

# EngAGE

AGE UK OXFORDSHIRE'S  
MAGAZINE

**FREE**

ISSUE 51

AUTUMN 2018

Age Friendly Banbury

The Dignity in Care  
Awards is back!

Big Knit 2018/2019

The Age of  
Creativity Festival  
2018

Pete Fletcher  
**Painting with dementia**

P. FLETCHER 20.11



# Welcome

Welcome to the Autumn edition of EngAGE - your Age UK Oxfordshire magazine.

As winter approaches, you can find out tips and advice on staying well during the cold weather, including a handy pull-out leaflet.

On page 16, we tell you how you can get involved with this year's Big Knit and help us reach our target of 25,469 hats!

Do you know a person or organisation giving outstanding care in Oxfordshire? The Dignity in Care Awards is back! Fill out the nomination form on the back of this magazine, or you can nominate online, before the 15th October 2018.

Finally, we would love to hear from you - please get in touch!

Sophie Dyer, Editor

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sophiedyer@ageukoxfordshire.org.uk



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

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### Find us online

Visit [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) to find out more about our range of services, information and advice and local job opportunities.



/ageukoxfordshire



@ageukoxon

### Write to Age UK Oxfordshire

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

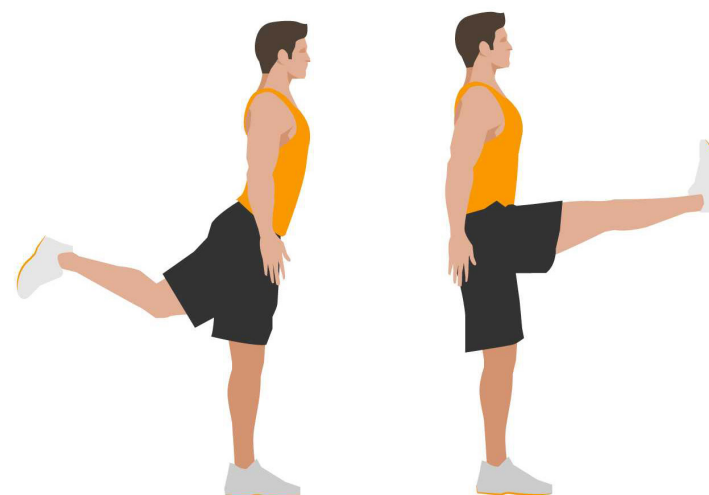
### Telephone Age UK Oxfordshire

0345 450 1276



## Simple balance exercises that can be done at home!

Below is a list of useful **balance exercises** which should be done at least twice a week. If they start feeling too easy, make them harder by reducing support, turning your head, or perhaps even doing them with your eyes shut!



- 1) **Stand on one leg** – whilst brushing your teeth in the morning. Up to 40 seconds each leg
- 2) **Heel lifts x 10** – whilst waiting for kettle to boil (hold on to the worktop or chair if needed)
- 3) **Toe raises x 10** – whilst standing by the sink
- 4) **'Flamingo' leg swing x 10 each leg** – standing between 2 dining room chairs, holding on if needed
- 5) **Tandem stand / standing "on a tightrope"** (one foot directly in front of the other)– whilst brushing your teeth in the evening

We also need to practice exercises which **strengthen our muscles**, at least twice a week. You could try slotting these into your day too:

- 1) Sit to stand x 10. This strengthens thighs and bottom muscles
- 2) Side leg raises x 10 each leg, standing or lying on the floor. This strengthens the muscles around your hips which in turn keeps your hip bones strong
- 3) Leg curl to bottom x 10 each leg, standing or could be done from a box position. This strengthens the back of your thigh and helps to keep the knee joint strong.
- 4) Wall or floor press up x 10. This strengthens the muscles around your chest, shoulders, back of arms and wrists. It's especially good for strengthening the bones of the wrists too.

### TIME CHANGE

Exercise to Music (chair based and standing) Radley Village Hall: Monday 3.30-4.30pm

### NEW Strength & Balance classes!

- Bethany Room, High St, Witney, OX28 6HG: Wednesdays from 12th September 11.45am – 12.45pm  
- Sonning Common Village Hall, Wood Lane, Sonning Common, Reading, RG4 9SL: Fridays from 7th September (no class on 5th Oct)

### Get in touch

[www.generationgames.org.uk](http://www.generationgames.org.uk)

01235 849 403

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



# Age Friendly Banbury



By Penny Thewlis,  
Chief Executive of Age UK Oxfordshire



## Making Banbury 'Age-Friendly'

On June 20th, over 100 people came together in Banbury Town Hall to launch Age-Friendly Banbury - an exciting new joint initiative to make Banbury a great place to grow older. Banbury is the first community in Oxfordshire - and the 26th in the whole of the UK - to express an interest in becoming more age-friendly. Banbury is blazing a trail which we hope other local communities will want to follow.

## Where has the idea come from?

*'It's important for any age-friendly community to have older people at the heart of decision-making.'*

The age-friendly concept is rooted in what older people themselves say would improve their lives. It's a World Health Organisation concept and Banbury are signing up to a five-year process which will enable them to join the many cities, towns and communities world-wide that are already treading this path.

## What's it all about?

There are already some great opportunities for older people in Banbury, but for some, poor transport, unsuitable housing, fear of crime, lack of community cohesion, limited care and support, and difficulty finding or getting to social activities gets in the way of them being able to make the best of their later years.

The Age-friendly Banbury partnership are consulting with local people to find out what are the key things that would make a difference – over 400 have already completed a survey and others will be invited to discussion groups over the next few weeks.

Make Banbury  
a great  
place to  
grow older



## What happens next?

Planning and action come next, based on what people say is important to them. A bid to the Big Lottery Fund is being prepared to support a programme of social action, led by Oxfordshire Community Foundation. Banbury was one of twenty places singled out for this funding, but only ten of the twenty places will be successful. We are resolved that we will take forward the Age-Friendly Banbury initiative whether the bid is successful or not, but progress will be slower.

If you have ideas about what Banbury or indeed the rest of Oxfordshire needs to become age-friendly, do get in touch with me via [admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk) or on **0345 450 1276**.

**Age Friendly Banbury** is a partnership between local organisations with an interest in making Banbury an age-friendly town. It brings together older people; community leaders, including former local MP, Sir Tony Baldry; local charities, including Age UK Oxfordshire, Citizens Advice Banbury, Katharine House Hospice, Oxfordshire Community Foundation and the Royal Voluntary Service; businesses, including the Banbury Chamber of Commerce, DCS and Sanctuary Housing; and local councils (Banbury Town, Cherwell District and Oxfordshire County).

## National Community Transport Campaign

In the face of legal challenges, the Department of Transport has been forced to clarify the law in relation to community transport. This would mean that 84% of community transport providers would now need more commercial licences for their drivers, costing over £1,000 per person and require 35 hours of ongoing training. This would be completely prohibitive for some community transport schemes, which operate not-for-profit, often with the support of a willing band of volunteers.

We think this could have disastrous consequences for older people and have been campaigning vigorously about it. Local MPs John Howell and Robert Courts have been supportive and we await a final decision from the government in the autumn.

## Age UK Oxfordshire's Annual General Meeting

Join us for our Annual General Meeting on Friday 2nd November 2018, 10.00am. We are pleased to announce our keynote speaker will be Lou Patten, Chief Executive of Oxfordshire Clinical Commissioning Group. If you would like to secure your place please contact Kerry Tuson on **01235 849410** or email [kerrytuson@ageukoxfordshire.org.uk](mailto:kerrytuson@ageukoxfordshire.org.uk)



## Welcome to the Community Information Network!



Petra and Helen

This is just a small range of the activities that we offer on a regular basis across the county. For a full listing please visit [www.ageuk.org.uk/oxfordshire/our-services/community-information-network/](http://www.ageuk.org.uk/oxfordshire/our-services/community-information-network/) or phone one of the networkers listed. You can also find out more about our activities by speaking to Petra or Helen on **01235 849 434**.

**Information Fairs** are an opportunity to meet with a wide range of local organisations and find out more about the help, support and opportunities that exist in your local area. They are free to attend and the kettle is always on, why not pop along and have a cuppa?

- **Didcot**, Civic Hall, OX11 7JN: Wednesday 19th September from 10am to 12pm
- **Witney**, Corn Exchange, OX28 6AB : Thursday 4th October from 10am to 12pm (cake available too)
- **Kennington**, Apple Café, St Swithuns Church Hall, OX1 5PL: Thursday 11th October from 10.30am to 12.30pm
- **Wootton and Dry Sandford** Community Centre, OX13 6DA: Thursday 1st November from 9.30am to 11.45am
- **Carterton**, Town Hall, OX18 3JL: Thursday 15th November from 8.30am to 12.30pm

## West Oxfordshire

### New activities available!

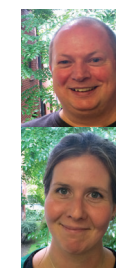
#### NEW Carterton Late Spring group

Starting on Wednesday 19th September in Carterton Library, 6 Alvescot Road, OX18 3JH. Running every 1st and 3rd Wednesday of the month from 1pm to 2.30pm. Contact Helen on **01235 849 434** for more information.

#### NEW Golden Memories Group, Witney

An opportunity to get together with others over tea/ coffee and cake with a programme of activities, dementia friendly. Wesley Room at the Methodist Church from 10.30am to 12noon on Thursday 20th September and 15th November. Only £5 per person (free for carers).

**NEW Information Drop-in:** Chipping Norton Library every 1st Wednesday of the month from 10am to 12pm. First session 5th September.



**Stephen Mott**  
07827 235 450  
[stephenmott@ageukoxfordshire.org.uk](mailto:stephenmott@ageukoxfordshire.org.uk)  
**Sian Whitlock**  
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[sianwhitlock@ageukoxfordshire.org.uk](mailto:sianwhitlock@ageukoxfordshire.org.uk)

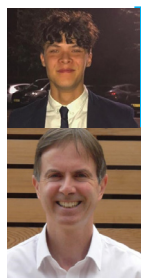
#### NEW Music and Wellbeing Group, Witney:

Dementia friendly and open to all. Upper Hall, High Street Methodist Church on Tuesday 4th September, 2nd October and 4th December from 10.30am to 12pm. £7.50 per person (carers free).

**NEW: IT Gadget Drop-in**, Burford Library: If you have a smart phone, tablet or laptop and would value some advice then why not pop along to one of our free and friendly sessions, no need to book. Every 3rd Thursday of the month from 10am to 12 noon.

## Oxford City

We are really pleased to introduce you to our new team in Oxford City. If you would like them to visit your group then why not get in contact with them to arrange a date? James and Colin are looking forward to working alongside and meeting you all over the coming weeks and months.



**James Dunsby**  
07827 235 438  
[jamesdunsby@ageukoxfordshire.org.uk](mailto:jamesdunsby@ageukoxfordshire.org.uk)  
**Colin Cure**  
07827 235 459  
[colincure@ageukoxfordshire.org.uk](mailto:colincure@ageukoxfordshire.org.uk)

### Information Drop-ins: An opportunity to pop in and ask us about anything and everything

- **Barton Neighbourhood Centre**: every 1st Monday, 10.30am to 12pm
- **Clockhouse, Greater Leys**: every 2nd Monday, 1.30pm to 3pm
- **Donnington Community Centre**: every 2nd Tuesday, 10am to 12pm
- **JR Hospital, Level 2**: Last Tuesday of the month, 11am to 1pm
- **Templars Square, Cowley**: every 2nd Friday, 10.30am to 12pm
- **Wesley Memorial Hall**: every 3rd Wednesday, 10am to 12pm

### IT Classes and Gadget drop-ins: free, regular help sessions, all welcome

- **Barton Neighbourhood Centre**: every Monday, 2.30pm to 4pm (re-starts 3rd September)
- **Bullington Community Centre**: every Tuesday, 10am to 12pm (re-starts 11th September)
- **Littlemore Community Centre**: every Friday, 10am to 12pm (re-starts 14th September)
- **NEW, Lime Walk Methodist Church, Headington**: every 3rd Tuesday 2pm to 4pm

## Cherwell

### NEW Pottery Classes

6 week courses supported by Banbury and Bicester College, only £4 (includes materials and refreshments) suitable for those with a visual impairment

- Banbury: contact Jackie to register your interest for Autumn
- Bicester, the OYAP Studios, OX26 6BB: Starts Friday 21st September, 10.30am-12.30pm. Contact Jackie to book.

**NEW Information Drop-in:** Heyford & Bicester Veterans Group, Heyford Park Community Centre, OX25 5TE: Every 1st Friday of the month, 11am to 1pm

**Pub Lunch Club, Penny Black, Bicester:** A chance to meet and eat in friendly company, every 4th Wednesday of the month from 12.30pm. Pub classics and light-bites available. Prices from £4.39 including soft drink. Please book at least one week in advance by calling Helen on **01235 849434**.

**NEW 'Ready to go boxes':** If you are interested in booking one of our activity boxes please ring Kasia on 07827 235402, for £15 you can access the box and a facilitator for an hour. We have 'Virtual Reality', 'Reminiscence' and 'digital games/ jigsaws' themed boxes available.

### New activities available!



**Troy Bryan**  
07957 981 381  
[troybryan@ageukoxfordshire.org.uk](mailto:troybryan@ageukoxfordshire.org.uk)  
**Libby Griffin**  
07827 235 410  
[libbygriffin@ageukoxfordshire.org.uk](mailto:libbygriffin@ageukoxfordshire.org.uk)  
**Kasia Zielasko**  
[kasiazielasko@ageukoxfordshire.org.uk](mailto:kasiazielasko@ageukoxfordshire.org.uk)  
07827 235 402  
**Jackie Roberts**  
07827 235 408  
[jackieroberts@ageukoxfordshire.org.uk](mailto:jackieroberts@ageukoxfordshire.org.uk)  
**Bec Hoare**  
07827 235 406  
[bechoare@ageukoxfordshire.org.uk](mailto:bechoare@ageukoxfordshire.org.uk)



## NEW Film Clubs

An opportunity to watch a popular film with tea/coffee and cake included, only £3.50:

- Horspath Hub, OX33 1RP: every 2nd Wednesday of the month, 2pm to 4pm.

- Woodcote, Old School House, RG8 OQY: every 4th Wednesday of the month, 2pm to 4pm.

## NEW Pop ups

- Cinema Session at Berinsfield Day Centre: Wednesday 26th September, 10am to 12pm

- Information Drop In, Tiddington: we will be at the Cricket Pavilion on Wednesday 14th November, 10.30am to 12pm



**Kate Hart**  
07827 235 403  
katehart@ageukoxfordshire.org.uk



**Rachel Poole**  
07827 235 460  
rachelpoole@ageukoxfordshire.org.uk

## Changes of time or venue

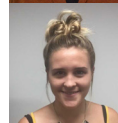
Henley Information Drop In: every 1st Monday of the month, 11am to 12.30pm but now in the Christ Church Centre, RG9 1AG.

Goring Late Spring group: every 2nd and 4th Monday of the month, 10am to 11.30am in the Goring Community Centre, RG8 9AZ.

Cholsey Film Club: every 3rd Tuesday of the month from the new time of 12.45pm to 3pm. Cholsey Day Centre, OX10 9PQ.



**Ann Collins**  
07827 235 440  
anncollins@ageukoxfordshire.org.uk



**Jessica Madge**  
07469 150 669  
jessicamadge@ageukoxfordshire.org.uk

## NEW Prize Bingo Afternoon

Starting on the 26th September and then running every last Wednesday of the month at Lounge area, Mayott House, Ock Street, Abingdon. Bingo starts at 2pm, cost £1.00. Nb: Lunches are served in the onsite 'Poppy Café' from 12noon if you would like to grab a lunch before the bingo starts.

## Restarting - Lunch Club

Oakwood House, Meadowbank, Faringdon, SN7 8DB. These will run bi-monthly on the 3rd Thursday of a month from 12.30pm (20th September, 15th November and 17th January 2019). Only £5 per person for 2 course, home cooked, lunch. Booking essential so please contact Helen on **01235 849 434** by the Monday before to book your place.

## Volunteers needed

As we continue to add new activities to what we offer here in the Vale we are looking to build up our volunteer team too. We currently have the following opportunities:

- **Watchfield Friendly Club:** Watchfield Village Hall, Chapel Hill, High Street, Watchfield, SN6 8TA. Running every 1st Tuesday of the month, 1.30pm to 4pm. Help needed with making teas and coffees and chatting with those attending.

- **Third Thursday Lunch Club, Faringdon:** to help welcome, chat to those attending and even help to prepare the lunch.

- **IT Volunteers** needed for our Botley Barclays sessions (West Way OX2 9LZ): Running every 2nd and 4th Tuesday of the month, 10am to 12pm... could you help with one or other sessions?

Please give Ann or Jessica a ring if you'd be interested in finding out more about what's involved (training and support provided).

## Coping with the winter blues...

Having had the most glorious summer, we all know that the seasons are now on the turn and it won't be long before the nights draw in and the weather turns colder.

For many, winter is a time of the year that is looked forward to and loved as it is a time that conjures up images of curling up in front of an open fire, drinking steaming mugs of hot chocolate, building snowmen or simply knowing that the festive season is not far away.

For those that have lost a loved one, however, the onset of winter can leave us with mixed emotions. On one hand, the desolate landscape that appears around us, the coldness and the 'pause' that nature inflicts for these months seems strangely fitting. It is a time of year that matches the 'mood of grief'. When we have lost a loved one it is normal for us to want the world to stop around us and to an extent this is what we see happening during the winter months and how we are feeling seems 'normal'.

On the other hand with the onset of winter we are faced with shorter days and longer nights, with less people willing to stop and chat for long as it is invariably cold, wet or windy. Family and friends around us begin to look forward to Christmas where there is an emphasis on happiness, fun, laughter and loved ones being together. All of this simply adds to our sense of being alone, isolated and lonely and reminds us that our plans and hopes for the future will not be realised. It can be a very difficult time.

We have a few suggestions that may help you through the fast approaching winter months...

\* Try to make the effort each day to go outside, even just for a little bit. Even on the coldest day with a woolly hat,

scarf and gloves in place, the fresh air and winter sunshine can really make a difference.

\* Take up the offers of friends helping out or popping round for coffee.

\* Try not to cancel plans. Sometimes you have to, because you have woken up to a particularly bad day, but be careful that it doesn't become a pattern.

\* Make a list of people you have lost touch with who you want to reach out to by phone, letter or social media. Why not be brave and ask them to meet you for a coffee?

\* Write a list of indoor projects you want to accomplish this winter to work through.

\* Start a 'positivity jar'. Keep a daily note of something positive that has happened that day, however small, so that you can focus on the good things that still happen.

\* Consider joining a support group such as **Late Spring** so that you can have the support of others who understand.

\* Leave a radio on or your TV on low when you go out so that when you arrive home, even if it's dark, the house isn't silent. Remember to leave the outside light on too!

We all need to remember that throughout the winter months, although everything may look stagnant and bleak, there is actually so much going on under the surface that we can't see as nature is preparing itself ready for spring. Maybe we can take a leaf out of nature's book too?

**If you would like to know more about our Late Spring bereavement groups, please contact Helen on 01235 849 434.**





Pauline (left) and Home Support Worker, Janet

Home Support Options is providing support. This is allowing Pauline to remain both independent and continue to celebrate her later life.

Pauline receives support from four of our services at Age UK Oxfordshire including toe nail cutting, phone friends, generation games and home support options. Janet, our home support worker visits Pauline once a week to help with cleaning, changing the bed, preparing a meal and always a good chat about current affairs. "A delight to support" Janet, describes Pauline as "an easy going lady, friendly and very caring always asking about how Janet is and chatting about the family". Pauline also appreciates the good relationship they have and acknowledges that Janet's help enables her to stay independent, "engaging, cheerful and extremely efficient, she just gets on with things, it's wonderful to have her support".

**"A true community member, Pauline is proof that with help, we can all continue to love later life."**

Feeling at a very low ebb early this year we arranged for Pauline to receive a weekly phone friend's call from our volunteer William, which is another highlight to her week and they have some great chats. In addition, Jane cares for Pauline's feet, providing our Home Support Option's toe-nail cutting service, ensuring Pauline can stay mobile.

Lastly, Pauline has benefited from the Generation Game classes at Preston Road. A true community member, Pauline is proof that with help, we can all continue to love later life.

To find out more about Home Support Options call **0333 577 1044** or visit [www.ageuk.org.uk/oxfordshire/our-services/home\\_support/](http://www.ageuk.org.uk/oxfordshire/our-services/home_support/)

## Community Spirit

By supporting our clients through **Home Support Options**, we get to hear about their lives. FIONA PERKINS, Service Development Manager, finds out more about Pauline's campaign work and love of travel...

Pauline's love of life and family shines through when you meet her. Her beautiful home is full of family photos and stunning art work collected over the years. Formerly a travel tour guide, Pauline has a lifelong passion for visiting overseas. Having a grandfather fond of all things international obviously rubbed off on her and this has now been passed on to Pauline's grandson, who is 1st Class Officer on a private yacht, taking him to destinations all over the world and often calling his grandmother from the far corners of the world for a chat.

After her travel career, with her growing family, Pauline became a home economics teacher, so she could be with her children during the holidays. She then went on to be professional caterer and latterly campaigner for the National Playing Fields Association (NPFA) now Fields in Trust.

I use the term loosely, as "campaigner" doesn't really do justice to the vision that Pauline and friend Jenny had for the

children and teenagers of Wootton and Dry Sandford. Raising a staggering £200,000 to get the project off the ground, Pauline supported by Jenny as treasurer, family members and the local community oversaw the project of building the playfields and wall.

The project was officially opened in 1998 with a celebration attended by the Chairman of the NPFA, and included an English buffet along with delicious menu choices from Chinese and European cuisine to cater for the international guest list. Pauline catered for the event herself and ensured that the celebration was enjoyed by all.

This work to get the centre up and running was voluntary and culminated in recognition from the NPFA and a trip to Buckingham palace to meet HRH the Duke of Edinburgh - Patron for the National Play Fields Association.

Sadly, a widow for 20 years, Pauline lost her husband Bob in 1999, having cared for him for 11 years and is now in a position where

## Welcome!

Winter may seem a long way off, especially with the sun still shining so brightly, but we all know that in the coming weeks the weather will begin to become a little cooler and probably a little wetter as the days begin to shorten and Christmas approaches.

If you are anything like me, you probably won't even be thinking about preparing for the winter weather. It is usually when you go to turn the heating on and find that the radiators stay cold that you then find the local plumber can't get to you for at least 2 weeks, or there is a power cut and you discover that the batteries are flat in your torch...and at that moment you wish you had been a little more prepared!

So, to help us all be as prepared as we can be this year, we have put together this 'Staying Well This Winter' themed, pull-out supplement. It is packed full of helpful information and advice and includes a handy checklist.

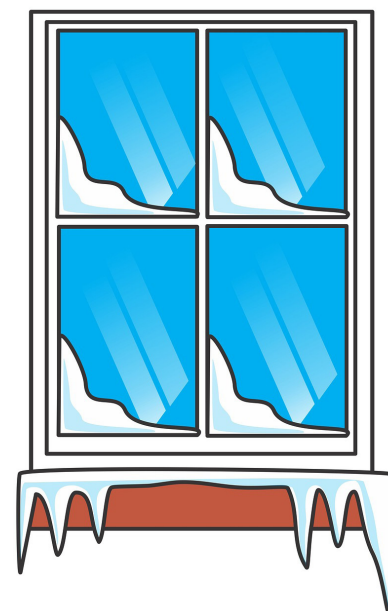
We hope you will find it useful and look forward to sharing 'part 2' with you in our December edition of EngAGE.

Ruth.

Ruth Swift, Head of Community Development



**Keep your bedroom window closed at night when the weather is cold**



If you leave your bedroom window open you're likely to breathe in cold air, which lowers body temperature and raises the risk of chest infections, heart attacks and strokes.

## Useful Phone Numbers



**Power cut?**  
Call 105

**Feeling poorly call NHS**  
111

**Age UK Oxfordshire**  
0345 450 1276

**Oxfordshire County Council**  
0845 050 7666

**Emergency Planning**  
01865 323 765





**Make sure you know where your main stopcock is** and check it is easy to turn. If water pipes freeze they can burst, so you need to be able to turn off the water at the main stopcock. If it is jammed you may need to get it replaced.

**Keep a torch (and spare batteries) handy** in case of a power cut. If possible have one upstairs and one downstairs.



**Have you registered with your FREE Utility Priority Service?** All utility companies (electricity, gas, water) hold a list of customers who, in the event of a utility failure, may need additional support but you need to register with them to be on the list. If you are aged 65+, have a long term health condition or rely on electricity (e.g to keep medicine cool, have home O2 or have a stair lift) then please give your utility company a ring and ask about their priority register.

**Did you know that 18°C is the ideal temperature to keep your bedroom at and 21°C is the ideal temperature to keep your living room at?** Nb: If it would help you to receive a **FREE thermometer** please ring **0345 450 1276** and ask for the 'network' and we will post one to you.



## Boiler tips

- If you have a **gas boiler** you will need a "Gas Safe" registered engineer – you can check or find an engineer by calling **0800 408 5500** or going to: [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk).

- If you have an **oil fired or other fuel boiler**, you can find trusted engineers through the Trading Standards Buy with Confidence scheme: [www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk).

- **Consider having an emergency source of heat**, such as a small plug in radiator, in case your boiler breaks and it is difficult to get a plumber quickly.

- If you have a **condensing boiler** and the drainage pipes have frozen before, take the opportunity to speak to your engineer about ways to prevent this in future – they may be able to fit some insulation to help reduce the problem.

- **Bleed your radiators** (this means using a 'key' to let the air out from the top), to help them work more effectively. If you're not sure how, there are plenty of demonstration videos online or your heating engineer can show you after they've done your service.

**WILTSHIRE**

EST. **FARM** 1991

**FOODS**

**The Scouts motto is "Be prepared" so why not keep your freezer stocked this winter with some of Wiltshire Farm Foods meals?**

Wiltshire Farm Foods have been delivering their food throughout Oxfordshire to thousands of satisfied customers. They are launching their New Autumn/Winter brochure 2018/2019 and continue to help support people in their own homes by providing ready to cook frozen meals. It is very easy, straight from the freezer into the microwave and onto your plate. Hardly any washing up and no need to spend time preparing vegetables or worrying about portions sizes, they've done it for you. You don't have to pierce the lids either! If the weather is bad and you can't get out or you're feeling a bit under the weather, you will always have something to eat. There are over 300 dishes of wholesome meals to keep you nourished and warm. Stay well and eat well, nutrition plays a vital role in keeping us all healthy.

The DBS checked drivers will always put the delivery away in the freezer for you. There is no contract to sign and no minimum order, So choose from our selection of over 300 tasty dishes, please call their friendly office team on **01993 868 810** for a copy of our new autumn and winter brochure. Or order online at [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com).

## Benefit check tips

1

Many welfare benefits are **means-tested** (based on your income and savings) so before setting out to get a benefit check, gather up to date information on your income and savings. If you have a partner, you will need their information too.

2

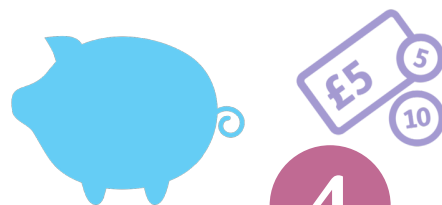
You can get a **benefit check** by contacting your local advice agency, Citizen's Advice or Age UK Oxfordshire. There are also many easy to use calculators online (e.g. <https://benefitscheck.ageuk.org.uk>). Be aware that the calculators are not suitable for all circumstances e.g. people in residential care or those living outside the UK.

3

There are other entitlements that are not dependent on your income. You may be able to get **Attendance Allowance, Disability Living Allowance or Personal Independence Payment** if you struggle due to an illness or disability. NB: There are slightly different eligibility criteria for each and you can only get one at a time.

4

Check that you're not missing out on a **Council Tax discount** by counting the number of adults in your household. You should miss out anyone who has a significant cognitive impairment and anyone who cares for someone who is not his or her spouse/partner. If you get a total of 1 or less, then speak to an advice agency or your district council.



Better Housing  
Better Health

## Take advice on better insulating your home

In order to ensure you stay warm and well in your home this winter a key area to address is insulating your property sufficiently. 35% of heat can be lost through uninsulated walls and a further 25% escapes through lofts and roofs/ Insulation helps to keep your house warmer for longer during the winter months and cooler during the summer months meaning you spend less money on energy bills.

It's not always easy to know who you can trust and where to turn when seeking assistance on upgrading your property. That's why your Local Authority and County Council have commissioned the 'Better Housing Better Health' service; a **one-stop-shop for all of your home energy needs**. The service provides expert advice and access to a host of support schemes. Surveys and home energy assessments are available free of charge and in many cases grants are available to help you with the cost of the works.

To find out more why not give their team a call on **0800 107 0044**.





A home fire safety visit to provide advice and fit smoke alarms where necessary. Each visit is tailored to your needs.

#### Who carries out the visit?

Fightfighters or a member of the specialist Fire and Rescue Home and Community Safety team.

#### How do I request a visit?

To arrange a Safe & Well visit please call **08000 325 999** or visit our website **www.365alive.co.uk**

#### Where can I find further information?

For further information on Safe and Well visits and other Community Safety advice please visit **www.365alive.co.uk**



## HOW SAFE IS YOUR ELECTRIC BLANKET?

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

**FREE**

#### OCTOBER 2018

Monday	1st	Oxford
Tuesday	2nd	Banbury
Wednesday	3rd	Thame
Thursday	4th	Witney
Friday	5th	Abingdon

Monday	15th	Oxford
Tuesday	16th	Bicester
Wednesday	17th	Didcot
Thursday	18th	Chipping Norton
Friday	19th	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)

## STOPPING SMOKING **NHS**

### WHAT CAN I DO?

To quit successfully



#### Contact Smokefree services

You are more than 4 times more likely to be successful with support. Locally services offer: one to one, group, online or text support.



#### Download the Smokefree app

From the One You website:  
[www.nhs.uk/oneyou/apps#row-180#LRsRIW7XCMIV/KLKp.97](http://www.nhs.uk/oneyou/apps#row-180#LRsRIW7XCMIV/KLKp.97)



#### Use nicotine replacement products

Nicotine gum, patches and e-cigarettes.



#### E-cigarettes

Find out more about e-cigarettes [www.nhs.uk/smokefree/help-and-advice/e-cigarettes](http://www.nhs.uk/smokefree/help-and-advice/e-cigarettes) These are better for you than smoking, although the risks have not been fully assessed.



#### Talk to family and friends and ask them to support you.



Community  
Information  
Network

# A message of HOPE

Pete Fletcher has proved that new skills can be learnt after a dementia diagnosis...

Pete Fletcher was first taught to draw by his father when he was a child, but when his father suddenly died when he was 8 years old, Pete didn't paint again.

The next time Pete picked up a paintbrush was in 2015 - 3 years after his diagnosis of Frontotemporal Dementia. Pete was encouraged by the staff who ran his local day centre after showing great talent in one of their painting sessions.

Now, Pete paints everyday and has a portfolio of impressive landscape watercolour pieces.

Pete receives support from Age UK Oxfordshire's Dementia Advisors. During Dementia Action Week (19th-26th May 2018), Pete's work was part of an exhibition at The Corn Exchange in Witney.



Artwork painted by Pete Fletcher





# Fundraising News

**DEADLINE**  
Please send your knitted hats anytime up to July 2019!



## The Big Knit: how to get involved

The Big Knit is back! Last year we raised an incredible £6,367.25 after 25,469 hats were knitted. This year, we want to do the same with a target of 25,469 knitted hats.

All money raised goes to Age UK Oxfordshire's Information and Advice helpline. This helpline answers over 4,500 enquiries a year on a vast range of subjects, including staying independent at home, social and leisure opportunities, legal issues, financial issues, housing, care homes, being a carer - and much more.

Knitting patterns can be found at [www.thebigknit.co.uk/knitting-patterns](http://www.thebigknit.co.uk/knitting-patterns). Please drop by or send your creations to:

**The Big Knit**  
Age UK Oxfordshire  
9 Napier Court  
Barton Lane  
Abingdon  
OX14 3YT

Please include your name and address so we know who to thank! For further information about the Big Knit please contact Sophie Dyer on [sophiedyer@ageukoxfordshire.org.uk](mailto:sophiedyer@ageukoxfordshire.org.uk)

## Big thank you to Didcot Girls' School!

Thank you to Faith, Banita and Katie (not pictured) for their fantastic fundraising efforts as part of the Didcot Girls' School First Give. They raised an amazing total of £292.99. Well done!



Thank you to Marilyn and the Shivenham community who knitted a whopping 1700 hats!



## Paws 4 Footcare Charity Dog Walk



Come and join us at our **charity dog walk** on **Sunday 7th October at Rye Farm Meadows, Abingdon, OX14 3HY at 10.00am** to help raise money to support our foot care service. Nail cutting is more than just making sure our clients' nails are trimmed, but also helps with balance and helping them to stay mobile and independent.

We also realise the importance of keeping your four legged friends' claws clipped and so we thought what better way than to combine the two!

There will be an admission fee of £5.00 per dog and each dog will receive a goody bag containing treats and much more! There will also be lots of entertainment including a raffle, cake stalls, fun games and the chance to have your dog's nails clipped by a fully trained and qualified dog groomer.

All money raised will go towards helping us fund this fantastic service. If you are interested in this event please contact us on **0333 577 1044**.



## Saye and Sele Arms Fundraiser

Nicola Luxton and Jane Proberts, Dementia Advisers, recently had the pleasure of collecting a special cheque for £1,700, on behalf of Dementia Oxfordshire. Our sincere thanks goes to Danny and Liz for their hospitality and generosity at the Saye and Sele Arms, and to Brian and Shelia, the quizmasters, and teams for their wonderful fundraising. Thank you all so much!

## Nielsen Day 2018

Each year the Nielsen team commit themselves to their local communities by donating time, skills and expertise in the form of Nielsen Global Impact Day (NGID).

This year we were incredibly lucky to have an afternoon workshop hosted at the Nielsen Oxford UK Headquarters that gave our Senior Management team an opportunity to process some of our strategic aims together. We are hugely grateful to Nielsen for this precious time.

If you know a local organisation that could offer their time, expertise or perhaps are interested in supporting local older people and carers, please feel free to discuss with Mel Paterson on **07464 498 330** or email [fundraising@ageukoxfordshire.org.uk](mailto:fundraising@ageukoxfordshire.org.uk).





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

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.

- ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS  
EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS
- LONGER NIGHTS  
NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON  
SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES

### Information request form

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

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

Address.....

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

Email address.....

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

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

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

# Puzzles

Solutions can be found on page 22

## Wordsearch

L O N G E R N I G H T S N A A U C N  
T O R U E S T U N Y R O K C I H R I  
M S O A Y Q E N I S I A O T R W O K  
R C Y H N E U V S T E R F H E O P P  
C E A A C G K I A S N O A A B R S M  
K N D N D S E R N E D S R N M C O U  
S C Y L N R G L U O L P M K E E C P  
Q R A K E I E R E T X G I S V R T S  
U Y D T M A N T S A E F N G O A O E  
A D Y D S I V G R T V S G I N C B P  
S N R N G Y W E H O E E N V W S E T  
H I E L P P A E S P H A S I V O R E  
B W T Y L L I H C T E S P N R F L M  
F T S E V R A H Y E L O I G C R E B  
A A U H A L L O W E E N E F I O S E  
A F L S E V A E L W O L L E Y S L R  
L O B L W E C H E S T N U T S T R D



## Play So Charitable Lottery and Support our Cause!

- 60% of tickets sold goes to good causes in South Oxfordshire District
- Win prizes of up to £25,000!
- Tickets only cost £1 per week!
- Buy your tickets from our page and we get 50%
- Anyone in the UK can play!

To start supporting, visit:

[www.socharitable.co.uk](http://www.socharitable.co.uk)

and search for: **Age UK Oxfordshire**

Supporters must be 16 years of age or older





# National Carers Rights Day 6th Annual “Caring Matters” Conference

Friday 30th November 2018  
9.30am registration 10.00am-16.00pm

If caring matters to you this conference is a must attend for both professionals and carers.

Guest speakers including;  
Alison Murdoch, author and media contributor  
Eddie McDowell, Oxfordshire Association of Care Providers

**Dignity in Care Awards presented  
by Paul Mayhew-Archer**

**Workshops including;**  
Welfare Benefit advice,  
Self-care Workshop with Sue Leslie  
Singing

**Venue: Kings Centre, Osney Mead, Oxford,  
OX2 0ES**

If you would like to order tickets for this event please visit  
[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk) booking open from 1st October  
Or email [conference@carersoxfordshire.org.uk](mailto:conference@carersoxfordshire.org.uk)  
01235 520463

## Tracey Desmond

**Marketing and Fundraising Officer  
at Carers Oxfordshire**

**60  
SECONDS  
with...**

**How long have you been in your role?**

3 years and 3 months

**What's the most rewarding thing about your job?**

I love seeing the unpaid carers at our annual conference enjoying the day and seeing my months of planning come together

**What is one of the biggest challenges of your role?**

Trying to get companies to help with our fundraising

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

Dominican Republic because of the culture and the fantastic horse riding on the beach

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

Channing Tatum, David Jason and Paul O'Grady

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

A paramedic

**Tell us something that might surprise us about you**

I have seen every episode of Only Fools and Horses at least 5 times

**How do you spend your free time?**

With my family and 3 dogs

**If you won the lottery, what would you do?**

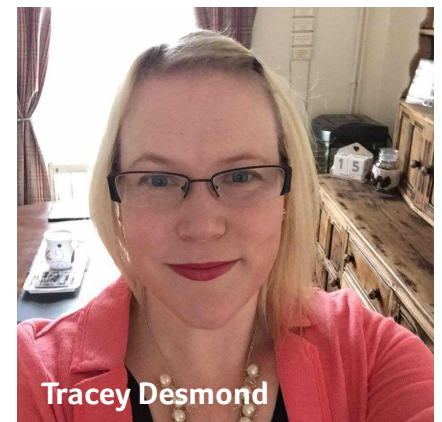
Buy a farmhouse in a remote area of Spain and run a dog sanctuary

**How would your friends describe you?**

Organised, fun and lacks common sense!

**What TV show or movie do you refuse to watch?**

Star Wars



Tracey Desmond

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

My mobile phone



### Christmas Tree Festival 2018 4th-8th December 10am-4pm

Come and visit the Abingdon Community Free space in Abingdon precinct filled with Christmas trees and decorations all decorated by local communities and businesses. We will be asking local businesses and community projects to sponsor and decorate a Christmas tree. Vote for your favourite tree only £1.00 per entry.

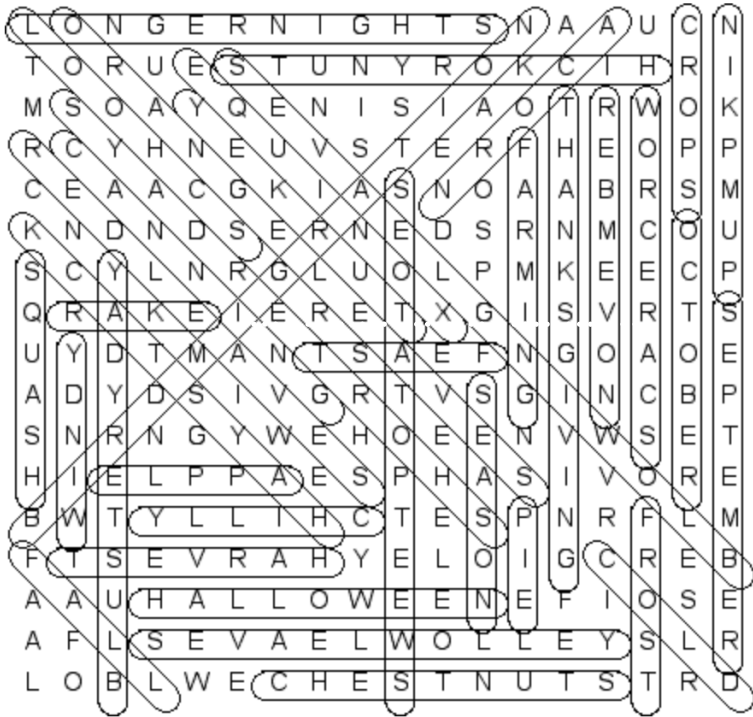
You can also be part of our memorial Christmas tree, add your own ornament or use one of ours to remember a loved one £2.00 per decoration.

For further details please call 01235 520 463 or email [traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk)



Puzzle answers

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



2018

Nominations now OPEN!

Celebrating outstanding care in Oxfordshire

Nominations close 15th October 2018

DC Dignity in Care AWARDS 2018



#DCAwards2018

Award Categories

- 1. Leadership in dignity in care**  
Someone who leads a care team or service, who has shown a strong personal commitment to the dignity and respect with which their services users and staff are treated
- 2. A care or support setting or service**  
A place or service where care or support is given where there is a strong emphasis on dignity
- 3. Care or support staff**  
Staff who go the extra mile in making someone feel they have dignity and to ensure they are treated with care and compassion
- 4. Compassionate communicator**  
A health worker or a care worker who has shown excellent, friendly, communication skills
- 5. Inspiration Award**  
An organisation or business (not a health or care agency) that inspires others with its high standards of care and compassion, such as a hair dressers, shop or library, that goes out of its way to assist individuals who need extra support in their daily life
- 6. An unpaid carer or a volunteer worker**  
Someone who gives their time, energy and skill to ensure that people have a better experience of care and support and feel that they matter
- 7. 'Josie's Award'**  
Josie Smith was a remarkable force for good in the lives of people around her, and especially in the lives of people who needed care and support: an unstoppable influence for the better. We want to celebrate an individual of any kind who in some way is making an exceptional difference to dignity in care

The Dignity in Care Awards has been running in its present form since 2012 and is led by Age UK Oxfordshire and Action for Carers Oxfordshire.

We want to spotlight your experiences of outstanding care in Oxfordshire. The awards recognise and celebrate local individuals, care services and organisations who have gone the extra mile in delivering real dignity in care.

There are three ways you can make a nomination:

- 1** Cut off the attached nomination form from the backpage of this magazine and post to the address provided
- 2** Make a nomination via email by downloading a nomination form from our website (details overleaf)
- 3** Fill out an online nomination form on our website (details overleaf)

The awards ceremony will be held on the 30th November 2018 alongside the Carers Conference at the King's Centre

The Age of Creativity Festival is back!

The Age of Creativity is in the final stages of organising its second Festival, celebrating creative older audiences, participants, volunteers and artists. It runs from 1 – 14 October, with events all over England, with many in Oxfordshire. The programme has plenty of opportunities for older people to engage with the creative arts which represent every taste and style. It is a perfect opportunity to get involved whether you have experience or not, to find if you enjoy it and benefit from being with a group of like-minded people.

The festival will include a vast variety of events to entertain, learn and participate in. There are opportunities to join in dance, song, drama, reminiscing and arts and crafts.

If you are interested in seeing what's going on in your area you can go to [www.voluntaryarts.org/age-of-creativity-festival](http://www.voluntaryarts.org/age-of-creativity-festival) where all will be revealed.





Please return the completed form to **DC Awards, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, Oxfordshire, OX14 3YT**

## The nominee

Name of person or service you are nominating:

Full address:

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 on a **separate page**.

## Your details

Full name:

Full address:

Phone number:

Email address:

Relationship to the person or service you are nominating:

## Person who supports your nomination

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

Full name

Phone number:

Email address:

Relationship to the person or service being nominated:

## Rules of entry

- Please only submit a maximum of 300 words for your supporting statement.
- The awards are open to all people aged 18+, places, agencies and initiatives in Oxfordshire.
- All entries are treated confidentially.
- Entries will be judged by a panel of reputable, independent and impartial adjudicators.
- Entries will not be returned.
- Entries can be made by post, email or online.
- No entries will be accepted after the closing date on the 15th October 2018.
- Award winners will be notified and invited to the awards ceremony which takes place on the 30th November 2018. If you have not been notified by the 10th November, please accept this as notice that your nomination has not been taken forward on this occasion.

\*An independent third party reference is required to support your nomination and supporting statement. This independent person cannot be a colleague in the same organisation.

## Contact us

For more information on the Dignity in Care Awards please get in touch:



Call us on **07827 235 405**



Email **dignityincare@ageukoxfordshire.org.uk**



Visit our website **www.ageuk.org.uk/oxfordshire**



## No one should be alone on Christmas Day

If you are wondering what to do on Christmas Day we would recommend visiting the Community Christmas website for details of Christmas meals locally, some areas will also offer transport assistance. Visit: [www.communitychristmas.org.uk](http://www.communitychristmas.org.uk) or phone **0800 063 9285**

Why not take a look at Oxfordshire County Council's Live Well Oxfordshire site? <https://livewell.oxfordshire.gov.uk>

It has information to help you to find your own way to meet any needs for support and care and for you, or a loved one, to lead the lives that you want.



Fancy joining a coffee morning, exercise class or social group?

To see what's already happening locally please visit the Community Information Network Directory, an online search tool showcasing a wide variety of activities across Oxfordshire: [www.communitynetworkdirectory.org.uk](http://www.communitynetworkdirectory.org.uk)

If you are not online you can contact **0345 450 1276** and ask to speak to the network.

### Bath Christmas Market Coach Trip



Thursday 29<sup>th</sup> November 2018



**£15.50 per person**

**Price covers return coach transportation with Bakers Coaches**

- Pick up around 9am, departure at 4pm
- Pick up points are subject to change depending on final numbers booked

Chipping Norton & Witney  
Abingdon & Didcot  
Thornhill Park & Ride (bus stop outside), Kidlington & St Giles, Oxford  
Banbury & Bicester

- We will reconfirm the arrangements before departure

To book your seat call **Helen on 01235 849 434** or email her [helensollis@ageukoxfordshire.org.uk](mailto:helensollis@ageukoxfordshire.org.uk)

Payment can be made by BACS or via cheque  
Cheques to be made payable to 'Age UK Oxfordshire' and posted to:

Age UK Oxfordshire C/O Helen Sollis, 9 Napier Court, Barton Lane Abingdon, OX14 3YT

**Nb:** Seats will only be confirmed on receipt of payment in full, in advance.  
The cost of this trip is non-refundable unless we are able to fill your seat



# STAYING WELL THIS WINTER



## Checklist

Have a look at our handy checklist to help ensure you are staying well this winter:

### September

- ☐ Book your boiler service
- ☐ Get support with giving up smoking: why not speak to your GP, pharmacist, family or friends to let them know you want to?
- ☐ If you have an electric blanket(s) book to have it tested (see p14)
- ☐ Write a list of urgent and emergency numbers and keep it by your phone (see p11)

### October

- ☐ Check whether you are claiming all the financial support you are entitled to
- ☐ Check your smoke alarm is working
- ☐ If you have an open fire/woodburner book to have your chimney swept: did you know that a carbon monoxide alarm only costs approx £10 and can be bought locally?
- ☐ Take advice on how to better insulate your home: insulation is a bit like a Thermos - it keeps warm things warm and cool things cool so you will feel the benefits all year round (see p13)

### November

- ☐ Book your flu jab: if getting to your GP surgery/pharmacist is difficult for you why not ask your local Good Neighbour Scheme for help?
- ☐ Have 2 torches and spare batteries: one set upstairs, one set downstairs
- ☐ Find out where your stopcock is situated and check if it can be turned easily
- ☐ Remember to close your bedroom window at night

### December

- ☐ Ensure you have five ready meals in the freezer: did you know that you can also freeze milk and bread?
- ☐ Order repeat prescriptions to cover the Christmas/new Year period and keep a stock of simple cold, flu and sore throat remedies in the house
- ☐ Have you registered with your utility provider's Priority Service? (see p12)
- ☐ Book your Christmas activities



# Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAY WELL  
THIS WINTER**



## How your local Good Neighbour Schemes can help you

Your local Good Neighbour Scheme is run by a team of volunteers who live in your local community and can help in a variety of ways...

- **Help with transport** - some schemes will ONLY offer this to help you get to a medical appointment but some will also offer support for other trips
- **Help with food shopping**
- **Help with small tasks around the house or garden** such as mowing the lawn, helping with washing, paperwork, simple DIY jobs etc.
- **Befriending** – regular visits for companionship or going out together for a coffee.

To find out if you have a Good Neighbour Scheme in your local community you can use the Community Network Directory, an online search tool showcasing a wide variety of activities, support and opportunities that exist throughout Oxfordshire.

You can access this directory by visiting <http://www.communitynetworkdirectory.org.uk>. Or, you can contact the Age UK Oxfordshire office on **0345 450 1276** and **ask to speak to the network** and we will send you the details by post.

