

Age UK Oxfordshire's Magazine

EngAGE

The power of volunteering

Action against ageism

Linking you into your community



We are a local independent charity supporting older people across Oxfordshire to live life to the full.

Contents

- 4 The power of volunteering
- 6 Living well with Parkinson's
- 8 Assistive technology - supporting you at home
- 10 Tony's story
- 12 What is the digital switchover?
- 13 Linking you into your community
- 14 Action against ageism
- 16 Puzzles
- 18 How to spot a scam

Get in touch

Age UK Oxfordshire, 9 Napier Court,
Barton Lane, Abingdon, OX14 3YT

0345 450 1276

contactus@ageukoxfordshire.org.uk

www.ageuk.org.uk/oxfordshire



AgeUKOxfordshire



AgeUKOxfordshire



AgeUKOxon

For advertising enquiries please email

media@ageukoxfordshire.org.uk

Age UK Oxfordshire is a Company Limited by Guarantee no 4328143 and Registered Charity no 1091529. Registered in England and Wales.

This magazine is produced by Age UK Oxfordshire. All rights are reserved by the charity and no part of this publication may be reproduced in whole or in part without the written permission of the charity. Please note that the inclusion of named agencies, companies, products, services or publications does not constitute a recommendation or endorsement by Age UK Oxfordshire.

A very warm welcome from our CEO, Paul Ringer.



I hope, like me, you are feeling positive about the arrival of spring and the lighter, longer days it brings. For many of us it feels like a good time to connect more with the world around us, the outdoors and nature, and with other people, but I know that for some the longer days can increase feelings of loneliness. Please do read about our service, Community Links Oxfordshire, on [p13](#). Our fantastic Community Link Workers can support you to link into what, and who matters to you, however you might be feeling.

Front of mind this quarter is the issue of ageism as we continue to support the Age Without Limits campaign, striving to change the way we all think about ourselves, and others ageing and empower us all to grow older with confidence. It's astounding that while ageism is the most widespread form of discrimination in the UK, more than 40% of people have never thought about ageism before. In this issue you can learn more about ageism, its impact, and why it's so important that we all play a part in challenging it so that we become a fully inclusive society.

I'd also urge you to learn more about the digital switchover taking place between now and 2025 – see [p12](#). The UK's telephone network is being upgraded, and for most, switching over will be straightforward, but some people may need new equipment or support to make the changes.

Through anything that can be challenging for us, hope springs eternal. I wish you all warm and bright months ahead.

Very best wishes,
Paul.

Age UK Charity
Quality Standard



What's been happening?

Dementia education sessions

The education team from our dementia service, Dementia Oxfordshire, recently hosted an 'Understanding Dementia' session at Valerian Court Care Home in Didcot. These education sessions are designed to help people grasp a better understanding of what causes dementia, and how to manage the symptoms someone living with dementia will experience.



New funding

We were recently awarded funding from Lloyds Bank via the 'OLAF' fund for our Scams Prevention and Support Service. This will enable us to continue supporting local older people by providing group talks on scams prevention, and running 1:1 sessions for those who have been affected by scams.



Share Your Warmth

Huge thanks to everyone who donated to our Share Your Warmth campaign which raised £4925, enabling 1,970 friendly and motivational calls to be made by our volunteers to some of the most isolated and lonely older people in Oxfordshire.

More than just the match!

By all accounts our recent Homeshare social event at Oxford's riverside Victoria Arms was greatly enjoyed by all. These gatherings are an important opportunity for Householders, their friends & family and Sharers, to get together with others who have chosen the Homeshare way of living, share their experiences and make new friends.



An update on the Big Knit

Over the years we have taken part in the successful Big Knit fundraising campaign, which features small hats knitted by local people, appearing on top of innocent drink bottles. We are grateful for the continued support and eagerness to continue to knit, but we please ask for the knitting needles to be put down whilst we confirm the next campaign date. Keep an eye out on our social media and website for an update.



The power of volunteering

We are delighted that one of our Oxfordshire Age Friendly Creative Ambassadors, Margaret Simpson, was awarded an MBE in the New Years Honors List 2024 for services to volunteering. We caught up with Margaret to find out more about what volunteering means to her....

Tell us a bit about yourself and what attracted you to volunteering....

“My background is in education, I originally studied to be a Physical Education Teacher and I came to Oxford in 1980 for work. I found volunteering a great way to connect with my local community, providing a sense of purpose. It can help you through life’s ups and downs. I am lucky to have good health which enables me to be active and continue with all my volunteering roles which include; supporting Oxtalk talking newspaper for people with sight loss, being Chair of the Oxford 50+ Network, organising the very successful annual Oxford International Older Peoples’ Day event in Oxford Town Hall, being a Volunteer Usher at Oxford Playhouse for 36 years (and attending 36 pantomimes - oh yes I have!!) and being a Creative Ambassador for Age UK Oxfordshire.”

How does volunteering impact on your life?

“Volunteering is a fantastic way of meeting people and learning new things, it can really give you a buzz and energise you, especially when you are volunteering alongside younger people.”

Which volunteering achievement are you most proud of?

“They are all important to me but if I must pick one it would be my work with Oxtalk, a weekly audio version of Oxford news for people with sight loss, which has been produced for the past 40 years. We have moved from cassette tapes to memory sticks in that time!”

Andrew, Jenny, Maggie and Margaret enjoy a Creative Ambassadors meeting at Farmoor Reservoir



How can people find out more about volunteering opportunities and get involved?

“A good starting point is Oxfordshire Community and Voluntary Action (OCVA) who provide a list of [volunteering opportunities](#) or call **01865 251 946**. Age UK Oxfordshire also have a range of volunteering opportunities from supporting book clubs to telephone befriending, contact **0345 450 1276** or visit our [website](#).

What do you do in your spare time?

“I enjoy reading, theatre, knitting, painting, gardening, Nordic walking and spending time with friends and family.”

We would like to offer Margaret our warmest congratulations and thank her for the huge difference she makes to so many people’s lives.



Margaret Simpson MBE



Margaret's garden

Oxfordshire Age Friendly Creative Ambassadors are a group of people aged 60+ who share their lived experience of creative ageing to inform the activities at Age UK Oxfordshire. If you would like to find out more, visit our [website](#) or call us on **0345 450 1276**.

Living well with Parkinson's

Parkinson's is a progressive neurological condition, meaning that the brain experiences problems that get worse over time. There is currently no cure, however there are a variety of different treatments and therapies that can help manage the condition, as well as support available to help you along the way.

Keeping active

Regular exercise can help reduce muscle stiffness, as well as improving your overall mood. There are a range of ways to keep active depending on your circumstances and the complexity of your symptoms. If you are newly diagnosed, you may still be comfortable in taking part in more intense exercises such as football or running. If your symptoms are progressing and are more severe, regular walking or stretching may be better suited and can have a positive impact.

Our 'Big, Bold and Balance' classes are designed specifically for those who have been diagnosed with Parkinson's. The classes help open up posture and include evidence-based exercises intended to change neuroplasticity in the brain by challenging balance, strength and coordination. Our classes are a great way to have fun, meet like-minded people and include a social element at our in-person sessions in Botley and Didcot.

'Big, Bold and Balance' is kindly supported by the **Parkinson's UK Oxford Branch**, allowing participants to take part for £3 per week in person, or online via Zoom. For more information, please email active@ageukoxfordshire.org.uk or call **01235 849 403**.

Always check with your GP, physiotherapist, Parkinson's nurse or other qualified health care professional before embarking on a new exercise programme, especially if it involves vigorous or strenuous activity.

Help at home

There are a range of assistive technologies available to help you feel more confident and independent at home. Find out more on page 8. Oxfordshire County Council's Social and Health Care Team can help you to decide which assistive technologies may help you, and recommend any alterations around your home. Contact **0345 050 7666**.



Financial support

If you have Parkinson's, or care for someone who does, then you may be worried about your finances. But there is support available for you, to help take some stress away.

Attendance Allowance is available to those who have reached State Pension age and have been having difficulties or needing help with personal care for 6 months or more. This is a non-means-tested benefit (meaning your savings or income won't affect your claim) and can be used towards anything you like - it's not just help with personal care that can make life easier. Order an application form by calling **0800 731 0122** or visiting the [government website](#). If you need any support in filling out the form or have any questions, we can help. Contact our Information and Advice Team on **0345 450 1276**.

Diet changes

People with Parkinson's often have poor bone health and low levels of vitamin-D. Increasing your intake of calcium and vitamin-D can improve your bone health - try adding more oily fish, cereals, eggs and red meat to your diet. In addition, constipation is a common problem in people with Parkinson's. Introducing more fibre rich foods into your diet, as well as drinking more fluids, can help alleviate this.



Are you an unpaid carer?

If you care for someone with Parkinson's for 35 hours a week or more then you may be entitled to Carer's Allowance. Visit the [government website](#) or call us on **0345 450 1276**.

Carers Oxfordshire is a free service that offers information, advice, and support to adult unpaid carers of someone living in Oxfordshire, for more information please visit their [website](#) or call us on **01235 424715**.

The **Parkinson's UK Oxford Branch** has launched a scheme offering financial support towards respite care. Any resident in Oxfordshire with Parkinson's, or a carer on their behalf, can apply for a grant to help with the costs of respite care. Up to £1000 per year is available to each applicant, roughly enough to fund 25 to 35 hours of care. Contact details below.

Dealing with Parkinson's can feel overwhelming at times, and you can often feel like you're alone. It is important to remember that there are people available to help you. For more information on the support that is available locally please contact **Parkinson's UK Oxford Branch** on **0300 772 7003**. Their new service Parky Pals gives you the chance to chat with someone who really understands Parkinson's and can help guide you to any resources you may need, for more information visit the [Parkinson's UK Oxford Branch website](#).

We are helping to raise awareness of Parkinson's in support of World Parkinson's Day 2024 (11th April).

Assistive technology – to support you or those you care for in your everyday lives

Assistive technology is available to help you, or those you care for, to stay independent and live a healthy, productive and dignified life. This technology can include ‘smart home’ technology, mobile phones and more specialised equipment.



As with all technology, what’s available is ever changing, but here’s a snapshot of some things assistive technology can currently help with, and the types of devices that can provide support:

Reminders

- A **movement sensor** plays a message when people walk past it or stand up from a bed or chair. You can record your own message for example "take your keys with you and lock the door".
- A **calendar clock** with pictures and alarms is designed to help people remember things and can be programmed with personally recorded voice messages that play at specific times of the day.
- A **voice assistant** such as Alexa or Google can be used to set reminders about tasks or taking medication.
- Reminders can be set up on **mobile phones**, and **smart phone apps** are available to remind people to take medication.
- A **TabTime Watch** is a discrete, vibrating wristwatch alarm to remind people to take medication.
- An **automatic pill dispenser** dispenses medication at set alarm times and the person needs to remove the medication from the device. Note: Someone will have to regularly fill the medication device. Some local pharmacies offer a filled blister pack system.

Calling for help in an emergency

- A **pendant alarm** is worn around the neck or wrist and can be pressed when an individual needs help. It will connect with a family/friend via a pager or mobile phone, or to a call centre who will respond and find the help needed.
- Linking **environmental sensors** such as smoke alarms, carbon monoxide alarms, heat alarms and flood detectors to a call centre, can allow someone to be notified if help is needed.



Knowing if someone is on the move

Carers or family members may need reassurance that someone is up and in their usual routine or if they need assistance.

- Linking **bed, chair and door sensors** to a carer's pager/phone, or a call centre, can notify them if someone is moving around or might need help; for example, if they are going out of a front door or have had a fall.

Keeping safe and well at home

- A **motion light** can be used on places like the stairs, landing and bathroom to make moving around at night safer.
- An **automatic curtain opener** can make life easier and is also good for security.

Out and about

- A **GPS alarm** can communicate location details and send a message to friends and family or to a call centre should someone need help. Some can also be linked to a **falls detector** that can automatically trigger a call if someone has a fall. Certain smartphone apps can work in a similar way.

How can I get assistive technology and what is the cost?

- **Option 1:** Private purchase. Much of this equipment is widely available to buy on the market.
- **Option 2:** If you already have a health or social care professional working with you, they will be able to offer information and advice and will be able to access some equipment for you to try.
- **Option 3:** Request an assessment from Oxfordshire County Council's Social and Health Care Team on **0345 050 7666**.

Tony's story

Tony spent his career as a bus driver in Oxford. But when his wife Marie was diagnosed with dementia at the age of 66, Tony retired to care for her.

"I'll always remember," he says. "The lads came down the stairs, 'There's something wrong with Mother' they said. And I replied, 'Well, you better tell her because she won't be best pleased.'"

Soon Marie was diagnosed with dementia, "My heart sank," he remembers. But Tony and Marie never let the diagnosis stop them from living their lives. They went everywhere together, America, Wales, and importantly, their local pub.

"We would take Marie down to the Rose and Crown," says Tony. "She had a cup of tea or coffee in a half pint beer mug and then she'd have a packet of crisps. Adam, who runs it, never took a penny off her. He said to me 'You have to pay, but that lady needs to be thanked for living with you for all this time' and Marie would laugh and smile."

"She had dementia for seven and a half years. Then she had a fall in June of 2018 and after that, she couldn't get out of bed properly. The bed was under the stairs here, and I just looked after her."

Then one day, Marie had a brain bleed. She went into hospital and never came out.

"I remember feeding her the night before," says Tony. "She was dozing off, but she suddenly woke up, looked at me and said 'Tony!'. That was five hours before she passed away. You can't forget these things."

Tony was determined to ensure that Marie's memory lived on, wanting everyone to live well with dementia, just as she did.

And so started Tony's second career, as a community driver in Witney, transporting vulnerable people who aren't served by local buses.

While Tony is supporting people in his local community, he is also supporting people across the county to live well.

"The money I get, I divvy up between Alzheimer's Society and Dementia Oxfordshire."

His donations are supporting events like memory cafes and singing choirs, helping local people living with dementia to be active and social, just like he and Marie were.

"I do four and a half hours, picking people up, dropping them off. I pull up at the stop, get off, get hold of their shopping, get it in."

But one of the biggest parts for Tony is providing the conversation and banter, "Al, what have you got in there?" I say, 'If I get a bad back out of this, you'll be buying me a box of chocolates.' They love all this sort of silly chatter. They're all over the moon with it."

“The other day I picked a bloke up and he talked about how his wife just passed away four weeks ago. I told him that I know how he feels. He just wanted to chat. I hadn’t got the heart to tell him that we have a timetable to run to.”



Tony with a photo of him and his wife, Marie, eating at a diner in America

Marie and Tony on their wedding day

If you would like to join Tony in helping more people to live the life they want after a dementia diagnosis, please visit the [Dementia Oxfordshire website](#) to see how you could support us.

Our service, Dementia Oxfordshire, has a team of Dementia Advisers who continuously work with people diagnosed with dementia and their relatives/carers, providing ongoing support and information. We also provide a Young Onset Dementia Service in Oxfordshire (via Dementia UK) which offers specialist advice, information and support for people under the age of 65. Give us a call as soon as possible to see how we can support you. Support Line (Mon-Fri, 9am-5pm) **01865 410 210**.



What is the digital switchover?

The UK's telephone network is being upgraded, which means that landline services are changing. You can still have a landline in your home, but the technology that powers it will be different. For most, switching over will be straightforward, but some people may need new equipment or support to make the changes.

This change will be happening across the country and for most networks the move to digital landlines will happen by December 2025. For example, BT who are rolling it out region by region, will be making the change this spring.

If you already have a broadband connection, you may only need to plug your phone into your broadband router or use an adapter to connect your phone and router together.

This switchover may affect some telecare devices and other equipment such as personal alarms. You will need to contact your device supplier to check if your device will be affected and whether you may need to upgrade your device.

Whoever your telephone provider is, make sure they're aware if you have a telecare alarm or if you may need additional support.

The new digital phones will rely on electricity, so if you live somewhere where you rely on your landline (for example you may have not have a mobile, or experience poor mobile signal), then your telephone provider will offer you a 'resilience solution' to make sure you can still make emergency calls during a power outage. This may be in the form of a mobile phone or a backup battery unit.

Your telephone provider will contact you in advance to let you know when your system is changing and what the next steps are. For more information on the digital switchover please visit [Local Government Association](#) or call your telephone provider.

Watch out for scammers

We have been made aware that scammers are calling residents with healthcare devices claiming they need to hand over bank details as part of the switchover, or they will be disconnected. The digital switchover is free of charge, and councils and their care alarm providers and contractors will NEVER ask for personal or financial information over the phone. If you've come across a scam or any fraudulent activity, please report it to [Action Fraud](#) on **0300 123 2040**.

Linking you into your community this spring

As we move into spring, with the days getting longer and warmer we can feel motivated and inspired to get out of the house and meet people, and find new activities to take part in. For some however, the longer days can have the opposite effect. Loneliness can increase as people find the days longer to fill, and visits from family and friends become less frequent as social schedules fill up.

However you're feeling, our Community Links Oxfordshire team can support you to reconnect. Community Links Oxfordshire is an established local service available to all adults (over 18) living in the county, and our team work together at your pace to get the information you need, to make informed choices, and connect to activities or services that can support you in living well.

Our Community Link Workers can help you to:

- Meet new people
- Access information, advice and support
- Get help at home
- Find out about services and support available to you
- Discover and join in with a local group or activity
- Access transport
- Learn something new

To find out more please call us on **01235 849 434** or email community@ageukoxfordshire.org.uk. Alternatively, if you'd like to find out about what's going in your community yourself, the [online directory, Live Well Oxfordshire](#), is available at. We can also support you via phone to access the information – **01235 849 410**.



Step into spring - Our Community Link Workers run walking groups across Oxfordshire, where you can enjoy a leisurely walk at your pace whilst meeting new people. To find your local walk please call **01235 849 434** or email community@ageukoxfordshire.org.uk.

Action against ageism

Although ageism is the most widespread form of discrimination in the UK, more than 40% of people have never thought about it before.

What is ageism?

Ageism is the stereotyping, prejudice and/or discrimination against people based on their age. It affects people of all ages and can have a profoundly damaging impact on us as we get older. Older people are often portrayed in a way that reinforces negative associations with getting older. It can impact our mental and physical health, and our finances, and also has a negative impact on the economy and wider society.

The three main types of ageism are:

- in society and organisations (embedded in laws, rules, policies and the ways things are done),
- between people (in interactions between individuals), and
- in ourselves (when a person has been exposed to ageism and as a result, changes their own thinking and behaviour).

Where might we see or experience ageism?

Ageism shows up in everyday life in lots of different ways. It might be through negative comments online about older people, telling ourselves we're 'too old for that' or someone speaking in a patronising way to an older person at the supermarket. It could mean someone at work not being selected for a job or offered training because of their age, or someone older being offered medication instead of talking therapy for anxiety because it's seen as a 'usual' part of getting older. However it shows up, evidence highlights that ageism causes significant harm to us all.

It's likely that over 137,000 over 50s in Oxfordshire experienced ageism in the past year.



Children as young as three begin to develop stereotypes about older people.



1 in 3

people think older age is characterised by frailty, vulnerability and dependency.

Campaigning for change

We believe that everyone, everywhere, has a stake in changing how we view older age and that together, we can create a society where age is celebrated, and everyone, regardless of their age, can lead a life of dignity, respect and opportunity.

That's why we're backing the Centre for Ageing Better's campaign, Age Without Limits, which aims to change the way we all think about ageing, and empower us all to grow older with confidence.

How you can begin to challenge ageism

Reflect on your own attitudes towards ageing. Do you think you hold any ageist beliefs? Do you change your own behaviour and feelings because of age? You can take the [‘Are you ageist?’ quiz](#) online or contact us for a print version.

Support this campaign by sharing social media content and raising awareness of ageism.

Start challenging the ageist language people use in everyday conversations. Ageism is so ingrained in society, we barely notice it, so this is a great first step in getting people to understand ageism and think differently. But, never put yourself in a situation where you might feel unsafe.

Host a discussion or workshop in your community, workplace or amongst friends or family to discuss ageism. Lots of conversation starters are available in the [resource pack online](#) or we can post it to you.

Puzzles

Wordsearch

J D I G I T A L S U P P O R T
 H P S J P B G V C M W K V C P
 S J O O E X E O M N A T U R E
 C S C A N P I L A O A E N C V
 A G I B S C S U Y K F R J U U
 M S A U I Z M N O G W I Y R J
 S X L H O I I T C N Q H T O M
 D I I O N P E E X I M S I D N
 T M S Y C N X E W R D D N F U
 W F I Y R Z E R H P T R U J P
 F M N S E B R I S S X O M U J
 N U G D D D C N I M F F M A X
 W M M E I B I G L Q F X O P N
 S C H D T H S T C I V O C H O
 U G N I T C E N N O C U T Y K

Oxfordshire
 Scams
 Socialising
 Spring
 Pension Credit
 Volunteering
 Ageism
 Connecting
 Community
 Digital Support
 Exercise
 Nature

Riddle

You see a boat filled with people. There isn't a single person on board.

How is that possible?

Anagram

iflughrhinos

Do you know someone who deserves to be recognised and celebrated for providing outstanding care?

Nominate them for an Oxfordshire Care Award 2024, to celebrate their dedication and commitment and help raise the profile of caring across Oxfordshire. Nominations are open and can be made online via the OACP website, or by downloading a form and returning by email or post.

For more information visit the [Oxfordshire Care Awards website](#). To obtain a form by post, or for more information about the awards, call **0345 450 1276**. Nominations close on Friday 26th April 2024.



Retirement Living *Enjoy Life*

Frances Curtis Court

Frances Curtis Court, Empress Drive, Wallingford, OX10 0FP
(accessed via King Henry Avenue from the A4130)



Show home photos



BRAND NEW HOMES FOR SHARED OWNERSHIP

- 1 Bedroom from £217,500 (75% share)
- 2 Bedroom from £243,750 (75% share)



Designed with over 55s in mind, this development offers secure, modern and low maintenance one and two bedroom homes in a wonderful location.

Pop in or make an appointment to view the show home



Tel: 0800 014 15 45 Email: retirementliving@soha.co.uk
www.soha.co.uk/wallingford-retirement-living-homes

Need *help* with your PC?

Fully qualified, locally based business is here to help with all your home and small business PC requirements, however trivial or complex they may be.

A personal, professional service with a smile and at very reasonable rates.

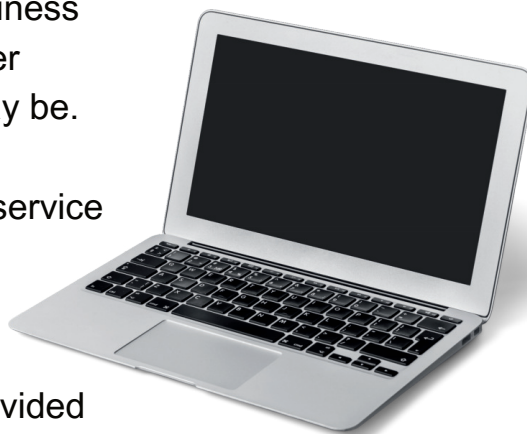
(Qualifications and ID provided on request.)

Satisfaction or your money back!

Call: 01865 349057 or 01235 758013

Email: support@pc-help-4u.co.uk

Website: www.pc-help-4u.co.uk



- **Free Callout & Diagnosis**
- Laptops, Desktops & Tablets
- Home & Office Visits
- Secure Remote Help
- Monthly Cover Option
- Mac & PC Support
- Supply of New Machines
- Hardware Repairs/Upgrades
- Software Repairs/Upgrades
- Wireless Setups/Networking
- plus**
- New installations
- Backup Solutions
- Antivirus & Security
- Web Design & Hosting



A personal service in an impersonal world



How to spot a scam

With the world becoming more digital, scams are on the rise. Below are some useful tips to help you spot scams and protect yourself.

Have you been contacted out of the blue?

Cold calls or unexpected emails or messages should raise suspicion, especially if you're asked to give personal or payment details. It's very unusual for legitimate organisations to contact you and ask for sensitive information if you're not expecting them to. If you're not 100% convinced about the identity of the caller, hang up and contact the company directly.

Have you been asked to share personal details?

Never share your personal details with anyone if you can't confirm they are who they say they are. Scammers will often try and get valuable personal data from you, and they can use this to steal your money, or even to steal your identity. You should also be wary of anyone who asks you to pay in an unusual way.

Are you being asked to keep it secret?

It's important you can discuss any agreements with your friends, family or advisors as outside perspectives can provide valuable voices of reason. Fraudsters use grooming techniques including isolating you so that you don't tell anyone about the situation you're in and fall deeper into the scam. Asking you to keep quiet is a way to keep you away from the advice and support you need in making a decision.

Are you being pressured to make a decision?

Fraudsters often try to hurry your decision making. Don't let anyone make you feel under pressure - it's OK to take a break and think things through if you're not sure. Genuine companies should always give you time and space to make an informed decision - anyone who tries to rush you should not be trusted.

Are there spelling and grammatical mistakes?

Emails or messages littered with spelling and grammatical mistakes are a scam giveaway. Legitimate organisations will rarely, if ever, make mistakes in their emails to you because they've been put together by professionals and checked before they're sent.

If you have come across a scam, please report it to [Action Fraud](#) online or by calling **0300 123 2040**. If someone calls you and claims they're from your bank, asks you to transfer money or make a payment, or wants to talk about your finances but it doesn't seem quite right, you can contact your bank by calling 159. Do this from another phone in case the scammer has stayed on the line.

Taking care of your feet

Our friendly, professional Foot Care Service is here to help you take good care of your feet so that you can stay comfortable, healthy and active. Our trained staff will trim and file your nails and give you a gentle foot rub with cream to moisturise and prevent dryness or itching. All treatments take place in a private room, take around 20–30 minutes and cost £17 (plus a one-off fee of £15 for equipment on your first visit).

We have clinics in: Abingdon (Tuesdays and Wednesdays), Banbury and Bicester (Mondays), Didcot (Wednesdays), Greater Leys (Fridays), Wallingford (Tuesdays), Wantage (Thursdays) and Witney (Thursdays). We will be opening more clinics across the county soon so if there isn't a clinic in your area, please get in touch to register your interest.

To book or register an interest, please email footcare@ageukoxfordshire.org.uk or call **01865 717 615**.



Puzzle Answers

Wordsearch

Ageism	Oxfordshire
Connecting	Scams
Community	Socialising
Digital Support	Spring
Exercise	Pension Credit
Nature	Volunteering

J	D	I	G	I	T	A	L	S	U	P	P	O	R	T
H	P	S	J	P	B	G	V	C	M	W	K	V	C	P
S	J	O	O	E	X	E	O	M	N	A	T	U	R	E
C	S	C	A	N	P	I	L	A	O	A	E	N	C	V
A	G	I	B	S	C	S	U	Y	K	F	R	J	U	U
M	S	A	U	I	Z	M	N	O	G	W	I	Y	R	J
S	X	L	H	O	I	I	T	C	N	Q	H	T	O	M
D	I	I	O	N	P	E	E	X	I	M	S	I	D	N
T	M	S	Y	C	N	X	E	W	R	D	D	N	F	U
W	F	I	Y	R	Z	E	R	H	P	T	R	U	J	P
F	M	N	S	E	B	R	I	S	S	X	O	M	U	J
N	U	G	D	D	D	C	N	I	M	F	F	M	A	X
W	M	M	E	I	B	I	G	L	Q	F	X	O	P	N
S	C	H	D	T	H	S	T	C	I	V	O	C	H	O
U	G	N	I	T	C	E	N	N	O	C	U	T	Y	K

Anagram

Flourishing

Riddle

They are all married.

Discover our groups across Oxfordshire

Bereavement Support

Open to people aged 60+ who have lost a loved one. Banbury, Bicester, Carterton, Didcot, Grove, Kidlington, Oxford, Witney.

community@ageukoxfordshire.org.uk
01235 849 434

Book Clubs

TeaBooks is a sociable book group for those 60+, helping people to share a love of books and reading, and to make new friends.

Abingdon, Bicester, Carterton, Headington, Kidlington, Marston, Oxford, Summertown, Thame, Wantage, Witney.
teabooks@ageukoxfordshire.org.uk
0345 450 1276

Carers Support

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. We run and support a variety of groups through our sister charity Carers Oxfordshire, in locations across Oxfordshire.

carersinfo@carersoxfordshire.org.uk
01235 424 715

Dementia Support

We run and support a number of groups across the county which provide information, support and connection to those living with dementia, and their carers.

Various locations across Oxfordshire through our dementia support service, Dementia Oxfordshire.
info@dementiaoxfordshire.org.uk
01865 410 210

Digital Support

Whether you need help with your phone, computer or tablet, we can support you to develop your skills and safely get involved with the online world.

Bicester, Bampton, Banbury, Burford, Chipping Norton, Didcot, Eynsham, Headington, Kidlington, Oxford, Sonning Common.
community@ageukoxfordshire.org.uk
01235 849 434

Exercise Classes

Tailored exercise classes for older adults, including Strength and Balance, seated exercise, Mind & Body, and more specialist classes such as Big, Bold and Balance for people living with Parkinson's.

Classes available in person and online via Zoom. Abingdon, Bampton, Banbury, Bicester, Botley, Chipping Norton, Cumnor, Deddington, Didcot, Faringdon, Henley, Littlemore, Milton under Wychwood, Sonning Common and Witney.

active@ageukoxfordshire.org.uk
01235 849 403

To find out more information about the below activities, please contact us on 01235 849 434 or community@ageukoxfordshire.org.uk.

Aviation Group

A social group for all, whether you're an aviation expert or just have a general interest in aviation. Carterton.

Chatterbox and Social Get-togethers

Social mornings and afternoons offering a warm welcome, with refreshments and a chat.

Bicester, Chipping Norton, Didcot, Deddington, Oxford, Wallingford, Witney and Woodcote.

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Bodicote, Didcot, Horspath, Oxford City, Sonning Common, Thame, Upper Heyford, Wantage and Wheatley.

Film Clubs

A social film club for people 50+.

Banbury, Carterton, Horspath, Steventon, Deddington, Merton (Bicester), Sibford, Sonning Common.

LGBTQ+

Social groups for older people in our LGBTQ+ community.

Banbury, Didcot.

Lunch Clubs

A chance to meet and eat in friendly company. Bicester, Kidlington, Thame.

Walk & Talk

A leisurely stroll and a chance to make new friends. Charlbury, Didcot, Wallingford, Woodstock.

Are you over State Pension age, or do you know someone who is?

You or someone you know could be missing out on Pension Credit - **check now to see if you're eligible.**

With financial difficulties becoming an issue for more and more people, now is a good time to check whether you're entitled to an income top-up.

Pension Credit, which also serves as a gateway to other forms of support, could go a long way in helping some older people meet rising costs.

To check your eligibility over the phone, contact DWP on **0800 99 1234**. For information/support please call us on **0345 450 1276** or visit our [website](#).



Improve your digital skills!

Here at Age UK Oxfordshire we offer FREE support so that you can make the most of the internet. We can even let you try a Samsung Tablet device for free, which comes with connectivity so you can access the internet.

Whether you're a complete beginner or looking to brush up on your skills, our Digital Support team are here to help! Our volunteers can support you to use your gadget (tablet, smartphone or laptop) and help you to learn new skills in a safe and secure way.

Why not get involved today? Email community@ageukoxfordshire.org.uk or call us on **01235 849 434**.





HAMBERLEY

CARE HOMES



CHAWLEY GROVE

A luxury care home with a heart



RESIDENTIAL CARE | DEMENTIA CARE | NURSING CARE | SHORT BREAKS

Chosen as Best New Care Home in 2020, and rated as 'Good' in all areas by the Care Quality Commission, Chawley Grove offers a vibrant community where residents enjoy a busy and active lifestyle with support where needed from our award-winning Homemakers.

"When I first visited I was struck by the beautiful setting, furnishings and facilities. However, it is the professionalism and warmth of the Homemakers and all the staff at Chawley Grove that has made my mother's stay so happy. The attitude of staff is exemplary"

– DAUGHTER OF A CHAWLEY GROVE RESIDENT

Book your tour today:

Tel: 01865 957 650 | Chawley Grove, Cumnor Hill, Oxfordshire OX2 9PJ
enquiries@hamberleycarehomes.co.uk | www.hamberleycarehomes.co.uk

SPACIOUS EN-SUITE BEDROOMS | AN ELEGANT CAFÉ AND BAR | WELLBEING AND BEAUTY SALON
DELUXE CINEMA | RESIDENT CHEF AND COMPLETE NUTRITIONAL SUPPORT | LANDSCAPED GARDENS





Our Services

We provide a wide variety of services for older people including:

- Information and advice
- Dementia support
- Carer support
- Physical activity classes
- Telephone befriending
- Digital support
- Home support
- Homeshare
- Bereavement support groups
- Foot care
- Scams prevention advice
- Hospital discharge support
- Social activities and clubs
- LGBTQ+ groups
- Book groups

Call us on
0345 450 1276
or visit
www.ageuk.org.uk/oxfordshire
for more
information



All our staff have access to telephone interpreting services for over 200 languages, and a number of our leaflets and DVDs are available in other languages. This magazine is available in screen-reader friendly digital format and large print. Contact us at media@ageukoxfordshire.org.uk for more information.



Leaving a legacy of kindness

A gift in your will could help give older people in Oxfordshire someone to turn to. You can make sure we are always there for those who need us for years to come. To leave a gift in your will you will need to provide your solicitor with our charity details, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT, Registered Charity No. 1091529.

To find out more please call **0345 450 1276** or email contactus@ageukoxfordshire.org.uk. Alternatively visit our [website](http://www.ageuk.org.uk/oxfordshire).