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.

Oxfordshire age UK