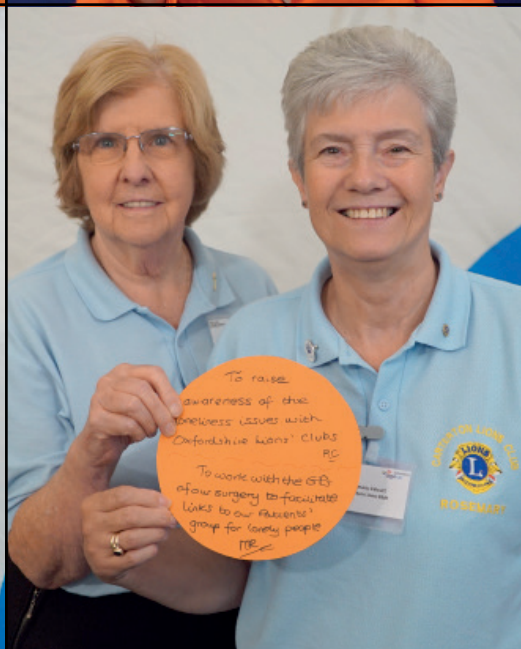
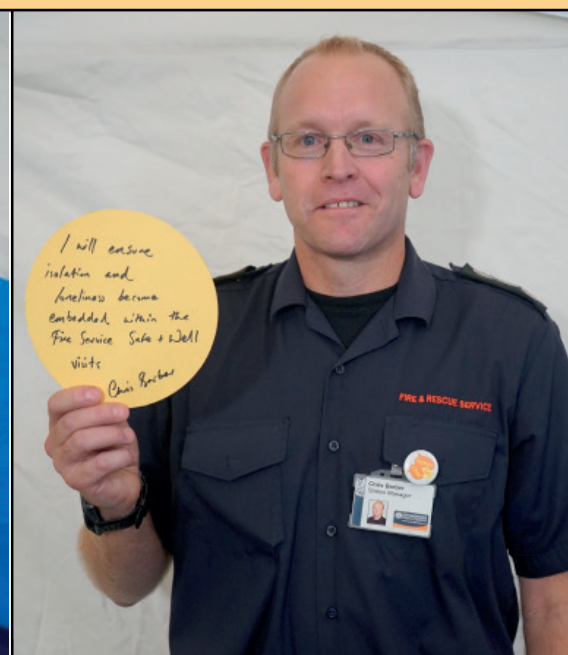


## Pledges from our Jo Cox Loneliness Summit



Daytime Service Review

Dignity in Care Awards

Love Later Life



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## 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 Newsletter e-mailing list.

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

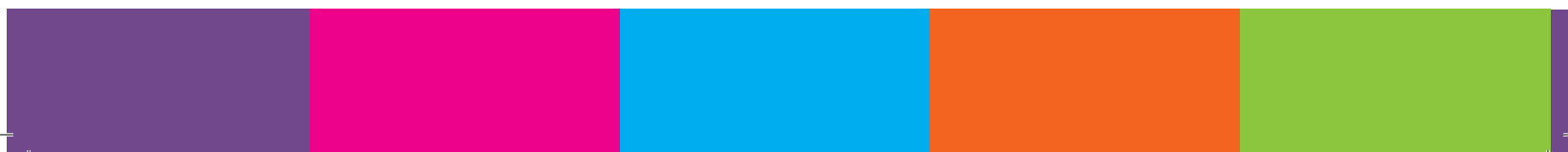
Address.....

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

I would like to receive:

☐ The Age UK Oxfordshire Newsletter ☐ Information about activities and groups in my area

☐ Information about (please specify).....





# Loneliness Summit

A hundred people came together at the Jo Cox Loneliness Summit on 14th July in Oxford to 'start a conversation' and pledge to take action to tackle loneliness in Oxfordshire. Chairing the event, Layla Moran, MP, made her own pledge 'to become an age champion in parliament and in my life' and urged other delegates to do the same. Attendees made pledges which ranged from 'I will invite my neighbour to lunch' to '10 million people will enjoy a Big Lunch in 2018'.

Lynne, Jenny and Joan from the Southmoor Late Spring group were amongst the delegates. They had worked with the Get the Picture team to make a short film about their experiences of loneliness after bereavement - and the things that have helped them - and were at the event for the launch of the very moving film. If you would like to watch the video please visit this link: <http://bit.ly/2vOBMys>

A series of inspiring speakers made us angry by reminding us that around 11,000 older people in Oxfordshire experience chronic loneliness, waking up every day to another day without seeing anyone, and emphasising the weight of evidence that now exists showing the impact this has on their physical and mental health. They also reminded us that we can all do something about loneliness and encouraged us to think about what that something is - and people came up with lots of ideas! A strong message from the day was that all of us - from voluntary organisations like Archway and exciting ventures like Ami to large statutory bodies like the Fire and Rescue Service - need to work much more closely together to create a stronger web of support.

We can all make a start by trying to spread some kindness around! Monday November 13th is World Kindness Day. Age UK Oxfordshire will be working with others in the run up to World Kindness Day to make the day into another opportunity to tackle loneliness. But let's not confine our kindness to one day only!

Why not make your own pledge to action to combat loneliness - it doesn't need to be grand and glorious, just something you know you can achieve, such as:

- phoning a friend or relative on their own more frequently
- volunteering with an organisation pledged to tackle loneliness - eg. Age UK Oxfordshire, Archway, Mind, your local Good Neighbour Scheme
- giving someone a lift to a local community event or activity



Layla posting her pledge



Speakers from the day: Hannah, Penny, Layla and Paul



"We need to work much more closely together to create a stronger web of support."



# Working together to end loneliness...

## Age UK Oxfordshire signs up to The Big Lunch



"At The Big Lunch we are really excited that Age UK Oxfordshire has joined us to help encourage even more people to take part across the county in 2018, our 10th year of running the UK's annual get-together for neighbours! Working together, we believe that all of us can make a real difference to making positive new connections and reducing loneliness in our communities.

The idea is simple, for one day a year (or more if you want!) everyone is invited to pull up a chair and bring some food to share a meal with their neighbours. Events can be big or small, inside or outside, casual or filled with all sorts of games, activities and excitement. The main thing is that people share good food, good company and good fun.

Around 60% of us barely know our neighbours, which represents a huge missed opportunity when it comes to taking action against loneliness. But for the millions of people who took part in The Big Lunch this year, sharing food with their neighbours was the first step in forming the connections which could make a massive difference to people experiencing or at risk of loneliness."

Peter Lefort, Country Manager of the Eden Project Communities.

Find out more at [www.thebiglunch.com](http://www.thebiglunch.com)



*"Around 60% of us barely know our neighbours,"*

## Link together with the Women's Institute



Age UK Oxfordshire is linking together with the Oxfordshire Federation of Women's Institutes to tackle loneliness together. The WI have a long and energetic tradition of promoting neighbourliness in rural communities and in June 2017 WI members voted to support the following resolution:

"This meeting calls on every WI and the NFWI to work alongside health and social care providers and their local communities to raise awareness of the causes and impacts of loneliness, thus ensuring better identification of lonely people in order to be able to offer them the appropriate support and assistance."

They are launching their 'Link Together' campaign on World Kindness Day. Keep an eye out for local activities and events!



*Launch of the 'Link Together' campaign on world kindness day*



# Coming up in Autumn

## Age of Creativity Festival

During 1-14th October we will be celebrating creativity and culture in later life!

The festival will include national, local and community arts activities all together in one eclectic programme of activities. We want to enable older people and their carers to have the chance to be audience members, participants, volunteers and artists, to have fun and make new connections.

We welcome contributions to the festival from anyone with an interest in supporting more older people and their carers to experience more creativity in their lives.

If you would like to know more about the festival or register an event that you would like to feature in the festival then please contact Farrell Curran via [farrellcurran@ageukoxfordshire.org.uk](mailto:farrellcurran@ageukoxfordshire.org.uk) or visit [www.ageofcreativity.co.uk/festival](http://www.ageofcreativity.co.uk/festival)

## Taking theatre to Care Homes in Oxfordshire, Living the Drama

"We're a group of actors who love performing, but we've discovered that nothing is quite like performing in front of an audience in a Care Home. We loved it!"

Last May, funded by Arts Council England, and supported by AgeUK Oxfordshire, four actors and director, took two plays to residential homes in Oxford. In October we go to another five care homes and hope to repeat the joyful experience.

An important lesson for us was never assume that residents with dementia can't get involved. As soon as the energy of the actors hit the performance space, a number of them started joining in! One hilarious moment was when the highly pompous character was shouting for his wife to get an umbrella, a resident shouted out "Get it yerself!" then another, "Oh chuck him out the window!"

There's something very special about live theatre. It stimulates the imagination, provoking memories and laughter, as well as a sense of well being and community. We can't wait to get out on tour again in October!"

For more information please email: [carolyn@livingthedrama.co.uk](mailto:carolyn@livingthedrama.co.uk)

## World Mental Health Day

"Everyone has mental health, we all need to look after our mental and physical wellbeing. The 5 ways to wellbeing helps us to take 5 simple steps to improve our wellbeing and help us feel good about ourselves.

**Oxfordshire Mind** is a local Mental Health charity which wants to ensure that anyone experiencing or affected by mental health has someone to turn to. We promote good mental health through the provision of high quality services and campaigning for positive change.

Oxfordshire Mind runs a series of courses to help manage everyday life issues which can leave us feeling deflated. Sometimes we just need a little support in order to get back on the path to wellbeing. We also run different peer support groups which aim to support anyone who is experiencing mental health issue. They are run by peer supporters who, they themselves, have lived experiences of mental health issues. They are a friendly group in which to engage in activities and gain the support you need. If you are interested in finding out more about the services that **Oxfordshire Mind** can offer, please call the information line on **01865 247 788**.

On **Tuesday 10th October** we will be celebrating World Mental Health Day. This is a chance to raise awareness of mental health and how it impacts people's lives. Oxfordshire Mind and the Oxfordshire mental health partnership will be organising an event to celebrate this day. Keep an eye out on our website: [www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk) for further details.

Editorial provided by Oxfordshire Mind.



# 2017 Dignity in Care Awards

## Nominations now open, get yours in by October!

The Dignity in Care Awards is a campaign aimed at spotlighting experiences of outstanding care in Oxfordshire.

Every year we are amazed by the stories that come out of the awards. From unpaid carers to services going the extra mile to ensure that the people being cared for feel supported in their everyday lives.

One of last year's winners was the sole carer for her husband diagnosed with Young Onset Dementia, another winner was a care home that went above and beyond to support a young man and ensure that he was able to maintain his independence. One winner was described as a "god send" who, when he visited, was able to make the recipient of care feel like "his old self again".

But to get these stories and raise awareness of what good quality care means we need people to make nominations...

### Nomination form

Name of person or service you are nominating:

Work Address:

Postcode:

Daytime phone number:

Email address:

Which award category are you making a nomination for?

**Please attach a supporting statement of up to 300 words outlining why you think your nominee should win an award.**

### Your details

Full name:

Address:

Postcode:

Daytime phone number/email address:

Relationship to carer / care

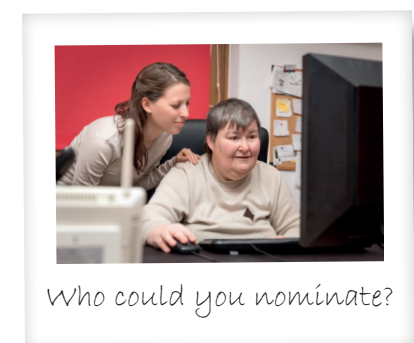
### Person who supports this nomination

**Please include the contact details of an independent person who supports your statement and nomination.**

Full name:

Daytime phone number/email address:

Relationship to carer / caree:



The 2017 Dignity in Care Awards are supported by the **Oxford Mail**



# Fundraising News

## Free Wills Month

Every March and October, Age UK takes part in Free Wills Month. This campaign offers people aged 55 and over the opportunity to have a simple will written or updated free of charge by participating solicitors. An up to date will written by a solicitor can help to ensure your wishes will be respected.

It allows you to provide for your family and friends and leave a gift to your chosen charities too. By being part of this we also hope that our supporters would kindly consider supporting Age UK Oxfordshire with a gift in their will, although there is no obligation to do so.

Appointments are limited and are allocated on a first come first served basis. Once all available appointments are booked the campaign will close, this may be before the end of the campaigning month.

The next campaign begins October 2nd 2017 and you can register your interest at [www.freewillsmmonth.org.uk](http://www.freewillsmmonth.org.uk)

## Someone Special

**Has someone you care about been affected by or lost their life to illness, or struggled with a difficult time?**

### Support a loved one

If Age UK Oxfordshire is helping a loved one who is ill or going through a challenging time why not raise awareness and money on their behalf.

### Commemorate a loved one

Create an online fundraising page in-memory of a relative or friend. Collect donations for Age UK Oxfordshire in place of flowers at funerals and allow people to raise money in remembrance.

For help contact the team at

[fundraising@ageukoxfordshire.org.uk](mailto:fundraising@ageukoxfordshire.org.uk) or call 0345 450 1276

## Sir Tony Baldry's Garden Party

Over the summer, Sir Tony Baldry DR and his wife Pippa hosted a Garden Party to support older people and their carers in Oxfordshire; in particular the event was focused on combating loneliness in Oxfordshire where 12,000 people can go a whole month without talking to someone.

The event raised a fantastic £4,716

£4,716 will make a real impact.

£4,716 is enough to enable our Phone Friends volunteers to make 2,358 friendly calls to isolated and vulnerable older people.



## The Big Knit

**The 2016/17 Big Knit has officially ended!**

We would like to say a huge thank you to all of our keen knitters who, across Oxfordshire, have knitted a jaw dropping 23,069 hats which all adds up to £5,767.25 for our helpline! Your help is really appreciated and will go towards supporting older people in Oxfordshire to receive the information and advice they require.

Winners of our latest Creative Knit Competition include Quarry Women's Institute with their submission of beautiful Swan Hat. We also had a winner from Witney Women's Institute with their submission of Eeyore, a character from the Winnie the Pooh children's books.

Well done to all and thank you again for your hard work!



Chief Executive  
for scale!

## A story of Homeshare Oxford as told by a daughter

In her mid-80s, my independent, sociable and stubborn mother was determined to continue living alone. The only concession she made was to build an ensuite bathroom in the spare bedroom, so that one day, far in the future, and only in the event of a crisis, it would be possible to have a live-in helper. She outright rejected the idea of sheltered accommodation, moving into a home or anything of that order. She has a vibrant social life, lots of local friends, kind and helpful neighbours. As her children we support and admire her desire for independence. But as the preparations for her 90th birthday celebrations got underway, I became increasingly anxious about her living alone.

She has a pacemaker and is so deaf that even phonecalls can be difficult. Despite her energy, my mother is becoming increasingly frail. Nevertheless, she still has a tendency to rush into the garden just before dark in order to mow the lawn, if the forecast is for rain the next day. But even she was beginning to admit that despite the pacemaker, dashing about was more difficult than before.

I had a writer friend in London who was living as a Homesharer and I thought Mum might approve of a scheme which aims to give affordable housing to people on low incomes in return for some help around the house. I contacted Age UK Oxfordshire to see if they ran a Homeshare scheme and discovered one was being planned, so I asked to go on their waiting list from the start. As a former NHS physiotherapist, Mum is appalled by the lack of social housing in Oxford, a city with three major hospitals but housing costs which price key workers out of the market altogether. As a committed Socialist, she is more interested in helping people than making money – but it was a selling point that Homesharers do provide a contribution to the bills, to mitigate any additional costs incurred.

Homeshare Oxford coordinator Mary tactfully and patiently explained the scheme to Mum, reassuring her, answering questions and helping her to define exactly what kind of help she wanted. For someone who has lived alone since I left university in 1986, this isn't an easy process. It was helpful for both of us that Mary was able to anticipate practical issues and offer solutions. Mum was worried about money for groceries – Mary suggested a kitty. Mum gets tired in the evening and wanted to have the sitting-room to herself – Mary encouraged her to be clear about what she wanted and not feel she had to be polite.

From my point of view, the advantage of the Homeshare scheme was peace of mind. We knew that whoever came to live with Mum would be verifiably trustworthy, and that if any problems arose they could be dealt with directly by Homeshare.

Then the happy news came through that a potential sharer had been identified. We tidied up, got out the best tea pot, bought biscuits and had coffee on standby just in case she preferred. Watching from the sofa, I thought the first meeting was a disaster. The Homesharer, Sophie, drank neither tea nor coffee, and spoke so quietly that I wasn't sure whether Mum had heard anything she'd said. But after she left, the first thing Mum said was, "I can't think of anyone I would rather share my house with."

Later I asked Sophie what her initial impressions were. "She was very smiley," she recalls. "I remember we parked up outside the house and she was out of the front door and running across the gravel with a big smile on her face. She was very welcoming."

They agreed to give Homeshare a go.



*Marian and Mary,  
the Homeshare Oxford Team*





From Mum's point of view, the plus points about Sophie moving in were that she was clearly a considerate, kind and socially conscious person. She had a full-time job, and so would not be around in the house too much if they didn't get on. It was also an advantage in Mum's eyes that she had a boyfriend living in another city, whom Mum had met and liked. This meant that she would be able to have the house to herself for some weekends.

On the down side, Sophie couldn't drive and – horror of horrors – was a vegetarian.

Gradually they learned to overlook each other's eccentricities, and became fond of each other. One problem was their different attitudes towards food. Cooking has been a life's journey and pleasure for Mum, starting as a young woman teaching herself from the books of Constance Spry and Mrs Beaton, learning French cuisine from Lucie Marion. At first their ideas of a tasty supper differed, but Sophie applied herself to learning recipes that both of them could enjoy, or which Mum could add meat to. However, they agreed about the puddings, bonding over chocolate cake, cheese cake and strawberries.

The companionship of having someone to chat to over a meal had a positive effect on my mother's quality of life. This and having someone on hand to cope with everyday emergencies made Mum noticeably less anxious. When the freezer malfunctioned and blew all the fuses, throwing the house into darkness the day before Christmas Eve, Sophie was on hand to fix it. When we emailed attachments and links which Mum didn't know how to open, Sophie was able to help. She tried very hard to teach Mum to text, but that was one step too far for a talkative 90 year-old.

From my point of view, the very mild grumbles that Mum voiced about Sophie not cleaning the microwave, or using the washing-machine too often, were entirely normal. And Sophie in turn learned to put up with her own irritations, and to politely but firmly request that if, for example, Mum woke up at 4am she should not turn on her radio at full volume without her hearing-aids in, because it would wake Sophie up.

Ironically, after a few months the main complaint from Mum changed to something that had originally been a plus point – the fact that Sophie was out of the house all day. For me this was a sign that in spite of herself, Mum had begun to rely on her help and company. Perhaps also her needs have changed, and that when we come to choose the next candidate, the specifications will be different from what they were a year ago.

As the day for Sophie to move out grows near, I asked each of them what their lasting memory of each other would be. "It's Sophie arriving back from work in the evening, coming into the kitchen triumphant after the long bike ride home. She's always good natured and cheerful," says Mum. And for Sophie: "In the morning, coming down the stairs in her nightie with her breakfast tray. She's always smiling. Even if she's had a rubbish night's sleep, she has a big smile on her face. That smile is the main thing I will remember," she says.

If you would like to know more about Homeshare Oxford please visit our website [www.homeshareoxford.co.uk](http://www.homeshareoxford.co.uk), email [Homeshare@ageukoxfordshire.org.uk](mailto:Homeshare@ageukoxfordshire.org.uk) or phone 0345 450 1276.

We are especially keen to hear from more Householders in Oxford (and neighbouring villages) who might be interested in joining the scheme.



*"From my point of view, the advantage of the Homeshare scheme was peace of mind."*

Homeshare Oxford is supported by Lloyds Bank Foundation as part of a programme in partnership with Big Lottery Fund to develop the Homeshare model as a sustainable solution to the parallel social issues of loneliness among older people and unaffordable housing costs for younger people.

## Home Support Options

Are you in need of a little extra support around the home?

Home Support Options offer a range of flexible and practical solutions; tailored to meet your individual needs. We understand that sometimes a little help at home can make an enormous difference to your quality of life.

Home Support Options provides support at home with anything from helping to keep your home clean and tidy, laundry, changing the bed, meal preparation, assistance with getting out and about and to appointments, collecting prescriptions, companionship and much more!

All of our staff undertake a full induction and training and are all criminal record checked. Our local hub coordinators provide a pre service assessment where they will visit you in your home to talk about what support you feel you are in need of and how our service may be able to help you.

The cost of the service is £17.00 per hour and you will be required to have a minimum of 1 hour support per week. Mileage of 45p is payable when transport is provided or a trip is made by a Home Support Worker on your behalf.

Please note we are unable to provide personal care. If you have any questions or to find out more please contact our enquiry line on **0333 577 1044** or email [amygreenway@ageukoxfordshire.org.uk](mailto:amygreenway@ageukoxfordshire.org.uk)



*"A little help at home can make an enormous difference"*

## Dementia Oxfordshire



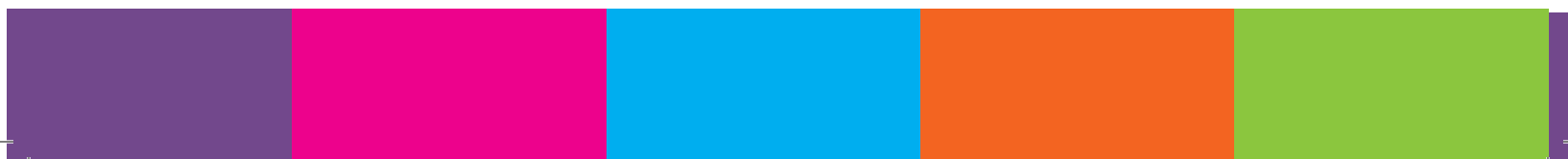
Take a step back in time for our first ever, Dementia Oxfordshire Tea Dance, on Saturday 16 September. Feel free to dress up and enjoy the music.

We are very pleased to be able to invite you to this event. It is one of many events which we are holding to raise awareness of our service and help with our community fundraising.

We have twelve Dementia Oxfordshire groups for people with dementia throughout Oxfordshire. The groups help people to live well, meeting other people who they can share their experiences with and forming friendships. Our team of Dementia Advisers and Dedicated Support Workers facilitate these groups, which means that there is always a familiar face around. All the money we raise from our community fundraising helps us to be able to continue running these groups.

The **Tea Dance is at Eynsham Village Hall on Saturday 16 September, from 2pm – 4pm**. It is open to everybody, from established dancers to those wanting to try something new. This is a dementia friendly event and we hope to welcome people who we support and their carers. Some of our Dementia Advisers and Dedicated Support Workers will be there on the day to make sure that everything runs smoothly. We will also be joined by Ron and Winnie who will be helping to make this a special occasion. Tea and cake will be provided and there will be a tombola with great prizes!

Tickets are £3.50 each, available from [taqwagalpin@dementiaoxfordshire.org.uk](mailto:taqwagalpin@dementiaoxfordshire.org.uk) or you can ring, **07584 148 509**. We look forward to seeing you on Saturday 16 September.





# Information and Advice

## Top Tips for Avoiding Scams

### 1. Don't rush into anything

If you think you've been offered a great deal, don't agree to it immediately. A genuine offer is unlikely to require an instant decision. Ask your family and friends what they think or call an advice agency such as Citizens Advice Consumer Service on **03454 04 05 06**. For suspected pension scams call The Pensions Advisory Service on **0300 123 1047**.

### 2. Make sure the company is reputable

Before you commit to buying, check the seller. Does the company have a contact number that works and a postal address, and is it a member of a trade association? Financial companies must be authorised by the Financial Conduct Authority (FCA) – you can check at [www.fca.org.uk/register](http://www.fca.org.uk/register) or call **0800 111 6768**.

### 3. Be wise to cold call scams

Ignore unsolicited invitations such as letters, emails or phone calls offering a brilliant investment or saying you've won a lottery. Never reply to these – it shows your details are active which will encourage scammers to contact you again. Contact the Mailing Preference Service on **0845 703 4599** to have your name taken off UK direct mailing lists. Check your email account is set up to filter spam.

### 4. Be aware of new pension scams

New rules allowing people to access their pension pots from age 55 have brought with them new scams. Be cautious of anyone that claims to know about loopholes, talks about overseas investments or says you can get your money before age 55. The FCA lists current scams at [www.fca.gov.uk/scamsmart](http://www.fca.gov.uk/scamsmart). Visit the Government's Pension Wise website for free and impartial guidance on your pension options.

### 5. Report it

Anyone can be taken in by a scam, so don't feel embarrassed or ashamed if it happens to you. If you think you've been scammed, or you've spotted a scam report the scam to the police and contact Action Fraud on **0300 123 2040** to report it and get help.

See our free guide *Avoiding scams* or visit our scams page at

**[www.ageuk.org.uk/money-matters/consumer-advice/scams-advice/](http://www.ageuk.org.uk/money-matters/consumer-advice/scams-advice/)**

Age UK Oxfordshire offers free information and advice for anyone who is worried about being scammed.

If you would like to speak to us face to face please call us to make an appointment at our office in Abingdon or at our community venues in Banbury.

To get in touch, ring **0345 450 1276**.



*"We are urging all older people, and their friends and families, to be vigilant and get up to speed on how to avoid scams."*

# Welcome to the Community Information Network



## Daytime Support services are changing

For many years, people in later life in Oxfordshire have been able to access a network of 'daytime support' services designed for older people across the county. These services have offered a full day of activities, a hot meal, opportunities to maintain old friendships and make new ones as well as offering respite for families and carers. This network, which has consisted of Oxfordshire County Council's 8 Health and Wellbeing Centres and 46 voluntary day centres, clubs and groups, all of which have been funded by Social Services, is on the brink of change.

Piecing together a picture of exactly what the changes will mean for individuals and for local communities is complex, but as planning progresses, more certainties are beginning to emerge about the shape of things to come:

## Community Support Hubs

Oxfordshire County Council are opening 8 new Community Support Hubs which will replace their 8 Health and Wellbeing Centres. They are designed to support both older people and people with learning disabilities with the highest level of needs. There will be significantly fewer places available for older people than there are now, and places will be allocated on the basis of assessed needs.

The 512 older people who presently attend one of the Health and Wellbeing Centres and are being affected by the changes are all being offered a meeting with (or have already met with) either someone from our Community Information Network team or from the Social Services Transition team to help them to secure appropriate daytime support for the future. Everyone affected by change should have been seen by the middle of September.

## Voluntary Sector Daytime Support

Happily, almost all existing voluntary sector provision is continuing, at least in the short to medium term, in spite of the significant challenges facing voluntary groups because of the reduction and ultimately the loss of funding. To compensate for places reducing in Community Support Hubs, we are seeing more voluntary sector spaces opening up and are keeping a close handle on vacancies on a weekly basis.

Just as with the Health and Wellbeing Centres, older people who are attending a voluntary day centre or club affected by the changes are all meeting with (or have already met with) either someone from our Community Information Network team or someone from the Social Services Transition team to help them to secure appropriate daytime support for the future.



*"Happily, almost all existing voluntary sector provision is continuing."*

The Community Information  
Network is supported by:



**OXFORDSHIRE  
COUNTY COUNCIL**



In summary, the changes will mean a far greater reliance on the voluntary and community sector for daytime support and independent providers are facing significant challenges as their funding diminishes and demand for their provision increases.

More information about these changes can be found by following this link: [www.oxfordshire.gov.uk/cms/news/2017/mar/changes-daytime-support](http://www.oxfordshire.gov.uk/cms/news/2017/mar/changes-daytime-support)

If you are worried about the changes that are happening please contact the Daytime Support Review team at Oxfordshire County Council by email [daytimesupportreview@oxfordshire.gov.uk](mailto:daytimesupportreview@oxfordshire.gov.uk)

If you are wondering what opportunities and activities will be available from September 2017, please contact the [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or visit the County Council's Live Well Oxfordshire website which has listings of all the activities and opportunities that exist in Oxfordshire <https://livewell.oxfordshire.gov.uk/>

## Transport in Oxfordshire

In the midst of all the changes to the Daytime Support opportunities here in Oxfordshire one of the challenges that faces many people is just how they will be able to get to a local activity, opportunity or event. As the transport support to many local groups and activities historically offered by the County Council is withdrawn from 1st September the need for different and affordable solutions to help people get to a lunch club, afternoon tea, support group or exercise class has risen sharply.

### The Comet:

A service provided by Oxfordshire County Council for Oxfordshire residents who don't have access to suitable public transport, wheelchair users or those with mobility issues. It can be booked by individuals, groups and local communities. They can do one-off journeys, regular and group trips. The 16-seater vehicles are fully wheelchair and pushchair accessible, and their friendly drivers are only too happy to help. Just let them know if you need some extra assistance getting on or off the Comet, or with carrying shopping inside.

You need to register and pay a £3 registration fee to access this scheme by ringing **01865 323 201**. The comet operates between 10.15am and 2.30pm Monday to Friday and journeys cost from £3.50 for a 5 mile journey.

### Volunteer Driver Transport Schemes:

There are over 70 local Good Neighbour Schemes operating across Oxfordshire offering help and support with essential transport. These schemes are run by teams of volunteers who offer their time and their cars to take people to the hospital and GP appointments as well as to other appointments and activities. They charge 40p-45p per mile and offer a fantastic support to the many who use them. To find your local Good Neighbour Scheme either search online through our directory [www.communitynetworkdirectory.org.uk](http://www.communitynetworkdirectory.org.uk) or ring us on **0345 450 1276**



*"There are over 70 local Good Neighbour Schemes operating across Oxfordshire offering help and support with essential transport."*

## Local Taxi firms

There are many taxi firms operating throughout the county and it's always worth giving a couple of your local one's a ring and asking for a quote.

They do accept regular bookings and many will offer a discounted rate if

the journey will be a regular one. Many taxi firms also have vehicles that accommodate wheelchairs eg Kit Mobility **01865 435 105**. A number of them also offer minibuses that can support groups to go out and about on trips eg Percy's Travel **01865 582 005**

## Accessible Countryside for Everyone (ACE):

ACE is a local organisation promoting accessibility to leisure and sport, signposting family, carer and disability support organisations. By visiting their website [www.accessiblecountryside.org.uk](http://www.accessiblecountryside.org.uk) you can find contact details for all the wheelchair accessible taxi's operating across the county as well as a list of the accessible pubs, bars and restaurants. They also have listings of many of the wheelchair accessible walks that you can do in the countryside and green spaces of Oxfordshire which they call Miles without Stiles.



*ACE have listings of wheelchair accessible walks*



## Come and join us this Christmas season at RAF Brize Norton for a host of festive events!

Christmas Dinner in the Sergeants' Mess  
Tuesday 21st November 2pm – 4pm (Arrive from 1.15pm)  
£18 per person for a Three Course Dinner  
To book a space, please leave Helen a message on 01235 849

Christmas Ten Pin Bowling  
Sunday 26th November 12.30pm – 4pm (Arrive from 12pm)  
£10 per person (2 games, shoe hire, lunch & a drink)  
Or £5 for just lunch

To book a space, please leave Helen a message on 01235 849 434

**Bookings open Monday 4th September 2017!**

If you need a lift, or are able to offer a lift to someone nearby, please let Stephen or Helen know.





## The MESSAGE IN A WALLET Emergency information scheme

Many of you will be familiar with 'Message in a Bottle', which has helped many people since it was introduced. Now there is 'Message in a Wallet'

A "Message in a Wallet" is a concertina-folding card, the size of a credit card. You need to keep it inside your wallet or purse, to provide the the Emergency Services with the details of any illness or allergy you may have, together with the names of people to contact. It is a handy way to keep all your medical information on your person while you are out and about.

### Good reasons to have one?

- It gives all the information needed if you are taken ill or have an accident
- A minimal amount of personal information is contained so that it is secure
- It is easy to replace if your medication or circumstances change; without it would you remember all that information?
- It's easily carried in your wallet or purse

Yours are available through any of the Oxfordshire Lions Clubs, in Doctor's Surgeries and through your Age UK Oxfordshire contacts too. Otherwise, please ring **01993 772 241** or e-mail [miaw@cartertonlions.org.uk](mailto:miaw@cartertonlions.org.uk)

## It's that time of year again...Electric Blanket Testing events are back.

Working together with our friends in Trading Standards, Oxfordshire Fire and Rescue and the local District Councils (West, Cherwell, South and Vale) Age UK Oxfordshire are pleased to announce the annual blanket testing dates.

This is a completely FREE service that we provide and these events are running at 10 different centres across the County during October.

If you have an electric blanket (even if it's only on the spare bed) please ring the **01865 898 642** to book it in to be tested.

If you have an electric blanket but would struggle to get it to one of the centres please still ring the number and ask for a home visit to collect and return your blanket. We have some capacity this year to collect your blanket, take it to the test centre and return it back to you after it has been tested.

NB: this service is only provided on a limited basis according to need.

## HOW SAFE IS YOUR ELECTRIC BLANKET?

**FREE ELECTRIC BLANKET CHECKS IN OXFORDSHIRE**  
Make sure your blanket is safe to use this winter.

OCTOBER 2017		
Monday	2nd	Oxford
Tuesday	3rd	Banbury
Wednesday	4th	Witney
Thursday	5th	Wallingford
Friday	6th	Abingdon
Monday	16th	Oxford
Tuesday	17th	Bicester
Wednesday	18th	Chipping Norton
Thursday	19th	Thame
Friday	20th	Wantage

### BOOKING INFORMATION:

To book your safety check appointment call **01865 898642**  
or email: [communityengagement@oxfordshire.gov.uk](mailto:communityengagement@oxfordshire.gov.uk)  
(Pre-booked appointments only on a strictly first come first served basis)







## An Evening with Pete



Saturday 14th October 2017

7pm start

At Carswell Golf and Country Club, Faringdon SN7 8PU

- Featuring songs from the 50's to present day
- Welcome drink on arrival and a curry/chilli meal
- Raffle after dinner with great prizes!

Phone Helen on 01235 849434 to book your ticket

This event is to raise funds to help our Late Spring Bereavement Support Service to run at locations across Oxfordshire, offering a place to just be yourself with support for as long as you need it.

*Only £15 per person*

## Community Links Newsletter...have you had your copy yet?

The latest edition of our popular Community Links Newsletter is now available. With 48 pages packed full of information about the activities and opportunities that Age UK Oxfordshire provides throughout the county as well as the contact details of a range of local services and providers, it is a 'must have' for many. The Community Links Newsletter is published three times a year and is completely FREE to receive.

Please phone **0345 450 1276** to request your copy.

Community Links Newsletter  
July 2017  
Community Information Network



### Community Links Newsletter

... Loving Later Life Together



Age UK Oxfordshire has moved!

Our new address is:  
9 Napier Court,  
Barton Lane, Abingdon,  
OX14 3YT



# Good food in good company

Join us for a freshly cooked lunch at '**Robins Nest Restaurant**'  
**On the third Monday of every month, from 12.30pm – 2pm**  
**16th October, 20th November, and 18th December**

At Stanbridge House, Ruskin Road, Banbury, OX16 9HY  
2 courses for £7 (Coffee, tea & soft drinks from £1)

Booking essential – Please contact Helen on 01235 849 434 by the  
Wednesday before

## A fond farewell to Ahmed Rahman

After almost 7 years working for Age UK Oxfordshire in Oxford City, supporting the development of our IT class provision, our Saturday School initiative Ahmed is leaving us to start work on a new project in Sudan!

He will be working in and supporting communities to build grow and work together to support each other over the coming years...as Ahmed himself says, taking the essence of Age UK Oxfordshire community development work and sprinkling it into communities that have faced massive traumas and challenges over the years.

He will be very much missed by us all but this is an amazing opportunity, not just for Ahmed, but also for the communities he will be working with and we are sure that you will all join with us in wishing him well - he has promised to stay in touch and let us know how it all goes!



Ruth and Ahmed

Loneliness affects us all at different times in our lives but loneliness following a bereavement, often of a partner, can be incredibly hard to bear along with all the other emotions that come with grief.

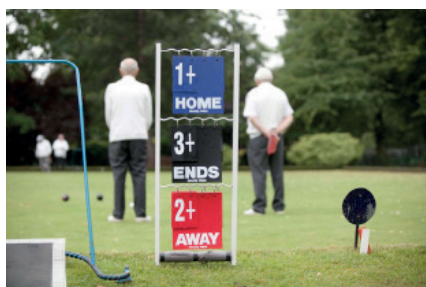
You may have never lived alone before having been together for many years. Coming home to an empty house, waking up in an empty house/bed, going out in a crowd alone, shopping alone and shopping just for one, the list is long of situations where the loneliness you are now experiencing can hit you, or creep up on you.

Members of our late Spring groups often talk about the loneliness that they feel. The fact that there isn't that person there anymore even to share a thought with, to go over an event you have been to with or just to mull over the day you have had together, to turn to if you need reassurance or a hug. The loneliness in bereavement isn't just about other people not being around, it's about that one special person not being there anymore.

How can you help yourself when you have been bereaved, to feel less lonely?

- It takes real strength and bravery to make yourself get out and about, perhaps by joining a community group or getting involved in a hobby you once enjoyed. Our Late Spring members would say..."if you can, do it. It will make such a difference"
- To begin with it can feel that there is no enjoyment to be had and this can make it hard to continue but "if you can persevere, eventually that little bit of enjoyment can and will return, you make new friends, connect with other people and begin to find that you can say 'I've had a good hour, day, weekend'. By taking the first step this can often lead on to other social opportunities for you too." It may be that coming to Late Spring is that first step to help.
- Nights and the long winter evenings can be difficult for many. Having the radio playing quietly in the background and leaving a low light on can help with the dark and the silence.
- Your family and friends do care about you, pick up the phone and chat to them, ask them for a hug if you need one, enjoy the time you have with them and allow yourself to feel happy.

Late Spring offers support from people who understand what you are going through because they are going through it too. You can just be yourself with no pretending.



*"It takes real strength and bravery to make yourself get out and about"*



*"Allow yourself to feel happy."*

If you are interested in finding out more about Late Spring or coming along to your nearest group please ring Helen on **01235 849 434**



# Generation Games

## Lots of new Strength & Balance classes for September!



We will have 11 Strength & Balance classes that are great for building strength, improving balance, working on flexibility and building confidence; they are especially suitable for people who are worried about their balance. Incredibly, the rate of muscle mass loss from the age of 40 is 8% - rising to 15% once over 70\*. However, the good news is that 15 years of decline in muscle strength among over-75s can be reversed in three months by carrying out strength & balance training\*\*

\*Source: Grimby G and Saltin B. The ageing muscle. Clin. Physio. 1983

\*\*Source: British Heart Foundation National Centre for Physical Activity and Health, 'Active for Later Life', 2009

**Strength and Balance** – Marston Scout Hut, Oxford, OX3 0EJ– Thursdays 11-12pm

**Strength and Balance** – Storton Lodge, Goring, RG8 0DL – Starts 25th September, 10.30-11.30am

**Chair Dancing: Chair-based exercise** – St Joseph's Catholic Church, OX9 2AB– Tuesdays 12-1pm

**Creative Moves (Dementia Friendly)** – Fernleigh Buttercross Lane, Witney, OX28 4DZ – Starts 12th September, Tuesdays 10.30-11.30am

**Chair Dancing: Chair based exercise** – St Leonard, Eynsham, OX29 4UG – Starting September, Thursdays 2-3pm

**Strength and Balance** – Jericho Community Centre, Oxford, OX2 6BQ– Fridays 10.30-11.30am

### NEW DVD!

We are thrilled to be working with Parkinson's UK Oxford branch on a brand new exercise DVD, that features the lovely Sarah (who leads our current DVD) and focuses on exercises that are specifically targeted for people with PD. The DVD will launch in September at the Parkinson's 200 Plus conference at Memorial Church in Oxford on 18th September.

Leading experts will discuss the latest developments in the four pillars of Parkinson's treatment – medicines, exercise, life style and mental health – which together offer an improved quality of life for People with Parkinsons.

To order your DVD get in touch.

### We welcome your comments

We would love to hear from you! What is it that you enjoy most about exercise? (this can include a class you attend, or any physical activity such as gardening cycling, walking etc.). We would love to collect your comments and share them on our website (anonymously, if you wish). Please send in by post or email to the details below.



*Film stars in action!*

### Our contact details:

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

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

## Whether you are new to caring or have been supporting your loved one for many years, you might find the 'Carers' Essential Checklist' useful:

- Sign up with Carers Oxfordshire and receive their Free Quarterly Newsletter 'Care Matters'
- Plan for help in a crisis if something happens to you, make sure you are registered for the free Emergency Carers Support Service.
- Get a carers assessment and help for yourself and the person you care for e.g. support at home, respite, day services.
- Get support by meeting other carers and sharing information and experiences: carers groups.
- Need to talk face to face to an understanding and helpful Carers Outreach Worker? Get information about home visits and carers advice sessions.
- Use training opportunities. Take an opportunity to do something for you. Call **01235 520 463** for further details.
- Make your voice heard, campaign and influence change: Carers Voice Oxfordshire, for more information call **07827 235 401**

For more information about all of the above services please call **0845 050 7666** or visit [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

## Getting ready to host the 5th Annual Caring Matters Conference.

This will be held on **Carers Rights day Friday 24th November 2017** at the Kassam Stadium, Oxfordshire.

We have a host of guest speakers including Pippa Kelly award winning dementia author, Layla Moran MP. Workshops will include Mindfulness, Singing and Welfare benefits.

This event is free to unpaid carers and lunch will be provided.

Tickets will be available through our website [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk) from late September.

If you require any other information or to book a stand please contact Tracey by email, [traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk) or call **01235 520 463**



## Save the date

### Caring Matters 2017 Conference

**Date: 24th November 2017**  
**Time: 9am - 4pm**  
**Venue: Kassam Stadium, Oxford**

To book a stand or more information please contact  
[traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk)  
**01235 520463**



# Voices of Experience

## Would you like to use your experiences to:

- Have opportunities to give your views
- Raise awareness of carers' needs and issues
- Campaign with other carers to improve the quality of life for carers

Carers' Voice is a group of carers and former carers who meet regularly, to discuss topics related to the provision of support and health and social care in Oxfordshire.

The purpose of the Carers' Voice Panel is to ensure that the voices of carers are heard and that carers can influence the way in which services are planned, delivered and improved.

You are also welcome to join and opt to give views and receive information via email only, rather than attend meetings. (This is an opportunity to look at the bigger picture, rather than resolve individual issues).

**Please contact : [voice@carersoxfordshire.org.uk](mailto:voice@carersoxfordshire.org.uk) Telephone 07827 235 401**



### Editorial

**Talking Care** is the première magazine for social care - it is a FREE publication and the only targeted magazine that represents the interests of service users, care providers, care workers, healthcare professionals and industry suppliers across Oxfordshire. Talking Care magazine is brought to you by Oxfordshire Association of Care Providers (OACP - [www.oacp.org.uk](http://www.oacp.org.uk)).

OACP identified the need to provide this educational and supportive magazine to assist those 18 and over;

- who are providing care
- being cared for by close family, relatives, friends or supportive organisations
- who are seeking to support themselves living independently in their own homes
- who are searching for care support services.

To do this effectively, OACP developed a publication that reflects, highlights and brings together all aspects of social care provision across Oxfordshire - 'Talking Care' magazine. Contributions are welcome and subscriptions are encouraged to support the continued publication of the magazine.

Since its launch in May 2015, Talking Care magazine has consistently provided high quality content and information to its readers, in print and online, please visit: [www.talkingcare.online](http://www.talkingcare.online)

Talking Care magazine is keen to reflect social care current affairs and provide clear career guidance about pathways into social care in Oxfordshire. Advertisements reflect the diverse market of 'care' today across Oxfordshire.

If you have a story to tell, or information that can make a difference to our readers' quality of life or would like to promote a care provider or healthcare service, or would like to receive Talking Care, please do get in touch, here's how:

Telephone **01635 202 345 or 07724 563 309**  
Email: [jane.wood@oacp.org.uk](mailto:jane.wood@oacp.org.uk) or [info@oacp.org.uk](mailto:info@oacp.org.uk)

**OACP Oxfordshire Association of Care Providers**





## Don't forget to send in your Dignity in Care nomination by 2nd October!

### How to make a dignity in care nomination

1. Chose the category for which you want to make a nomination. More information about the categories can be found online or by ringing **07827 235 405**
2. You can make a postal nomination using the form on page 6, or you can make your nomination online at: **[www.ageuk.org.uk/oxfordshire/news--campaigns/dignityincare/](http://www.ageuk.org.uk/oxfordshire/news--campaigns/dignityincare/)**
3. Complete the nomination form and attach a statement saying why your nominee should be considered. All candidates will be shortlisted from your submission so please tell us as much as you can.
4. On your completed form please include the contact details of an independent person who supports your statement and nomination.
5. Attach your completed nomination form to all other separate pieces of supporting information and post to Age UK Oxfordshire



*The 2016 Dignity in Care Award Winners*

The 2017 Dignity in Care Awards are supported by the **Oxford Mail**

### Lifebook

The easy, safe and **FREE** way to record the practical details of your life



#### What is the Age UK LifeBook?

We know that with a million and one things to keep track of, it can be easy to mislay important documents and information. That's why we developed the LifeBook - so you can find exactly what you need without searching through file after file. You can record all sorts of useful details, from who insures your car, to where you put the TV licence.

**To obtain your free LifeBook please  
Call Natasha or Lisa at Age UK  
Oxfordshire on 01235 849 425**

**Leave a  
world less  
lonely with  
a gift in  
your will**

For more information  
please call 07464 498 330  
email [melpaterson@ageukoxfordshire.org.uk](mailto:melpaterson@ageukoxfordshire.org.uk)  
or visit [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)





## Instruction to your Bank or Building Society to pay by Direct Debit

Yes!

*I want to make a  
**regular donation** to help  
Age UK Oxfordshire.*

### Service User Number

6	9	1	2	1	3
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CAF, Kings Hill, West Malling, Kent, ME19 4TA

### Instruction to your Bank or Building Society

Please pay Charities Aid Foundation Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee.

I understand that this Instruction may remain with Charities Aid Foundation and, if so, details will be passed electronically to my Bank/Building Society.

### 1. Your Bank Account Details

Name(s) of Account Holder(s)

.....  
.....

Bank/Building Society account number

--	--	--	--	--	--	--	--

Branch Sort Code

--	--	--	--	--	--

Signature(s)

.....  
.....

Date (DD/MM/YYYY)

.....

Banks and Building Societies may not accept Direct Debit Instructions from some types of account

This is not part of the Instruction to your Bank or Building Society

### 2. Please fill in your name and address

☐ Mr ☐ Mrs ☐ Ms ☐ Other (Please Specify)

First Name:

.....

Surname:

.....

Address:

.....

.....

Postcode:

.....

Email:

.....

### 3. Donation Details

I would like to make a regular donation of £ \_\_\_\_\_

☐ Monthly or ☐ Annually Commencing from:

1<sup>st</sup> or 15<sup>th</sup>\* / 

M	M
---	---

 / 

Y	Y	Y	Y
---	---	---	---

\*Please circle preferred date

### Make your gift go further with a Gift Aid Declaration

Please Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please notify us if you want to cancel this declaration, change your name or home address or if you no longer pay sufficient tax on your income and/or capital gains.

☐ Tick to apply

*giftaid it*

Please detach this part and keep for your records

## The Direct Debit Guarantee



- This guarantee is offered by all Banks and Building Societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit, Charities Aid Foundation will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request Charities Aid Foundation to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- If an error is made in the payment of your Direct Debit, by Charities Aid Foundation or your Bank or Building Society, you are entitled to a full and immediate refund of the amount paid from your bank or building society - If you receive a refund you are not entitled to, you must pay it back when Charities Aid Foundation asks you to
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Written confirmation may be required. Please also send a copy of your letter to us.

# Our charity shops need **you!**



*Could you volunteer?*



*could you donate?*

You can find our charity shops at:

**21-22 St Clements St  
Oxford  
OX4 1AB**

**183 Cowley Road  
Oxford  
OX4 1UT**

We look forward to seeing you there!