

# COVID-19 (Novel Coronavirus) Community Health Resources

## Give and Get Services

May 6, 2020

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### OXFORD

#### **Oxford County Community Support Services Network**

Support is available through Grocery Buddy Programs, Meal Delivery Programs, Wellness Checks, Care Giver Assistance, and more.

Call 1-888-866-7518

#### **United Way Oxford**

For information or to make a donation visit [www.unitedwayoxford.ca](http://www.unitedwayoxford.ca)

#### **Seniors' Centre Without Walls**

Ingersoll 50+ Activity Centre has piloted a free telephone-based seniors' activity program. This is ideal for those who are not able to leave home but wish to be part of a program that engages them socially, mentally and sometimes even physically.

We offer fun activities, educational and health & wellness information. You only need a telephone to listen and interact with speakers sharing interesting information.

Please register by phone or email:

Kim Bidwell, Program Co-ordinator  
Ingersoll 50+ Activity Centre  
519-485-3869  
[k.bidwell@ingersollseniors.com](mailto:k.bidwell@ingersollseniors.com)

#### **The Good Human Project**

Provides free delivery of groceries and other essentials such as medication to anyone in Woodstock who is disabled, a senior, or self-isolating or under quarantine. To volunteer or access services call or text: 647-546-2013

#### **Oxford County Community Health Center**

Help Your Community

Register online at <https://helpyourcommunity.ca/>

Southwestern Public Health

1-800-922-0096

[www.swpublichealth.ca](http://www.swpublichealth.ca)

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## **Cycles of Life – Community Outreach Table - Woodstock**

Sunday, Monday & Thursday from 1-3pm  
Imogene's side of Women's Employment Resource Centre, 426 Dundas St.

## **Cycles of Life – Community Outreach Table - Ingersoll**

Tuesday from 1-3pm  
Heritage Court (downtown gazebo)

## **ELGIN**

### **Caremongers of West Lorne and Surrounding Areas**

Find them on [Facebook](#)

### **West Elgin Community Health Center – I CAN HELP**

For volunteer sign up, please call 519-768-1715

### **Neighbourhood Helpline**

Friendly calling network, coordination of essentials deliveries or spiritual support.  
Please call 519-914-4219.

### **Community Help Connect Line**

City of St. Thomas  
519-631-6050 x8012  
<https://www.facebook.com/communityhelpconnectstthomas/>

## **PROVINCIAL GIVE/GET SUPPORT SYSTEM**

### **SPARK Ontario**

<https://www.sparkontario.ca/>

### **Ontario Community Support**

<https://www.ontariocommunitysupport.ca/>

### **Rural ON Institute**

<https://www.ruralontarioinstitute.ca/>

### **2-1-1 Ontario**

For information, support and referrals dial 2-1-1 or visit <https://211ontario.ca/>

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## **Rural Ontario Institute: Change Makers Initiative**

Youth between 18-29yrs that want to make a difference in their rural communities. Mobilize and tackle priority issues for your community!

<https://www.ruralontarioinstitute.ca/changemakers>

For official COVID-19 information visit: [www.swpublichealth.ca/covid-19](http://www.swpublichealth.ca/covid-19)