

I.N.C.A.

There is evidence, anecdotal and from research, that young people want confidential, nonjudgmental advice about a variety of issues: Acne is a condition that affects self image and can cause depression, some research has shown that it can take up to four years to seek medical treatment. Teenage pregnancy, stress, bullying, depression and suicide, drugs and abuse of other substances are all familiar themes for articles in the professional and popular press.

I.N.C.A. – Individual, Nonjudgmental Confidential, Advice has been started at Burford Hospital to offer young people up to the age of 18yrs. help and support with any issue which may affect their health. We do not offer treatment but we can advise them and we can help with making appointments confidentially if they need to see a doctor or other specialist clinic. We are open on Tuesday evenings 8.00pm – 10.00pm and Saturday mornings 11.00am – 1.00pm. At each session there is a nurse, who is experienced in working with young people, to talk to individually and confidentially in private. We are also using the day hospital where refreshments and lots of information leaflets are available, the helper there is not a nurse but is available to chat to. She is not involved or told about the individual consultations but she too is confidential. I.N.C.A. is not just for people at school, it is for ANYONE living in or visiting the area, up to the age of 18. This is a pilot service, for 12 months, and we are grateful to have received financial support from Burford Town Council, Burford Garden Company, West Oxfordshire District Council and Oxfordshire Community Health Trust.

Jane Lambert RGN

Anchor – Working with older people

Would you like free assistance with repairs to your home?

ANCHOR STAYING PUT is a non-profit Home Improvement Agency, run in partnership with West Oxfordshire District Council, to help private owners and tenants, of any age, stay put in their own homes. This can include repairs, improvements, adaptations and home insulation.

Our advisory service is free, but a small technical fee is charged on the final cost of any works, which we arrange and supervise. This charge is often included in any grants obtained and for which you may be eligible. We also give confidential advice on the variety of Benefits and Allowances available to contribute to repair costs, and also other sources of finance.

Please contact us at Harvestway House, 28A High Street, Witney.
Telephone: (01993) 709524. Answerphone outside office hours.