

EngAGE

AGE UK OXFORDSHIRE'S
MAGAZINE

FREE
Please take one

10,000 hats for The Big Knit

A huge *thank you*
to our knitters

Getting **support** with 'A Carer's Journey'



DIGNITY IN CARE AWARDS

Winners announced

Welcome

Spring 2019
EngAGE



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...our **Community Exercise Development Officer** on page 21

What's Inside

- 3** Dignity in Care Awards
- 4-5** Campaigning for Change
- 6-8** Community Information Network activities
- 9** Late Spring bereavement support groups
- 10** Information and Advice
- 11** Carers Oxfordshire
- 12-13** Homeshare Oxford
- 14** Dementia Oxfordshire
- 15** Cultural Networks
- 16-17** Fundraising news
- 18** Puzzles
- 19** Home Support Options
- 20** Generation Games
- 21** 60 seconds with...
- 22** Puzzle answers

Find us online

Visit www.ageuk.org.uk/oxfordshire



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WINNERS

Announced!

The winners of the Dignity in Care Awards 2018 were announced on the 30th November at the King's Centre in Oxford. A big congratulations to all of our winners, and thank you to Paul Mayhew-Archer, for kindly presenting the awards.

The winners (from left clockwise):

- **Olivia Galloway** - Award for Leadership
- **Wendy Putt** - Award for Compassionate Communicator
- **Sally Bromley** - Josie's Award
- **Regiment Royal Logistic Corps** - Inspiration Award
- **Alpha Cars** - Inspiration Award
- **Joyce Coveley** - Award for Unpaid Carer or Volunteer
- **Catherine Siggers** - Award for Care or Support Staff
- **Gordon Round** - Award for Unpaid Carer or Volunteer
- **Jasmine Davey** - Josie's Award
- **Bicester Good Neighbourhood Scheme** - Inspiration Award
- **Forget Me Not, Bicester** - Award for Care or Support Setting
- **Lillian Burton** - Award for Unpaid Carer or Volunteer
- **David Lewis** (not pictured) - Award for Unpaid Carer or Volunteer

Photo credit: Anna McKay 3



Campaigning for *change*

Campaigning and influencing are important aspects of our work and we work with other Age UKs to campaign at a national level on a range of issues of importance to older people and carers.

PENNY THEWLIS, CEO of Age UK Oxfordshire, chairs the national Age UK Influencing Committee, which meets regularly to plan and review campaigning activity. Here she gives an insight into current campaigns and indicates ways in which you can get involved.

At a time of such overwhelming political uncertainty, campaigning is not without its challenges but has seldom felt more important.

The Social Green Paper

The Social Care Green Paper, which was announced in the March 2017 budget, 704 days ago at the time of writing, has been delayed 6 times and is still awaited. This matters hugely because the failure to grasp the issue of the underfunding of care means that 1.4m older people are struggling daily without the support they need. We need a long term solution to the

crisis in social care – older people deserve better.

How you can get involved: Writing to your MP to let them know this delay really matters.

“Switched Off”

‘Switched Off’ is a campaign to save free TV for older people. This campaign is aimed at getting the government to take responsibility for funding free TV licences rather than the BBC. Recent research from Age UK has found that two million people over the age of 75 would have to go without TV or cut back on essentials such as heating or food if free TV licences were scrapped. This is extremely important because we know that TV can be a lifeline

helping people stay connected. When you spend your days alone, TV is something to rely on and look forward to. Over a million older people say that the TV is their main form of company.

How you can get involved: Add to the 75,000 people who have already signed the petition by visiting www.ageuk.org.uk/tvpetition and let your MP know that this is an important issue for you.

Changes to Pension Credit

Department of Work and Pensions ministers recently (and very quietly) announced changes to be introduced from 15 May 2019 to the benefits received by ‘mixed aged’ couples (one above and one below the pension age) claiming Pension Credit. Mixed age couples with a partner under State Pension age already in receipt of Pension Credit or pension-age Housing Benefit will be unaffected while they remain entitled to either benefit, but couples claiming in the future could receive £140 less per week. We are campaigning for the Government to reverse their decision.

How you can get involved: Once again, you can let your MP know that this is an important issue. You can

Over a million
older people
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company

also make sure that friends and family in mixed aged couples who may be eligible for pension credit and housing benefit know that it’s important to apply before May 2019. For more details on this issue please see page 10.

Age UK Oxfordshire’s Health and Social Care Panel

If you are interested in getting involved in influencing and making a difference on a more regular basis, you may be interested in joining the **Health and Social Care Panel**. The Panel acts as an independent ‘sounding board’ to enable Age UK Oxfordshire, Age UK nationally and the wider health and care system to access the views of older ‘experts by experience’. Members meet once a month in Kidlington and meetings are always lively!

To find out more, contact pennythewlis@ageukoxfordshire.org.uk or telephone **07741261415**.

Welcome to the Community Information Network!



Spring is definitely on its way as the days begin to get longer, the sun begins to shine and the days of being 'stuck indoors' begin to fade...so why not think about trying something new? We have filled the following pages with lots of new activities and opportunities which we'd love to welcome you along to. Everyone is welcome!

Visit www.communitynetworkdirectory.org.uk where you will find information on all the activities and opportunities that we know about across the county.

N.B. if you would like us to do a search on your behalf and print it off and send it to you, please phone **01235 849 434**.



West Oxfordshire

All new!

Lunch at Delice Deli, High Street, Witney: Every 3rd Wednesday of the month from 11am to 1pm. Join us for lunch or just a cuppa and a chat. Contact Stephen.

Golden Memories: A dementia friendly social morning with refreshments and a programme of activities and speakers. Every 3rd Thursday from 10.30am to 12 noon at the High St Methodist Church, Witney, OX28 6HG. Contact Sian.

IT Classes: Every Monday from 2pm to 4pm in The Punch Bowl Pub, Hensington Rd, Woodstock, OX20 1JQ. Contact Stephen.

Information Drop-In, Eynsham: Every 2nd Monday from 10am to 11.30am in the Village Hall, Back Lane, OX29 4QW. All welcome, contact Sue.

Chipping Norton Information Fair: Wednesday 24th April from 10am to 1pm. Upper Town Hall, Chipping Norton. An opportunity to meet with local groups and organisations to find out more about the support that's available locally and the activities that you can get involved with. Contact Stephen.



New Time - Thursday Brunch at the Coffee Shed: Every Thursday from 10am to 12 noon on the Ley's Recreation Ground, Station Lane, Witney. Contact Sue.



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A Bereavement Information Sharing Event

Join us for sensitive advice, guidance and information exploring bereavement and local resources. Helping you stay involved, informed and in touch with organisations that understand.

10am to 4pm on Saturday 18th May at the Methodist Church, 40 High Street, Witney, OX28 6HG.

Call Nicola Luxton on **07827 235 424** for more information.

Cherwell

We have a new **pottery class** in Bicester, suitable for both visually impaired and non-visually impaired people. Only £5 per class, all materials provided. Contact Jackie for further details.



New cinema sessions

- **The Hawthornes:** Every 3rd Wednesday of the month from 2pm. Oxford Road, Banbury, OX16 9FA. Contact Troy.
- **Glebefields:** Every 1st Friday of the month from 2.30pm. Stratford Rd, Banbury OX15 6EH. Contact Troy.
- **Chamberlaine Court:** Every 1st Thursday of the month from 1.30pm. Spiceball Park Rd, Banbury OX16 2PA. All welcome. Contact Troy.
- **Amos Court:** Starting on 9th April. Every 2nd Tuesday of the month from 2pm. Britannia Road, Banbury, OX16 5DL. All welcome. Contact Troy.



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Oxford City

● **Over 60s Lunch at The Royal Standard Pub:** Every 1st Thursday of the month from 12 noon. 78 London Road, OX3 9AJ. Contact Colin.

● **Coffee and Cake Club:** Every 4th Thursday from 10.30am to 12 noon in PAUL's Café, Westgate Shopping Centre, Queen Street, OX1 1TR. Contact David.

● **Information Drop-In:** Every 2nd Thursday from 11am to 12.30pm at PAUL's Café, Westgate Shopping Centre. Contact David

● **Late Spring Bereavement Support Group:** Every 1st and 3rd Monday from 10.30am to 12 noon. Littlemore Community Centre, Giles Rd, OX4 4NW. Contact David.

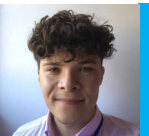
● **Bingo and Board Games afternoon:** Every 1st Friday from 2.30pm to 4pm at Shotover View, Crauford Road, OX4 2RA. Contact James.



● **Information Drop-In:** Every 1st Thursday from 2pm to 3.30pm at South Oxfordshire Community Association, Lake Street, OX1 4RP. Contact James.

● **Cutteslowe Film Club:** Every 1st Tuesday from 11am to 1pm at Cutteslowe Community Centre, OX2 7SX. Contact James

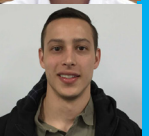
● **Tea, Cake and Games afternoon:** Every 4th Wednesday from 2.30pm to 4pm starting 27th March. At Marston Court, Marston Road, OX3 0DJ. Contact Colin.



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NEW Groups

Benson Aviation Group: A social group for anyone with a background or general interest in all forms of aviation. Meet and make friends, and share your stories and memories. Meeting on the 1st Tuesday of the month from 2pm to 3.30pm from 5th March. Millstream Day Centre, Mill Lane, Benson OX10 6RL. Cost £2.50 includes tea/coffee and cake. Contact Kate Hart.

Young at Heart Club: A social afternoon with speakers, Bingo, a raffle and tea and biscuits. Every 2nd Tuesday of the month from 2pm to 4pm starting on 12th March at the Masonic Hall, Goldsmiths Lane, Wallingford. Only £3. Contact Rachel Poole.



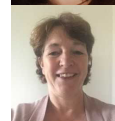
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Pub Lunches

The Royal Oak, Didcot: Every 2nd Monday of the month from 12 noon to 1.15pm. Park Road, OX11 8QR. Contact Kate Hart.

The Dolphin, Wallingford: Every 3rd Wednesday of the month from 12 noon to 1pm. St Mary's Street, OX10 0ET. Contact Kate Hart



One off event!

Cinema: Berinsfield Day Centre,
Wednesday 24th April from
10am to 12 noon. Contact Rachel Poole.

Relaunched
Abingdon

Tea Dance: every first Saturday of the month at the Abingdon Resource Centre, Audlett Drive, OX14 3GB. From 2pm to 4.30pm, suitable for all whether a beginner or more experienced. Contact Nicola.



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Information Drop-Ins

NEW Afternoon Tea, Steventon: Every 2nd Tuesday of the month from 2pm to 4pm in the Farmhouse Bakery and Café, Abingdon Rd, Steventon, OX13 6RW. Contact Ann.



NEW Late Spring bereavement support group in Faringdon: Every 2nd and 4th Friday from 10am to 11.30am at the Old Town Hall, Market Place, Faringdon SN7 7HL. Contact Nicola.

NEW Wootton Information Drop-In: Every 1st Thursday of the month from 10am to 11.30am at Wootton & Dry Sandford Community Hall. Contact Ann.

Change of day and venue - Stanford Information Drop-In: Every 2nd Wednesday of the month from 10am to 12pm, starting 10th April in the Stanford Coffee Shop, 25c High Street, SN7 8LH. Contact Ann.

Change of day - Abingdon Information Drop-In: 1st Friday of the month from 10.30am to 12 noon, at 35 Ock Street. Contact Nicola.



Live life as you wish to be remembered: Ethical Wills (part 1)

An **ethical will**, or **legacy letter**, is a way that you can share your values, life's lessons and hopes for the future with your family and friends.

An ethical will is **not a legal document**; it does not distribute your material wealth. It is simply a heartfelt expression of what truly matters most in your life.

Ethical wills are not new - they have been written throughout the centuries and across all cultures. Today, ethical wills are being written by people at turning points and transitions in their lives, often when facing challenging life situations. **They are usually shared with your family and/or community while the writer is still alive.**

An ethical will may be one of the most cherished and meaningful gifts you can leave to your family and community, a 'love' letter for those that matter to you.

Why write an ethical will?

There are a number of reasons why you might write an ethical will:

- It helps us identify what we value most and what we stand for
- By articulating what we value now, we can help pass on our values to future generations
- We learn a lot about ourselves in the process of writing an ethical will
- It helps us come to terms with our mortality by creating something of meaning that will live on after we are gone
- It provides a sense of completion in our lives
- If we don't tell our stories, no one else will and they will be lost forever
- We all want to be remembered, and we will all leave something behind



What is an ethical will?

Every ethical will is as unique as the person writing it. There is no right or wrong about what goes into an ethical will as it is simply a way for you to tell those that you love what matters to you. It's the 'voice of your heart'.

Historically, ethical wills have contained blessings, personal and spiritual values, and burial instructions. Here is a list of some common themes seen in more modern ethical wills:

- Important personal values and beliefs
- Important spiritual values
- Hopes and blessings for future generations
- Life's lessons
- Forgiving others and asking for forgiveness

In part 2 available in next issue, we will look at how to write an ethical will. In the meantime, if you wish to find out more please contact us on **01235 849 434** and we will post out a fact sheet.

If you'd like to find out more about Late Spring, or your nearest group, please call **01235 849 434**.

Every ethical will is as unique as the person writing it

Benefit changes

for mixed age couples



A mixed age couple is where one person is state pension age and one is working age. They do not have to be married to be considered a couple.

Currently, if on a low income or needing help with rent, mixed age couples have the choice to apply for Pension Credit and Housing Benefit or Universal Credit - most choose Pension Credit as the allowances are more generous and there are no conditions around looking for work (for the working age person in the couple).

The government has announced that from 15th May 2019, mixed age couples will only be able to apply for Universal Credit (until they both reach state pension age).

Anyone in a mixed age couple, already getting Pension Credit or Housing Benefit will be protected from this change for as long as the claim remains active. Changes in your circumstances such as one of you permanently going into a care home, your finances increasing and you no longer being entitled to Pension Credit, you no longer being a couple and (for Housing benefit) moving house, will result in this protection stopping.

We would suggest that anyone in a mixed-age couple, who has not checked their entitlement to benefits recently, have a check.

There are many ways to do this:

- Check online at <https://benefitscheck.ageuk.org.uk/Home/Start/>
- Contact an advice centre local to you
- Contact us on **0345 450 1276** and ask for the helpline
- Book an appointment at our Abingdon office by calling **0345 450 1276**

Blind Person's Tax Allowance

If you are registered blind or severely sight impaired and pay tax, you may be able to reduce the amount you pay by applying for the blind person's allowance from HMRC. You can also choose to transfer your allowance to your spouse or civil partner, if you do not pay tax yourself.

Applications can usually be done on the phone by calling HMRC on **0300 200 3301**.



Kennington Memory Club

Living well with dementia

Kennington Memory Club is for people diagnosed with dementia where they can meet in a safe and supportive environment and enjoy interesting activities.

Run by qualified and experienced staff and supported by trained volunteers.

Where: Kennington Methodist Church, Upper Road, Kennington.

When: Mondays and Thursdays from 9.30 to 3.30

Cost: £20 per day

Food: A choice of hot meals provided at a modest cost

They have spaces for both members and volunteers.

Visit www.kenningtonmemoryclub.org.uk or telephone Helen on **01865 321 233** or Gillian on **01865 735 590**.

Getting Support with

The Carer's Journey

The caring role can be extremely challenging and changeable, with often little to prepare you from any previous experience you may have had.

Whether you have just become a carer, been one for several years or your caring role has ended, the 'Carer's Journey' workshops are specially designed to support your caring role at the different stages of being a carer.

After extensive listening to carers, the Carer's Journey programme was created in a partnership between Action for Carers Oxfordshire and Oxfordshire Adult Learning (OAL).

The aim of the programme is to support carers whilst they manage some of the most difficult challenges in life, and offer an opportunity to gain support and hopefully to feel less isolated.

Workshops are split into three phases.

1 Practical Caring at Home (three individual half-day workshops)

- First Aid at Home
- Safer Moving & Handling
- Individual Care at Home

2 Balancing Life and Caring (five individual half-day workshops)

- Building Resilience
- Emotional Literacy
- Mindfulness
- Yoga for Relaxation
- Aromatherapy Massage

3 Reclaiming me (six weekly sessions of two hours)

Series of workshops that support the practical and emotional challenges associated with life after caring.

“ Being a carer can be an all-absorbing role whereby the carer is lost in their duties looking after a loved one. Carers go on a special journey that deserves support and time out to try and maintain some level of wellbeing whilst fulfilling this demanding role.

Sue Funge, Curriculum Manager at OAL and has herself been a carer



Find out more or sign up for free

Workshops are free and available to those aged 19 and over. Attend the whole programme or just pick the workshops most relevant to you. Workshops are available throughout 2019 around Oxfordshire, including Banbury, Witney and Abingdon.

To find out more or sign up call **01235 555 585** or visit www.abingdon-witney.ac.uk/oal/carers/



Erza and Alan

“It has been a revelation that the daily cross-generation meeting here at home could be so welcome and rewarding.”

A new match

Another recent Homeshare Oxford match brings together Ezra, currently working in the Physics Department of Oxford University

and Alan, a retired University librarian. Ezra needed affordable accommodation and recognized Homeshare as a great concept when he came across it online. Alan’s motivation was as much about giving up his spare room to help a young person as the prospect of good company and help with technology and practical tasks. Alan says, “I have learnt a lot from Ezra and, having lived here for many years, I have enjoyed introducing and welcoming Ezra to Oxford, a new city for him. Ezra is a remarkable young man, supremely relaxed good company, with the most generous kindly nature. It has been a revelation that the daily cross-generation meeting here at home could be so welcome and rewarding. The bonus - his creativity in the kitchen is a marvel.”

Ezra is equally positive about living with Alan and enjoys time spent together: “It’s fun to hang out with Alan; he often makes the funniest remarks”.

To find out more about Homeshare please visit www.homeshareoxford.org.uk, email Homeshare@ageukoxfordshire.org.uk or call us on 01865 410 670.

WHEN YOU’RE ON YOUR OWN, IT’S lovely TO COME IN AND FOR somebody TO SAY

‘HOW WAS YOUR DAY?’

Homeshare Oxford carefully matches up older people who live in Oxfordshire, and who are looking for help or companionship at home, with another person who needs affordable accommodation, and can lend a hand.

Wendy, 90, and her housemate, Eleanor, 25, live in a four-storey house with a large driveway. Eleanor moved in two years ago after they were introduced through Homeshare Oxford.

Wendy was motivated to join the scheme after hearing about it from friends. “I thought it was such a clever idea because, first of all, it is nice to have a little bit of company. Second, there were some things I couldn’t do in the house, things that were getting difficult, and the third thing was giving someone a lower price in rent.”

For Eleanor, she was done with student living. “I did my degree in Oxford and I had a year out when I wasn’t very well. When I came back to university, I had two terms left and I wanted to find somewhere that felt more like a home. From a practical point of view, I felt this could be affordable while I’m studying and trying to establish myself as an artist.”

Eleanor has a bedroom and a spare room. Her 10-hour commitment involves housework, watching Downton Abbey box sets with Wendy and making cups of tea. She cleans the kitchen once a week, vacuums, along with other odd jobs.

Eleanor recognises that the setup isn’t for

everyone. “My twentysomething friends are living with their boyfriends or their friends, having parties, going out, drinking wine, but they know this is so me. I’m in bed by 10.30pm. But I feel I can be more independent, a bit more in control of my living situation. There is a more permanent feel to it, and because it is someone’s home, there’s just more of a respect for the space.” She describes her connection with Wendy as a genuine friendship.

Yet their 24 months together haven’t always been easy. Last January, Wendy fell and cracked her hip. “It was challenging,” Eleanor recalls. “Obviously, it was worrying and it was sad to see Wendy become so fragile so quickly.”

When Wendy was due to return home from hospital, and carers were lined up to visit daily and prepare lunch, Eleanor spoke to Wendy’s daughter. “I said, ‘Do you still think it is suitable for me to be here? Is it the right kind of support?’ It was really heartening, because she said, ‘You are crucial in this.’”

91-year-old Patience, a former physiotherapist opened her home in Headington, Oxford, to public-sector worker Olivia, 26, between October 2017 and September 2018, when Olivia left to take up a job in London.

For Patience, who has just welcomed her third consecutive sharer, one of the most appealing aspects is the idea that a flatmate might be able to drive her to places. Luckily, Olivia had a car. “That was a great boon, as I had to stop driving just before I was 90 and I miss it so much.”

The twosome would often catch up on each other’s news in the evenings, Patience says. “When you’re on your own, not working any more, and your family isn’t around, it’s lovely to come in and for somebody to say, ‘How was your day?’

Extract from an article in The Sunday Times 13/1/19. © The Sunday Times

A Playhouse for everyone



Oxford Playhouse's vision is 'A Playhouse for Everyone'. We caught up with **EMILY LISTER**, Membership Relations Coordinator at Oxford Playhouse, to find out about their Community Tickets Scheme.

"For 80 years it has been our aim to bring the very best of British and international theatre to Oxfordshire. We are committed to ensuring that our theatre, programme and activities are accessible to all, with reduced ticket prices, an increased number of accessible performances, and touring more work around the county. However, we are aware that, even then, there are some people who might find a trip to their local theatre more challenging than most.

One way that we are making it a bit easier for groups to come to our theatre is through our **Community Tickets Scheme**. Every year, we give away up to 2,000 free tickets to local community groups and charities in Oxfordshire. In 2018, we gave away 1,840 tickets, including a tremendous 1,235 tickets for our Christmas pantomime, Dick Whittington and his Cat. The whole cast and crew were elated that so many groups could come to cheer and clap Dick Whittington on his adventures! We were also very grateful to our audience who helped us to raise nearly £8,000 to support the scheme. In 2019, we will give away community tickets again for our next pantomime, Beauty and the Beast.

We were delighted to give 25 tickets to Dementia Oxfordshire for a relaxed performance of Dick Whittington and his Cat. Relaxed performances are perfect for anyone

who might benefit from a more relaxing environment where the auditorium lights are kept on, some loud noises and strobe lights are removed from the show, the audience can make as much noise as they like and can freely come and go as they please. We were all so thrilled to hear that the group from Dementia Oxfordshire had a nice time and enjoyed the show.

We are exploring ways that we can make our theatre and work more accessible for people living with dementia, including the possibility of producing dementia-friendly performances in the future. We are currently working with Dementia Oxfordshire to start a "Matinee group". This group would come to the Playhouse for tea, coffee and sandwiches and for an informal pre-show talk with staff about that afternoon's performance. Through the project, we hope that people living with dementia can continue to find enjoyment and engage with the arts."

For more information about access at Oxford Playhouse, or to request a brochure for upcoming shows, please call Oxford Playhouse's Ticket Office on **01865 305 305**.

OP
OXFORD
PLAYHOUSE

The Oxfordshire Age Friendly Cultural Network

Supporting people to love later life is an important part of Age UK Oxfordshire's work and a research has shown that engaging with the arts has a very positive impact on everyone's wellbeing.

With this in mind we have set up the Oxfordshire Age Friendly Cultural Network (OAFCN) to increase the amount of cultural and creative opportunities available to older people locally, and have appointed an Age Friendly Cultural Coordinator, Helen Fountain.

The OAFCN will support cultural organisations to strengthen partnerships and share information about brilliant arty activities. So far over 100 individuals and organisations have signed up to the OAFCN, from Banbury Museum to Oxford Brookes University, along with interested individuals. Anyone can join the Network and receive a regular newsletter by email with lots of exciting opportunities to get involved in projects, learn about relevant research and training.



A series of themed events is underway to bring potential partners together and support them in developing creative projects. The theme of the first event was intergenerational activities in which OAFCN members came together in Oxford Town Hall to discuss creating new projects that would bring generations together around a shared love of the arts. The second event took place at the Mill Arts Centre in Banbury and OAFCN members discussed how they could work together as part of the Age Friendly Banbury initiative, developing creative projects that would enable people to learn artistic skills and feel less isolated. The third event will take place at the Ashmolean Museum and explore the world of Digital Arts including apps that enable people to make virtual visits to Museums and Galleries.

if you would like more information or would like to join, please contact Helen on helenfountain@ageukoxfordshire.org.uk or call **07827 235 442**. For more information about existing groups and opportunities locally please visit www.communitynetworkdirectory.org.uk and for inspiration and information about national creative projects visit www.ageofcreativity.co.uk.

AGE OF CREATIVITY FESTIVAL 2019

Creativity means a lot of different things to different people - book clubs and dance classes, gallery and museum visits, musicals and choirs to name but a few. You may already get creative on a regular basis or there may be activities you are yet to try or have long forgotten since school days.

This May, we want to encourage everyone to get creative and take part in something local - because it can boost self esteem, increase social connections as well reducing depression and the risk of loneliness.

The Age of Creativity Festival, run in partnership with Age UK Oxfordshire, runs from the 1st – 31st May this year. It aims to bring these arts events to the attention of older people, not just with regular weekly classes but a host of specially organised ones too. The festival is country-wide and there will be a lot of activities in Oxfordshire for you to join in. Please visit www.voluntaryarts/age-of-creativity to see what events are near you. If you need a paper copy then please get in touch with the Community Information Network on **01235 849 434**.

Fundraising News



Troy

Troy, one of our Community Information Networkers, and Lynn are getting their dancing shoes on to participate in Strictly Banbury 2019, in aid of Age UK Oxfordshire! You can support both Troy and Lynne via their Just Giving pages:

- www.justgiving.com/fundraising/troy24
- www.justgiving.com/fundraising/Lynn-BrodeyStrictlyBanburyAgeUKOxfordshire



Lynn

Join us to enjoy an evening of live jazz on **Friday 14th June 2019** between 7pm and 9.30pm in the beautiful setting of Broughton Castle Gardens, Banbury, by kind permission of Lord and Lady Saye & Sele. Bring a picnic, drinks, chairs, rugs and umbrellas (just in case). Guide dogs only please. Doors open at 6pm.

This event is in aid of Age UK Oxfordshire and Action for Carers Oxfordshire.



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Did you know that you can now support Age UK Oxfordshire when you shop at Amazon at no extra cost to you? Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shopping fees).

To start supporting us through AmazonSmile please visit smile.amazon.co.uk

STRICTLY BANBURY



Hats off to you

Thanks to our wonderful knitters, we sent off our first batch of hats to Innocent HQ in January. You have knitted over a whopping 10,000 hats so far - thank you so much. That equates to over £2,500 for older people across Oxfordshire.

But please don't put away your knitting needles just yet! Our target is 25,469 hats by July 31st 2019 - can you help us?

Age UK Oxfordshire's Chief Executive, Penny Thewlis, said: "It's such a fun campaign to get behind". She added: "The money raised will make a big difference to the lives of older people by helping us to reach and support more older people in the county." For each behatted smoothie sold, Age UK Oxfordshire receives 25p.

Please drop by or send your knitted creations to **The Big Knit, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. For more information on the Big Knit please visit our website: ageuk.org.uk/oxfordshire/knit



Cycle for us?
We have spaces for the Prudential Ride London-Surrey 100 2019

We'd love you to join our team!

Help us to help improve lives for unpaid carers

Event date: 4th August 2019
Location: London
Registration fee: £45
Minimum sponsorship: £300
Distance: 100 miles

About the ride

With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics, it's a truly spectacular event for all involved. Plus experience an iconic finish on the Mall riding towards Buckingham Palace. This is a fabulous opportunity to put yourself to the test and ride traffic free through central London.



Packed hats ready to go to Innocent HQ

Solutions can be found on page 22!

Sudoku

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

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.

Birds

BLACKBIRD	FALCON	ROBIN
BLUE JAY	HAWK	SEAGULL
CARDINAL	MAGPIE	SPARROW
CRANE	OWL	SWAN
CROW	PELICAN	WOODPECKER
DOVE	PIGEON	WREN
EAGLE		

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

Wordsearch



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.....

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 <https://www.ageuk.org.uk/oxfordshire/privacy-policy/>

Life Stories

When **Home Support Options** visit a new client to talk to them about what the service can do to help them stay independent, they very often start chatting about their early life. We hear such wonderful stories of past jobs and family...

Often the strength and bond of our clients' relationships really speak to us when we do a home visit. We regularly see and hear of 50th, 60th and 70th wedding anniversaries celebrated, and listening to how much they were in love with their other half, how strong their relationship was and their love for each other.

Talking with **Joanna** (our coordinator for the South and Vale), she said that it seems that sometimes people used to have much stronger relationships, maybe because they had to spend lots of time together and there were no distractions like computers or social media. For those who no longer have their loved one, very often you can see physical pain from missing someone, even when they died many years ago. Whether celebrating their time together or talking about their missing partner, it is evident that there is always a strong bond.



Sarah, a coordinator for Home Support Options in Cherwell shared with us that one of her first clients used to run a farm and sugar plantation in Kenya. He moved there just after the war with his wife and their 3 daughters were born out there,

returning to the UK in the 1980s. He was very knowledgeable and on his Home Support visits we used to go out walking in the countryside and he would point out types of trees and breeds of cattle.

He told her about when he had the farm in Kenya the local government came to his land and told him he had to have a sugar plantation; he had no choice but to do as they asked. He talked about how the elephants used to sneak onto the sugar plantation to eat the sugar canes and, due to the cane being very high, he did not notice the elephants until he was on top of the canes which was a real problem. He also talked to Sarah about how his wife used to hand make the tents they would take on their family holidays to the coast. He was also a very keen artist, mainly sketching pictures of his time in Kenya. He showed Sarah how to make and draw with a pencil made out of paper and graphite.



If you would like more information on how Home Support Options could assist you to stay independent at home, please call us on **0333 577 1044**.

Improving Posture

Good posture is important at any age, and has a range of benefits for health and wellbeing.

What is good posture?

- Shoulders back and down (roll your shoulders up, back and down to help find the correct position)
- Sit or stand tall
- Tummy gently tightened
- Chin parallel to floor
- Knees even and pointing straight ahead

A **stretch** to help achieve good posture and combat slouching is to sit tall on the front third of the chair, touch the back of the chair with both hands and pull shoulder blades together.

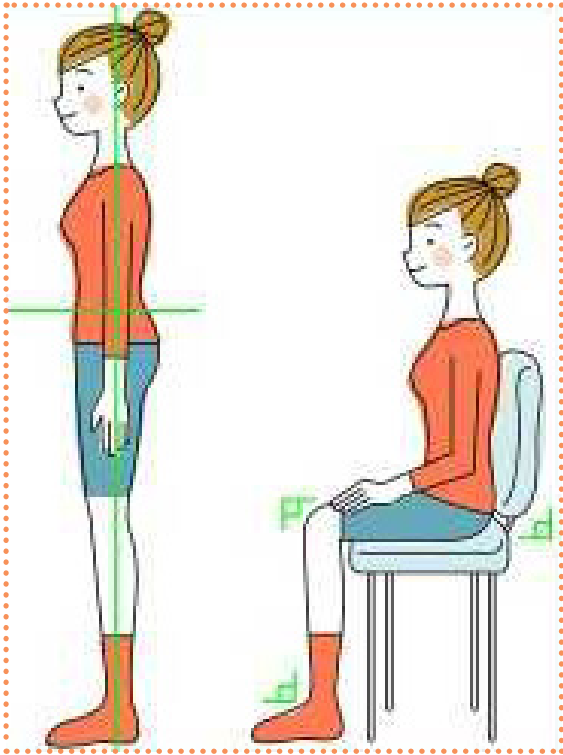
Benefits of good posture

- ✓ Keeps bones and joints in the correct alignment so that muscles are used properly
- ✓ Decreases the stress on ligaments holding the joints of the spine together
- ✓ Prevents back and muscular pain
- ✓ Helps you look taller and slimmer!

New Strength and Balance classes

- Blackbird Leys Community Centre: Wednesdays 1.15-2.15 pm
- Sonning Common Village Hall: Tuesdays 2.15-3.15 pm
- All Saints' Youth and Community Hall, Didcot: Thursdays 1.15-2.15pm
- The Parish Hall, Sunnyside, Benson: Mondays 10-11am

For further details on classes call 01235 849 403 or visit www.generationgames.org.uk



Making Links - Dementia Oxfordshire and our classes

(Taqwa Galpin, Dementia Advisor)

"I was supporting an 86 year old who lived in Summertown, Oxford. She lived alone with no family living close by so it was important that she was getting out and meeting people. She was keen to get active and build her strength up again, after falling a few months before. We found a Strength and Balance Class on the Generation Games website that was held in Barton.

Although my client was nervous to go along, I explained that I would go along with her to introduce her to Sarah, the teacher, and to do the work out together. We felt relaxed as nobody was putting pressure on us to be perfect and we laughed lots as we learnt the routine together. I spoke to the lady after and she enjoyed it and was keen to go again. Her son contacted the GP in order to sign up for 6 free sessions, helping her to gain strength and to prevent future falls. It was great to see that doing an hour of exercise could make such a difference to a person's mood."

Jane Parkinson

Community Exercise Development Officer



How long have you been in your role?

6 months.

What's the most rewarding thing about your job?

Chatting to exercise class participants and hearing about what a difference the classes make to them and how much more they can now do.

What is one of the biggest challenges of your role?

Finding the nearest of our 80 exercise classes for someone when they call the office. My knowledge of Oxfordshire is slowly getting better!

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

Outer Hebrides, off the west coast of Scotland... remote, changing landscapes as you travel from island to island, wildcamping by stunning, sandy (empty) beaches, close up wildlife watching, recent social history still very evident with the village post office in someone's front porch, only recently vacated Blackhouses where the family lived one

end and the livestock the other (mutually beneficial!), Harris Tweed being made by peddling traditional looms in a garden shed, plus much earlier history with the Lewis Chessmen and the ancient stones at Callanish.

What TV show or movie do you refuse to watch?

All soaps.

How would your friends describe you?

The bag lady, I can't go anywhere without everything I **might** need. The next level up is having the campervan as then I really do have everything with me at all times.

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

Tom Hanks, Dr Michael Mosley (to talk diet and exercise) and my Mum.

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

Tour Guide in the British Museum.

How do you spend your free time?

Thinking about, talking about, preparing and eating good food. Playing badminton, boardgames and anything else so long as



there's a bit of competition. Spending as much time outside and in the campervan as possible.

Tell us something that might surprise us about you

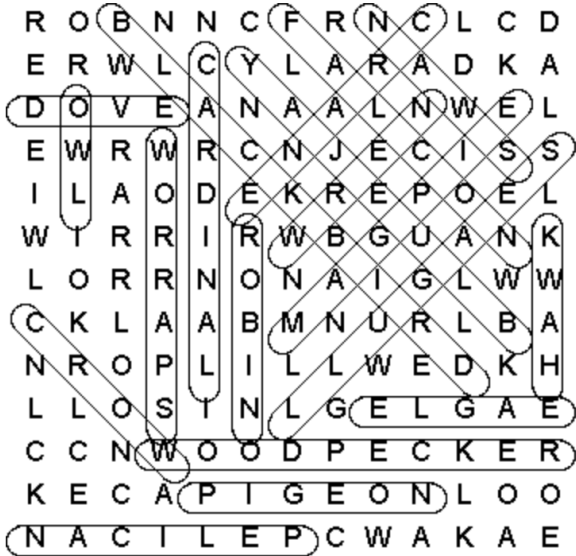
I'm a badminton coach and recently qualified Nutritional Therapist. I'll be finishing training as a Reflexologist next and have aspirations for developing further skills.

If you won the lottery, what would you do?

Buy one of each model of VW campervan. Set up community health hubs around the country with low-cost complimentary therapies made available to all.

"I'm a badminton coach and recently qualified Nutritional Therapist"

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



Paul Mayhew-Archer: Incurable Optimist

Age UK Oxfordshire has had fantastic feedback from older people and from carers about the uplifting effect of Paul Mayhew-Archer's performances. His ability to see the funny side of some of the more difficult aspects of life is infectious and invariably acts as a tonic and sends people away with a spring in their step.

"Paul Mayhew-Archer: Incurable Optimist" is the first one-man comedy show from the co-writer of "The Vicar of Dibley".

It's a show full of stories and jokes from a man who has spent the last 40 years trying to make us laugh. It is also a moving and uplifting show about what happens when a serious illness - Parkinson's - meets someone who refuses to take it seriously.

When Paul performed the show at the Edinburgh Fringe one man drove all the way from Southampton just to see it.

Now Paul is taking the show all over the country so hopefully you won't need to travel so far.

For further details on shows across the UK, and to buy tickets, please visit mayhew-archer.com



Where in Oxfordshire?

- 30th March 2019: Chipping Norton Theatre, Chipping Norton @ 8pm
- 6th June 2019: Old Fire Station, Oxford @ 8pm
- 7th June 2019: Old Fire Station, Oxford @ 8pm

"VERY FUNNY AND MOVING TOO"

Richard Curtis



Protecting yourself from purse theft



Over the last few months THAMES VALLEY POLICE has seen an increase in reports of purse thefts across the county.

The most common kind of purse theft is known as 'handbag dipping'. This is where offenders remove purses from handbags left unzipped or unattended. Bank cards are often stolen and used by offenders very quickly, before the victim even realises the purse has been taken.

Crimes should continue to be reported to Thames Valley Police either by using the online form on their website (www.thamesvalley.police.uk) or by calling 101. If a crime is in progress then call 999.

You can help to deter thieves and reduce your risk of becoming a victim of pickpockets by following these steps:

- Keep your handbag on you, closed securely with no valuable items such as mobile phones on display. Do not leave it unattended.
- Carry bags in front of you or diagonally across your chest.
- Return cards to your purse or wallet quickly and zip it up or button it.
- In cafes and restaurants, put your bag on your lap or on the floor between your feet with your foot on the strap. Alternatively, place the strap through one leg of the chair.
- Look for ATM machines located inside buildings, supermarkets or other busy locations.

Donate today

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

SignatureDateDD / MM / YY

giftaid it 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



LIVE JAZZ MUSIC!

Join us to enjoy an evening of live jazz in the beautiful setting of **Broughton Castle** gardens, by kind permission of Lord and Lady Saye and Sele.

- Bring a picnic, drinks, chairs, rugs and umbrellas (just in case!)
- Raffle and tombola
- Licensed bar
- Guide dogs only
- Hampers available to order in advance - please call **01295 713 888**



at the

Castle

2019

TICKETS

This is a ticketed event - please book via www.trybooking.co.uk/ISV or call **01235 520 463**.

£15 adult/£12 concession/£5 under 16
N.B. Carers go free with cared for.

This event is in aid of Age UK Oxfordshire and Action for Carers Oxfordshire.

FRIDAY 14TH June
2019

7PM-9.30PM
DOORS OPEN 6pm

BROUGHTON CASTLE,
BANBURY, OX15 5AB