



**Community Links  
Oxfordshire**

A service provided by



## **Community Links Oxfordshire Newsletter**

Providing information and connecting you to activities that can support you in living well

Summer 2023

# Contents

- 3** Welcome
- 4** Community Links Oxfordshire
- 5** Find Your Local Area
- 6** Oxford City
- 8** Cherwell
- 10** South Oxfordshire
- 14** Vale of White Horse
- 16** West Oxfordshire
- 18** Information Drop-Ins
- 20** Your Health & Wellbeing
- 22** Cost of Living
- 23** Living Independently
- 24** Volunteering Opportunities
- 25** Social Prescribing
- 26** Bereavement Support
- 27** Digital Support
- 28** Useful Telephone Numbers
- 30** Live Well Oxfordshire
- 31** Your Feedback
- 32** Our Team In Action

# Welcome

Welcome to the summer edition of the Community Links Oxfordshire Newsletter.



## Community Links Oxfordshire

We hope you will find this a useful resource with many links to discover what's going on in your local area. Look out for the team in your area as we offer lots of informal information drop-in sessions. You can also find a menu of activities and services in your area on Live Well Oxfordshire (see p30).

We are excited to tell you that our service (provided by Age UK Oxfordshire) has been given funding by Oxfordshire County Council for another 3 years to continue enhancing community opportunities for you in Oxfordshire, and now has a new name. We asked you what we should call our service (formerly known as Community Information Network) to make it easier for people to find us and understand what we do. We were so pleased that over 200 of you gave us your feedback. Our service will now be called Community Links Oxfordshire.

We want to hear from you about this newsletter and what you would like from it. There is a pull-out feedback postcard on page 31 that you can post back to us free of charge. We are always interested in hearing from you about what matters to you, what you would like to see more of and any feedback you have about the content and design of this booklet.

We hope you enjoy this newsletter; let's enjoy the sunshine together.

Danielle Beaumont-Orr  
Head of Community Development



Nicola Luxton  
Deputy Head of Community Development



# Community Links Oxfordshire...What We Do

Community Links Oxfordshire is an established local service available to all adults living in the county. We listen and talk through what could make a difference to your life. We work together at your pace to get the information you need, to make informed choices, and connect to activities that can support you in living well. We can help you:

- Find out what support services are available
- Join in with local groups and activities
- Meet new people
- Learn something new
- Feel confident to get involved
- Volunteer
- Find out about help at home as your care needs change

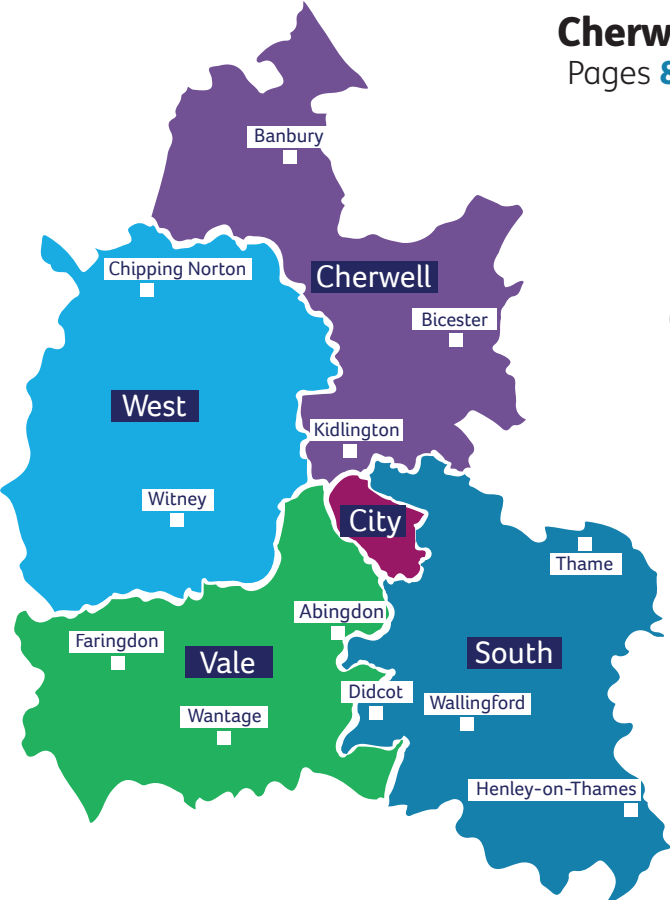
Most of the services and activities listed in this newsletter are provided for those over 50. Please contact us for more information.

Community Links Oxfordshire is provided by Age UK Oxfordshire and funded by Oxfordshire County Council.

The support we offer is bespoke and tailored to what you need, in the way you need it. Why not give us a call on **01235 849 434** or email **[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)** ...it all starts with a conversation

# Find Your Local Area....

**West Oxfordshire**  
Pages 16-17



**Cherwell**  
Pages 8-9

**Oxford City**  
Pages 6-7

**Vale of White Horse**  
Pages 14-15

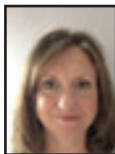
**South Oxfordshire**  
Pages 10-13

# Oxford City

## Meet your team



Lynn Alexander  
**07287 235 429**



Diane Long  
**07827 235 436**



Kate Shaw  
**07570 294 049**



Christopher Richmond  
**07468 862 178**



Sarah Irvine  
**07827 235 457**



Valerie Hunt  
**07570 236 443**

## TeaBooks Groups

At Age UK Oxfordshire, our social book groups, TeaBooks, help older people to share a love of books and reading, whilst making new friends.

Meeting once a month

- Summertown Library
- Westgate Library
- Northway Community Centre
- Headington Library

£1 per session

**0345 450 1276**

**[teabooks@ageukoxfordshire.org.uk](mailto:teabooks@ageukoxfordshire.org.uk)**

## Bereavement Support

At Age UK Oxfordshire we organise bereavement groups and walks. (See **p26**)  
Third Monday of the month from 2-3pm  
Headington

**01235 849 434**

### **Shotover Chatterbox**

Pop along and join the team at one of our coffee afternoons for a warm welcome, cake/biscuits and a chat. A great social get together with a chance to meet your local link worker.

Third Friday of the month from 2-4pm  
Shotover View, Craufurd Road, Oxford, OX4 2SQ  
Donations are welcome

**Contact Chris for more information**

### **Coffee Afternoon Get Together**

Drop in for an afternoon of activities, quizzes, singing, crafts and much more. Bring your own knitting, sewing, or a game to share. Tea/coffee, biscuits and cake.

Third Tuesday of the month from 1.30-3.30pm  
Cutteslowe Community Centre, 31 Wren Road,  
Oxford, OX2 7SX  
£1 each session

**Contact Sarah for more information**

### **Gadget & IT Support**

Whether you need help with your phone, computer or tablet, at Age UK Oxfordshire, our team can support you to develop your skills. (See **p27**)

Fourth Tuesday of the month from 2pm-4pm  
Westgate Library

Headington Library monthly (dates TBC)

**01235 849 434**

### **Exercise Groups**

At Age UK Oxfordshire, our Physical Activity team can help you maintain health, mobility and independence. (See p20)  
Cutteslowe Community Centre

**01235 849403**

**active@ageukoxfordshire.org.uk**

# Cherwell

## Meet your team



Jackie Roberts  
**07827 235 408**



Sarah Champkins  
**07469 150 669**



Victoria Jackson  
**07827 235 427**



Troy Byran  
**07827 235 448**



Carrie Brooks  
**07827 235 425**



Siobhan Griffin  
**07827 235 406**



Jayne Yuruker  
**07827 235 422**



Christina Papantoniou  
**07827 235 459**



Alison Pearce  
**07584 148 507**

## Bicester Coffee & Chat

Meet us for a coffee and a chat.  
Second Wednesday of the month  
10-11.30am  
Savoir Fare Cafe, Garth Park, Bicester,  
OX26 6PS

**Contact Jayne for more information**

## Bicester Lunch Club

A chance to meet and eat in friendly  
company.  
Fourth Wednesday of the month  
12.30-2pm  
Savoir Fare, The Garth Lodge, Launton  
Road, Bicester, OX26 6PS

**Contact Jayne to book your place**

## Bereavement Support Groups

At Age UK Oxfordshire we organise  
bereavement groups and walks.

(See **p26**)

Banbury, Bicester & Kidlington.

**01235 849 434**



## **Social Film Clubs**

The Hill Sports & Community Centre Banbury

Last Thursday of the month at 1.30pm

The Holly Tree Club, Deddington

Second Thursday of the month at 1.30pm

Sibford Village Hall, Sibford

Last Thursday of the month 7.30pm

Merton Village Hall, Merton, Bicester

First Monday of the month at 2pm

**Contact Troy for more information**

## **Gadget & IT Support**

Whether you need help with your phone, computer or tablet, at Age UK Oxfordshire our team can support you to develop your skills.

(See **p27**)

Marlborough Methodist Church and

Woodgreen Library in Banbury, Kidlington

Library and Bicester Library

Please book your place.

**01235 849 434**

## **Spencers Social Group**

This friendly group offers the chance to socialise.

First and third Wednesday of the month

10am-12pm

Banbury United Clubhouse, Station Approach,

Banbury, OX16 5AB

**Contact Troy for more information**

## **Silver Pride**

A social group for older people in our LGBTQ+ community.

Second Thursday of each month 2-4pm

The Mill Arts Centre, Spiceball Park, Banbury,

OX16 5QE

**Contact Jackie, Sarah or Jayne for more information**

## **Exercise Groups**

At Age UK Oxfordshire, our Physical Activity team can help you maintain health, mobility and independence. (See **p20**)

Deddington & Bicester.

Please book a space

**01235 849 403**

**active@ageukoxfordshire.org.uk**

# South Oxfordshire

## Meet your team



Tresa Cooper  
**07827 235 410**



Charlie Hayes  
**07570 300 458**



Chloe Rose Cole  
**07800 813 305**



Ursula Long  
**07827 235 445**



Rachel Poole  
**07827 235 460**



Kate Hart  
**07827 235 403**



Katie Allan  
**07827 235 932**



Rachel Downey  
**07827 235 420**



Rachel Dawson  
**07827 235 428**



Derek Mitchell  
**07827 235 450**



Abbie Crook  
**07827 235 431**



Gaynor Williams  
**07785 425 601**



Stephen Mott  
**07827 235 445**

### **Silver Pride**

A social group for older people in our LGBTQ+ Community.

Second and fourth Friday of each month from 11am-12pm

Cornerstone Arts Centre Cafe, Didcot, OX11 7NE

**Contact Gaynor for more information**

### **Thame Lunch Club**

A social afternoon for all, with a chance to meet your local link worker for information and advice. Enjoy delicious homemade sandwiches, cake and a cup of tea/coffee.

Last Tuesday of the month from 12.30-2pm  
The Coffee House, 3 Buttermarket, Thame, OX9 3ER

£6 - Please book your space at least 24hrs in advance

**01844 214 556**

### **Wheatley Walk & Talks**

Come and join us for a leisurely stroll and a chance to make new friends.

**Contact Derek for more information**

### **Young at Heart Club**

A social group offering refreshments, with a chance to chat, activities and often with entertainment or a speaker.

Meeting on the 2nd Tuesday of each month from 2-4pm

The Dolphin, 2 St Mary's Street, Wallingford, OX10 0ET

**Contact Charlie for more information**

### **Horspath Cinema Club**

Come and enjoy a relaxing afternoon watching a film with refreshments.

Every 2nd Wednesday of the month, 2-4pm

Horspath Hub, The Green, OX33 1RP  
£3.50 per person and no booking required!

**Contact Kate for more information**

# South Oxfordshire

## **Gadget & IT Support**

Whether you need help with your phone, computer or tablet, at Age UK Oxfordshire our team can support you to develop your skills.

(See **p27**)

Fourth Tuesday of the month from  
10am - 12pm  
Didcot Library

Sonning Common Library monthly - Bookable visits to suit both client and volunteer.

**01235 849 434**

## **Sonning Common Cinema Club**

Come and enjoy a relaxing morning to get together, watch a film and enjoy a cup of tea or coffee.

Last Thursday of each month from 11am-1pm  
Sonning Common Village Hall, Sonning Common,  
RG4 9SL

£3 per person

**Contact Abbie for more information**

## **Bereavement Support**

At Age UK Oxfordshire we organise bereavement groups and walks.

(See **p26**)

Groups are currently taking place in Didcot

**01235 849 434**

## **Exercise Groups**

At Age UK Oxfordshire, our Physical Activity team can help you maintain health, mobility and independence.

Henley, Didcot and Sonning Common

Please book your place. (See **p20**)

**01235 849 403**

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

### **Woodcote Chatterbox**

A social group with a speaker each month.  
Fourth Tuesday of every month from 2-3.30pm  
The Old School House, Reading Road,  
Woodcote, RG8 0QY  
£3 per meeting. No booking required

**Contact Charlie for more information**

### **TeaBooks Groups**

At Age UK Oxfordshire, our social book groups, TeaBooks, help older people to share a love of books and reading, whilst making new friends.  
Meeting once a month  
Thame

£1 per meeting

**0345 450 1276**

**[teabooks@ageukoxfordshire.org.uk](mailto:teabooks@ageukoxfordshire.org.uk)**



# Vale of White Horse

## Meet your team



Rachel Poole  
**07827 235 460**



Mandie Mitchell  
**07827 235 423**



Tresa Cooper  
**07827 235 410**



Maria Bee  
**07834 511 698**



Claudia Edgeworth  
**07827 235 412**



Danielle Ffrench  
**07964 037 292**

## Exercise Groups

At Age UK Oxfordshire, our Physical Activity team can help you maintain health, mobility and independence. Cumnor, Abingdon & Botley (See **p20**)

**01235 849 403**

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

## TeaBooks Groups

At Age UK Oxfordshire, our social book groups, TeaBooks, help older people to share a love of books and reading, whilst making new friends.

Meeting once a month  
Wantage and Abingdon  
£1 per session

**0345 450 1276**

**[teabooks@ageukoxfordshire.org.uk](mailto:teabooks@ageukoxfordshire.org.uk)**

## Bereavement Support

At Age UK Oxfordshire, we organise bereavement groups and walks. (See **p26**) Abingdon & Grove. Please book your space

**01235 849 434**

### **Steventon Cinema Club**

Come and spend a relaxing afternoon watching a film with tea/coffee and biscuits.

First Wednesday of the month from

1.15-3.15pm

Steventon Village Hall, The Green, Steventon,

OX13 6RR

£3.50 per person

**Contact Maria for more information**

### **The Down to Earth Cafe**

A community cafe aiming to provide food in a down to earth, inclusive, and friendly environment.

Tuesday, Thursday, Friday & Saturday from 10am-3pm

The Old Stables, Stirling Close, Wantage, OX12 7AU

Join Mandie on the first Thursday of the month, where she will be there to meet you for a chat, and to provide information and advice.

**Contact Mandie for more information**



# West Oxfordshire

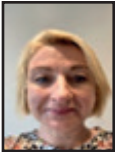
## Meet your team



Linda Heffernan  
**07584 148 508**



Katrina Fagan  
**07827 235 444**



Emma Fox  
**07468 862 174**



Sue Richmond  
**07827 235 414**



Jennifer Dixon-Clegg  
**07827 235 409**

## Walk & Talk

Second Tuesday of the month at 2pm for a 2.15pm start

The Old Shed, Enstone Road, Charlbury

**Contact Emma for more information**

Third Tuesday of the month at 1pm

Blenheim Palace, Woodstock

**Contact Sue for more information**





### **Chatterbox**

Pop along and join us at one of our coffee mornings for a warm welcome, refreshments, a slice of cake and a chat. A great social morning with a chance to meet one of your local link workers. Donations welcome.

First Thursday of the month from 10am-12pm  
Corn Exchange, Market Square, Witney,  
OX28 6AB

**Contact Sue or Katrina for more information**

Every third Tuesday from 10-11.30am  
Chipping Norton Library, Goddards Lane,  
Chipping Norton, OX7 2NP

**Contact Katrina for more information**

### **Aviation Group**

Whether you're an aviation expert or just have a general interest. Meet and make friends, share your stories and memories. A social group for all!  
Fourth Thursday of each month from 2-3.30pm.

**Contact Sue for more information**

### **Carterton Cinema Club**

Fourth Wednesday of the month from 2pm  
Carterton Library, 6 Alvescot Road, Carterton,  
OX18 3JH

£3.50 per person

**Please contact Jennifer to book a place**

### **Bereavement Support**

At Age UK Oxfordshire we organise bereavement groups and walks.

(See **p26**)

Carterton and Witney

### **Exercise Groups**

At Age UK Oxfordshire, our Physical Activity team can help you maintain health, mobility and independence.

(See **p20**)

Bampton, Tackley, Eynsham, Enstone, Witney & Wychwood.

**01235 849 403**

**active@ageukoxfordshire.org.uk**

# Local Support & Services: Information Drop-Ins

Information Drop-Ins, providing information, advice, support and help at a variety of groups, activities and organisations. No appointment necessary.

## Oxford City

### Umbrella Club

Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS  
Every Wednesday 1-3pm

### Barton Community Food Larder

Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS  
First Tuesday of the month  
2-4pm

## Cherwell

### Banbury Mosque

Merton Street, Banbury, OX16 4RX  
Ladies - First Thursday of the month  
10-11.30am  
Men - First Friday of the month 1-2.30pm

### Upper Heyford Veterans

Heyford Park Community Centre, Brice Road, Upper Heyford, OX25 5TE  
First Friday of the month, 11am-2pm

### The Mill

The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE  
First Tuesday of the month, 12-2pm

### Royal Voluntary Service

Castle Street, Banbury, OX16 5NT  
10 -11.30am  
Further dates TBC

## Vale of White Horse

### The Down to Earth Cafe

The Old Stables, Stirling Close, Wantage, OX12 7AU  
First Thursday of the month

### KBS Cafe

St John the Baptist Church, Kingston Bagpuize, OX13 5AY  
First Thursday of the month  
10am-12pm

### Abingdon Community Larder

Trinity Church Centre, Abingdon, OX14 1DB  
Third Friday of the month  
1.30-2.30pm

## South Oxfordshire

### Horspath Hub

The Green, Horspath, OX33 1RP  
First Friday of the month  
10.30am-12pm

### Cholsey Food Larder

Cholsey Community larder,  
Cholsey Pavillion, Station Road,  
Cholsey, OX10 9PT  
First Wednesday of the month  
2-4pm

### Merry Bells Coffee Morning

The Merry Bells, 89 High Street,  
Wheatley, Oxford, OX33 1XP  
First Friday of the month in May,  
July & September

### Thame Masonic Hall

14 High Street, Thame, OX9 2BZ  
Second Tuesday of the month  
10am-12pm

### Sonning Common WI Coffee Mornings

Village Hall, Sonning Common,  
RG4 9SL  
First Wednesday of each month  
10.30-11.30am

### Henley Library

Henley Library, Ravenscroft  
Road, Henley-on-Thames,  
RG9 2DH  
Contact us for more information

## IT Drop In Sessions

### Marlborough Methodist Church

Banbury  
Every Thursday 10am-12pm

### Woodgreen Library

Banbury  
Every third Friday of the month  
10am-12pm

### Didcot Library

Every Saturday 10am-12pm

### Bicester Library

Every first & third Thursday of the  
month, 10.30-11.30am

### Kidlington Library

Every Thursday 2-3pm

### Eynsham Library

Every Wednesday 2-4pm

### Oxford Westgate Library

Fourth Tuesday of the month  
2-4pm

### Sonning Common Library

Bookable visits to suit both client  
and volunteer.

# Local Support & Services: Your Health & Wellbeing

## Age UK Information Guides and Factsheets

Age UK have some great information guides that are short and easy to digest, giving an overview of many different topics, including:

- Your Mind Matters
- Staying Steady
- Healthy Living
- Staying Cool in a Heatwave
- Your Hospital Stay

Contact us and we can post one to you.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Physical Activity Team

At Age UK Oxfordshire, we offer group exercise classes, both in-person and online, for people in later life. Moving more can make a huge difference not just to your physical health, but to your mental health and wellbeing as well. It can improve your strength and balance, prevent falls, provide an instant wellbeing boost, and can be fun too!

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

**01235 849 403**

## Dementia Oxfordshire

At Age UK Oxfordshire, our dementia service supports people living with dementia, their relatives and carers by providing advice, information and on going support. Our dedicated support line is staffed by experienced Dementia Advisors, and is available Monday to Friday 9am - 5pm.

**01865 410 210**

**[info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk)**

## Oxfordshire Talking Therapies

Offering a range of free talking therapies to people across Oxfordshire. They help people experiencing common conditions including stress, anxiety and depression. Their staff are specially trained to help people living with long term physical health conditions, such as heart disease, diabetes, COPD and persistent physical health conditions.

**01865 901 222**

**[www.oxon-talking-therapies.nhs.uk](http://www.oxon-talking-therapies.nhs.uk)**

## **Phone Friends**

At Age UK Oxfordshire, our confidential telephone befriending service, Phone Friends, is for people aged 50+, who feel lonely, and would benefit from a regular, free friendly chat.

**01295 234 850**

## **Carers Oxfordshire**

A service dedicated to unpaid adult carers in Oxfordshire. Whether you are caring for a child, young person or another adult, their expert team will help you:

- Recognise your role as a vitally important carer.
- Make your caring journey easier by offering advice and support to enable you to navigate what can be a confusing system.
- Recognise that caring for someone else shouldn't come at the cost of caring for yourself. They will support you to find ways to care for yourself as you care for another, whatever that looks like.

**01235 424 715**

**[carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk)**

## **Staying Cool in Hot Weather**

We all look forward to a lovely summer, but high temperatures and humidity can present a risk to our health, especially as we get older.

Here are some helpful tips:

- Try to keep out of the sun when it's at its strongest (11am-3pm)
- Drink plenty of water and fluids to prevent dehydration
- Look after your skin - use a sun cream of at least SPF30 and apply regularly
- Be careful even when it's not sunny; UV levels can still be harmful when it's cloudy
- Lightweight cotton clothing keeps you cooler

# Local Support & Services: Cost of Living

## **Oxfordshire Specialist Advice Service**

**(OSAS)** provides a dedicated telephone advice line and email service, which aims to answer your queries around benefits, money advice, budgeting and other welfare issues and link you into services that can provide further support.

**01865 410 660** (9am-5pm weekdays)

## **Cost of Living Campaign - Pension Credit**

An estimated 4,372 older people across Oxfordshire are not claiming the benefit to which they're entitled, which equates to £8,240,700 in unclaimed entitlements. Pension Credit is an income related benefit that tops up weekly income. To find out if you're missing out on Pension Credit, you can use Age UK's online benefits calculator or call us at Age UK Oxfordshire.

**[benefitscheck.ageuk.org.uk](https://benefitscheck.ageuk.org.uk)**

**0345 450 1276**

## **Information & Advice Service**

At Age UK Oxfordshire, we offer a free and confidential information and advice service for older people, their families and carers. Our team have information on over 200 topics, from Power of Attorney, mobile dentists and welfare benefits, right through to social care and pendant alarms.

**0345 450 1276** - *ask for the helpline*  
**[helpline@ageukoxfordshire.org.uk](mailto:helpline@ageukoxfordshire.org.uk)**

## **Better Housing, Better Health**

Is a charity working to reduce and prevent the number of people in fuel poverty, and to improve warmth, health and wellbeing. Operating across Oxfordshire, they can provide you with great home energy advice, financial support and can help with switching energy suppliers.

**0800 107 0044**

## **Scams Awareness**

Any of us can fall victim to a scam. They can be very distressing, and the impact is often emotional as well as financial. At Age UK Oxfordshire we offer group talks to raise awareness of scams and can offer 1:1 support if you have been affected by scams.

**0345 450 1276**

# Local Support & Services: Living Independently

## Good Neighbour Schemes

are local, voluntary groups that offer a service in their community for older, vulnerable and isolated people in need of help and support. Across Oxfordshire there are 50 Good Neighbour Schemes offering help in their local communities. Services vary, depending on the area's needs, skills and the abilities of the volunteers.

Find your local GNS via

[www.vlu.org.uk](http://www.vlu.org.uk)

01993 776 277

## Homeshare Oxfordshire

At Age UK Oxfordshire, our Homeshare service carefully matches older people who may need a little help with household tasks, company or reassurance, with another person who is happy to lend a hand and would enjoy living with an older person.

[www.homeshareoxfordshire.org.uk](http://www.homeshareoxfordshire.org.uk)

[homeshare@ageukoxfordshire.org.uk](mailto:homeshare@ageukoxfordshire.org.uk)

01865 410 670

## Home Support

At Age UK Oxfordshire, our Home Support service offers a range of flexible and practical solutions to help you stay independent both at home and out and about. We understand that sometimes a little help at home can make a big difference to your life and independence.

0333 577 1044

[homesupport@ageukoxfordshire.org.uk](mailto:homesupport@ageukoxfordshire.org.uk)

## Foot Care

At Age UK Oxfordshire, we offer a basic toenail cutting service to adults over 50. Weekly appointments at venues in Abingdon, Oxford, Wantage and Witney.

01865 717 615

[footcare@ageukoxfordshire.org.uk](mailto:footcare@ageukoxfordshire.org.uk)

# Volunteering Opportunities

We are always looking for friendly and enthusiastic volunteers to join our team. There is no upper age limit to who can volunteer, however our volunteers must be 18+. We believe that volunteers, across all ages, bring a wealth of personal interests, skills and experience, all of which can be channelled into volunteering activities that benefit our service users and support the work of the charity.

We strive to be an inclusive charity and encourage people with personal experience to volunteer. We recognise the huge benefits that can be derived from volunteering, not just for service users but also for volunteers, as it can help bridge the gap of understanding, stigma and discrimination which continues to impact on the lives of older people, their carers and families.

If you're passionate about supporting older people, then why not consider joining our team? Get in touch by calling **0345 450 1276** or emailing **[volunteering@ageukoxfordshire.org.uk](mailto:volunteering@ageukoxfordshire.org.uk)**

## Our Current Volunteering Roles:

**Bereavement Support** - Help support local people and communities to be more aware of support offered, as well as helping individuals to access bereavement support.

**Digital Support** - In the digital age we live in, you can make a real difference by helping to build someone's confidence online by guiding and supporting them to get the best use out of their tech and gadgets.

**Befrienders** - Helping support people to overcome barriers and loneliness, build social connections and rebuild confidence.

**Activity & Group Volunteer** - Do you have a hobby or take part in an activity which you think you could help deliver in one of our groups?

**Phone Friends** - Help us fight loneliness in Oxfordshire, by becoming one of our telephone befrienders.



# Social Prescribing

Social prescribing is a service provided by your local GP surgery where you can be helped to link with a range of local, non-medical activities, opportunities and support that can improve your health.

Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist, your local Social Prescriber can help you.

## Green Spaces

Green social prescribing supports people to engage with nature to improve mental health and wellbeing. Green social prescribing activities can be offered as alternative treatment.

Social Prescribers will link you with community groups and activities based on what matters to you.

A number of studies have shown, when surrounded by trees and green spaces, blood pressure and stress levels reduce, and mental wellbeing increases.



Each surgery will have a Social Prescriber as part of their team. Speak to your surgery directly and ask to be put in contact with them. We have Social Prescribers who are a part of Age UK Oxfordshire and work closely with many different GP surgeries throughout Oxfordshire.

Contact us on **01235 849 434** for information about social prescribing.

# Bereavement Support

## Would you value the opportunity to meet with others who understand?

At Age UK Oxfordshire, our bereavement groups and walks meet monthly, where we look to the future without forgetting. The groups and walks are relaxed, warm and friendly, and a place where you can meet others and feel supported. Many find that others who have lost a loved one can offer valuable comfort and support. All are welcome.

Sessions aim to be a mixture of restorative and informative, and a space where you can just be yourself, offering you an opportunity for you to remember that in the midst of the pain, there is still life to live.

If you think that you would benefit from joining one of our groups or walks and would like to find out more, please contact us. Call us on **01235 849 434** and a Bereavement Facilitator will give you details of the group most local to where you live.

## “In Touch” Bereavement Support telephone line

Calls will be answered by an experienced Bereavement Facilitator who can provide a listening ear, as well as help to link you to all the support that is available to you.

Call **07584 148508** (Available Monday to Friday 10am-4pm).

If the line is busy, please leave your name and number and we will return your call as soon as possible.

# Digital Support



## Helping more older people get online

Many people have embraced digital technology, whilst others are less confident. Through our Digital Support projects, at Age UK Oxfordshire we aim to inspire people to want to get online safely, and enable them to do so by providing one-to-one support to help develop digital skills and confidence.

In addition, for people who are living alone, we are offering the opportunity to 'try before you buy' through a tablet loan scheme, allowing people the opportunity to see if digital devices are right for them, without committing to purchasing anything or setting up a broadband contract. We don't want people to miss out on the benefits of access to technology, including essential services and the opportunity to connect with activities and family and friends.

**It's never too late to learn!** If you would like to get online, please contact us on **01235 849 434** to find out what digital support is available to you.



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.

# Useful Telephone Numbers / Websites

Oxfordshire County Council

**0345 050 76 66 / [www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)**

Emergency Planning

**01865 323 765**

Floodline (Oxfordshire)

**01865 842 999**

Oxfordshire Social Services

**0345 050 76 76**

Trading Standards

**01865 396 999**

Visual Impairment Team

**01865 894 935**

Hearing Impairment Team

**01865 894 925**

Oxfordshire Mind

**01865 247 788 / [www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)**

Parkinson's UK

**0800 800 03 03 / [www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

Patient Advice & Liaison (PALS); Oxford Health NHS Foundation Trust

**0800 328 7971**

Powercut Helpline

**105 / [www.powercut105.com](http://www.powercut105.com)**

Red Cross Mobility Aid Loan Service

**0344 871 1111 / [www.redcross.org.uk](http://www.redcross.org.uk)**

Royal British Legion

**0808 802 8080 / [www.britishlegion.org.uk](http://www.britishlegion.org.uk)**

Samaritans

**116 123 / [www.samaritans.org](http://www.samaritans.org)**

Stroke Association

**0303 303 3100 / [www.stroke.org.uk](http://www.stroke.org.uk)**

Thames Valley Police

**101 / [www.thamesvalleypolice.uk](http://www.thamesvalleypolice.uk)**

365Alive (Fire Safety)  
**0800 032 59 99 / [www.365alive.co.uk](http://www.365alive.co.uk)**

Better Housing, Better Health  
**0800 107 00 44 / [www.bhbh.org.uk](http://www.bhbh.org.uk)**

Carers Oxfordshire  
**01235 424 715 / [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)**

Citizens Advice Oxfordshire  
**03444 111 444 / [www.caox.org.uk](http://www.caox.org.uk)**

Cherwell District Council  
**01295 227 001 / [www.cherwell.gov.uk](http://www.cherwell.gov.uk)**  
Cherwell Small Repairs Scheme  
**01295 227 022 / [www.cherwell.gov.uk](http://www.cherwell.gov.uk)**

Oxford City Council  
**01865 249 811 / [www.oxford.gov.uk](http://www.oxford.gov.uk)**  
Oxford City Small Repairs Scheme  
**01865 252 798 / [www.oxford.gov.uk](http://www.oxford.gov.uk)**

South Oxfordshire District Council  
**01235 422 422 / [www.southoxon.gov.uk](http://www.southoxon.gov.uk)**

South & Vale Small Repairs  
**01235 432 410 / [www.mearsgroups.co.uk](http://www.mearsgroups.co.uk)**

Vale of White Horse District Council  
**01235 422 422 / [www.whitehorsedc.gov.uk](http://www.whitehorsedc.gov.uk)**

West Oxfordshire District Council  
**01993 861 000 / [www.westoxon.gov.uk](http://www.westoxon.gov.uk)**

Falls Prevention Service  
**01865 903 400**

Helping Hands for Hoarders  
**01993 831 551 / [www.helpinghandsforhoarders.com](http://www.helpinghandsforhoarders.com)**

My Vision Oxfordshire  
**01865 725 595 / [www.oxeyes.org.uk](http://www.oxeyes.org.uk)**

My NHS 111  
**111 / [www.nhs.uk](http://www.nhs.uk)**

Oxfordshire Hospitals  
**0300 304 7777**

# Live Well Oxfordshire

The Live Well Oxfordshire website brings together over 2,300 services and activities in one easy-to-search online directory: from care services helping you stay living at home, to things to do in your community, and the community support to help you do these things. The services and activities are supported by information pages which can help you get the most out of your search and support you going forward.

You'll also find a calendar letting you know what is on in your community (e.g., exercise classes, singing groups or IT sessions etc.), as well as a news section keeping you up to date with local stories and events.

You can access Live Well Oxfordshire by visiting [www.oxfordshire.gov.uk/livewell](http://www.oxfordshire.gov.uk/livewell) or if you don't have access to a computer or would like some help navigating the opportunities and information, call **01235 849 410** and the team will be happy to help you.



[www.oxfordshire.gov.uk/livewell](http://www.oxfordshire.gov.uk/livewell)

[livewell@ageukoxfordshire.org.uk](mailto:livewell@ageukoxfordshire.org.uk)

**01235 849 410**

# What Matters To You....?

We are interested in hearing from you, about what matters to you and what you would like from us. Please share your thoughts and opinions and email your thoughts to [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk) or call us on **01235 849 434**

**What matters to you?**

**What would you like us to do more of?**

**Is there anything you think we could improve, or change?**



# Our Team In Action...

On 9th March we celebrated **Social Prescribing Day** across the county by meeting with GP practices and our local community to raise awareness of social prescribing and provide information and support.

Partnering with **Bicester PRIDE**, we held a **Bowling Afternoon** with our Silver Pride (LGBTQ+) Banbury group.



Supporting **Dying Matters Awareness Week 2023** we arranged a walk around Spiceball Park in Banbury, followed by tea and cake. It was a huge success where everyone enjoyed a beautiful walk with lots of conversations and opportunities to sit and enjoy the park.

In March, in partnership with Oxford Bus Company, we hosted our second **Chatty Bus** event, which included a sightseeing tour of Oxford.



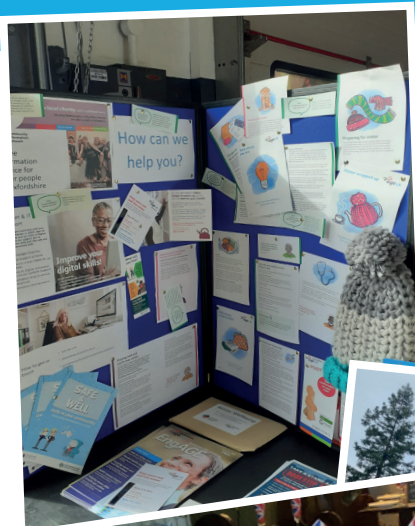
We celebrated **King Charles III Coronation** with tea and cake with our Young at Heart group at The Dolphin in Wallingford.

May was **National Walking Month**. It was the perfect time to get outside and get walking. Evenings are lighter and days are getting longer. Walking has great health benefits - it's simple, free and one of the easiest ways to get more active, and become healthier. To celebrate, we arranged a visit to Harcourt Arboretum, where we took a walking, guided tour through some of the Arboretum's seasonal highlights.



# Our Team In Action...





### Coming Soon...

#### Step into Oxford - Guided Walks

From September, the Oxford Guild of Tour Guides will be offering more morning and afternoon walks, open to anyone over the age of 50. You will take a gentle stroll through the famous sights of Oxford, led by a professional guide.

All of the walks are free to join.

#### Bibby's Christmas Lunch

Bibby's Financial Services, Banbury are delighted to be planning their next Christmas lunch and celebration. Further information and dates will be confirmed closer to the festive season.

If you would like to find out about other activities in your area, that aren't included in this newsletter, please give us a call on

**01235 849 434** or email us [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)



**Community Links  
Oxfordshire**

A service provided by



**Contact us:**

**Call us on 01235 849 434**

**Email [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

**Visit [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**

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

In partnership with:



**OXFORDSHIRE  
COUNTY COUNCIL**



Oxfordshire Community and Voluntary Action

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