

Age UK Oxfordshire's Magazine

EngAGE

Could you be entitled to extra money?

The importance of keeping connected

Keeping safe and well this winter

We are a local independent charity supporting older people across Oxfordshire to live life to the full.

Contents

- 4 The importance of keeping connected
- 6 Could you be entitled to extra money?
- 8 Oxfordshire Care Awards 2024
- 9 Live Well Oxfordshire
- 10 Joyce's story
- 12 Scams awareness
- 13 Puzzles
- 14 Keeping safe and well this winter
- 16 Get involved in Walking Football
- 18 Coping with bereavement in winter
- 20 Offline and Overlooked
- 22 Matches made in Homeshare

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**A very warm
winter welcome
from our new
CEO, Paul
Ringer.**



And so the seasons change...It is three months now since I started in this role and not a day goes by without me being impressed and humbled by the enormous amount of skill, care and perseverance our staff and volunteers bring to supporting those of you we are here for in a number of ways, across all corners of Oxfordshire.

As I've been out and about meeting people, throughout all of our services, there are three things that I'm struck by. For me, these things are the very essence of what we achieve well. In different ways we try to help people feel at *home*, to get and stay *connected* to others and to sources of support, and we listen to help people have *hope*. I am moved and motivated by the fact that every day counts for everyone, from the start until the finish – the very sentiment of International Day of Older Persons, celebrated in October.

We are aware of the very real pressures and challenges that the cost-of-living rise is creating for people day-to-day, and with recent data showing that over £10.4 million per year of Pension Credit entitlement lies unclaimed in Oxfordshire, we urge you to check whether you might be eligible (see P6). We hope that is useful and that you enjoy the rest of this issue of EngAGE.

All of us in the Age UK Oxfordshire team send you warm wishes for the winter months and are here to support you during what we know can be a difficult time.

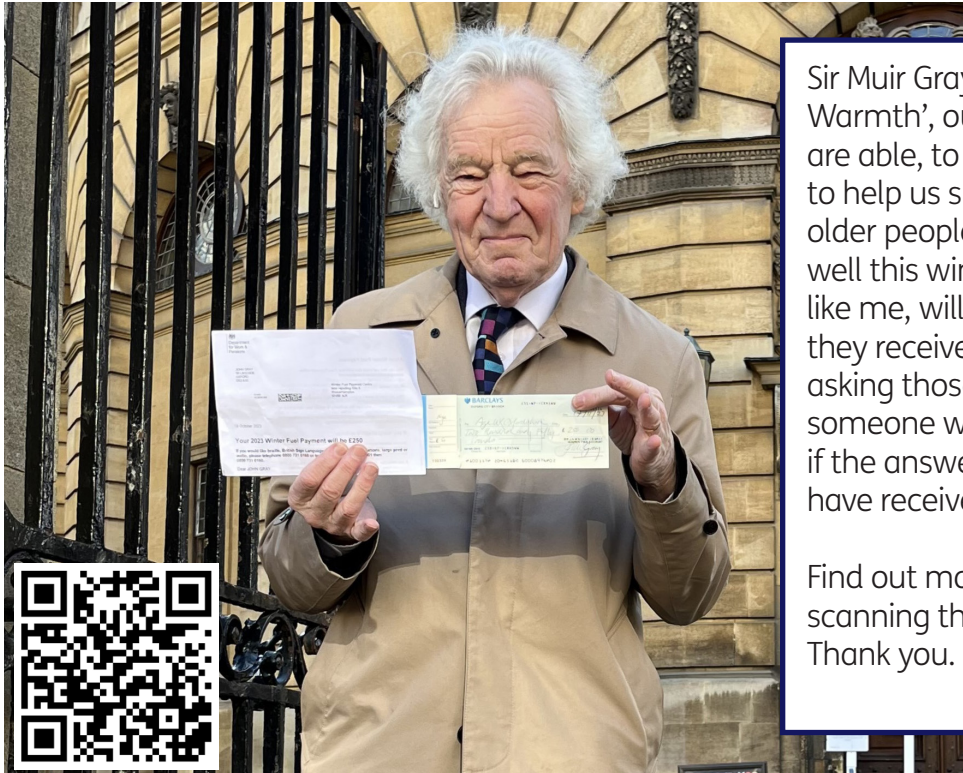
Very best wishes,
Paul.

Age UK Charity
Quality Standard



What's been happening?

A carer, Debbie, recently wrote a letter about her experience of looking after her mum. In the piece, she gave a touching and at times humorous insight into the lives of an individual living with dementia and their carer. Read this warm and moving story by visiting [here](#) or call us to receive a copy in the post.



Sir Muir Gray CBE MD is championing 'Share Your Warmth', our campaign asking for those who are able, to donate their Winter Fuel Payment to help us support the most isolated and lonely older people in Oxfordshire to keep moving and well this winter. Sir Muir says, "Many people, like me, will not need the Winter Fuel Payment they receive to keep their dwelling warm, so I'm asking those people to think "I wonder if there is someone who needs this more than me?", and if the answer is yes, to please send the sum they have received to Age UK Oxfordshire."

Find out more / donate by visiting [here](#) or scanning the QR code, or calling **0345 450 1276**. Thank you.



In October we were out and about at events in Oxford, Banbury, Kidlington and Bicester to celebrate the annual International Day of Older Persons. It was great to be able to speak to people in their local communities and share information about our services.

"I had a lovely morning and unexpectedly stayed for the whole event"

"I have come away with lots of information, I didn't realise all the support out there."

"I am new to the area, so it has been great to come along and find out about local opportunities and information."



Oxfordshire
ageUK
We provide a wide range of services for older people across Oxfordshire



The importance of keeping connected

Connections with others play an important role in supporting our wellbeing, especially when we're going through difficult periods of our lives. As we get older, whether due to retirement, bereavement or for other reasons, we can lose personal connections, and for some of us it can feel difficult to make new ones.

According to research by the Global Council on Brain Health, keeping connected and taking part in social activities could help us to stay sharp as we age; some studies even show that connecting with others can lower our risk of dementia. Personal connections help us to feel less isolated, stressed or lonely, and we can become more resilient by learning how to rely on others for support.

All in all, experts agree that keeping connected with other people, along with having purpose in our lives, leads to better brain health, which in turn helps reduce our health risks in later life.

Join a club, class or social group

There are so many activities going on across Oxfordshire, and there's sure to be something to suit you. Our Community Links Oxfordshire team can help you connect into your community. Give us a call on **01235 849 434**.

Keep up regular contact with friends and family, or find a telephone friend

Contact with friends and family can be positive for wellbeing. Alternatively, if you'd like a regular friendly call from a local Phone Friend, contact us on **01295 234 850**.

Stay connected online

Online communities and connecting with people through email or social media can be a great way to stay connected and interact with new people. Need support to get online? Contact our Digital Support team on **01235 849 434**.

Help others through volunteering

Volunteering is a great way to meet new people. We have flexible roles across Oxfordshire and we are always looking for friendly and enthusiastic people to join our team. Call **0345 450 1276** or visit [here](#) to find out more.

Consider getting a pet

Caring for an animal can give structure to your day and can be a great way to get talking to people.



Whatever you do, it's important to find ways of keeping connected that suit you. If you're feeling lonely or isolated, please do speak with your GP who can refer you to your surgery's Social Prescriber.

If you find yourself feeling low or worrying more, do consider getting support. People over 65 tend to get the best outcomes from therapy, and NHS Oxfordshire Talking Therapies (previously known as TalkingSpace Plus) can offer free short-term and practical support. You don't need to see your GP, you can self-refer by calling **01865 901 222** or visiting [here](#).

Could you be entitled to extra money?

Nearly 5,000 people are estimated to be eligible for, but not yet claiming, Pension Credit in Oxfordshire, equating to over £10.4 million per year in unclaimed entitlement. Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. It can also help with housing costs such as ground rent or service charges.

We are determined to ensure that all local older people are receiving the financial help to which they're entitled, and so if you think you, a family member, or someone you care for might be entitled to Pension Credit, we strongly urge you to check. If it was the lottery, you'd at least check your ticket!

Pension Credit doesn't just top up your income. It's also your passport to other benefits such as free NHS dental treatment, a free TV licence if you're over 75 and any future cost-of-living payments.

You can get Pension Credit **even if you have other income, savings or own your own home.**

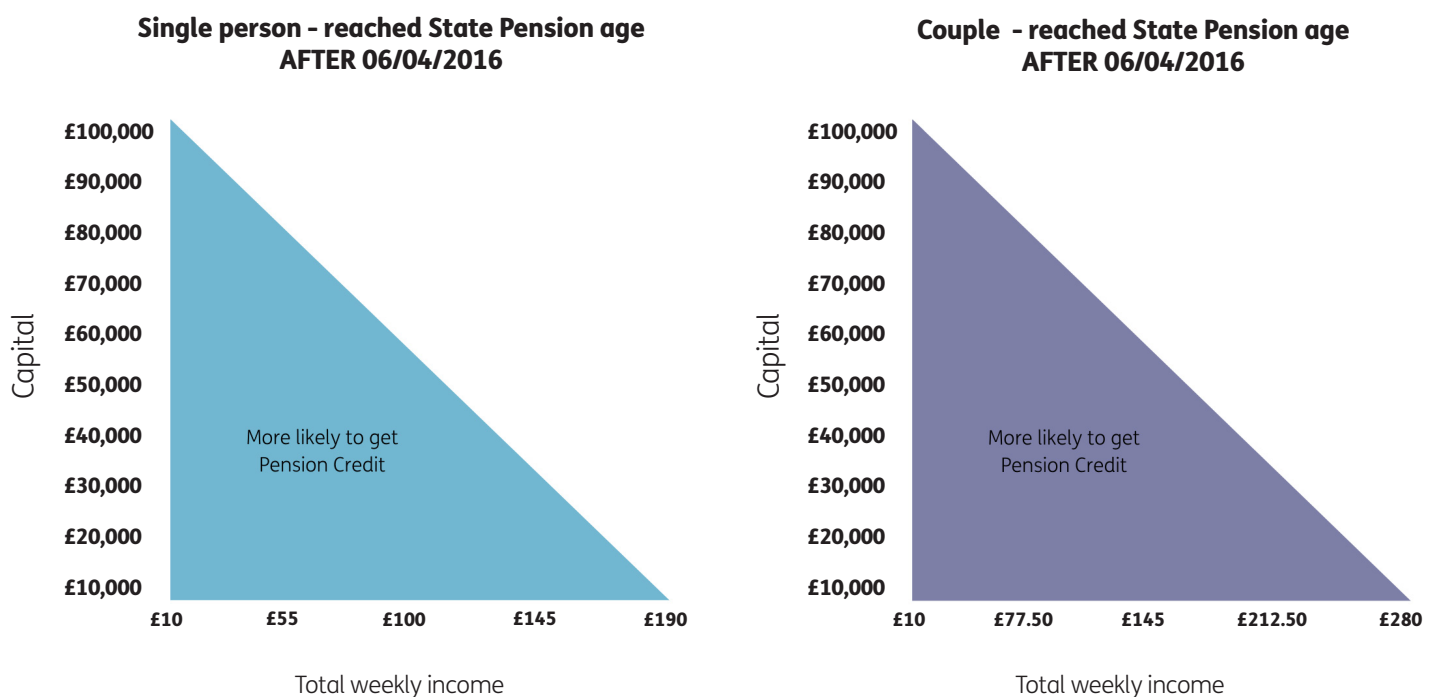
Pension Credit tops up:

your weekly income to **£201.05 if you're single**

your joint weekly income to **£306.85 if you have a partner**

You may get extra amounts if you have other responsibilities and costs.

It can be difficult to tell if you might be eligible without having a benefits check, but these diagrams (based on single people and couples who reached State Pension age after April 2016) are designed to give you a rough idea of whether to investigate further.



You can apply for Pension Credit online [here](#). If you'd like to apply by phone or require additional information and support please contact the Department for Work and Pensions on **0800 99 1234**.

Complete a benefits check

If you are over State Pension age you may be entitled to one of a number of benefits, including Attendance Allowance. This benefit is intended to help people over State Pension age with an illness or disability, who have been having difficulties or needing help with personal care for 6 months or more. To find out if you are eligible for Attendance Allowance and other benefits, you can complete a benefits check using Age UK's Benefit Calculator, by visiting [here](#). If you need additional support or aren't online then we can help, please contact us on **0345 450 1276**.



Oxfordshire County Council's Resident Support Scheme

The Resident Support Scheme is a new scheme which is designed to provide support to communities during the Cost of Living crisis. So far, older people have been missing out on this support, so applications are particularly welcome from anyone in this group dealing with continued high living costs. It can help with short-term basic living costs such as food and credit for gas/electric prepayment meters. It can also help in some circumstances with white goods, furniture and clothing. It is intended to meet one-off crisis or emergency need and is not designed to meet any type of ongoing expenses.

To find out if you are eligible and to apply please email RSSOxfordshire@necsws.com or call **01865 804 171**.

This feature has been supported by Oxfordshire County Council to help ensure older people in Oxfordshire are accessing all entitlements available to them.

Oxfordshire Care Awards 2024 – Inspiration for All!

The annual Oxfordshire Care Awards brings together unpaid carers, the community/voluntary sector and statutory and independent care providers, to recognise and celebrate individuals, organisations and companies who have demonstrated excellence within the care sector in Oxfordshire.

These uplifting awards give us all the opportunity to say ‘thank you’ to the inspirational people working hard in the community and care services across Oxfordshire every day.

They celebrate local individuals, highly trained ‘care giver’ professionals, family-run care services, larger care groups and support organisations who together consistently ‘go the extra mile’ for ‘real lives’ in their care - placing the person receiving care at the heart of everything they do.

The awards are hosted by the Oxfordshire Association of Care Providers (OACP), Carers Oxfordshire and Age UK Oxfordshire and are supported and recognised by Oxfordshire County Council. The awards ceremony will take place in spring/summer 2024.



The award categories are:

- Newcomer to Care Award
- Care Home Worker Award
- Unpaid Carer Award
- Volunteer Award
- Community/Home Care Worker Award
- Care Team Award
- Care Employer Award
- Long-Term Service Award
- Leadership Award
- Inspiration Award
- Josie’s Award

Find out more about each award [here](#).



Nominations

Do you know someone who deserves to be recognised and celebrated for providing outstanding care? Nominate them to celebrate their dedication and commitment and help raise the profile of caring across Oxfordshire. Nominations open soon, find out more by visiting [here](#) or calling **0345 450 1276**.

Live Well Oxfordshire – helping to keep you informed and connected

What is Live Well Oxfordshire?

Live Well Oxfordshire is primarily an online directory (developed by Oxfordshire County Council in partnership with Age UK Oxfordshire) to bring together information about groups and organisations offering services for adults with a variety of needs, in one place.

You can search the directory to find information about services to help you live independently, and it also includes information about care homes and health services such as GPs and dentists.

You can also use it to look for a new hobby, find out where you can get information about benefits, or access support groups for people with specific health conditions.



Can I share information about groups, events and news?

If you're involved in running a group or event you can advertise your services free of charge on the site. The team will happily guide you through the process. You can also send in any updates or news you would like shared.

How can we help you?

While the directory is mostly online, there is a printed guide which has information about care homes and agencies which we will happily send to you. Alternatively, if you know you would like to find some information but aren't confident with computers or don't have online access please call us – we will be happy to help and get you the information in a way that's best for you.

What's new and how can you help?

Throughout the winter season we will be looking to share details of warm spaces that will pop up across Oxfordshire – if you know of one (even if it's not called a warm space), please let us know.

We want to make this directory the most useful it can be. Do we need to find more services and groups in a particular category? Are we missing categories? Please let us know your thoughts and we will try to help.

Contact the Live Well Oxfordshire team on **01235 849 410** or livewell@ageukoxfordshire.org.uk or visit [here](#).

Chatting like old buddies

Joyce, one of our 'Phone Friends' telephone befriending volunteers talked to us about her experience.



“I was born in the Caribbean and came to the UK when I was nine. I trained as a nurse here in the UK and lived in Germany for seven years.

When I came back from Germany, I started to work in the community, with people. I learned a lot from people, and I really enjoyed that part of my career.

Unfortunately, my mother got dementia and I retired at the age of 62 to care for her. When I could I travelled, that's my passion. Covid put a stop to that really, and also my health deteriorated quite quickly and suddenly I became much less mobile, having to use crutches and unable to drive my car. I reached out to Age UK Oxfordshire to find out how I could remain how I am - brutally independent!

Anyway, I had a visit from someone who came to help me with a form to access some entitlements and at the end she explained to me about Phone Friends. She wanted to know if I'd be interested in volunteering! I enjoy my own company, I don't have any issues with that at all. I'm alone, but I'm not lonely. I never get bored. But it was actually a really opportune time because I was feeling, not useless, but of less use.

“But it was actually a really opportune time because I was feeling, not useless, but of less use.”

I thought well I'm not really one for small talk, but there's a lot I can learn from other people and I'm skilled at listening. And really it felt like something I'd been silently wishing or hoping for – a way to give back.

It's strange at first because you don't know this person. But the idea is to get to know them. You get a little synopsis of who they are, you know, next of kin, interests, that sort of thing. What I always think is there are many differences between us, but there's a lot more similarities. At the end of the day, people are people. I always remember what my grandmother used to say, “You know people are like books, unless you open it and read it you will never get to know it. You can't understand it just by looking at the cover.”

I phoned two gentlemen on a Wednesday and a lady on a Thursday. I think something in the universe connected me with the lady I speak to because she has a memory issue, and the first time I spoke to her it brought back so many of the things I experienced with my own mum.

One of the men I speak to sometimes just wants to talk, and then another time he'll say "Joyce, I've been chatting all the time! What have you been doing? How have you been?" and that sort of thing.

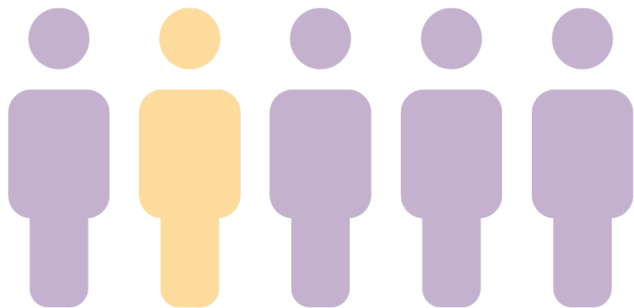
I didn't get to talk to him last Wednesday and I was anxious because it said his number wasn't working. The next day I phoned the Phone Friends people and said I'm a little bit concerned. She was helpful and said not to worry, and she got back to me the next day – all was fine, and he had a new number!

With the other man I call I have some really healthy discussions about the world and politics and things. We'd never get the chance to talk to each other in the outside world, so I find that quite an interesting opportunity.

"We'd never get the chance to talk to each other in the outside world, so I find that quite an interesting opportunity."

Everyone's very different, and that to me is the crux of the whole thing. I get to talk to and learn from people living really different lives. And I can give them something too. It brings to me a sense of using the talents and skills that I was given. I like the fact that there's a sense of anonymity with Phone Friends - we can't see each other so we can only imagine – I say "Just call me Joyce". But it's like chatting with old buddies "Oh, hi Joyce, how are you?". We both benefit. People have always interested me, and I really and truly enjoy being a Phone Friend."

"I like the fact that there's a sense of anonymity with Phone Friends - we can't see each other so we can only imagine.....But it's like chatting with old buddiesWe both benefit."



**1 in 5
older people in
Oxfordshire
feel lonely**

You could help brighten older people's lives

With 1 in 5 older people in Oxfordshire reporting feeling lonely, and as we move into winter with colder and shorter days heightening feelings of loneliness and isolation, our Phone Friends service is needed more than ever. Currently over 375 people receive a free, weekly telephone call from their friendly Phone Friend, but there are thousands more people who could benefit from the service.

- Minimum commitment of 1 hour per week.
- Call at a regular time that suits you.
- Make calls from the comfort of your own home.
- Call expenses reimbursed.



To find out more or to sign up to be a telephone befriender then please call **01295 234 850** or visit [here](#).



Raising awareness of fraud and scams

Our resident scams experts, Mandy and Hayley, share some advice on some current scams and what to watch out for.

Pension scams

You'll be cold-called and asked whether you'd like to release cash from your pension, or access your retirement savings before you reach the age of 55. The government has banned pensions cold-calling, so if you are contacted out of the blue, it's a scam.

Courier scam

You'll receive a call from someone pretending to be from your bank or the police, telling you they've spotted some suspicious activity on your account, or that your card needs to be replaced. They may also say that the bank or your local branch are involved in the fraud. They'll ask you to call the bank or police back directly. However, they'll stay on the line, so you're actually still speaking to them. You'll be asked for your PIN or details of your accounts, then the fraudster will send a courier to pick up your card, which they'll be able to use because they'll now have all the necessary personal information they need.

Digital switchover scam

Between now and 2025 the majority of telephone providers will be moving their customers from old analogue landlines to upgraded ones using digital technology, this is part of the digital switchover. You don't need to do anything until your provider tells you your telephone service is changing, or until you decide to change your telephone service.

However, we have been made aware that scammers are calling residents with health care devices claiming they need to hand over bank details as part of the switchover, or they will be disconnected. The digital switchover is free of charge, and councils and their care alarm providers and contractors will NEVER ask for personal or financial information over the phone.

For more information on the digital switchover please visit [here](#) or you can call us for support on **0345 450 1276**.

If you've come across a scam, please report it to [Action Fraud](#) or call **0300 123 2040**.

Puzzles

Sudoku

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

Anagram 1

lies totem

Anagram 2

along news

Riddle

**Bane of the mariner,
tooth of the sea,
more of me is hidden than is seen.**

Keeping safe and well this winter

We know that winter can be a difficult time - here are some handy hints and tips to help you to be as prepared as possible. Why not pull these pages out and keep them somewhere visible?

Income

Check you are claiming all the financial support available to you

Complete a benefits check to see whether you're due any entitlements like Pension Credit. Age UK's Benefits Calculator can help with this. The calculator is free to use and the details you provide are anonymous. You can complete the check [online](#) or give us a call on **0345 450 1276** if you'd like some support.

Your home

Ensure your home is energy efficient

Better Housing Better Health can help you to keep warm and well at home, whilst also improving the energy efficiency of your home. Their experienced team provide free, confidential advice and solutions tailored to meet your home's specific circumstances. For more information call **0800 107 0044** or visit [here](#).

The 'Welcome the Warmth' scheme is fully funded by Oxfordshire County Council, with the aim to improve the energy efficiency of low-income and low-energy performance homes. If you are eligible to receive funding, it can be used on a range of energy efficiency measures in your home. To find out if you are eligible please call **0800 038 6775** or visit [here](#).

Sign up to the Priority Services Register

The Priority Services Register (PSR) makes sure that energy suppliers are aware of people's individual circumstances in order to be able to offer them the best support available. Contact your energy provider to register.

Get your chimney swept to increase efficiency and help prevent chimney fires.

Book a boiler service with a qualified Gas Safe registered engineer to check it is running safely.

Test carbon monoxide/smoke alarms. Book a [Safe and Well](#) visit with Oxfordshire Fire and Rescue Service. Or you can call **01865 895 999**.

Health

Book your flu and COVID-19 vaccines

It is important to get your seasonal flu and COVID-19 vaccinations if you are at higher risk of getting seriously ill from these illnesses. If you are eligible for a flu vaccine you can get it from your GP surgery or a local pharmacy. If you are eligible for a COVID-19 vaccination you can book an appointment online or visit a walk-in COVID-19 vaccination site (contact your GP for information).

Order repeat prescriptions in plenty of time, particularly if the weather might stop you getting out.

Take a vitamin D supplement because we don't get enough sunlight during the winter months.

Practical

- Keep some extra food in the cupboard or freezer** in case you can't get to the shops.
- Get a personal alarm** to help reassure you and your loved ones. Contact **0800 085 7371**.
- Keep a list of important contacts** by your phone and save an emergency contact to your mobile.
- Take steps to reduce your risk of falls**

- Try to do regular exercise to maintain your strength and balance. If you can't do it outside, try doing something inside. We offer in-person and online exercise classes, find out more on page 24.
- Take extra care if the ground is slippery. Wear shoes with a good grip and consider keeping a salt and sand mixture handy to grit paths.
- Have regular eye tests to help recognise if you need glasses or a new prescription.
- Carry a phone or alert device to call someone for help if needed.
- Keep an eye on the weather forecast.



Get involved in Walking Football

Walking Football is exactly as the name suggests - you play football, walking. Usually aimed at people over 50, this inclusive, fun and sociable 5-a-side version of the game is slow-paced but lacks none of the passion or excitement of the original game.

Recently, a partnership between Age UK Oxfordshire, Oxfordshire FA and the Oxfordshire Walking Football League saw the pilot of a new over 70's division. This proved popular with 45 players from six clubs coming together in Bicester on two Thursday mornings. During the event we caught up with some of the players who told us what Walking Football means to them.

“I joined the club not knowing anybody but was made very welcome. Now you are just one of the team it’s great fun and they look out for each other. A great bunch of blokes.” - Howard, Walking Football participant

Whether you are looking to keep active, stay fit, or simply want to play for the love of the game, Walking Football offers the perfect opportunity to take to the pitch.

As well as the health benefits associated with most forms of physical activity; keeping fit and active, weight loss and strengthening bones and muscles, there are also many social health benefits that come with playing Walking Football.

Taking time to socialise, meet new people or even build confidence are all part and parcel of taking part in this slower version of the beautiful game.



Oxfordshire
Walking Football
League





“I had just moved into the area, so I needed to do something to mix with other people and make new friends. Walking Football was recommended, so I went along. The guys were a really good bunch of people, all very friendly, very welcoming. It’s been a great experience; I wouldn’t have swapped it for anything. This really helped me to settle into the area.” - Pete, Walking Football participant

For those who are a little unsure or apprehensive, Gary shared this:

“Give it a try. It’s for all abilities and you might not have played for 30-40 years. It’s so much fun. You’re getting out in the fresh air, keeping you fit and making lots of friends.”



Age UK Oxfordshire and Oxfordshire FA are working in partnership to grow and promote football opportunities for older people across Oxfordshire. Find your local walking football session by visiting [here](#), emailing development@oxfordshirefa.com or calling **01993 778 586**. Indoors or outdoors. Male or mixed sessions. Morning or afternoon. There’s a session to suit you!



Coping with bereavement in winter

For many, winter is a time of the year 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 who 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 and 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 can add to our sense of being alone, isolated and lonely and remind us that our plans and hopes for the future may not be realised. It can be a very difficult time.

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

- Try to make the effort each day to go outside, even for just 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 offer of friends helping out or popping round for a coffee.
- Try not to cancel plans. Sometimes you may have to because you have woken up on 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 reconnect with by phone, letter or social media. Why not be brave and ask them to meet you to catch up over coffee?
- Write a list of indoor projects you want to accomplish this winter.
- 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 happen.
- Consider joining a support group such as Age UK Oxfordshire's bereavement support groups so that you can have peer support from 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 a light on too.

If you would like more information about our bereavement support groups and walks, please call us on **01235 849 434**.



Offline and Overlooked

Many public services are becoming more and more digital. If you're one of the 2.7 million older people in the UK that aren't an internet user, everyday tasks such as managing your money, booking doctor appointments or even paying for car parking are becoming harder, with some being impossible.

Nationally, Age UK have launched a campaign to make sure everyone can access the services they need to, without being forced to do it online.

There are a range of reasons why older people aren't online, for example, having a lack of skills, not trusting the internet, not having suitable equipment such as smart devices or WIFI, and the cost, especially now with the rising cost of living.

There are also plenty of people who, irrespective of whether they have access to the internet, just prefer to handle things in person or over the phone.

Older people who either aren't online or choose not to be are being locked out of essential services, resulting in risks to their health, wellbeing and finances and ability to participate fully in society.

This is why we are urging you to sign the petition to support the campaign that everyone has the right to access public services offline. If you or someone you know would like to sign the petition offline you can request a paper copy in the post by calling **0345 450 1276**, emailing **campaigns@ageuk.org.uk** or writing to 'FreePost Age UK Campaigns' (no stamp required).

If you are online you can find out more and sign the petition [here](#).



Want to get online?

While we are committed to supporting continued offline access to services, we are also here for you if you would like to explore what the digital world has to offer. Call our Digital Support team for information on **07584 148 507**.

Seasons Greetings

We'd like to wish you a very Merry Christmas and a prosperous New Year

If you'd like to try something new in 2024, our Community Links Oxfordshire team can support you to connect with what's going on in your local area – contact us via community@ageukoxfordshire.org.uk or **01235 849 434**. You can also find details of the groups that we have running on [page 24](#).

Another great way to improve wellbeing in the new year is to get creative! You can request a digital or printed copy of our Creative Challenge Pack by calling **0345 450 1276** or emailing media@ageukoxfordshire.org.uk.

We will be closed over the festive period, however Age UK's national advice line will be available from 8am-7pm every day on **0800 678 1602**, and The Silverline, Age UK's telephone service providing older people with friendship and conversation, will be available 24/7 on **0800 4708 090**.



Puzzle Answers

Sudoku

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

Anagram 1

mistletoe

Anagram 2

snow angel

Riddle

Iceberg

Matches made in Homeshare

“We’re often asked about the people that choose to live in a Homeshare arrangement, both the Householders and the Sharers”, explains Marian Pocock, our Homeshare Service Manager, “and I usually find myself saying - it really is such a wide range of people, all with quite different needs, at different stages in their lives and, very often, in very different circumstances”.

A Homeshare arrangement is a mutually beneficial living arrangement where an older Householder (or couple) who has a spare room and would like companionship, help with day to day tasks, or just the reassurance of someone in the home, is carefully matched with a compatible Sharer, who is happy to lend a hand.

Caroline

New to Homeshare, Caroline is a very independent person at 84. Socially very active but since a recent fall, is just beginning to feel a bit vulnerable about being on her own at night. She also describes feeling ‘uncomfortable’ about having so much space in the house just to herself and the ‘relief’ she felt when she found out about Homeshare. “It was the ideal solution”, she told us. “I thought, this is just it - I could do with just a little bit of help and it allows me to help someone too.”

Peter and Jo

Homeshare has brought together Peter and Jo. They are enjoying shared living under the same roof in central Oxford. Jo needed somewhere to live where she would have space and quiet to work, and Peter was seeking some company in the evenings and, ideally, someone who enjoys cooking and who would be happy to cook and share an evening meal three or four times a week. The Homeshare arrangement has turned out to be a win-win situation! Peter and Jo both really enjoy the time they spend together, with a great deal in common despite their 60 year age gap, and Peter’s family are hugely reassured knowing that their father is happy and that there is someone there just to keep an eye on things.





Rachel and Anna

Rachel is 82 and has been recently bereaved. The loss of her husband coincided with the beginnings of some memory issues for Rachel and it quickly became clear to her family that, if she was going to be able to stay living at home as she wished, more support would be needed. Anna lives with Rachel and describes the warmth that they share as “a warmth that I have scarcely experienced. We each enjoy knowing the other person is in the house, happy to sit together if we’d like, and equally happy to be by ourselves”. When Rachel’s family decided that more than the 10 hours Homeshare support was going to be needed, and set about finding live-in support, struck by the strength of the bond, they asked Anna if she would be happy to stay on too. Anna is busy with work and part-time study but is still able to support Rachel, at the same time as getting on very well with the live-in carer. “Homeshare has been a lifeline to us”, Rachel’s son tells us, “it has made everything possible”.

“A warmth that I have scarcely experienced. We each enjoy knowing the other person is in the house, happy to sit together if we’d like, and equally happy to be by ourselves.”

For further information please visit [here](#) or email us at homeshare@ageukoxfordshire.org.uk. Alternatively, please telephone us on **01865 410 670**.

Names have been changed to protect privacy.

Discover our groups across Oxfordshire

Aviation Group

A social group for all, whether you're an aviation expert or just have a general interest in aviation. Carterton.

community@ageukoxfordshire.org.uk
01235 849 434

Bereavement Support

Open to people aged 60+ who have lost a loved one. Abingdon, Banbury, Bicester, Carterton, Chipping Norton, Didcot, Grove, Kidlington, Oxford, Wheatley, Witney.

community@ageukoxfordshire.org.uk
01235 849 434

Book Clubs

TeaBooks is a sociable book group for those 60+, helping people to share a love of books and reading, and to make new friends.

Abingdon, Bicester, Carterton, Headington, Kidlington, Marston, Oxford, Summertown, Thame, Wantage, Witney.
teabooks@ageukoxfordshire.org.uk
0345 450 1276

Carers Support

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. We run and support a variety of groups through our sister charity Carers Oxfordshire, in locations across Oxfordshire.

carersinfo@carersoxfordshire.org.uk
01235 424 715

Chatterbox and Social Get-togethers

Social mornings and afternoons offering a warm welcome, with refreshments and a chat. Chipping Norton, Bicester, Oxford, Wallingford, Witney and Woodcote.

community@ageukoxfordshire.org.uk
01235 849 434

Dementia Support

We run and support a number of groups across the county which provide information, support and connection to those living with dementia, and their carers.

Various locations across Oxfordshire through our dementia support service, Dementia Oxfordshire.

info@dementiaoxfordshire.org.uk
01865 410 210

Digital Support

Whether you need help with your phone, computer or tablet, we can support you to develop your skills and safely get involved with the online world.

Bicester, Bampton, Banbury, Burford, Chipping Norton, Didcot, Eynsham, Headington, Kidlington, Oxford, Sonning Common.

community@ageukoxfordshire.org.uk
01235 849 434

Exercise Classes

Tailored exercise classes for older adults, including Strength and Balance, seated exercise, Mind & Body, to more specialist classes such as Big, Bold and Balance for people living with Parkinson's.

Classes available in person and online via Zoom. Abingdon, Bampton, Banbury, Bicester, Botley, Cumnor, Cutteslowe, Didcot, Enstone, Eynsham, Henley, Milton under Wychwood, Sonning Common, Witney.

active@ageukoxfordshire.org.uk
01235 849 403

To find out more information about the below activities, please contact us.

community@ageukoxfordshire.org.uk
01235 849 434

Film Clubs

A social film club for people 50+.

Banbury, Carterton, Horspath, Steventon, Deddington, Merton (Bicester), Oxford, Sibford, Sonning Common.

LGBTQ+

Social groups for older people in our LGBTQ+ community. Banbury, Didcot.

Lunch Clubs

A chance to meet and eat in friendly company. Bicester, Kidlington, Thame.

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Didcot, Horspath, Kingston Bagpuize, Oxford City, Sonning Common, Thame, Upper Heyford, Wantage and Wheatley.

Walk & Talk

A leisurely stroll and a chance to make new friends. Charlbury, Didcot, Wallingford, Woodstock.

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Frances Curtis Court, Empress Drive, Wallingford, OX10 0FP
(accessed via King Henry Avenue from the A4130)



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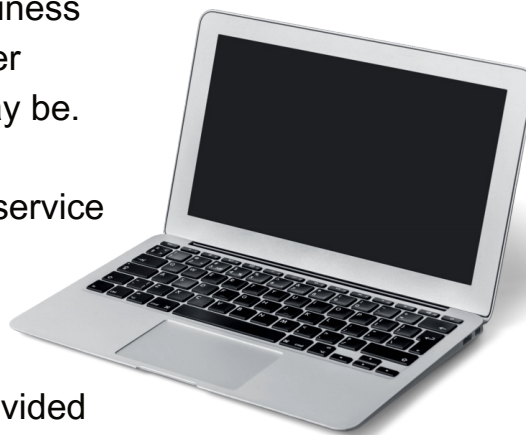
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Our Services

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Digital support
Home support
Homeshare
Bereavement support groups
Foot care
Scams prevention advice
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Social activities and clubs
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here
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information

All our staff have access to telephone interpreting services for over 200 languages, and a number of our leaflets and DVDs are available in other languages. This magazine is available in screen-reader friendly digital format and large print. Contact us at media@ageukoxfordshire.org.uk for more information.



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To find out more please call **0345 450 1276** or email contactus@ageukoxfordshire.org.uk.
Alternatively visit our [website](#).