

Age UK Oxfordshire's Magazine

EngAGE

Top tips to keep cool this summer

Our dementia service celebrates 10th anniversary

Ballroom dancer Ena shows that age is no barrier

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

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Welcome from our CEO, Paul Ringer.



We welcome the warmth of summer, embracing the longer days and sunshine, but it's essential to stay cool and enjoy the season safely (see p4). As we make the most of these brighter months, it's also the perfect time to prepare our finances for winter. Taking steps now ensures that, when the temperatures drop, we can all stay safe and warm through the colder months (see p16).

This year marks a special milestone for our dementia support service, Dementia Oxfordshire, celebrating 10 years of invaluable support for people living with dementia and their loved ones. Our support has made a profound difference, and it continues to do so every day. On p6, we take a moment to reflect on the difference we've made.

Reflecting on Age Without Limits Day in June, a day focused on celebrating ageing, and challenging ageism, I'm sure you'll enjoy reading the inspiring story on p12. Ena's passion and energy remind us that age is never a barrier to pursuing the things we love. Her story is just one of many that prove there is no limit to what we can achieve at any stage of life.

We hope this summer brings you moments of relaxation, laughter and connection. Whether you're enjoying a cup of tea in the garden, reminiscing with loved ones, chatting with a friend or neighbour, or discovering something new, know that you are deeply valued and never alone. Thank you for being a treasured part of our community.

With heartfelt warmth,

Paul





Using the internet safely

While technology and the internet offer immense benefits, they also provide opportunities for criminals to carry out fraud and online scams. Staying informed and vigilant is key to protecting yourself from these potential threats.

Top tips for keeping safe online:

- Avoid clicking on links in emails or messages – scammers often use these to steal personal information. Instead, visit websites directly through your browser (Chrome, Safari, Firefox etc.).
- Verify website legitimacy – fake or cloned websites can trick users. Check authenticity at www.getsafeonline.org/checkawebsite.
- Be wary of online adverts – fraudulent adverts appear on websites and social media, often promoting scams.
- Stay cautious with online messages - criminals create fake profiles to reach out via social media, forums and apps, offering investments or striking up relationships to deceive users.



For more information on online scams, visit www.getsafeonline.org.

If you've been a victim of fraud or a scam, we're here to help – reach out to us at scamsupport@ageukoxfordshire.org.uk or call **0345 450 1276** for support.

Looking to build confidence in using the internet safely? Our Digital Support Team can help. Contact us at community@ageukoxfordshire.org.uk or call **01235 849 434**.



Keeping cool this summer

After what might have felt like a long and cold winter, hot weather is often welcome. But with people aged over 65 more prone to heat-related health problems, it's really important to think about staying sun-safe.

As well as leading to heat exhaustion and heatstroke, hot weather can increase the risk of heart attack, stroke and other diseases.

Why are people over 65 at greater risk?

As we get older:

- Our bodies don't adjust as well to sudden temperature changes.
- We're more likely to have a chronic medical condition which can change our body's normal responses to heat.
- We're more likely to take prescription medicines that can affect our body's ability to regulate temperature or sweat.

Be prepared

- Listen to the news and check your local weather forecast so you know when hot weather is expected.
- Check on friends and neighbours and ask someone to do the same for you.

Keep yourself cool

- Make sure you're drinking plenty of fluids - at least 6–8 glasses of liquid a day. Don't wait until you're thirsty to drink, and take a bottle of water with you when you're out and about.
- Wear loose, lightweight clothing.
- Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid.
- Know the symptoms of heat exhaustion/heatstroke and what to do if you or someone else has them.
- Don't spend too much time outside between 11am and 3pm, the hottest time of the day. Try and keep in the shade when you can.
- Look after your skin - Use sunscreen of at least SPF 30. Apply it generously and top up regularly.
- Wear a hat to protect your head, face, ears and eyes.
- Choose sunglasses that have a CE mark and a UV400 label.



Keep your home cool

- Avoid using the oven to cook if you can, as it will make you and your home hotter.
- Leave curtains and windows shut when the day is at its hottest.
- If you're using a fan, close off unused rooms.
- Applying reflective window film can reduce heat and glare by up to 99%.
- Improvise some air conditioning by hanging a wet sheet in front of an open window.

If you're finding it hard to keep your home cool, then consider visiting nearby public buildings such as places of worship, local libraries or supermarkets which may be cooler than your home.



Making a world of difference

Our dementia support service, Dementia Oxfordshire, will be marking its 10th anniversary this year. Launched in November 2015, the service now provides ongoing support for over 5000 people across the county – both those living with dementia and their unpaid / family carers. We met two carers who have benefitted from our support over almost a decade.

Hilda & Mervin's story

Hilda has been responsible for her brother-in-law's care since his diagnosis in 2015.

“When my only sister died, we stayed in regular contact with my brother-in-law Mervin. We would often pop over to visit him and he seemed to be fine. It was only when he asked us to take him to an appointment at the memory clinic that we realised something was wrong.

“We didn't know anything at all about dementia. It was all such a shock, and we didn't know where to turn, but then we were contacted by Gilly Fishleigh from Dementia Oxfordshire.

“She's been our Dementia Adviser ever since – for ten years now - and she's been brilliant. She continues to support Mervin and is always happy to chat if I have a question.

“She's helped with everything, from small day-to-day queries – to much bigger issues. She's very professional and knows who to go to if there's a problem she can't sort out immediately.

“Her kindness and knowledge have made a world of difference. Mervin still has a good quality of life and loves an afternoon out at the garden centre or a walk along the river, and I feel I have the support I need.”



“Gilly has been brilliant. She continues to support Mervin, and is always happy to chat if I have a question.”

Hilda



Mel & Tim's story

Mel's husband was diagnosed with young onset dementia ten years ago, at the age of 54. He has recently moved into residential care.

"Tim was Head of Year at a secondary school. It was a busy, high-pressure role, so when he first started having problems finding the right word, the doctor thought it was stress.

"He took time off work, but started to struggle with other things he would have found easy before – online tasks and reading.

"He was eventually diagnosed with posterior cortical atrophy, a rare type of dementia that affects the way the brain interprets incoming information – including from the eyes.

"The diagnosis was devastating, but the Young Onset Dementia Team were with us from the beginning. Tim couldn't go back to work, so one of the first priorities was helping us navigate how to get financial help.

"Later, as we settled into life with dementia, the many group activities became a lifeline – Walk and Talk at Blenheim was always a favourite. The groups for carers were invaluable too.

"The team became our dementia family – always meeting us where we were on the journey, emotionally and practically. I really don't know how we would have managed the past decade without their support."



You can find out more about the support available from Dementia Oxfordshire at www.dementiaoxfordshire.org.uk or by calling **01865 410 210**.



Staying strong and steady

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 strength and balance, prevent falls, provide an instant wellbeing boost, and is a fun way to meet new people.

Even just a small amount of movement every day can be hugely beneficial to staying steady and making everyday tasks a little easier.

We offer a variety of group exercise classes, both in person around Oxfordshire and online, all of which are tailored to support people in later life, along with Stay Strong and Steady, a free programme if you're worried about your balance or have had a fall.

Louise Williams is one of our Older Adults Exercise Tutors, and shares more about the programme.

What is Stay Strong and Steady?

“Stay Strong and Steady is our evidence-based, introductory falls prevention exercise and information programme, with one session per week delivered by trained specialists in a group setting at a local community venue, and two further sessions to be completed independently at home each week.

“Within the weekly face-to-face sessions, the tutor will share resources and teach you how to do the exercises safely at home.

“The exercises within the Stay Strong and Steady programme aim to increase strength and improve balance, both of which will help to reduce the risk of falls, improve posture and make everyday tasks easier.

“Participants also gain knowledge from general information and discussions about reducing the risk of falls within the weekly sessions.”

What is the best bit about teaching Stay Strong and Steady?

“Seeing and hearing first-hand the difference the programme can have for participants when they commit to it. From increased confidence in their walking, to being able to return to tending the garden.

“Many participants also comment about reduced pain due to moving a little more, and it’s also amazing to see the friendships that develop as people share similar experiences.”

“A much-needed programme. The instructor was more than helpful and as a group we enjoyed the company. Having had a fall last year and found no other help available, this programme for me has been really important.”

What would you say to someone who is worried about their balance or may have already had a fall?

“Getting older can mean changes to our health and we can start to feel less steady on our feet. However, if you do have concerns or have had a fall, please do not ignore it. Speak to family, friends or your health professional who will be able to offer support and advice to reduce any further risk.”

If you feel you could benefit from Stay Strong and Steady, please contact us at active@ageukoxfordshire.org.uk or call **01235 849 403**.





Windows 11: What you need to know

We sat down with Stephen, our Digital Outreach Worker, to discuss the upcoming end of support plans for Windows 10 and ask him a few key questions.

Why do I need to upgrade from Windows 10 to Windows 11?

With Microsoft officially ending support for Windows 10 in October 2025, millions of users need to prepare for this critical transition. The end of Windows 10 means no more security updates, bug fixes or technical support, making your system vulnerable to threats.

My computer runs Windows 10, can I upgrade to Windows 11 for free?

Yes, you can. Your Windows PC may already be notifying you about this in the Windows Update section of your settings.

What can I do if my PC or laptop is incompatible with Windows 11?

If your device doesn't meet Windows 11 requirements, here are your options:

- Upgrade your PC hardware – A reputable computer repair business in your area can help upgrade components to meet Windows 11 specifications.
- Buy a new PC or laptop – Many new devices come with Windows 11 pre-installed. Be sure to transfer your files from your old device to your new one to keep your important data.

Scam warning

Action Fraud have reported fake emails claiming to be from Microsoft. The emails claim that your device is infected with malware, and encourage you to follow the links in the email.

Please take care, and if you're worried don't click on any links. You can report a suspicious email by forwarding it to:
report@phishing.gov.uk



How can I keep my device safe if Microsoft are not sending me updates?

You can make your PC or laptop more secure by installing anti-virus software, making passwords stronger and using two-factor authentication, which is like adding an extra lock to your online accounts.

What happens if I do nothing by October?

While upgrading is recommended, some users may be perfectly content with their Windows 10 PC or laptop and choose not to upgrade or replace it.

Your device won't stop working overnight and may remain suitable for everyday use. However, it's important to understand that, over time, it may become more vulnerable to security risks and cyberattacks.

Age UK Oxfordshire can provide you with more information on this topic.

If you'd like to find out more about your options or receive an information sheet by email or post, please get in touch by calling **01235 849 434** or emailing community@ageukoxfordshire.org.uk.

All information provided is based on the recommendations made by Microsoft.





Keep on dancing

Ena, who marked her 100th birthday in February, recently graced the dance floor at the Strictly Banbury fundraiser with a captivating ballroom performance.

We sat down with Ena and her close friend Joyce at their dance club in Banbury, to uncover the story behind her lifelong love of dancing and the secret to her energy and passion for life.



“I’ve danced all my life. I was two years old when I started and I’m still dancing now. I’ve always enjoyed going out and about. I’ve always danced. I’ve been to all the big dances in London. You name it, I’ve done it in dancing!”

“My husband was a lovely dancer, he was a very tall 6 foot 2. We danced a lot together. I lost him nearly 10 years ago.

“They looked very elegant when they danced together,” Joyce adds.

“Yeah, he had long legs and we used to go like the clappers on that dancefloor.

“When he passed away, I didn’t dance for a while. I didn’t really think I’d ever get over it, but with good people and care, I did.

“Joyce said she would never dance again after losing her husband of 58 years, and I don’t think either of us expected to return to it. But, things changed, and we both came back to dancing.

“We’ve been friends since our teenage years, grew up in the same area, and later worked together at Alcan in Banbury.

“We decided to dance together, which felt a bit odd at first, but we’ve kept going ever since. We can’t do the fancy moves now, but we improvise and do what we can, nobody minds.

“We’ve been coming to the GF Sequence Dance Club since 1986. Some can barely walk up the stairs, but once the music starts, they’re dancing. We don’t give in, we all do what we can. It’s amazing really.”

“If you don’t do it, you lose it,” Joyce adds, “I think you just need to do what you can when you’re getting older.

“I have macular degeneration, so I’m partially sighted and have a lot of problems with that, but I don’t give in to it. The people who come here are determined to carry on.”



Ena continues, “It’s a lovely afternoon out as well, coming here to the club. We’ve got lovely people to meet. We also go to a few lunch clubs.

“It’s important to have something to look forward to, as one thing often leads to another.

“We’re quite lucky to be able to still take part, especially when you see what others go through. I’m very grateful.

“I had some new dance shoes bought for me for my birthday and they fit perfectly. They last a good five years or more, so I’ve got to live that long anyway!

“I just don’t care anymore. That’s my attitude now. I think well, I can’t do anything about it. I do get a bit panicky sometimes, but apart from that I just go with the flow. I’m just going to keep on dancing!”

The GF Sequence Dance Club welcomes new attendees and runs every Tuesday, 1.30-3.30pm at the GF Club Banbury, £2.50 per person/week. Contact Tony for more information on **01295 720 666**.

If dancing isn’t your thing, we can help you connect into other activities going on in your local community, or help you find a new hobby. Please contact our Community Team on **01235 849 434** or email **community@ageukoxfordshire.org.uk**.

“The people who come here are determined to carry on.”
Joyce



Puzzles

Anagram 1

serve harm it

Anagram 2

dram all

Word Search

How many places in Oxfordshire can you find?

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

Banbury

Bicester

Abingdon

Witney

Chipping Norton

Thame

Oxford

Didcot

Burford

Wantage

Faringdon

Wallingford

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 £22 (plus a one-off fee of £15 for equipment on your first visit).



We have clinics in: Abingdon, Banbury, Bicester, Didcot, Henley on Thames, Kidlington, Oxford, Wallingford, Wantage and Witney.

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**.



Trusted **care** in the home they **love**.

At TrustonTap, we connect your family with compassionate local carers who provide personalised support with dignity and warmth.

Real Care. Real Relationships.

We match your loved one with carers who truly connect with them – consistent, reliable support from experienced professional carers.

- ✓ 25% more affordable than agencies
- ✓ No rushed visits – minimum one-hour

Hourly Care • Overnight Care • Live-in Care

TrustonTap - Where care feels like family
01865 951350 • [TrustonTap.com](https://www.TrustonTap.com)



Getting your finances ready for winter

Cold weather can bring higher heating bills and other expenses that can put pressure on your budget. Winter might feel far away, but planning ahead helps you stay financially secure and stress free.

Make a budget

A budget helps you stay in control of your spending. Start by checking your bank statement to list all your regular expenses, like bills and food. Compare this to your income to see whether you might need to adjust. Many banks offer apps to track spending, and online tools like Money Helper can also give guidance. Some banks even provide in-person financial advice – check with yours to see if they can help.

Complete a benefits check

Make sure you're getting all the financial support you're entitled to. You can check your eligibility for benefits online at benefitscheck.ageuk.org.uk or call us on **0345 450 1276** to talk it through.

See if you qualify for Pension Credit

Thousands of people in Oxfordshire are eligible for, but not claiming Pension Credit. Pension Credit tops up your income and even if you would only get a small payment, it's worth applying as receiving it can lead to entitlement to many other things. These can include a free TV licence for people over 75 years old, help with council tax payments, help with rent payments if you rent your home, and extra help with the cost of some NHS treatments. You can find out more at www.gov.uk/pension-credit or by calling **0800 99 1234**.

Get support with debt

If you're struggling with debt, don't wait to get support. Citizens Advice offers free guidance – visit their website at www.citizensadvice.org.uk or call **0800 144 8848**.

Another useful organisation is StepChange, which provides free debt advice at www.stepchange.org.

Keep track of your finances

Good financial habits can help avoid costly mistakes. Check your bank statements regularly to spot errors or unexpected charges. Organise important documents like account details and passwords so you can easily access them if needed.

Reviewing subscriptions and automatic payments can also help cut down unnecessary expenses. Do check with your bank if you're not sure what any of the payments are.

Notify government departments about any changes

If you receive benefits or support from the Government or local councils, it's important to inform them of any changes in your circumstances to avoid overpayments. For help, contact the relevant organisation, or call us on **0345 450 1276** for advice.

Complete an Age UK LifeBook

A LifeBook is a free tool from Age UK that helps others to find out important details, should they need to. In the booklet 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 (www.ageuk.org.uk – search 'LifeBook') or call **0800 678 1602** to request a copy.

By taking these small steps now, you can make winter much easier and less stressful. Staying ahead of financial worries gives you peace of mind so you can focus on keeping warm and enjoying the season.

Changes to the Winter Fuel Payment

In June we were pleased and relieved to hear the Government's changes to eligibility for the Winter Fuel Payment from this winter.

People of State Pension age with an income of £35,000 or less will once again receive the annual payment of up to £300 per household.

This will be paid automatically to everyone and then recovered from those with income above the threshold through PAYE or income tax.

Please be aware that if someone contacts you about the payment asking for you to take action, it's likely to be a scam. The payment will be automatic – you do not need to do anything. If you have any questions, please do call us on **0345 450 1276**.





Care at home that feels like family

Looking for trusted, flexible support at home?

Whether you need help for a few hours a week or live-in support, ilarna Personal Assistants fit around your life. From personal care and medication reminders to meals and companionship, they're there to help with whatever's needed.

Why choose us?



Every match is personal and thoughtfully made



Trusted by families, NHS partners and local services



You choose who supports you, when and how



Let's talk about how we can help!



needs@ilarna.com



0208 050 4805



ilarna.com

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, Wheatley, Witney.

community@ageukoxfordshire.org.uk
01235 849 434

Book Clubs

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

Abingdon, Bicester, Carterton, Headington, Kennington, Kidlington, Marston, Oxford, Wantage, Wallingford, 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 organisation 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.

Bampton, Banbury, Benson, Bicester, Burford, Didcot, 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, and Big, Bold and Balance for people living with Parkinson's. Plus Stay Strong and Steady, a falls prevention exercise and information programme. Available at venues across Oxfordshire and online via Zoom.

active@ageukoxfordshire.org.uk
01235 849 403

To find out more about the below activities, please contact us on:

community@ageukoxfordshire.org.uk
01235 849 434

Aviation Group

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

Chatterbox and Social Get-togethers

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

Chipping Norton, Banbury, Bicester, Kidlington, Oxford, Sonning Common, Wallingford, Witney.

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Bicester, Carterton, Cholsey, Didcot, Horspath, Oxford, Sonning Common, Thame, Wantage, Wallingford, Woodstock, Witney.

Lunch Clubs

A chance to meet and eat in friendly company. Banbury, Bicester, Chipping Norton, Eynsham, Kidlington, Thame.

LGBTQ+ Groups

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

New:

 We've launched a Silver Pride group in **Oxford** – a welcoming space for older LGBTQ+ people to connect, socialise, and build lasting friendships.



The power of social connection

Connecting with others is beneficial to our emotional wellbeing, reduces stress, improves physical health and can even reduce our risk of dementia.

A warm welcome awaits in Sonning Common at The Hive

The Hive is a free and friendly community-led coffee morning open to everyone – a chance to meet others, enjoy a cuppa, and access support each month.

Hosted by Abbie, Charlie, and Rachel - local Social Prescribers from Age UK Oxfordshire – the event helps people to navigate non-medical challenges like financial worries, housing, employment, social connections, and confidence issues.

Advisers from Dementia Oxfordshire, Carers Oxfordshire, and our Digital Support Volunteer are also on hand to offer guidance and arrange further help if needed.

In partnership with Sonning Common Health Centre and the local community, The Hive provides year-round support. Join us on the first Thursday of each month, 10am–12 noon at Sonning Common Village Hall, for free tea, coffee, cake, and a warm welcome.

Join the fun at Banbury Spencer Community Group

Established in 2017, the Banbury Spencer Community Group, led by Troy Bryan, one of our Community Link Workers in Cherwell, provides a space for anyone over 65 to enjoy activities, connect and have fun.

Based at Banbury United Football Club, the group offers a variety of engaging activities, including Boccia, Kurling, quizzes, virtual horse racing and Nintendo Wii games, with light refreshments available throughout the session. Join us on the first and third Tuesday of each month from 10am – 12 noon.

The group is free to attend thanks to Cherwell District Council, but a small donation is appreciated.



Join us for a chat at Chatterbox Witney

Chatterbox Witney has been bringing residents together for nearly ten years, offering a warm, welcoming space to reconnect with old friends and make new ones.

Each month, attendees enjoy entertainment, homemade cakes (particularly Jackie's famous Coffee and Walnut cake!) and a raffle, thanks to support from Specsavers Witney, along with Cathy, Jackie, and their dedicated team.

Enjoy performances from choirs to ukulele bands, and chat with our Community Link Workers for advice, information and support, as well as representatives from various local services who regularly attend, such as our dementia support team and scams prevention team, Witney's Community Builder and local PCSOs (Police Community Support Officers).

Join us on the first Thursday of each month from 10am-12 noon at the Corn Exchange, Witney.

***"This group always makes me feel happy,
I don't see anyone so try not to miss it."***

Discover more local groups and activities

Discover the full range of groups and services available across Oxfordshire on the Live Well Oxfordshire website <https://www.oxfordshire.gov.uk/livewell> - an extensive online directory showcasing organisations and activities that support adults throughout the county.

You can also find a handy list on p19 of our groups in Oxfordshire. Please request the latest edition of our Community Links booklet, which provides an overview of our local groups available in your area.

Our community team can be contacted on **01235 849 434** or community@ageukoxfordshire.org.uk

Useful contacts

Age UK

0800 055 6112
www.ageuk.org.uk

Better Housing Better Health

0800 107 0044
bhbh@nef.org.uk
www.bhbh.org.uk

Carers Oxfordshire

01235 424 715
carersinfo@carersoxfordshire.org.uk

Connection Support

01865 711 267
enquiries@connectionsupport.org.uk
www.connectionsupport.org.uk/oxfordshire

Cruse Bereavement Support

01865 245 398
oxfordshire@cruse.org.uk
www.cruse.org.uk

Live Well Oxfordshire

01235 849 410
livewell@ageukoxfordshire.org.uk
https://livewell.oxfordshire.gov.uk

My Vision Oxfordshire

01865 725 595
info@myvision.org.uk
www.myvision.org.uk

National Debtline

0808 808 4000
https://nationaldebtline.org/

Out of hours Duty Social Worker

0800 833 408
www.oxfordshire.gov.uk

Oxfordshire Mind

01865 247 788
info@oxfordshiremind.org.uk
www.oxfordshiremind.org.uk

Oxfordshire Talking Therapies

01865 901 222
oxon-talking-therapies@oxfordhealth.nhs.uk
www.oxfordhealth.nhs.uk/oxon-talking-therapies

Samaritans

116 123
www.samaritans.org

Puzzle Answers

Anagram 1

River Thames

Anagram 2

Mallard

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



Our Services

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

Information and advice

Dementia support

Carer support

Physical activity classes

Telephone befriending

Digital support

Homeshare

Bereavement support groups

Foot care

Scams prevention advice

Hospital discharge support

Social activities and clubs

LGBTQ+ groups

Call us on
0345 450 1276

or visit
www.ageuk.org.uk/oxfordshire
for more
information



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Leaving a legacy of kindness

A gift in your will could help give older people in Oxfordshire someone to turn to. You can make sure we are always there for those who need us for years to come. (Charity number 1091529). To find out more please call **0345 450 1276** or email contactus@ageukoxfordshire.org.uk. Alternatively visit our website www.ageuk.org.uk/oxfordshire and search 'Leave a legacy'.