

FREE

ISSUE 50
SUMMER 2018

For all our tomorrows:
Age UK Oxfordshire's
Strategy

Carers Week 2018

Join in the Big Knit

Age UK Oxfordshire and Action for Carers

Charity Golf Day

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Editor's Introduction

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

This issue we are celebrating our 50th edition of EngAGE, having published a quarterly magazine for older people across Oxfordshire since August 2009.

If you would like to find out more about anything you read you can get in touch by emailing sophiedyerageukoxfordshire.org.uk or send a letter to Sophie Dyer, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT.

I hope you have a great summer,

Sophie

**60
SECONDS
WITH...**

See page 9 for 60 seconds with a Community Exercise Programme Officer



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Find us online

Visit our website at www.ageuk.org.uk/oxfordshire to find out more about our range of services, local support options, information, advice and local job opportunities.

Let's get social:



/ageukoxfordshire



@ageukoxon

Home Support Options



SOMETIMES WE HAVE THE **BEST** JOB IN THE WORLD

By supporting our clients through **Home Support Options**, our team get to know our clients and their families, and love to hear about their lives before we become involved. This is Brenda's story...



Laura knew the minute she walked into Brenda's house that this was one very special lady with a story to tell. The walls of the house are covered in wonderful artwork; it transpired they were all Brenda's work.

Brenda, aged 90, was born in Ilford, Essex. Brenda was talented in music and art, and was very much influenced by the work of William Morris as a young artist. On the strength of her portfolio, she was offered an unconditional place at the Central School of Arts and Crafts in Bloomsbury, London, where she studied from 1947-50 under Miss Batty, Hans Tisdall and John Minton, and was a contemporary of Terrence Conran who founded Habitat.

Seizing opportunities of post-war enterprise, Brenda took her skills into the commercial sector, travelling as an independent young woman into a man's world to promote her designs as a freelance textile and wallpaper designer. Brenda represented her college at many exhibitions and won prizes for her commercial designs, with her ongoing success leading to her entry in Who's Who in Art (1954, 7th Edition).

Among her achievements was the presentation of her heritage collection depicting Stonehenge, which was displayed as a dress in Liberty London at the time of the Coronation of Queen Elizabeth II.

After marriage and becoming a mother, Brenda ceased trading and took to artwork from home as a hobby. Her second phase of output consisted of fabric collages on biblical scenes and textile icons of the life of Christ which were commissioned and hung in cathedrals around the world from Australia to the Russian Orthodox Church in Moscow.

Laura says "She was always so thrilled to see one of her own wallpaper designs on the walls of a house she might visit." But has yet to see one of her carpet designs! Brenda, an aspiring designer won first place in two carpet design competitions.

The Pinery is a collection of original artworks (116 pieces) produced by Brenda. Brenda's commercial art is now managed by The Pineapple Gallery and can be seen in the gallery, a preview of the full collection is available upon request: www.thepineapplegallery.uk.

Brenda's love of art has also influenced her children. Her son Jack Gibbons, a famous pianist, is very well known for his yearly appearance at the Holywell Music Rooms. Brenda's other son Tom Gibbons is founder of The Pineapple Gallery, and her daughter Gill's passion for fashion hasn't gone unnoticed.

Laura supports Brenda with chores, changing the bed and companionship 3 days a week. This help from Home Support Options enables Brenda to stay independent at home and with a studio at home and an appetite for all things art, Laura spends many hours with Brenda discussing artwork and the Arts.

Enjoying life to the full with a marvellous sense of humour Laura says that "Brenda is a wonderful advocate of enjoying later life."

To find out more about Home Support Options visit 'Our Services' on our website or call 0333 577 1044.

For all our TOMMOROWS

WHAT IS AGE UK OXFORDSHIRE AIMING TO ACHIEVE OVER THE NEXT THREE YEARS?

Over the winter, many of you contributed your views to the development of our new Strategic Plan. You told us what is most important for you in later life:

- * To live as *independently* as possible
- * To *enjoy living* and maintain your wellbeing
- * To *participate* in your local community
- * To feel your life has *meaning, purpose and value*

You also told us about some of the things that will help you to achieve these aims, which have become our five aims and ambitions for the next three years.

We hope that you will want to work with us to help us deliver on our new aims and ambitions – and hold us to account in delivering them.

By PENNY THEWLIS, Chief Executive

1. *Connect* people to the services and support they need and help them secure their rights

Our outreach teams – Carers Oxfordshire, Community Information Network, Dementia Oxfordshire and Oxfordshire Specialist Advice Service – provide information, advice and support to people in their local communities and in their own homes.

We will ensure that more people are able to benefit from the right information at the right time for them by extending the reach of our teams, for example into hospitals and health care settings.



2. *Enable* people to maintain their health and wellbeing and enjoy and celebrate life.

We deliver a range of activities to bring people together, enable them to stay well and combat loneliness and isolation - arts and creative activities, community activities & clubs, Carers Wellbeing, Generation Games, Homeshare, Late Spring and Phone Friends.

We will strengthen our efforts to reach people who are not currently benefiting from participating in local activities and opportunities by extending the range and the reach of the activities available.

3. *Support* people to manage their daily lives and maintain their independence

We provide practical support for people through our Footcare and Home Support Options services.

We will continue to broaden and grow both these services to enable more people to benefit.

4. *Work* with communities to create an age-friendly Oxfordshire



The Community Information Network works alongside communities to enable them to support their local older population, but we recognize the need to effect a step-change in this work if we are to enable older people to participate fully in their local communities.

We will work with older people and with statutory and community partners towards enabling Banbury to become the first town in Oxfordshire to be recognised by the World Health Organisation as an Age-friendly community and we will share the learning from this across the county.



5. *Change* how society views older people & carers through our influencing and campaigning work.

This is a new ambition for us and represents a significant challenge but older people were clear that they want us to use our voice and influence to challenge ageism wherever it occurs and to ‘change the narrative’ on ageing, which is too often negative and ‘problem focused’ rather than positive and asset focused.

We will strengthen our focus on positive messaging and images, and work with others across the county to develop an Oxfordshire Strategy for Older People which reflects the asset that older people represent.



Fundraising News

Charity Golf Day

On the 20th April 2018, Age UK Oxfordshire and Action for Carers held a Charity Golf Day in Henley-on-Thames. The combination of glorious weather, comedy from auctioneer Paul Mayhew-Archer and the beautiful grounds of Badgemore Park meant it was a wonderful day for all. We raised nearly £5,000 - money that will make a real difference to lives of both older people and carers across Oxfordshire.

Thank you to everyone who supported or attended the Golf Day. Special thanks to our Main Sponsor Lowe & Oliver Ltd and our two headline sponsors siHealth and Wickenstones for helping to make the event a great success. The putting competition was dedicated to the life of Bob Spokes - a man who was much loved and respected and who epitomises the words of 'old school values'.



Lowe & Oliver
Electrical & Mechanical Contractors



Play the South Oxfordshire Charitable Lottery

Play for just £1 a week so we can improve the lives of local people. For every £1 ticket, Age UK Oxfordshire will receive 50p back plus a further 10p goes to other great causes in the area. You also get the chance to win up to £25,000 every week! To start supporting visit www.socharitable.co.uk and search for: **Age UK Oxon**. Supporters must be 16 or older.



Join in the Big Knit

In 2016/17 you knitted an incredible 25,469 hats – that meant £6,367.25 was raised for Age UK Oxfordshire's Information and Advice Helpline, which provides vital support for older people and their carers across the county. This year we want to raise even more!

In addition to raising much-needed funds, the Big Knit is a great way to bring people and communities together. Knitting groups have previously been held up and down the country for people to get involved, share patterns and have a cup of tea or two!

For knitting patterns please see the Big Knit's website:
www.thebigknit.co.uk.

If you would like to knit any hats for us, please send them to Sophie Dyer, Age UK Oxfordshire, 9 Napier Court Barton Lane, Abingdon, OX14 3YT. Please make sure you include your name and address so we know who to say a big thank to you.



Strictly Success

On the 13th and 14th of April at The Mill Theatre Banbury, Strictly Banbury took to the dance floor for another year. A massive thank you to contestants Martin Whitman and Jo Green who represented Age UK Oxfordshire and raised a fantastic £335.00 and £1,250 respectively. You were both incredible!

If you would like to be a contestant for Strictly Banbury 2019 and help raise money for older people in Oxfordshire, please get in touch to register your interest.



Martin Whitman and expert dance partner Lucy Donaldson



Jo Green who won the prize for the Best Fundraiser



Natasha at the Manchester Marathon

Running to Victory: Two Marathons in Two Weeks

A huge congratulations to Natasha Fielding who raised £1442.50 for Age UK Oxfordshire by running the Manchester and London Marathons.

To run one marathon is a huge achievement but I think to run two marathons in two weeks is beyond incredible! Very well done on your timings of 4:28:11 and 5:05:52 for the Manchester and London Marathon respectively.

Do I really need to sweat and feel out of puff?



For many, exercise means having to get out of breath, to sweat and make a big effort. The ‘aerobic’ or ‘fitness’ element is usually the focus and in order to make this more appealing to older adults it’s often prefixed with the word ‘gentle.’ Aerobic exercise (anything that makes us breathe faster) is certainly good for us – it helps to keep us cardiovascularly fit, reducing the risk of heart attack or stroke, reducing high blood pressure. Experts agree that we should be doing this most days of the week, accumulating at least 150 minutes in total.

What is often forgotten about, but is *equally important*, is that **at least twice a week we need to be doing exercises that specifically target our muscle strength and flexibility, as well as our balance and coordination.** Strength exercises need a theraband (latex resistance band), dumbbell, resistance machine or your own body weight to be effective.

Each strength exercise targets a muscle or muscle group and is repeated 8 or 10 times (reps) and sometimes performed again after a rest (sets). Balance and coordination exercises need to challenge the body to be effective - but they don’t need to make you feel out of breath. Standing on one leg, weight shifting from one leg to the other and head turning are all good for balance and coordination. Flexibility or stretching should be done every day and this is about trying to increase your muscle’s range of movement by reaching higher, bending lower or twisting further.

Aerobic exercise or stamina, **strength**, **flexibility** or suppleness, **balance** and **coordination** are all separate components that make up our fitness and each one needs our attention in order to keep healthy.

Age UK Oxfordshire’s Strength & Balance exercise classes are designed to target each of these components. The classes focus on improving muscle strength which helps to keep bones healthy, improve posture and make activities of daily living easier. There is a short aerobic component because heart health is key to longevity, but the main focus is on dynamic balance. The classes incorporate balance exercises and time is also spent stretching to improve flexibility. These classes are endorsed by Oxfordshire Clinical Commissioning Group because we know that such activities can have a positive impact in preventing falls. Because muscles adapt to resistance (they get stronger), if you keep coming to the classes you’ll find that gradually the exercises change and progress – you’ll become stronger and eventually you’ll be practising getting onto the floor (always optional) and back up again.

Get in touch

www.generationgames.org.uk
01235 849 403
generationgames@ageukoxfordshire.org.uk

NEW Strength & Balance classes!

Bampton Village Hall: Mondays 1.30 – 2.30pm
Grove Village Hall: Tuesdays 10.30 – 11.30am
Christchurch Centre, Henley: Wednesdays 1.30 – 2.30pm
Barton Neighbourhood Centre: Mondays 10.15 – 11.15 am
Kidlington Methodist Church – Wednesdays 12.30 – 1.30 pm

60 seconds with...

Caroline Clarke

Community Exercise Programme Officer at Generation Games



1. How long have you been in your role?

I’ve been teaching Strength & Balance classes for the past 16 months.

2. What’s the most rewarding thing about your job?

Seeing the people who come to my classes getting stronger and regaining confidence. I love it when they tell me they can now do something they couldn’t do before.

3. What is one of the biggest challenges of your role?

Remembering everyone’s names! I am getting better as time goes on, but not quite there yet!

4. Where is the best place you’ve travelled to and why?

Florence. It was so beautiful, the people were lovely and the food was delicious!

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

Victoria Wood, Monty Don and David Attenborough.

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

Wildlife photographer.

7. Tell us something that might surprise us about you.

I have two degrees in totally different subjects (Environmental Science and Occupational Therapy).



“I love it when they tell me they can now do something they couldn’t do before”

8. How do you spend your free time?

Walking our dog (Poppy) and looking after our hens. I also love gardening, cooking, an occasional glass of wine and a good film.

8. If you won the lottery, what would you do?

Assuming it was a big win, I’d pay off the mortgages of my family and I’d give to a few charities that are dear to my heart. I’d also throw a big party!

10. How would your friends describe you?

Happy, loyal, sensible and silly!

11. What is something that is considered a luxury, but you don’t think you could live without?

A proper breakfast every day. I have two of our hens’ eggs (poached, scrambled or boiled) with toast (homemade bread) every morning. It sets me up for the day ahead and I love it.

12. What TV show or movie do you refuse to watch?

All horror films. I absolutely refuse to watch them as I get no enjoyment out of being terrified!

Events and Activities in West Oxfordshire




We would love you to come along and join us at these monthly gatherings across the West. Tea/coffee and cake aplenty with friends both old and new, as well as the opportunity to ask one of our networkers about anything you need information about:

- **New: Woodstock:** In the library on Hensington Road, OX20 1JQ. Last Tuesday of the month starting on the 26th June 10am to 12 noon
- **Minster Lovell:** Village Hall, Brize Norton Road, OX29 0RY. Every 3rd Wednesday of the month from 10am to 12 noon
- **New: Carterton:** Town Hall, Alvescott Road, OX18 3JL. Last Friday of the month from 10am to 12 noon as well as help with your tablet/laptop
- **Witney:** Corn exchange, Market square. Every 1st Thursday of the month from 9am to 12.30pm
- **Burford:** Library, 86a High Street, OX18 4QF. Every 2nd Tuesday of the month from 10am to 12 noon, join us on the upper floor of the library (there is a lift) for help with for your tablet/ laptop or phone too.

Events and Activities in Oxford City




Chris Grain
07827 235 438
chrisgrain@ageukoxfordshire.org.uk




Tricia Brant
07964 038 813
triciabrant@ageukoxfordshire.org.uk

New Venue, timings and dates: **Singing For Fun:** Following the closure of the Bullingdon Centre for refurbishment work, from June the group is moving to St Francis Church, 226 Holloway, OX3 7JF. Please note that it will now meet every 1st and 3rd Tuesday of the month from 2.30pm to 3.30pm. Sessions end with a sociable cuppa afterwards.



Stephen Mott
07827 235 450
stephenmott@ageukoxfordshire.org.uk



Sian Whitlock
07827 235 448
sianwhitlock@ageukoxfordshire.org.uk

Oasis Café Social Group: A chance to meet new people at 17 Fettiplace Road, Witney, OX28 5AW. Every 1st and 3rd Tuesday from 10.30am to 12.30pm. Contact Sian for more information.

Film Clubs: Enjoy a cinema afternoon with refreshments provided. Suggested donation of £3. Charlbury Community Centre, Thomas Gifford Room, Spendlove Centre, Enstone Road, OX7 3PQ. Every last Friday of the month from 1.10pm (arrive from 12.50pm). Contact Sian for details.



Come and join us at RAF Brize Norton for an afternoon of Ten Pin bowling.

Sunday 26th August 2018
12.30pm - 4pm (Arrive for 12pm)

£10 per person (2 games, shoe hire, lunch & a drink)
Or £5 for just lunch if you want to come and watch
(Cash bar open during the session)

To book a space for the date above, please send an email to Helen at helensollis@ageukoxfordshire.org.uk or leave her a message on 01235 849 434.

If you need a lift, or are able to offer a lift to someone near-by, please let Helen know.



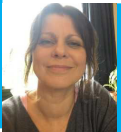
Golden Age at Greengates: An afternoon of activities, speakers with lashings of tea/coffee and cake. Every 1st and 3rd Monday of the month from 2.30pm to 4pm. Greengates, 2 Hernes Road, Summertown, OX2 7PT. All welcome, dementia friendly.

Community Film Clubs (contact Chris for more information):




- **Clockhouse, Greater Leys:** Every 3rd Thursday of the month from 2pm to 4pm
- **St Margaret's Institute, Polstead Road:** Every 4th Wednesday of the month from 2pm (arrive from 1.30pm for refreshments)
- **Now closed:** Templars Square, Cowley Film Club
- **Coming soon:** Donnington Bridge Community Film Club, running monthly
- **Coming Soon:** Cutteslowe Community Film Club, running monthly

Events and Activities in South Oxfordshire



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



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

Late Spring Bereavement Support Groups: A chance for all those who have been bereaved to come together over coffee and cake to meet with others who understand. Please contact Helen on 01235 849 434 if you would like to find out more about your local groups.

- **New: Wheatley:** Meeting room at the URC, High street, OX33 1UF. Every 1st and 3rd Wednesday of the month from 2pm to 3.30pm
- **Henley:** Christchurch centre, every 1st and 3rd Monday of the month from 1.30pm to 3pm
- **Goring:** the Hobbies Room, Towles Court, RG8 0DN. Every 2nd and 4th Monday of the month from 10.30am to 12 noon.

Culture Club at the Cornerstone, Didcot: Running fortnightly on a Thursday. A cultural and social group for anyone aged over 50. Please contact Rachel for more information

Golden Age Groups: All are welcome to come and join with us over tea/coffee and cake as we socialise with new friends and old. Each group has a programme of activities and speakers. Contact Kate for more information

- **New: group starting in Woodcote** on 10th July. It will run from 2pm to 4pm on the 2nd Tuesday of the month in the Woodcote Community Centre.
- **Didcot, Barnes close Centre:** every 2nd Monday of the month from 2pm to 4pm. Only £1 per person
- **Wallingford, Millcroft, Tumin Court:** every 3rd Tuesday of the month from 10am to 12 noon. (option to stay on after for a 2 course lunch in the dining room for £4)

Events and Activities in Cherwell

New: Pub Lunch in Bicester: Every 4th Wednesday of the month why not join us from 12.30pm to 2pm at the Penny Black, Sheep Street. Pub classics and light bites available from £4.39 including a soft drink. Please phone Libby to book your place (at least one week in advance)

Monthly lunch at Robbins Nest Restaurant, Stanbridge House, Banbury, OX16 9FZ: Why not join us every 3rd Monday of the month at 12.30pm for good food in good company. 2 courses for only £7, hot and cold drinks from £1. Contact Libby for more information.

New: Late Spring Bereavement Support Group in Tackley: Every 2nd and 4th Thursday from 1.30pm-3pm in the Methodist Chapel, Lower Hades Road, OX5 3BE. Contact Bec for more information.

Community Film Clubs running monthly in Cherwell, contact Troy for more details:

- **Erdington House,** Cresswell Close, Yarnton. Every 3rd Friday from 2pm. Refreshments can be purchased in the venue's restaurant.
 - **Orchard Meadows,** Prescott Close, Banbury. Every 2nd Tuesday from 2pm. Refreshments available.
 - **Holly Tree Horsefair,** Deddington. Every 2nd Thursday at 6.30pm. Tea/coffee on arrival
- We are looking to start an afternoon film club in Bicester, if interested please ring Libby.



Troy Bryan
07957 981 381
troybryan@ageukoxfordshire.org.uk

Libby Griffin
07827 235 410
libbygriffin@ageukoxfordshire.org.uk

Halima Ahmed
07917 808 445
halimaahmed@ageukoxfordshire.org.uk

Jackie Roberts
07827 235 408
jackieroberts@ageukoxfordshire.org.uk

Bec Hoare
07827 235 406
bechoare@ageukoxfordshire.org.uk

We are hoping to start a pottery class in the coming months. Please contact Jackie if you are interested in finding out more.

Events and Activities in the Vale

Friendly Clubs: social groups meeting once a month to socialize with old and new friends. A programme of entertainment, speakers and activities along with tea/coffee and cake, all for £2 per person. Contact Ann for more information or if you are interested in having a friendly club in your village

- **Wantage:** Methodist Church Hall, Newbury Street, OX12 8DA. Every 2nd Monday of the month from 2pm to 3.30pm
- **Watchfield:** Village Hall, Squires Road, SN6 8TA. Every 1st Tuesday of the month from 2pm to 3.30pm.



TUNELESS CHOIR

singing like no one is listening

Tuneless Choirs are for those who **LOVE** singing but just can't do it in tune




ABINGDON TUNELESS CHOIR
Launches on Thursday 17th May 2018
then meets every Thursday afternoon
2.00pm to 3.30pm
Christchurch Church Hall
Northcourt Road, Abingdon, OX14 1PL



£10 on your first attendance
£7 thereafter - pay as you go
or £30 for a series of six sessions
including refreshments

If you would like to attend our launch please book a place on our website

or contact us:
Angela Knapp on 07711 067402
abingdon@tunelesschoir.com
www.tunelesschoir.com/abingdon



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

Natasha Fielding
07827 235 432
natashafielding@ageukoxfordshire.org.uk

Coming soon!

- Last Thursday of the month, starting 26th June, why not join us for 'Lunch and Bingo' at the Poppy Café in Mayott House, Abingdon from 12noon to 2pm. Contact Natasha for more information
- **Stonehill Bloomers** – Community Garden Project: An intergenerational gardening club offering opportunities to pot up seeds, dig some beds and all that is in-between. A club for over 50's and pre-school children, getting together to enjoy the outdoors. Contact Natasha for more information.





Lunch Club at The Midget

Come and meet friends old and new for good food and company.

2 course lunch for £4.99 or 3 courses for £5.99

Afterwards why not join us for a movie afternoon at Preston Road Community Centre!

Starting 10th April

On the second Tuesday of each month from 12pm at The Midget, Midget Close, Abingdon, OX14 5NR

No need to pre-book

For further details please call
Carla Didcock on 07827 235 417 or via
carladidcock@ageukoxfordshire.org.uk



Registered Charity Number: 1091529



STRENGTH & BALANCE

Strength
Flexibility
Balance
Confidence



Wednesdays during term time
12.30 - 1.30 pm
Kidlington Methodist Church Hall
£4 per session, your first class is free
Please call to book your place

Tel: 01235 849 403
www.generationgames.org.uk

Sensory Impairment Team

The Sensory Impairment Team is part of the Social and Community Services within Oxfordshire County Council and comprises the Visual Impairment Team and the Hearing Impairment Team. Special trained staff work across the whole of Oxfordshire, with children and adults whose day-to-day lives are affected by sight or hearing loss, or combined sensory loss.

Our aim is to focus on supporting people to remain independent. Following our specialist assessment of needs, we may offer advice, support, training or equipment to enable people to achieve their goals.

Referrals can be made direct to the Team using the contact details below. We will accept referrals from individuals, friends, family members, GPs, hospital clinics, or anyone who knows the individual concerned.

You can contact the teams via the contact details below:

Visual Impairment Team:
Tel – 01865 894935 E-mail – visual.impairment@oxfordshire.gov.uk

Hearing Impairment Team:
Tel – 01865 894925 E-mail – hearing.impairment@oxfordshire.gov.uk

SMS: 07713 329 501
Fax: 01865 783156

SignVideo Link – To do this please go to OCC website, Sensory Impairment Teams, and follow the instructions – If calling from your smart phone, you will be required to download the free SignVideo App.

Address: Sensory Impairment Team, Abbey House, Abbey Close, Abingdon, Oxon, OX14 3JD

Phone Friends

We are so proud of our fabulous team of Phonefriends volunteers who were finalists in the recent Cherwell Business Awards 2018.

Each week 47 volunteers, supported by Paula the service co-ordinator, ring 286+ people throughout the county who are lonely and bring life, love and meaning back into the lives of all those that they ring. The difference that is made to both those receiving as well as making the calls can, quite simply, not be put into words.

If you would be interested in receiving a call each week or would be keen to join our fabulous team of volunteers please ring Paula on 01295 234850 for more information.

A big congratulations and thank you to them all.



Late Spring

Late Spring

Bereavement Support Groups

Here at Age UK Oxfordshire we have been successfully running a network of bereavement support groups for the past 5 years for all those aged 60+. During this time these groups have grown in number to 18 with a further 3 planned to start in September.

To help bring the groups to life and explain why so many have found comfort and joy in coming along to the groups, Veronica, who attends our Bicester group has written the following 'Ode to Late Spring':



*Twice a month the Late spring group takes place, where it's always pleasing to see a friendly face
A cuppa awaits with a slice of cake, what a nice welcome this does make!
Introductions are made, the register done – we have all lost someone, whether husband, wife, daughter or son.*

Our memories are shared, it shows that we are all loved and cared. The comfort we seek to help allay our fears, we talk, we listen, we laugh, we shed a few tears. It's not the hurt you can heal with a plaster, or time that will either go slower or faster. But sitting here, taking everything in, certainly saves reaching for the aspirin!

*A verse of wisdom or poem by Pam Ayres, we laugh out loud, who cares!
We are all together in the same boat, somehow we help keep each other afloat.
There are special occasions when we dine at the pub, where they serve up delicious grub. Washed down with a glass of wine or a small brown, my it's good to let our hair down.*

*We meet with a hug, we leave with a hug, it's warm and comforting like a woolly rug.
We can't wait until our next meeting, where once again we will share a friendly greeting.*



The team

If you have been bereaved you may find that coming along to your local Late Spring Bereavement Support Group may be just what would work for you. If you would like to know more about our Late Spring groups or find out which group is local to you please contact Helen on 01235 849 434.

Groups run in Abingdon, Banbury, Barton, Bicester, Burford, Chipping Norton, Faringdon (re-starts in September) Goring, Grove, Henley, Kidlington, Milton-under-Wychwood, North Oxford, Southmoor, Wheatley, Witney (2 groups) and Tackley.

Late Spring film wins award

A film made by Age UK Oxfordshire's Get the Picture Project has won the 3rd Annual Oxford Brookes Short Documentary Award. The film 'Oxfordshire Bereavement Group on Loneliness' features Lynne, Joan and Jenny from the Southmoor branch of Late Spring bereavement support group talking movingly about their experience of loneliness after losing their husbands and how things like support groups, hobbies, pets and local churches can really help. At the end they urge everyone to start a conversation with their neighbours to help alleviate loneliness they may face.

Ruth Swift, Late Spring Manager, said: 'I was really proud of the three ladies who, together, were able to so powerfully articulate their experiences of loneliness and bereavement as a result of the support they had received and the friendships they have built through attending the Southmoor Late Spring Support group. I really hope that the film will inspire others to know that there is help available out there and feel confident to find that help and be helped'.

Film link: <https://www.youtube.com/watch?v=6nWWcplor50>



Sudoku

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

Sudoku is easy to play and the rules are simple. 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.

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA

Age of Creativity



Unsurprisingly, the Index showed that people with good social networks, good health and good financial resources were more likely to have high levels of wellbeing. However from the research the strongest message was the importance of maintaining meaningful engagement with the world around you in later life – whether this is through social, creative or physical activity, work, or belonging to some form of community group. Taken together, these types of participation contribute more than a fifth of wellbeing, as defined in AGE UK’s Index.

Even more striking was the finding that creative and cultural participation was the single factor that contributed the most out of all 40 of the factors to significantly contribute to wellbeing.

Follow-up research showed that even for people with very low wellbeing overall, having something creative to do really does help. For these people visiting the library and engaging in textile or wood crafts were very important. However, activities that scored well with people with a high or low wellbeing included reading for pleasure (not newspapers or magazines), attending live theatre, visiting a town, city, garden or building with a historical character and seeing a film at a cinema or other venue. **To read the research go to <https://www.ageuk.org.uk/our-impact/policy-research/wellbeing-research/creative-wellbeing/>**

What makes life worth living?

What makes later life worth living? It is one of the questions that Age UK has been attempting to answer through its recent research on wellbeing.

Puzzles

Solutions can be found on page 22

Wordsearch

Ice cream flavours



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

Volunteering

at Dementia Oxfordshire

Dementia Oxfordshire benefits hugely from the enthusiasm and energy of our small group of dedicated volunteers. They help the staff team to facilitate support groups across the county as well as working on an individual basis with some of our clients. We have also been fortunate to have some assistance with our fundraising.

Terry Maton is one of our newest volunteers and this is his story.

I began volunteering in West Yorkshire as a volunteer lock keeper on the famous Bingley Five Rise locks – this was for one day a week in 2010.

My first big commitment to volunteering was as a Games Maker at the London 2012 Paralympics, where I was based in the Athletes Village. Mixing with the para-athletes for a period of three weeks was a life enhancing experience like no other. It made me fully appreciate the wonderful tapestry of human life and that everybody has talents, feelings, desires, and dreams.

I also volunteered at the 2014 Commonwealth Games in Glasgow and the 2016 Paralympic Games in Rio de Janeiro.

A few months ago, I saw an advert for volunteers from Dementia Oxfordshire. Having contacted Joan Gardner from the staff team, I went along to one of the regular support groups at Shotover View. I have been volunteering with Dementia Oxfordshire now for a couple of months, working as part of a team with Jane Probets and Elaine Ryder.

My volunteering experience at Shotover View is very rewarding and I get positive feedback from everyone there. It has reaffirmed what I learned at the London 2012 Paralympics.

Dementia Oxfordshire is launching a new group at Barton and I am looking forward to joining Taqwa Galpin and Joan Gardner to make this happen.



As a service, we will be holding an Information Day on Monday 16th July 2018 at Shotover View (OX4 2RA). This is a great opportunity for people living with dementia and their carers/families to find expert advisers in the same place and offers them an opportunity to take part in activities and carers’ education training.

A pilot day was held in January 2018 and was a great success. People valued the carers’ education sessions, which examined such subjects as challenging behaviour and techniques for dealing with this. The training also provided a great opportunity to ask questions and share experiences with other people.

We believe the day in July will help people to access services easily and provide contact with specialist advisers who can enable people to continue to live well with dementia. We will also be exploring complementary therapies, which can promote a sense of wellbeing and possibly bring a measure of calm to the person living with dementia.

If you would like more information or want to book a stand at the event then please contact Jane Probets, Dementia Adviser 07827 235 418 janeprobets@dementiaoxfordshire.org.uk



Life as a Sharer with Homeshare Oxford

An insight into Eleanor Minney’s experience with Homeshare Oxford

I have been Homesharing with Wendy for over a year now, our friendship has developed and a comfortable and flexible routine established. In the early days we were finding our feet; what began with a list of tasks that Wendy’s daughter had helpfully composed, evolved and adapted as we began to know one another better and I became familiar with the house. I now automatically proceed with my ‘routine’ jobs – such as the weekly kitchen clean and some washing - and Wendy will suggest other things that she needs a hand with, for example sorting out the freezer. I have even become very practiced at setting up for Bridge! The highlight of our week is our companionship time, a walk outdoors, cup of tea in the garden (if we are lucky!), or our well-established get-together for ‘film night’.

Earlier in the year Wendy spent two months in hospital recovering from a fall. During this time we adjusted our ‘sharing’ to hospital visits and helpful tasks – for example taking clean washing into the hospital. This period was not without its challenges - for Wendy, her family, and myself. However, I believe that living together for nearly a year before the change in circumstance had fortunately enabled us to develop an understanding of one another and a friendship that made it possible, and hopefully beneficial to continue the Homeshare when Wendy was at her most vulnerable. Since this time Wendy has been working hard with physiotherapists and carers to regain her strength and independence. It has been a privilege to be a part of this phase, seeing Wendy come back to us and find her spark and vitality again. Importantly, we have

also been able to resume our weekly Downton Abbey film night and try to recall what was happening when we left off!

Undertaking a Homeshare with Wendy has been a transformative decision for me. It has enhanced my ability to be independent, and given me the opportunity to live in a city that I didn’t envisage being able to afford to stay in after graduating. The whole family have welcomed me with such kindness, and been more than accommodating as well as giving me plenty of space. I am quite a solitary individual so I was apprehensive beforehand about maintaining my personal space and quietude. However, Wendy also has a need for independence and personal space, this is her family home of nearly 50 years after all! So with sensitive and respectful learning and understanding of one another, we seem to have developed what I consider to be a genuine friendship. As I am only 25 years of age, Wendy has a great deal more experiences to share with me of her 80 odd years and I enjoy listening to her anecdotes as well as contemplating her reflections on the present. I was nervous before the move, and I imagine Wendy was not without her own concerns too. She is a remarkable lady to whom I feel an immense gratitude for inviting me into her home, welcoming me into her family, and trusting me in her space. In return I hope that I am proactive, helpful, and compassionate – and enhance her life and home as she and her home have enhanced mine. **I would recommend everyone to consider Homeshare as an alternative way of living; I believe it is an opportunity that really does have the potential to transform lives.**

Homeshare Oxford carefully matches older people who may need a little help to continue to live independently at home, with another person who needs affordable accommodation, wants to be part of a home and can lend a hand.

In return for accommodation, the Sharer gives the Householder up to 10 hours of help each week. This is likely to be a combination of a many things including cooking, jobs around the house and garden, errands as well as companionship.

The Homeshare arrangement is supported by Homeshare Oxford on an ongoing basis. Homeshare Oxford now covers all of Oxfordshire. If you would like to find out more please telephone 01865 410 670 or visit our webpage www.homeshareoxford.org.uk

Information and Advice

Power of Attorney fee refund

If you registered a Power of Attorney between 1st April 2013 and 31st March 2017 you may have been asked by the Office of the Public Guardian to pay too much as an administration fee and be due a partial refund. You must claim your refund by 31st January 2021. The miscalculation of fees happened because the OPG became more efficient at processing the registrations but didn’t reduce the fee at the time – fees were only lowered from 1st April 2017.

To check if you are due a refund take a look here: www.gov.uk/power-of-attorney-refund

Or ring the Office of the Public Guardian: 0300 456 0300 (choose option 6)

Consultation on Care Charges

In our last issue, we informed you of the consultation being held by Oxfordshire County Council about changes to the way they charge for care. The consultation has now closed and the final changes will be decided on by the council Cabinet during June/July. Anyone affected by the changes will be notified during July/August and the changes will actually come into effect after that. We will be able to provide a further update in our next issue.

JdP MUSIC BUILDING
Jacqueline du Pré Music Building, St Hilda's College, Oxford, OX4 1DY

MOVING MUSIC
MONDAY 4 JUNE 2018

RedCat Trio
(flute, oboe/piano & clarinet)
performing an entertaining selection of mixed trios and duos, including lyrical, witty and well-known works by Mozart, Beethoven, Bizet and Malcolm Arnold

11.30am-12.30pm with refreshments from 11am
2pm-3pm with refreshments from 1.30pm

All are welcome, particularly people living with dementia along with their family, friends and carers.

Admission £5 including refreshments (carers free)

This concert is generously supported by:
The Patsy Wood Trust
Andrew & Jo Lea
The Royal Grammar School, High Wycombe

Please reserve your places and disabled parking in advance and pay on the door. Parking is limited - for information please call, email or see our website.

Tel: 01865 286660/251305
Email: movingmusic.jdp@gmail.com
Website: jdp.st-hildas.ox.ac.uk

Oxfordshire **ageUK**

Carers Oxfordshire
advice support connections

Save the date

Friday 30th November 2018

Dignity in Care Awards

& Carers Conference

Further information on how to nominate will be in the Autumn issue of EngAGE out in September.

Carers Week 2018

11th-17th June



Supporting Carers to be

HEALTHY &
CONNECTED

This Carers Week we are looking at all the ways we can support carers to stay Healthy and Connected, building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

Carers Oxfordshire working alongside Eynsham GP Practice and Pulic and Patient Partnership for West Oxfordshire are hosting an event at Eynsham Village Hall from 10.00am until 7.00pm on the 15th June 2018.

This will be an opportunity for carers in Oxfordshire to access support and advice from Specialist Carer Services, Dementia Support, Mental Health Carers Support and Community Information Network Specialists. Carers Oxfordshire will also be celebrating its 7th birthday

during Carers Week, and invites the community in Oxfordshire to join us at Eynsham Village Hall for cake and a cup of tea on Friday 15th June 10am-7pm.

Throughout the week there will an opportunity to explore the wealth of experience and services in Oxfordshire. This will be led by the Community Information Network.

Generation Games will also be available to keep you fit and healthy.

This year our flagship Carers roadshow (see back page) will be at Oxford City Library for the whole of Carer's Week 11-17th June 10am-4pm. Carers can come and talk to our specialist carer's team, find out how to access short term respite, get help with carer's assessments, blue badge applications and carer's health checks.

Carers Week 2018 is a nationwide event that will take place on 11-17 June 2018. With a theme of “supporting Carers to be healthy and connected”, Carers Week 2018 is asking carers “How much does your caring role impact on your health?”



Helping carers to get
Healthy and Connected

£50

A gift for carers — to redeem
your voucher towards a course
call 01235 520463

Carers can sign up to one of 800 part time course across the county. Action for Carers Oxfordshire pay a bursary of £50 towards the course. Find a course at <http://www.abingdon-witney.ac.uk/our-offer/part-time-courses/>

Courses are designed to fit in with your lifestyle, with flexible days, times and locations offered for most.

Terms & Conditions: This voucher is valid only to unpaid Carers: a person who cares, unpaid, for a friend or family member living in Oxfordshire who, due to illness, disability, a mental health problem or an addiction cannot cope without their support. This offer can only be used to take a part time course provided by Oxfordshire Adult Learning. If you have difficulty using the website please request a prospectus on 01235 555585

“
WE KNOW CARERS
OFTEN FOCUS ALL
THEIR ATTENTION
ON THE PERSON
THEY CARE FOR.
THIS ROADSHOW CAN
GO SOME WAY TO
CHANGE THAT FOCUS,
BY HELPING CARERS
TO THINK OF THEIR
OWN NEEDS AND
BEING ABLE TO POINT
THEM IN THE RIGHT
DIRECTION TO KEEP
THEM WELL”

Kay Francis,
Head of Carers Support

Carers who feel lonely and isolated are almost twice as likely to report a worsened mental and physical health. To reduce the negative impact of loneliness, it is important to bring carers together.

Roadshow Oxford Library - Event Highlights

For further details please contact Tracey on 01235 520463

Monday 11th June
Blue Badge help to complete forms 1-4pm Carers Oxfordshire, Community Information Network stand, Volunteer Stand, Time Out, Rethink

Tuesday 12th June
Generations Games Health Checks 2-4 pm, Creative self-care craft Blue Badge help to complete forms 1-4pm Carers Oxfordshire, Community Information Network stand, Volunteer Stand, Time Out, Rethink

Wednesday 13th June
Carers Oxfordshire, Community Information Network stand, Volunteer Stand, Time Out, Rethink

Thursday 14th June
Generations Games Health Checks 10am-12.30pm, an advisor for retirement age benefits and entitlements, Drop in Carers Oxfordshire, Community Information Network stand, Volunteer Stand, Time Out, Rethink

Saturday 16th June
Carers Oxfordshire, Community Information Network stand, Volunteer Stand, Time Out, Rethink

Friday 15th June
11am-1pm Creative self-care craft



National Carers Week
Staying Healthy & Connected

Carers Oxfordshire Roadshow
Friday 15th June 10.00-19.00

Eynsham Village Hall
Back Street, OX29 4QW

Dedicated advice and information for Carers

Carers Oxfordshire
Rethink Mental Health
Community Information Network
Dementia Oxfordshire
Age UK Oxfordshire

Are you are Carer? Do you think you are a Carer?
Pre Bookable appointments available please call
01235 520463

We will be able to offer help completing Carers Assessments (All day)
Come and talk to our specialist Carers Support Services
GP Health checks
13.00-16.30 Blue badge applications
14.00-15.00 Generation Games exercise class
15.30-17.00 Creative Life Coach Susan Leslie

For relaxation and time for yourself treat yourself to hand massage and enjoy afternoon

FREE

Puzzle answers

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

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

Editorial



Cowley Road Carnival

1st July 2018

Carnival takes place every year, on the first Sunday of July. It runs from 11am until 5pm and attracts audience numbers of over 50,000.

Carnival is a celebration of everything that is special and different about the Oxford Community, bringing together different cultures and community members from a myriad of social backgrounds.

Visit <http://www.cowleyroadcarnival.co.uk/> for more information.



Coming up this summer...

Living the Drama is one of the few professional theatre companies, which celebrates and supports older people. Their next play, in partnership with Kepow! Theatre, is 'Beneath the Blue Rinse' by Tom Glover – an outrageous comedy about what it is to be old, especially if you're dependent on the care and goodwill of others. A recent Age UK factsheet noted that 60% of older people in the UK agree age discrimination exists and 53% agree people treat you as a child or ignore you. This play aims to be thoroughly enjoyable entertainment....but with a serious message, so book now!

- The Abingdon Unicorn Theatre, June 29th 8pm
- The Old Fire Station, Oxford, June 30th 1pm
- Eynsham Village Hall, June 30th 8pm
- Old Fire Station, Oxford, July 5th 7.30pm
- Cheltenham Everyman Studio, 6th/7th July 7.45pm

For further information go to: website <http://www.livingthedrama.co.uk/what-s-on> or email carolyn@livingthedrama.co.uk or phone 07782259471.



Editorial

New Day Centre in Witney

A new day centre in Witney has been running for 14 weeks after Linda and Graeme Young set up the centre in February this year.

The centre has over 40 members and 14 volunteers. The day starts with teas and coffee, cakes and a catch up chat and newspapers. The centre had a visit from Channel 5 on 26th April with Jane McDonald. On the 18th May, 12 people from the day centre including volunteers and members went up to Manchester to be on a pre recorded programme of her new series Jane and friends. The program goes out in July.

The centre runs every Thursday from 10am to 2.30pm and costs £7.50.

To find out more about the centre, please contact Linda Young (07766054602/lindamckeer@hotmail.com) or Graeme Young (07990526510)



Information request form

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

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

Address.....

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

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National Carers Week

Staying Healthy & Connected

Carers Oxfordshire Roadshow

Monday 11th—Saturday 16th June 10.00-16.00
Oxfordshire County Library Westgate, Oxford, OX1 1DJ

Information stands and dedicated advice throughout the week.

Each day we will be able to offer Carers Assessments

Pre Bookable appointments available please call 01235 520463

Monday 11th June	Blue badge application help 13.00-16.00 Carers Oxfordshire/Rethink/Time out
Tuesday 12th June	Blue badge application help 13.00-16.00 Creative self care craft 14.00-16.00 Generation Games health checks Carers Oxfordshire/Rethink/Time out
Wednesday 13th June	Carers Oxfordshire/Rethink/Time out
Thursday 14th June	An advisor for retirement age benefits and entitlements drop in 10.00-12.30 Carers Oxfordshire/Rethink/Time out Generation Games health checks
Friday 15th June	Blue badge application help 13.00-16.00 Creative self care craft with life coach 11.00-13.00 Carers Oxfordshire/Rethink/Time out
Saturday 16th June	Carers Oxfordshire/Rethink/Time out

Timings subject to change.

Please contact 01235 520463 or traceydesmond@carersoxfordshire.org.uk