

#LoveLaterLife

# EngAGE

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### Message from Penny Thewlis, CEO

A very warm welcome to your autumn edition of EngAGE which contains lots to enjoy and interest you, as well as information that we hope will be useful in managing rising costs and preparing for winter.

You may be interested in a new statistic that has recently emerged – an estimated 4,372 older people in Oxfordshire are not claiming the Pension Credit to which they are entitled, equating to a staggering £8,240,700 - money that could be helping to meet rising costs. Pension Credit is an income-related benefit that tops up weekly income to £182.60 for a single person and to a joint £278.70 for a couple. Even a small award of Pension Credit can provide access to help with housing costs, council tax or heating bills and for those over 75, this includes continued entitlement to a free TV licence.

If you want to find out whether one of those 4,372 people with a winning ticket is you, Age UK's free and anonymous benefits calculator is a way of finding out what entitlements you could be owed – visit [www.ageuk.org.uk](http://www.ageuk.org.uk) – search 'Benefits calculator'. Or you can phone us on 0345 450 1276 and ask for a confidential benefits check. You will need to have details about your savings, income, pensions and existing benefits (for you and your partner).

If you are in or around Banbury, you can drop in and see us in a new community 'Pop-up' space in Castle Quay. It's the brain-child of Cherwell District Council and is showcasing the work of many of the great voluntary groups and organisations in Cherwell. We are there every Friday with a warm, friendly welcome and lots of information, and would love to see you.

You will also find us at an event to mark UN International Older Person's Day. Every year, this is a day to celebrate age and ageing and challenge ageism in all its forms. The Oxford 50+ Network will again be celebrating with a wonderful event on Wednesday 5th October (10am–3pm) in Oxford Town Hall, which will be packed with age-friendly information and activities. A Health Walk will be leaving the Town Hall at 10.30, and you can even try your hand at table tennis! It's well worth making a trip to Oxford for the event.

Mariah Holland, who edited EngAGE magazine for us, left us at the end of the summer. I'm sure you will want to join me in wishing Mariah all the very best in her new life in the great Age Friendly City of Manchester.

My warmest wishes,



# What's been happening?

Huge thanks to our wonderful creative volunteers for picking up their knitting needles and crochet hooks and creating so many wonderful little hats for our latest 'Big Knit' campaign.

We've counted up 36,074 woolly masterpieces, raising a fantastic £9,018 to support our free helpline which provides confidential information and advice for older people, their families and carers.

The helpline supported 1,416 people last year, with enquiries on a vast range of subjects, including staying independent at home, social and leisure opportunities, legal issues, financial issues, housing, care homes, being a carer - and much more.

Keep an eye out for updates on the next 'Big Knit' campaign in future editions of EngAGE and on our Facebook page (@ageukoxfordshire).



## The Big Knit

Dementia Oxfordshire held a summer party at the Botley Women's Institute for clients, carers and the community.

It was a great opportunity for people to socialise and have fun together in a dementia-friendly environment. There was tea, coffee and plenty of cake, as well as live music performed by singer and guitarist Cody. Everyone joined in and sang or clapped along with a smile on their faces. The party featured a raffle with excellent prizes donated by local companies, and a pre-loved jewellery stand.

The event raised £720, which will be used to support education sessions and groups for people with dementia and their carers run by Dementia Oxfordshire. We'd particularly like to thank Chawley Grove Care Home, based just down the road from the party in Cumnor, for sponsoring the event. A massive thank you also goes to all the local companies that donated cakes, decorations, and raffle prizes.

## Dementia Oxfordshire Summer Party



Rose and Kerry from our dementia service, Dementia Oxfordshire, attended the Witney Carnival in July to raise awareness of the service, and fundraise by selling 'Diamonds for Dementia'! They were joined by Mandy from our Scams Prevention team, who was there to share information and advice about scams and fraud. It was great to be out in the community letting lots of people know about some of the services we provide.

## Dementia Oxfordshire at Witney Carnival



# Looking after your mental health and wellbeing

**Get a good night's sleep** – sleep really affects how we feel physically and mentally, and most adults need 7-9 hours per night. For information and advice visit - [www.ageuk.org.uk](http://www.ageuk.org.uk) - search 'Getting a good night's sleep'.

**Be in the present** – also referred to as being more 'mindful'. Find some great information at [www.nhs.uk](http://www.nhs.uk) – search 'Mindfulness'.

**Live a healthy life** – stay as active as possible, spend time outdoors, and have a healthy, balanced diet. On p.20 you'll find out about our Walk & Talk sessions, and on p.11 find out more about our physical activity service.

**Take steps to manage your finances** – fears of financial difficulties can cause great stress. Our Information & Advice team are here to help. Call us on 0345 450 1276.

**Plan things to look forward to** – arranging to see friends or family or making plans to attend a group (see p.20) can really boost your mood.

Please note that being worried, low, or out of sorts aren't just part and parcel of getting older, they're important signs that you're not feeling as well as you should be.

If you're feeling out of sorts and have any of these symptoms for two weeks or more, you may be experiencing anxiety or depression:

- loss of self-confidence and feeling down
- feeling anxious
- not being able to enjoy the things you usually enjoy
- unexplained aches and pains
- avoiding people, even those close to you

If things are starting to get on top of you, there is support available that can help – you don't need to try and cope alone.

**For more information and advice visit [www.ageuk.org.uk](http://www.ageuk.org.uk) and search 'Your mind matters'.**



**Autumn and the transition into winter can cause feelings of low mood and anxiety. The reduction in sunlight leads to falling levels of the hormone serotonin which affects mood, sleep and appetite, plus increases in melatonin which can make us feel sleepy and depressed. Add to that concerns about the cost-of-living crisis, and worries about keeping warm, it's understandable that many people will find their mental health is affected this winter.**

Just like good physical health, good mental health and wellbeing is essential to living a happy and healthy life. Our mental health affects how we think and feel, and how we cope with life's ups and downs. As we move through different stages of life and our circumstances change, our mental health can change too.

**For this year's Older Adult Mental Health Awareness Week (1st-10th October) we're focussing on things that we can all do to improve our mental health and wellbeing.**

**Connect with others** – online, by phone, or in person. Take a look at the social groups we have running across the county on p.20, or find out more about our 'Phone Friends' service - [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) - search 'Phone Friends'.

# Talking therapies you can trust from TalkingSpace Plus

TalkingSpace Plus offers a range of talking therapies and wellbeing activities that can help with stress, anxiety and depression. The NHS service is free and confidential and is available to anyone over the age of 18, registered with a GP in Oxfordshire.

## No need to ask your GP - refer yourself

You can book an appointment online or by telephone. If you self-refer online, you can book a date and time that is convenient for you on the website.

## GP/Healthcare Professional referral

Referrals from your GP and other healthcare professionals are also accepted.

Five inspiring talking therapy patients have shared their recovery journeys in a series of short films to encourage others to get early help for their mental health.

Peter, who has received Cognitive Behavioural Therapy (CBT), says: "I waited 40 years before asking for support with my phobias – I shouldn't have left it for so long."

More information about talking therapies and wellbeing activities, as well as the inspiring talking therapy videos, can be found on the website.

[www.oxfordhealth.nhs.uk/talkingspaceplus](http://www.oxfordhealth.nhs.uk/talkingspaceplus)  
**Self-referral telephone number: 01865 901222**  
(Monday 8am-5pm, Tuesday to Thursday 8am-8pm or Friday 8am-5pm)



## Would some help at home make a difference to your life?

Our home support service, Home Support Options, offers a wide range of services that can help you to keep your independence at home. Tailoring the service to your needs, we offer trained Home Support Workers who can visit you regularly, from as little as 1 hour per week, to support you in your home.

A charge of £20.00 per hour applies for the service.

Please note we are unable to provide support with personal care.

We are proud to be Covid safe – all staff are wearing the necessary PPE and testing regularly to keep themselves and our clients safe.



### We can help with tasks such as:

- Light housework
- Laundry
- Ironing
- Bed changing
- Shopping
- Meal preparation
- Companionship
- Getting out and about in your local community
- Basic admin help

To find out more call or email our friendly team today on 0333 577 1044 or [hsoadmin@ageukoxfordshire.org.uk](mailto:hsoadmin@ageukoxfordshire.org.uk)

# Help for rising costs

At Age UK Oxfordshire we are seriously concerned about the impact of the spiralling cost of living on older people locally.

We are determined to ensure that all local older people are receiving the financial help to which they're entitled, and our Information & Advice team are here to help.

There are many different benefits and one-off payments available, but with the list forever changing we know it can be confusing working out what you're entitled to.

Here's an up-to-date list\*, but if you'd like to discuss in more detail just give our team a call on **0345 450 1276**. You can also find out more on the Age UK website – **[www.ageuk.org.uk](http://www.ageuk.org.uk)** – search 'Money and legal'.

## Means tested (need to apply)

**Council Tax Reduction** provides financial help towards your council tax. The discount ranges from 0-100% depending on income and circumstances – rules vary for applicants of working age and pension age. To find out more contact your district council.

**Housing Benefit** can help you pay your rent. It's being replaced by Universal Credit. You can only make a new claim if you're of pension age or in supported, sheltered or temporary housing. You can apply as part of a Pension Credit claim, or contact your district council.

**NHS Low Income Scheme** provides support with healthcare costs including NHS prescriptions, dental care, and glasses.

**Pension Credit** is made up of two parts. Guarantee Credit provides a guaranteed level of income (max amount for 22/23 - £182.60/single or £278.70/couple per week), and Savings Credit is based on the level of retirement provision you have made (max amount for 22/23 - £14.48/single or £16.20/couple per week). Savings Credit may be paid as well as Guarantee Credit, or on its own.



**Warm Home Discount Scheme** offers a one-off reduction of £140 on your electricity bill for winter 2022. Contact your electricity supplier to see if you're eligible.

**WaterHelp** from Thames Water offers financial support for low-income households, with a 50% discount on your water bill.

**WaterSure** from Thames Water offers financial support in the form of a bill cap for those who receive means-tested benefits and use a larger amount of water because of a water-dependent medical condition.

## Means tested (paid automatically)

**Cold Weather Payment Scheme** gives £25 for each 7-day period of very cold weather (0°C or below) between 1 Nov and 31 March. It is available if you get certain benefits or support for mortgage interest. The discount will not affect your Warm Home Discount or Winter Fuel Payment.

**Cost of Living Payment** is £650 paid in two lump sums of £326 (paid in summer) and £324 (due in autumn). You may receive it if you're getting any of the following: Universal Credit, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Income Support or Pension Credit.

## Non-means tested (paid automatically)

**£400 energy bill discount** is a one-off discount made by your energy supplier, and will be applied as 6 monthly instalments to all households between Oct 2022 and April 2023. If you're a pre-payment customer, you will receive a voucher or have the money applied as credit to your meter.

**Pensioner Cost of Living Payment** is an extra £300 on the standard Cost of Living Payment. It is paid in the same way as the Winter Fuel Payment.

**Winter Fuel Payment** ranges from £250-£300 and is to help with your heating bills. It is automatically applied if you get the state pension.

## Non-means tested (need to apply)

**Disability Benefits** are available to people who have long-term physical or mental health conditions and have difficulty carrying out day-to-day tasks. Get in touch with our helpline or research Personal Independence Payment (PIP) or Attendance Allowance online.

**Household Support Grant** provides help to vulnerable households. It covers urgent essential needs such as food support and household bills and is open until all funds have been spent, or 30th Sept 2022 – whichever is first. Eligibility varies by district council, contact them to find out more.

**\*These details were up to date when this information went to press. You can call our helpline to check on any changes (0345 450 1276).**

## Financial help for unpaid carers

**Carers Oxfordshire is a free service which offers information, advice and support to adult unpaid carers of someone living in Oxfordshire.**

You are a carer if you have someone who relies on you to stay safe and well. The person you care for can be a family member or friend of any age. They may need support due to having a disability, mental or physical illness, an addiction or other additional needs.

If you're a carer you may be entitled to a **Carer Personal Budget** of £300 from Oxfordshire County Council to support you with your role. This is not means tested, and there is a wide choice of how to spend it, but it must be used to meet the needs identified in your carer's assessment. Examples of how it can be used include hobbies, education or home help.

To get a personal budget you need to do a carer's assessment through Carers Oxfordshire who you can contact via the form on [www.carersoxfordshire.org.uk/contact](http://www.carersoxfordshire.org.uk/contact) or by calling **01235 424715**



# Celebrating the Queen's Platinum Jubilee

To celebrate the Queen's Platinum Jubilee this summer we held indoor, street parties across the county. After nearly two years of lockdown measures, which made many of us feel more lonely and isolated, it proved a fantastic opportunity to bring people together and celebrate.

Special thanks to Steventon History Society for loaning a fantastic display of mugs and other memorabilia.

The Jubilee events were held by the Community Information Network, please get in touch with them if you like to know more about events in your area. Why not give them a call on **01235 849434** or email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) ...it all starts with a conversation.

"I was born in Harlesden, North-West London, the same day as Princess Anne. For the last two Jubilees I would have gone down to London and stood in the Mall with the flags. The Silver Jubilee was 1977, I lived in Banbury in a close and we had a party and disco. I will remember the Queen and Paddington Bear from this Jubilee!"



# ‘Creative Windows for the Jubilee’ Project

Our creative team, Age of Creativity, were busy throughout May working on our ‘Creative Windows for the Jubilee’ project, which encouraged people to decorate their windows and gardens in the lead up to the Jubilee weekend. People of all ages came together and took part in a series of creative workshops and a creative celebration event at the Mill Arts Centre, Banbury, on 4th June.

We’ve collected photos and memories of all of the Age UK Oxfordshire Jubilee celebrations for a Platinum Jubilee Archive which will be available to share and for future generations to look back on and enjoy.

The ‘Creative Windows for the Jubilee’ project was delivered by Age UK Oxfordshire’s Age of Creativity Team, please get in touch with Helen Fountain for more information [helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk)

# Become a 'Scam Buster'!

Information from the public about suspected text message and email scams helps The National Centre for Cyber Security in their fight against scammers. If you receive something suspicious, then please report it!

If you receive a suspicious text message, simply forward it to 7726 and they will do the rest. There is no fee to forward the text.

## Things to look out for:

- A text 'out of the blue'.
- A text offering money or a reduction in your bills, but asking you to click on a link or go to a website first.

## What NCCS do with your text:

- Work with your mobile phone provider and the police to investigate the number sending the text, if it is not a legitimate business. They can even block different numbers sending the same content, to catch out scammers who regularly switch phones.
- Use data collected by all providers and the police to track down those responsible for sending them.

## Around 500 scams are shut down per month – but you can help make this number even bigger!

To forward a text from a smartphone (with a touchscreen), simply press down firmly on the message and then choose 'forward' from the list of options that appears, then enter the number 7726 and press 'send'. Be careful not to accidentally press on any links in the text.



To forward a text from a phone with physical buttons, simply press the 'options' button and choose 'forward' from the list of options, then enter the number 7726 and press 'send'.

You can also be a 'scam buster' with your emails! Just forward any suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

If you need some support getting to know the functions on your phone, tablet or computer, please get in touch with our Tech Buddy service! Visit [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) - search 'Tech Buddy', call **01235 849434** or email [techbuddy@ageukoxfordshire.org.uk](mailto:techbuddy@ageukoxfordshire.org.uk)

If you're worried about scams or fraud, you can call our **Information & Advice** helpline on **0345 450 1276**.

Get Safe Online has partnered with Cifas, the UK's leading fraud prevention service, to launch 'Check a Website'.

'Check a Website' is a new, easy-to-use online tool which helps determine whether a website is likely to be legitimate or a scam... before you visit it. It is hoped to prevent thousands of people in the UK falling victim to unwanted online scams every year.

To try it out simply visit [www.getsafeonline.org/checkawebsite/](http://www.getsafeonline.org/checkawebsite/) type in the address of the website you want to check, and the results will appear within seconds.

# Exercise & Wellbeing

Our physical activity service was heavily impacted by the pandemic, but we now have lots of classes back up and running and are excited to share our new Autumn programme!

You can access classes online or in-person.

## Online Classes

Our participants really value their online sessions on Zoom - being able to work harder and set their own goals - so we're adding more classes to our timetable this autumn.

Our new 'Mind & Body' blended Tai Chi / Yoga / Pilates class on Tuesdays aims to help improve flexibility, muscular strength, fitness, and mental relaxation.

For people who want to progress, we have a Strength & Balance class on Thursdays that will include floorwork.

If you're concerned about your balance and haven't exercised online before, you can join a free Introduction to Exercise and Falls Prevention programme on a Wednesday.

**"During lockdown I lost strength. The classes are giving me confidence. I am slowly regaining some [strength]. I am very grateful for that."**



**"I've been going to my Strength & Balance class for 4 months, having been referred by my GP following a fall. I love that we always start exercising in a chair and then I stand up once I've got going. Sometimes I do the whole thing sitting down if I'm feeling under the weather and the teacher doesn't mind. I know that after the class I will have worked everything, and I'll feel better."**

## In-person Classes

With a variety of classes across Oxfordshire, there is something for everyone. Also, people can be referred by their GP or healthcare professional into our Strength & Balance classes. These classes aim to improve postural stability and prevent falls by focusing on muscle strength, balance and flexibility.

## Try a different style

If you like exercising to music, you could try Chair Dancing with Ellen, either online or in-person in Cumnor. Ellen uses a great mix of musical genres to get you moving. Using the chair as a base, you'll get plenty of variety and you'll do some strength exercises too.

Our class timetable can be found at:  
[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) - search 'exercise'.

01235 849403

## New

Strength & Balance class  
Starting Thursday 8th September – 1pm  
Witney Congregational Church



# Keep warm and well this winter



**As the body ages it can be harder to naturally retain body heat, plus changes in the body that come with ageing can mean we're less aware of getting cold.**

Being outside in the cold, or even being in a very cold house, can lead to hypothermia and also an increased risk of stroke or heart attack.

## Keeping warm inside

**Add some heat:** Microwavable wheat bags and hot water bottles are great for helping you to keep warm.

**Block out the cold:** To save on heating bills, close the doors of rooms you're not using. You can put a rolled-up towel in front of doors to keep any draft out.

**Cut out alcohol:** Reduce or cut out consumption of alcohol. It can cause dehydration which can trigger heat loss.

**Dress warmly:** Wear layers and socks and well-fitting shoes or slippers. Put a blanket over your legs when sitting down.

**Eat well:** Make sure you eat enough food to keep up a healthy weight. Body fat helps you to stay warm. Plus, a hearty diet with plenty of fluids helps to fuel the body's natural thermostat.

**Get financial support:** Find out about the various winter related financial support available on page 6.

**Keep moving:** Physical activity can help you keep warm. Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help. You could try out some of our Physical Activity for Older People videos. Visit [www.generationgames.org.uk/resources/](http://www.generationgames.org.uk/resources/)

**Keep the heat in:** Don't let heat escape through windows. Close blinds and curtains at dusk.

**List your contacts:** Ensure that you have a list of trusted, relevant services at hand if something like your boiler needs to be fixed. This may include local plumbers, electricians and damp specialists, as well as numbers to call in an emergency.

**Stay connected:** Ask family / friends to check on you during cold weather or connect with our 'Phone Friends' service. Visit [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) - search 'Phone Friends', call **01295 234 850**, or email [phonefriends@ageukoxfordshire.org.uk](mailto:phonefriends@ageukoxfordshire.org.uk)

**Stay safe:** If you're using an electric blanket, please ensure that it's safe. Oxfordshire County Council are offering checks across the county in September and can come to you between 3rd-7th October if you can't get to one of their events. Call 01865 895999 (option 3) for more information.

**Thermometer:** Use a room thermometer to keep an eye on how cold your house is, sometimes it can be really cold, but you might not feel it. The general rule is that bedrooms should be kept at 18°C (64°F), living rooms at 21°C (70°F) and bathrooms between 22°C (71°F) and 24°C (75°F).



## Keeping warm outside

On especially cold and windy days your body temperature can reduce quickly. Try to stay inside or in a warm place. If you do go out:

**Layer up:** Wear layers of clothing and take additional layers with you in case the temperature drops.

**Wrap up warm:** Put on a hat, scarf and gloves – these keep lots of body heat in.

**Stay dry:** Change your clothes quickly if they get damp or wet.



## Know the signs

**It is a medical emergency (A&E or 999) if you think you or someone else is suffering from hypothermia.**

**Hypothermia** is a dangerous drop in body temperature below 35°C (normal body temperature is around 37°C).

The signs are:

- shivering
- pale, cold, and dry skin (skin/lips may be blue)
- slurred speech
- slow breathing
- tiredness or confusion

# Help available from Better Housing Better Health to keep warm this winter



**Better Housing Better Health (BHBH) is a not-for-profit service run by the National Energy Foundation, working to help vulnerable residents and those living in fuel poverty to access advice and support to ensure they are warm and well in their home.**

If you live in Oxfordshire and are experiencing any of the following issues, please call the free helpline on 0800 107 0044 (Mon-Fri 9am-5pm). Their friendly advisers can help with a range of issues including, but not limited to:

- Struggling to understand your energy bills, pay for fuel or read your meter.
- Signs of damp/condensation/mould.
- Understanding and programming heating controls.
- Any other factor that you think might be affecting your ability to stay warm and well.

BHBH also has access to local and nationwide grant funding schemes for energy efficiency measures, so can help support residents to access funding for improving the insulation of their home and replacing broken or inefficient heating systems.

BHBH also offers free home energy visits where their trained energy advisor can offer more in-depth support with home energy concerns. To learn more, please call **0800 107 0044** or visit **[www.bhbh.org.uk](http://www.bhbh.org.uk)**.

# Creative Corner

## Age Friendly Oxfordshire profiles- Pete Upham: Drawing and Card Making

**Pete Upham describes himself as an amateur artist who enjoys drawing more than anything else. He always carries a little sketch pad in his backpack when travelling around and going to music festivals. Before he retired, he was a storeman for 40 years at Unipart in Oxford. He is one of Age UK Oxfordshire's Age Friendly Creative Ambassadors.**

**What does creativity and culture mean to you?**

I dunno, it's a big question. It is exciting! I get satisfaction from drawing little things. And there is a lot of new things that I don't know about.

**What creative achievement are you most proud of?**

I suppose doing pop-up cards. I've got a couple of books where I tried to find out exactly how they work.

Also, when my grandkids were little, I didn't make pop-up cards, but what I used to do is take all the cartoons they watched and comics they read, and make cards for them from that.

Weeks before Christmas I'd get the latest comic that my grandkids were into and put the characters in a Christmas scenario. I used to draw the characters giving something to somebody. The front of card said 'Happy Christmas from Thunderbirds' or something.

Pete recommends going to events and groups held at local Oxford museums, including the Ashmolean, Oxford Natural History Museum and Museum of Oxford.

We are very lucky that Pete is one of our Age Friendly Creative Ambassadors and is also a member of the Age UK Oxfordshire Age Friendly Creative Network (OAFCN).

To sign up for our newsletter to keep up to date with creativity in Oxfordshire, or to find out more about our Age Friendly Creative Ambassadors or Creative Network, please contact Helen - [helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk).



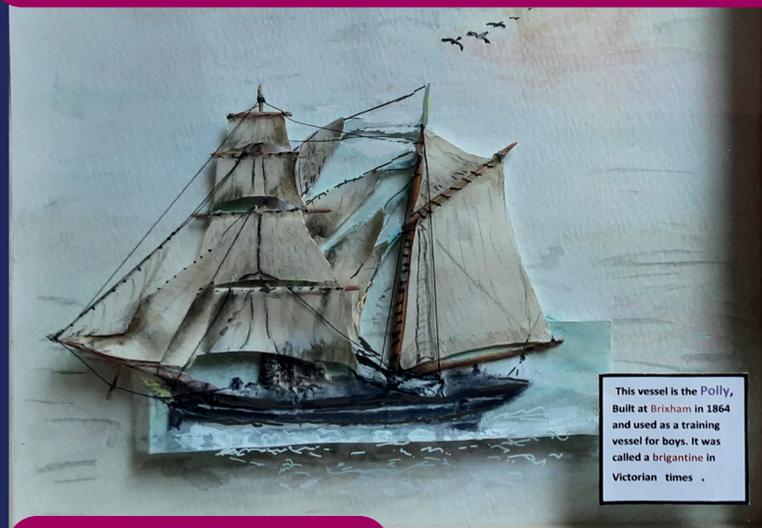
Pete wearing a t-shirt he added an old tattoo design to with fabric pens.

'I also draw with fabric pens to put patches on my folk festival shorts, here is one of a Native American Sioux Indian'.

'My Granddaughter drawn at the Art Group at the Town Hall in Oxford in 2017.'



'This may be of interest it was copied from a sailing ship book I have. It's all Victorian & Edwardian black & white photos.'

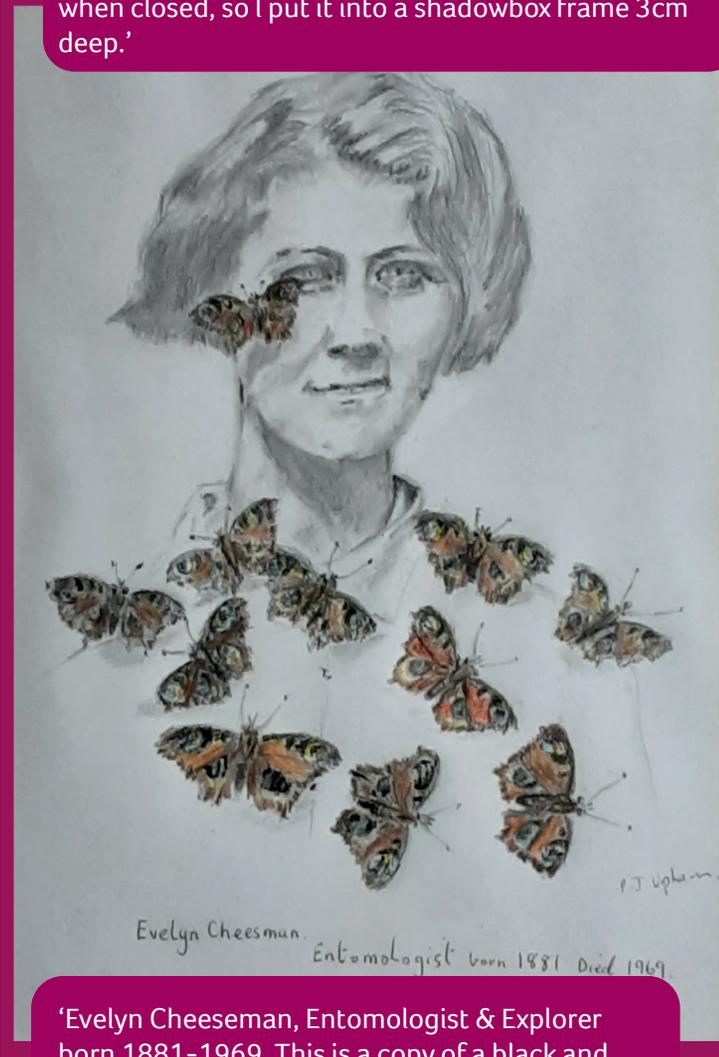


This vessel is the Polly, Built at Brixham in 1864 and used as a training vessel for boys. It was called a brigantine in Victorian times.

Design for age-friendly bus.



'The Butterfly on My Hand. I drew my hand and stood it on small supports, then drew the butterfly and did the same. It was to be a pop-up card but it was too big when closed, so I put it into a shadowbox frame 3cm deep.'



'Evelyn Cheesman, Entomologist & Explorer born 1881-1969. This is a copy of a black and white photograph from the 20's or 30's I think. I coloured the Butterflies in to make it colourful.'

Pop-up card for May Day.



# The connection between mental health and dementia



**Dementia Oxfordshire, our service supporting people living with dementia and their carers, discuss the link between mental health and dementia and provide some tips to help people with dementia who are also experiencing mental health issues.**

Having anxiety and depression as an adult has been linked to a higher risk of developing dementia later, with debates still ongoing as to why. Depression and anxiety may also be triggered or exacerbated by dementia.

People with dementia are more likely to experience poor mental health, such as feeling anxious and depressed, than others.

Mental health issues can be harder to recognise in people with dementia as symptoms can manifest in a similar way. However, it is important to seek a diagnosis if you are concerned about your mental health, or that of a loved one, to access the support needed.



**There are steps that can be taken to help improve your mental health:**

Speaking to your GP is a great place to start. They can assess how you're feeling and help check there are no underlying physical causes. A GP can also help you find the right treatment and support.

Medication to help manage symptoms of depression or anxiety may be offered by your GP. These are not always as effective for people with dementia, so a GP may recommend other options instead if they believe medication won't be appropriate. If you are prescribed medication, it may take several weeks before you notice a difference.

A GP may refer you for talking therapies from a trained professional, such as counselling, psychotherapy or cognitive behavioural therapy. These look at your experiences, behaviours and patterns of thinking and give you the opportunity to discuss problems or issues that are causing you concern.

Dementia can make it more difficult to take part in therapy, however there are strategies such as memory aides or cue cards that can help. Talking therapies are available on the NHS (see TalkingSpace Plus info on p.5) and privately. Many private therapists offer discounts for those in receipt of certain financial support.

Joining a support group for people with dementia is often helpful. Talking with others who have shared experiences can make you feel understood and less alone.

If joining a group feels overwhelming, talking with people you feel close to, such as friends or family can help. They could provide support by keeping in touch or visiting more regularly.

There are lots of other things you can do too, including:

**Continuing to pursue activities you enjoy**, such as exercise, gardening, craft, singing and volunteering, can help you stay connected to others and give you a greater sense of purpose.

**Developing a good solid routine** can make your day-to-day feel more predictable and give a sense of order which may help with anxiety levels.

**Alternative or complementary therapies**, such as aromatherapy, acupuncture, massage therapy and herbal medicines may help by reducing sleep issues or agitation. It is advisable that somebody interested in trying these speak to a GP first.

**Listening to music** can improve and support mood, alertness and engagement. Focus on music you know will be enjoyed and is less likely to trigger negative emotions.

Dementia Oxfordshire is part of Age UK Oxfordshire, and supports people on their dementia journey with a focus on helping people to live well.

Visit [www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk) to find out more about the support we provide, including how we can help you engage with social groups and activities which can make a big difference in managing mental health.

**Anyone living in the community in Oxfordshire with a diagnosis of dementia, as well as their immediate carers, are entitled to support from Dementia Oxfordshire. Please call our Support Line on 01865 410 210 (9am – 5pm Monday to Friday) to find out how to make a referral or to speak to one of our Dementia Advisers anonymously.**



## 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.

**During these unusual times, a visit may not be the preferred option - if so, we already help lots of clients via our very secure remote sessions.**

A personal, professional service with a smile and at very reasonable rates. (Qualifications and ID provided on request)

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# Helping more older people get online



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!

We'd encourage any older person who would like to get online to contact us to find out what digital support is available.

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.

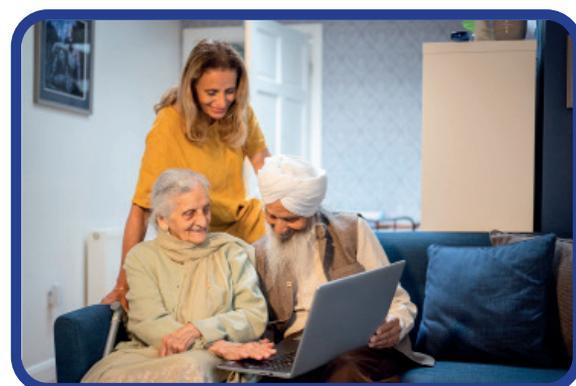
To find out more about the support available or to volunteer, please contact our Digital Team on **01235 849434** or email **techbuddy@ageukoxfordshire.org.uk**

We're delighted to have been awarded funding from Age UK to boost the work we're doing through our long-standing Tech Buddy project, helping older people who want to get online and learn how to use digital devices. Demand for our Tech Buddy service is high so it's great that we can expand our reach and offer more opportunities to people. This new 'Digital Champion' funding stream will specifically support people who live alone.

Many people have embraced digital technology, whilst others are less confident. And some people, of course, prefer to stay offline. We know that around 40% of people over the age of 75 are not online and this percentage is greater amongst those who are living alone. Interestingly, a much smaller 12% of people aged 65 – 74 are not online, so there are generational forces at play here.

Through our Tech Buddy and Digital Champion projects, 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 a device and setting up a broadband contract.

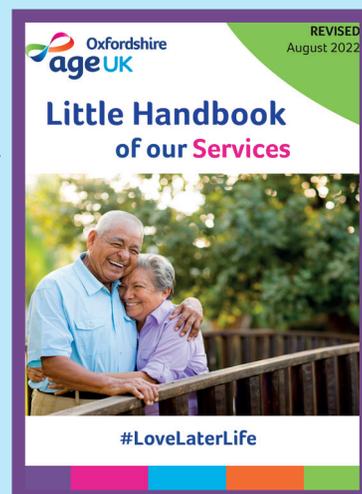


## Updated!

Our 'Little Handbook of our Services' has been updated and provides a quick and easy overview of our services. Contact us to request a copy.

**admin@  
ageukoxfordshire.org.uk**

**0345 450 1276**



# Could you make a difference?

**Volunteers are hugely important in helping us support older people to 'live life to the full'. We are extremely grateful to those who dedicate their time and efforts to our service.**

We are always looking for more friendly and enthusiastic volunteers to join our team (aged 18+). If you have some time to spare and feel passionate about supporting older people, why not consider one of our flexible volunteering roles?

**Becoming a Volunteer makes a real difference to local older people's lives, and can benefit you too:**

- Improve your confidence
- Learn new skills
- Meet new people and make new friends
- Make a positive impact on your wellbeing

We have volunteering opportunities available across our organisation, with many only requiring a minimum 1 hour per week commitment.

These include opportunities in:

- Telephone befriending
- Bereavement support
- Physical activity classes
- Digital help
- Community outreach
- Dementia support
- Information & advice
- Book clubs
- Culture and creativity
- Admin and fundraising

**Find out more on our website – [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) (Get Involved - Volunteering), call 0345 450 1276 or email us at [volunteering@ageukoxfordshire.org.uk](mailto:volunteering@ageukoxfordshire.org.uk)**



**'I have a good laugh with my Phone Friends, and it is a privilege to share in their lives. I hear so many good stories. You only need a couple of hours a week to spare. I would encourage anyone to give Phone Friends volunteering a go.'**

**A Phone Friends Volunteer**

## Celebrate with us!

Join us for our AGM on Friday 4th November to celebrate our successes from the previous year, and hear from our keynote speaker, Natalie Turner, Deputy Director for Localities from the Centre for Ageing Better, who will be focussing in on localities and the age friendly agenda. The AGM will be at the Ashmolean Museum, Oxford. We shall be delighted to welcome people in person again, after a break of two years.

**To receive an invite please email [kerrytuson@ageukoxfordshire.org.uk](mailto:kerrytuson@ageukoxfordshire.org.uk) or call 0345 450 1276. Booking is essential.**

# What's on...

## 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.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Bereavement Support Groups

Open to people aged 60+ who have lost a loved one. Banbury, Bicester, Carterton, Didcot, Grove, Kidlington, Oxford, Wheatley, Witney.  
latespring@ageukoxfordshire.org.uk or 01235 849434

### Carers Oxfordshire

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. Our group welcomes carers and cared for. Cowley.  
carersinfo@carersoxfordshire.org.uk or 01235 424715

### Chatterbox

Social coffee morning with coffee and cake. Chipping Norton, Summertown, Witney, Woodcote.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Dementia Oxfordshire

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. Across Oxfordshire  
info@dementiaoxfordshire.org.uk or 01865 410 210

### Digital Support Groups

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, Banbury, Chipping Norton, Didcot, Eynsham, Kidlington, Oxford, Sonning Common.  
techbuddy@ageukoxfordshire.org.uk or 01235 849 434

### Film Club

A social film club for people 50+. Carterton, Horspath.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Lunch Club

A chance to meet and eat in friendly company. Bicester, Grove, Thame.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Physical Activity Classes

Our physical activity classes range from Chair-based exercise, Chair dancing to music, Mind and Body, and Strength & Balance, to more specialist classes such as Big Bold & Balance for people living with Parkinson's Disease.

Online – Zoom. In person – Bampton, Bicester, Botley, Cumnor, Cutteslowe, Dean Court, Didcot, Enstone, Eynsham, Henley, Milton under Wychwood, Sonning Common and Witney. Deddington and Tackey will be restarting soon.  
generationgames@ageukoxfordshire.org.uk or 01235 849 403

### Information & Advice Drop-ins

Banbury, Barton, Horspath, Sonning Common, Thame, Upper Heyford, Wootton.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Silver Pride

Social coffee groups for older people in our LGBTQ+ community. Banbury, Carterton, Cowley, Didcot, Faringdon.  
network@ageukoxfordshire.org.uk or In Touch telephone 01235 849 434

### TeaBooks

TeaBooks is a county-wide project which organises sociable book groups for those 60+, helping older people to share a love of books and reading, and to make new friends. These groups bring mental stimulation, friendship and laughter to places where Oxfordshire residents can easily gather. Abingdon, Bicester, Carterton, Headington, Kidlington, Old Marston, Oxford, Summertown, Thame, Wantage.  
teabooks@ageukoxfordshire.org.uk or 0345 450 1276

### Walk & Talk

A leisurely stroll and a chance to make new friends. Charlbury, Chipping Norton, Thame, Witney, Woodstock.  
network@ageukoxfordshire.org.uk or 0345 4501276

### Young at Heart Club

Social friendly group with entertainment, speakers, bingo, raffles and refreshments. Wallingford.  
network@ageukoxfordshire.org.uk or 0345 4501276

# HOPE Insects Project

We are thrilled to be partnering with Oxford University's Museum of Natural History on a Heritage, Outreach and Preservation of Entomology (HOPE) project for older people. Together we have been running a series of interesting events and have been treated to private viewings of the unique and irreplaceable British insect collection. The events have included a behind the scenes tour of the Natural History Museum, where our brave participants got to hold live insects and tarantula spiders. We got to see both Charles Darwin's and Alfred Russell Wallace's entomological collections.

The collection at the museum contains over one million specimens including dozens of iconic species now considered extinct in the UK, offering an extraordinary window into the natural world and the ways it has changed over the last 200 years.

The Museum's British Insect Collection represents all insect groups from butterflies to beetles and bees, and even flies and fleas. It is 'Designated' by Arts Council England as being of national and international importance.

As public awareness of the climate and biodiversity crises increases, such museum collections are vital in understanding the extent of species loss and ecology damage. The Museum's insect collections are known as the Hope Entomological Collections after their founder, the Revd. F W Hope. Alongside Ellen Hope and the first Hope Professor of Zoology, J O Westwood, the Revd. Hope established the entomology collections and their global reputation in the late-19th century. The collections are the second largest in the UK.

**We have two more HOPE Project events coming up:**

**A Touch of Nature** - Sonning Common Village Hall, Sonning Common - Friday 23rd September - 2.30pm-5.30pm

**Bug Hunt Walk and Explore** - Banbury Community Garden, Banbury - Friday 7th October - 10am-1pm

Places are limited and booking is essential, so please give us a call to book your place.

Please contact us on **01235 849434** or email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)





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## Donate

Age UK Oxfordshire relies on donations to ensure that we continue to support people in Oxfordshire to **love later life**. To make a donation please complete and return this form to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. Alternatively call us on **0345 450 1276** or donate online via **www.ageuk.org.uk/oxfordshire/get-involved/donate** Every donation makes a difference. Thank you.

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I wish to make a donation of £

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## *giftaid* Gift Aid declaration

Please add to your donations through Gift Aid. If you are a UK tax payer, we can reclaim 25p for every £1 you donate.

Yes, I want Age UK Oxfordshire to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm I pay an amount of UK income tax and/or capital gains tax to cover the amount that all charities and Community Amateur Sports Clubs will reclaim on my donations in the tax year.

If you would like to hear about our events, campaigns and how you can support local older people, please tick your contact preferences below. You can opt out at any time.

Email  Text  Post  Phone

# Our Services

We provide a wide variety of services including:

- Information and advice
- Dementia support
- Carer support
- Physical activity classes
- Telephone befriending
- Digital support
- Home support
- Homeshare
- Bereavement support groups
- Toenail cutting
- 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/  
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to find out  
more about  
us

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