

*Age UK Oxfordshire's Magazine*

# EngAGE

**Being your best self**

**Staying strong and steady**

**Celebrating World Poetry Day**



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A very warm welcome  
to EngAGE from our  
CEO Penny Thewlis.

As I write, spring is  
starting to assert itself,  
with snowdrops and  
the first hardy daffodils,  
and some real warmth  
in the sunshine today.



A big thank you to all of you who rose to our  
challenge and shared poems for our World Poetry  
Day pages. They were hugely enjoyable to read;  
thought-provoking, funny, profound, sad, wise,  
optimistic by turns - we hope you will enjoy them  
as much as we did.

We also feature information about the second  
stage of our cost-of-living campaign, focussed on  
Attendance Allowance. Like Pension Credit, it is  
not being taken up by all those who are  
eligible – do take a look at page 7.

In other news, we are delighted to be welcoming  
Andrew Lane as our new Chair of Trustees.  
Andrew is a qualified pharmacist and led the  
National Pharmacy Association as its Chair  
through the pandemic and helped deliver the  
Covid vaccination programme. Andrew is actively  
engaged in his local community where he serves  
as a Parish Councillor and brings a wealth of  
knowledge and insight.

Please do get in touch if you have any feedback  
on content or design –

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

We hope you enjoy your Spring EngAGE!

My warmest wishes, Penny.

# What's been happening?

## A Woodland Wander

Thanks to the Harcourt Arboretum and Ashmolean Museum a group enjoyed a 'Woodland Wander' through the Ashmolean archaeological collections, looking at all things woodland and forest.



## A 'Big Knit' legend!

We gave special thanks to Carol recently for the amazing 1500+ little hats she's knitted for our Big Knit fundraising campaign. We're awaiting details of the next campaign – keep an eye on our Facebook page for updates.



## 'Chatty Bus'

In December we hopped on board the city46 bus and had some great opportunities to speak to local people, and share useful resources and information about what's going on in the community. On Wednesday 29th March 'Chatty Bus' will be back! If you're over 65 then consider joining us on board for a free sightseeing day out in Oxford.

Places are limited, so contact us to book by calling **01235 849 434** or emailing [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)



## Delivering scams advice in the community

Mandy Massam, one of our Scams Advisers, has been out in the community recently sharing advice on how to avoid scams.





# Being your best self

Spring is a great time to reflect and think about making positive changes to improve our health and wellbeing. There are lots of ways to improve both physical and mental health. Here are some areas to consider.

## Look after your mental wellbeing

Our mental health affects how we think and feel, and how we cope with life's ups and downs. As we move through different stages of life and our circumstances change, our mental health can change too. Being worried, low or out of sorts aren't just part and parcel of getting older - they're important signs that you're not feeling as well as you should be. Signs of stress can include restlessness, feeling on edge or worrying. It's normal for us all to experience these at some time or other, but if the feelings remain it may be time to seek some support.

There is free, confidential support available from TalkingSpace Plus, an NHS talking therapies service that can offer evidence-based talking therapies for these difficulties. It is available to anyone over the age of 18 registered with an Oxfordshire GP. It's easy to refer yourself on the [TalkingSpace website](#) or by calling **01865 901 222**, or you can speak to your GP who can refer you.

***“Anxiety and depression are really treatable. It’s not something you have to put up with. A lot of treatments are really practical and short term and you can get a better quality of life”.***

Mary Liptrot, a Cognitive Behavioural Therapist at TalkingSpace Plus





## Get a good night's sleep

Our sleeping patterns naturally change as we get older, so it's not unusual to have trouble sleeping. If you're struggling to sleep or stay asleep, try to go to bed and get up at the same time every day, cut back on daytime naps and reduce the amount of caffeine you drink. It can help to make time to relax and unwind each evening, perhaps by reading a book or listening to the radio.

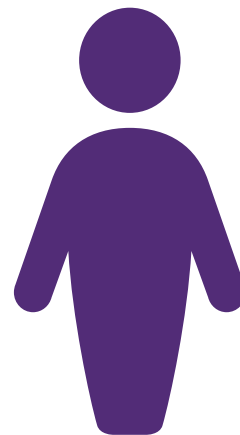
If you're suffering from chronic sleep problems your GP can help. They should not be regarded as either an inevitable, or a normal part of the ageing process.

## Keep your mind fit

As the saying goes "healthy body, healthy mind".

There are lots of ways in which you can keep your mind fit - here are some of the things that make the biggest impact:

- Keep physically active (see p19)
- Eat well
- Get enough good quality sleep
- Quit smoking
- Look after your heart
- Learn another language
- Stay socially connected (see p19)
- Look after your mental wellbeing



## Look after your healthcare

There are many proactive steps you can take to keeping well. Keeping up to date with immunisations like the flu jab, visiting your GP for regular health checks, looking after your feet (see p14) and reviewing your medications when necessary, can all make a huge difference.



## Eat and drink well

Try not to fill up on the wrong things, but also don't ignore any signs you may not be eating enough, such as losing weight unexpectedly. Keeping to a healthy and stable weight is one of the most important ways to maintain health and wellbeing as we age. Eating six small meals and snacks a day is as good as three main meals and can sometimes feel more manageable.

## Keep moving

Moving more can make a huge difference not just to your physical health, but to your mental health and wellbeing as well. It can improve your strength and balance, prevent falls, provide an instant wellbeing boost, and can be fun too! Even just a small amount of movement every day can be hugely beneficial to your posture and can make everyday tasks a little easier. See page 19 for details about the classes we run across Oxfordshire.





## Scams Advice: Phone Scams

**Our resident scams experts, Mandy and Hayley, share some advice on how to avoid phone scams.**

### Phone numbers to avoid

While you may receive calls to your land line or mobile phone from scammers and other deceitful people, there is a high chance that you are being called by an automatic dialer. These dialers show up on your phone as a missed call and might prompt you to phone back. This return call is then used by criminals to charge you premium rates. The most common of these numbers include 070, 0945, and 0843.

Here are some other numbers to watch out for:

0843 ~ 070 ~ 076 ~ 0845 ~ 090 ~ 118 ~ 091 ~ 084 ~ 087

### Number spoofing scams

Number spoofing is when criminals purposely change their caller ID so that it is harder for you to screen them out. This allows them to hide their real number or to mimic the number of a real company. They do this to extract information such as bank account logins. To avoid being scammed, it is recommended that you don't give out personal information on incoming calls and instead call the number on a verified letter/statement.

### 'Wangiri' missed called scams

'Wangiri' is a Japanese word meaning 'one (ring) and cut'. This scam involves dialers calling your phone and instantly hanging up when you answer. If you call the number back, you'll find yourself connected to an expensive phone number such as an international number which will then charge a premium rate. These calls tend to originate from developing countries like Botswana, Guinea, and Guyana and begin with the dialling codes +267, +224 and +592 respectively. If you receive a call you don't recognise, especially if it's from overseas, don't answer it.

We are able to offer group talks to raise awareness of scams and also 1:1 sessions for those who have been affected by scams. Contact us to find out more about our scams awareness training – **0345 450 1276.**



# Are you of pension age?

## You could be eligible for extra money to help you.



Attendance Allowance is paid to people who struggle with day-to-day personal care tasks such as;

- Dressing
- Showering or bathing
- Getting in and out of a chair or a bed
- Moving around safely at home

or people who need a lot of supervision because of memory problems or poor mental health.

It is paid at two rates, lower rate (currently £61.85/week) and higher rate (currently £92.40/week), and eligibility depends on whether you struggle with day-to-day personal care tasks during only the day or night, or throughout both.

It is not means-tested, so it doesn't matter what your income and savings are.

To find out more call DWP on **0800 731 0122** or visit [Gov.UK's Attendance Allowance page](https://www.gov.uk/attendance-allowance).

At Age UK Oxfordshire we can offer advice and top tips for making an application.

Please call **0345 450 1276** or visit [our cost of living page](#).

## Changes to voting



From 4th May this year, voters in England will need to show photo ID at polling stations for local elections, police and crime commissioner elections, UK Parliamentary elections and recall elections. From October, this will also apply to UK general elections. You will not need ID if you choose to vote by post.

The following forms of ID will be accepted:

- Driving License
- Blue Badge
- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card
- Freedom Pass
- Scottish National Entitlement Card
- 60 and Over Welsh Concessionary Travel Card
- Disabled Person's Welsh Concessionary Travel Card
- Senior SmartPass issued in Northern Ireland

If you do not have any of the above you can find out about more forms of ID that are accepted or apply for a free voter ID document by visiting the [electoral commissions website](#) or calling **0333 103 1928**. If you need some assistance with the application process please get in touch with our digital support team who can help you along the way. Contact us on **07584 148 507** or email [techbuddy@ageukoxfordshire.org.uk](mailto:techbuddy@ageukoxfordshire.org.uk)

The deadline to apply for a Voter Authority Certificate for the local elections in England on 4th May 2023 is 5pm on Tuesday 25th April 2023.





## Stay Strong and Steady

**Being worried about falling, or having experienced a fall can stop us keeping active and doing things that we enjoy. We want to help people keep moving so that they can maintain health, mobility and confidence and stay independent.**

Launching in late spring is a free introductory exercise and information programme designed specifically for people who are concerned about their balance. 'Stay Strong and Steady' will be delivered by our physical activity team, with support from the team at Move Together (from Active Oxfordshire and the district councils) whose coordinators will deliver some support to people at home.

If you're worried about your balance, then 'Stay Strong and Steady' can help you regain confidence and stability. By taking part you'll benefit from a range of evidence-based falls prevention exercises. You might join in with our in-person local community classes, at home via online classes or through home visits by trained specialists. We will focus on your needs to identify the right option, at the right time for you.





All options will provide strength and resistance exercises, which are beneficial for bone and joint health and help to make everyday tasks easier, and balance exercises, which help to reduce the risk of falls and improve posture.

You'll also benefit from general information and discussion to support you to remain strong and steady on your feet. Tutors will share activities and exercises that you can do at home and a personalised plan to maintain activity levels.

If you feel 'Stay Strong and Steady' could benefit you or someone you know, register your interest by emailing [active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk) or calling **01235 849403**. We will then share more information once it's launched.



*"This came at a very opportune time for me as I had just broken my ankle and had developed a deep vein thrombosis as a result of my injury. The course literally helped me get back on my feet and increase my confidence in moving."*

*Participant of the Stay Strong and Steady pilot*



## Community Exercise Classes

We have a wide timetable of tailored exercise classes for older adults, including Strength and Balance, seated exercise, Mind & Body, and more specialist classes such as Big Bold and Balance for people living with Parkinson's.

The latest schedule can be found by visiting our [physical activity page](#), or emailing [active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk) or calling **01235 849403**.





## Coping with bereavement

Many of us struggle with the word 'coping'. How often do we question whether we're coping as well as we should be? How often has someone passed a comment that has made us feel that they simply don't understand what it's like to lose a loved one, feel alone or to feel lonely? Coping is an active word; we need to work hard to be coping. We are all different and find our own ways of coping, some days are harder than others. You may have days when you want to shut the world out, can't concentrate, want to be quiet, cry or be alone with your thoughts. These feelings are normal.

***"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we do is learn to swim."***

One thing is for certain, every day the sun will rise and set, and you will find new ways to get through the day, to cope, and as time passes you will find things that bring glimmers of light back into your life.

At Age UK Oxfordshire our bereavement groups and walks are a space to meet others who feel the same, and a place to move forward without forgetting a loved one. A step to help you cope.

During Dying Matters Week (2nd-6th May) our groups will be coming together to visit some interesting places.

To join one of our groups or walks please call **01235 849434** or email **[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)**



# Homeshare – “a real shared benefit”

At Age UK Oxfordshire, our Homeshare service brings together compatible people, creating mutually beneficial living arrangements. We recently caught up with the daughter of a Householder in West Oxfordshire, who has been homesharing since last spring.

“A couple of years back I was suddenly aware my mum, now aged 84, was needing a bit of help and it was really a matter of her coming to live with me or a nursing home – neither of which was going to be suitable. One evening I searched online ‘living with people’ and Homeshare popped up. Mum decided to give it a go, and the rest is history! The most amazing thing about Homeshare is, with Amanda (mum’s Sharer), mum has become much more independent. We had become quite role dependent – I was the “caring daughter” she was the “mother-in-need”. I was forever inviting her for lunches – but I know mum and Amanda cook for each other now – which is terrific! Emotionally she’s in a much better place. She’s got company when she needs it.



If you had said to her a year ago that someone would come and live with her, she would have found that very difficult. And she did struggle, to begin with. But she has really managed to see the benefits of Amanda being there – and that’s overcome her worries and her own ways of doing things. That’s a benefit too – personally developing when you’re 84. Changing your ways and being more open to what’s on offer.

I used to worry about mum, and I was there nearly every day doing something. It wasn’t a chore, I just couldn’t physically do any more. For me, Homeshare has restored the balance. It’s been the most amazing experience for us both. The platform of Homeshare has been important, but the person even more so. They gel. They laugh about the same things. It’s a real shared benefit. Mum’s Sharer is just a wonderful, unique human being and so is my mum – and together they’re a really good team – mutually wonderful!”

In a Homeshare arrangement an older Householder who has a spare room and would like companionship, help or reassurance in the home, is carefully matched with a compatible Sharer, who would benefit from affordable accommodation and is happy to lend a hand. Visit [our homeshare page](#), email [homeshare@ageukoxfordshire.org.uk](mailto:homeshare@ageukoxfordshire.org.uk) or call **01865 410670** to find out more.



# Time for a spring clean?

## Spring clean your finances

Spring is the time when our minds often turn to cleaning our home, but what about a spring-clean for our finances?! There are plenty of things you can do to get your finances in order, here are some ideas to get you started:

### Complete a benefits check

You can easily do this online using [Age UK's benefits calculator](#) or by calling your local advice service (please make sure you have your current income and capital figures to hand). If you've had a check in the past but your circumstances have changed, it is worth checking again.

### Create a will or ensure yours is up to date

A will outlines what we want done with any of our assets when we die. If you don't have one or think yours may need updating, you may wish to seek legal help.

### File your paperwork

Sort through your paperwork and file it – even just putting all the paperwork about something into one labelled envelope can help you lay your hands on the information you need quickly and easily.

### Check if you should switch providers

Changing energy providers is not easy right now, but for other services there are lots of different online comparison sites to choose from. You can contact Simply Switch on [0800 011 1395](#) for details of broadband and mobile deals.

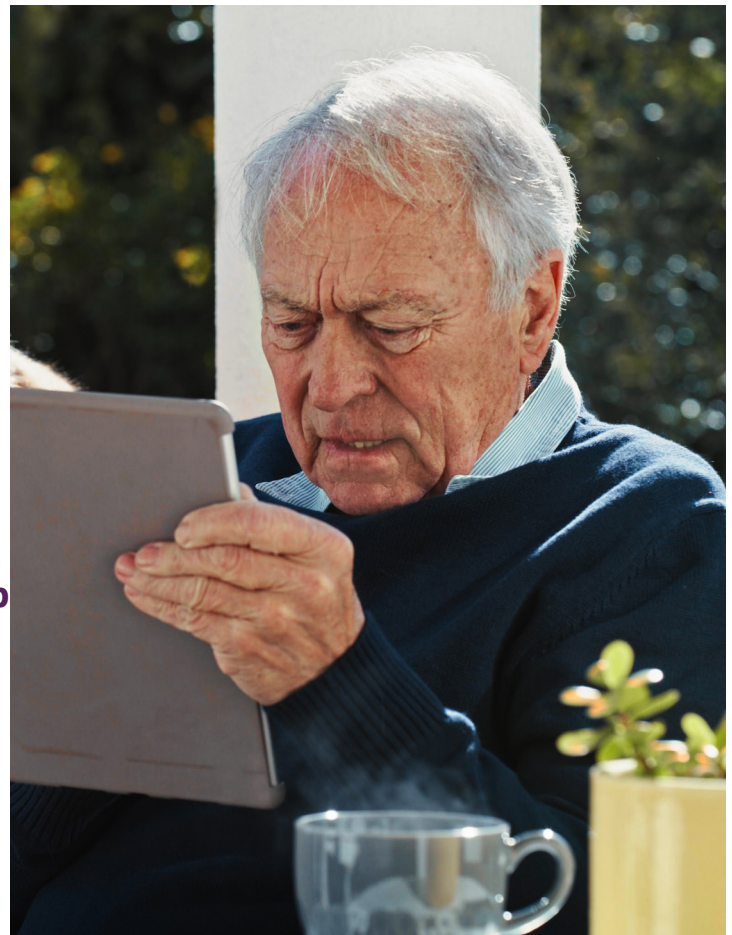
### Ensure you have a power of attorney set up

This legal document enables someone you have nominated to make decisions about your finances and/or your care if you become unable to make decisions for yourself. Age UK's '[Power of attorney](#)' guide includes useful information.

### Get support with any debts

If you're struggling with paying your bills draw up a budget, or get advice about any debts. Your local advice service may be able to help or you can call national debt charity StepChange for free advice on [0800 138 1111](#). Age UK's '[Getting help with debt](#)' guide includes some useful information.

If you'd like a copy of one of the guides mentioned, posted out to you, please call us at Age UK Oxfordshire on [0345 450 1276](#).



## Spring clean your home

**There are lots of reasons to declutter and systemise your home; having a clearer, more organised home makes it easier to clean, is safer and reduces the risk of falls, and creates a much better sense of calm for positive mental wellbeing.**

Angela Key from Oxfordshire decluttering business Helping Hands for Hoarders ([www.helpinghandsforhoarders.com](http://www.helpinghandsforhoarders.com), 0785 397 9336) shares some top tips for de-cluttering your home:

### Capture your progress

Take photos before you start so you can see what you have achieved (but remember that progress can be slow). The items didn't get into the rooms in a day so you can't expect to clear them in a day either!

### Little but often

Set yourself a target of decluttering say 10 minutes in every hour – that way you'll complete an hour in the day without it seeming too much.

### One in, one out

It's a good rule to take one item out every time you bring another in, for example if you buy a new jumper then consider giving away another that you don't wear. If your house is very cluttered, then try taking 10 things out for every one thing you bring in.



### Getting help

It can be tricky enlisting the help of family or friends as they may have their own agenda which might not match yours. Good communication is essential. If you need some additional support then there are professional declutterers available to support you – and they've seen it all before!





# Taking care of your feet

Our friendly, professional foot care service is here to help you take good care of your feet so that you can stay comfortable, healthy and active. Our trained staff will trim and file your nails and give you a gentle foot rub with cream to moisturise and prevent dryness or itching. All treatments take place in a private room, take around 20 – 30 minutes and cost £17.

We have clinics in: Abingdon (Tuesdays and Wednesdays), Wantage (Thursdays), Witney (Thursdays), Blackbird Leys (Fridays). We will be opening more clinics across the county soon so if there isn't a clinic in your area, please get in touch to register your interest.

To book or register an interest, please email [footcare@ageukoxfordshire.org.uk](mailto:footcare@ageukoxfordshire.org.uk) or call us on **01865 717 615**.



## Worried about memory loss?

If you or someone you know is experiencing significant memory loss, confusion or problems with language and decision-making, then it is important to get some support.

Sensing these types of changes can be worrying – and fear about a possible diagnosis of dementia is a very normal concern. However, the cause might be something easily treatable; and if the diagnosis is dementia, you can get support from our dementia support service, Dementia Oxfordshire.

We understand approaching your GP can be daunting. For an informal chat with someone who will understand your concerns and can reassure you about what to expect if you approach your GP call our support line.

You can find more information on [Dementia Oxfordshire's website](https://www.dementiaoxfordshire.org.uk) or by coming along to one of our upcoming information days, where we'll be running education sessions. For more information email [info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk) or call the support line on **01865 410 210**.

**At Age UK Oxfordshire we're supporting this year's Dementia Action Week (16th-22nd May) and are calling on everyone to take action to improve the everyday lives of people affected by dementia.**



## Celebrate creativity this May!

Getting creative, on your own or in a group, supports wellbeing- whether its singing, drawing, reading, crafting, model-making, colouring, playing in a band, writing a novel...whatever your passion. Being creative can ease stress, connect you with friends, stimulate your brain, get you active, make you feel good- and it's fun! If you're already getting creative, then we want to know about it - and if you're not, let us inspire you.

### Get Involved

For the whole month of May, we are celebrating all things creative and encourage everyone to join in and have fun.

If you are already taking part in a local group or honing your creative skills at home then why not share your experiences with us on social media? We want to flood the internet with positive stories and images of people from all walks of life doing creative activities and boosting their wellbeing. To connect, simply tag us on [Facebook](#), [Twitter](#) and [Instagram](#). You could share your creative pursuits with a friend or neighbour and spread the word.

You would be surprised at how many people see their lives transform when they follow a new creative passion - or reconnect to an old one!

### Inspiration

If you are reading this thinking 'it's not for me' or 'where do I start?' then it's the perfect time to get inspired.

Visit the [Age of Creativity Festival website](#) to find out what you can join in with. All of the listings on the website are age friendly, most are dementia friendly, and the majority are free. You can also call **01235 849403** to find out what is available locally.

If there is nothing to float your boat then it's a great way for us to listen and learn about what we could develop in the future. And of course, we have so many partnerships with local libraries, museums, galleries, theatres, community centres, creative clubs, and heritage societies that there may well be something right up your street that you never knew about.



# Poetry workshops for carers

**Would you like time and space to develop your creativity, guided by a professional poet?**

Unpaid carers are warmly invited to a series of free online poetry workshops inspired by the work and life of the Victorian poet and carer Christina Rossetti. The workshops are organised by the Oxford Brookes University Poetry Centre in collaboration with our sister charity Carers Oxfordshire.



They are led by poet Dr Sarah Hesketh and Rossetti expert Dr Dinah Roe. Poems will be published (with your permission) in a downloadable anthology on our [website](#), where you can also listen to the first volume of poems from previous workshops. The workshops will take place online between 10:30am and 12pm on Wednesdays 19th & 26th April and 3rd & 10th May.

***“It was so good to be in the company (online) of other Carers, carers like me, experiencing the same worries and responsibilities and finding comfort and inspiration in the poems we were introduced to as well as being encouraged and supported to write our own.”***

If you have any questions, would like more details, or are interested in joining the workshops, please email Dr Dinah Roe at [d.roe@brookes.ac.uk](mailto:d.roe@brookes.ac.uk)

## How you can help

### Donate

At Age UK Oxfordshire we rely on donations to ensure that we can continue to support people in Oxfordshire to live life to the full. You can make a one-off or monthly donation online via our [Just Giving page](#). Alternatively, you can call us on 0345 450 1276.

Every donation makes a difference. Thank you.

### Volunteer

If you have an hour or two to spare or a skill to share, why not consider joining our team of volunteers? Many of our services rely on volunteers in order to reach as many people as we can. By joining our team you can really help to make a difference.

You can find out more on the [volunteering page on our website](#).



# Creative Corner

To celebrate World Poetry Day on March 21st and share the voices of older people, we asked people to send in their poems, particularly those on the topic of later life. We received a wonderful selection and shortlisted the poems below. Congratulations to the poets featured!

## I am me

I am 80  
I am free  
I am me

I can scream and shout  
Turning round and round  
I am me

I can wear anything I want  
My age doesn't count  
I am me

I can get up when I like  
Do what I like  
I am me

I can sing, I can dance  
I can roll down the green bank  
I am me

No more rules  
No more be your age  
I am me

What others think doesn't count  
The tutting I ignore  
I am me

I am free to be who I am  
Free to live life to the full  
I am me and I am free

*Christine Thompson*

*Christine is 80. Red streaks in hair. Writes poems about family and life. Words come into her head, writes on scrap paper. Great joy of her life.*

## Old Love

At the altar when we made our vows  
did we foresee an intimacy like this?  
You kneeling to ease on my socks  
warmed beforehand by the fire;

pouring tea into my favourite cup;  
placing a daisy on the tray;  
cutting my toast in tiny squares -  
so many ways you show you care.

When we were young,  
we thought we knew it all,  
that love was all to do with sex,  
intimacy was confined to bed.

Wiser, now that passion's calmed  
we learn that true love slowly grows,  
tiny gestures say much more  
and bring us closer than before.

*Madeleine Heaney*

## March

Cold winds blow hard.  
The yellow blades in sheathes of green  
Stir, and sometimes break.

Daffodils dance gracefully  
In the rich, golden blankets  
Of trumpets shouting, "Awake."

Life is flourishing  
As Spring takes over  
And gives the earth a shake.

Crocus blaze everywhere,  
Purple, yellow, white,  
With narcissus by the lake.

March, how fresh  
The breeze, as it ripples the water  
And ruffles the feathers of a lone drake.

*Margaret Bateman Smith*

*Margaret Bateman-Smith was born & raised in Oxford, loved school, essays and art, but only started writing poetry in her 50s.*



## Me

When I was three  
I was me.

I grew and knew  
it was not me  
they wanted

so  
I learned to be  
a different me.

I grew some more:  
and then, before  
I could release  
the me behind the one  
they wanted,

was sent to school  
where there were rules  
which made me  
change the me  
again.

A me for school  
and one for home  
and underneath  
the real me  
hidden.

The years went on  
and all along  
I had to find another,  
then another me  
to fit the life I lived:

so forgot the buried me -  
so many others lay on top -

until, at last  
when I was old  
and bolder, I cast those me's  
away, resolved to play the real me,  
and pay no heed to others,  
happy to be — just me!

*Madeleine Heaney*

*Madeleine Heaney was a creative writer who delighted in the power and delicacy of a perfectly placed, plain speaking word.*

## Senior Moments

It's saying: Now what did I come for?  
My glasses? The paper? Oh dear,  
I've got to go back where I started  
To find out what I'm doing here.

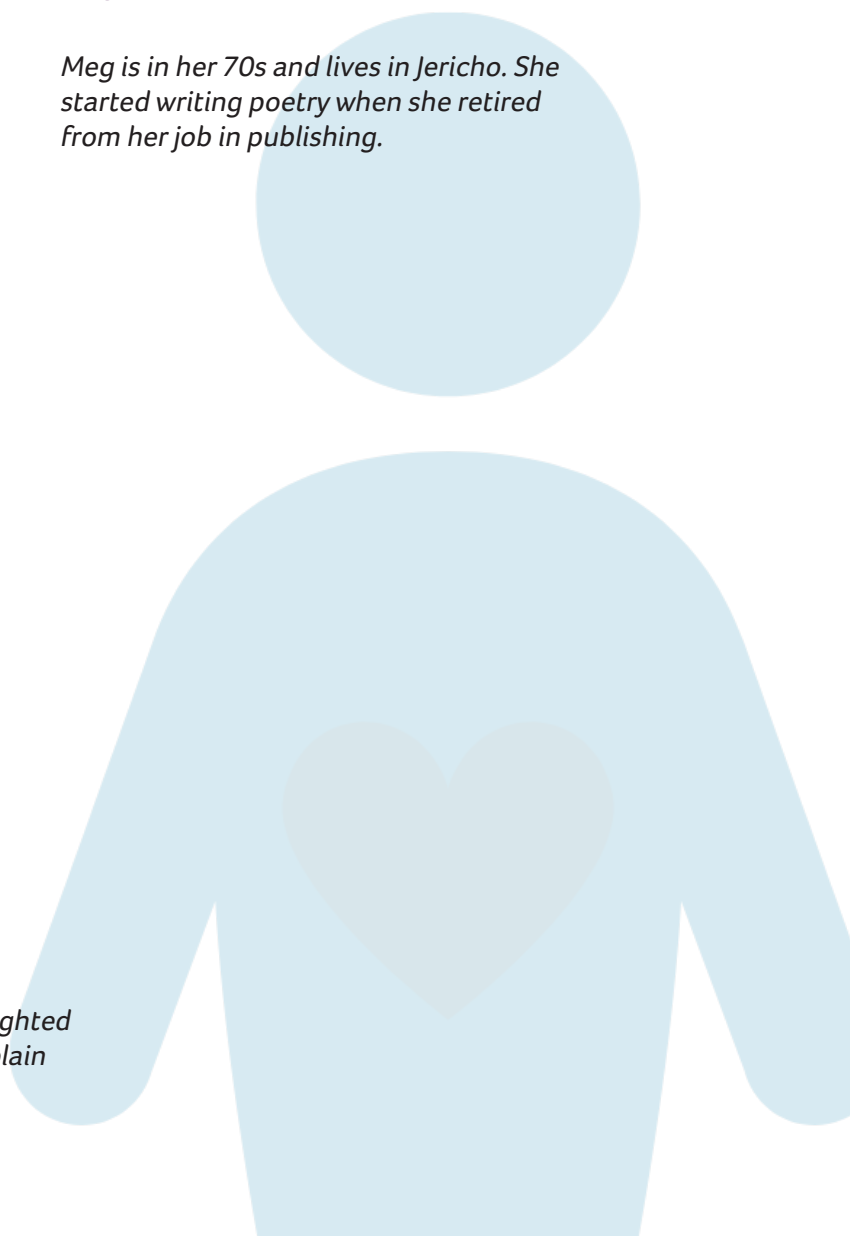
It's finding two bags in your tea-mug  
It's leaving your keys in the door  
It's opening the fridge, not the oven  
And knowing you've done this before.

BUT it's re-reading Agatha Christies  
It's fine - you've forgotten the plots  
And it's thinking you've run out of sugar  
Then finding you've stored seven lots.

And it's being surprised at the ending  
Of a film that you've already seen.  
And it's thinking 'I must set the table'  
And finding the fairies have been.

*Meg Barton*

*Meg is in her 70s and lives in Jericho. She started writing poetry when she retired from her job in publishing.*



# 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.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Bereavement Support Groups

Open to people aged 60+ who have lost a loved one.  
Abingdon, Banbury, Bicester, Carterton, Chipping Norton, Didcot, Grove, Kidlington, Oxford, Wheatley, Witney.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **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. These groups bring mental stimulation, friendship and laughter.  
Abingdon, Bicester, Carterton, Headington, Kidlington, Marston, Oxford, Summertown, Thame, Wantage, Witney.  
[teabooks@ageukoxfordshire.org.uk](mailto:teabooks@ageukoxfordshire.org.uk) or **0345 450 1276**

## Carers Oxfordshire

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. Our group welcomes carers and cared for.  
Cowley.  
[carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk) or **01235 424 715**

## Chatterbox

Social coffee morning with coffee and cake.  
Chipping Norton, Witney, Woodcote.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Dementia Oxfordshire

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.  
[info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk) or **01865 410 210**

## Digital Support Groups

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, Banbury, Chipping Norton, Didcot, Eynsham, Kidlington, Oxford, Sonning Common.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **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.  
In person at Abingdon, Bampton, Bicester, Botley, Cumnor, Cutteslowe, Dean Court, Didcot, Enstone, Eynsham, Henley, Milton under Whychwood, Sonning Common & Witney.  
[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk) or **01235 849403**

## Film Clubs

A social film club for people 50+.  
Banbury, Carterton, Horspath, Steventon, Deddington, Merton (Bicester) & Oxford.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## LGBTQ+ Groups

Social coffee groups for older people in our LGBTQ+ community.  
Banbury, Carterton, Cowley, Didcot.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Lunch Clubs

A chance to meet and eat in friendly company.  
Bicester, Thame.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Information & Advice Drop-ins

Banbury, Barton, Horspath, Sonning Common, Thame, Upper Heyford, Wootton.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Walk & Talk

A leisurely stroll and a chance to make new friends.  
Charlbury, Chipping Norton, Thame, Witney, Woodstock.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**

## Wednesday Men's Groups

A social group for men 60+ to take part in games, or just chat.  
Henley-on-Thames.  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or **01235 849 434**



# Improve your digital skills!



## Do you want to...

- Stay in touch with loved ones?
- Shop from the comfort of your own home?
- Access the services you need in a quick and easy way?

Here at Age UK Oxfordshire we offer FREE support so that you can make the most of the internet. We can even let you try a device for free.

Whether you're a complete beginner or looking to brush up on your skills, our Digital Champions are here to help! They can support you to use your gadget (tablet, smartphone or laptop) and help you to learn new skills in a safe and secure way.

Why not get involved today?

Email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk) or call us on **01235 849 434**.

## Need *help* with your PC?

Fully qualified, locally based business is here to help with all your home and small business PC requirements, however trivial or complex they may be.

**During these unusual times, a visit may not be the preferred option - if so, we already help lots of clients via our very secure remote sessions.**

A personal, professional service with a smile and at very reasonable rates.  
(Qualifications and ID provided on request)

**Call: 01865 349057 or 01235 758013**

**Email: [support@pc-help-4u.co.uk](mailto:support@pc-help-4u.co.uk)**

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option so no  
visit required

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- Software Repairs/Upgrades
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- Web Design & Hosting

**Website: [www.pc-help-4u.co.uk](http://www.pc-help-4u.co.uk)**





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– DAUGHTER OF A CHAWLEY GROVE RESIDENT

Book your tour today:

Tel: **01865 957 650** | Chawley Grove, Cumnor Hill, Oxfordshire OX2 9PJ  
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## Our Services

**We provide a wide variety of services for older people including:**

Information and advice  
Dementia support  
Carer support  
Physical activity classes  
Telephone befriending  
Digital support  
Home support  
Homeshare  
Bereavement support groups  
Toenail cutting  
Scams prevention advice  
Hospital discharge support  
Social activities and clubs  
LGBTQ+ groups  
Book groups



Call us on  
**0345 450 1276**  
or visit  
**our website**  
for more  
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 a screen-reader friendly digital format. Contact us at [media@ageukoxfordshire.org.uk](mailto:media@ageukoxfordshire.org.uk) for more information.



## Leaving a legacy of kindness

A gift in your will could help give older people in Oxfordshire someone to turn to. You can make sure we are always there for those who need us for years to come.

To find out more please call **0345 450 1276** or email [admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk). Alternatively visit our [website](https://www.ageukoxfordshire.org.uk).