

COVID-19 (Novel Coronavirus) Community Health Resources

Give and Get Services

May 14, 2020

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

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

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/>

COVID-19 (Novel Coronavirus) Community Health Resources

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

United Way Elgin Middlesex

For information or to make a donation visit www.unitedwayem.ca/covid-19/

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/>

Southwestern Public Health

1-800-922-0096

www.swpublichealth.ca

COVID-19 (Novel Coronavirus) Community Health Resources

2-1-1 Ontario

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

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