

# EngAGE

**2021**  
Volunteering  
Opportunities  
Details inside



**Celebrating  
Volunteers**

*International Day of Older Persons 2021*

**Community  
Information Network**  
MAKING A DIFFERENCE

**THE LOCKDOWN  
LEGACY**

**#LoveLaterLife**

## Contents

|       |                               |
|-------|-------------------------------|
| 3     | Celebrating Volunteers        |
| 4-5   | Generation Games              |
| 6-7   | Community Information Network |
| 8-9   | Support when you are grieving |
| 10-11 | The Lockdown Legacy           |
| 12-13 | Celebrating Volunteers        |
| 14    | Bills Piling Up?              |
| 15    | Living with Dementia          |
| 16    | Washdays of the Past          |
| 17    | Puzzle Page                   |
| 18-19 | Tech Buddies                  |
| 22    | Creative Corner               |

## Get in touch

### Main office address

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

### Main office phone number

0345 450 1276

### Vist our website

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

### Follow us on social media



ageukoxon



ageukoxfordshire

This magazine is produced by Age UK Oxfordshire. All rights are reserved by the charity and no part of this publication may be reproduced in whole or in part without the written permission of the charity. Please note that the inclusion of named agencies, companies, products, services or publications in this information booklet does not constitute a recommendation or endorsement by Age UK Oxfordshire. For advertising enquiries please email [admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk). Age UK Oxfordshire is a Company Limited by Guarantee 4328143 and Registered Charity No 1091529.

# Welcome



## CEO Statement

**Penny Thewis CEO**

### That back to school feeling

A long time has elapsed since I was at school or since we had a child at school, but as soon as we get those first autumn mornings, I always get that 'start of the new school year' feeling – part nervousness, part excitement. As a rather introverted child, nervousness was usually uppermost for me, and mum would say 'once you get there, it will be fine!' And of course, she was right – it was more than fine, I loved it.

This year, as the organisation prepares to re-start some of our in-person activities for the first time since the pandemic started, that new school year feeling is stronger than ever, with that same mix of nervousness and excitement, sharpened by all the special arrangements that need to be in place to keep everyone safe.

It feels rather like that in our personal lives too as we start to gradually emerge from lockdown. This edition of EngAGE is full of ideas for re-EngAGEing with activities and with opportunities new and old. With International Day of Older Persons coming up on 1st October, we are celebrating all the fantastic work that volunteers are doing locally and there are lots of ideas for different volunteering opportunities to whet different appetites.

Whatever re-EngAGEing looks like for you, I hope that once the nervousness has subsided, it will be great.





# Celebrating Volunteers

## for International Day of Older Persons 2021

### JOHN

'I know from my own experience that living alone is a challenge and that was before lockdowns. I wanted to contribute some time to talk to people every week who were stuck indoors or feeling isolated. This has proved very worthwhile in a comfortable way; and it also means that I have found some new friends too.'

**John, Phone Friends Volunteer**  
(Age UK Oxfordshire).



### WENDY

'I am an 'older researcher', doing a Master's degree in Gerontology and Ageing at Kings College London. Alongside this, I volunteered with My Community Link during the Covid pandemic providing goal-based support over 6 weeks, helping people to re-engage locally and become more independent. This brought my degree to life and I hope to continue to volunteer in some capacity. I enjoyed most seeing the tangible benefits that result from a seemingly small intervention, in the right place at the right time. For people without family, or whose family live far away, the MCL team is a lifeline.'

**Wendy, My Community Link Volunteer**  
(Age UK Oxfordshire)

### SYLVIA

'Before the pandemic, I worked as a volunteer with Age UK Oxfordshire's Information and Advice team collecting feedback from people they had previously helped. I felt very welcome and part of the team. Being a volunteer meant I had the time to really listen and talk to people, as well as put them at ease and have a laugh.'

**Sylvia, Information and Advice Volunteer**  
(Age UK Oxfordshire)



*Online  
exercise  
classes!*

**Generation Games took a break from Zoom classes in August in order to plan for a gradual return of our face to face classes in halls from September.**

Please keep an eye on our website for updates, telephone us or send us an email so that we can add you to our distribution list to keep you updated. The next issue of EngAGE will have more details in too.

We have decided to keep many of our Zoom classes going, since we received feedback that people find them convenient and are also more flexible as there may be more opportunities throughout the week to attend a class.

**You will be able to book your class on our website (all details at bottom of page)**

A likely timetable for Zoom sessions will look like this:

| CLASS                                       | DAY | START | FINISH |
|---|-----|-------|--------|
| Move More Monday - Youtube                  | Mon | 10:00 | 10:30  |
| Strength & Balance                          | Mon | 10:00 | 11:00  |
| Strength & Balance                          | Mon | 14:00 | 15:00  |
| Strength & Balance                          | Tue | 10:00 | 11:00  |
| MS session                                  | Tue | 12:00 | 13:00  |
| Strength & Balance                          | Wed | 10:00 | 11:00  |
| Big Bold and Balance<br>– Parkinson's class | Wed | 10:30 | 11:30  |
| Strength & Balance                          | Thu | 11:00 | 12:00  |
| Strength & Balance                          | Thu | 13:00 | 14:00  |
| Strength & Balance                          | Fri | 10:30 | 11:30  |

For further details on our online exercise classes please call **01235 849 403**, email **gg@ageukoxfordshire.org.uk** or visit **www.generationgames.org.uk**.



# MOVE MORE at HOME DVD series



**Generation Games**  
STRONGER FOR LONGER

We were fortunate to receive funding from the Charities' Aid Foundation to create 10,000 home exercise DVD packs. The packs contain a one hour long home exercise DVD and useful information relating to a variety of long term health conditions.

These exercise resources will be very useful for people who have been inactive for a longer period, possibly as a result of the Covid pandemic. They are supported by Oxford University Hospitals Foundation Trust and Oxford Health Foundation Trust, as well as Moving Medicine.

You can request a copy of **Strength & Balance** or **For Memory** by contacting us on our details below. Please remember to include your postal address!

We also have the following resources available to help keep everyone active!

- **Generation Games at home DVD**
- **Resistance bands** (please tell us if you are allergic to latex so we can send you a latex free version)
- **Youtube channel** with many exercise recordings, including the 4 most recent August 15 minute short sessions. Search for '**generationgamesuk**' in **Youtube** and subscribe
- **Various booklets** with home exercises

And finally, we wanted to share a relevant and thought-provoking Swedish proverb that the Generation Games team quite liked.

**Fear less, hope more,  
Eat less, chew more,  
Whine less, breathe more,  
Talk less, say more,  
Hate less, love more,  
And good things will be yours**



## ZOOM STAR!

**Maureen recently turned 99** and she is one of our most avid Zoom exercise class attendees. She used to do yoga and enjoyed walking, which she now finds more difficult due to her spine, but the Strength & Balance class is just right.

"I enjoy the class very much as I don't really do much other exercise. Movement is what I ought to be doing. It's helpful to have other people there. After the class I feel weary, but I feel glad I've done it! It's a good thing to do, even if you are holding a chair for support."





**Community  
Information  
Network**

## Making a Difference

### Our Team

Working within local communities throughout Oxfordshire our team of Community Link Workers are here to help you, your family and anyone you care for.

### What we do

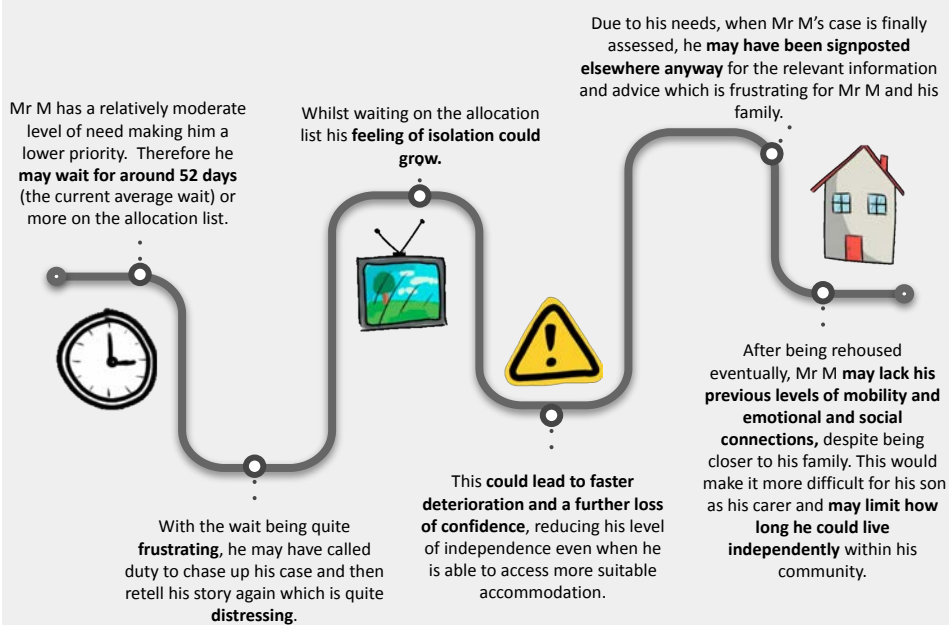
Working with all those aged 18+ we are here to support you to be as independent as possible and Live Life to the Full, the way you want to. As circumstances change it is sometimes difficult to know what support and opportunities exist and this is where our community team comes in.



### Mr M's story\*

- Mr M lives alone and **feels very isolated and lonely**. His family lives out of town.
- He is also **struggling with his mobility** and he struggles climbing the steps.
- He is less confident in his mobility, having **recently fallen** whilst in town.
- He now goes into town using a **mobility scooter** but he has recently struggled.
- Health Team (AMHT) has completed an assessment.**
- He was also referred to ASC by his GP to **help him by rehousing him closer to his family.**

### In the past, Mr M's experience could have looked like...



### The Social Prescribing Team

*The Hospital Team  
in their scrubs*





*\*This case has been anonymised, based on a pilot CIN case*

of town, but he does speak to his son regularly by phone.  
s to his flat.

gged to open his door on return to his flat and **required an emergency call out**. Since then, **Adult Mental**

er to his son who could support him emotionally as well as practically.

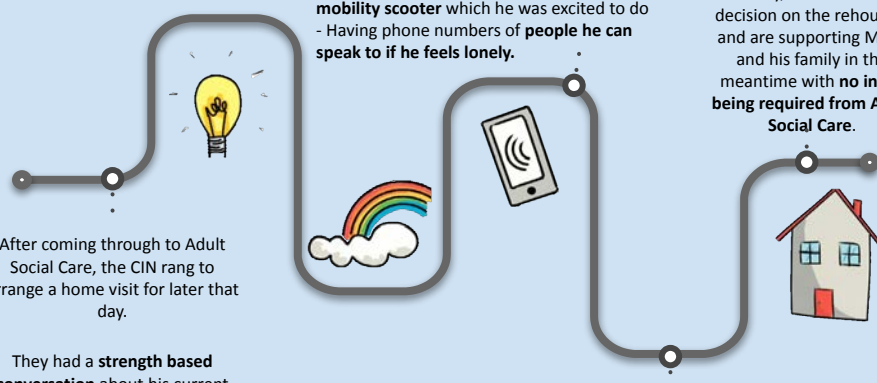
## As a result of our Team-Led Transformation and work with CIN, Mr M's experience actually looked like...

Through this conversation CIN identified that in addition to his existing assets he would benefit from:

- Joining the **local walking group on his mobility scooter** which he was excited to do
- Having phone numbers of **people he can speak to if he feels lonely**.

### Current Position

Currently, CIN are awaiting decision on the rehousing and are supporting Mr M and his family in the meantime with **no input being required from Adult Social Care**.



After coming through to Adult Social Care, the CIN rang to arrange a home visit for later that day.

They had a **strength based conversation** about his current situation, what **his desired outcomes** would be and take a look at his current housing situation.

He was also unclear on what was happening about his housing so CIN made follow up calls to understand where his application had got to. They were able to **send photos of supporting evidence** from the home visit. They also **made sure Mr M's family understood where his application had got to**.

**Why not give us a call on 01235 849434 or email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) ... it all starts with a conversation.**

You might meet them out in the community or at the end of the phone, in hospital, through your GP surgery or through Adult Social Care but wherever you meet them, you will find them experienced and knowledgeable. They will listen and hear what matters to you and help you to: meet new people, access information, advice and support with accessing benefits, get help at home - find out and access what support services are available to you - access support and advice as your care needs change - discover and join in with a local group or activity - help to access transport - learn something new - feel confident to get involved

## The support we can offer

The support we offer is bespoke and tailored to what you need, in the way you need it. Stuck at home... feeling alone...been bereaved... have a long-term health condition that is impacting your daily life... wanting to get involved and help make a difference...concerned about a relative, friend or neighbour...or just confused by a care or benefit system which seems designed to baffle you...

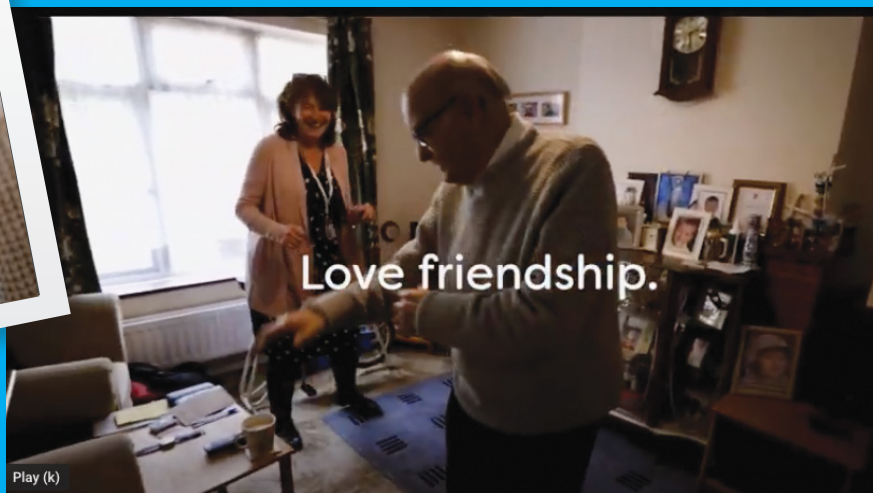
## Len's Story



Len

With the help of Stone Barrell ([www.stonebarrell.com](http://www.stonebarrell.com)), an Oxford-based creative communications agency, Len wanted to share his story so that anyone who hears it knows that there is a team of people here in Oxfordshire who can help them or their loved ones too. No-one needs to feel that they are alone, everyone can have a reason to get out of bed in the morning and know that they matter.

<https://www.youtube.com/watch?v=XDhBvzY7RxM>





# *Support when you are grieving*



***Grief: Is a natural reaction to loss. It is both a personal and a universal experience. It is an intense sorrow, especially caused by someone's death. Grief is an emotion we will all feel at some point in our lives.***

Those who have been bereaved know that grief can be overwhelming and all consuming, especially in the beginning. Although, as time passes, we all find ways of 'coping' it is fair to say that this overwhelming and consuming grief can re-appear months, years later, often without warning, when a sound, smell, voice, place triggers a memory you had forgotten.

It is normal to feel weighed down by grief and feel that there is permanently a part of you that is missing...

Having access to support when a loved one has died can make a real difference to how you cope with grief and how you feel about it. Support can come in many forms from family and friends, your local community and/or Church, counselling services, local activity groups (either ones you already attended or new ones you decide to try). Interestingly, these forms of support all involve contact with other people.

Our Late Spring Bereavement Support groups offer a welcoming, friendly space where you

can just be yourself and be around other people who understand what you are going through. Each session looks at topics and gives all those present the chance to talk with the group about how they feel and there are always plenty of helpful tips from others in the group who may have found a way of coping that works for them. All supported by a group leader from the Late Spring team. There is never an expectation for anyone to say anything, some like to just come and listen. These in-person groups will be re-starting in the Autumn.

We will be continuing to run our three virtual Late Spring Support Groups too...they run for an hour over zoom, once a month, and are the same as our in-person sessions just online. Why not consider giving one of these a go? You will receive a warm welcome from people who will understand.

Our One Step at a Time walks will also continue to run across the county. Short and gentle walks (no more than a mile) in the company of others and usually ending at a coffee shop.

These are some of the comments we have had from our group members...

***"We look after each other"***

***"You realise other people are feeling like you, that what you feel is normal."***





*Melancolie by Albert György, Geneva Switzerland*

*There is no judgement”*

*“People wouldn’t believe we are a bereavement group. They expect it to just be sad but we laugh so much sometimes too!”*

*“When I walk into the group I don’t have to put on a face as everyone else understands. If I want to cry it’s ok, I can just be honest about how I’m feeling”*

If you’d like to find out more about Late Spring, your nearest group or walk or how to access the online sessions... **please contact 01235 849434** or email **latespring@ageukoxfordshire.org.uk**

As we venture further out of Covid restrictions we ask that people book in to the in-person sessions and walks as we will continue to ensure that all support offered is Covid-19 safe.



Sometimes we just need to know that there is a person at the end of a phone that we can talk to:

Our **In-Touch** bereavement support line can be contacted

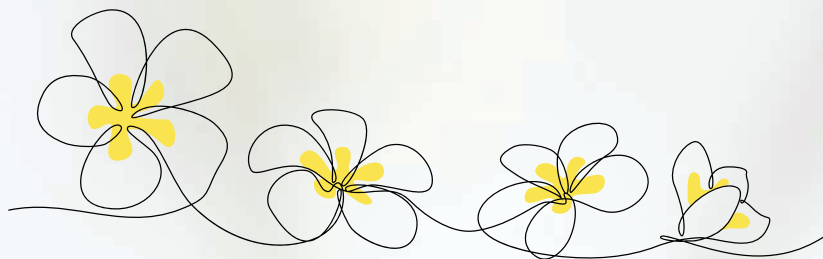
Monday – Friday from 9am-5pm on **01235 426600** and is manned by an experienced Late Spring team member. They can provide a listening ear as well as link you to further support as needed.

**Cruse National Helpline on 0808 808 1677**

Following the death of a pet:

**The Blue Cross on 0800 096 6606**  
from 8.30am – 8.30pm everyday

**The Samaritans: 08457 90 90 90** open 24/7





# The LOCKDOWN *legacy*

The recent lockdowns and aftermath have worsened existing problems for many, with some people becoming lonely and physically deconditioned. But within this gloomy situation some have found surprising resilience, managing their way through this demanding situation or, more simply, finding a moment that offered a break.

We spoke to a few Oxfordshire locals to find out what the Covid pandemic means to them.

## *Deirdre*

'I'm 85 and have been on my own for six years after a bereavement. Friends have kept me going through Lockdown thanks to having more time to talk on the phone. I used the time to have a bit of a clear out myself. I was very lucky to be able to meet three of my friends, one at a time, for walks. After 2-3 days shut in in my brother's house in London it was a relief to be out of doors.'

I had usually visited my brother, Robert once a week in London as he lives alone and is visually impaired. Thanks to Covid I had the time to spend more time with him. It was an opportunity to help him get rid of many of his old papers. Thanks to Robert's Blue Badge and Westminster residents' parking permit I can Park right outside his house. I was allowed to be in his bubble as he had other physical problems.

Before Covid I used to play Bridge 2-3 times a week. This had to be cancelled. It took me time to be encouraged to play once a week on line. I now play once a week and really enjoy doing so.'

## *Gillian*

'Quality of life has increased in some ways - we think we shouldn't charge around so much and aim to travel less in future. We've discovered new places to explore near home that in 20 years we'd never found, like country walks direct from lovely Cutteslowe Park, and a really interesting stroll round Wolvercote cemetery.'

*Gillian and Stuart enjoying exploring the fields round Cutteslowe Park, Oxford*







*Jean using Zoom to talk to people remotely.  
Oxfordshire Red Kite, Judith on her ramble.*

'I wondered what would happen if my husband went into hospital with COVID, so I've learnt how to use our online banking at last, and we sorted out our Wills and Powers of Attorney.'

**On Zoom:** 'Never heard of it before. I am a lot fitter under lockdown - I do exercise with Joe Wicks For Seniors! It's just 10 or 15 mins a day. I do it twice a week with two friends via a zoom session. This motivates us to keep at it and we chat afterwards. I also attend two monthly reading groups, which include a couple of friends over 90, all done via Zoom. A bonus is that members who've moved away from the area can now also 'attend' again. Zoom has been a boon keeping in touch with old friends, and family abroad.'

'We realise we're very lucky not to be on our own and fit - not everyone can do all this.'

### *Judith*

**On getting vaccinated:** 'So what? I could still pass it on. After lockdown negative things will still be there, job loss, violent relationships...'  
'Why am I surviving? I had to care for my son before that was a kind of isolation, I had no choice about it. I learned to cope with isolation and the lack of help when you really needed it.'

'Zoom can give you a bad back if you don't set it up correctly, and you need a good internet connection. Rural areas in Oxfordshire can be really bad).'

When we've been allowed to meet as Ramblers walking is a positive to get exercise, and I live in beautiful west Oxfordshire. Eventually we will get back to doing it normally instead of in small groups. We offer short health walks of only 1-2 miles. I also organise walks via my local village Facebook page, but there is a local ramblers association.

### *Jean*

**After having the Covid jab:** "I feel fine. I know I can still get it, but I am unlikely to get very ill or die from it. I've had vaccines all my life and not frightened by them. I recommend it to everyone, it went smoothly for me. You are silly not to get the vaccine."

**On Zoom meetings and video calls:** "It really helps the day go by, especially with the winter we have had. I speak to friends and family, do quizzes and get IT help. Use it, it's easy. It might take some time to set up but it's worth it."



# Celebrating Volunteers



## **ZOOM Exercise class Support Volunteer**

Are you looking for a truly rewarding experience? Would you like to make a practical, immediate difference to older people in Oxfordshire?

**NO NEED TO KNOW ABOUT EXERCISE!**

Our NEW Zoom classes are in need of volunteers.

We are looking for people who would be happy to join a Zoom Exercise class for 1 hour per week (or more if liked!) to observe participants

**Contact:** Anna McKay,  
Marketing Manager, Generation Games  
[annamckay@ageukoxfordshire.org.uk](mailto:annamckay@ageukoxfordshire.org.uk)  
01235 849 403



## **International Day of Older Persons is on 1st October 2021**

Our focus this year is on volunteering. We want to celebrate the huge contribution that older people make to their local communities through volunteering and, as lockdown restrictions ease, we want to encourage people to think of taking up a new volunteering opportunity, either with us at AUKO or with one of the many other community organisations fuelled by the energy and commitment of volunteers.

Volunteering has changed over the last year and some opportunities have been put on hold because of Covid-19, but there are still many volunteering opportunities which can help us reconnect safely with other people.

---

## **MORE Volunteer Opportunities**

### **VOLUNTEER BUREAUS**

There are thousands of organisations looking for volunteers across Oxfordshire, and local volunteer bureaus are there to help you find your dream role.

If you live in Cherwell, contact

**Volunteer Connect:** call 0300 3030 126 or  
email [info@volunteerconnect.org.uk](mailto:info@volunteerconnect.org.uk)

If you live in West Oxfordshire, contact

**Volunteer Link Up:** call 01993 776277 or  
email [office@vlu.org.uk](mailto:office@vlu.org.uk)

If you live in Oxford City, South Oxfordshire or Vale of White Horse, contact

**Oxfordshire Council for Voluntary Action:** call  
01865 251946 or email [vol@ocva.org.uk](mailto:vol@ocva.org.uk)

<https://ocva.org.uk/volunteering/i-want-to-volunteer/>



## Volunteers for admin and support (non advice roles) needed at Oxfordshire Citizens Advice

**citizens advice** Oxfordshire

If you are looking for a satisfying and stimulating volunteer role in your local community, please contact us at:  
[www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/](http://www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/)

## PHONE FRIENDS Volunteering Opportunity



Phone Friends provides local, older people who feel lonely with a regular, free, friendly phone call from one of our Phone Friend volunteers. Each phone call makes a huge difference to the life of an older person.

We are looking for friendly people who are happy to chat on the phone. You can make a real difference.

We offer you out of pocket expenses, training and support. In return, you will join a great team of volunteers.

If you would like to know more, like to join the team, please call **For more information email [phonefriends@ageukoxfordshire.org.uk](mailto:phonefriends@ageukoxfordshire.org.uk) or call 0345 450 1276**

## Assisted Reading for Children Volunteering

Assisted Reading for Children Oxfordshire (ARCh) has over 300 volunteers visiting primary schools twice a week to read with 3 children for 30 minutes each.

Both the children and their adult volunteers benefit from the connection between reading and mental wellbeing.

By sharing the magic of reading with a child, the volunteers can gain empathy and perspective at a time when their own connections with people may have reduced and a sense of loneliness may have crept in making them feel isolated and disconnected from their communities.

If you would like to share the magic of reading and enhance your own wellbeing in 2021 **go to [www.archoxfordshire.org.uk](http://www.archoxfordshire.org.uk) or email [info@archoxfordshire.org.uk](mailto:info@archoxfordshire.org.uk) to find out more.**  
**Happy reading!**

## My Community Link Volunteering Opportunities

My Community Link is a short term, enabling service that links a trained volunteer with an individual who needs a little extra help or support. Working as part of our Community team you will work with an individual over 2-8 weeks, towards an agreed goal. This goal will support them to re-engage, be that much more independent and live life to the full.

**WE WELCOME VOLUNTEERS TO JOIN OUR TEAM AND THIS ENABLES US TO REACH AND SUPPORT AS MANY PEOPLE AS POSSIBLE.**

We offer out of pocket expenses, appropriate PPE, training, and support and in return you will join a great team of volunteers as well as know that you are making a real difference.

If you would like to know more, or would like to join the team, please call 01235 849434 or email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)





## Bills piling up?

### Citizens Advice across Oxfordshire can help you with debt.

When bills start piling up, we understand how frightening it is for people experiencing money troubles. The burden might seem overwhelming but in reality a lot can be done to turn things around. Citizens Advice have a wealth of experience in debt managing advice so please talk to us as soon as you can.

#### Where to start

- Start by assembling your bills and make an overall list, with relevant details like dates when payment is due. Sort the bills into priority debts; rent and mortgage arrears, council tax, gas and electricity, tax and National Insurance and any money borrowed from friends or family.
- Then sort non-priority debts such as; water rates, credit card debts, unsecured loans, hire purchases, etc. Collect together all the information about your debts, such as contracts, bills and statements. Try not to worry when you see all your debts written down - the important thing is that you're sorting them out.
- Select the priority debts first and contact your creditors. Don't be afraid of this step. Many companies will be expecting you to get in touch. Often there is an understanding note on the bill with a special telephone number or web link. Approach creditors with a constructive attitude, tell them you are actively tackling your debts and consider asking them to suspend interest charges while you do so. They also might be amenable to letting you defer payment or pay smaller amounts over a longer time.

#### Benefits support

- If you are working age and your circumstances have changed you might be able to claim benefits, or extra benefits. Citizens Advice runs a Universal Credit Help to Claim programme (call 0800 144 8444) and can guide you through all the Universal Credit application stages.

# Bills Piling Up?

- If you are retirement age, check if you might be eligible for pension Credit.
- There are also a range of benefits to help you cover some costs towards heating, council tax, TV licenses and public transport.

The **Turn2us** website at **[www.turn2us.org.uk](http://www.turn2us.org.uk)** will tell you which benefits you may be able to claim, and has details of grants available to those on low incomes.

#### Help with letters to creditors

- If you need to compose a letter or email to a creditor, copy or adapt a template letter from the Citizens Advice website. One very useful letter asks creditors to give people more time.
- If you have an overdraft, talk to your bank. Currently many banks are making concessions and charging no interest on overdrafts up to a certain amount.
- Contact your district council about a possible Council Tax reduction. And think creatively about ways of increasing your income.

#### Talk to Citizens Advice

If you need advice or support with any of the above, please talk to one of our advisers our **National Freephone Adviceline: 0800 144 88 48** or learn more online at **[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

To find your local **Citizens Advice office** visit **[www.caox.org.uk](http://www.caox.org.uk)**.





# Living with dementia

## Did you know it really is possible to live well with dementia?

At Dementia Oxfordshire, we're dedicated to supporting people to remain independent, live rich fulfilling lives and maintain close, loving relationships. Our virtual Dementia Education Sessions for Families and Loved Ones are designed to show you how.

### The Sessions

With just 10 people in each session, we create a safe supportive space for you to learn about the realities of dementia and how it progresses. It's interactive, and you'll start to understand how it feels to have dementia, why some behaviours are common, and pick up practical tips and advice to support your loved one.

Wellbeing for everyone is crucial to a content, happy life. The aim of these sessions is to provide you with the understanding and tools to enable you to do this.

### Here is some feedback from past participants:

*'The course made me see how my mum must be feeling'*

*'It was interesting to learn that my husband's memory problems are normal'*

*'It's such a small gesture to say to someone "I understand, I get it" but it makes such a huge difference'*

*'As a family, we feel we can empathise more and anticipate issues'*

*'Really really spot on and so helpful - So interesting and listening to other people was great - but good to have a specialist there too. Everybody has so much more on their plates, it was quite humbling'*



The sessions are free to all carers in Oxfordshire, each session is 3-hours long - because evidence shows that short sessions just don't have an impact - and we know how important this is for you!

**Check out our website for more information and details of upcoming sessions:**

**<https://www.dementiaoxfordshire.org.uk/carer-education-sessions/>**

*So, come along to a session - and tell your friends and family too - the more the merrier!*

**Call our local Oxfordshire  
Support Line**

**01865 410210**

**9am - 5pm Monday to Friday**

**email [info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk)**

**or visit [dementiaoxfordshire.org.uk](https://www.dementiaoxfordshire.org.uk)**

# Washday back in the day



Monday was wash day regardless of the weather. This role was always actioned by the women in the home. A copper, a brick-built vessel with lead lining housing a fire underneath built into the corner of the kitchen was used. The fire was loaded with wood and coal and the copper filled with water to boil for the first wash.

OMO was the popular soap powder back in the day which was added to the hot water ready for the white washing. The washing was added and agitated in the copper with the help of a copper stick. The copper stick was then used to lift the wash from the copper onto a rack to drain before being taken in a bath to the sink to rinse. To ensure a good white was achieved a blue bag was added to the rinsing water. The washing was rung out and put into another bath and taken to the mangle for wringing. When putting white washing through the mangle white strips of material would be stuck onto the wooden mangle rolls to avoid staining the freshly laundered white washing. Following the blue rinsing and the mangling process the white washing was then put into starch and then mangled again. Following completion of the white washing the next wash of light clothes was added to the copper washed, rinsed, and mangled and then the dark wash followed. As the washing was completed it was pegged out and supported by a line prop. When the wash was all finished the task was to empty and clean the copper and clear the fire of ashes. Hence why a whole day was dedicated to washing day. Everything was ironed using multiple flat irons placed on the range to heat. The base of the iron was wiped to keep it clean and to avoid marking garments.



*Contributed by Margaret Smith - a Home Support Options Client from Oxford*

**If you would like to find out more please contact Home Support Options on 0333 577 1044 or email: [hsoadmin@ageukoxfordshire.org.uk](mailto:hsoadmin@ageukoxfordshire.org.uk)**





# PUZZLE *page*

Solutions can be found on page 21

## *Autumn word search*



ACORN  
BEAUTIFUL  
CORNUCOPA  
FOOTBALL  
LEAVES  
OCTOBER  
RAKE  
SCENIC  
SQUIRREL  
YELLOW  
APPLE  
BONFIRE  
CRISP  
HARVEST  
MIGRATION  
ORANGE  
RIPE  
SEASON  
SUNFLOWER  
AUTUMN  
BROWN  
FOLIAGE  
HAYRIDE  
NOVEMBER  
PUMPKIN  
SCARECROW  
SEPTEMBER  
SUNSHINE

## SUDUKO

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.

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



# .....TECH Buddies



**HAVE AN HOUR OR TWO TO SPARE?**

**ARE YOU CONFIDENT WITH COMPUTERS?**

**ARE YOU LOOKING FOR AN OPPORTUNITY TO GET INVOLVED AND MAKE A REAL DIFFERENCE?**

**WHY NOT CONSIDER BECOMING ONE OF OUR 'MY DIGITAL LINKS?'**

- We are looking to re-launch our in person, one-to-one, IT classes this autumn. Based in local libraries these sessions are bespoke to the individuals needs and are a gentle and lovely way to help build a person's skills and confidence.
- We continue to offer virtual, home visit, garden visit IT support but need more volunteers to join our team to help us meet demand
- Working with Oxford Health we are launching a new 'loan service': designed to enable more people to be able to access virtual health consultations...you would support a person in their own home to feel confident and able to use a loaned tablet.
- You do not need to be an expert in everything, just be comfortable and confident around computers/smart phones and enjoy being with people. As the world around us moves more and more online, our Tech Buddy Service is designed to support people to make sense of and feel confident in using/engaging with the digital world as they choose. From staying connected to friends/family over skype/zoom, to doing your shopping online, from setting up an email account to joining a virtual group, from learning how to use a mouse to learning how to do a google search. Our support is bespoke and tailored to how best the person learns.

## Volunteering Opportunities

This new volunteering role, working within our Tech Buddy Service, provides you with the opportunity to work alongside others to build confidence and introduce them safely to all that the digital world can offer. All support offered is free to those receiving it:

**If you would be interested in becoming a My Digital Link** please contact [volunteering@ageukoxfordshire.org.uk](mailto:volunteering@ageukoxfordshire.org.uk) for an application form (we take up 2 references and will ask you to do a DBS check) or contact [troybryan@ageukoxfordshire.org.uk](mailto:troybryan@ageukoxfordshire.org.uk) or [tresacooper@ageukoxfordshire.org.uk](mailto:tresacooper@ageukoxfordshire.org.uk) to chat it through further.

Training and support provided. Covid safe protocols and PPE in place.

If you would be interested in booking in to one of these in person IT classes, joining our virtual IT classes or just want to chat about what you need help with please email [techbuddy@ageukoxfordshire.org.uk](mailto:techbuddy@ageukoxfordshire.org.uk) or phone Troy on 07584 148 507



## Supporting others to feel confident and able to engage in the digital world makes such a difference:

**GEORGE\*** was struggling to stay on top of taking his medications and had lost confidence in being able to do anything for himself: Our Tech Buddy suggested setting up alarms on his smart phone to remind him to do things as he always has that with him rather than use the Alexa, this meant that George felt able to leave his house more feeling confident that he would not now forget to take his medications. Our Tech Buddy also supported him to write down when he has taken his meds on his smart phone, using samsung notes, so he now also has a log of his meds so this is reducing the worry of whether he had taken them or not. He is going to try using this system for now and feels confident it will make a real difference and help him to continue managing taking his meds himself without the need of a visit from a care agency.

*We will listen to what your issue is and if we cannot help you we will know someone who can.*



**JAYNE\*** is so pleased that her phone is now connected to her wi-fi and she now knows how to use whatsapp to stay in contact with her friends. Our Tech Buddy also worked with Jayne to make her phone simpler and easier to use on the home page by changing apps around and removing the one's she never uses. He also increased the text size and brightness on the screen. 'I am so excited to really start using my phone now, I never realised it was so easy to use'

## New Government Emergency Alert System Trial

The UK Government has been developing a nationwide 'alert' system and plans to test it this autumn.

The system uses the mobile phone network to send a text message to most users (some older phones won't be able to receive it). This means the messages can be used only for a certain area of the country or can be sent UK wide. The plan is to use this system when members of the public taking certain actions would make a difference to their safety and wellbeing, for example closing windows if a warehouse fire nearby is generating harmful fumes. An information video has been released, which includes the unusual notification sound that the emergency alert will make (even if your phone is set to silent) and you can view it here:

[www.gov.uk/alerts](https://www.gov.uk/alerts)

The date of the test will be publicised beforehand but if someone you know would be worried or frightened by the test message and alert sound please start to talk to them about it now, check if their phone is compatible and help them to watch the video if possible.

### Emergency alerts will work on:

- iPhones running iOS 14.5 or later
- Android phones and tablets running Android 11 or later

**You can usually find this information in the phone's 'settings' under the title 'software version' (or similar wording).**







## NEW RESIDENTIAL SUITE OPENING SOON

ALL-INCLUSIVE LIVING, WITH FEE RATES FROM JUST £995

Whether you'd like to enjoy a relaxing treatment in our wellbeing & beauty salon, or catch up on the day's events with your favourite newspaper and a cappuccino in our bistro café, you can relax, knowing that it's all included.

**BOOK YOUR TOUR OF OUR NEW LUXURY SUITE TODAY**

*"The home has numerous facilities to keep you busy and active which is brilliant...they're second to none"*

– FRIEND OF A RESIDENT

*"The home itself is like a 5-star hotel! The surroundings are fantastic, and you are free to use anything available"*

– DAUGHTER OF A RESIDENT

**All-Inclusive | Luxurious living | Award-winning care**

Spacious en-suite bedrooms | Deluxe cinema | An elegant café and bar | Wellbeing and beauty salon | Private dining suite  
Landscaped gardens | Bright living spaces for socialising | Resident chef and complete nutritional support

For further information about our new suite, or to book in your tour, contact us:

01865 957650  
enquiries@hamberleycarehomes.co.uk  
www.hamberleycarehomes.co.uk

Chawley Grove  
Cumnor Hill, Oxford  
Oxfordshire OX2 9PJ

# Please help us to help your local community



## please hand it back

Equipment most needed includes:



Smaller equipment such as crutches can be returned to the following collection points.  
Open between 10am-2pm. No need to call, just turn up.

- Abingdon CSS  
Audlett Drive, Abingdon OX14 3GD
- Banbury CSS  
Neithrop Avenue, Banbury OX16 2NT
- Bicester CSS  
Launton Road, Bicester OX26 6DJ
- Graham Hill House  
Electric Avenue, Ferry Hinksey Road, Oxford OX2 0BY
- Oxford CSS  
Awgar Stone Road, Horspath Driftway OX3 7Q
- Wallingford CSS  
51 High Street, Wallingford OX10 0DB
- Wantage CSS  
Charlton Village Road, Wantage OX1 7HG
- Witney CSS  
6 Moorland Road OX28 6LF



Please contact your local centre on [enquiries@oxfordshire.nrs-uk.net](mailto:enquiries@oxfordshire.nrs-uk.net) or call **01869 225 420** to arrange your FREE collection

Together we can help those who need it most

## Returning Equipment

Did you know that you can return hospital equipment you are no longer using to help with a current shortage due to Covid-19. If it has an NRS sticker, you can ring NRS (as per the image below) and arrange for it to be picked up by them.

If it has any other sticker then there should be an alternative number they can ring (this is the case if the sticker has a barcode on it)

If it doesn't have a sticker then it is worth trying:

**British Red Cross**, who run a Mobility Aids Short Term Loan service. **Tel: 01235 552664**

**Scope**: who recycle/repurchase equipment (especially items like crutches) for third world countries

## HOW SAFE IS YOUR ELECTRIC BLANKET? ELECTRIC BLANKET CHECKS IN OXFORDSHIRE

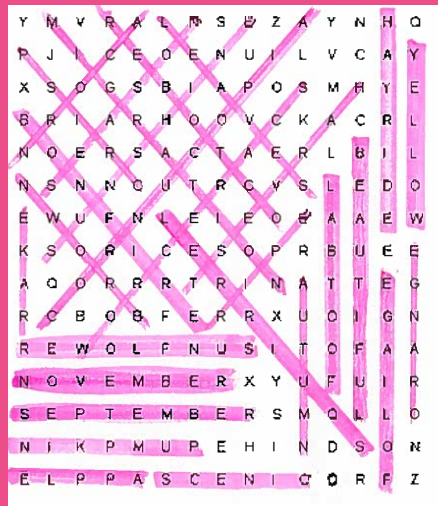


Due to Covid uncertainty we will test your blanket but you will be unable to visit test venue.

We will collect your blanket from your house, test then return your blanket. We will post you a plastic bag and label prior to collection.

**TESTING IN OXFORDSHIRE**  
**20-24 SEPTEMBER 2021**  
**4-8 OCTOBER 2021**

**BOOKING INFORMATION** To book your collection:  
**CALL 01865 895999 Option 1**  
**EMAIL [communityengagement@oxfordshire.gov.uk](mailto:communityengagement@oxfordshire.gov.uk)**



## PUZZLE page ANSWERS

From Page 17

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



# Creative Corner

Age UK Oxfordshire's Creative Team have been busy sending out monthly Oxfordshire Age Friendly Creative Network (OAFCN) newsletters which are packed with age friendly creative opportunities and innovations from Oxfordshire and beyond. Previous newsletters are available to view on our webpage where you can also sign up to join the network by clicking on the link here

<https://www.ageuk.org.uk/oxfordshire/our-services/the-oxfordshire-age-friendly-creative-network-oafcn/>

We are really excited about our latest project, the Oxfordshire Age Friendly Creative Ambassadors (AFCA's). The AFCA project is open to anyone aged 60+ who would like to help shape age friendly arts, culture and creativity in Oxfordshire. You do not have to be an artist or have previously been a participant in a creative project, everyone is welcome. The AFCA project will be shaped by its members who will guide us in finding new ways for people aged 60+ to get involved in creative and cultural activities. Members can also join us for meetings and site visits to advise on how cultural venues and heritage sites can be made more accessible and age friendly. We are already working with our friends at Abingdon Abbey Buildings to support them in their development work.

AFCAs will automatically be added to the Oxfordshire Age Friendly Creative Network (OAFCN), receive the monthly OAFCN e-news and be invited to attend AFCA meetings both on-line and in person. For more information and to express an interest please contact

**Email:** [helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk)  
**or Call:** 078878 82960

Poem written by **John Richardson** from his pandemic poetry book which he read during one of his weekly phone calls on 29/04/20.



*Abingdon Abbey Buildings*

## LAKESIDE

Along a brightening corridor  
We ran into a cave of light  
Of shadow leaf & glowing flower  
That climbed to a pergolas height  
It hit us in the open door  
A biblical enfolding flame  
A moment on the dark before  
Of animals without a name  
So deeply struck and so hard to hold  
So instantaneous and prime  
A message in a bottle rolled  
On goals of interesting time

## Sign up to EngAGE Magazine for FREE!

If you would like to receive information about activities, services and opportunities in your area, or if you would like to join our EngAGE mailing list, fill out this request form and return it to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT** or call **0345 450 1276**. If you received this copy through the post you will already be on our mailing list. 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 [www.ageuk.org.uk/oxfordshire/privacy-policy](http://www.ageuk.org.uk/oxfordshire/privacy-policy).



## Donate

Age UK Oxfordshire relies on donations to ensure that we continue to support people in Oxfordshire to **Love Later Life**. To make a donation please complete and return this form to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. Alternatively call us on **0345 450 1276** or donate online via [www.ageuk.org.uk/oxfordshire/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 £   |                   |              |
| <input type="checkbox"/> I enclose a cheque/postal order made payable to Age UK Oxfordshire. |                   |              |
| Signature  | Date              | DD / MM / YY |



### 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



# Doddle hat

## Basic Pattern

You will need some double knitting yarn and a bobble of your choice.

### Knitting

1. Using double knitting yarn and some 4mm needles, cast on 28 stitches.
2. K2 rows. Then, starting with a knit row, work in stocking stitch (Knit 1 row, Purl 1 row, repeat) for 12 more rows.
3. For the next row, K2 together across all the stitches (14 stitches). And for the row after that, P2 together to the end (7 stitches).
4. When you've finished, cut the yarn leaving about 25 cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle.
5. Tighten the yarn and sew the little hat together at the side. Once finished, turn it right-side out so that the seam you've just sewn runs up the inside.
6. When laid out flat, the hat dimensions should be about 5-7cm along the bottom and at least 3cm high.
7. Sew a little bobble onto the top of the hat.

Betty in front of some of the hats she's knitted

*She says, "I love knitting! I've been knitting since I was a child. I do it during my spare time. I think it relaxes you! I've knitted two or three hundred hats in the past years. I like to do the striped ones - all different colours! You know you are doing them for some good to help someone else."*

