

EngAGE

Blue Badges: new
criteria

Burglary
prevention tips from
**Thames Valley
Police**

**European Union
Settlement Scheme:**
applicant advice

**Big Knit total
revealed!**

**NOMINATIONS
OPEN**

The Oxfordshire
Care Awards
2020

Living Well with Dementia

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Hello!

Welcome to the Winter edition of **EngAGE** magazine, full of ideas and inspiration to help you get the most out of later life.

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

Wishing you a Merry Christmas and a Happy New Year!

Sophie Dyer
Editor

We are **Age UK Oxfordshire**: a local independent charity with a national name. We raise funds locally to help deliver services for older people in Oxfordshire. We are one of 150 local Age UKs. We are brand partners of Age UK.

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Postcards of Kindness

By Fiona MacKay Perkins

Wish you were here...

Speaking with Louise Baker - one of the founders of **Postcards of Kindness** - the idea started last year at *Your Health Limited* Care Homes. A social media appeal asked friends, family and members of the local community to send postcards to residents.

They had expected a few cards per care home, but were blown away when they received thousands from all around the world: the appeal had gone viral! Louise noted how positively the postcards were being received, how readily residents engaged with them, and the conversations they inspired.

Louise decided she wanted to run the appeal again and to involve as many care homes and their residents as possible. They created a Facebook group in an effort to match care homes with senders; to give those who want to send cards an easy way to locate those who would like them. The rest, as they say, is history.

Louise commented, "The postcards are helping to inspire conversations, spark memories

and encourage reminiscence. We have reached senders and homes all around the world, inviting residents to become a part of a global community."

Oxfordshire residents

My mother lives locally in an assisted living flat and I added her address to the Postcards of Kindness list. Two weeks later, the postcards started arriving: cards sent from Singapore, Broughton, Winchester, Canada, from other retired people, from families visiting their favourite holiday destinations and from school children practising their writing. We then spent an afternoon looking at the postcards with a cup of tea and biscuits. What wonderful discussions we had about the destinations visited and who we had visited with.

Making a difference

The postcards create an opportunity to reminisce and share. It allows residents to know that someone cares and wants to communicate with them, often from different backgrounds. Postcards broaden interest in the outside world, allowing the reader to share the holiday adventures of the writer; residents' memories are stirred and imaginations piqued!



How to get involved

● To **receive** postcards: request to join the private Facebook group '*Postcards of Kindness - The Group*' and add the care home address on the spreadsheet. You could also add a photo of what you receive to the group!

● To **send** postcards: request to join the above group and choose a care home on the spreadsheet to send to. Your words, anecdotes and holiday memories could really brighten someone's day.

Don't forget the hashtag **#PostcardsOfKindness** whenever you're on social media, or talking about this great new opportunity.

Please also let us know how you get on so we can share your stories in future EngAGE issues!

Loneliness is Everyone's Business

By **Penny Thewlis**, Chief Executive

Bishop Colin Fletcher welcomed more than 320 delegates from organisations across Oxfordshire to a conference to share ways of bringing people of all ages together to help reduce isolation.

We learnt that, as social beings, loneliness is an experience common to us all – a bit like hunger or thirst. It prompts us to seek out the company of others. It becomes more problematic when it goes on for a long time.

Tracey Robbins joined us for the morning from the Eden Project. She emphasised the importance of neighbourliness and inspired us with the idea of 'snow permission'. The snow helps to break down barriers; we all come out of our bubbles, talk to each other and offer help.

Loneliness is an experience common to us all – a bit like hunger or thirst

But how do we achieve that kind of neighbourliness without the snow? Tracey suggested *The Big Lunch* is a great way of bringing people together – this year, 4 million new friendships were made as a result of Big Lunches across the UK. Expect to see more Big Lunches in Oxfordshire next year! If you are interested in finding out more or in helping to organise a Big Lunch in your neighbourhood visit www.edenprojectcommunities.com/thebiglunchhomepage



Helping to Build Community Connections: Social Prescribing

One conclusion of the conference was that there is a lot going on in local communities, but connecting to it is not always easy. And at some point in our life, finding the confidence to get involved is impossible. Under an encouraging new government-funded NHS scheme, known as 'social prescribing', new **Community Link** workers will be appearing in many GP Surgeries and communities across Oxfordshire to help people make those connections.

Social prescribing is simply a way for GPs and other health workers to refer people to a range of local, non-clinical services for practical help, as well as activities, friendship and fun. Community Link workers will also support existing community groups to be accessible, while helping to start new groups.

Social prescribing is not yet in place across the whole county, but you may meet Community Link workers employed by the Oxfordshire Federation of GPs (in Oxford City), by Oxfordshire Mind (in Oxford City and the South West), by Citizens Advice and by Age UK Oxfordshire in other parts of Oxfordshire. As the scheme develops, we will all be working collaboratively with local partners to make sure you can access this service wherever you live.

AGE OF CREATIVITY FESTIVAL 2020

In May 2020, the **Age of Creativity Festival** returns, bringing together creative events for, with and by older people across England.

Last year we had an enormous range on offer from intergenerational workshops to dementia friendly film screenings.

Age of Creativity, part of Age UK Oxfordshire, was created five years ago to help support arts practitioners to bring quality arts provision to older people. There is now much research indicating that engaging in such activities can boost self-esteem, as well as increasing social connections and reducing loneliness and depression.

Watch this space for more details!

In Good Company

A **Homeshare Oxford** match brings together an older person, or couple, looking for help or companionship at home, with another person who is happy to lend a hand and is seeking affordable accommodation.

“

I'm often asked if people involved in Homeshare fit a particular profile", says Marian Pocock, Homeshare Oxford Manager. "The answer is not really. People's circumstances and motivations are very varied and it's hard to find too many 'types', trends or patterns. The possible exception to this, however, is a common desire, shared by many **Householders**, to help someone who wouldn't otherwise be able to afford to live and work in Oxfordshire."

Likewise, the younger **Sharers** cannot easily be categorised. Current Sharers range in age from 21 to 57, work in different settings such as health, education and local government, and come from different parts of the world. They too, however, have something quite striking in common. Sharers talk not only about wanting to be helpful, but are enthusiastic about living with (and often learning from) an older person. Many Sharers have spent a lot of time with older people - as family members, friends, or people they come in to contact with through their work.

A different model

Sandra, the daughter of one of our older Homesharers, explains, "We have a slightly different Homeshare set up in that both my mum and Sharer, Iona, live in my family home. It works perfectly as it allows my family to function as an independent unit in the knowledge that my mum also has the additional company and support that she needs."

Iona checks in on Gloria before leaving for work each morning and they usually enjoy an afternoon chat over a cup of tea before Iona helps with an evening meal. This bridges the gap until Sandra gets back from work and is hugely reassuring: "I cannot express how lucky we are to have found Iona. She is making a real difference especially as Mum has really warmed to her."

For Iona, the Homeshare concept struck a real chord - spending time with older people, sharing stories and memories, helping out, and being able to feel part of a home. Iona reflects, "I moved to Oxford without knowing anyone at all and being part of Homeshare has really helped me to settle in well. I have been made to feel very welcome in the family home."

"I am new to Oxford and it is lovely to find myself immediately part of a diverse group of people, with the **same desire to help each other**"



© Age UK Oxfordshire

Two teachers

A recent Homeshare Oxford match brings together two teachers. Elizabeth, a primary school teacher tells us, "Christine has a wealth of knowledge and experience from her teaching days. I have learnt a great deal from our conversations. I hope to be able to invite Christine to school to meet my class at some point. I think they would love that." Regarding the Homeshare arrangement she goes on to say, "I know that Christine is reassured by having someone else in the house overnight and it's so easy for me to do odd jobs. We get on very well too. And the bonus is Holly, the dog - I adore dogs and get to go on lovely walks too." Christine explains, "We've got a lot in common and we're both very flexible. I look forward to Elizabeth coming in at the end of each day and bringing news about what she has been doing at school. The morning cup of tea that appears is a real treat too - very much appreciated."

The unexpected bonuses

Another element to Homeshare Oxford is the wider social aspect. Get-togethers, organised regularly by the Homeshare Oxford team, create opportunities for people to meet up. Jen, who is two weeks into her Homeshare with Householder, Mary, says, "Not only am I new to Homeshare but I am new to Oxford and it is lovely to find myself immediately part of a diverse group of people, with the same desire to help each other. When I applied to Homeshare I was looking forward

to being able to enjoy the company of an older person and provide assistance where I can. So far I have additionally very much enjoyed the extra benefit of meeting and socialising with other Sharers and Householders alike."

Householder Alan, tells us, 'I've been part of Homeshare Oxford for two years now and I have to say I really do feel that I am part of a new community. It's wonderful how Homeshare has grown and to see so many new faces. Two Homeshare Oxford social events in one week - tea and scones in a riverside pub last weekend and a fabulous Nepalese meal last night."

The right person

Of course some Householders, and Sharers too, lead quieter lives and may be less inclined, or less able, to get out so easily. Everyone's circumstances, personalities and expectations are naturally very different and so the matching process we undertake is key. Once checks have been carried out, references taken up, home visits and face-to-face interviews completed, every effort is put into finding the right person for the right person, taking absolutely everything into account. The length of time this process takes varies hugely, but once two people have met and decided to go ahead, an agreement is drawn up with the help of Homeshare Oxford. The Homeshare Oxford team ensures that the arrangement gets off to a good start, keeping in regular touch to support the match on an ongoing basis. Clare, the daughter of one of our Householders explains, "I've seen first hand the time and care that Homeshare Oxford put into setting up and supporting the matches. Everyone benefits from Homeshare Oxford's wonderful caring ethos."

Get in touch

Homeshare Oxford now covers the whole county. If you would like to find out more visit www.homeshareoxford.org.uk, or email us at homeshare@ageukoxfordshire.org.uk. Alternatively, please call **01865 410670**.

Supported by

A Carer's Journey

Aromatherapy & Massage

A Carer's Journey offers a range of free workshops to give practical and emotional support for carers and ex-carers. In this issue, we are focusing on one of the workshops, **Aromatherapy and Massage**, and asking two carers who went on the course.

What did you do in the workshop?

Susan: The workshop today was aromatherapy and massage - we learned initially about the use of different essential oils.

How will it help you as a carer?

Maggie: We practiced on each other and did a hand massage. It's nice to be able to do that. It makes you realise that while doing it for each other you are forgetting about all the worries you've got.

Susan: It would help me being a carer to use that approach for the person I care for. As well as use it on yourself.

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

Maggie: Take some time out from worrying about life and worrying about medical things! It's nice to meet other people who are in the same boat. It was a nice well-equipped room. It was a very nice place to come into - like a salon really!



Workshops

Workshops are free and available to carers aged 19+ across Oxfordshire. You can attend the whole programme or just pick the workshops most relevant to you. Visit the website for further details and or to sign up: www.abingdon-witney.ac.uk/oal/carers/

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

(All above workshops last half a day)

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

Our Services

We provide a wide variety of services including:

- Information and advice
- Telephone befriending
- Home support
- Toenail cutting
- Social activities and clubs
- Dementia support
- Exercise classes
- Homeshare
- Bereavement support groups
- Hospital discharge support
- Carer support

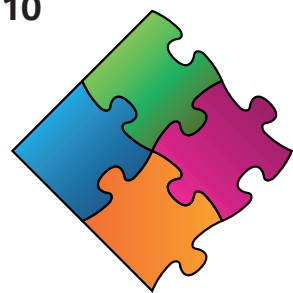
To find out more please contact us:

0345 450 1276

admin@ageukoxfordshire.org.uk

ageuk.org.uk/oxfordshire





Community Information Network



It's Your Time To Shine!

Working in partnership with **Abingdon and Witney College** and **Oxfordshire Adult Learning** we are very excited to launch a new range of **FREE** classes.

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

These classes are open to all and if you would like to find out more please contact us (see details opposite) or visit the Abingdon and Witney College website: www.abingdon-witney.ac.uk/courses



Suzanna

Are you looking for an opportunity to make a difference?

Supported by the **Big Lottery Community Fund**, we have launched a new volunteering opportunity - 'My Community Link'. Working alongside our community team, you will be linked with a local person who may need some extra support to help them re-build confidence, learn a new skill or meet new people. It will be:

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

If you would like to find out more, please call us (see details opposite) or email suzannatomlin@ageukoxfordshire.org.uk.



Age UK Oxfordshire in the John Radcliffe and Horton General Hospitals

Being discharged after a period of illness can feel like an enormous hurdle to get over. Building on a successful project last winter, from the 1st December our Discharge Support Team will again be back in the JR and Horton Hospitals to help patients and their families to overcome that hurdle.

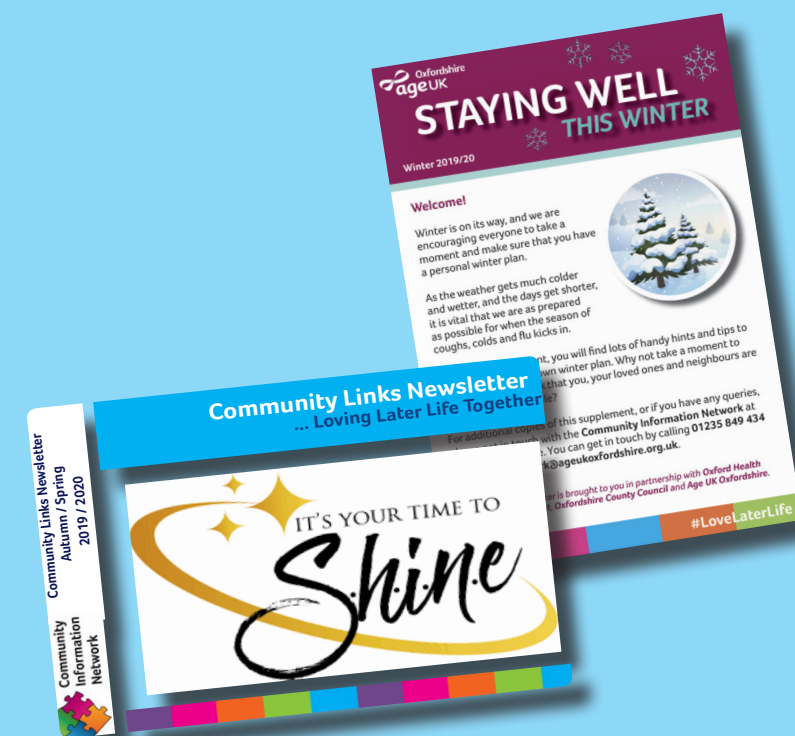
Our team will take referrals from hospital staff and will work alongside patients, their families and support networks to help bridge the gap between hospital and home, with the aim of enabling people to return home feeling more confident, safe and well supported.

Our team will be listening to patients to get a thorough understanding of what life was like before they were unwell, and any anxieties that they may have about returning home. They will then provide tailored information and advice, connecting people to the support that is available to help them readjust and regain independence. The team will also provide some short-term practical support at home when appropriate.

New Booklets

If you would like to know about all the activities and services that we offer, please contact us (see details below) to receive a copy of our latest *Community Link Newsletter* (October 2019 to March 2019).

You can also get in touch to request a copy of our *Staying Well This Winter* booklet.



Get in touch with the Community Information Network

Whether you want to meet people, get help at home, or volunteer in your local community – the Community Information Network is here to help you. The service is free and operates across Oxfordshire through information drop-ins, over the phone or visiting you at home.

Please call **01235 849 434** or email network@ageukoxfordshire.org.uk.



Phone Friends

How a simple phone call can make a real difference...

A Sanctuary Housing resident is celebrating 10 years as a volunteer with our befriending service that ensures older people in Oxfordshire have someone to enjoy a regular chat with.

Gloria Clark, who lives in Banbury, dedicates some of her free time each week to volunteer with *Phone Friends*, a service run by Age UK Oxfordshire with funding from Sanctuary. Designed to provide companionship and reduce loneliness for those aged over 50, Phone Friends sees volunteers call the same people every week for a friendly catch-up. The scheme also offers peace of mind to friends and family members, who are contacted if a scheduled call is not answered, as well as providing older people with signposting to other local services as necessary.

Gloria, who currently has six Phone Friends she speaks to every week, says a simple phone call has the power to make a real positive difference to someone's day: "I look forward to making my calls and they really make a difference to the quality of people's lives," she explained. "Sometimes it can be hard to make that initial connection with someone over the phone, but once you have, it is very rewarding for both people involved". She added, "The call is a two-way thing and

"People don't communicate with each other like they used to"



Gloria

my Phone Friends always ask about me too. I have spoken to some real characters along the way. We always enjoy a good laugh and I hear so many good stories, it's a privilege to be part of people's lives."

More than 390 older people in Oxfordshire currently receive at least one phone call a week from a Phone Friends volunteer. Organisers are always looking for new volunteers and Gloria says she would encourage anyone who enjoys a chat to consider becoming a Phone Friend themselves: "We live in a changing world and people just don't communicate with each other like they used to. The telephone may ring but it is often a stranger trying to sell you something and not a call to look forward to."

Anyone interested in volunteering as a Phone Friend, or who would like to receive a free call themselves, can contact **07557 038 278** or email phonefriends@ageukoxfordshire.co.uk.



Age UK Oxfordshire is partnering with Sparko to launch Sparko in Oxfordshire!

The initial launch will provide the first 200 people to join the programme with a 50% discount.

CALL US TODAY AT - 01235 849434

Grief and physical pain

Grief can affect us not only emotionally but physically, mentally, and spiritually

Many people mistakenly believe that grief is a single emotion. But the reality for many of us is that normal grief is actually a powerful, *multifaceted* and often uncontrollable response that human beings experience following a personally painful or traumatic event.

Often when we ask people to talk about how the loss of a loved one has made them feel, many will use words like 'heartache', 'hurt' and 'pain', to describe what it feels like for them. These physical symptoms such as a churning stomach, a racing heart, shaking, flashbacks, hypersensitivity to noise, a heavy chest or lack of appetite are all real, physical by-products of bereavement (*British Psychological Society*).

But, like everything to do with grief and loss, there is not a uniform set of symptoms that everyone will experience. Just as people react differently in emotional terms to grief and loss so they may or may not experience a physical pain/sensation.

Following the loss of a loved one, sometimes people can be very shocked by how they are feeling physically and worry that there is something wrong with them. **What is really important is that if these physical sensations are new for you, you need to speak to your GP** and get them to check that there is nothing that requires treatment.



You can also help yourself by:

- **Staying hydrated:** drink plenty of water throughout the day.
- **Exercising:** even a short walk out in the fresh air each day can help you sleep better, help muscle stiffness or discomfort, and can often lift your spirits.
- **Eat properly:** try eating several smaller meals during the day if you don't have much of an appetite.
- **Resting:** while grief typically disrupts normal sleep patterns, getting proper rest is important. To whatever extent possible, try to develop a regular bedtime routine, minimize distractions such as mobile phones, and keep your bedroom dark. In addition, try to avoid caffeinated drinks for at least four to six hours before bedtime.



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

Christmas Tree Festival

12th-21st December, 10-4

A truly magical Christmas winter wonderland, throughout the week we have lots happening. Elf's Christmas workshop's from wreath making, Christmas crafts to Santa visiting on Saturday 21st December



Free admission

Abingdon Community Free Space Shop
(opposite H Samuels) Bury Street,
Abingdon, OX14 3QY

Spectacular display of decorated real Christmas trees

Bring your family/friends/groups to see all the beautiful trees

Vote for your favourite tree just £1.00



There will be 20 real Christmas trees provided by us and local businesses/groups/schools that will decorate the trees with their own decorations and marketing materials, Trees can be dressed either to a christmas theme or to reflect your group/ business. To purchase a tree please contact us.

Adult Christmas craft session Thursday 19th 14.00-16.00 FREE please book in advance

Wreath making course Friday 13th 11-13.00 £10.00 per person—please book in advance



Action for Carers Oxfordshire which is a registered charity (no. 1149577) and company limited by guarantee. Registered in England & Wales No: 08125002. Registered Office: 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

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Oxfordshire
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To start supporting, visit:

www.socharitable.co.uk

and search for: **Age UK Oxon**

Give a little back this
Christmas

*Lottery
gift cards
also available

- ★ Your support makes a real difference to our local community
- ★ 60p from EVERY £1 goes to local good causes
- ★ You also get the chance to win £25,000
- ★ Lottery gift cards make great presents

Blue Badges

Blue badges enable those with disabilities to park closer to their destination, which can make everyday life easier. There are various eligibility criteria, including some new ones.



AUTOMATIC ELIGIBILITY

- 1. Personal Independence Payment** – Mobility element for 'Moving around' awarded at 8 points or more
- 2. NEW - Personal Independence Payment** – Mobility element for 'planning and following journeys' awarded at 10 points. This relates to someone being unable to undertake any journey without overwhelming psychological distress
- 3. Disability Living Allowance** – Mobility element awarded at the high rate
- 4. Terminal illness** with a prognosis of less than a year to live
- 5. Armed Forces and Reserve Forces (Compensation) Scheme** – awarded a lump sum benefit at tariffs 1-8 and certification of having a permanent and substantial difficulty which causes inability to walk or very considerable difficulty in walking
- 6. War Pensioners Mobility Supplement**
- 7. Registered blind or severely sight impaired** with your local authority
- 8. Certificate of Visual Impairment (CVI** – previously known as the BD8 form) signed by a consultant ophthalmologist

NON-AUTOMATIC ELIGIBILITY

There are also two categories for which you apply and provide evidence, which are then considered by the county council. These are not automatic:

- 1. Permanent and severe disability in both arms** – you must drive a vehicle regularly and be unable to operate all or some types of parking meter

2. Unable to walk or experience very considerable difficulty whilst walking – this must be due to an enduring and substantial disability that is an ongoing issue (i.e. not intermittent) and is likely to last for the next 3 years. It could be due to a physical disability or, in a **NEW** development to the criteria, it could be due to a non-visible (or hidden) disability

Being "unable to walk" means not being able to take even one step. Whereas examples of "considerable difficulty" include:

● **For physical disabilities:** excessive pain when walking or as a consequence of walking, breathlessness when walking or as a consequence of the effort of walking, needing to walk at an extremely slow speed, only being able to walk a small distance or after walking not being able to walk any distance again within a reasonable timescale, difficulty negotiating things like curbs or uneven surfaces, needing to use walking aids or having another person support you

● **For non-visible disabilities:** experiencing very considerable psychological distress, being at risk of serious harm or posing a risk of serious harm to another person

In order to apply under this criteria you will need to ask someone to complete an 'expert assessor' form on your behalf. This should be a healthcare professional excluding GPs – examples include: clinical psychologist, neurologist, psychiatrist or physiotherapist. The form includes questions about the likelihood of you experiencing difficulties whilst walking between a vehicle and a destination.

To apply for a Blue Badge, visit the **Oxfordshire County Council** website via oxfordshire.gov.uk and search 'blue badge' or call **0345 050 7666**.

Strength & Balance

with Craig Richardson

CRAIG teaches five classes for Age UK Oxfordshire. He has always been interested in sport and exercise, having studied sport science at university, and worked as a personal trainer. Craig is highly qualified, holding seven out of the possible nine Level 4 exercise qualifications.

What do you enjoy doing in your free time?

Hiking - I recently climbed Snowdon; and also taking my puppy, Arlo, for walks. Reading books and socialising with friends - and now also cycling!

How long have you been teaching?

I started teaching for Age UK Oxfordshire about three and a half years ago. My first class was in Banbury!

What do you most enjoy about teaching older people?

Their attitude. I really love seeing how people are motivated to help themselves - helping to

prevent something (like illness or injury) by exercising.

What was your most memorable moment from a class?

In one of the classes, a participant had a brain tumour and hadn't been able to stand. After a month of attending regularly they could stand, which was a really exhilarating and happy moment.

What can be challenging?

Partners/Carers are able to join in the class free of charge when they are attending with the person they care for. It is really beneficial for the partner to stay to assist one-to-one, especially



as they know the person they care for best. Whenever it is not possible for a Partner/Carer to stay, we do our best to find a volunteer.

What do participants say to you?

They tell me I work them hard, they get a lot out of the class, that they are feeling better, feeling stronger.

What is the one thing that helps people most?

Having a set class every week - it's the regularity. Being in a class motivates people. It's a lot about the social supportive element of the session too, friendships develop, which is nice to see.

And what do participants think?

"Craig is caring, understanding and patient. The class has brought me out of my house. I have two artificial knees, but now I am able to do more than before." - **Margaret**

"The whole body gets worked. I was looking for a class that did exactly this. I like the fact that I've done something towards my health - my back doesn't ache any more! Craig understands our age group." - **Irene**

Get in touch

Visit: www.generationgames.org.uk

Telephone: 01235 849 403

Email: generationgames@ageukoxfordshire.org.uk

Reduce the risk of becoming a burglary victim this Christmas

The Christmas and New Year period is a time when **Thames Valley Police**, and other forces around the country, experience an increase in residential burglary.

If you are celebrating at home, you can help to protect your property by taking a few simple steps:

- **Don't leave presents on view** under the Christmas tree.

- **Cut up packaging** for any expensive items so that it will fit inside your refuse bin; never leave boxes next to the bin where they can be seen.

- Remember to **mark your valuables** using a UV pen and register them on the national property register at www.immobilise.com.

You can find more information on how to reduce the risk of becoming a victim of burglary by searching for the 'Home Security Guide' on the Thames Valley Website (thamesvalley.police.uk)

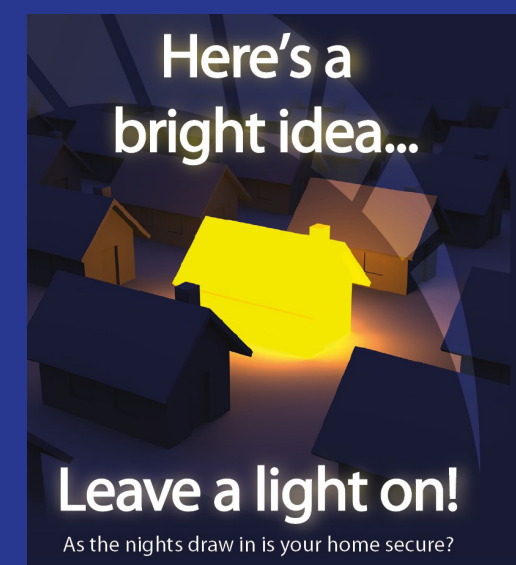
Going on holiday?

- Double check that you have **locked** your windows and doors before leaving.

- **Light up** your living room using a timer switch. A TV simulator can also be used to give the appearance of a TV screen being on.

- Invite a neighbour to **park on your driveway** while you are away.

Here's a bright idea...



Leave a light on!

As the nights draw in is your home secure?

Walking Netball



Netball in Grove

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it, regardless of age or fitness level.

Walking Netball brings fun, laughter and the opportunity to socialise, as well as the health benefits on offer. It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough to run anymore and offer a stepping

stone for those looking for a pathway back into netball.

Walking Netball is taking place across Oxfordshire including Abingdon, Bicester, Shiplake, Witney, Kidlington, Grove, Kennington, Appleton and Thame.

For more details please contact Ali Hathaway (Oxfordshire Netball Development Officer) via **alison.hathaway@englandnetball.co.uk** or call **07872 407 212**.

A Vibrant Life

Home Support Options offers flexible and practical solutions to help you stay independent. EngAGE caught up with Ron, who started having a weekly visit from Home Support Worker Alix in June.



Alix and Ron

Ron and Alix use the time to do Ron's weekly food shopping at a local supermarket. Once the shopping is done, they stop for Ron to enjoy a relaxing cup of coffee before going back home, and Alix popping the shopping away for him.

Having Alix's help enables Ron's family to spend quality time with him and support his love of all things gardening. After moving to Oxfordshire from Cardiff, and a successful farming career, Ron worked locally for Owen Mumford, tending their gardens and ensuring the flowers beds were always colourful and attractive.

Once retired, Ron concentrated on his own garden, winning the *Woodstock in Bloom* competition in 2009, and was the recipient of the 1st prize in the *Cottsway Garden Competition* 4 years running in 2011, 2012, 2013 and 2014. An amazing achievement!

Ron has a considerable collection of awards and certificates that remind him of his success with his beautiful garden and window boxes. Asked what Ron's favourite flower is, he said that he loves all flowers – a true gardener!

Lastly, having spent a fascinating visit with Ron, he described Alix as a very caring lady and is really happy with the help and support she gives him.

If you would like to benefit from either our **Home Support Options service** or **Footcare service**, please call **0333 577 1044** to find out more and guide to costs.



Ron with his winning flower basket



CHAWLEY GROVE

A luxury care home with a heart



SHORT BREAKS AT CHAWLEY GROVE

SOMETIMES WE ALL NEED A WELL-DESERVED BREAK

Whether you care for a loved one and need some time out to recharge your batteries, or you'd like a little extra support yourself following a period of illness, our short breaks at Chawley Grove give you the opportunity to do just that.

"The home is beautiful and well cared for, set in a stunning location with the interior décor to challenge any top hotel! The homemakers are kind and look after Mum as if she was their own with kindness, compassion and understanding. We really could not have found a better place for Mum."

– DAUGHTER OF A HAMBERLEY CARE HOME RESIDENT

BOOK A SHORT BREAK AT CHAWLEY GROVE TODAY

Residential care | Dementia care | Nursing care | Short breaks

Spacious en-suite bedrooms | Deluxe cinema | An elegant café and bar | Wellbeing and beauty salon | Private dining suite
Landscaped gardens | Bright living spaces for socialising | Resident chef and complete nutritional support

For further information about Chawley Grove, or to book your short break, contact us:

01865 957650
enquiries@hamberleycarehomes.co.uk
www.hamberleycarehomes.co.uk

Chawley Grove
Cumnor Hill, Oxford,
Oxfordshire OX2 9PJ

Moving Music CONCERTS

At Radley College, Kennington Road, Radley, OX14 2HR
(Oxford Bus Company, city35 stops outside the gate)

WEDNESDAY 5 FEBRUARY 2020

11:30am–12:30pm,
refreshments from 11:00am

Our Lady's Abingdon musicians

2:00–3:00pm,
refreshments from 1:30pm

Radley College musicians

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

Admission charge
payable at the door:
£5, including
refreshments
(carers free)



This concert is generously supported by
Patsy Wood Trust

Please reserve your places
and parking in advance and
pay at the door

Tel. 01865 251305

Email: movingmusicconcerts@gmail.com

Presented by



Supported by



Living Well with Dementia

Life with dementia can be difficult. However, with the right support, people can live well. **Terry** was diagnosed in 2016 and is supported by Julia Sheppard, a Dementia Adviser with Dementia Oxfordshire. Julie, Terry's daughter, tells us about their experiences.

SOCIALISING

Terry enjoys the local Memory Café, with activities such as aromatherapy, flower arranging, singing and yesterday armchair 'dancing to music'.

"Mum is very sociable, but boy, oh boy, was she on form yesterday! I haven't heard her talk so much and so animated. When I took her home, thinking she would collapse in a heap exhausted, she was chatting away. We truly take one day at a time and treasure all the positive moments."

Terry attends a Knit and Natter club, a local singing group and 'Relaxed Film' showings at the local theatre. "Mum and her carer love to go to the theatre - they were able to chat and discuss throughout like they were in their front room!"

REMINISCING

Reminiscence is a valuable activity for someone with dementia, triggering past memories and keeping the brain stimulated.

"Mum loves her world atlas, she's been using sticky notes for a long time - where she and dad and the family had travelled to, and she likes to look at that often. Mum loves her photos - we have piles around all over the place, an easy conversation starter."



Terry

'Mum is a
great example
of living life
to the full'

STAYING ACTIVE

Keeping physically active is important for people with dementia and offers many benefits beyond the exercise element.

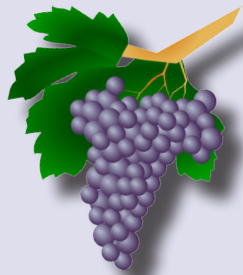
"Mum loves to walk in town, down to the church and around. However she doesn't know her limitations. We remind her to go steady, stop at benches and sit down for 5 minutes rest. Table tennis has been good - everyone is very kind and gentle when they play with her. The social aspect is as important as the eye/ball co-ordination."

Terry's story demonstrates how, with appropriate advice, a supportive family and an understanding community, someone can continue to live a positive and meaningful life; making the most of every day.

"Mum has a live-in carer and they are true friends. The most important thing is that she is living in her own home and happy. Mum is a great example of living life to the full."

If you or someone you know has a diagnosis of dementia and needs further support, please contact the **Dementia Oxfordshire Support line** on **01865 41021**.

Fundraising News



Achieve Grapeness!

Thank you to the **Nationwide Wallingford** branch who joined us at **Brightwell Vineyard** to help harvest Pinot Noir grapes, whilst raising vital funds for Age UK Oxfordshire.



Thank you to everyone who supported our charity dog walk in September. You helped us raise an amazing **£450.00** for our footcare service! We had a wonderful time and we hope you and your doggies did too. We hope to see you again next year!

Thank you!

A huge thank you to **Nationwide Abingdon** branch for raising **£80.23** for Age UK Oxfordshire by doing a static bike ride! We are super impressed.



A **wheelie** good effort!



Little hats, big help!

The Big Knit

40,000 Hats knitted for Age UK Oxfordshire

A **HUGE** thank you to our fabulous knitters of Oxfordshire who in total have created a whopping 40,000 miniature hats.

For every smoothie with a hat sold, **Innocent** will kindly donate 25p to Age UK Oxfordshire. These funds will make a difference to the lives of older people across the county. Available to buy in supermarkets now!



Faringdon and Wantage We need your votes!

The **FARINGDON** and **WANTAGE** Waitrose & Partners stores have kindly selected Age UK Oxfordshire as one of their charities to support throughout the month of **December 2019**.

Donations we receive from **Waitrose Community Matters** will make sure those facing poor health, financial difficulties or loneliness are not alone. Your green token votes will support local people to love later life.



This popular event is in its 11th year, raising money for local charities, including Age UK Oxfordshire.

Performances are on the 3rd and 4th April 2020. Avoid disappointment and book your tickets now: www.themillartcentre.co.uk/shows/strictly-banbury-2020.

We are looking for one more participant to take part, who will be partnered with a professional. Please call **0345 450 1276** for more details. Participant sponsorship pages available soon.



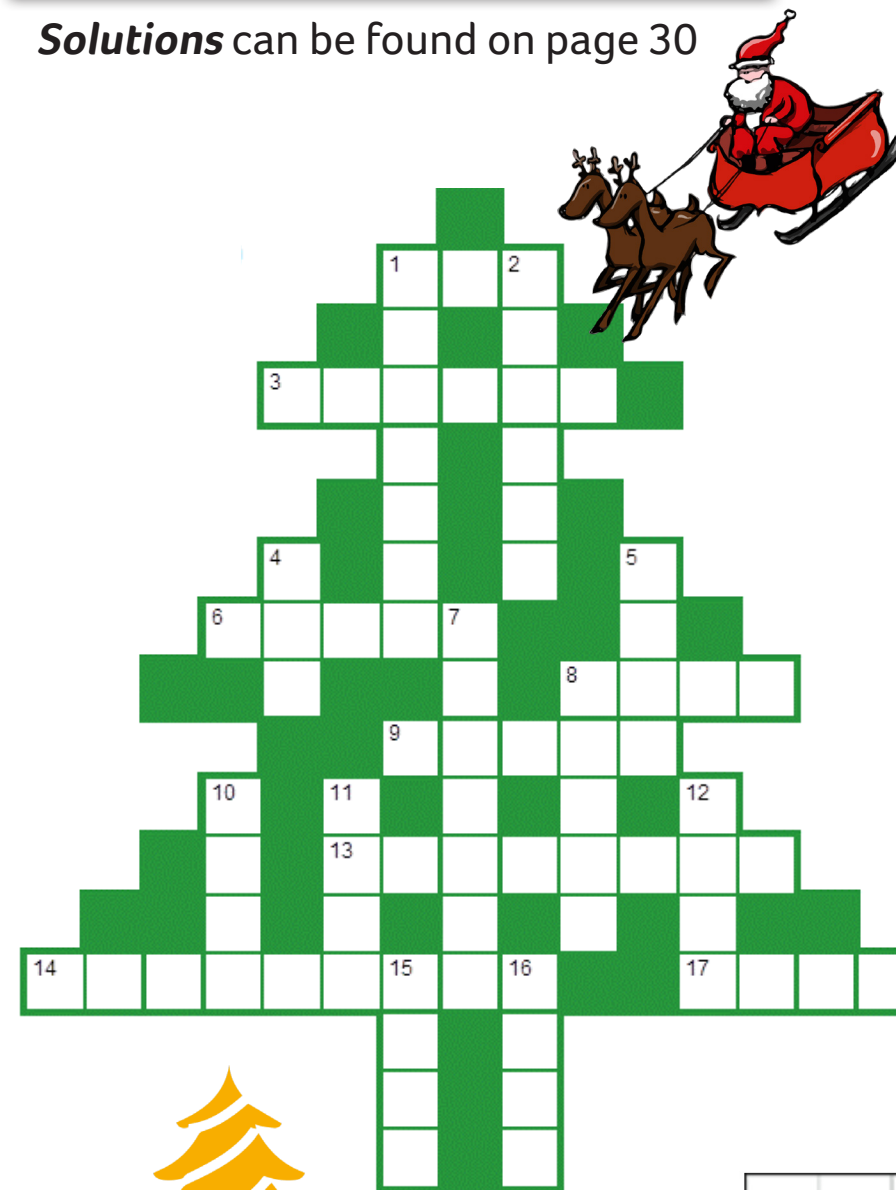
Leaving a legacy of kindness

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

To find out more please call **0345 450 1276** or email **admin@ageukoxfordshire.org.uk**. Alternatively visit our website **www.ageuk.org.uk/oxfordshire** and search 'Leave a legacy'.

Puzzle Page

Solutions can be found on page 30



Crossword

ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centre piece
5. Dec holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas
16. Snow glider

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

Ruth Gibson

Home Support Options & Foot Care Coordinator



How long have you been in your role?

18 months.

What’s the most rewarding thing about your job?

Seeing the staff improve clients’ lives and being enthusiastic about the work.

What is one of the biggest challenges of your role?

Attention being pulled in different directions with two roles - Footcare and Home Support.

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

India - it was my spiritual home across 7 years - I returned 6 times in total. Magical mountains, beautiful meditation, bright colours, vegetarian curry and memories that I will keep forever!

What TV show or movie do you refuse to watch?

Soaps- EastEnders, Coronation Street etc.

How would your friends describe you?

Cheerful, sensitive and determined.

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

Albert Einstein, Beyoncé Knowles and the Dalai Lama.

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

‘A Place in the Sun’ presenter.

How do you spend your free time?

Hiking in a group, swimming, cooking and being around friends and family.



Tell us something that might surprise us about you.

I decided I didn’t want a boyfriend for 10 years of my adult life.

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

A pedicure.

If you won the lottery, what would you do?

Build a school and small hospital in Africa, help my family and myself to have a secure home with no mortgage!

EU Settlement Scheme

If you are currently living in the UK but are not a British citizen, you may need to apply to the **European Union Settlement Scheme**.

Who should apply

It is free to apply. Deadlines for applications are:

- If the UK leaves the EU **without** a deal – 31st December 2020
- If the UK leaves the EU **with** a deal – 30th June 2021

You do **NOT** need to apply if you have:

- Indefinite leave to **enter** the UK
- Indefinite leave to **remain** in the UK
- British or Irish **citizenship** (including ‘dual citizenship’)

The regulations around who can apply are quite complex but it is generally for people who are citizens, or the relative of a citizen, of an EU or EEA country (including Switzerland) living in the UK.

You may find it helpful to look through the criteria that can be found by searching ‘EU Settlement Scheme’ on **www.gov.uk**.

Or you can call the **Resettlement Resolution Centre** team to discuss your exact situation and see if you need to apply. Call **0300 123 7379** Monday to Friday (excluding bank holidays), 8am to 8pm and weekends 9:30am to 4:30pm.



Application Support in Oxfordshire

- **Citizen’s Advice** have offices across Oxfordshire. They can help with applications and information on settled status. Get in touch by calling **0300 3309 054**.
- **Asylum Welcome** have a service called *Europa Welcome* to support people in Oxfordshire who are struggling to apply to the EU Settlement Scheme. They help people unable to make an application by themselves (for example because they struggle with technology, language barriers, health problems etc.). It is a free service, being funded until March 2020 by the Home Office. It is also confidential, so no information will be passed to the Home Office without your permission. You can find out more via **www.asylum-welcome.org/europa-welcome** or by calling on **07719 128 054**.

FREE Festive fun!

Let it Snow

Community Christmas

Community Christmas is run by the charity Reengage, providing events for those spending the festive season alone. Whether it be mince pies or a full Christmas Lunch, there is room for all kinds of shared celebrations.

Visit www.reengage.org.uk/support-us/community-christmas to find or register an event near you.

Christmas Lunch at Dalton Barracks

Corporal Jay Allen and his elves invite you to join them for a FREE two-course Christmas Lunch on the 20th December 2019 at 1pm.

This will be held at Dalton Barracks Community Centre.

To book your place, please call CPL Jay Allen on 07572 427 788

THE OXFORD CHRISTMAS DAY LUNCH

A free three-course feast cooked with food that would otherwise have gone to waste.

Transport provided – we'll pick you up and bring you home well-fed and full of cheer.

Everybody welcome!

12.30 – 1.00 pm

at The King's Centre, Osney, OX2 0ES

Contact Sara at sara@oxfordchristmaslunch.org or 07535 314716 or find us on Facebook.

Puzzle Answers



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

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 sophiedyer@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.....

Email address.....

I would like to receive: ☐ EngAGE magazine in the post ☐ EngAGE magazine via email

Information about Age UK Oxfordshire services in your area (please specify).....

You can change your mind at any time and contact us as above to unsubscribe. For further details of how your data is used and stored, please visit www.ageuk.org.uk/oxfordshire/privacy-policy.

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:
Address:		
		Postcode:
Email address:		Telephone number:
I wish to make a donation of £		
<input type="checkbox"/> 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.

☐ Yes, I want Age UK Oxfordshire to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm I pay an amount of UK income tax and/or capital gains tax to cover the amount that all charities and Community Amateur Sports Clubs will reclaim on my donations in the tax year.

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.

☐ Email ☐ Text ☐ Post ☐ Phone



Introducing the...

Oxfordshire Care Awards 2020 - Inspiration for All!

Date: Friday 27th March 2020

Venue: The Kassam Conference and Events Centre, OX4 4XP

Time: To be announced

The purpose of the Awards is to recognise and celebrate individuals, organisations, and companies who have demonstrated outstanding excellence within the care sector in Oxfordshire. The organisations involved are Action for Carers Oxfordshire, Age UK Oxfordshire and Oxfordshire Association of Care Providers (OACP). Working together in partnership is at the heart of this new Awards initiative. These enhanced Awards are all-inclusive, bringing together statutory and independent care providers, the community/voluntary sector and unpaid carers.

About the Awards

The Oxfordshire Care Awards and the Dignity in Care Awards are joining together to become the Oxfordshire Care Awards 2020 - Inspiration for All! They may be local individuals, unpaid carers, care managers, care support staff, ancillary workers or care provider companies - each one person within their field of work will be making a difference every day to the 'real lives' in their care.

Award Categories

Ten award categories are available for nomination and represent the diverse nature of the social care sector in Oxfordshire, they are as follows:

- Newcomer to Care Award
- Care Home Worker Award
- Unpaid Carer Award
- Community/Home Care Worker Award
- Care Team Award
- Care Employer Award

- Long Term Service Award
- Leadership Award
- Inspiration Award
- Josie's Award

Oxfordshire Association of Care Providers will be collating all the nomination submissions.

How to Nominate:

By a printed Nomination Form

By an online Nomination Form

Email your nomination submission to:
awards@oacp.org.uk

By post, send your Nomination Form to:

Oxfordshire Care Awards 2020
c/o Oxfordshire Association of Care Providers
9/10 Napier Court, Barton Lane,
Abingdon OX14 3YT

Nominations for next year's Oxfordshire Care Awards 2020 - Inspiration for All! Open on 2nd December 2019 and close on 14th February 2020.

To learn more visit:

www.oacp.org.uk/oxfordshire-care-awards-2020-inspiration-for-all

