

EngAGE

*Happy Knitting,
the Big Knit is back!*



Catalytic converter theft
How to protect yourself

On the road again
Top tips for safe driving after lockdown

**Making it easier to access online
exercise classes**
Generation Games investigates

**Dementia
Oxfordshire's
Annual
Sunflower
Competition!**
Details inside



Welcome!

Get in touch

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The Big Knit – how many hats have been knitted so far? See the back cover!

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A huge thank you and good luck to Sophie!

For the last three and a half years, **EngAGE** has been very ably and creatively edited by Sophie Dyer, who left us in early May to take up a new communications role and a new life in Surrey. **EngAGE** has really flourished and developed in Sophie's hands – she has brought great ideas and style to its editing – and she has demonstrated infinite patience with colleagues who have not always met copy deadlines!

I know that regular readers will want to join me in thanking Sophie for her great work and in wishing her all the very best for an exciting future.

Penny Thewlis

Age UK Charity
Quality Standard



A personal commitment to including everyone in the wake of coronavirus

As restrictions start to ease, we are truly heartened by the coming of spring and the opening up of more possibilities. But even as we look forward, we are also looking back to learn lessons, acutely aware of the impact of the virus and successive lockdowns on so many people's lives, an impact that has not been experienced equally. Older people, people with long-term health conditions, with caring responsibilities, from ethnic minority communities, from deprived communities and / or without digital access, have been amongst those disproportionately affected.

This has led to a strong sense that we need to change the way we do some things to ensure we are including everyone in everything we do and I have been having conversations with other local voluntary and community sector leaders about this. Together, we have looked at all aspects of discrimination which affect people's chances in life, including, of course, age discrimination and also racial justice, which has been a persistent theme of our discussions. We have made a collective commitment to influence change wherever we can by asking who is sitting at the table, who isn't, why not and how do we get them there, as well as making sure the voices of people with a wide range of lived experiences are being heard.

We have reflected on the power we have to give opportunity to others to speak – particularly those with lived experience – and we are all taking active steps to ensure that our organisations are more diverse and representative.

As a result, along with other leaders from the voluntary and community sector locally, I am personally committing to a number of small but nonetheless significant steps to

influence change:

- Being part of groups and committees that are actively inclusive, and asking myself the question who isn't at the table, who should be and how can we get them there?
- Always asking myself, my teams and other organisers if we are making sure a wide range of voices and lived experiences are heard in our own events and those we participate in
- Working to ensure that our communications, publications and other media include a diverse array of voices and experiences to truly reflect Oxfordshire in all its diversity
- Encouraging others around me to make these commitments.

In making these commitments public, I am making myself personally accountable for creating space for more voices to be heard, and to influence. The more of us that make these commitments the faster we will make change.



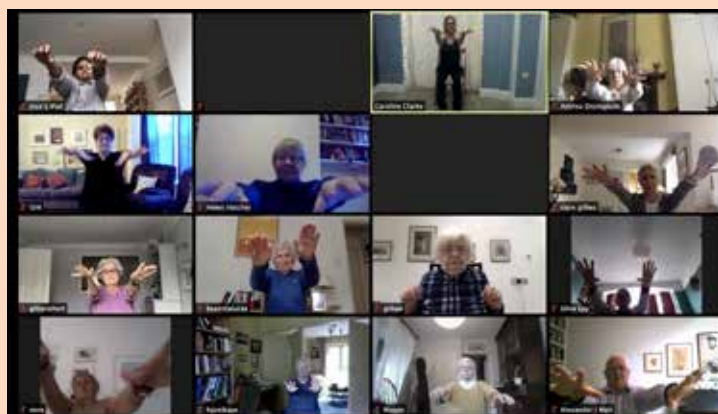
Our amazing online exercise classes!

Over a year ago who would have thought most of us would have Zoom accounts and are exercising online. We've all hit the technology pain barrier and sailed through it.

Every week the Generation Games team welcome many existing and new participants to our online classes and every week we're amazed at the sense of community that has been created. The enthusiasm and commitment from everyone is fantastic. We discuss everything from COVID jabs to "why there is no need to mow your lawn each week, preserve wildlife and enjoy a cup of tea instead!" In between the discussions we make sure we complete our exercises to keep us "Stronger for Longer".

We want to say a huge thank you to our lovely class participants, tutors and volunteers for their continued wit, charm, enthusiasm and above all their tenacity with technology!

Thank you everyone!



Get your week off to a strong start: **Move More Mondays**

Every Monday the very dedicated Sarah teaches a free live online class on our Youtube channel. Search for **generationgamesuk** on Youtube or email us (details below) to be added to the distribution list to receive the link each week.

It's just 30 minutes and with Sarah's infectious energy and motivation it will fly by and I guarantee you will feel better for it afterwards.

We want you to have as many occasions as possible to be active during the week. And if Monday morning at 10 am isn't convenient for you, no problem, you can always do it later as it's stored on the channel (it's just a bit more real doing it live and knowing Sarah is there in real time teaching the class).

"Have very much been fans of move more Mondays with Sarah and repeat exercising using these up to three times a week." - Participant



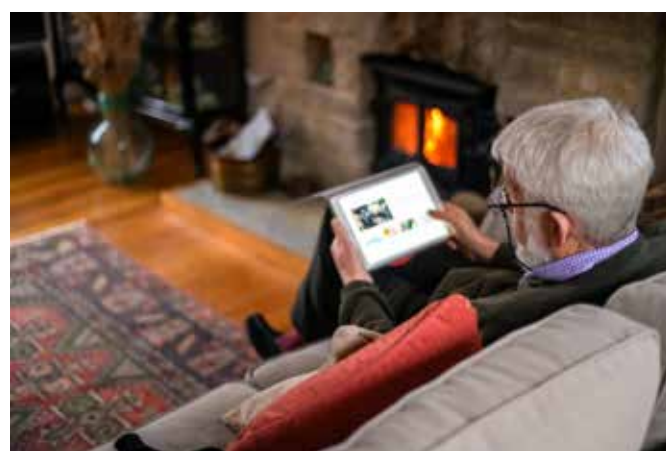
Making it easier to access online exercise classes

As with most services this last year, **Generation Games** needed to move its exercise classes online and without much time to prepare. Although we do have our classes running online, overall class numbers have seen a drop by 80%.

With funding from the 'Catalyst and the National Lottery Community Fund Covid-19 Digital Response Development Programme', we have been working with a digital agency to improve the accessibility of our classes: making it easier to register and book online and so helping more people to access our classes.

Age UK Oxfordshire was one of 30 charities to have received this funding and during May all the projects shared their experiences in a virtual 'Festival of Learning'. Other charities were invited to view our posters and arrange a digital chat over a coffee, to learn more about our work.

Generation Games has had a number of very interesting chats throughout the programme, including one with a charity based in South Africa which is keen to introduce exercise classes for their seniors. We were delighted to be able to share our experience both regarding exercise and awareness of digital accessibility.



Improving digital accessibility for older people to register & book online activities

Key facts:

Older people have experienced their support services move online

With this move online, our exercise classes have seen numbers drop by 80%



The hard stuff

With reliance on phone, email & post, plus lockdown restrictions limiting access to the office, it is taking weeks to follow up new enquiries and registrations

Dealing with it

Providing the opportunity to register online will speed up the process for those who can & release admin time to directly help those who can't

The Aha! moment

We also need to improve our understanding of digital accessibility & ensure our digital systems & services are **accessible to all**, minimising unnecessary digital exclusion



This summer

The drive to improve digital accessibility for our older clients will continue, with awareness raising across our organisation





Community Information Network

Get digitally connected

As the world around us moves more and more online we can help you make sense of it and build your confidence to use it as you choose. Whether you need help with your phone, computer or tablet Age UK Oxfordshire and our team of volunteers can support you to develop your skills and be involved, safely, with the online world within which we all now live.

- » Stay connected with family/friends over skype/zoom
- » Do shopping online
- » Set up an email account
- » Join a virtual group or activity
- » Learn how to use your IT gadget

We will listen to what your issue is and if we can't help you we will know someone who can.



We offer basic, FREE help via: telephone, online, handy 'how to' guides that can be posted out to you, home/garden visits (Covid-19 safe) and when able, face-to-face IT classes and gadget drop-in sessions.

**Contact Troy on 07584 148 507 or
Email: techbuddy@ageukoxfordshire.org.uk**

***Never had a mobile phone?
Always wanted to try one?***

***We can help source a
mobile phone and help you
learn how to use it.***

***Give Stephen a ring on
07827 235 450 to find out
more***



Most GP Surgeries and hospitals now offer a text messaging service.

By signing up to your surgery/clinic service they can let you know useful information, new services and remind you of the appointments you have booked.



All you need is a mobile phone. It is really safe and easy to do. We can help you do this too, just ring Troy or Stephen



NEW Community Links Booklet

Themed on the topic of Re-connecting, this booklet is filled with advice, hints and tips to support us all to feel more confident as we begin to re-emerge from lockdown.

To receive your free copy of the booklet phone **01235 849434** or email network@ageukoxfordshire.org.uk and we will pop a copy in the post to you.

Home First

Working closely together to ensure that your discharge home from a hospital is as safe and smooth as possible is a team of professionals from health, adult social care and the voluntary sector.

When you no longer need medical care in a hospital setting this team will work together with you to support you to live well by regaining and maintaining your independence in your own home.

We work with you in your own home, to assess how you manage your day to day living and self-care tasks and to understand what matters to you. We will help identify any support or equipment you may need, discuss an ongoing support plan with you that enables you to achieve your goals and help link you to the support, activities and opportunities available to you in your local community.

Home First helps you to remain active and engage with others around you whilst improving your mental health and wellbeing.

Your Age UK Oxfordshire Community Team will work with you within the hospital setting (where we are part of the hospital discharge support team) as well as after you have been discharged home. We are working alongside Adult Social Care, Oxford Health, Oxford University Hospitals and the Clinical Commissioning Group to ensure that you get the right support you need to be able to be as independent as possible in your own home.

To find out more you can phone 01865 227774 or email: ouh-tr.OxfordshireHomeFirst@nhs.net



Grieving

DURING A PANDEMIC


Being bereaved can be one of the loneliest experiences you or someone you love may go through. During the coronavirus pandemic many people have had to spend time apart from friends and family and this can make grieving even more difficult. Feeling isolated can make feelings of loneliness and grief much more intense so it is important to try and find ways of talking about how you are feeling. Talking on the phone, virtually or even over the garden fence is so important. Having a notepad that you can use to write down how you are feeling might work too.

Worries and concerns about what is happening around us when there is a constant stream of new and distressing information can distract you from dealing with your grief. You might be worrying about the situation as a whole or worrying about yourself or others. You are not on your own and help is available.

HOW TO HELP YOURSELF

- **Reach out.** While you may feel alone (and in some cases you are, physically) know that you don't have to be alone with your grief. There are local bereavement support lines that you can call Late Spring on **01235 426600** or CRUSE on **0808 808 1677**. They are there for you.

- **Look after yourself and get rest.** It



"Remember, you can't take someone's grief away but you can help them not to feel alone"

is so easy to want to hide away but try and get some fresh air or sunlight each day - even opening a window can help. Try and stay active - go for a walk (in the garden or round the block) Try to keep to a regular routine of getting up and dressed and eating meals at the usual time. The structure will help, even if only a little.

- **Expect bad days and better days.** You may find you have days when you have more energy and the grief doesn't feel quite so all-consuming as well as days which feel like they never end! - this is normal. Be kind to yourself and allow yourself the time and space you need.

- **Know that what you are feeling is normal.** 'It is okay to not be okay and it is okay to have times when you laugh and smile and forget'...what you are feeling is normal BUT if you feel you are not coping be brave, reach out and talk to someone whether it is your GP or a friend or family member.



HOW YOU CAN HELP ANOTHER PERSON

Many of us will have friends or family that have been bereaved, sometimes a long time ago or sometimes quite recently and it can often be difficult to know how best to support them. With all the uncertainties and fears that the pandemic has brought this has also made it more difficult as our opportunities to spend time with those we

love has been impacted. It is important to remember that you can continue to help them just by being you. Being the friend, partner, colleague, son they love is all you need to be.

Being present with someone in their grief is not easy, especially during a pandemic, but is one of the best gifts you can give to someone you care about. Stay in contact more, remember that contact is not simply seeing them in-person – ask whether they prefer phone, text or video call (if they have it) or send them a letter. Let them talk about how they are feeling and about the person who has died – talking can be one of the most helpful things after someone dies.

The Late Spring team has created a 'How to talk to someone who has been bereaved guide', if you would like to receive a FREE copy phone 01235 849434 or email latespring@ageukoxfordshire.org.uk

Late Spring



Our bereavement support service that is here for you

Over the last year we have broadened our offer and hope that you will find a support that works for you:

- **In-Touch:** a new telephone support service. Calls are answered by an experienced Late Spring team member and they can provide a listening ear as well as link you to further support **01235 426600**
- **Let's Reflect Packs:** themed packs, posted out to you four times a year with thoughts, reflections and activities included.

For many, simply being in the company of others who have been bereaved, and will understand, can make all the difference:

- **One Step at a Time:** short and gentle walks (no more than a mile) in the company of others...Covid-19 safe and re-starting from 19th April
- **Virtual Late Spring Support Groups:** running monthly using zoom, all are welcome (also accessible by telephone)

If you think that you, or someone you are close to, would benefit from joining one of our groups, accessing a pack or receiving support from the Late Spring team and want to find out more, please contact **Petra** on **01235 849434** or Email: latespring@ageukoxfordshire.org.uk or visit www.ageuk.org.uk/oxfordshire/latespring

State pension miscalculations

Various news outlets have run articles recently about the Department of Work & Pensions (DWP) investigation into miscalculations of some state pensions. This has been caused by an IT issue and may take months for back-payments to be sorted out.

Who is affected?

The DWP have identified three groups of people who may have been affected by miscalculations of their pension - though not everyone in these groups will definitely have been affected.

This is because DWP systems produce an electronic prompt to consider if an individual's State Pension amount should be increased. The prompt requires DWP staff to take further manual action and, in some cases, this did not take place for:

- People who are married or in a civil partnership who reached State Pension age before 6 April 2016 and may be entitled to a Category BL uplift based on their partner's National Insurance contributions

Also, following a change in the law in 2008, when their spouse became entitled to a State Pension, some people should have had their basic State Pension automatically reviewed and uplifted. Underpayments occurred in cases when this did not happen for:

- People who have been widowed and their State Pension was not uplifted to include amounts they are entitled to inherit from their late husband, wife or civil partner.
- People who have not been paid Category D State Pension uplift as they should have been from age 80.

What do I need to do?

DWP are contacting everyone affected by the miscalculations, therefore you don't need to do anything to get money you are owed by DWP.

However, once you receive your letter and any payments owed, you may need to inform other organisations to let them know there has been a change in your income and capital or benefits entitlement. For example:

- District council – if you get Housing Benefit or Council Tax support
- Social services – if you have a care and support that is paid for by the county council or that you contribute towards
- NHS low income scheme – if you get help with some costs because you get Pension Credit, you'll need to let them know if your Pension Credit stops. If you get help because your capital is below £16,000 (£23,250 for those in permanent residential care), you'll need to let them know if it goes over this figure
- Free TV licence for over 75's on Pension Credit – if you have a free licence because you get Pension Credit, you'll need to let them know if your Pension Credit stops

We are currently putting together an information sheet about the miscalculations and how any re-payments will be treated by other agencies. Please contact us for your copy on **0345 450 1276** (and ask for the helpline) or email us via **helpline@ageukoxfordshire.org.uk**.

TalkingSpace PLUS

Overcoming Anxiety & Depression Together

The last year has been anything but normal for many of us. COVID-19 has affected every single person in the world in many ways. However, we know being 65+ means you might have been subject to shielding, loneliness, grief, feeling down and worrying.

Whilst the news of vaccinations and lockdown ending can provide a lot of hope for people, it can feel really overwhelming for people too after the last year. You or someone you know may still be feeling very affected by

everything that's happened.

TalkingSpace Plus can provide support for those of you who may feel down or worried, or just out of sorts. They are a free NHS service who provide evidence-based talking therapy treatments to help with these problems.

You can self refer via the website **www.oxfordhealth.nhs.uk/talkingspaceplus/** or calling directly on **01865 901222**. Or you can ask your GP to help you.

Feeling poorly but it's not an emergency?

As hospitals across the county remain under pressure, Oxfordshire residents are encouraged to contact NHS 111 first if they are thinking of attending an Emergency Department.

Either online via 111.nhs.uk or by ringing 111

NHS 111 is a national system that people can contact if they need clinical advice. People who need clinical advice but aren't in a life-threatening emergency are encouraged to contact NHS 111 first before attending their local Emergency Department (A&E). They will then be assessed and, if appropriate, booked into either the John Radcliffe or Horton General Hospital Emergency Department for treatment.

However, if it would be more appropriate for them to receive clinical advice elsewhere, they will be advised on:

- How to self-care if required
- Visiting their local pharmacy, dentist, optician, or their own GP for help
- Visiting a local minor injuries unit

One of the main advantages of contacting NHS 111 first is that you will get the right care, in the right place, depending on your needs. You may be seen more quickly and by the healthcare professional who is best placed to treat you, a loved one, or the person you are caring for.

People are still be able to contact 999 and attend an Emergency Department if they are experiencing a medical emergency, but we would encourage people who do not need emergency care to contact NHS 111 First to receive the most appropriate, timely, and convenient treatment.

For more information, visit **www.ouh.nhs.uk/patient-guide/nhs111-first/**

DEMENTIA OXFORDSHIRE'S ANNUAL

Sunflower Competition

How to enter

Plant your sunflower seeds.

Take photos as your flowers grow and send these to us with your name and contact information using the details below.

You can follow us on Facebook to see everyone's progress.

When your sunflower is fully grown measure its height, snap a photo and send these to us before the 31st August 2021.

The tallest sunflower will win a prize!

Contact us at

Napier Court, Barton Lane, Abingdon, OX14 3YT
competition@dementiaoxfordshire.org.uk
01865 410210
www.dementiaoxfordshire.org.uk.

ON THE ROAD AGAIN



Following over a year of lockdown measures, many people have only ventured from their homes, for essential journeys such as food shopping or medical appointments. Now as we are allowed more freedom, understandable some of you may be feeling a little apprehensive about the thought of driving again. Perhaps worried about having to face the increasingly busy roads with speeding drivers, driving in the dark or even parking.

It is important you give yourself time, before getting back behind the wheel. Perhaps just reintroducing short journeys in your local area initially. After rebuilding your confidence, you can then venture further afield perhaps into busier towns or the motorway.

Apart from preparing yourself, don't forget it's also important to ensure your car is road ready, after having sat idle on the drive for a while. Remember to check and top up your oil and windscreen wash. Are the tyres at the correct air pressure and is the tread still, OK? Is the car still taxed and up to date with a MOT?

Although a competent and confident person can drive at any age, you might also be concerned about your loved one resuming driving, after such a long break. You need to consider the person's safety, as well as your own if you are a passenger and that of the other road users.

If a person does not acknowledge any deterioration in their driving ability, it can be a difficult subject to discuss. Some may deny a lack of skill, having driven for so many years and still assuming they are a proficient driver. Try and be honest suggesting they have always been a good driver, but you are concerned if an accident should happen.

Also consider if there are any new medical issues, which may impact on someone's

senses such as sight or hearing difficulties. Likewise, a recent medical diagnosis such as dementia may affect someone's reflexes, reaction times and their awareness of hazards or the other road users. Despite a diagnosis, a person may still be able to drive but further discussion with the GP is very important, as the insurance company and DVLA may need to be notified. Sometimes the DVLA will request attendance at a specialist driving centre where driving ability can be assessed.

FIND OUT MORE

The **Government** website has a very useful checker to find out about medical conditions that may affect driving: www.gov.uk/health-conditions-and-driving.

The **Age UK** website (www.ageuk.org.uk/information-advice/travel-hobbies/driving/worried-about-someones-driving) has some helpful advice, if you are worried about someone's driving, along with considering alternative forms of transport.

Dementia Oxfordshire's website also has information about driving and dementia www.dementiaoxfordshire.org.uk/driving/





FACE
Has their face fallen on one side? Can they smile?

ARMS
Can they raise both arms and keep them there?

SPEECH
Is their speech slurred?

TIME
To call 999 if you see any single one of these signs

WHEN STROKE STRIKES, Act F.A.S.T.

NHS

Act F.A.S.T. help us help you

Oxfordshire High Sherrieff's Awards for COVID-19 heroes

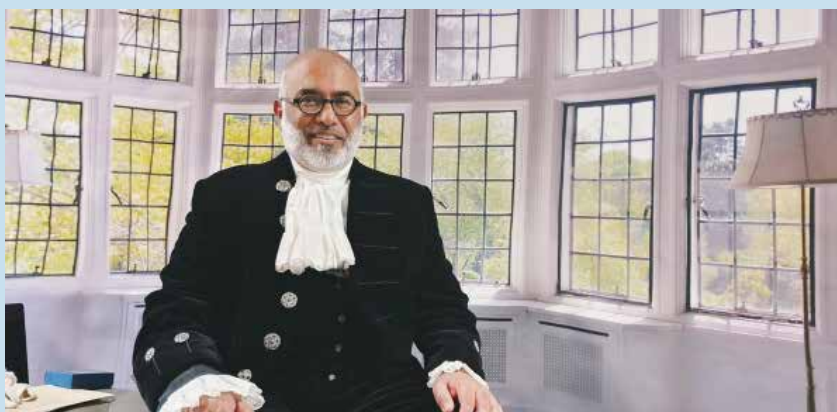
Our congratulations to the new High Sherrieff of Oxfordshire, Imam Monawar Hussain, MBE DL FRSA, who was sworn in on Thursday 8th April, 2021 at a virtual ceremony attended by over 300 individuals from across Oxfordshire.

Monawar's campaign whilst in office is focused on celebrating those who haven't received the recognition they deserve during the last twelve months.

"We have seen many inspirational tales of altruism and love from across our community towards those who are needy. Keeping our county moving, despite the personal risk."

"By dedicating the High Sherrieff's awards to those making contributions to their local communities, be they individuals, voluntary groups or businesses, we can celebrate them as a county."

If you would like to nominate anyone in your community who has carried out exceptional acts, during but not exclusively through the COVID-19 pandemic, you can do so by completing this application form: <https://forms.office.com/r/yNtBtVZMYj>. Or to request a hard copy, please call us on **0345 450 1276**, leaving your full name and address.



Catalytic Converter Theft

*Did you know a thief can take the catalytic converter from your car in a matter of minutes and leave **you** to foot the bill?*

A catalytic converter is a device that helps to cut harmful emissions produced by your car. The device is made of precious metals that thieves often target in exchange for money at a scrap yard.

You can protect your vehicle by:

- *Where possible, park in a protected garage, or park in a location that restricts access to underneath your vehicle*
- *Consider security lighting and the installation of CCTV*

- *Mark your catalytic converter with a forensic marker and register your converter to make it harder for thieves to dispose of*

- *Speak to a mechanic to find out other ways you can protect your vehicle*

Report any suspicious behaviour to police online or by calling 101 or 999 in an emergency.

See more crime prevention advice at: www.thamesvalley.police.uk/cp/crime-prevention/

Protect yourself from

**CATALYTIC
CONVERTER
THEFT**

Catching up with Homeshare

As restrictions ease and the vaccination programme is in full swing, a flurry of new enquiries have led to further new Homeshare arrangements. Older people are being supported to live independently and happily in their own homes and younger people are able to live affordably whilst lending a hand as part of the agreement. All in all, the Homeshare Oxfordshire service is busy!

Marian Pocock, from the Homeshare team explains, 'The pandemic has been a bit of a turning point for many older people. People are telling us that they have missed seeing friends and family, they have spent far too long on their own and, in the words of one of our Householders, 'have been set right back'. It is this toll on people's wellbeing that has been the catalyst for many of the recent enquiries to Homeshare Oxfordshire.'

Another Householder describes having "aged several years in the past year" and laughs, "that's saying quite a lot when you're already 79!" He talks about finding it harder to do the things he could do a year ago and the difference made by that extra bit of help "whether it's watering the garden, helping get something out of the loft or even someone to lend a hand with the odd meal. It's invaluable".



"I'm a positive person, but I can't deny that it's been tough this past year. I am a people person but haven't seen many people recently! And, at my age, I have accepted that I'll be travelling less, going out less and spending more time at home. I don't want to be doing that on my own anymore. I'm ready to have some more fun!"

Different circumstances

It is safe to say that no one Homeshare match is like the next. Our circumstances, needs and motivations for doing what we do are different for all of us. People who choose Homeshare are no exception to this. Vicki Baker, from the Homeshare Oxfordshire team, evidences this, "Homeshare matches come in all sort of shapes and sizes. True, the majority of our matches bring together an older person, typically in their seventies, eighties or nineties, with a younger person, typically in their twenties or thirties. But we've also welcomed Householders and Sharers in their sixties and sharers in their fifties. Householders may be in a couple, and in some cases, one person in the couple may be caring for the other. We currently support a Homeshare arrangement whereby the older person is living in the family home of her daughter and the Sharer is there to provide a bit of extra help and companionship. So in that case it's a whole family affair! There is no typical 'fit' or 'match'!

Different reasons

Motivations for Homesharing vary hugely. A recent enquirer, in her early sixties, working part time, was confined to her home owing to the pandemic and her need to shield. She began to feel isolated and, owing to health issues, she was finding it harder to do things in the home.

If you would like to find out more visit www.homeshareoxfordshire.org.uk or email homeshare@ageukoxfordshire.org.uk. Alternatively, please call us on **01865 410 670**

Share

For another Householder, the key benefit of the Homeshare is the reassuring presence of having someone else in the house. "I'm not planning on falling over, but it's reassuring to me, and to my family (who live close by) that there would be someone around in an emergency" he told us. In another example, a Homeshare arrangement sits comfortably alongside a care package and the Householder is very keen that she, in turn, is helping someone who needs affordable accommodation to be able to live and work locally.



Finding the right person

The Key to the success of a Homeshare match is in the careful matching process, in finding 'the right person for the right person'. Hearing from some of the people involved, it sounds like Homeshare Oxfordshire do this very well.

"I can't recall ever experiencing a people-focussed organisation that attends to the needs and experiences of all parties with such intelligent care. Homeshare listened very carefully to my needs and expectations from the arrangement, not on a zoom call but in person. They seamlessly managed all stages of the arrangement from initial contact, first meeting. finding me a great match, facilitating the introduction, negotiating terms and drawing up the bespoke agreement – all with such care and sensitivity."

"My first face to face meeting was a great success, not only because we had such an enjoyable time, but most important, because the Homeshare representative was there with us, in person, to gently guide the conversation, ask the right questions, and set both of our minds at ease. The Homeshare team have been there to offer ongoing and regular support to Householder, family members, and Sharer, in a consistent, positive and thorough way."

More than just the match!

Something of a Homeshare Oxfordshire community has shaped up across the county. Social gatherings and events - whether a meal out, trip to the theatre or concert, meeting for coffee have all been in the mix. As one Householder told us, 'This element really was an unexpected bonus. Many of my friends have died and I had only ever envisaged my social circle diminishing. Meeting other people, some in the same situation, and younger people too, was so enjoyable. It's nice to hear that there are plans to meet up again once the weather improves.'

The beauty of the Homeshare service being part of a local organisation is that the team are on the doorstep and able to meet face to face and in person. As part of Age UK Oxfordshire, the team are able to link Householders directly to colleagues in other services for opportunities, support and advice. Many Householders like everything being under 'one roof' and avoiding the need to start from scratch.

"The relationship with the Homeshare team is built on trust, respect and reciprocity and that is really evident all along the way"

Photo credits: Centre for Ageing Better



Homeshare
Oxfordshire



homeshareoxford



homeshareoxfordshire

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)

Remote help
option so no
visit required

Satisfaction or
your money
back

- **Free Callout & Diagnosis**
- Laptops, Desktops & Tablets
- Home & Office Visits
- Secure Remote Help
- Monthly Cover Option
- Mac & PC Support
- Supply of New Machines
- Hardware Repairs/Upgrades
- Software Repairs/Upgrades
- Wireless Setups/Networking

plus

- New Installations
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Support for Unpaid Carers

If you are looking after a loved one or friend who could not cope without your help, the team at **Action for Carers Oxfordshire** are here to support you. We have a dedicated team based all around Oxfordshire who are working hard to ensure family carers receive long-term, specialised support and practical advice. We are making sure that we stay in contact for a regular chat to reassure carers they are not alone.

In August 2020, **Action for Carers Oxfordshire and Oxfordshire County Council** launched a **free Carer ID letter** across Oxfordshire to enable unpaid family carers to be recognised as a carer in the community and when dealing with healthcare professionals.

And finally, if someone you have been caring for has moved or is moving into residential care our team is here to help support you through the challenging and emotional times.

If you would like more information about our service, or would like to receive a copy of our **FREE Care Matters magazine**, please call our Carersline on **01235 424715** or email **carersreferrals@carersoxfordshire.org.uk**.



Puzzle Page

Solutions can be found on page 21

Wordsearch

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING
FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM
JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS
SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS

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.

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



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Helping you to live well with dementia

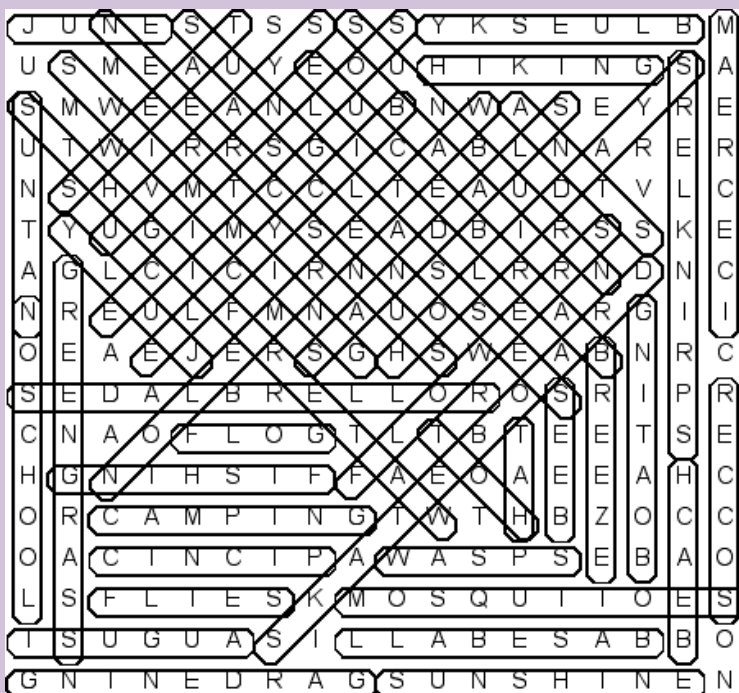
Our expert team is here to help you find local services suitable for your needs and provide you with information and advice about dementia. We will help you to stay independent for as long as possible while supporting carers to care with confidence.

Call our local Oxfordshire Support Line
on 01865 410210 9am - 5pm Monday to Friday
email info@dementiaoxfordshire.org.uk
or visit dementiaoxfordshire.org.uk

Dementia Oxfordshire is a partnership between Age UK Oxfordshire and Dementia UK. Registered charity number 1091529



Puzzle Answers



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

Creative Corner

Age UK Oxfordshire's Creative Network Team have been busy supporting a variety of creative projects, sending out monthly newsletters and hosting Creative Networking events. The next event is on 27th May 2021 and will explore the theme of digital creativity -further details can be found on the Age UK Oxfordshire website (www.ageuk.org.uk/oxfordshire).

We have recently completed two pilot virtual Age Friendly Art and Dance programmes for all abilities in partnership with the Mill Arts Centre in Banbury. We worked with Dance Creative tutor Rhonda Sparrey to deliver a series of 6 virtual dance sessions into people's homes. Community Artist Miranda Bence-Jones

led the art group and delivered a series of 6 virtual art classes which focused on creating patterns and mindfulness. The group created some amazing work and the feedback from both programmes was very positive:

"I feel thrilled to do that – I didn't know that I had any skills"

"The sessions came at just the right time, when you are on lock down you still need some structure to your life and these sessions provided that"

The Mill Arts Centre are using the learning from these sessions to develop their age friendly creative offer, to find out more visit the website: www.themillartscentre.co.uk/whats-on.

For more information about the project or any aspect of the Oxfordshire Age Friendly Creative Network and to sign up for the monthly newsletter please email helenfountain@ageukoxfordshire.org.uk.

Below: Zoom screenshot from Culture Club at the Mill – Age Friendly Art group



Sign up to EngAGE Magazine for FREE!

If you would like to receive information about activities, services and opportunities in your area, or if you would like to join our EngAGE mailing list, fill out this request form and return it to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT** or call **0345 450 1276**. If you received this copy through the post you will already be on our mailing list. 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

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 via www.ageuk.org.uk/oxfordshire/donate. Every donation makes a difference. Thank you.

Title: First name: Surname:

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Postcode:

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Telephone number:

I wish to make a donation of £

☐ I enclose a cheque/postal order made payable to Age UK Oxfordshire.

Signature

Date

DD / MM / YY

Gift Aid declaration

Please add to your donations through Gift Aid. If you are a UK tax payer, we can reclaim 25p for every £1 you donate.

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If you would like to hear about our events, campaigns and how you can support local older people, please tick your contact preferences below. You can opt out at any time.

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Hats off to you!

In May, we sent off an amazing **6,930 hats** to Innocent HQ! Thank you so much to our amazing Oxfordshire knitters.

Our target is 40,000 hats by October 2021 so please carry on knitting! For every hat knitted and sold, we get 25p to support local older people.

