

Age UK Oxfordshire's Magazine

EngAGE

The Big Knit is back

Reducing the risk of falls

Calls that make a difference

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

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Get in touch

**Age UK Oxfordshire, 10 Napier Court,
Barton Lane, Abingdon, OX14 3YT**

0345 450 1276

contactus@ageukoxfordshire.org.uk

www.ageuk.org.uk/oxfordshire



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Welcome from our CEO, Paul Ringer.



As we move into the colder months, it's worth taking extra care of our health and wellbeing. In this edition you'll find practical advice on staying safe, active and independent through winter, including simple steps that can help reduce the risk of falls. Falls are often seen as an inevitable part of getting older, but they are not. Many falls can be prevented and, by acting early, we can stay confident, mobile and connected to what matters most.

This issue arrives around the International Day of Older Persons, a chance to celebrate the important contribution older people make to families, communities and society, while recognising the challenges some face, including outdated assumptions and stereotypes.

I am particularly delighted to congratulate Jo, one of our volunteer telephone befrienders, who recently received the Volunteer Award at the BBC Radio Oxford Make a Difference Awards. Her recognition reflects an incredible 26 years of helping older people across Oxfordshire stay connected and supported. Jo's story on page 8, alongside Lin's story on page 16, demonstrates the difference volunteering can make. Whether it's through giving time, sharing skills or simply being there for another person, volunteers strengthen communities and enrich lives, including their own.

As the days become shorter, some people may find themselves feeling more isolated or alone. If that sounds familiar, please remember that help is available. Our staff and volunteers are here to listen, offer support and help you stay connected.

With warm wishes,
Paul





Ready, set, knit!

The Big Knit is back — and once again, we're calling on Oxfordshire's knitters and crocheters to get involved.

The Big Knit is Age UK's national partnership with innocent drinks. Every year, people across the country make small hats for innocent smoothie bottles, with 30p from every hat donated helping fund services and support for older people.

By sending your hats to us at Age UK Oxfordshire, you can help make sure the money raised supports our work with older people locally.

Whether you're an experienced knitter, enjoy crochet, or simply have some spare wool waiting to be used, every hat counts.

And Oxfordshire's knitters have already made a fantastic contribution. Last year, you sent us **28,993 hats**, raising an incredible **£8,697.90**. Thank you to everyone who took part.

We love seeing the creativity that goes into your hats. Why not try something colourful, cheerful or come up with a design that's completely your own? You could make a flower, animal, fruit, seasonal design or even give your hats a tiny personality of their own.

You'll find a couple of example patterns on the next page or you can find more on our website — scan the QR code or visit www.ageuk.org.uk/oxfordshire/knit.

The deadline to get your little hats to us is **1st October 2027**, with your creations set to hit supermarket shelves in early 2028. We look forward to seeing what you create!

Once your hats are ready, please drop them off at our office (Monday – Thursday, from 9am until 4pm), or post them to: **Age UK Oxfordshire, 10 Napier Court, Barton Lane, Abingdon, OX14 3YT.**



The Big Knit patterns

The Big Knit is back! We've included two patterns — one for knitting and one for crochet — why not have a go at creating these, or your own designs?!

knitted hat
lemon



Yarn: Any DK weight yarn in yellow

Needles: 1 pair 3.75mm needles, sewing needle

Knitting hat: Using 3.75mm needles cast on 33 sts.

Row 1: K1 P1 to last st, K1

Row 2: P1 K1 to last st, P1

Now work 12 rows in st st.

Row 15: (K2 K2tog K3 K2tog K2) repeat twice more (27st)

Row 16-18: starting with a purl row work 3 rows of st st

Row 19: (K1 K2tog) repeat to the end of the row (18st)

Row 20: Purl

Row 21: (K1 K2tog K2tog) repeat to last 3 st, K1 K2tog (11st)

Row 22: (P2tog P1) to last 2 st, P2tog (7st)

Row 23: K3tog K2tog K2tog (3st)

On these 3 st work 2 rows of i-cord then K3tog to fasten off.

Making up: Use a sewing needle to join side seams.

Abbreviations: K = Knit, P = Purl, Tog = Together, Sts = stitches, St st = stocking stitch, K2tog = knit two together, P2tog = purl two together, K3tog = knit 3 together

crochet stripe hat
the one with the pom-pom



How you crochet it

(in blue) start 6 dc in a magic ring. [6]

round 1: (in pink) inc in all 6 st. [12]

round 2: (in blue) (dc in next st, inc in next st)

repeat 6 times. [18]

round 3: (in pink) (dc in next 2 st, inc in next st) repeat 6 times. [24]

round 4: (in blue) (dc in next 4 st, inc in next st) repeat 5 times. [30]

round 5 - 12: (start in pink and alternate colours each round.) dc in all 30 st. [30]

Fasten off and sew in the end.

Making up: Make a large pom-pom with both colours, either using a pom-pom maker or a fork. Sew it nice and securely to the top, in the centre, and trim if necessary.

Abbreviations: ch = chain, st(s) = stitch(es), dc = double crochet, inc = increase

Remember, once you've made your hats, please send or drop them in to us at: Age UK Oxfordshire, 10 Napier Court, Barton Lane, Abingdon, OX14 3YT.

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Reducing your **risk of falls** this winter

Falls can become more likely as we get older, but they're not an inevitable part of ageing. Winter brings extra challenges, but simple steps can help reduce our risk and make a real difference.

Move more

Moving more can improve your strength, balance and posture and reduce your risk of falling. Even a small amount of movement every day can work wonders.

There are lots of reasons why getting moving or moving more can be tricky. You might have been ill and lost some strength in your muscles. Sometimes, a health condition can affect mobility or cause pain. It may simply be that you have got out of the habit and you feel overwhelmed or don't know where to start.

There are lots of simple exercises you can do at home. We also offer a range of community and online exercise classes, as well as a falls prevention and information programme for those particularly worried about falling.

Find out more at www.ageuk.org.uk/oxfordshire (search 'Exercise classes') or by calling **01235 849 403**.

Moving More booklet

Our booklet, Moving More, provides lots more useful information and tips, as well as some simple exercises that you can complete at home. Scan the QR code with your smartphone camera to view the booklet online, or if you'd like to receive a copy in the post, email media@ageukoxfordshire.org.uk or call **0345 450 1276**.



Look after your eyes

Eyesight is very important when it comes to maintaining balance. Have your eyes checked and your glasses prescription reviewed every two years, or more often if recommended. NHS eye tests in England are free once you're aged 60.



Get your hearing checked

Hearing is also crucial for maintaining balance. You can get your hearing tested at some pharmacies and opticians. This is usually free, but you might have to pay for any treatment. Always speak to your doctor if your hearing loss is sudden, or if you have any other symptoms along with your hearing loss, such as earache or discharge.

Take care of your feet

As we age, our feet can lose some feeling and flexibility, which can affect our balance. Keep your toenails short and smooth, dry your feet carefully after a shower or bath, ensure slippers have a good grip and fasten up, and wear well-fitting, supportive shoes.

We have clinics across Oxfordshire offering a basic toenail cutting service. You can find information on page 19, online at www.ageuk.org.uk/oxfordshire/our-services or by calling us on **01865 717 615**.



Keep your home safe

Be aware of potential things that could cause trips, slips or falls. Think about lighting — good lighting helps reduce the risk of falls, especially on stairs, landings, in hallways and around external doors. Avoid unnecessary risks — don't stand on a chair to reach something, carry too much when going up or down stairs, or rush when answering the door or telephone.

Home adaptations may help. Equipment such as handrails, grab rails and shower stools can make everyday tasks safer and easier. You may be able to borrow or access daily living aids for free.

Visit www.oxfordshire.gov.uk (search 'daily living aids') or call **0345 050 7666**.

Avoid risks out and about

Getting out and about is fantastic for our wellbeing, however it's important to be mindful of things like raised doorways and uneven pavements. If you're travelling by bus, don't be afraid to ask the driver to wait until you're seated before setting off, and wait until the bus has stopped completely before standing up.



If you do fall, don't ignore it. Talk to family, friends or your health professional for support and advice.

You can also visit the new Oxfordshire Health falls prevention website for practical information, advice and local resources: www.oxfordhealth.nhs.uk/falls.





Calls that make a difference

For more than 26 years, Jo has been making a difference to older people across Oxfordshire, one phone call at a time.

Jo, one of our Phone Friends volunteers (pictured right), was recently crowned winner of the Volunteer Award at the 2026 BBC Radio Oxford Make a Difference Awards.

Jo began volunteering with Age UK Oxfordshire in 2000, after retiring early from her nursing career. Today, despite being housebound herself, she still makes regular weekly calls to older people across the county, offering companionship and a listening ear.

During the pandemic, when loneliness and isolation increased for many people, Jo doubled the number of calls she made. For the people she supports, those calls have become an important part of their week. One person described Jo as “a great source of support”, while another said her weekly call “takes my mind off my troubles”.

Jo says volunteering has given her purpose and something to look forward to, and she plans to continue for as long as she can.

Commenting on the award, Jo said: “I am very humbled and delighted to receive this award. I don’t leave my home these days, nevertheless I continue to volunteer as a Phone Friend.”

Jo was unable to attend the awards ceremony in Oxford in September, so Paula Donaldson, our Phone Friends Coordinator (pictured top), collected the award on her behalf. The award recognises more than two decades of commitment.



Jo's story is a shining example of how much a regular phone call can mean. You don't have to meet face to face to build a friendship and sometimes just knowing someone will call each week can make all the difference.

Loneliness can affect anyone, but for many older people it can become a regular part of life. Health problems, bereavement, retirement, caring responsibilities, or living alone can make it harder to stay connected. That's where Phone Friends comes in.

Phone Friends is our free telephone befriending service, providing regular companionship to older people who are feeling lonely or isolated. Through weekly telephone calls, our volunteers offer friendship, conversation and a listening ear.

People are matched with a volunteer Phone Friend based on shared interests, hobbies or life experiences. Over time, these conversations often develop into meaningful friendships. Whether talking about family, favourite memories, current events, books, gardening or everyday life, the calls help people feel connected and valued.



For many of the people we support, a weekly call can become a highlight of the week. Knowing that someone will ring, listen and take an interest in their life can make a real difference to wellbeing and confidence. Many people tell us they look forward to their calls.

The service is particularly helpful for people who find it difficult to get out and about, have limited mobility, or live in rural areas where opportunities to meet others may be limited. A simple phone call can make all the difference to someone feeling isolated.

Our volunteers are at the heart of the service. By giving a small amount of time each week, they help build friendships, provide companionship and support older people to stay connected.

To find out more about volunteering as a Phone Friend, or to enquire about receiving regular calls, visit www.ageuk.org.uk/oxfordshire, call **01295 234 850** or email phonefriends@ageukoxfordshire.org.uk.



“Mum's volunteer is a godsend. Phone Friends is a fabulous service.”

Feedback from the family member of someone supported by Phone Friends.





Winter appeal: No one alone this winter

As the weather turns colder, more older people across Oxfordshire face long days without company, support or someone to talk to. Winter can be an especially lonely time.

When 100-year-old Ches began to feel isolated, a weekly visit from an Age UK Oxfordshire volunteer befriender helped him feel connected again. “I feel that somebody is interested,” he says.



But Ches isn't alone. Across Oxfordshire, an estimated 10,000 older people are living with loneliness. Some can go an entire week without speaking to a friend or family member. The phone doesn't ring, no one visits, and even Christmas Day can pass without a meaningful conversation.

Behind closed doors, many older people will spend the season in silence, facing loneliness and a lack of human connection. This is happening here, in our community, and you can help change it.

This isolation isn't just emotionally painful; it's dangerous. Loneliness is linked to poor physical and mental health, and older people experiencing it are 25% more likely to develop dementia.

But it doesn't have to be this way — with the right support, people can feel connected again. At Age UK Oxfordshire, we're working to change this. Through friendship calls, in-person visits and practical help, as well as social activities and events, we help people stay connected and enjoy the company of others when they need it most.

A simple conversation lifts someone's spirits. A regular visit restores a sense of belonging. Taking part in an activity or social group builds connection. Your support helps make this happen.

Your donation today could help provide some of the most vulnerable older people in Oxfordshire receive with friendship, support and connection they need.

Help ensure no older person faces winter alone. Please support local older people experiencing loneliness this winter.

To donate, visit **www.justgiving.com/campaign/noonealone** or scan the QR code.

If you'd like to donate by post, you can send a cheque to Age UK Oxfordshire, 10 Napier Court, Barton Lane, Abingdon, Oxfordshire, OX14 3YT.



Have you considered leaving a gift in your will? By remembering Age UK Oxfordshire in your will, you will make a difference for help some of the most vulnerable local older people for generations to come.

Find out more at **www.ageuk.org.uk/oxfordshire/legacies**, email **legacies@ageukoxfordshire.org.uk** or call **0345 450 1276**.

Remember, we're here to help. If you or someone you know is feeling lonely, please get in touch by calling **0345 450 1276** or email **contactus@ageukoxfordshire.org.uk**.





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Helping people take the next step

Sometimes, getting back out there can feel like a big step, especially if you've been feeling less confident or connected with other people.

Our new Enabling Connections programme offers one-to-one support for people aged 50 and over in Oxfordshire who would like some encouragement to work towards a goal that matters to them. Over 24 weeks, they'll be matched with a trained volunteer who can offer companionship and practical support.

Could you volunteer?

We're looking for friendly, reliable volunteers who are patient, good listeners and happy to encourage someone at their own pace. No previous experience or qualifications are needed.

You might accompany someone to a local activity, help them build confidence using public transport or explore ways to connect with others.

Volunteers meet the person they support once a week for 24 weeks, with visits taking place during our office hours (9am – 5pm, Monday to Friday). You'll receive training and ongoing support, including regular supervision and guidance on safeguarding, boundaries and communication.

You can make a real difference. Enabling Connections helps people build confidence and independence, develop new relationships and find ways to stay connected beyond the 24 weeks. You'll also have the chance to get to know your local community and develop your own skills.

You can find out more about the volunteering opportunity on our website at www.ageuk.org.uk/oxfordshire/volunteer or call us on **01235 849 434**.

If you think you could benefit from this kind of support, we'll share more details about how to access it in due course. You can also sign up for our email updates to keep up to date at www.ageuk.org.uk/oxfordshire.





Staying well this winter

Winter can bring extra challenges for our health, but there are simple things we can do to help ourselves stay well.

Check your winter vaccinations

Flu, COVID-19 and RSV can all cause serious illness, particularly in older people. If you're eligible for a free NHS vaccination, make sure you take up the offer. This winter, the RSV vaccine is available to everyone aged 75 and over, people living in care homes for older adults, and some people aged 65 to 74 with certain health conditions.

Flu vaccination is available to people aged 65 and over, while the winter COVID-19 vaccine is available to people aged 75 and over, care home residents and people with a weakened immune system.



Keep warm and keep well

Keep your home comfortably warm and dress for the weather. Regular movement can help maintain strength, mobility and balance, while taking extra care in wet or icy conditions can help prevent falls — see page 6 for more falls prevention advice.

It's also worth checking that your boiler and heating system are working properly before the cold weather sets in. If you're worried about keeping your home warm or managing your energy bills, Better Housing Better Health can offer advice and help you explore the support available. Visit www.bhbh.org.uk or call **0800 107 0044** to find out more.

Eating regular, nutritious meals and drinking plenty of fluids can help keep you warm, well and energised.

Look after your Vitamin D levels

During autumn and winter, the sun isn't strong enough for our bodies to make vitamin D. Because it's difficult to get enough from food alone, it's recommended that adults consider taking a daily supplement containing 10 micrograms of vitamin D to help support bone, muscle and immune health.



Look out for each other



Winter can be harder for people living alone or those with health or mobility difficulties. If you have an older neighbour, friend or family member who might need a little extra support, why not check in on them?

A phone call, a visit, or offering to pick up some shopping can make a real difference. You could also check they're keeping warm, have enough food and medication, and know where to get help if they need it.

And don't forget to look after yourself too. Getting outside in daylight when you can, keeping active and staying connected with other people can all help support your wellbeing throughout the winter.

Staying connected

Winter can make it harder to get out and about, but staying connected can make a real difference to our wellbeing. Whether you'd like to meet new people, try something different or become more involved in your local community, there are lots of ways to stay connected.

Explore our groups, events and activities and find out what's available near you on our website at www.ageuk.org.uk/oxfordshire/activities-and-events, visit Live Well Oxfordshire at www.oxfordshire.gov.uk/livewell or give us a call on **0345 450 1276**.



If you become unwell



Your local pharmacy can be a good first place to go for advice. NHS Pharmacy First means you can get advice and, where appropriate, treatment for some common conditions without needing to make an appointment with a doctor or nurse at your local surgery.

Your pharmacist can also tell you if you need to see another healthcare professional. Visit www.nhs.uk/service-search/pharmacy to find your local pharmacy.

You can use NHS 111 online or call **111** if you're not sure what help you need or where to go. If you have a serious or life-threatening emergency, call **999** or go to Accident and Emergency (A&E).

For the latest advice on keeping warm and well this winter, visit the NHS website: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well



Finding her place: how volunteering transformed Lin's life

We sat down with Lin to talk about how finding a volunteering role to suit her has completely transformed her later life.

"In 2017 my husband died and someone suggested I went to Age UK Oxfordshire's bereavement group in Wheatley. That's when I first met Kate.

"It was just after the start of COVID that I had a phone call from Kate about volunteering. She said 'Lin, I've found you an opportunity at the Oxfam Superstore, Chris is going to give you a call'. So, I thought, right, well I'm not waiting for them to call me. I drove straight there, walked in the door and Chris was behind the counter!

"From that day on I've just had the most wonderful time. Now I mainly do weekends. I come in on Friday, Saturday, Sunday and sometimes even a Monday. Between two and three hours a day, sometimes I just come in for a tea and a gossip!

"I instigated the haberdashery section from about 6 zips! I built up the whole thing. I also did till training and worked on the till. I thought to myself 'Hang on a minute Lin, you're 77, should you be doing this?' And I thought, 'Yeah, go for it, keep going girl!'

***"Hang on a minute Lin, you're 77, should you be doing this?
And I thought, 'Yeah, go for it, keep going girl!'"***

Lin



“I honestly think volunteering at Oxfam has extended my life. It’s helped my physical and mental health. I don’t have any children and I live alone, so the chance to interact with other people, make loads of new friends and learn new things — it’s been great. I got my 6-year volunteering certificate. And I mean, I’m still laughing at 82.

“I often think to myself, there must be thousands of people my age out there sitting at home. And they could be having such a great time volunteering. It’s just about taking that step to make the move and ask the question.”

Jason, Volunteering Coordinator at the Oxfam Superstore said: “Like other charities, we try to make volunteering for us as accessible as possible for older people – ensuring it’s easy to apply even if someone doesn’t use a computer, and making sure the opportunities are flexible. We have a really strong mix of people here, which is great.

“We really appreciate the expertise that older people have, I think that is so underrated and it’s something that each individual has. A different interest, a different expertise that they bring. And when you put it all together, it’s just fantastic.”

Leigh Hogan, Volunteer Manager at Age UK Oxfordshire said: “Older volunteers like Lin play such an important role in communities across Oxfordshire. And while they’re helping others, many tell us that volunteering gives them a sense of purpose, confidence and friendship too.”

At Age UK Oxfordshire, we can help you find opportunities to meet new people, learn new skills and do something that feels rewarding, both with us and in your community.

If you’d like to find out more, contact our community team on **01235 849 434** or email **community@ageukoxfordshire.org.uk**.





Navigating life after loss

Grief is deeply personal, and there's no right or wrong way to feel or a set timetable for finding your way forward. You might experience sadness, loneliness, anger, guilt, relief or numbness, with feelings changing from day to day. Talking to someone who understands, staying connected and finding things to look forward to can help you adjust to life after loss.

Our bereavement groups offer a welcoming space to meet others who have experienced loss, with regular coffee mornings, lunches and other social activities.

For members of our Wantage group, meeting others who understand has become an important part of life after loss. Pam says: "Coming here is the highlight of my calendar. Everybody's got their own story of grief, but there's no pressure to talk about your own experience."

For John, joining the group has opened the door to new friendships and experiences. "Joining the group was the best thing that I did," he says.

"It has opened me up to other activities, including a local gardening club. They're the friendliest people I've ever met at this group, I've made some great friends."



Linda, who has been attending for three years, adds: "The nicest thing about attending is that you don't have to explain how you're feeling to other people. Everybody just 'gets it'."

Having experienced that welcome herself, she now enjoys helping new members feel at ease. "I try to include others and make them feel welcome and supported. It's a safe space."

You don't have to cope with bereavement alone. Take things at your own pace and, if you're struggling, speak to someone you trust or your doctor.

Our monthly groups take place in Abingdon, Banbury, Bicester, Carterton, Oxford, Wantage and Witney. If you would like to find out more, please call **01235 849 434**.

Keeping your feet feeling good

As we get older, it can become harder to reach our feet and take care of our nails ourselves. That's where a little extra help can make a difference.

Our foot care team are here to lend a helping hand. We'll trim and file your nails, then give your feet a gentle rub with moisturising cream to help keep them soft and comfortable.

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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Useful contacts

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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
www.oxfordshire.gov.uk/livewell

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 Advice Navigator

01865 410 660
www.oxfordshireadvisenavigator.org.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

Reducing the Risk (domestic abuse)

01865 965 055
contact@reducingtherisk.org.uk
www.reducingtherisk.org.uk

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.



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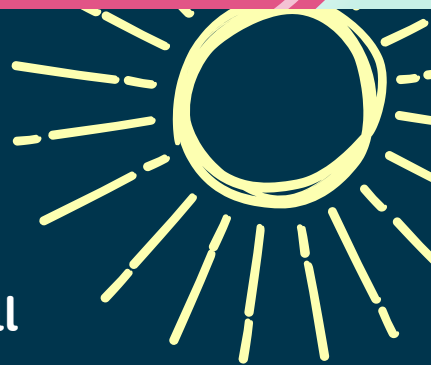
www.oxfordshire.gov.uk/livewell



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Bereavement Support

Open to people aged 60+ who have lost a loved one. Abingdon, Banbury, Bicester, Carterton, Oxford, Wantage 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

Social 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, Kennington, Kidlington, Letcombe Regis, Northway, Summertown, Thame, Wantage, Wallingford.

Social Get-togethers

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

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Bicester, Blackbird Leys, Bodicote, Botley, Chipping Norton, Cholsey, Didcot, Drayton, Faringdon, Hinksey, Horspath, Kidlington, Littlemore, Rose Hill, Sonning Common, Thame, Upper Heyford, Wallingford, Wantage, Wheatley, Wootton.

Lunch Clubs

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

LGBTQ+ Groups

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



Find out what's on near you...

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.



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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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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

Memory support

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/legacies.