhs.uk

It's time to focus on
what matters, you!