

EngAGE



**FREE adult learning
courses**

NEW Coach Trips

**Visit one of our exercise
classes - page 14**

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

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

Sign up today!

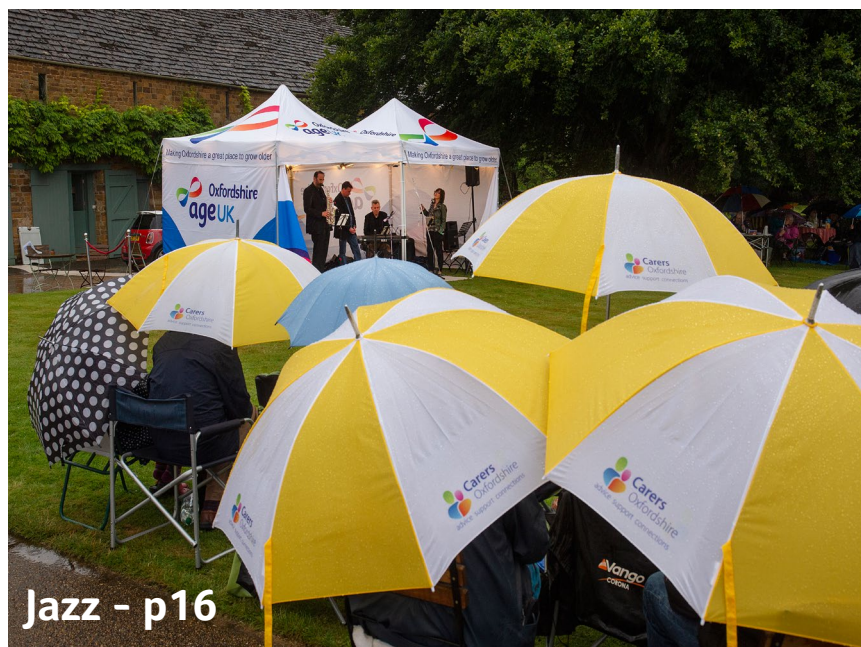
Did you know it's completely **free** to get EngAGE delivered to your door, four times a year? Call 0345 450 1276 to sign up.

Or if you would prefer to receive an online copy by email, please contact the editor.

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www.ageuk.org.uk/oxfordshire



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



Foreword from the Chief Executive

We still have a lot to do to improve 'how we age'. We know from research that lower expectations of later life are linked to significantly poorer health and we are keen to change this. According to a new report from SunLife, one of the challenges we all face is the negative perception of age and ageing. Carol Vordeman, who was involved in this research, commented: "The report shows that we're bombarded with phrases and behaviours which imply that life after 50 must be awful and that it's 'downhill all the way'. That just isn't true, but this nonsensical school of thought will continue unless we raise the profile of the impact this type of language can have." Our new campaign for the next year at Age UK Oxfordshire is all about **positive ageing**.

"Ageing is inevitable, but how we age is not"

The thought provoking quote (highlighted above) is from the 'State of Ageing 2019' report. Anna Dixon, Chief Executive of the Centre for Ageing Better, who produce the annual state of ageing report, will be the keynote speaker at our **AGM on 1st November**, focussing on how we can make Oxfordshire more age-friendly and improve our experience of growing older in the county. Anna is a great speaker - please do come along if you can.

To find out more about the AGM either email kerrytuson@ageukoxfordshire.org.uk or go to **our website**.

Let's talk Loneliness: unlocking the power of communities

Two years ago, we 'Started a Conversation' about loneliness in Oxfordshire, at one of a series of events around the country that contributed to the Jo Cox Commission. Since then, a lot has happened - the commission reported, there has been much more national focus on loneliness - and many of the pledges made when we started that conversation in 2017 have been acted on.

One of those pledges was to bring people together again to continue the conversation and we shall be doing this at an event on **8th October from 10.30 - 5.00pm at the Kings Centre, Oxford: 'Let's talk Loneliness: unlocking the power of communities'**.

This time, we are working with Oxfordshire Youth, Oxfordshire Mind and others to reflect the fact that we experience loneliness at **all ages**. Our focus will be on the many initiatives, nationally and locally, which address loneliness: lots of ideas - some old, some new - to get us thinking and, more importantly, taking action.

The National Lottery Community Fund have recently published an excellent report, 'Bringing People Together' and we are fortunate to have Zoe Anderson, one of the authors of the report, joining us as keynote speaker on the day. There will also be lots of workshops, packed full of ideas, and 50 or so stands in the 'Bringing People Together' marketplace.



We'll also be using the event to launch some new local initiatives.

If you would like to join us on 8th October, please book [HERE](#), call **01235 849 410** or email admin@ageukoxfordshire.org.uk

Penny Thewlis
Chief Executive



News Bites

CALLING ALL RECYCLERS

For the last few months we have been a Terracycle collector. Terracycle offer free recycling programmes funded by brands, manufacturers and retailers around the world to help collect and recycle hard-to-recycle waste.

We have joined the Colgate Oral Care scheme. You can drop off your oral care waste (any brand) at our head office in Abingdon during office hours. A full list of what is accepted is available on the Terracycle website or at the office.



We are very pleased to be working with Bath Street Dental Practice in Abingdon who are also collecting on our behalf. Each delivery to Terracycle will not only reduce what goes into landfill but Age UK Oxfordshire receives points which can be turned into a cash donation for the charity. Please help us to spread the word and bring us your brushes!



Age UK welcomes Nationwide

In June we welcomed James and Jamie from Nationwide to receive a grant cheque that supports our Homeshare project



On Sunday 14th July the clock was turned back to 1919, when a procession led by the High Steward marched through Banbury to open the People's Park.

One hundred years on a similar procession led by current High Steward Sir Tony Baldry got the centenary celebrations underway.

The Age UK Oxfordshire team were there to promote Age Friendly Banbury alongside our usual range of services.

Age Friendly Banbury at the People's Park



PAWS for FOOTCARE Charity Dog Walk

SUNDAY 22ND SEPTEMBER

TILSLEY PARK

10am-12pm

Walk approx. 1 hour
&
Puppy walk 20 mins

FREE PARKING
Tilsley Park
Dunmore Road
Abingdon
OX14 1PU

Join us to help raise money for our footcare service, which offers basic toe nail cutting to older people who struggle to cut their own nails.

Entry: £5.00

To enter go to www.trybooking.co.uk and search PAWS FOR FOOTCARE
Lots of fun games, raffle, cake and much

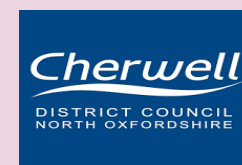
BY KIND PERMISSION OF ABINGDON SCHOOL ENTERPRISES LTD

#LoveLaterLife

Registered charity number 1091529

We are delighted to announce that once again we are going to be working in partnership with Cherwell District Council to deliver another **Age Friendly Creative Pop-Up** event as part of the Bicester Festival Fringe on 19th & 20th September in Bicester Library and in the heart of the Festival in Bicester market on 21st September.

The aim of the pop up is to showcase the age friendly creative offer in Bicester and develop new activities and partnerships. Anyone based in Bicester who would like to know more about this project or be involved, for example to deliver an age friendly creative taster session during the pop up, please contact us via email: helenfountain@ageukoxfordshire.org.uk

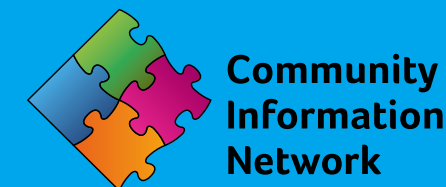


Blue Badge services

Applying for a blue badge from Oxfordshire County Council is now online and over the phone only. We would like to raise people's awareness of a service for those with a terminal diagnosis (with a prognosis of 12 months or less) to be fast-tracked for a blue badge, using a form provided by their health professional and sent directly to the county council. If you would like more information please speak to your health professional or call our helpline on 0345 450 1276



Community Information Network



Community
Information
Network



Working in partnership with Witney and Abingdon College and Oxfordshire Adult Learning we are very excited to launch a new suite of FREE classes, across Oxfordshire, designed just for you and starting in the autumn.

Your Time to Shine will offer you the opportunity to do a class (or two or three) on a range of topics including 'cooking for me, myself and I', 'confidently managing my Money', 'mindfulness' to 'photography', 'manual handling' and 'first aid at home'.

These classes are open to all and if you would like to find out more please contact us on **01235 849 434**, email us at network@ageukoxfordshire.org.uk or visit the Witney and Abingdon College website <http://www.abingdon-witney.ac.uk/courses/>



Calling all Men!

The University of Bristol have published research focussed on older men's experiences of loneliness and social isolation.

We are really interested in hearing your thoughts and views about how you have dealt with loneliness here in Oxfordshire.

Take a look at Age UK's website for more information
www.ageuk.org.uk/men-and-loneliness

Or contact Stephen on 07827 235 450 or Rachel on 07827 235 420 to let them know what you think.



Looking ahead

Tour and Afternoon Tea at Christchurch

Monday 14th October at 3.30pm

A rare opportunity to have a guided tour of Christchurch Cathedral Oxford followed by afternoon tea served in the Great Hall of Christchurch College. Only £10 per head

BOOKING ESSENTIAL

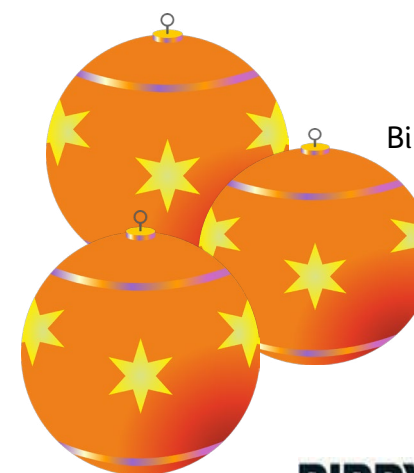
Phone Age UK Oxfordshire on **01235 849 434** to book your place



Ron's Christmas Lunch Thursday 5th December 2019

Bibby's Financial Services, Banbury are delighted to invite you to join them at a FREE 2 course Christmas meal, drinks and entertainment.

Thursday 5th December 2019, from 12.30pm



An opportunity to dress up in your finery and be spoilt - Christmas magic galore!

Transport can be provided if required, please indicate if you would like this when booking your place.



Venue: 1807 Restaurant, Bibby Financial Services Ltd, Pembroke House, Banbury Business Park, Aynho Road, Adderbury, OX17 3NS

Christmas Lunch at the Jam Factory

The Jam Factory are once again opening their doors to local older people to join them in a **FREE** two-course Christmas meal.

Sunday 24th November 2019, doors open from 12noon



Booking for all of these events is ESSENTIAL as places are limited. Please call 01235 849 434 for more information or to book your space.



Are you looking for an opportunity to really make a difference?

Supported by the Big Lottery Community Fund we have launched a new volunteering opportunity here in Oxfordshire. Working alongside our community team you will be linked

with a local person who may need a little extra support to help them retain/regain their independence and 'live life to the full.'

From re-building confidence, learning a new skill or supporting them to meet new people. This opportunity will help make a real difference. It will be:

- Time limited (2 – 8 week commitment)
- Goal-based (you will have an agreed outcome towards which you are both working)
- Enabling

To find out more or to join our team please phone: 01235 849 434 or email: network@ageukoxfordshire.org.uk





Coach Trips

Waddesdon Manor (including a tour of the venue and a Christmas market)

When: Wednesday 20th November 2019

Timings: Pick up 12noon and 6.30pm departure

Cost: Return trip from Oxfordshire and admission to Waddesdon Manor £36.00 per person, £20 for those with National Trust Membership (cards must be shown on the day)



Windsor Castle

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

When: Tuesday 24th Sept 2019

Timings: Pick up 9am and 4.00pm departure

Cost: Return trip from Oxfordshire to Windsor Castle £16 per person



If you would like to know more about all that we offer here in Oxfordshire why not contact us to receive your FREE copy of our latest Community Link Newsletter.

Phone us on **01235 849 434**

email us at **network@ageukoxfordshire.org.uk**

or pick up your copy from one of our community team



Jam packed with activities, opportunities and useful contact details for information and support it is a real 'must have'.

Get in touch

Cherwell

- **Troy Bryan** 07957 981 381
troybryan@ageukoxfordshire.org.uk
- **Jackie Roberts** 07827 235 408
jackieroberts@ageukoxfordshire.org.uk

West Oxfordshire

- **Stephen Mott** 07827 235 450
stephenmott@ageukoxfordshire.org.uk
- **Sian Whitlock** 07827 235 448
sianwhitlock@ageukoxfordshire.org.uk
- **Sue Richmond** 07827 235 414
suerichmond@ageukoxfordshire.org.uk

South Oxfordshire Team

- **Kate Hart** 07827 235 403
katehart@ageukoxfordshire.org.uk
- **Rachel Poole** 07827 235 460
rachelpoole@ageukoxfordshire.org.uk
- **Lucy Ryan** 07964 038 813
lucyryan@ageukoxfordshire.org.uk
- **Rachel Downey** 07827 235 420
racheldowney@ageukoxfordshire.org.uk
- **Kate Hampton** 07827 235 437
katehampton@ageukoxfordshire.org.uk

Vale

- **Ann Collins** 07827 235 440
anncollins@ageukoxfordshire.org.uk
- **Nicola Luxton** 07827 235 424
nicolaluxton@ageukoxfordshire.org.uk
- **Linda Chillmaid** 07827 235 423
lindachillmaid@ageukoxfordshire.org.uk

Oxford City

- **Suzanna Tomlin** 07827 235 409
suzannatomin@ageukoxfordshire.org.uk
- **Colin Cure** 07827 235 459
colincure@ageukoxfordshire.org.uk
- **David Garces** 07827 235 432
davidgarces@ageukoxfordshire.org.uk

What's the number?

How to look up a telephone number now that there are so few phone books available

As lots of services move online, the printed word feels like it is disappearing. BT still currently provide printed phone books but only for their direct customers and since January 2019 Yellow Pages is now an online only service. So what are your options for finding a phone number?

Historically, using "118" style directory enquiry services could be very expensive – some were charging over £15 for one call. Ofcom have now intervened and since April 2019 they have enforced a cap for charges at £3.65 per 90 sec call (though some charge less than this). However, this will not protect you from additional charges if you ask the operator to connect the call for you (rather than jotting down the number and re-dialling yourself).

So what options do you have if you can't use a phone book or write down a number? We checked with the top 4 landline phone service providers (BT, Sky, TalkTalk and Virgin) and all provide free Directory Enquiry services to anyone who cannot use a printed directory due to impairment, illness or disability. You will be sent an application form, which will need to be countersigned by a health professional such as your GP. Each provider has slightly different rules:

- **BT** Apply by calling 0800 587 0195 (9am – 4pm M-F). You'll get free enquiries and also connection to the number. The connected call will then be charged according to your normal tariff or billing plan.
- **Sky** Apply by calling 0344 241 0333 (8am – 10pm daily). You'll get free enquiries and also connection to the number. The connected call will then be charged according to your normal tariff or billing plan.
- **TalkTalk** Apply by calling 0800 587 0195 (9am – 4pm M-F). You'll get free enquiries and also connection to the number (TalkTalk use the BT registration system). The connected call will then be charged according to your normal tariff or billing plan.
- **Virgin** Apply by calling 150 (8am – 8pm daily) to register for accessibility services. You'll get 10 free enquiries per day but connection costs a small fee. The connected call will then be charged according to your normal tariff or billing plan.

If you have a different provider, check with them directly as they should have accessibility options for disabled people.



Dementia Oxfordshire

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

Dementia Action Week

The Dementia Oxfordshire team were actively involved in Dementia Action Week, 20th - 26th May 2019. The aim of this national initiative is raising the awareness of dementia and motivating others to take action to improve the lives of people living with dementia.

During the week the Dementia Oxfordshire team hosted and supported numerous events across Oxfordshire. The team were able to answer questions, offer advice and signpost to appropriate local support services. Venues ranged from garden parties and pop up stands in libraries, shopping centres, village markets and supermarkets to some more unique events.



Thank you to Penhurst Gardens Memory Cafe for the donation



In a local care home a Sensory and Attachment event was held. The star attraction was Paro; a therapeutic robotic seal. Everyone enjoyed having a cuddle and stroking the very cute and realistic harp seal, which is designed to have a calming effect and stimulate individuals living with dementia.

Another example was a tea shop with an opportunity to explore how the five senses contribute to living with dementia, whilst enjoying live French cafe music and aromatherapy.



At an event in Abingdon marketplace, the Town Crier did a very good (and very loud) job of introducing an event, where Gilly from Dementia Oxfordshire held an information stand.

CHALLENGE YOURSELF LIKE AMY



Amy Platt cycled to support Dementia Oxfordshire on a hot and sunny Sunday in July at the Broughton Castle Sportive event. Amy, together with support from her family Liz and John Beadle, amazingly raised over £700 for Dementia Oxfordshire. The challenging 50 mile ride started in the grounds of the castle and then combined more challenging and often hilly terrain around the Banbury countryside.

After the event Amy commented "I absolutely loved it although the hills were hard!! My head wanted to do it all again, my body said no."

2019 Charity Golf Day



When you commit to putting on an outdoor event six months ahead, you can only pray for fine weather. I think someone in the team must have sore knees, because on 24th May 2019 the day dawned bright, with a few wispy white clouds to moderate the heat.

The occasion was the annual Age UK Oxfordshire and Action for Carers Golf Day, held at the Magnolia Park course near Boarstall. Eighteen teams came to pit their skills against a long and testing 18 holes.

The impressive turn-out meant all the teams starting at a different hole. This shotgun start – so called as all teams tee off simultaneously when they hear the gun – meant that the players all returned promptly for their lunch.

The course was in fine fettle, and the club pro worked hard to ensure everything went smoothly. For an extra fee he challenged teams to play a one of the holes against him. A couple did beat him and claimed their prize, but most went away chastened and £5 poorer.

Huge thanks to Tracey, Kerry, Mel, Sophie and everyone who worked so hard to make it such a memorable day. A special thank you to Paul Tuson of Lowe and Oliver who cajoled many colleagues into signing up, and whose firm sponsored the day. The winners were Northcourt Press and the day raised over £6,000 towards helping older people and carers across the county.



Get the Picture

Get the Picture, Age UK Oxfordshire's innovative voice project, has run two sessions with Health and Social Care students from Abingdon and Witney College to inspire better practice.

Students watched a series of videos made with older people from Oxfordshire, listened to Age UK Oxfordshire's CEO Penny Thewlis talk about what the charity has to offer, and Tony O'Connell gave a speech from about his personal experience of living with dementia. More than 50 students took part in the two sessions. After listening to the presentations the students had group discussions on how they might work better with older people during upcoming work placements, like care homes. Ruby, one of the students (pictured in the photo), wrote 'I will make sure that I clearly explain what I am going to do before I do it'.

Tony O'Connell spoke directly to the students about his experience of Dementia - what he calls 'inside information'. He said, 'I get a lot of enjoyment looking at so many young faces thinking that they are the next generation and future of their chosen profession. I can only talk about my dementia, I am the only one that can see my illness, and pass on the knowledge and the experience I have gained to the next generation.'



Tom Skinner, Get the Picture Project Manager, said, 'I was really impressed how the students picked up on the various themes they got from listening to older people and related it to their current work placements. We had a good discussion about not over helping and checking what older people might be confident at doing themselves'.

Generation Games

by Anna McKay

On 4th June I visited one of our Exercise to Music classes at Shipton under Wychwood. This group of around 20 has been going an incredible 12 years and they are absolutely full of energy! Five of the participants having been attending from the very start (they even pointed out a large moth on the window up high that has been there forever!).

Sue, the teacher, gets the session going with a circuits warm up, increasing the heart rate and then some flexibility work, coordination (and plenty of Cha Cha dancing!) as well as balance work and also some exercises on the floor using a mat and a resistance band. All of this is done to tunes from the 60s like "Daytripper", "Needles and Pins", the Beatles, the Hollies etc. and most importantly everyone had a huge smile on their face or was giggling.

The group really are a very welcoming bunch, (one participant was very quick to hand me a mat and a resistance band so I could join in properly!). Cathy, who attends the class regularly, told me "It's not at all cliquey, we are friendly and welcome anyone new. There's no competition, you all work at your own pace. It's not just about the fitness, it's about the group. Four of us car share to get to the class and the whole group organises a Christmas lunch every year."

Pat, 82, when asked how she feels after the class said with a laugh and a beaming smile: "exhausted, but also invigorated, energised, I feel I can go home and get lots done afterwards."

Paul, 72 said "Before retiring I hadn't exercised for 20 years, but then I received a flyer about this class through my door so I thought I'd try it – I was there at the very first lesson. I have arthritis, so this help to keep me fit, and it's fun!"

The teacher, Sue, who has been teaching the group for the last 12 years says "everyone is up for a challenge, every 6-8 weeks I change the routine and the music. The group are open to anything, they are so welcoming to new people in the group. Some in the group have lost loved ones, some have depression – but we are a constant, always there for each other. I really enjoy teaching older people; they get more involved in the class and really get into it".



New for September...

● **Strength and Balance:** Tackley Village Hall
Medcroft Rd, Tackley, Kidlington OX5 3AH
Tuesdays, 2-3pm (starts 3rd Sept)

● **Strength and Balance:** Milton under Wychwood Village Hall, Shipton Road, Milton under Wychwood, OX7 6JW.
Wednesdays 9.45 - 10.45am (starts 4th Sept)

● **Strength and Balance:** The Beacon, Portway, Wantage OX12 9BX
Thursdays, 9.15- 10.15am (starts 19th Sept)

Changes from September...

● **Strength and Balance Marcham now 1.00pm** (was 10.30am).

● **Strength and Balance Grove now 12.15pm Thursdays** (was 10.30am Tuesday)

● **Strength and Balance Didcot now 2.00pm Thursdays** (was 1.15pm Thursday)

Sorry - discontinued classes...

● **Gentle Strength and Balance Sonning Common, 2.15pm on Tuesdays** - final class was on 16th July.

● **Dynamic Strength and Balance Rose Hill, 11.15am on Mondays** - final class was on 12th August

We are looking for **volunteers** to help at classes in the following areas. Please get in touch to find out more!

Bodicote, Wallingford, Goring, Sonning Common, Didcot, Benson, Grove

FREE DVD AND RESISTANCE BAND OFFER

Have you signed up for your free home exercise DVD yet? If you sign up via our website www.generationgames.org.uk and we will include a FREE resistance band*!

What people have said about the DVD:

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

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

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

*Resistance bands contain latex



Get in touch

Visit: www.generationgames.org.uk

Telephone: 01235 849 403

Email: generationgames@ageukoxfordshire.org.uk

Fundraising Focus

THE BIG KNIT - UPDATE

The beginning of August meant it was time to wave goodbye to the remaining wonderful little creations that our knitters have been sending in.

We are thrilled and very proud to say that not only have we reached our target but we have smashed right through it and we have sent in over 35,000 little hats.



A very big **THANK YOU** to everyone who has knitted, crocheted, put hats together, passed on patterns, run groups; we could not have done this without you.

Can you help?

If you or someone you know are part of a club or group and would like to raise vital funds to support local older people who might be facing a struggle, then please get in touch. Call us on **0345 450 1276** or email on **fundraising@ageukoxfordshire.org.uk**

Didcot Girls School raises £500 for Age UK Oxfordshire

On a hot July afternoon, over 1,000 students came together in their final assembly to close out the school year. As part of this ceremony Age UK Oxfordshire were delighted to be presented with £500 that the girls had raised through their fundraising activities including out of uniform days.



Following a nomination from students, the girls had selected Age UK Oxfordshire as one of their chosen causes for the year. This donation will provide someone to turn to for local older people who face difficulties. A big thank you to all those involved.

Jazz at the Castle - £4,000 raised!

Thank you to all of those who dug out the umbrellas and turned up to enjoy the Jazz in the beautiful grounds of Broughton Castle. Despite the rain, hundreds of people arrived with their picnics, ready to enjoy smooth trad jazz with Steph Pirrie and Thixotrophy. This event would not have been possible without our team of 28 resilient volunteers, including the Rotary.



Thanks also goes to our sponsors - Highmarket House, Penhurst Gardens and Spratt Endicott Solicitors.

Lord and Lady Saye and Sele kindly permitted us to hold the event at Broughton Castle which enabled us to raise £4,000 which will go to supporting older people and unpaid adult carers across Oxfordshire.



Your housing options



17th Extra Care Housing Scheme for Older People Opens in Oxfordshire!

Would you like to know more about your housing options as you grow older? Are you interested in finding out about extra care housing?

Extra care housing is for people who are 55 years and older and have care and support needs. You have your own flat and are able to access care and support tailored to your needs. Extra care housing has an ethos of support and care that promotes independent living. The schemes are accessible with safety and security built into the design.

It is different to a care home because you have your own front door and you also have use of the communal facilities at the scheme. This usually includes a lounge, garden, restaurant and hairdresser. In some schemes residents organise their own activities and work together to develop activities on behalf of other residents.

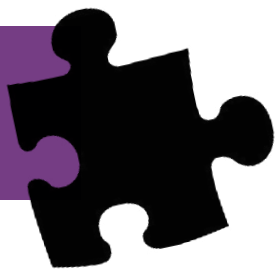
Schemes have an emergency response system allowing people to call for help and assistance if necessary, 24 hours a day.

There are now 17 schemes across Oxfordshire. Flats are available to rent, buy or part buy/part rent. You may be able to claim housing benefit to cover part or all of your rent and service charges.

To find out more go to **www.oxfordshire.gov.uk/extracarehousing** or telephone Oxfordshire County Council on **0345 050 7666**

Monday – Thursday 8.30am – 5pm
Fridays 8.30am – 4pm

Puzzle Page



Solutions can be found on page 22

1

Crossword

1	2		3		4		5		6		7	
8									9			
10									11			
					12							
13	14								15			
16			17						18		19	
							20					
21					22							
23								24				

- Across
- 1

US Pop Art artist (6)
- 5

Style of handwriting (6)
- 8

Outlook, probability (8)
- 9

Equipment, kit (4)
- 10

Indigo plant dye (4)
- 11

Large country landholding (6)
- 13

Ancient Egyptian writing (13)
- 16

Disembodied soul (6)
- 18

Hook for landing large fish (4)
- 21

Commoner, prole (4)
- 22

Gambling game (8)
- 23

Fold of skin under chin (6)
- 24

Weak (6)

Down

2

Freemason's symbolic piece of cloth (5)

3

Forceful salesman, dealer (7)

4

Onion-like vegetable (4)

5

Famous auction house (8)

6

Legal entitlement (5)

7

Synthetic material (7)

12

Political propaganda in art, etc (8)

14

Sudden desire or whim (7)

15

Sanitary practice (7)

17

Insurgent (5)

19

Lethal, terminal (5)

20

Enthusiast, expert (4)

2 Wordwheel Puzzle

What is the 12 letter word?

A R C

E P A

P T I

I N

O

3

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

Sudoku

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

Karen St John

Reception

60

SECONDS

with...

How long have you been in your role?
Two and a half years

What's the most rewarding thing about your job?
Knowing that you have helped someone and brightened their day.

What is one of the biggest challenges of your role?
Listening to the little words people don't say, when they really need help.

Where is the best place you've travelled to and why?
The best place for me to visit was New York. After seeing the city on TV for so long, it was amazing to see it for real.

How would your friends describe you?
Personally I wouldn't ask them; I may not like the answer. Hopefully they would say I was a good friend, and always at the end of the phone if needed.



How do you spend your free time?
I enjoy walking my dog Murphy. He is a 10 year old Jack Russell.

If you could do another job for just one day, what would it be?
I would love to work in an orphanage for baby elephants.

You're hosting a dinner party. Who are the three people, living or dead, that you would invite?
Joanna Lumley, Stephen Mulhern and Dwayne (The Rock) Johnson - no idea why but they just seem like fun people!

Tell us something that might surprise us about you
I once did an Army assault course. Never again!

What is something that is considered a luxury, but you don't think you could live without?
A good bottle of red wine and chocolate truffles

If you won the lottery, what would you do?
Run - only joking. I would obviously help family and friends first. Then travel, and think about what I could do going forwards.

A Carer's Journey: first aid at home

A Carer's Journey offers a range of free workshops to give practical and emotional support for carers and ex-carers at different stages of their caring journey. This month we are going to focus on one of the workshops First Aid at Home in an interview with two carers who went on the course.

Can you tell us a little about your caring roles?

Gillian: I live at home with my Mum and Dad who are both late 80s, they're fairly active but as time goes on they've got limited mobility and Dad's had a couple of falls.

Vanessa: I am a live in carer for my mother and my father. My father has Parkinson's and needs quite a lot of help and my mother has restricted mobility due to arthritis.

What did you do in the workshop?

Gillian: Today its First Aid, essentially in the home. It's been extremely useful and answered lots of questions I might have had.

Vanessa: To begin with, we were asked which areas we'd like to cover which was useful because we all had different things we wanted to know about.

Gillian: We covered the recovery position, CPR and bandaging.

Vanessa: We learned about falls, which is very important, what to do if someone chokes, about cuts and how to use the defibrillator.



What would you say to carers thinking of going on the workshop?

Vanessa: When you introduce yourselves and find out who you are caring for you have an immediate bond. Yes, it's been really fun, laid back and informative. It's just so nice to have that bit of confidence. You just don't know when these things are going to crop up, you don't know when these things are going to happen.

It's really good to meet other people in the same position and now I know that there is a Moving and Handling course so I will be looking to do that.

Find out more

Workshops are free and available to carers aged 19 and over, and you can attend the whole programme or just pick the workshops most relevant for you. We recommend the full journey but it's up to you; you can choose whatever workshops would be most helpful to you.

Full workshop list:

- Mindfulness
- First Aid at Home
- Emotional Literacy
- Individual Care at Home
- Yoga for Relaxation
- Aromatherapy and Massage
- Safer Moving and Handling
- Building Resilience

(All above workshops last half a day)

Also available:

Reclaiming Me - supports practical & emotional challenges associated with change & life after caring (Six-week course - two hours per week).

How you can access these courses

If you are interested in attending 'A Carer's Journey', please sign up online at:
www.abingdon-witney.ac.uk/oal/carers/



Being kind: to ourselves and others



Kindness (noun)

Kindness is the quality of being gentle, caring and helpful.

Collins English Dictionary

Following the loss of a loved one many people experience acts of kindness from family, friends and strangers who are wanting to help and support them as they begin to face life without our loved one. These acts of kindness can range from a hot meal delivered to the door, a kind word or note or just spending time together.

Being kind is recognised as of great value in many cultures and religions.

Yet the concept of ‘being kind’ also applies to ourselves. How often are we our own worst critic?

In the midst of the pain it is normal to forget or not be able to do some things and to get very frustrated that we haven’t or can’t do whatever it is. Instead of being self-critical “I’m so disorganised, I completely

forgot...”, we should try to make our inner voice supportive and warm “It’s okay that I forgot their birthday, I will send them a note now to explain”.

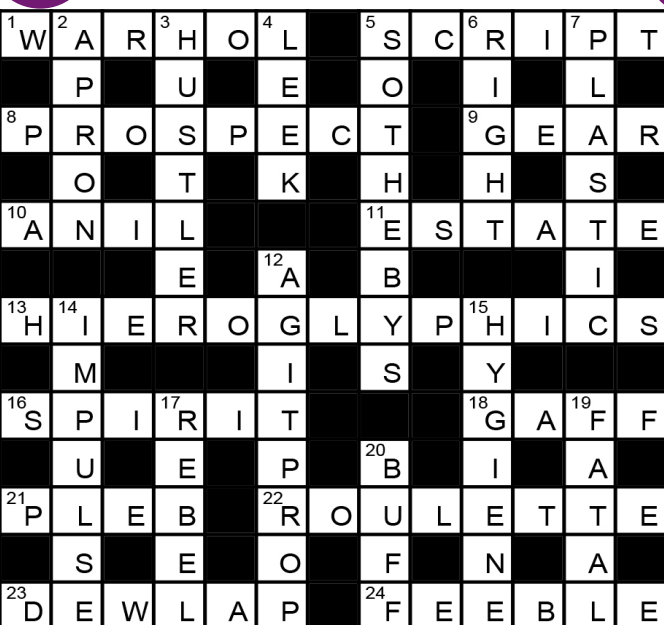
Accepting that we are not alone and just the same as everyone else should comfort us and help us to be kinder to both ourselves and others.

As the Buddhist saying goes “you yourself, as much as anybody in the entire universe, deserve your love and affection.”

Maybe we should all simply ask ourselves what would I want or need or even say to someone I knew who was in a situation like this and the answers may help us to be kinder to both ourselves and others.

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

1 Crossword



2 Wordwheel:

A
P
P
R
E
C
I
A
T
I
O
N

3 Sudoku



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 or visit www.ageuk.org.uk/oxfordshire/newsletter to sign up to our magazine e-mailing list.

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Donate today

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

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