

ISSUE 49

SPRING 2018

FREE

Tomorrow's Age
UK Oxfordshire:
getting the
balance right

Tell us your views
on EngAGE and
you could win an
Oliver Bonas Hat!

**New
chair-based
exercise
class**

**Consultation into
care charges -
have your say**

Editor's Introduction

Welcome to the Spring edition of EngAGE.

With Spring comes new beginnings, and what better time is there to give your magazine a fresh new look. We'd love to hear what you think! Answer these three questions below and your name will be entered into a prize draw to win an Age UK Oliver Bonas Hat worth £18 (pictured below - colours may vary):

1. What do you like most about the magazine?
2. What do you like least about the magazine?
3. What would you like to see more of in the magazine?

You can email your responses to sophiedyer@ageukoxfordshire.org.uk or send a letter to Sophie Dyer, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT.

See you in the summer,
Sophie

We have some exciting news about the Big Knit - see page 9



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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



Did you know?

Age UK Oxfordshire is a local independent charity. This means that, while we use similar branding to Age UK, we are separate charities with different charity numbers.

Through the ages

THE HISTORY OF AGE UK OXFORDSHIRE

As the leading voluntary organisation in Oxfordshire working with and for all older people and their carers, **EngAGE** looks at where it all began...

1960s

A doctor's surgery in rural Oxfordshire saw the birth of the organisation. Dr Gordon saw how little work was being done for older people and was determined to do something about it. Together with friends, 'The Society for the 'Welfare of the Elder in Oxfordshire' began its work.

The government was also looking at ways of assisting older people. A national body was set up called 'Age Concern'. In Oxford, two regional organisations were established – Age Concern Oxfordshire and Age Concern Oxford City.

1985

In 1985 Joan Coker took over as Director of Age Concern Oxfordshire in the Town Hall premises. Joan established excellent relations with social services, amongst other bodies.

1997

Joan Coker retired and the organisation moved to the Rivermead site. Mary Daniel joined as Director.

1999

Age Concern Oxfordshire and Age Concern Oxford City merged to form Age Concern Oxfordshire City and County.

2001

The Charity changed its status to become a Charitable Company Limited by Guarantee.

2002

In April 2002, the organisation moved to West St Helen Street Abingdon. In March 2009 Mary Daniel retired and Paul Cann joined Age Concern Oxfordshire as its Chief Executive in April 2009.

2009-2010

During 2009 – 2010 Help the Aged and Age Concern (National) merged to form Age UK. In July 2010 Age Concern Oxfordshire became Age UK Oxfordshire.

2011-2015

Age UK Oxfordshire enjoyed a period of growth and secured several county-wide contracts with Oxfordshire County Council including Carers Oxfordshire, Community Information Network and Dementia Oxfordshire.

2017

Penny Thewlis became our Chief Executive and we moved our headquarters to Napier Court in Abingdon.

TOMORROW'S

AGE UK OXFORDSHIRE



GETTING THE BALANCE RIGHT

BY

PENNY THEWLIS
CHIEF EXECUTIVE

In the Winter edition of EngAGE, we asked you for your views to help us arrive at a new Strategic Plan for the organisation for the next three years.

Thank you to all of you who took the time and trouble to let us know your thoughts, either in meetings or by writing to us.

You have told us that you want the Age UK Oxfordshire of the future:

- to continue to focus on all older people and carers, but to commit the greatest amount of resources to those of us who are finding life more difficult, because of ill health or disability, financial difficulty, caring responsibilities and/or loneliness
- to increase our emphasis on preventive services, developing stronger and more diverse services, enabling us all to stay healthy and feel well for longer
- to continue to offer strong, universal information and advice, free at the point of delivery but also to develop our range of paid-for services, with an emphasis on making sure our charges are fair – and never forgetting that not everybody can afford to pay
- to help to change the way society views ageing and older people by showing more positive images of normal ageing to balance out campaigning messages about care needs of loneliness
- to ensure that there are diverse opportunities for us all to have 'meaning and purpose' as we age, including creating more opportunities to bring people together across generations, developing more diverse volunteering opportunities and ensuring that the activities we promote and deliver are inspiring
- to work more closely with local communities to enable them to become more 'age-friendly', and to work with other partners to prevent duplication, to help to 'scale-up' the support available and ensure that it is 'joined up'

- to provide greater support to enable us all to prepare for later life

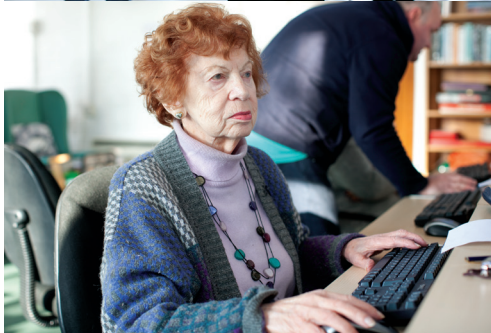
- to improve our reach by holding more community information events

What happens next?

Age UK Oxfordshire's trustees met at the beginning of February to consider everything we have heard from you, and from staff and partners with whom we work. Over the next six weeks, we will be formulating this thinking into a new Strategic Plan which we will share with you in the next edition of EngAGE.

Re-shaping our Day Centres: *Something to get up for*

By Penny Thewlis,



Our mission as a charity is to enable us all, as we age, to **love later life**. A huge part of our work is about combatting loneliness and isolation and ensuring that older people across the county have **something to get up for** in the morning.

It will therefore probably have surprised many of you over the last couple of months to have heard that we have taken the hugely difficult decision to close six of our eight Community Clubs, which for many years have been at the heart of our work, offering older people the opportunity to meet friends, enjoy activities together and share a meal. The decision has been taken in the light of steadily falling numbers of people attending our clubs, a trend that has been going on for several years, together with quite a painful acknowledgement for us that in spite of our efforts, the number of people over the age of 65 reporting that they feel lonely has not reduced significantly. People have also told us that they want a wider range and variety of activities and opportunities to give them more choice.

In some communities where Age UK Oxfordshire does not run Community Clubs, we offer a wide 'menu' of social activities and opportunities, including a growing number of dementia support groups; singing groups; community film clubs; exercise classes to reduce the likelihood of people falling and enabling them to retain independence; IT support groups; carers health and wellbeing sessions; arts and crafts groups; coffee mornings, lunch clubs and afternoon teas. We want to build on this and extend it to parts of the county where there is not this range of choices on offer. Meeting friends, old and new, stimulating and enjoyable activities and the opportunity to share something to eat and drink will still be at the heart of what we offer - aiming to attract people who are not participating in things at the moment.

We know that for people attending our clubs and for our longstanding staff teams, this is a worrying and upsetting time and we have made a commitment to work with every individual affected to identify alternative options to ensure that they do not lose the friendship and support they value. Our commitment to ensuring that people have a reason to get up in the morning is as strong as ever, but you can expect to see us delivering on this commitment in different ways in the coming months.

If you are interested in finding out more about what activities and opportunities exist near to where you live please contact the Community Information Network on 01235 849 434 or email network@ageukoxfordshire.org.uk. You can go to the Community Network Directory and put in your postcode, town or village by visiting <http://communitynetworkdirectory.org.uk/>

“When you leave your loved one with someone, it is a huge decision...you need to trust the person”

Lynn cares for her husband Tony who has dementia. She uses Age UK Oxfordshire’s Home Support Options service for home help and companionship. Lynn puts into words how the service has kept her going.

Following a referral from Dementia Oxfordshire, I met with your co-ordinator, Heather, to talk about home support for me and companionship for my husband, Tony. Diagnosed with dementia, we were looking for someone to take him out for lunch every now and again, to give him a much needed change of scenery; he loves gardens and the outdoors.

Your Home Support worker, Alix, arrived and she was wonderful! On her first visit it was obvious that she had done her homework and she tapped into my husband’s sense of humour straight away. You should get her cloned; she has made such a difference to my life. As vascular dementia takes hold he is losing his ability to speak. His sense of humour, however, is still very much in existence.

Alix arrives when I am shattered, jaded and in need of propping up. She sees things that need doing, whether it’s washing or hovering and allows me to just go out and have some space, to get away and to have some mental freedom/relaxation with no worries. When you leave your loved one with someone, it is a huge decision and responsibility; you need to trust the person. Your Home Support service, and Alix in particular, is priceless. I am always very happy to leave Tony with her. As his permanent carer 24 hours a day, most nights I get up to help him and by the 5th time, at 7am, I feel sleep-deprived and my head is often spinning. It is such a relief to see Alix arrive to help.

It wasn’t always this way; Tony was often the lead in our local amateur dramatics group, making short work of learning lines and scripts. With his very outgoing

personality, he loved being with people. His excellent language skills meant he always made meaningful connections along with a wicked sense of humour. Dementia has taken this away and I feel a huge sense of loss for the man I married.

His pleasures were gardening, cooking and eating. In fact the reason he loved to cook was because he loved to eat, telling friends that “I like to eat, that’s why I cook!”

Apart from my sister and a few good friends, many of our old friends avoid contact with us now. If only they knew he is diagnosed with dementia - please don’t be afraid of it, it is not contagious, you can’t catch it, please continue to talk to us. Lastly, if you meet us in the street, please don’t end the conversation with “take care” of course I know I should take care; it’s just not a priority when I am looking after my husband 24/7.

Alix was getting Tony ready to go out one day when I asked him – “Have you a clean handkerchief?” and passed one to him. He then produced one from his top pocket and, with a twinkle in her eye, Alix said – “Ah, 2 handkerchiefs and only one nose” and we all laughed together. Thank you Alix and Age UK Oxfordshire Home Support options. I really couldn’t manage without you.”

Home Support Options offer a range of flexible and practical solutions; tailored to meet your individual needs. The cost of the service is £17.00 per hour and you will be required to have a minimum of 1 hour support per week. Please note we are unable to provide personal care. To find out more please telephone 0333 577 1044 or email amygreenway@ageukoxfordshire.org.uk.

Carole Aldus

Home Support Worker

**60
SECONDS
WITH...**

1. How long have you been in your role?

16 months.

2. Where is your role based?

Chewell and North Oxfordshire.

3. What's the most rewarding thing about your job?

I love making my client happy. It's the simple things that I do to help that is so rewarding to do. It can take me only seconds and they are so grateful. Like changing the bed for them.

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

An incident recently when a client was in pain, needing medical help and they have to wait, it worries me. Its difficult to watch anyone who is in pain and not coping.

5. Tells us something that might surprise us about you

No surprises, I wear my heart on my sleeve.

6. Cat person or dog person?

Definitely a dog person. I love walking my Jack Russel!

7. If you could travel anywhere in the world, where would it be?

Cambodia – inspired by my daughter , lovely culture and people.

8. If you won the lottery what is the first thing you would do?

Help my family out!

“It's the simple things I do that are so rewarding”

9. What is your personal philosophy?

I love to help people and have always been in care work, my drive is to help people, my family and partner are most important in my life.



Pictured: Carole Aldus

10. If you could meet anyone, living or dead, who would it be?

I live in the present and my family are my world, I don't hanker to meet anyone else.

11. Would you rather be completely invisible for one day or be able to fly for one day?

Invisible!

12. What is your favourite film?

The Bodyguard.

No one should have no one



Thank you to all of those who got behind our no one should have no one campaign over the winter period. This has helped raise awareness and some much needed funds towards our work that helps combat loneliness.

One highlight was our living installation based outside of the new Westgate Shopping Centre in Oxford. This brought a living room scene out into the open with actors portraying an older person experiencing loneliness as well as poetry about loneliness being read out to the crowds as they passed by. A big thank you to Living the Drama for their professional approach and array of actors that were able to support the day.

Tesco Bags of Help

We are delighted to announce that we have won all three regions with Tesco Bags of Help. Thank you to all of those who voted and are continuing to vote with your blue tokens when you shop at Tesco. This money will go directly to support our Late Spring Bereavement Support Groups and also our Information and Advice Helpline. Please do keep asking for tokens and voting!

IN MEMORY

From time to time we receive the very special gift of collections made in memory of someone. Asking friends and family to donate to Age UK Oxfordshire is a lasting and meaningful way to pay tribute to a loved one. We are here to support you however you choose to give.

Strictly 'Banbury' is back!

Following the fundraising success of 2016, Age UK Oxfordshire will be taking part in this year's Strictly 'Banbury' dancing challenge fundraiser represented by Martin Whitman. We wish Martin all the best in mastering the world of Latin and Ballroom dance for the competition in April! You can donate online via <https://www.justgiving.com/fundraising/martin-whitman>

The Voyage

In December we were thrilled to see 'The Voyage' continue on in a performance by The Wychwood Chorale, The Cotswold School Chamber Choir and Eight in a Bar at Chipping Norton's St Mary's Church. The Voyage is a choral piece commissioned by Age UK Oxfordshire and composed by Bob Chilcott which explores our voyage through life. The evening raised an incredible £1000 for Age UK Oxfordshire and will go towards helping local people enjoy later life here in Oxfordshire.

SING NEWS

**DON'T
JUST
DONATE IT**

giftaid it

Help us raise more

Raise an extra 25p for each £1 of stock you donate.
All we need is your name and address.

Collection Tins Available

We have a new sparkling supply of collection tins both with and without a chain. These are perfect for a village shop counter, a newsagent's counter or anywhere people might have loose change. If you know of the perfect spot for one, then please do get in touch so that we can make it happen. All of that spare change really does add up. For example, the Tackley Village Shop tin recently collected £27 over the last 3 months. Thank you to the Tackley community!



It's time to *GET KNITTING*

 **the innocent
big knit**

The Big Knit is back!

In 2016/17 you knitted an incredible 25,469 hats – that meant £6,367.25 was raised for Age UK's Oxfordshire 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.

Happy knitting!

Consultation on care charges

HAVE YOUR SAY!
Oxfordshire County Council is consulting on some proposed changes to how people are charged for care. The proposed changes are:



1.

Changing how expenses related to a person's illness or disability are taken into account in the assessment to see if they need to make a contribution towards the cost of their care. This applies only to people having care at home.

Currently the assessor can take account of certain expenses such as stair-lift maintenance, window cleaning, continence supplies and wipes as part of someone's assessment. The proposed change would mean that a blanket policy of allowing people to keep 25% of their disability benefit would be used instead.

2.

Changing the way charges are made to those who choose to have OCC organise their care, even though they have over £23,250 in capital. This applies to those having care at home and also those in residential care. The proposed changes would reduce the level 1 fee to £140 and the level 2 fee would become a two-part fee of £350 for sourcing and the first year of management, then an annual fee of £210 for management each year after that.

3.

Offering the 12 weeks property disregard only to those who are new care home residents, with the discretion to offer it to those who suffer an unexpected change in their financial circumstances. This applies only to those in residential care. Currently, those who have been paying for their own care placement can have the value of their home ignored for 12 weeks when their savings or other capital reaches £23,250 and they approach social services for assistance. This would change to only those who are new to residential care or who appeal to the council's discretion due to unexpected financial pressures or changes.

4.

Changing the way they calculate whether someone needs to make a contribution towards the cost of their care at home, if they have a partner. This applies only to those having care at home. This change would mean that only the finances of the person needing care are counted. This may particularly affect you if the person who needs the care has the higher income.

5.

Changing from charging an average hourly fee for care at home, to charging the actual cost of the care. This applies only to people having care at home. Currently, the council takes an average figure of £19.40 per hour to calculate how much your care costs. This would change to using the actual hourly rate of the care agency being used to provide the care. Some people could see an increase in their charges, particularly if they live in an area where it is hard to source care or the agency carer has to travel a long distance to get to them.

6.

Changing how services that the council is not obliged to provide, such as Telecare (pendant alarms and other sensors), blitz cleans and laundry services are charged for. This applies only to people having care at home. Under this change, people who have a care package would continue to have these services. Anyone who is not eligible for care and support from the council could still have the service but this would be at the council's discretion and they would be charged the full cost of that service.

You can download the details and questionnaire by going to the following website: www.oxfordshire.gov.uk/contributions or you can request paper documents by phoning Oxfordshire County Council on 01865 896440.

Beating Common Conditions

EngAGE asked Age UK Oxfordshire's exercise tutors what are the common health issues they frequently get asked about. The answer? Stiff necks and leg cramps. Sarah Wheatley, Exercise Specialist for Long Term Conditions tells us what we can do to help ourselves.

STIFF NECK



As we get older we may find that our neck can get more stiff and uncomfortable.

What can we do?

1. Keeping the shoulders and neck as mobile as possible will greatly help. Keep moving!
2. Shoulder rolls (see left) – it is important to warm up the neck area with this simple exercise.
3. Turn your head to one side, then bring it back to centre, and then turn it to the other side.
4. Shrug your shoulders up and drop them down.
5. Heat and cold can help to alleviate the discomfort too.

LEG CRAMPS

Leg cramps are very common and usually harmless. They can happen at any time, but most people have them at night or when resting. Leg cramps happen when a muscle suddenly shortens and becomes tight (spasms). They can be very painful and make it hard for you to move.

What causes a cramp?

Cramps can be caused by a variety of factors, including medication for lowering cholesterol (statins) or high blood pressure (diuretics), or not drinking enough fluid (which causes dehydration). Making sure you drink enough can be an important first step!

What can we do?

Stretch the calf muscle:

1. Stand facing a wall, arm's length away, with your feet flat on the floor.
2. Lean forward, pressing your hands against the wall until you feel your calf muscles stretch. Hold for 2 or 3 seconds.
3. Stand up straight again.
4. Repeat a few times for 5 minutes, 3 times a day (the last time just before bed).

To find out more visit www.nhs.uk/conditions/leg-cramps/

NEW classes!

Chair Dancing: chair-based exercise,
Chinnor Town Hall, Tuesdays 10.30 – 11.30 am from 20th February

Strength & Balance (falls prevention class),
Chipping Norton Town Hall, Fridays 9.30 – 10.30 am

Strength & Balance (falls prevention class),
Bodicote Village Hall, Mondays 1.15 – 2.15 pm

Get in touch

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

Community Information Network

GOOD NEIGHBOURHOOD SCHEMES:

Local Communities Helping Local Communities



There are over 70 Good Neighbour Schemes across Oxfordshire. For people who don't know what a 'Good Neighbour Scheme' is, it's local people helping local people who need a little bit of support to continue to live independently – by driving them to appointments (using the volunteer's own car), for medical reasons (GP, dentist, optician or hospital appointments) or to visit loved ones in care homes or in hospital, or to meet with friends and family for social reasons, or just to have their hair done!

Volunteer befrienders visit isolated people in their own homes for a cuppa and a chat, or to help sort out junk mail, or to help with jigsaw puzzles. They also run errands, pick up prescriptions or groceries, or take people to the supermarket to do their own shopping, which

might be the only outing a resident might have in a week. Some volunteer befrienders accompany people who want to go out for a walk, but worry they might run into problems if they go out on their own. And volunteer 'practical taskers' help with small DIY jobs like changing lightbulbs, smoke detector batteries, putting up shelves, fixing latches on gates, mowing lawns, planting bulbs, or trimming hedges. Every request is bespoke to the person who makes it and depends on the availability of a willing volunteer.

Our latest 'Good Neighbour Scheme' is currently being set up. It is called 'Helping Hands' and consists of willing volunteers in the villages of Hinton Waldrist, Longworth,

Southmoor and Kingston Bagpuize, who have come forward and once all the formal checks have been made, will be ready and willing to help people in their local communities. They should 'launch' their service very soon.

Volunteer Link Up (West Oxfordshire) is working in partnership with Age UK Oxfordshire to support communities that want to set up their own schemes. If you want to know whether your village or town has a Good Neighbour Scheme, or if you want to know more about setting up a Good Neighbour Scheme, don't hesitate to call Volunteer Link Up on 01993 776277 or email oxfordshiregns@hotmail.co.uk. We look forward to hearing from you!

Information and IT gadget drop-ins

Want some tech help? Our team of volunteers are available to help answer any questions you have about your laptop, table or smartphone. No need to pre-book. All welcome. Just bring your portable kit along. Please contact the Community Information Network on 0345 450 1276 to find out what sessions are in your area.



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

Sunday 18th March 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 from the date above, please contact Helen on 01235 849434

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





Age UK Oxfordshire on Radio Cherwell!

Radio Cherwell is the hospital radio station in Oxford. It provides a radio service to the patients and staff of Oxford's Hospitals, across the John Radcliffe Hospital, the Churchill Hospital and The Nuffield Orthopaedic Centre.

You can catch Age UK Oxfordshire on Radio Cherwell on every third Monday of the month between 11am and 12pm on the Hospital News show. Find out all our latest updates from Age UK Oxfordshire services, activities and campaigns.

To listen live please visit <https://www.radiocherwell.com/>



MOVING MUSIC MONDAY 05 MARCH 2018

Arias and other songs with Christine Cairns & friends

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



St Hilda's College
UNIVERSITY OF OXFORD



Daybreak runs three clubs in North Oxford (off the Woodstock Road), Greater Leys and Kidlington. They believe that people with dementia deserve clubs that are safe and enjoyable places where they can meet friends and can be themselves. Family care-givers report the difference that attending makes to their loved one, and how invaluable they themselves find the respite from their carer responsibilities. You can help people in Oxfordshire with dementia by ensuring that Daybreak continues. You can fundraise through a sponsored event. Volunteering is essential for any charity. Perhaps you have a special interest or skill and can help their trained staff.

If you know someone who may benefit from attending simply call one of the club organisers to arrange an informal visit. You and your friend/partner can meet the organisers, talk to club members and see what you think. Visit www.daybreak-oxford.org.uk for further information. Alternatively you can call 01865 776744 or email director@daybreak-oxford.org.uk. You can visit them at The Clockhouse, Long Ground, Oxford, OX4 7FX.



LATE SPRING

If you have lost a loved one, you may find that others who have lost a loved one can offer valuable comfort and support.

Late Spring is a network of 16 support groups for anyone aged 60+ who has been bereaved in Oxfordshire. Sessions provide an opportunity to remember with others who understand and to remember that, in the midst of the pain, there is still life left to live.

We are an opportunity for people to meet with others in a warm, friendly, and supportive environment.

Each group aims to meet twice a month for a couple of hours in a local venue. Over coffee and cake, together we look to the future without forgetting. Within the groups, we provide an opportunity for you to talk about and remember

You meet people there that are in the same situation as you.

openly your loved one. These sessions occur in relaxed and friendly settings with others who understand about how being bereaved can make you feel, simply because they are 'feeling it too'. The groups give you the opportunity to just be 'yourself' as we gently stroll together along the journey we all face following the death of a loved one.

Denis Kinchin, 81, from Witney has been going to his local Late Spring group for the last three years.

The retired fork lift truck driver's wife of 54 years, Val, died in February 2013 when she was 74 after a five year battle with ovarian cancer.

Mr Kinchin likened the group to a 'stepping stone' which has helped him to adapt to a different way of life without his wife.

He said: "You meet people there that are in the same situation as you."

"It's still very difficult for me. When you are married it is a partnership and suddenly that person is gone and you have to look after yourself."

If you feel your area would benefit from having a Late Spring group or if you would like to help us to set up a group in your area, or you would like to find out more about providing support for your local group, please contact Ruth Swift, Head of Community Development on 07827 235 404.

A CARER'S JOURNEY

Abingdon and Witney College and Action for Carers Oxfordshire has created 'A Carers Journey' to support carers to learn new skills and look after their health and wellbeing.

PHASE 1

First Aid at Home

Learn basic emergency first aid skills, including topics such as wound dressing, caring for burns and CPR. This is a practical session so please wear comfortable clothing.

Safer Moving and Handling at Home

Learn to provide moving and handling assistance confidently and safely to promote independence and help to reduce injury and strain.

Individual Care at Home

This workshop will provide the carer with practical skills to provide individualised care within the home environment with dignity and independence at the forefront.

PHASE 2

Aromatherapy Massage

Learn how to give a basic massage and the properties and uses of 5 essential oils. Please wear loose, comfortable clothing and bring a towel and a bowl.

Yoga for Relaxation

Experience a range of gentle Yoga postures to improve health and wellbeing and to lower stress levels, working at your own pace to carry out stretching, breath work and relaxation.

Building Resilience

Learn about the benefits of resilience when coping with a life disruption or extended periods of pressure. It highlights the need to remain flexible in our thoughts, feelings and behaviours so that we can emerge from difficulty stronger, wiser and more able.

Emotional Literacy

Introducing emotional literacy - the ability to recognise, understand, handle and appropriately express emotions. An emotionally literate person will be aware and think about the emotion before they react to that emotion.

Mindfulness

Based on 'mindfulness-based cognitive therapy', this workshop offers ways to break free from some of the unconscious habits of thinking that can prevent someone from living life to the full.

PHASE 3

Reclaiming Me

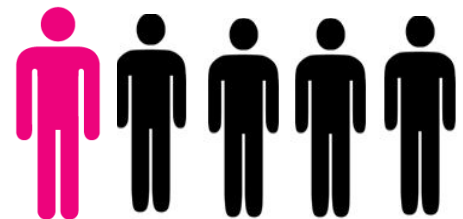
By the end of this short course the learner will have had an opportunity to explore ways of managing feelings of guilt and loss and to learn how to communicate their needs, wants and feelings.

All the courses are free to carers aged 19 or above. To enrol visit the college website 'www.abingdon-witney.ac.uk/oal/carers/ or call 01235 555 585.

zzz

69%

of carers said that they find
it difficult to get a good
night's sleep



1 in 5

provide 50 hours a week or
more of week of care

46

percentage of carers that
said they have suffered from
depression because of their
caring role

Sudoku

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

Puzzles

Solutions can be found on page 18

Wordsearch

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

- LAVENDAR
- SWEET WILLIAM
- HYACINTH
- LILLY
- PANSY
- BABY'S BREATH
- DAHLIA
- FORSYTHIA
- PETUNIA
- DAISYS
- CREPE MERTLE
- JONQUILS
- LILAC
- TULIPS
- IRIS
- WYSTERIA
- CROCUS



Ruskin College is an independent learning provider, providing opportunities for the local community and for students from across the UK and beyond. We are committed to delivering equality of opportunity for students and staff, providing a learning environment where both can achieve their maximum potential.

In March 2018 Ruskin College, in collaboration with Age UK Oxfordshire, will be launching 8 free taster sessions, each lasting two hours from **10am-12pm**. All these sessions will take place at **Ruskin Room, Cohen Squad, Walton Street, Oxford, OX1 2HE**.

The taster sessions include:

- **English for Speakers of Other Languages (ESOL) grammar:** Monday 12th March
- **Coding decoded!:** Tuesday 13th March
- **Mindfulness for wellbeing:** Wednesday 14th March
- **Nutrition: vitamins explained:** Thursday 15th March
- **ESOL: speaking & listening:** Monday 19th March
- **IT: website design:** Tuesday 20th March
- **Creative Writing:** Wednesday 21st March
- **The Internet of Things:** Thursday 22nd March

For more information about Ruskin College and to book your place on a taster session please visit <https://www.ruskin.ac.uk/student-life/ruskin-college-at-cohen-quad.php> or call 01865 759642.

SINGING *WELL*



There has been recent national media coverage about the benefits of music for people with dementia. In January 2018, the BBC filmed a choir helping people with dementia where there was lots of enjoyment from people with dementia and their carers.

A new report from the Commission on Dementia and Music summarises the work of the Commission, set-up and coordinated by the International Longevity Centre-UK (ILC-UK), with support from The Utley Foundation. With the number of people living with dementia in the UK expected to reach one million by 2025, this is a hugely important issue for society as a whole, and one which the ILC-UK has focussed on for over ten years.

The evidence shows that music helps to minimise some of the symptoms of dementia, such as agitation, and can help to tackle anxiety and depression. We can also observe the considerable value of music in improving the quality of life for people with dementia, by helping to increase social interaction and decreasing stress hormones. Neil Utley, from The Utley Foundation said:

“People with dementia often live in a silent world. Yet music can bring a person back to life. The ability to connect to music is an innate aspect of being human; having a diagnosis of dementia need not undermine this”.

Dementia Oxfordshire has a number of post-diagnostic support groups across

the county where we are able to bring people with dementia and their carers together in a friendly and stimulating social environment. The groups are facilitated by our team but led by the needs and preferences of people living with dementia. Most of the groups are activity based.

Singing is an enjoyable activity which is included in many of the groups. Our skilled team of Dementia Advisers and Dedicated Support Workers find that singing can provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group. Show tunes, theatre hall songs and reminiscent childhood songs, as well as hymns, carols at Christmas and modern music are all popular choices in our groups. We also have one Music for Wellbeing Group, led by a music therapist. Here, our clients are encouraged to use their voice to make sounds and this builds up their confidence to progress into singing.

Dementia Oxfordshire are fortunate to be able to work in partnership with Sound Resource. They are an innovative, local charity, aiming to reduce isolation and boost mental and physical health via inclusive singing opportunities.

Enthusiastic singing practitioners from Sound Resource will be working with us over the coming months to build capacity within the Dementia Oxfordshire team. This means that we will be able to use singing as a means of boosting health and wellbeing to support people and their carers to live well with dementia.

WHAT DOES HOMESHARE OXFORD MEAN TO YOU?

Homeshare Oxford brings together older people with a spare room with someone who needs low-cost accommodation in a friendly home and can provide around 10 hours of help each week.

“

For the first time in months I slept well last night. I put that down to it being the first night that my Sharer spent here. It makes such an enormous difference having someone around – at night I feel more relaxed and I really enjoy the time we spend together. We’ve got so much to talk about and a surprising amount in common.”

HOUSEHOLDER

People often ask me if it’s it was difficult at first. I can say absolutely not. It was easy. I think it’s because we get on so well. I really appreciate living in such a lovely home in Oxford that’s affordable to me.

Sharer

“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.”

Sharer

“

I was a little apprehensive about having someone else in my house. It’s not a big space and I wasn’t sure if I might feel a bit crowded in my own home. At the same time, Homeshare seemed the perfect solution for me. Someone there at night, a bit of help with a few household jobs which are getting difficult for me now and someone to talk to. At the same time, I know how much of a struggle it is to find affordable housing in Oxford and I’m happy to do my bit to help with this.”

HOUSEHOLDER

“THE HOMESHARE OXFORD STAFF ARE ALWAYS THERE IF ANYTHING NEEDS TO BE DISCUSSED OR I NEED A BIT OF ADVICE ABOUT SOMETHING. IT’S VERY REASSURING TO KNOW THAT BACK-UP IS THERE, THE FEW TIMES I’VE NEEDED A BIT OF HELP.”

Sharer

For further information visit www.homeshareoxford.org.uk or email Homeshare@ageukoxfordshire.org.uk or phone 01865 410670

Puzzle answers

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

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

POLICE CAMPAIGN ENCOURAGES RESIDENTS TO

Protect Your World



As an estimated one in ten adults in the UK falls victim to Cyber crime*, Thames Valley Police is encouraging residents to take action to protect their online world. Identity fraud, computer services fraud, confidence scams, romance fraud and hacking are all examples of cyber crimes. But there are simple ways to reduce the risks. Here are some top tips:

1. Always use strong passwords

- Passwords should include a combination of upper and lower case letters, numbers and symbols.

2. Always use up-to-date Internet Security Software

- This includes having firewalls and anti-virus/malware software.

3. Install the latest operating system updates

Turn on automatic updates to prevent potential attacks.

4. Always protect your e-identity

- Never give out your personal information to someone you don't know or trust. A legitimate bank, company or the police will never ask you for such details via email, text or phone.

5. Always shop savvy

- Be cautious of fake sites when shopping online. If an offer looks too good to be true, it probably is.

6. Always be careful when online dating

When chatting online there's no guarantee you are speaking to who you think. Be extremely cautious if you're asked for money.

If you fall victim to cyber crime or experience an attempted scam report it to Action Fraud on 0300 123 2040 or visit www.actionfraud.police.uk.

For more information and advice visit www.thamesvalley.police.uk/

*Based on Office for National Statistics



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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Age UK Oxfordshire and Action for Carers



Charity Golf Day



Badgemore Park Golf Club, Henley-on-Thames, RG9 4NR

Friday 20th April 2018

8.30am-5pm

Enter a team of four players for £280. 18-hole competition including two course meal and auction.

To book your place or become a sponsor please email
admin@ageukoxfordshire.org.uk or
events@carersoxfordshire.org.uk or telephone Tracey
on **01235 520463**



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available**



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Club

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at the Oxford University
Tennis Club with a
resident professional.



WIN

at auction



Badgemore Park Golf Club

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SPORT F1**

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two at Renault Sport's
Enstone headquarters.



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glorious 18 hole parkland course
in Henley-on-Thames was
designed by Robert Sandow and is
a challenge to golfers of all
standards.