

Age UK Oxfordshire's Magazine

EngAGE

Celebrating our volunteers

Building a fairer later life in Oxfordshire

Removing barriers to independence

We are a local, independent charity working for a fairer later life in Oxfordshire.

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Welcome from our CEO, Paul Ringer.



I hope the brighter,
warmer days are giving
you more opportunities
to relax, spend time with
others and enjoy the
things that matter most.

But we also know this isn't the case for
everyone. For some people, longer days
can bring a greater sense of loneliness or
isolation. If that's how you're feeling, please
don't hesitate to reach out — we're here to
help.

In this edition, we share stories that reflect
both the challenges people can face in later
life and the difference the right support
can make. Barry's story (p8) is a powerful
reminder that practical support can change
lives and help make later life fairer for older
people across Oxfordshire.

We also look at the role of volunteering
(p12) and the difference it makes to
individuals and communities. It's one of the
many ways people stay connected and build
confidence.

Every day, our staff and volunteers make
a real and lasting difference through their
commitment and compassion. Together,
we're working towards a fairer later life,
where everyone feels valued, supported and
able to live well.

In this issue, we're also exploring how you
could leave a legacy by considering a gift in
your will. Our 'myth busters' article on p16
challenges common misconceptions and
talks about how even a small gift can have a
lasting impact.

With warm wishes,
Paul





Support beyond the call

Joyce lives alone and enjoys keeping in touch with family and friends using her phone and laptop. She is also one of our telephone befriending volunteers, making weekly calls to a brother and sister in Abingdon.

When Joyce mentioned to our team that she had been receiving a lot of nuisance calls, a visit was arranged with Stephen, our Digital Outreach Worker.

Stephen visited Joyce at home and provided advice on identifying scam emails, text messages and phone calls. They discussed how to report suspicious emails and texts and where to access support if needed.

During the visit, Joyce also raised a number of other issues she had been experiencing.

Because of her limited mobility, Joyce had been finding it difficult when delivery drivers left parcels on her doorstep. Despite contacting the couriers several times, the problem continued. Stephen offered to make a sign for her front door explaining where parcels should be left and fitted it during the visit.

While checking Joyce's equipment, Stephen found that her landline phone was not working properly. They looked at replacement options together and chose a phone with a built-in call blocker to help reduce nuisance calls. Stephen plans to return to help Joyce set up her new phone.

Joyce said she was delighted with the support she received and thanked Stephen and the team.

How to report a scam

Report fraud or cybercrime at **reportfraud.police.uk** or on **0300 123 2040**. If you're in immediate danger, call **999**; otherwise call **101**. Contact your bank straight away if you've shared details or lost money.

You can also report scams to the organisation being impersonated, such as your energy provider or the DVLA.

For more information about scam support, visit **www.ageuk.org.uk/oxfordshire** or call **0345 450 1276**.



Building a fairer later life in Oxfordshire

As we look ahead to the International Day of Older Persons on 1st October, we sat down with Paul Ringer, Age UK Oxfordshire's Chief Executive, to talk about why later life in Oxfordshire must be fairer, what needs to change, and how Age UK Oxfordshire is using its Strategy to 2030 to help make that happen.



Why is the work of Age UK Oxfordshire so important?

Paul: Longer lives are something to celebrate. They are one of society's great achievements. But the uncomfortable truth is that later life in Oxfordshire is not experienced equally.

Too many people are growing older while facing loneliness, long-term health conditions, dementia, financial insecurity or the pressure of caring for someone they love. Rising living costs and pressure on health and care services are making everyday life harder for many.

Here in Oxfordshire, the population is ageing faster than the national average. By 2034, the number of people aged over 80 is expected to rise by 38%.

What challenges are older people and unpaid carers facing in Oxfordshire?

Paul: The reality is, later life isn't the same for everyone, and we should be honest about that.

Some people are doing well, with good support networks around them. Others are struggling quietly with loneliness, poor health, money worries or the demands of unpaid care.

More than 10,000 older people in Oxfordshire are affected by loneliness. Around 1 in 40 go a whole week without speaking to a friend or family member. That has a real impact on wellbeing.

In a county as prosperous as Oxfordshire, it should concern us deeply that some older people are still having to make choices between warmth, food and other essentials.

At the same time, more people are living with dementia, and more older people are providing unpaid care for loved ones, often while managing their own health challenges. These issues are connected, and they directly affect people's independence, confidence and quality of life.

What are Age UK Oxfordshire's key priorities?

Paul: Our Strategy to 2030 is focused on the things older people and carers tell us matter most: independence, connection, dignity and practical support that helps people live well for longer.

That means tackling loneliness, helping people access the money they're entitled to, and making sure advice and support are available early. We should not be waiting for people to reach crisis before offering support.

It also means backing unpaid carers, tackling digital exclusion, supporting people affected by dementia, and providing practical help that makes everyday life easier.

We're equally clear that we must challenge ageism and the idea that later life is only about decline. It isn't. Many people are active, contributing, caring for others and living meaningful lives well into older age, including those living with dementia.

Too often, older people are overlooked or made to feel invisible. That needs to change. We want to ensure older people feel heard, respected and valued.

What would a fairer later life in Oxfordshire look like in practice?

Paul: A fairer later life means your income, health, postcode or support network should not determine your chances of living well.

It means people getting help earlier, before difficulties become crises.

It means better joined-up services, especially for people living with dementia and other long-term conditions, so they and their carers can access the right support at the right time.

And it means real progress in tackling poverty, inequality and loneliness.

Most of all, it would mean older people feeling connected, respected and in control of their lives — able to live well, stay independent, and remain active in their communities. A fairer later life is not a nice-to-have. It is a test of the kind of place Oxfordshire wants to be.





Living well with dementia

Janice and Phil have spent most of their lives together. They met at school and both went on to become secondary school teachers. Life together has been shaped by simple routines and time outdoors — working in their large garden growing vegetables, flowers and trees, going for walks and keeping up a long-standing Friday night meal out.

Janice was diagnosed with dementia in March 2023 and says the diagnosis came as a shock to them both. “I mean, it’s very strange, it’s something that you never think is going to happen to you, don’t you? And then when you find that you’ve got it, you’ve got to get on with it really.”

Phil adds: “It’s quite stunning to be given that diagnosis. You tend to ignore it for a while.”

After coming to terms with the diagnosis, Janice and Phil attended a dementia information session in a care home in Witney in early 2024, where they first came into contact with our dementia service. That moment sparked their ongoing involvement, including regular attendance at Experts by Experience sessions.

“I can’t see any point in trying to hide it away... I just get on with it really.”

Janice



At the sessions, Janice and Phil were really engaged. Although often people don't want to talk about it when they get a diagnosis of dementia, they asked some really interesting questions and wanted to learn.

At home, life continues in the rhythm of the things they love most. They live in a countryside home with a large garden, where growing things has always been part of their routine.

"You name it, we've probably grown it... there's tomatoes, peppers, chillies, lettuce, spring onions, all sorts of things," says Phil.

For Janice, the garden is about patience and care. "It's watching things grow that you've planted, tending to them, removing any rubbish and things like that and just nourishing them in a way."

Since her diagnosis, Janice has also faced other health challenges, including a broken wrist and recent surgery to remove a cancerous cyst. Her dementia remains in the early stages, and there are moments of anxiety that both she and Phil navigate together.

Janice speaks candidly about dementia and how she approaches it. "I can't see any point in trying to hide it away... I just get on with it really."

For Phil, the sessions and ongoing support have been just as important. "You do feel if you don't meet anyone else, you feel quite isolated. You feel on your own. And it's so nice to actually meet people. You realise that you're just not on your own. There is help out there."

Life has changed for Janice and Phil, but with support from Age UK Oxfordshire they've been able to keep doing the things they enjoy whilst supporting each other.

Watch Janice and Phil's story by scanning the QR code or visiting:
<https://youtu.be/a1F6yreMZv8>



Our dementia support service, **Dementia Oxfordshire**, provides specialist support and advice for people with dementia, their carers and families, from the point of diagnosis until end of life or a move to a care home.

Visit www.dementiaoxfordshire.org.uk, call **01865 410 210** or email info@dementiaoxfordshire.org.uk to find out more.



Removing barriers to independence

Barry, 68, lives in the Vale of White Horse and has been deaf since birth. He communicates in British Sign Language (BSL) — his responses have been interpreted and transcribed into English by Vicki.

“I was born in Oxford and went to a school for the deaf in Birmingham from 7–16 years old, where I was a boarder,” he says. “I came home from school in the holidays on the train.”

After leaving school, Barry worked upholstering furniture. He now lives independently and has built a daily routine shaped around the things he enjoys most. His interests range widely, from hands-on modelling to travel and television programmes that follow rail journeys across the world.

“I enjoy jigsaw puzzles, making ‘Technic’ Lego cars and trains for adults,” he says. “I have recently been to Stockholm in Sweden and would like to visit other places in Europe, hopefully Belgium soon and Denmark for my birthday. I like to watch Michael Portillo’s railway journeys every day.”

For Barry, staying independent has always been important, but communication has not always been straightforward. Everyday tasks such as phone calls, letters and online forms became increasingly difficult to manage, especially where information is not always easy to follow.

Following a referral from Oxfordshire County Council, a visit was arranged with Vicki, one of our Community Link Workers, who can communicate via BSL. Vicki helped identify Barry’s needs and put support in place, addressing some of the practical barriers, including arranging some support with technology.

“Before Stephen and Vicki supported me, I found it difficult to use my phone and computer and to deal with letters,” Barry says.

Stephen, our Digital Outreach Worker, has helped Barry build confidence with technology. This has included setting up his phone and iPad, creating and managing email accounts and supporting him to use his television more confidently.



The support has also extended to practical everyday arrangements, including contacting services on Barry's behalf, arranging BSL interpreters for appointments, and working with the Fire Service to install vibrating smoke alarms and a visual alert system in his bedroom. Stephen and Vicki even helped him find a local charity to donate his unused tumble dryer to.

"It has been helpful seeing Stephen and Vicki," he says. "It is helpful when you see the same people, you trust them. They always wear a badge for safety."

That continuity has been an important part of building confidence, particularly when dealing with services or technology that can otherwise feel difficult to navigate alone.

Despite the challenges he faces, Barry remains active and independent. With practical adjustments in place, he is able to manage day-to-day life with greater confidence.

"I am happy and independent," he says. "I understand my iPad and phone better now."



Our **Community Links Oxfordshire** Team are here to work with you to discover what could make a difference to your life and support you in living well. Funded by Oxfordshire County Council, we offer free, personalised support for people aged 18+. We work at your pace, listening and supporting you in the way that suits you best.

Call us on **01235 849 434** or email community@ageukoxfordshire.org.uk to discover what could make a difference in your life.



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.

Treatments take around 20–30 minutes and cost £26 (plus a one-off fee of £15 for equipment on your first visit).

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

You can now book your appointment online by scanning the QR code or visiting: <https://ageukoxfordshire.simplybook.it/v2/>. You can also call **01865 717 615** or email footcare@ageukoxfordshire.org.uk.



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Puzzles

Anagram 1

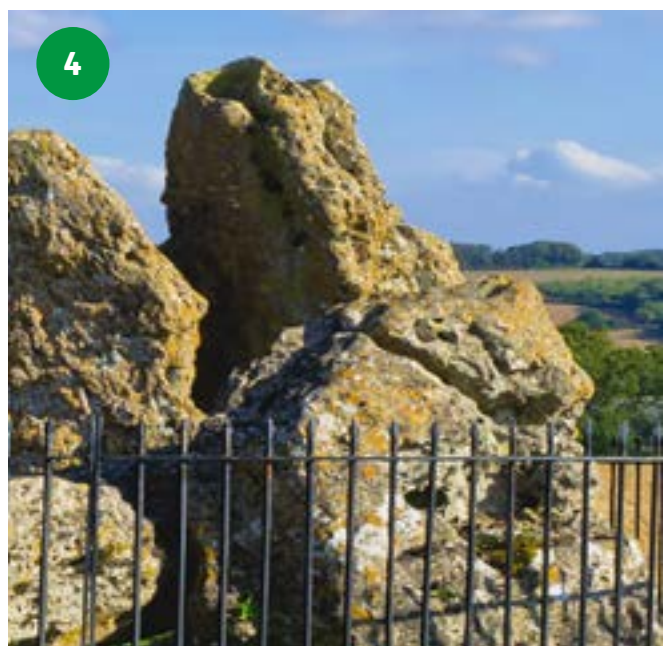
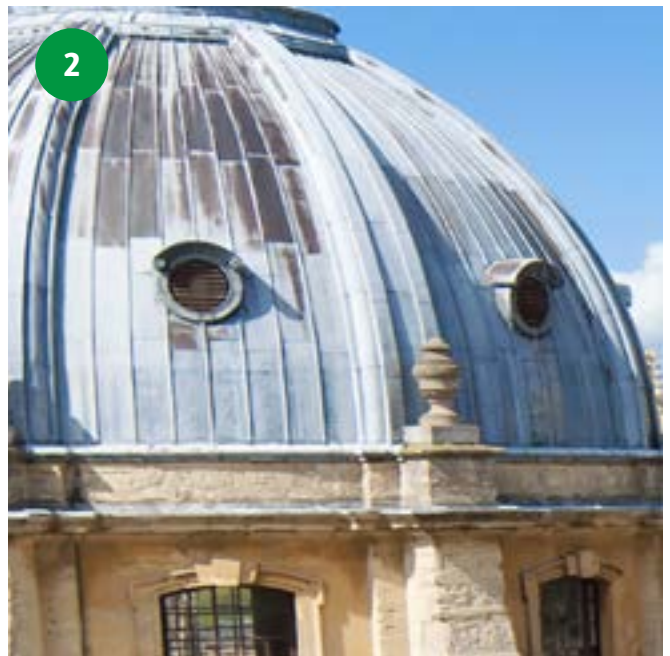
Being a bruce

Anagram 2

Lawn remote

Name that place

Can you work out these Oxfordshire locations from the pictures below?





Celebrating our volunteers

In June, we marked Volunteers' Week, celebrating the vital role volunteers play in helping older people stay independent, connected and active in later life, and how volunteering creates opportunities for social connection.

From befriending and social groups to exercise classes and digital support, volunteering in all its forms helps reduce loneliness, build confidence and keep people connected.

Recording memories through conversation

When John's wife volunteered as a Phone Friend with Age UK Oxfordshire, he attended an event with her and was encouraged to get involved. As he puts it, "the velvet glove descends", and he became a befriender.

He has been supporting Enid for around 18 months.

Enid contacted Age UK Oxfordshire for support to record memories of her father and her childhood on a farm during the Second World War. A TV documentary marking the wartime anniversary prompted her to reflect.

"I just wanted to write memories of my dad," says Enid. "That's how it all started."

For John, visits are about listening to Enid's experiences in her own words. "It's hearing about what happened and actually what life was like," he says. "I have really enjoyed meeting some members of Enid's family and hearing about her life, especially her lovely father. There's a personal side, because my father was evacuated from London."

Over a cup of tea, John helps Enid shape her memories into a written account. When asked what it has meant to have someone to talk to, Enid says: "It was wonderful. It was like fresh air. There was somebody I could talk to about it."

Hearing that, John says he felt "quite humbled", adding: "I would suggest becoming a befriender. I've really enjoyed doing it — you get a lot from it."



**Hear from some
of our volunteers, in
their own words.**

**Scan the QR code to
watch their stories.**



Volunteering that gives back

Each year, our TeaBooks volunteers come together for a group visit. This year, they visited the Bodleian Library in Oxford.

TeaBooks brings people over 60 together through shared reading and conversation, helping to spark friendship and discussion around books.

The group met for a cuppa in the Weston Library café before a guided tour of medieval manuscripts led by curator Dr Matthew Holford.

Highlights included a copy of *The Canterbury Tales* in Middle English, a 13th-century *Divine Comedy* and a pocket-sized book of love poems by Petrarch.

For volunteers, seeing the manuscripts up close was a rare experience. One described it as “a complete delight,” adding: “I was fascinated by the medieval manuscripts — Matthew was so engaging and enthusiastic about his work.” Another said: “Thank you so much for the visit. It was a wonderful morning.”



Putting their best foot forward

Rachel and Liz volunteer at exercise classes that help older people improve their strength, balance and confidence. As an extra pair of hands, they welcome participants, offer encouragement and support people to take part safely.

Liz, who joined as a volunteer in March, enjoys getting to know the people who attend. “I really enjoy coming and chatting with people,” she says. “Over time, you get to know them.”

Rachel, who has volunteered with Age UK Oxfordshire for five years, has seen the difference the classes can make. “I’ve seen quite a few of the regulars grow and improve a lot,” she says. “It’s really nice to see their confidence grow. You often see their own friendships develop into groups.”



Rachel says volunteering has helped her grow in confidence too. “It’s been really nice to see their confidence grow, and then on a personal level, mine as well.”

Could you make a difference?

From weekly chats and new friendships to helping people build confidence in exercise groups, our volunteers give their time in so many ways — and see the positive difference they make to older people across Oxfordshire.

Could you spare a little time to help older people stay connected, active and independent? There’s something for everyone when it comes to volunteering. We’ll help you find the right opportunity. Visit www.ageuk.org.uk/oxfordshire or call **0345 450 1276**.



Making meaningful connections

Some older people are surrounded by others or receive regular visits from friends or family but still feel lonely at times. Connection is about more than company — people need to feel seen, understood and valued.

That's why our telephone befriending service, Phone Friends, works so well. We take the time to match our wonderful volunteers with people who would benefit from a regular, friendly call. We find out about them as individuals and connect people together who we believe will have a meaningful connection, people who we think will enjoy each other's company on the phone.

People like Veronica and Jennifer, who both enjoy their Saturday morning chats.

Veronica has experienced a great deal of loss in her life. As a young woman, she was forced to return to her childhood home to care for her mother and two brothers, all of whom had significant health challenges.

She continued to share the family home with her last surviving brother until he passed away a few years ago.

Now living alone, she is still grieving the loss of someone with whom she shared a deep bond. Veronica never married, and without family around her, she often feels isolated.

Living with panic attacks, depression, anxiety and Autistic Spectrum Disorder, Veronica finds building new friendships especially difficult. Yet despite these challenges, she is warm, engaging and creative. She loves colouring, crafts and making her own cards. She enjoys listening to the radio and takes great pride in her garden.

Veronica was referred to Phone Friends for a weekly call from a volunteer — a friendly check-in designed to bring conversation and connection.

She was matched with Jennifer, a compassionate volunteer who loves nature and shares her home with her husband and black labrador. Jennifer was keen to support someone experiencing loneliness and now calls Veronica every Saturday morning at 10.30am.



Jennifer says: “I’ve built a really wonderful connection with Veronica. I genuinely enjoy our conversations.

“We talk about everything from families, pets and Desperate Housewives to crafting, crochet, books, walking and travel. Volunteering as a Phone Friend is one of the most rewarding experiences. Knowing that a 30-minute call can lift someone’s whole week is incredibly special.”

***“She is such a lovely person. We always have so much to talk about.
I feel so much better after our call”***

- Veronica

The feeling is mutual. After their very first call, Veronica contacted us to say, “She is so lovely. Thank you so much for putting her in touch with me.”

Their relationship has grown into something deeply meaningful. Veronica thinks of Jennifer as family and often sends us handmade cards to forward on to her. Jennifer sends cards back in return, reminding Veronica she is valued and not alone.

Reflecting on their friendship, Veronica says: “She is such a lovely person. We always have so much to talk about. Thank you so much for finding her for me — I feel so much better after her call.”

Meaningful connections don’t have to take place face to face — sometimes, they can come from a simple phone call. If you think you might benefit from a regular, friendly call, we’d love to talk to you about connecting you with a volunteer Phone Friend.

If you’re someone who is friendly and feels comfortable talking whilst also providing a listening ear, and you think you might enjoy volunteering as a Phone Friend, we’d love to hear from you.

Please get in touch by emailing phonefriends@ageukoxfordshire.org.uk or calling **01295 234 850**.



Legacy Myth Busters

We know that thinking about leaving a gift in your will can feel like a big step — and sometimes the information out there can be confusing. These myth busters are here to help make things clearer.

Myth 1 — Wills are complicated

Truth — Adding a gift in your will is usually simple and inexpensive. A solicitor can insert a short clause, and you're done.

Myth 2 — Talking about wills is awkward

Truth — Legacy conversations are positive. They are about hope, impact and the future. Most people feel comforted knowing they've made a plan that reflects their wishes.

Myth 3 — Only wealthy people leave gifts in their wills

Truth — Anyone can leave a legacy. Every legacy, no matter the size, can create a lasting impact.

Myth 4 — Leaving a gift takes away from family

Truth — Family remains the priority. Many people choose to leave a small percentage after loved ones are fully provided for.

Myth 5 — My will is already written, I'd have to start again

Truth — Updating a will is usually simple. Solicitors can add a short amendment (a codicil) without a full rewrite, and it's often cheaper than people expect.

Myth 6 — My estate might change, I don't want to commit

Truth — A percentage gift is flexible. It automatically adjusts with your estate, so your intentions are always honoured without needing future updates.

Myth 7 — It won't make much difference

Truth — Legacy gifts often fund a huge portion of a charity's work. One gift can fund new services, protect vital programmes, or ensure support for decades.

If you'd like to find out more, our free Making a Will Guide can help you explore your options. Download a copy from www.ageuk.org.uk/oxfordshire/get-involved/leave-a-legacy. To request a copy by post, email legacies@ageukoxfordshire.org.uk or call **0345 450 1276**.

There's no obligation. Any decision is entirely yours, and we'll always handle your wishes with care, respect and completely confidentially.

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info.fernmeadows@housing21.org.uk



Looking after yourself in warm weather

After a long winter, warmer days can be very welcome. Sunshine often brings more opportunities to get outside, see friends and enjoy everyday life a little more. But when temperatures rise, it's worth taking a few extra steps to keep yourself, and anyone you care for, comfortable and well.

Hot weather can put extra strain on the body. As well as causing heat exhaustion or heatstroke, it can worsen existing health conditions and increase the risk of heart problems or strokes.

However, small, sensible changes can make a big difference.

Why does hot weather affect us more as we get older?

As we age, our bodies don't cope with heat in quite the same way as before.

For example:

- We don't always notice temperature changes as quickly.
- Long-term health conditions can affect how our bodies respond to heat.
- Some medications can reduce thirst, affect sweating or make dehydration more likely.



This doesn't mean avoiding the sunshine altogether — it just means being a bit more aware and prepared.

Planning ahead

Being prepared can help you stay safe when warm weather is forecast:

- Keep an eye on the weather, particularly if very hot days are predicted.
- Check in with friends, neighbours or family — and let someone know if you're feeling unwell.
- Try to plan shopping, appointments or outings for the cooler times of day such as the early morning or early evening.
- Some medicines increase dehydration or sun sensitivity — ask your pharmacist if hot weather affects anything you take.



Everyday ways to stay cool

- Keep drinking — even if you don't feel thirsty. Aim for 6–8 glasses of fluid a day and take water with you when you go out.
- Dress for the weather — loose, lightweight clothing in pale colours helps your body stay cooler.
- Take breaks from the sun, especially between 11am and 3pm when it's hottest. Shade can make a surprising difference.
- Take care of your skin by using sunscreen (SPF 30 or higher), reapplying it regularly, and wearing a hat that shades your face and neck.
- Protect your eyes with sunglasses that have a CE mark and UV400 protection.
- Avoid or reduce alcohol and sugary drinks, which can leave you more dehydrated.

It's also important to know the warning signs of heat exhaustion — such as headaches, dizziness, nausea, cramps or confusion — and to seek help quickly if these symptoms appear.

Keeping your home cool

During the hottest weather:

- Close curtains or blinds and keep windows shut during the hottest part of the day.
- Avoid cooking with the oven if you can, as this adds extra heat.
- Fans can help, especially if you close doors to unused rooms.
- Reflective window film can reduce heat and glare, and a damp sheet hung near an open window can help cool the air.

If your home becomes too hot, spending time somewhere cooler — such as a library, place of worship or even a supermarket — can offer welcome relief.

Enjoying summer safely

Summer doesn't have to be something to worry about. By staying hydrated and paying attention to how you're feeling, you can enjoy warmer days while still looking after your health. It's also important to check in on older neighbours, friends or relatives during hot weather too. And if you have pets, remember that they feel the heat as well, so make sure they have access to shade and fresh water.

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
www.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

Home Library Service

01865 810 259
www.oxfordshire.gov.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

Feeling out of sorts, worried or fed up?

Oxfordshire Talking Therapies is a free NHS service which may be able to help.

Whilst more people can experience excessive worrying or feeling down as they age, that doesn't mean it is normal or something you have to put up with.

Oxfordshire Talking Therapies offer lots of types of treatment for these difficulties, from courses around stress, sleep and low mood to individual treatments too. Their clinicians are also trained in helping support long-term health difficulties, such as diabetes, which can really affect how you are feeling, too.

Often treatments are short-term and very practical, helping you to manage these difficulties differently and feel better.

Call today on **01865 901 222** or self-refer online at www.oxfordhealth.nhs.uk/oxon-talking-therapies to arrange an initial call. You can also ask your GP for a referral.

NHS
Oxfordshire
Talking Therapies

Puzzle Answers

Anagram 1

Barbecueing

Anagram 2

Watermelon

Name that place

1 Banbury Cross

2 Uffington White Horse

3 Radcliffe Camera, Oxford

4 Rollright Stones



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Discover our groups across Oxfordshire

Bereavement Support

Open to people aged 60+ who have lost a loved one. Abingdon, Banbury, Bicester, Carterton, Didcot, Grove, Headington and Witney.

community@ageukoxfordshire.org.uk

01235 849 434

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. Banbury, Bicester, Didcot, Kidlington, Oxford.

community@ageukoxfordshire.org.uk

01235 849 434

Exercise Classes

Tailored exercise classes for older adults, including Strength and Balance, seated exercise, 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

Cinema clubs

Watch a film, share refreshments and connect with others in a warm, welcoming space. Merton, Sibford Gower.

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, Banbury, Bicester, Carterton, Cowley, Headington, Kennington, Kidlington, Letcombe Regis, Northway, Summertown, Wantage, Wallingford, Witney.

Social Get-togethers

Social gatherings offering a warm welcome, with the chance to enjoy the company of others with refreshments. Bampton, Banbury, Bicester, Carterton, Cowley, Cutteslowe, Didcot, Oxford, Osney, Sonning Common, Steventon, Wallingford, Witney.

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Bicester, Blackbird Leys, Bodicote, Cholsey, Faringdon, Hinksey, Horspath, Kidlington, Littlemore, Rose Hill, Sonning Common, Thame, Upper Heyford, Wallingford, Wantage.

Lunch Clubs

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

LGBTQ+ Groups

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



Discover our Activities and Events webpage

It's now easier than ever to see what we have going on in your community. From exercise classes and wellbeing walks to lunch clubs and digital support, there's something for everyone. Scan the QR code or visit www.ageuk.org.uk/oxfordshire/activities-and-events.



Sign up to EngAGE Magazine for FREE!

If you would like to receive information about activities, services and opportunities in your area, or would like to join our EngAGE mailing list, fill out this request form and return it to: **Age UK Oxfordshire, 10 Napier Court, Barton Lane, Abingdon, OX14 3YT** or call **0345 450 1276**. If you received this copy through the post you'll already be on our mailing list. Or you can email contactus@ageukoxfordshire.org.uk or visit www.ageuk.org.uk/oxfordshire (About us - Sign up to our email updates) to sign up to our email updates including this magazine.



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Donate

Age UK Oxfordshire relies on donations to ensure we are there for older people in Oxfordshire who need us most. To make a donation please complete and return this form to: **Age UK Oxfordshire, 10 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.



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Our Services

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

Bereavement support

Book groups

Carer support

Dementia support

Digital support

Foot care

Information and advice

LGBTQ+ groups

Physical activity classes

Scams prevention advice

Social activities and clubs

Telephone befriending

Call us on
0345 450 1276

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



All our staff have access to telephone interpreting services for over 200 languages. This magazine is available in screen-reader friendly digital format and large print. Contact us at media@ageukoxfordshire.org.uk for more information.



Leave a legacy for a fairer later life

By leaving a gift in your will to us, you would be supporting us to create a fairer later life for older people in Oxfordshire. You can make sure we are always there for those who need us most. (Charity number 1091529). To find out more please call **0345 450 1276** or email legacies@ageukoxfordshire.org.uk. Alternatively visit our website www.ageuk.org.uk/oxfordshire and search 'Leave a legacy'.