

Staying steady on your feet

Let's talk money

Raising awareness of fraud and scams

Age UK Oxfordshire's Magazine

EngAGE

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

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What's been happening?

Penny, our outgoing CEO, joined our July Homeshare get-together which provided a great opportunity for current Homesharers to meet each other, as well as for those interested to find out more. Penny said "It was good to meet old friends and new and to see the impact of talking to others on potential householders weighing up the decision." Find out more on p13.



We held a canal trip in July, in partnership with Tooley's Boatyard Trust and the Canal Museum. The sun shone and everyone thoroughly enjoyed hearing about canal life and some local history from Kate as we gently floated down the waterway.



**Age UK Charity
Quality Standard**



Farewell from Penny...

This autumn we say goodbye to our long-standing CEO Penny Thewlis

I take the next step into later life this month when I step down from Age UK Oxfordshire and from paid employment, a major life-change for which, ironically, I feel ill-prepared. I know the theory about ageing-well, but I don't know what it will feel like in practice. Many of you do – and you have assured me that I will find myself busier than ever!



My time here has been the most rewarding and enjoyable experience imaginable. I have had the great pleasure and privilege of working alongside truly amazing colleagues – staff, volunteers and trustees - as well as with all of you. I have witnessed much innovation, growth and change. I came to do a study of the needs and aspirations of older people in rural communities and stayed to help the organisation get closer to local communities across the county by developing outreach teams.

Through all this change, our values have remained constant - the passion to keep older people and carers at the heart of everything we do, to listen to what really matters to people, and to remember that we can achieve more by collaborating with others.

I'm afraid people still have very unequal experiences of ageing and of caring, exacerbated by the pandemic, the cost-of-living crisis and the shameful erosion of support services. This means there is important work for the organisation to do – strengthening the services and support we provide and campaigning for a better world. Work that I know my successor, Paul Ringer, will tackle energetically and effectively.

Paul says: “I feel incredibly privileged to have been appointed to lead this very special organisation. I have been so impressed and inspired by the people I have met so far – staff, volunteers, commissioners, and importantly service users and champions – that make such a positive difference for the cause.” I know Paul will do a great job.

My very sincere thanks for all the support you have given me over the years, and all the very best to you and to this wonderful organisation for the future.

Warmest wishes,

A handwritten signature in cursive that reads "Penny Thewlis".

Paul Ringer joins Age UK Oxfordshire as Chief Executive Officer (CEO) from a role as Interim CEO of Riding for the Disabled UK, and brings a background in social care and a decade of management experience in the charity sector.



Let's talk money

Talk Money Week (6th – 10th November 2023) is all about encouraging people to have more open conversations about their money – and to continue these conversations year-round.

Research shows that people who talk about money:

- make better and less risky financial decisions.
- have stronger personal relationships.
- feel less stressed or anxious and more in control.

Building money conversations into our everyday lives also helps us build financial confidence and resilience to face whatever the future throws at us.

Whether you want to talk with your family, or contact an organisation that can help, here are some key topics you might want to start talking about...

Budgeting

Key to managing your money. Something as simple as going through a bank statement and listing all your essential outgoings and comparing this to your income can be helpful. If you have a smart-phone there are apps from banks that can help monitor your spending (speak to your bank) or online resources such as [Money Helper](#). Some banks and building societies also provide free face-to-face advice on managing your money, contact your bank to enquire.

Benefits check

Make sure you claim everything you are entitled to, so that your income is maximised. Do a benefits check by visiting [here](#) or call us on **0345 450 1276** to talk it through.

Getting support with debt

If you have debts, it is always best to get advice and support as soon as possible to help you manage them. Visit Citizen's Advice [website](#) or call **0800 144 8848** or visit the Step-Change [website](#).

Setting out your wishes in a will

Ensuring you are clear about how you want any of your money or worldly goods distributed, leaving a legacy to charity or providing guidance on how you would like your farewell to be organised. Make sure others can find out important details, should they need to, by filling in a free Lifebook from Age UK. You can include the location of important documents or insurance policies, even where the spare key to the shed is! Visit the Age UK website [here](#) for the lifebook or call **0800 678 1602** to order a copy.

If a friend asks for money

It can be hard to turn down someone you care about and want to help but you also don't want to get into an argument about money, particularly if they don't pay you back. If you want to say no, you could suggest other options for them such as getting a benefits check.



Help with managing your money

It is useful to think about how you will cope if you become too unwell to look after your own finances. You might like to set up a legal document called a Power of Attorney, or give access to your bank account to someone with a third party mandate or joint account. If you are worried about giving someone access to your whole account, you can set up a second account and give them access to that, making a transfer of only a small amount to it each month. If you need help managing your state pension and any benefits from the DWP, you can ask for someone you trust to be made an 'appointee' to help you. This is free and the DWP will visit you to set this up. Visit [here](#) or call **0800 169 0190**.

Be aware of scams

If something seems suspicious or too good to be true then it probably is. Talk any concerns through with a friend or family member, or call us on **0345 450 1276**. Don't 'talk money' with anyone who calls you unless you're certain that you know them. Never give out your card details on the phone.

Think about planning ahead for care charges

It can be difficult to think about not being as independent as you'd like but it can be helpful to know a bit about how care at home and residential care are funded and whether you might need to contribute to the cost. Oxfordshire County Council have launched an online tool to make it easier for those who need to submit a financial assessment to them. It can also be used to give an indication of what your contribution to care and support would be, using the rules currently in place nationally, just don't press the 'submit' button at the end! Visit [here](#) for more information.

If your partner or family controls access to your money, or runs up debts in your name, it's financial abuse. But there's no need to struggle on alone. Hourglass can chat to you on the phone and provide support 24/7, call **0808 808 8141**.

Staying steady on your feet

Being worried about falling or having experienced a fall can stop you keeping active and doing things that you enjoy. We want to help you keep moving so that you can maintain health, mobility and confidence and stay independent. There are a range of ways you can reduce your risk of falls and these can be achieved with a few easy steps.



Keeping your home safe

Tips for preventing falls in the home include:

- Removing clutter, trailing wires and frayed carpet
- Mopping up spillages immediately
- Using non-slip mats and rugs
- Making sure all rooms, hallways and staircases are well lit
- Organising your home so that climbing, stretching and bending are kept to a minimum
- Getting help if you are unable to do something safely on your own

Keeping active

Taking part in regular exercise and movement can help improve your strength and balance, which can reduce your risk of a fall. This can be as simple as going on regular short walks or taking part in exercise classes.

At Age UK Oxfordshire, our free Stay Strong and Steady exercise and information programme is tailored for those who are at risk of a fall or have had a fall. It includes a range of evidence-based exercises that can help improve your balance and posture, delivered by trained specialists either in person at local community centres or online.

We also offer Strength and Balance exercise classes which incorporate movements that are beneficial for muscle, bone and joint health, and help to make everyday tasks easier, as well as balance exercises, to give greater confidence, improve posture and help to reduce your risk of falls.

If you feel 'Stay Strong and Steady' or one of our exercise classes could benefit you or someone you know, you can register your interest by emailing active@ageukoxfordshire.org.uk or calling **01235 849 403**.

Looking after yourself

Look after your eyes and have regular eye tests. Vision loss (even when wearing glasses) can increase your risk of having a fall.

Take care of your feet by trimming your toenails regularly. If you need some assistance with looking after your feet, we run weekly foot care clinics across Oxfordshire. To find out more see [page 13](#) or call **01865 717 615** or email footcare@ageukoxfordshire.org.uk

When you're moving about, wear well-fitting shoes that are in good condition and support the ankle. Avoid walking on slippery floors in socks or tights and wearing loose-fitting, trailing clothes that might trip you up.

Keep a phone in your pocket or wear a personal alarm, so you can call for help if you experience a fall.



What to do if you have a fall:

- Stay calm, and if you have not hurt yourself and you feel strong enough, get up slowly.
- If you are unable to get up or are injured, try and get someone's attention by calling out for help. You can use your personal alarm to alert someone, or if you have access to a phone, call 999.
- Try and keep yourself warm by using anything within reach to cover yourself, such as a blanket or dressing gown.
- If possible, try and change your position regularly.

We are proud to be supporting Falls Prevention Awareness Week (18th – 22nd September 2023) which is a national campaign to increase awareness of the risk of falls and the importance of falls prevention.

For more information on falls prevention or to find out more about our exercise classes please get in touch by emailing active@ageukoxfordshire.org.uk or calling **01235 849 403**.

'A new man'

After Mario's wife died his grief impacted both his physical and mental health. Here he tells his story...

“My wife died in September the year before last. I didn't go to pieces. But I shut everybody out and I didn't want to continue. I fell sick. I went to the doctor. My hand had calcified, more or less. She got me an appointment with the nurse for a blood test. That morning I had a dirty raincoat. I couldn't shave my hair because I couldn't use my hand. I cut my hair all the way around with scissors. The receptionist said, Oh what have you done to yourself?. Well cor blimey, I was almost in tears. I said, I don't know what to do.



“Charlie from Age UK Oxfordshire came to see me to find out what I might need for the social prescribing. I didn't really want to see anybody or discuss my problems and I felt a bit mean because I didn't feel too good. After my wife died, I was in a cocoon and I was not interested in eating. But Charlie pushed me to get out of the cocoon. She was there to listen to my moaning and groaning and she was more than patient. I owe Charlie my life. That is the truth.

***“I didn't really want to see anybody or discuss my problems....
After my wife died, I was in a cocoon.”***

“If I need anything, like transport, Charlie will arrange it. She seems to be on top of things where I wasn't. I was far away from Henley. I couldn't get in touch with anybody, only way was if I picked up the phone or ring a taxi driver. I didn't go anywhere because I couldn't afford it in the end. I was not social with my neighbours.

“Charlie knew that I was weak. But she pushed me. She rang around the council and social services to see if I can get a better facility. Initially I didn't want to move from where I was. I was rude. I said, 'Didcot? It's not even on the map'. I was looking at a Michelin map. It was 10 years old. She encouraged me to come here. I'm pleased now that they got me in here. I can still be independent. And I still like to do my little things, my jobs.

“Through Charlie, my son, grandson, and the neighbours, I came alive again. I wouldn't be alive without the support I had. So my life is good. Charlie became part of my family. Mi Familia. If it wasn't for her, I wouldn't be here.

“After my wife died, I didn’t want to carry on living. At one point I was just about ready to commit suicide. I had nothing to live for. I know I had a grandson and a son. But it was the end of my life. The only thing that stopped me was because I got a cat. I was worried who was gonna look after the cat. I wasn’t on top of it and couldn’t do anything personally. But my wife would say, ‘Get up and get on with it.’ That’s how she used to be with me before she died. We had a lovely 60 years, a good relationship.

I was sunk in between my body. But now it’s a different life completely. Now I want to stay a little bit longer. Look at me now, all dressed up very smart. I am another man. The doctor said, ‘What’s happened to you?’.

“Look at me now, all dressed up very smart. I am another man.”



“I can only wish and hope that if other people have a problem, they can find somebody like Charlie. I'm a different man. Everyone downstairs loves me. Everyone knows my name. Everyone says hello. I've never met so many people in all my life. Honestly, Charlie was an angel to me. It was Charlie who done all this.”

“Everyone knows my name. Everyone says hello. I've never met so many people in all my life.”



If you would like to find out more about our social prescribing or bereavement support services, please call **01235 849 434** or email community@ageukoxfordshire.org.uk
You can also contact Oxfordshire Talking Therapies (NHS) on **01865 901 222**.



Age-friendly communities are advancing in Oxfordshire!

An age-friendly community is a place where people can live healthy and active later lives, where it is possible for people to continue to stay living in their homes, participate in the activities that they value, and contribute to their communities, for as long as possible.

We are helping build partnerships to drive an age-friendly and inclusive county that values all older people, and are a leading partner in the Age Friendly Banbury initiative.

In Banbury, we are celebrating 5 years of being part of the UK Network of Age Friendly Cities and Communities, creating a community where older people's voices are heard and where they can thrive.

To learn more about Age Friendly Banbury contact Bee Myson at bee@agefriendlybanbury.co.uk or **07500 285 909**, visit the [website](#) or follow on social media [@Agefriendlybanbury](#)

“a chair to sit in shops and other places”

“you miss out on timetables if not online”

**“Need more toilets please”
(IBS sufferer)**

“Bretch Hill bus service regular but not reliable”



Oxfordshire County Council recognition

We are excited that Oxfordshire County Council has shown their support for Age Friendly Banbury by passing a motion in support of our application for membership of the World Health Organisation Global Network of Age Friendly Cities and Communities.

Building on comments and feedback received from local people, Age Friendly Banbury partners have focussed on the following priorities:

Getting connected – increasing the range and accessibility of activities to tackle isolation and loneliness, providing more opportunities for people to get together, and providing information so people know what’s going on.

Getting about - improving access to transport to help people get out and about and reduce worries about isolation and accessing basic services and shops.

Wellbeing and community services - improving access to services and support to help people be as healthy as possible.

Town centre – taking action to make the town centre more age-friendly, specifically by increasing seating and access to toilets around the town centre and encouraging local businesses to think about being more age-friendly.

Looking ahead.... we’d like to know if priorities for local people have changed, and where we should be placing our focus.



**Do you live in or around Banbury?
Please help us work towards an age-friendly Oxfordshire:**

- Have your say about your experience of Banbury by completing our [survey](#), or request a copy by emailing communities@cherwell-dc.gov.uk or calling **01295 221 980**.
- We are encouraging Banbury businesses, groups and organisations to become more age-friendly. Join our [Age Friendly Banbury Pledge](#)
- Subscribe to our free monthly Age Friendly Banbury e-newsletter [here](#) (hard copies are available in Castle Quay Community Space or by request).
- Join our Age Friendly Banbury Older People's Voice Group. Please contact Steve Kilsby to find out more on **01295 255 512** or steve@ellingtonsdukedom.co.uk

Raising awareness of fraud and scams

We're pleased to support this year's International Fraud Awareness Week (12th-18th November) which aims to minimise the impact of fraud by raising awareness. Our resident scams experts, Mandy and Hayley, share how scammers can be behind things that appear to be life-enriching...

1. Romance fraud

If you're looking for love, make sure you don't fall victim to romance fraud. This happens when you start to develop what you believe is a genuine relationship with someone, only to discover later that they were only interested in your money. This can be a slow process with the scammer gradually requesting money, often starting with small sums.

2. Tour operator and holiday scams

Most holiday and tour operator scams take place online, with criminals setting up fake websites selling flights and breaks in the UK and overseas. Often these websites mimic the sites of well-known travel companies, and it's only once you've paid that you discover your tickets are fake, or never arrive. Ensure any websites you visit are legitimate by checking the site URL (web address) or book your travel by telephone or in person if possible. Avoid advertisements that encourage you to book directly with someone instead of via a company.

3. Ticket scams

These usually work in a similar way to holiday or tour operator scams, with criminals setting up fake websites selling tickets for popular events such as concerts, plays and sporting events. Once you've paid, you either receive fake tickets or they never turn up at all. Again, ensure the website you're visiting is legitimate or book directly with venues in person or by telephone.

If you've come across a scam, please report it to Action Fraud [here](#) or call **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**. If you've received a call, it's best to call **159** from another phone in case the scammer has stayed on the line.



Practical help, company, reassurance?



Our Homeshare service, Homeshare Oxfordshire, supports older people to continue living independently at home.

Our Homeshare team carefully and safely bring together an older person (or couple) needing practical help or companionship with another person (usually a professional person or mature student) who is happy to lend a hand and would benefit from affordable accommodation.

In exchange for offering a spare room in a welcoming home, the Householder can expect 10 hours of help each week as a combination of companionship and practical support. The reassuring presence of another person in the house overnight is often a significant benefit too. A Homeshare arrangement does not involve any personal care but can sometimes sit quite comfortably alongside care provision. Thorough interviewing, checking and vetting procedures are adhered to and our friendly Homeshare team have a very good track record of 'finding the right person for the right person!'

For more information, including costs, please visit [here](#) or email homeshare@ageukoxfordshire.org.uk or telephone **01865 410 670**.

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.

We have clinics in: Abingdon (Tuesdays and Wednesdays), Bicester (Mondays), Blackbird 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**.



Having dementia “Try not to be too hard on yourself”

Glenn Fletcher, one of our Dementia Ambassadors, participated in a video about his experience living with dementia and shared his advice for others with the same diagnosis.

“I was happy to do the video for Dementia Oxfordshire. I wanted viewers to hear from a person who has dementia. Not a professional, but someone who has been there and can tell you what it’s like. I think that is important.

“It surprised me when I received the diagnosis of dementia. I had various tests and scans and the results showed that there was clear damage. It was also a shock to hear my doctor address my wife, Christine, as my carer. I found this distressing. We realised we had to work out what dementia really meant for me and her and ultimately our relationship.

“We realised we had to work out what dementia really meant for me and her and ultimately our relationship.”

“There are steps you can take to help yourself. For instance, an obvious thing is to have reminders set up. I have sticky notes. Have a routine. Do the daily things you always have done. My wife, Christine, is a great support. Being very practical she set up a special calendar showing all our appointments and events. She regularly reminds me of things subtly, like saying “Are you going to your gym session today?”

“Christine has been tremendously helpful to me in my coping with the results of the diagnosis. When we talk about carers supporting people with dementia, it is caring in the biggest sense; taking account of what we need to know and what we don’t quite understand. That has been a big factor in my ability to manage. I feel our relationship is now a bit stronger. We are a unit.

“I feel our relationship is now a bit stronger. We are a unit.”

“I openly talk about my dementia status. My friends all know. I find people are often quite supportive of me and happy to help.

“In my mind, the best advice I can give anyone who is living with dementia is don’t be too hard on yourself. It’s too easy to pull yourself down and think I am not what I was. Yes, things are different, but inside I know I am still the same person and I have still got my memories.

“It’s too easy to pull yourself down and think I am not what I was. Yes, things are different, but inside I know I am still the same person and I have still got my memories.”

“Having dementia means you just have less capacity to do certain things. You will do things like before, but not quite the same. Peripheral elements may be missing, but don’t be too frightened by that.”





View Glenn's full interview [here](#).

We understand that receiving a diagnosis of dementia can cause people to feel shocked and overwhelmed. It can be a very confusing time. 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**. Alternatively, or for out-of-hours support, call the Dementia UK support line on **0800 888 6678**, where you can speak to an Admiral Nurse.

Upcoming fundraising event

On Sunday 19th November we're holding a special family fun afternoon in Kidlington for all ages and abilities, which will include a Zumbathon®.

Hold the date in your diaries and find out more soon via our [website](#) or by calling **07468 862 180**.



- The Dementia Oxfordshire team

Sharing a love of books and reading

2021, in the midst of the pandemic was a difficult time for the TeaBooks programme to move home. Its founding charity Bookfeast was winding down, and so it joined the portfolio of the Creative Team here at Age UK Oxfordshire. Fast forward two years and it is well-established as a vital local offer, providing a social setting to share a love of books and reading.

We now have 19 groups around the county, each ably run by a committed Volunteer. Our Volunteers work hard liaising with Oxfordshire Libraries to select and source the books (in a range of accessible formats), and then host the meetings each month with a group of up to 10 participants. They are a great asset, and often go above and beyond what is expected. They have a deep understanding of how best to support our group members, and it is a real privilege to work with them.

However, it is our group members who are the true inspiration. We know there are avid readers out there in Oxfordshire, who devour books and crave a group of like-minded people to share their thoughts with. And that is why we're here. We provide a safe space where older people can gather on a regular basis and have the opportunity to discuss the recent Richard Osman book, or re-visit the Jane Austen novels they first read many years ago.



“Thought I’d let you know how much I’m enjoying my book group, they are a lovely bunch of people and I always leave the group happy.” - TeaBooks participant

We love hearing from members of local communities all around the county, and do our best to match them with their nearest group. We sometimes even set up a brand-new group if it's an area which doesn't yet have one.

If you'd like to join a group, please by email teabooks@ageukoxfordshire.org.uk or call **01235 849 434**. And if you're interested in volunteering, we currently have opportunities in Banbury and Wallingford.

Discover our groups across Oxfordshire

Aviation Group

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

community@ageukoxfordshire.org.uk

01235 849 434

Bereavement Support

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

Chatterbox

Social coffee morning with coffee and cake. Chipping Norton, Witney, Woodcote.

community@ageukoxfordshire.org.uk

01235 849 434

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.

Benson, Bicester, Banbury, Didcot, Eynsham, 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, to 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, Cumnor, Cutteslowe, Didcot, Enstone, Eynsham, Henley, Milton under Wychwood, Sonning Common, Witney.

active@ageukoxfordshire.org.uk

01235 849 403

Film Clubs

A social film club for people 50+.

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

community@ageukoxfordshire.org.uk

01235 849 434

LGBTQ+

Social groups for older people in our LGBTQ+ community. Banbury, Didcot.

community@ageukoxfordshire.org.uk

01235 849 434

Lunch Clubs

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

community@ageukoxfordshire.org.uk

01235 849 434

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Didcot, Henley, Horspath, Sonning Common, Thame, Upper Heyford, Wheatley.

community@ageukoxfordshire.org.uk

01235 849 434

Walk & Talk

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

community@ageukoxfordshire.org.uk

01235 849 434



Courses for Unpaid Carers

A Carer's Journey

A series of courses from Abingdon and Witney College designed to help unpaid carers improve their own wellbeing, manage difficult situations and to support those who would like to get back to work or education. Visit www.abingdon-witney.ac.uk/part-time-evening and select 'A Carer's Journey' under the course subject to view and book upcoming courses.

Course Funding for Unpaid Carers

Want to take up a hobby, learn a new language or how to do something practical? Carers Oxfordshire can offer funding up to £150 towards any part-time or evening course at Abingdon and Witney College.

Visit [here](#) to find your course and apply via the funding application [form](#). These offers are available for unpaid adult (19+) carers who support someone of any age living in Oxfordshire.

If you're not able to access the websites above, you can call Abingdon & Witney College on **01235 555 585** and Carers Oxfordshire (re course funding) on **01235 424 715**.

How you can help

Donate

At Age UK Oxfordshire we rely on donations to ensure that we can continue to support people in Oxfordshire to live life to the full. You can make a one-off or monthly donation online via our [Just Giving page](#). Alternatively, you can call us on **0345 450 1276**.

Every donation makes a difference. Thank you.

Volunteer

If you have an hour or two to spare or a skill to share, why not consider joining our team of volunteers? Many of our services rely on volunteers in order to reach as many people as we can. By joining our team you can really help to make a difference.

You can find out more on the [volunteering page on our website](#).



Time to get online?

Get Online Week is an annual campaign running in autumn that's all about helping people get online safely, confidently and affordably.

Our Digital Support team are proud to support the campaign and are here to help you either get online for the first time or improve your digital skills. We understand that using the internet can feel daunting, but we can help you make sense of it.

Would you like to keep in touch with friends and family, do your grocery shopping online or find out what's going on in your local community? Whether you have a phone, computer or tablet, our team of Digital Support Volunteers can help you feel more confident when using the internet and stay safe while doing so.

If you have a digital device and are able to visit a website, you can find lots of useful information about getting to grips with the internet on the [Age UK website](#). This will guide you through setting up an email account, and doing a variety of things online including socialising, shopping, banking, managing household bills and appointments, and watching the TV or listening to the radio.

Age UK also offers a guide called '[A beginner's guide to staying safe online](#)' which we can post to you. Please get in touch if you would like a copy.

It's never too late to learn! If you'd like some support to get online for the first time, or improve your confidence using the internet, please do get in touch.

We run a wide range of in-person 'bookable' one-to-one sessions and 'no need to book' gadget drop-in sessions across the county. In addition, if you live alone, we can offer a 'try before you buy' option through a tablet loan scheme, allowing you the opportunity to see if digital devices are right for you without committing to purchasing a device and setting up a broadband contract.

We're also looking for volunteers to deliver skills sessions to older people in their area, if you think you can help then please get in touch.

For more information please contact **01235 849 434** or community@ageukoxfordshire.org.uk

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

- Information and advice
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- Carer support
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- Home support
- Homeshare
- Bereavement support groups
- Foot care
- Scams prevention advice
- Social activities and clubs
- LGBTQ+ groups
- Book groups

Call us on
0345 450 1276
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www.ageuk.org.uk/oxfordshire
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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.



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To find out more please call **0345 450 1276** or email contactus@ageukoxfordshire.org.uk
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