

**FREE**

# EngAGE

AGE UK OXFORDSHIRE'S  
MAGAZINE

**FREE**  
exercise DVD  
& resistance  
band offer



**NEW Coach Trips**

## The Big Knit

Please send your hats to us by **31st July 2019**



Hello and welcome to another feature packed issue of EngAGE magazine, full of ideas and inspiration to help you get the best out of later life.

We would love to hear from you. Please get in touch and let us know what you think about anything you read. Email [sophiedyer@ageukoxfordshire.org.uk](mailto:sophiedyer@ageukoxfordshire.org.uk) or call 07827 235 405.

Sophie Dyer, Editor

Thank you to our amazing supporters shopping online with easyfundraising. Your support really does make a difference as you have raised a total of over £500! [www.easyfundraising.org.uk/causes/ageukoxford](http://www.easyfundraising.org.uk/causes/ageukoxford)



0345 450 1276

Age UK Oxfordshire, 9 Napier Court,  
Barton Lane, Abingdon, OXON, OX14 3YT

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)



Photo Credit: Martin Farmer

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Age UK Oxfordshire is a local independent charity, working with and for all older people and their carers throughout Oxfordshire. We are brand partners of Age UK. Age UK Oxfordshire is a Company Limited by Guarantee 4328143 and Registered Charity No 1091529.



# CATWALK Glamour

On Monday 8th April, clothing brand M&Co held a fashion show at their Abingdon store. £180 was raised and all proceeds were kindly donated to Age UK Oxfordshire and Action for Carers Oxfordshire.

Among the models was Ann (pictured), a carer, who wore 3 outfits - smart casual, day-to-night and workwear theme.

Ann said: "The night was full of fun and laughter and I was honoured to be a model. I encourage all carers to pursue your interests and stay active."

Thank you M&Co, and thank you to Ann for modelling! We think you look fabulous!



Photo Credit: Nigel Francis Photography



# Building Connections

New funding will help Age UK Oxfordshire to **combat isolation and loneliness** through three new projects - and the extension of a fourth.



Department for  
Digital, Culture,  
Media & Sport

## 1. The Centre for Ageing Better and the Department for Digital, Culture, Media & Sport (DCMS)

have given funding to five projects - including Age UK Oxfordshire's Late Spring project - to pilot ways to make volunteering more age-friendly and inclusive.

Many people in later life choose to give their time to volunteer, bringing a feeling of being more involved in their communities and a greater sense of meaning and purpose. But those who may benefit the most from volunteering face the most barriers to getting involved including ill health, having less money or going through major life events such as bereavement or caring for loved ones. The project will be exploring ways to break down these barriers and support voluntary and community activity for over 50s.

Volunteering can bring a greater sense of meaning and purpose

Mims Davies, Minister for Sport and Civil Society, said:

**“Volunteering is a great way to build connected communities and this funding will make a real difference to people’s lives...”**



**2. The National Lottery Community Fund** have awarded funding for two years to support the creation of a new network of Community Link volunteers to support people to engage in local community activities.



## 3. Oxfordshire County Council

has awarded a year's Sustainability and Transformation funding to develop a wider range of opportunities in parts of Oxford City - in areas where we know people are at high risk of feeling lonely.



## 4. Nationwide Building Society

has awarded a grant to enable Age UK Oxfordshire to maintain and develop the Homeshare Oxford project. Nationwide has been looking to support charities dealing with the many issues around housing to help make a difference in communities across the region. The funding will allow Age UK Oxfordshire to employ another member of staff to support more home-sharing matches. For more information on Homeshare Oxford please visit [www.homeshareoxford.co.uk](http://www.homeshareoxford.co.uk).



## Campaigning for change: an update on the #SwitchedOff campaign

A massive thankyou to all of you who have written, emailed or signed the petition to save free TV for older people. The response across the country has been fantastic.

- **6,500** handwritten responses and a further **4,000** email responses to the BBC's consultation
- **6,000** campaigners have written to their MP about the issue
- The National Pensioners Convention held a demonstration outside the Department for Culture, Media and Sport on 7th March 2019
- The petition now has over **100,000** signatures and a further **4,000** paper signatures. And it's not too late - you can sign the petition at [www.ageuk.org.uk/tvpetition](http://www.ageuk.org.uk/tvpetition) or ask us to print off paper copies for you.

The plan is to hand in the petition to Downing Street when **125,000** signatures have been reached.







# Coach Trips

Come and join us for a great day out

## Bournemouth

Fancy a day at the seaside?

**When:** Tuesday 30th July 2019

**Timings:** Pick up 9am and 4pm departure

**Cost:** Return coach from Oxfordshire to Bournemouth for **only £17.50 per person**



## Waddesdon Manor

Includes a tour of the venue and a Christmas Market

**When:** Wednesday 20th November 2019

**Timings:** Pick up 12pm and 6.30pm departure

**Cost:** Return coach from Oxfordshire and admission to Waddesdon Manor **£36.00 per person. £20.00 for those with National Trust Membership Cards (cards must be shown on the day)**



## Windsor Castle

Spend the day in historic Windsor - there's so much to see and do!

**When:** Tuesday 24th September 2019

**Timings:** Pick up 9am and departure 4pm

**Cost:** Return coach from Oxfordshire to Windsor Castle **for only £16.00 per person**

These trips promise to be very popular so seats will be allocated on a first come first served basis. **All coach trips need to be booked and paid for in advance.**

Pick up points are throughout Oxfordshire but will be confirmed closer to the time.

**NB The cost of these trips is non-refundable (unless we are able to fill your seat).**

Please call **01235 849 434** to book your seat or to find out more.

## Cinema Sessions

We have cinema sessions running in Banbury, Berinsfield, Bullington, Charlbury, Cholsey, Clockhouse (Greater Leys), Deddington, Horspath, Littlemore, Moulsoford, Sonning Common, Stadhampton, Stanford in the Vale, Steventon, Wallingford, Wantage (this venue has stairs), Woodcote and Yarnton. **New sessions starting in Chilton and Cutteslowe.**

**Contact one of the local CIN team for venues, times and dates.**

## Food & Good Company

**Munchies (Brunch and puzzles):** Join us for a bite to eat followed by puzzles and quizzes. Every 1st Tuesday from 11.30am-1.30pm at the Rowing Machine, Fettiplace Road, **Witney**. Starting on the 4th June. **Contact Sian.**

**Oakwood Lunch Club:** Oakwood House, Meadowbank, **Faringdon**. Bi-monthly on the 3rd Thursday of the month from 12.30pm. Only £5.00 per person for a 2 course lunch. **Contact Ann to book your place.**

**Robbins Nest Lunch:** Stanbridge House, **Banbury** on the 3rd Monday of the month from 12.30pm. 2 courses for £7.00. Call Paula on **01295 234 850** to book your place a week in advance.

## Aviation Groups

Open to all with a background or interest in aviation. An opportunity to get together over coffee and cake with a range of speakers Only £2.50 per session.

● **Brize Norton:** every 3rd Monday from 2pm to 3.30pm, starting on 17th June in the Carterton Town Hall. **Contact Sue** for more information .

● **Benson:** every 1st Tuesday from 2pm to 3.30pm at Millstream Day Centre. **Contact Kate Hart** for more information.





## Creative Arts

Plenty of opportunities to get creative

**Arts 'n' Crafts Group in Carterton Library:** Every 2nd Wednesday 1pm-3pm, starting on 10th July. £3.00 per session. **Contact Sian.**

**Singing for Fun: Pump House, Faringdon.** Every Wednesday (term time only) 11.45am-12.45pm. £2.00 per session. **Contact Emily Marshall on 01865 604 558.**

**Bicester Pottery Class:** Suitable for both visually and non-visually impaired. Starting Friday 10th May 10.30am-12.30pm. £5.00 per class. **Contact Jessica.**

## Walk 'n' Talks

Join us for a leisurely stroll that is no longer than 1.2 miles, finishing at a coffee shop. Most walks are wheelchair accessible but please check with the local networker for details.

**Blenheim Palace:** every 2nd Tuesday from 2pm, starting 11th June. Meeting point at The Great Court Gates (free parking through main entrance). **Contact Sian.**

**Dorchester-on-Thames:** meet outside the Abbey Tea Rooms with parking over the road. 2pm-3.30pm, last Friday of the month. **Contact Rachel Downey**

**Waterperry Gardens, near Wheatley:** Running monthly starting from 2pm, meeting outside the rural museum and finishing at the café. Wed 31st July and Tuesday 27th August. June date TBC. **Contact Kate Hart.**

**Charlbury, Cotswold View Camping Park, Banbury Hill Farm, Enstone Road,** every 2nd Tuesday from 1pm. Starting on the 11th June and meeting at The Old Shed. **Contact Sue.**

## Get in touch

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# Ethical Wills (part 2)

**An Ethical Will is a personal document you create in order to communicate your values, experiences and life lessons to those you care about.**

There is no formal structure, no right or wrong way: you can write a letter, make a scrap book or you could produce a video or power point. A good way to start is by writing about why you want to create an Ethical Will and who you want to share it with. Then think about what matters to you, the things that you would want your younger self to have heard or been told.

Here are some common themes and thoughts to give you a guide:

### My favourite things

Places, films, books, foods, music, hobbies, sayings. What you want them to have of yours after you have gone and why (**NB** these would be small, sentimental items that wouldn't go in a legal will).

### My family

What you learned from your own parents/grandparents. What you learned from being a wife/husband/sister/brother or parent. What you learned from your children. Family traditions that mattered to you growing up and why. Favourite stories about your own mother and father.

### My professional life

The best and worst jobs you have had, the reason you chose your career and what you would have done if you had chosen something different. What difference you felt you made.

### My experiences

Fondest memories/events that had a great impact on you. What you are proud of and grateful for.



Happiest moments of your life and why. People who have influenced you. Biggest regret and hardest decision you ever made. Most difficult time of your life and what you found comfort in.

### My beliefs and values

Your most fundamental beliefs and most valued traditions. The causes that have been important to you and why, as well as what for you, means success.

### My hopes for the future

Values you hope to pass on. Wishes for your loved ones. Mistakes you made that you hope they can avoid or opportunities you hope they will get to have as well as something that when they find life difficult you hope they will remember.

**Just remember:** It can take months or even years to write an Ethical Will. It's something you can start at any age and add to as your life progresses.

**It's something you can start at any age and add to as your life progresses**

Late Spring is our bereavement support network, giving you the opportunity to gently stroll together along the journey we all face following the death of a loved one. If you would like to find out more about Late Spring, or your nearest group, please call **01235 849 434**.



# Keeping safe at home

**I**t can be easy to focus on personal safety when out and about but forget about keeping yourself safe when at home. With more people living at home for longer, this is becoming more important. Our partner, Age UK, produce a helpful booklet called "Staying Safe" – ask for your copy or go online to download one [www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/)

## SECURITY

Security is a common thought and ensuring your windows and doors close and lock well is a key consideration, alongside good outdoor lighting – which can not only make your property less appealing to burglars but also ensure you can see your way along footpaths at night or in poor weather. Even doing something as basic as ensuring that your house and car keys cannot be seen or reached through the letterbox can help security. **Thames Valley Police** produce a home security guide and you can also sign up to emails alerting you to local criminal activity: [www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/advice/home-security-guide/](http://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/advice/home-security-guide/). More tips from Thames Valley Police can be found on page 22. One of the simplest way of ensuring you can get help when you need it is to check that your house name or number can be clearly seen from the road – this will help emergency services find you. If you can't get out to check yourself, just ask your next visitor to check for you.

## COLD CALLERS

When spending more time at home, scams and cold callers can be a nuisance. Registering with the



telephone preference service and mail preference service can reduce the amount of junk mail and cold calls you get: [www.tpsonline.org.uk/tps/index.html](http://www.tpsonline.org.uk/tps/index.html). There are various call-minding services that you can pay to screen your calls – where the caller has to announce who they are before you accept the call, or you may prefer to just use a telephone with caller display and not answer calls from numbers you don't recognise. You can also get "no cold caller" stickers for your front door, which sometimes help deter doorstep sales, but more often just give you something to point to when turning them away!

## PENDANT ALARMS

Did you know that people have pendant alarms for all sorts of reasons and not just falls? Some people wear them for reassurance as they can be pressed if you have answered your door and feel uncomfortable with a situation – the call handler can help to reassure you or give you the confidence to turn someone away if they are a doorstep caller. It may be that having a fall is a risk for you – aids and pieces of small equipment can make a big difference and are available to borrow, for those who have long term illnesses or disabilities, through social services. Many items can be ordered online, without waiting for a full occupational therapy assessment. If you feel you need a full assessment, these can be arranged by calling social services on **0345 050 7666**.

To get in touch with our Information and Advice team call us on **0345 450 1276** and ask for the helpline, or you can email us at [helpline@ageukoxfordshire.org.uk](mailto:helpline@ageukoxfordshire.org.uk).

Do you have any further tips for keeping safe at home? If so, please email [sophiedyer@ageukoxfordshire.org.uk](mailto:sophiedyer@ageukoxfordshire.org.uk).

# OUH nurses learn about carers in new video

Age UK Oxfordshire's **Get the Picture** – a creative voices project – and **Action for Carers** are pleased to announce a new video about best treatment of carers in hospital; now showing monthly at new Nurse and Midwife inductions at Oxford University Hospitals.

The video features carers and ex-carers from Oxford's Isis Dementia Carer Support group. They highlight the importance of hospital staff listening to their expertise of the cared for and taking their views seriously, as well as giving them time to be heard.

David Cook speaks in the film and previously cared for his wife with Dementia. He says when in hospital the carer and cared for 'may not know what to expect on their journey and will need help and guidance from sources unknown to them at diagnosis. The carer is unlikely to know what help is available or where to get it'.

The film along with will help nursing staff identify new carers and direct them to support, such as the dedicated carers Adviser from Carers Oxfordshire based in the John Radcliffe Hospital.

Tom Skinner, Get the Picture Manager, said 'It was really great to work with carers to produce this film on such an important topic. We showed early versions of the film to the carers involved to check we were giving the right messages that were important to them'.

## Helping Carers at OUH

Ex-carer David Cook holds up a specially created artwork he did for the beginning of the video, featuring different buildings from Oxford University Hospital.

## Free online help from Carers UK

Action for Carers Oxfordshire have joined forces with national charity, Carers UK, to enable carers to access information through a new online platform. Unpaid carers of people living in Oxfordshire can get free, anytime access to the Digital Resource for Carers – an online environment that hosts a range of resources to help carers manage.

To access visit [carersdigital.org](http://carersdigital.org) and use the access code **DGTL482**.

## Transgender Support

Do you support someone who is transgender or gender questioning? Would you like to speak to other people who do? Our new group could help you. The group can provide a place to talk with others in the same role, offer information and guidance, whilst assuring you that you are not alone. For more information please call **07464 407 204**, email [tap\\_group@carersoxfordshire.org.uk](mailto:tap_group@carersoxfordshire.org.uk) or visit our Facebook page: **Trans Carers Oxfordshire**.



## Staying Cool in a Heatwave

We all look forward to a good summer but very high temperatures and humidity can present a risk to health. Find out more on how to protect yourself from the heat and signs of heat-related illness by ordering the Age UK leaflet 'Staying Cool in a Heatwave'. Call **0800 678 1602** to order a copy or search 'staying cool in a heatwave' on [www.ageuk.org.uk](http://www.ageuk.org.uk)



# Support at Home

Over the last 5 years our **Home Support Options** service have supported over 1,000 clients and a staggering 3,000 clients with our **Footcare** service. A number of these clients have been with us for over 5 years. We caught up with two of them to hear about their experiences.



## RAY AND CAROLE

Ray lives on his own and started with Home Support Options in December 2014 for some help around the home. Ray commented that Home Support Worker Carole arrives promptly each Monday afternoon and they have a chat about how the week has gone and what he needs doing that day, usually over a cup of tea. They chat throughout the visit whilst tidying. Ray said:

“Carole is **invaluable** and I wouldn’t be without her or the service.”

Carole added: “Ray is always cheerful and we get on very well together. During the hour we talk about our families and what we have been doing. We have similar views on what’s going on in the world, which make the visits go well!”

## PHYLLIS AND JANE

One of our footcare clients has been with the service for over 4 years. Phyllis used to visit the Age UK Oxfordshire office when it was based in Abingdon town centre. After the office move to Napier Court, Footcare Assistant Jane started visiting Phyllis at her home. Talking to Phyllis, she is delighted with the service: “It’s so wonderful to have Jane visit me every 8 weeks, she is always very punctual and I love having the massage after



she has cut my toe nails. I get ready and can sit in comfort ready to have my visit from Jane.” She added:

“It’s so **convenient** and keeps me **mobile!**”

Jane who has been a footcare assistant for 11 years remembers Phyllis coming to the office for her footcare and was delighted to continue to help her by offering home visits. Jane recollects that “Phyllis always shows me the latest photo of her grand children and great grand children!”

If you would like to benefit from either our Home Support Options service or Footcare service, please call us on **0333 577 1044** to find out more and have an informal chat.



## LIVE JAZZ MUSIC!



## at the Castle

**2019**

**TICKETS** This is a ticketed event - please book via [www.trybooking.co.uk/ISV](http://www.trybooking.co.uk/ISV) or call 01235 520 463.

**£15 adult/£12 concession/£5 under 16**  
N.B. Carers go free with cared for.

This event is in aid of Age UK Oxfordshire and Action for Carers Oxfordshire.

**FRIDAY 14<sup>TH</sup> June 2019** **7PM-9.30PM** **BROUGHTON CASTLE,**  
**DOORS OPEN 6pm** **BANBURY, OX15 5AB**



Registered charity no. 1091529



Registered charity no. 1149577





**We're passionate about**  
**fulfilling lives**  
 residents'

At Highmarket House, we understand that choosing a care home can be stressful for everyone involved. We offer residential, nursing and dementia care, and all-round support to make things easier.

To find out more about living at Highmarket House, call **01295 296784** or email [marisa.ramos@careuk.com](mailto:marisa.ramos@careuk.com)

Inspected and rated  
**Good**  
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**Fulfilling lives**

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**BETTER HOUSING  
 BETTER HEALTH**



**0800 107 0044**

**OXFORDSHIRE &  
 BUCKINGHAMSHIRE**

**FREE HOME  
 ENERGY VISITS**

**GRANT FUNDING**

**ENERGY ADVICE**

**We all enjoy the warmth of the summer months, but if like many you struggle with the cold winter now is a great time to prepare for winter 2019.**

'Better Housing Better Health' is a service which covers Oxfordshire and Buckinghamshire. With the support of the county councils, we help with home energy through: free home energy advice/visits, grants for measures like boilers and insulation to keep the heat in your home. These services are typically for more vulnerable households. Call to check if you are eligible and find out more on **0800 107 0044** or visit [www.bhbh.org.uk](http://www.bhbh.org.uk)

# Dementia Oxfordshire

The Dementia Oxfordshire Service supports people with a diagnosis of dementia in Oxfordshire.

The aim of the service is to support people to live as well as possible, for as long as possible, following a dementia diagnosis, supporting them to stay in their own homes and to remain active in the community. Clients are referred to our service, usually by a GP or Memory Clinic. We offer a home visit and contact with the client at least every six months.

We aim to be a single point of contact on dementia related concerns, encouraging people to engage with dementia friendly groups and activities and also offering carers support. As a client progresses along their dementia journey additional support may be required. We advise on benefits and financial matters and offer guidance and training for families and carers on topics such as respite.

We encourage clients and carers to begin planning end of life care and consider the often difficult decision about moving into residential care in a timely manner and in a way that everyone's voice can be heard.

We provide a Dementia Support Line, which is manned by our Dementia Advisers and is available for everyone, including clients, relatives, carers and professionals. Just call **01865 410 210** any time Monday – Friday 9-6pm.

We find that time and a listening ear is often what people desperately need and once they have been heard we can follow that up with advice, emotional and practical support, often helping people avoid a crisis. We accept self and family referrals provided a diagnosis has been made.

## AWARENESS

The Dementia Oxfordshire Team also work hard to raise awareness about dementia.



In April, Dementia Advisers Rose and Janet visited the Orchard Shopping Centre in Didcot, answering questions and providing support to everyone who stopped to chat.

## CHARITY OF THE YEAR

Oxford City & County Bowls Club president, John Jarvis, has chosen us as his charity of the year for 2019. Dementia Oxfordshire are honoured to have been chosen and we are working in partnership with the Club to provide some dementia friendly events. This offers us an opportunity to raise awareness about dementia whilst also promoting the many health and well-being benefits of bowling. Bowls is a very inclusive sport suitable for most ages and any ability.

If you are interested in trying bowls at the Marston Ferry Road, Oxford Club visit [www.oxfordbowls.co.uk/index.php](http://www.oxfordbowls.co.uk/index.php).

(Below) Helen Harman, from Dementia Oxfordshire, with John Jarvis and members of the Committee





# Fundraising News

## THE BIG KNIT

Since September 2018, our wonderful knitters have made over a whopping 18,000 hats for Age UK Oxfordshire! We are so thankful to anyone who has taken the time to knit a little hat.

### HATS OFF TO THE KNITTERS OF SHRIVENHAM VILLAGE!

Special thanks to the super knitters of Shrivenham who submitted 2,000 hats last month. With each hat equating to 25p from **Innocent**, this equals a wonderful £500.00 - well done all!

### OXFORDSHIRE WOMEN'S INSTITUTES

A big thank you to members of Oxfordshire Federation of WIs who have got their knitting needles out and have been busy creating little hats.

### KEEPING FIT AND FUNDRAISING

When not keeping fit, some members of our weekly Thame chair based exercise class have been busy fundraising in their spare time.



To date they have made 394 knitted hats. Thank you all!

### GET INVOLVED

There's still time to get your knitting needles out! We have a target of 25,469 hats by July 31st 2019 - can you help us? Please drop by or send your knitted creations to **The Big Knit, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. For more information on the Big Knit, including knit and crotchet patterns, please visit our website: [www.ageuk.org.uk/oxfordshire/knit](http://www.ageuk.org.uk/oxfordshire/knit)



## STRICTLY BANBURY



Photo credit: Martin Farmer

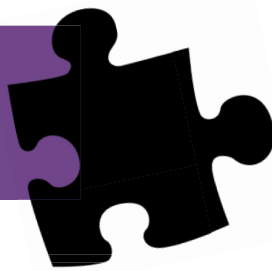


Congratulations to Troy and Lynn who recently participated in Step by Step Dance School's Strictly Banbury, with this year being the 10th anniversary of the event.

They raised a combined total of over £1,800 for Age UK Oxfordshire. You are both amazing! Thank you. And thank you Strictly Banbury for selecting Age UK Oxfordshire as one of the chosen charities to support.



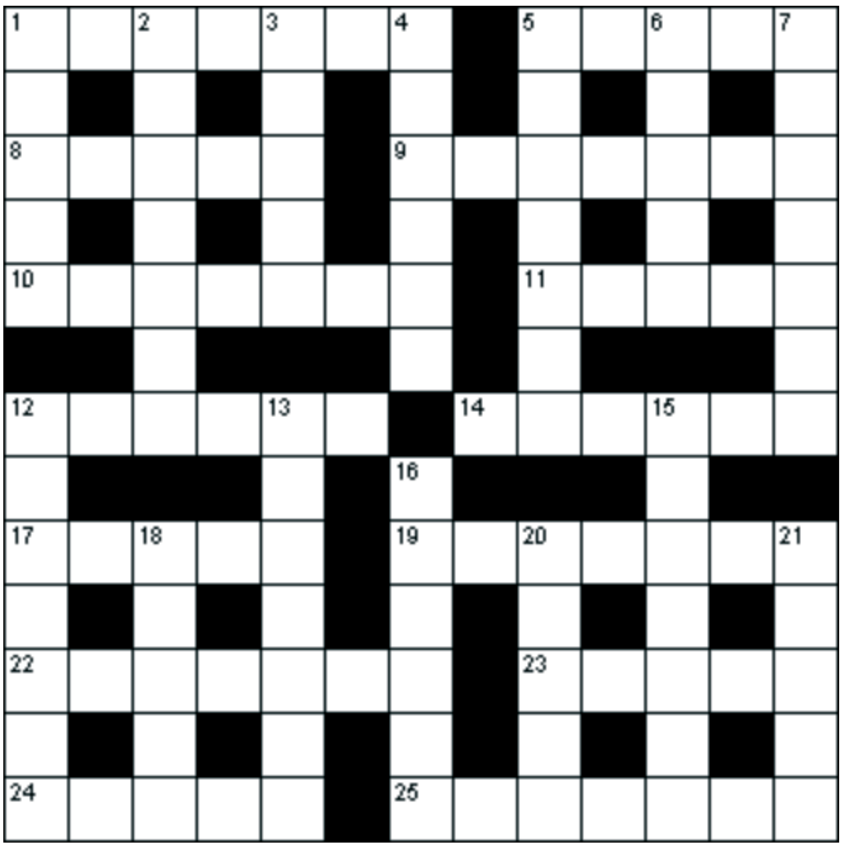
# Puzzle Page



Solutions can be found on page 22

1.

Crossword

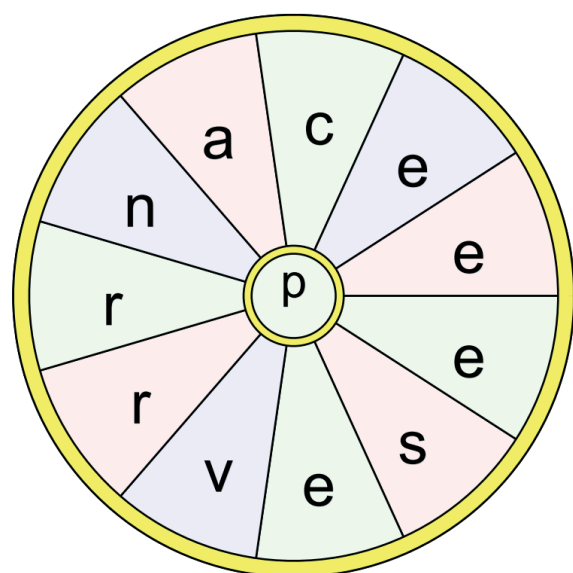


- Across**
- 1. Freedom (7)
  - 5. Berate (5)
  - 8. Rhinal (5)
  - 9. Amazing (7)
  - 10. Impassive (7)
  - 11. Tendency (5)
  - 12. Fruit (6)
  - 14. Loved (6)
  - 17. Banquet (5)
  - 19. Gossip (7)
  - 22. Embrocations (7)
  - 23. Entomb (5)
  - 24. Arrows (5)
  - 25. Mariners (7)
- Down**
- 1. Golf course (5)
  - 2. Woodwind instrument (7)
  - 3. Object surviving the past (5)
  - 4. Annual (6)
  - 5. Perfumed (7)
  - 6. Earth's protective layer (5)
  - 7. Feared (7)
  - 12. Perplexed (7)
  - 13. Countries (7)
  - 15. Rice dish (7)
  - 16. Dissertation (6)
  - 18. Change (5)
  - 20. Legal excuse (5)
  - 21. Tall tales (5)

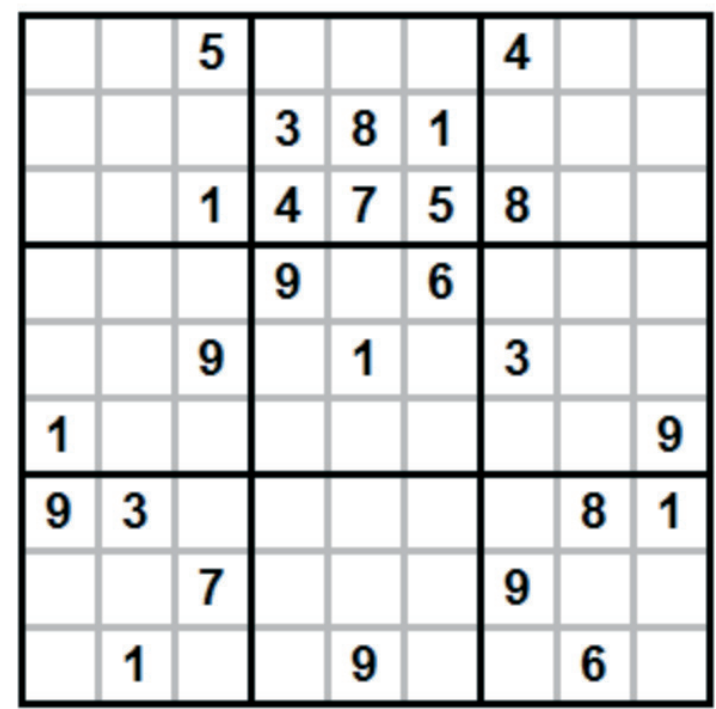
2.

## Wordwheel Puzzle

What is the 12 letter word?



3.



Sudoku

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

ADVERTISEMENT



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# New Classes

The latest exercise classes in Oxfordshire

- **Big Bold and Balance (Vigorous Circuits Parkinson's Class):** The Christchurch Centre, 46 Reading Road, Henley-on-Thames, RG9 1AG. Fridays 11.30am-12.30pm
- **Big Bold and Balance (class for people with Parkinson's):** Kingsmere Community Centre, Whiteland Way, Bicester OX26 1EG. Thursdays 1.30-2.30pm
- **Strength and Balance:** Kingsmere Community Centre, Whiteland Way, Bicester OX26 1EG. Thursdays 2.45-3.45pm
- **Strength & Balance:** Northcourt Centre, Northcourt Road, OX14 1NS. Mondays 1.15-2.15pm (starts 3rd June 2019)



Big Bold and Balance Circuits

## FREE DVD AND RESISTANCE BAND OFFER

Have you signed up for your free home exercise DVD yet? If you sign up via our website [www.generationgames.org.uk](http://www.generationgames.org.uk) during the months of June, July or August, we will include a FREE resistance band\*!

What people have said about the DVD:

“Myself (87) and husband (91) have been using the Generation Games exercise DVD for 2 years in the morning. I always stand up and my husband does the seated version.”

“I do the Generation Games ‘At Home’ DVD most days and think it’s very good indeed. I like the music. Sarah, the tutor, is very encouraging and the fact that there are 3 people doing the moves that I can identify with, as they are older people, makes it easier.”

“The DVD is now part of my daily routine. I now find it easier to go up and down stairs.”

\*Resistance bands contain latex



### Get in touch

Visit: [www.generationgames.org.uk](http://www.generationgames.org.uk)  
Telephone: 01235 849 403

Email: [generationgames@ageukoxfordshire.org.uk](mailto:generationgames@ageukoxfordshire.org.uk)

# Sophie Gadsden

Community Information Network Administrator

60 SECONDS with...



How long have you been in your role?

Six months (but I was volunteering at Age UK Oxfordshire before that).

What’s the most rewarding thing about your job?

Knowing that I am part of a fantastic team, who make a real difference to people’s lives.

What is one of the biggest challenges of your role?

How varied the role is, is not only one of the biggest challenges, but also one of my favourite things about the job! You never quite know what will be thrown at you next; but it’s certainly never boring!

Where is the best place you’ve travelled to and why?

I spent some time travelling around Southern Africa a few years ago, which was amazing! Living with a tribe in the Kalahari Desert, watching the sunrise over the sand dunes has to be a highlight.

What TV show or movie do you refuse to watch?

Horror films – I’m not good with anything gruesome and gory!

How would your friends describe you?

I would like to think they would say I am fun, caring and a good listener.

You’re hosting a dinner party. Who are the 3 people, living or dead, that you would invite?

Stephen Fry, Nelson Mandela and women’s rights activist Malala Yousafzai.

If you could do another job for just one day, what would it be?

Something involving food...is chocolate taster a job?

How do you spend your free time?

I’m very much a people-person, so I’m never happier than when I’m spending time with friends or family. Whether it’s going shopping, seeing live music or comedy, or just catching up over a cup of tea.

“I absolutely love pigs! My dream is to own a micro-pig (or two) one day.”

Tell us something that might surprise us about you

I absolutely love pigs! My dream is to own a micro-pig (or two) one day.

What is something that is considered a luxury, but you don’t think you could live without?

My phone.

If you won the lottery, what would you do?

Travel the world – there are so many places I want to go! I also think there is a lot of good that could be done with that much money, so I would donate some of my winnings to some worthwhile causes.



# Beware of Doorstep Scammers



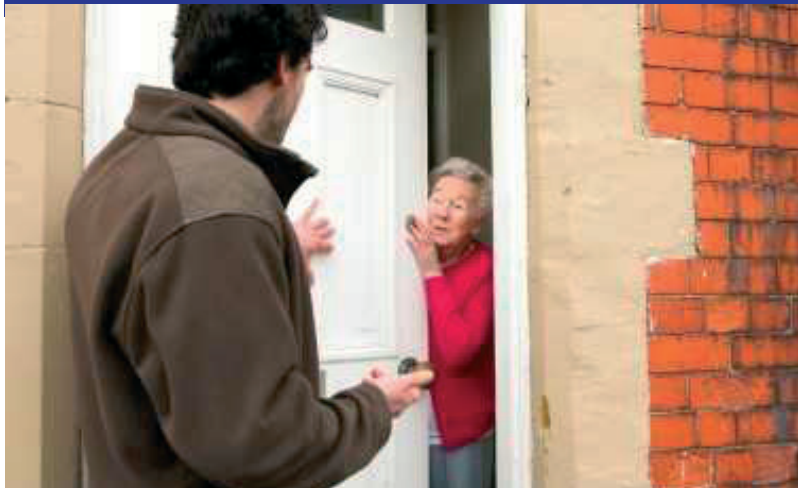
Rogue doorstep traders often take advantage of the warmer weather to offer home improvement services including gardening, window cleaning and gutter clearing.

They will repeatedly offer their services at attractive rates and use persuasive and persistent sales techniques to encourage people into making rushed decisions.

Scammers may conduct surveys just to get your personal details or as a cover to sell you goods or services you don't want or need.

For more information visit the Thames Valley Police website ([www.thamesvalley.police.uk](http://www.thamesvalley.police.uk)) and search 'door to door fraud'.

- If someone knocks at your front door claiming to be from a company, first check their ID. If you're not happy, don't let them in.
- Never call the phone number on their ID card to check them out. Ask the salesperson to wait outside, shut the door and find the company number in the phone book or on the internet. If they're genuine, they'll understand.
- Never disclose your bank details.



## Puzzle Answers

1.

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | I | B | E | R | T | Y |   | S | C | O | L | D |
| I |   | A |   | E |   | E |   | C |   | Z |   | R |
| N | A | S | A | L |   | A | W | E | S | O | M | E |
| K |   | S |   | I |   | R |   | N |   | N |   | A |
| S | T | O | I | C | A | L |   | T | R | E | N | D |
|   |   | O |   |   |   | Y |   | E |   |   |   | E |
| B | A | N | A | N | A |   | A | D | O | R | E | D |
| A |   |   |   | A |   | T |   |   |   |   |   | I |
| F | E | A | S | T |   | H | E | A | R | S | A | Y |
| F |   | L |   | I |   | E |   | L |   | O |   | A |
| L | O | T | I | O | N | S |   | I | N | T | E | R |
| E |   | E |   | N |   | I |   | B |   | T |   | N |
| D | A | R | T | S |   | S | A | I | L | O | R | S |

3.

2. PERSEVERANCE

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 8 | 5 | 6 | 2 | 9 | 4 | 1 | 7 |
| 6 | 7 | 4 | 3 | 8 | 1 | 5 | 9 | 2 |
| 2 | 9 | 1 | 4 | 7 | 5 | 8 | 3 | 6 |
| 7 | 4 | 2 | 9 | 3 | 6 | 1 | 5 | 8 |
| 8 | 6 | 9 | 5 | 1 | 2 | 3 | 7 | 4 |
| 1 | 5 | 3 | 8 | 4 | 7 | 6 | 2 | 9 |
| 9 | 3 | 6 | 2 | 5 | 4 | 7 | 8 | 1 |
| 5 | 2 | 7 | 1 | 6 | 8 | 9 | 4 | 3 |
| 4 | 1 | 8 | 7 | 9 | 3 | 2 | 6 | 5 |

## Information request form

If you would like to receive information about activities, services and opportunities in your area, or if you would like to join our Newsletter mailing list, fill out this request form and return it to: Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT. If you received this copy through the post you will already be on our mailing list, so it is not necessary to complete the below form. Alternatively, you can email [admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk) or visit [www.ageuk.org.uk/oxfordshire/newsletter](http://www.ageuk.org.uk/oxfordshire/newsletter) to sign up to our magazine e-mailing list.

Title..... First name..... Surname.....

Address.....

Postcode.....Daytime phone number.....

Email address.....

I would like to receive: ☐ EngAGE magazine in the post ☐ EngAGE magazine via email

Information about Age UK Oxfordshire services in your area (please specify).....

You can change your mind at any time and contact us as above to unsubscribe. For further details of how your data is used and stored, please visit <https://www.ageuk.org.uk/oxfordshire/privacy-policy/>

## Donate today

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

Title: First name: Surname:

Address:

Postcode:

Email address: Telephone number:

I wish to make a donation of £

☐ I enclose a cheque/postal order made payable to Age UK Oxfordshire.

Signature

Date DD / MM / YY

## giftaid it Gift Aid declaration

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

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

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

☐ Email ☐ Text ☐ Post ☐ Phone



# Our Services

We provide a wide variety of services including:

- **Information and advice**
- **Telephone befriending**
- **Home support**
- **Toenail cutting**
- **Social activities and clubs**
- **Dementia support**
- **Exercise classes**
- **Homeshare**
- **Bereavement support groups**
- **Hospital discharge support**
- **Carer support**

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To find out more please contact us:

**0345 450 1276**

**[admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk)**

[ageuk.org.uk/oxfordshire](http://ageuk.org.uk/oxfordshire)

