

Age UK Oxfordshire's Magazine

EngAGE

The joy of the outdoors

Celebrating Oxfordshire's carers

Avoiding QR scams

We are a local independent charity supporting older people across Oxfordshire to live life to the full.

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www.ageuk.org.uk/oxfordshire



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A very warm welcome to EngAGE from our CEO Penny Thewlis.

We're having some lovely
warm early summer
days, after what felt like
a long winter, and I am
writing this on my laptop
in the garden, relishing
the 'joy of outdoors' –
more of this on [p4](#).



I am reflecting on the many people and
organisations we work with to whom we owe
enormous thanks, sadly too many to include in
this space.

Firstly, thank you to our partners Carers
Oxfordshire, Oxfordshire Association of Care
Providers and Oxfordshire County Council
for another magnificent Care Awards event,
celebrating some of the unsung heroes of care
and caring ([see p8](#)).

Thank you to the many people who rallied round
to spread the word about our cost-of-living
campaign. You have made a big difference –
our Helpline team supported people to secure
£1,477,009 of entitlements - that's £906,365
more than last year.

Volunteers' Week in early June is an important
event in our calendar, providing an opportunity to
celebrate our amazing volunteers, who play such
a vital role in delivering support in myriad ways
across the county. Thank you so much for all that
you do, making a real difference to many people's
lives.

Finally, a special thank you to Cllr Susanna Pressel
for all the support she has given us during her year
as County Council Chair, including raising
much-needed funds - and throwing a wonderful
tea party for Age UK Oxfordshire volunteers.

Enjoy your summer EngAGE!

My warmest wishes, Penny.



What's been happening?

Recognising our volunteers

The Chair of Oxfordshire County Council, Councillor Susanna Pressel, kindly invited our volunteers to a reception at County Hall to celebrate their dedication and achievements. We were pleased to celebrate 20+ years of volunteering with Janet Betts, Jo Doherty, Sue Smith, Jane Carter, William Norton and Mary Weller.



An open-top bus tour of Oxford

We were really pleased to partner with Oxford Bus Company to host another free 'Chatty Bus' event which brought local older people and some of our team together, offering an opportunity for connections to be made and information to be shared.



Festival of Arts & Crafts triumph!

We held our first ever dementia-friendly festival of arts and crafts which offered everyone the opportunity to express their creativity and meet new people in a safe and supportive environment.



Updated!

Our 'Little Handbook of our Services' has been updated and provides a quick and easy overview of our services.

Contact us to request a copy

contactus@ageukoxfordshire.org.uk or **0345 450 1276**.



The joy of the outdoors

Numerous studies tell us that spending time outside in nature brings incredible health benefits:

Boost your vitamin D levels

Spending about 15 minutes in the sun each day is an ideal way to boost your vitamin D level which is directly related to an improved immune system and a more positive outlook.

Get a natural immunity boost

By helping you feel more positive and increasing mental health, the great outdoors can help you to build and maintain a healthy immune system and improve your sleep.

Feel more energised

Being outdoors gives the brain a break from everyday multitasking and allows it to form new memories, contributing to higher attention levels and improved mental health.

Improve your mental health

Getting outside is a great way to feel more energised if you are feeling sluggish, and can help lift your mood.

(from ageuk.org.uk/scotland)

Join a gardening club

Joining a local gardening club is a great way to connect with other people who enjoy gardening and being outdoors.

You can find out about local gardening clubs on the [Live Well directory](#) or by calling **01235 849 410**.

Our Walk & Talk groups

Walking groups help you connect with others and can help to combat loneliness and isolation. We run regular Walk & Talk groups for older people in Charlbury, Chipping Norton, Thame, Witney and Woodstock.

community@ageukoxfordshire.org.uk
01235 849 434

Our dementia and bereavement support teams also organise regular walks which give you the opportunity to meet and chat with those going through similar things – see [p19](#) for contact details.

Staying sun safe

While it's great to spend time outdoors, on hot days in the summer it is extremely important to stay safe.

Top tips:

- Don't spend too much time outside between 11am and 3pm, the hottest time of the day. Try and keep in the shade when you can.
- Look after your skin - Use sunscreen of at least SPF 30. Apply it generously and top up regularly.
- Wear a hat to protect your head, face, ears and eyes.
- Choose sunglasses that have a CE mark and a UV400 label.
- Make sure you're drinking plenty of fluids - at least 6-8 glasses of liquid a day. Take a bottle of water with you when you're out and about.

Heat exhaustion and heatstroke

If you or someone else starts to suffer from heat exhaustion, the symptoms of which can include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse, it's really important to treat it otherwise heatstroke can develop.

- Find a cool place and loosen tight clothes
- Drink plenty of water or fruit juice
- Sponge yourself with cool water or have a cool shower

Heatstroke is a life-threatening condition, and the symptoms are confusion, disorientation, seizures and loss of consciousness. It can develop suddenly and without warning.

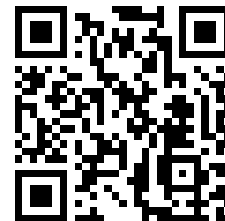
If you or someone else shows symptoms:

- call 999 immediately
- if you have a pendant alarm, press the button to call for help
- while waiting for the ambulance, follow the advice given for heat exhaustion (but do not try to give fluids to anyone who is unconscious).



Scams advice: QR codes

Our resident scams experts, Mandy and Hayley, have become aware of a rise in QR code scams and share some advice on how to avoid them.



QR (quick response) codes are small, jumbled boxes of black and white squares which operate like a bar code. They can be read by mobile phones and can store website addresses, email addresses and other data.

You may be coming across QR codes in more and more places, and if you're keen to engage with digital services then they can be really useful. You simply point your smartphone camera at the code, and you're quickly directed straight to a website or email.

Unfortunately, any time new technology is released, scammers find a way to exploit it. They are creating their own QR codes to trick victims into sharing personal information and bank details.

Think before you scan

It's important to treat QR codes in the same way that you would website links and questionable attachments in emails.

Codes embedded in emails

Consider any emails with QR codes as suspicious – there's no need to suggest you use a QR code when you're already online!

Preview the code's website address

Many smartphones will give you a preview of the code's website address as you start to scan. If it looks strange then don't open it.

Consider the source

Does the source of the QR code look legitimate? Be wary of codes posted in public places – is it a sticker or part of a bigger display? Be cautious of codes in unsolicited paper junk mail.

If you're not sure then don't scan

If you think something is suspicious then it's best to avoid the code and access the information directly.

Mandy Massam visiting a client for individualised scams advice at home

If you have been affected by scams we are able to offer 1:1 support in your own home. We also offer group talks to raise awareness of scams.

Contact us to find out more – **0345 450 1276**.





Celebrating Pride Month

Pride Month (June) is about acceptance, equality and raising awareness of issues affecting the LGBTQ+ community.

Pride is all about being proud of who you are no matter who you love.

Information & Advice for older LGBTQ+ people

Most of the issues, advice and policies relating to later life apply to everyone equally, but there are some things that affect lesbian, gay, bisexual and trans (LGBTQ+) people differently. On the Age UK website, you can find an excellent guide that can help you understand your rights and make sure they're always respected. Visit the [guide here](#) or call us on **0345 450 1276** to request a copy in the post.

Our 'Silver Pride' groups for older LGBTQ+ people

Many people find that connecting with others can help them gain friendship and support. We run two groups for LGBTQ+ older people in Oxfordshire, in Didcot and Banbury.

"The group is a place we are accepted. We don't always feel we are heard, being part of a minority group." - Andrew, group participant

To find out more about our 'Silver Pride' groups and activities, email community@ageukoxfordshire.org.uk or call **01235 849 434**.

Inspiration for all!

The very best carers in Oxfordshire were celebrated at the Oxfordshire Care Awards in April, bringing together unpaid carers, the community and voluntary sector, and statutory and independent care providers.

The uplifting and joyous event was organised by the Oxfordshire Association of Care Providers and hosted in partnership with Age UK Oxfordshire and our sister charity Action for Carers (Oxfordshire).

Amongst the categories were awards for The Unpaid Carer of the Year, and The Volunteer Worker of the Year.

“I can’t think of anything more important than providing care and support to enable people to live life with dignity and some joy. The awards celebrate the amazing people who are doing this every day and whose praises are very rarely sung publicly. They should be.” - Penny Thewlis, CEO of Age UK Oxfordshire

Winner of The Unpaid Carer Award: Phil Foster



Kay Francis and Phil Foster

Phil cares for his wife with dementia and runs a dementia carers group in Banbury. He was nominated for the award by Moira Collier, Outreach Worker at Carers Oxfordshire.

“I nominated Phil as despite caring for his partner with Alzheimer’s for over ten years, he still set up a group to support other carers who are going through a similar experience. He is awesome.”

When presenting the award, Kay Francis from Action for Carers (Oxfordshire) highlighted the importance of celebrating unpaid carers: “Caring is such an important part of life, it will cross most of our paths at some time or other. Unpaid carers are the glue that keeps families together. They unselfishly dedicate themselves to looking after someone else.”

About the support group Phil set up in Banbury he said, “We are all here to help one another. We have a WhatsApp group to raise queries and the response is terrific. We also meet twice a month.”

“I felt...I’m not sure if humbled is the right word but surprised. I don’t know if I’ve done anything different to anyone else, but Moira put me forward. My daughter is over the moon.” - Phil Foster



Meryl Smith and Penny Thewlis

Winner of The Volunteer Worker Award: Meryl Smith

Meryl set up All Together in Charlbury (ATIC), a Good Neighbour Scheme that brings together the Charlbury community to provide mutual support. ATIC's volunteering team of 15 help the local community as drivers to appointments and as befrienders, as well as providing other practical support. She also has an integral role in Dementia Friendly Charlbury.

Meryl was nominated for the award by Jennifer Dixon-Clegg who is an Age UK Oxfordshire Community Link Worker for West Oxfordshire. Jennifer said "Meryl's commitment to assisting individuals in her community is outstanding. She listens to those in need and acts with a response which is relevant, timely, unfailing and compassionate. People like Meryl transform the lives of individuals and the whole community."

Meryl graciously accepted the award on behalf of everyone who volunteers in Oxfordshire and all of the Good Neighbour Schemes in the county.

"I was really touched to receive the award but want to say that everyone who volunteers really makes a difference and deserves to be recognised – I'm just one volunteer among many!" – Meryl Smith



Celebrating volunteering!

To commemorate **Volunteers' Week (1st-7th June)**, we caught up with some of our wonderful volunteers to find out what they do, and how volunteering benefits them as well as the people they support. We'd love to inspire you to think about how you might be able to support us as a volunteer too.

Doreen Allen - Admin Support



“

“I support the community development and hospital discharge teams with administrative tasks, such as putting together information packs for people who have been in hospital. I’m active and enjoy going into the office, being with younger people and doing something to help people.”

“

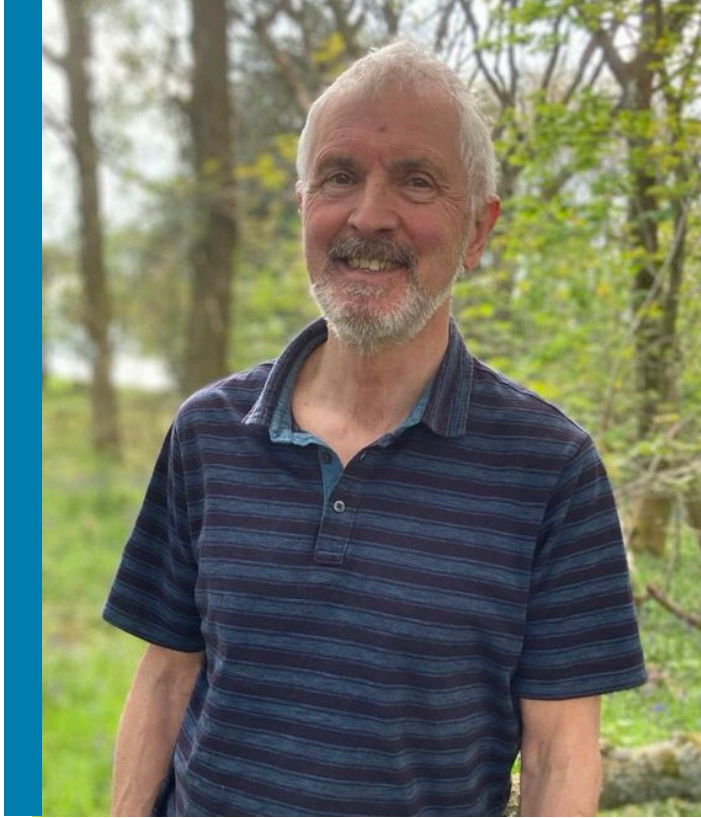
“My role consists of supporting vulnerable people for a set period with a particular issue. I usually visit fortnightly for a couple of hours.

It’s often varied and might consist of supporting someone following a stroke or an operation, to help them regain their wellness and confidence to return to social activities. This might include helping someone with mental health issues to go outside of their home, attending a club or organisation, or taking a bus to a coffee shop.

I decided to take up volunteering after retiring from nursing. I wanted to continue working with people and to give something back to the community. I enjoy the variety, meeting and being able to help people I would not normally meet, and I appreciate the support I receive from the organisation.”

Susan Mackie - Befriender





“

“I’m part of the Digital Champion programme which aims to provide support for older people who have difficulty using technology. This could range from setting up a new TV, to using a mobile phone or managing a computer. I help at a weekly IT drop-in clinic in Banbury. I also carry out home visits for people who cannot get out so easily or have a device that needs attention in their home.

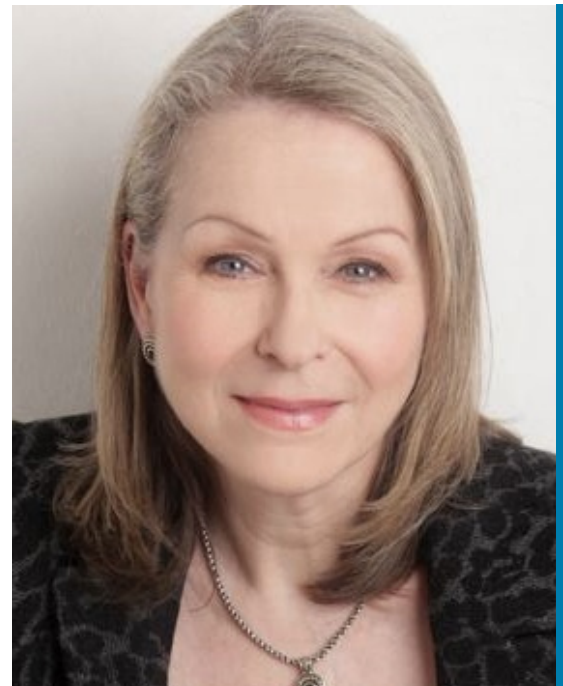
I’ve been volunteering for 6 years having retired from a teaching career. I wanted to keep on using and extending my tech skills without the demands and constraints of paid employment. I really like getting out and meeting people, and providing the best solution for each client is very rewarding.”

Paul Bonsor - Digital Support

“

“I volunteer with the Phone Friends programme. After undergoing some training in 2018, I started with a few Phone Friends on Wednesdays and later added a few more friends on Fridays. I now have 11 Phone Friends all over Oxfordshire. Five years on, I would describe the role as calling up friends for a chat. Sometimes chats are short and sweet and other times they’re longer - it’s just like talking with friends you’ve known for years.

My decision to become a volunteer was about more than just giving something back to the community, I wanted to learn more about the area from people who had lived here for decades. My Phone Friends live all over Oxfordshire and I have learned so much about local activities and the history of the area. They have really brought Oxfordshire to life for me.”



**Kathleen Murray -
Telephone Befriender**

We are always looking for more volunteers to join us to help us support local older people, and we have a range of volunteering opportunities available.

Call **0345 450 1276** or email volunteering@ageukoxfordshire.org.uk and we will send you an information pack. You can also visit our [volunteering web page](#).

Creative Corner

Joya Bannerjee, a passionate advocate of the arts and her Bengali cultural heritage, talks about igniting the creative spark within you.

“After retirement in 2006, I thought I would relax, but somehow, I feel I have become busier!

I’d describe myself as a person with varied interests, for example art, music and literature. But above all, I like meeting people from all walks of life and to do something worthwhile which I think is good for humanity.

Life was not a bed of roses for me. I hardly had time to nurture my passions or interests. I had to struggle hard to raise my children and support my family single handedly for many years. Now they have their own families and are well settled. In retrospect, I learned a lot through hardship, and it gave me a sense of achievement.

I believe everyone has creative talent and pursuing those artistic skills can bring you immense joy. However, to achieve this you have to be disciplined and get organised, which I find difficult.

You do not have to be Shakespeare or Picasso, but you can have your own dream. It can be a source of enjoyment or inspiration, especially if you discover yourself at the ripe old age!

Believe me, if you take out a pencil and scribble something in your diary it can be the first chapter of your memoir, novel or a short story, or perhaps the first lines of a sonnet or a poem that you have ever composed? Who knows? What a joyous moment when you see the clear blue sky, the first spring blossoms, the purple sunset painted on your canvas with your own brush strokes!

For me writing is personal. It is a medicine for healing in moments of weakness, illness, pain or despair. It is for my soul and perhaps for posterity. Mainly I write in Bengali, my mother tongue.

But if you are bold enough, share your artwork or writings with others, you would be surprised at how it helps build your confidence and people do appreciate it.”



“We are delighted that Joya is one of our Age UK Oxfordshire Creative Ambassadors. She brings a great deal of wisdom and experience to everything she does, has participated in creative writing and art groups at the Museum of Oxford, and contributed to the TeaTalks project with Oxford Playhouse during lockdown.”

Helen Fountain - Age Friendly Creative Manager, Age UK Oxfordshire



“The artistic spark is within you. It is up to you whether you care to charge it or not. It’s like watering the plants. If you water, it will bloom.”

Joya is proud of her rich Bengali cultural heritage and wants to share it with the wider community and future generations. Along with some likeminded friends she helped to found Udayan, Oxfordshire's Bengali Cultural Society, in 2005.

The society's recent event 'Joy and Rhythm' took place in May and celebrated the creative genius of Bengali Nobel laureate poet Rabindranath Tagore with songs, poems and dance.

Everyone is welcome to attend the society's future events. Visit their [website](#) or call **01865 766 344** to find out more.

Tears and Joy Walk Hand in Hand

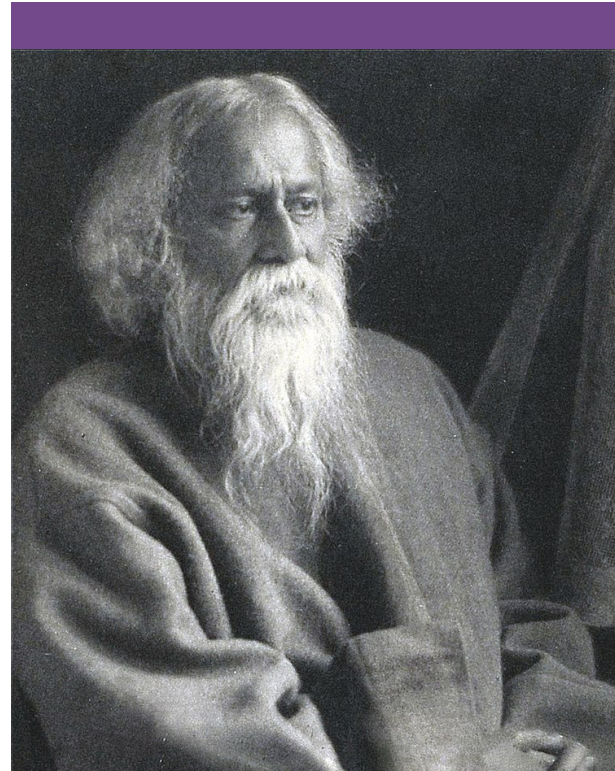
By Rabindranath Tagore (translation by Joya Bannerjee)

Tears and joy swing and sway,
Chiming with revolving seasons.
Its enchanting rhymes weave a wreath of songs.
My heart leaps with joy.
Is this why you have put around me
A garland perfumed with music?

Is this why my dream has snapped,
Oozing, floodgates of emotion?
The waves of whirlwind swirl around me
And the forest grieves in timeless melancholy,

My heart trembles day and night
Through the circling of darkness and light.
Is this why you have put around me,
A garland perfumed with music?

My night's nest has not yet been built.
The day's toil remains incomplete.
I am immersed in thousands of trivial chores
And find no respite to achieve my goal.
I search for peace in the whole world wide
But in the strings in my heart,
The notes of sadness strike.
My burning anguish ignites an eternal fire to my songs.
Is this why, you have put around me
A garland perfumed with music?



Rabindranath Tagore (1861-1941)



Watercolour by Joya Bannerjee

We would like to apologise for mis-spelling the name of poet Andrew Pritchard in a previous Age Friendly Creative article in the Summer 2022 edition of EngAGE magazine. We offer our sincere apologies to Andrew for any inconvenience caused.



Linking you into what matters to you

Following the success of the Community Information Network which we have been running for 10 years, we are pleased to announce that we have been re-awarded the community development contract by Oxfordshire County Council for 3 years and will be continuing to support people to link into their communities.



Community Links Oxfordshire

Thank you to everyone who participated in our survey to decide on the new name and logo for the service. The service will now be called Community Links Oxfordshire and is available to all adults living in the county. We listen to you and talk through what could make a difference to your life. We work together at your pace to get the information you need, to make informed choices, and connect to activities or services that can support you in living well.

For more information, call **01235 849 434** or email community@ageukoxfordshire.org.uk

Along with our team of Community Link Workers across the county, we can also support you via the Live Well Oxfordshire directory, a partnership between Age UK Oxfordshire and Oxfordshire County Council. The directory brings together information in one place about groups and organisations offering services for adults with a variety of needs.

Visit the [Live Well Oxfordshire website](https://www.livewelloxfordshire.org.uk) or email livewell@ageukoxfordshire.org.uk or call for a chat on **01235 849 410**.

Celebrating the King's Coronation

It was wonderful to see communities come together to celebrate the Coronation of Their Majesties The King and The Queen Consort in May.

We enjoyed celebrating at our 'Young at Heart' group in Wallingford. Everyone enjoyed singing, and sharing their memories of The Royal Family, including some memories of the Queen's Coronation in 1953.



Thank you to The Dolphin Community Pub in Wallingford for their continued support of this group, and for providing fantastic food for the celebration.

For the King's Coronation Meg Barton wrote 'Did you watch the Coronation?' and shared her reflections on the Queen's Coronation in 1953. Meg is in her 70s and lives in Jericho, Oxford. She started writing poetry when she retired from her job in publishing.

Did you watch the Coronation?

Well, just to see what everyone was wearing
(Penny Mordaunt aced it with that sword!)

Only to see who Harry was put next to –
Would he and Will exchange a single word?

Only to watch and pray nobody dropped things
The spurs, the crowns, the sceptre and the ball

Those steps, the robes, and all of that regalia
You worry someone's going to trip and fall

Would Camilla cope with being regal?
Would Charlie get things right and keep his cool?

I only left it on while I was working
I watched because the children wanted to

I like to see the crowds and hear the cheering
We watched it for the music – quite sublime

I watched because my grandchildren will ask me
It's just this sense of history and time

I love to watch the horses and the soldiers
Marching through the rain in red and gold

We watched it to compare it with the last one
His mother so young then – and now he's old!

We thought we ought to drink to a new era
(We've seen a few new eras come and go)

Well, in the end you might as well enjoy it –
Although I'm not a monarchist you know.

Meg Barton



Meg shares her experience of Coronation Day in 1953, aged 5

The first I know of it is when they give out mugs in the cloakroom at going-home time. I know this is not a regular feature of school life, as I have been there for weeks now and it hasn't happened before. The teachers hand them out without explanation (like so many things at school) except to say it is the 'Coronation'. But there's a sense of occasion, the teachers chatting and laughing, even though the cloakroom notice saying 'Silence' hangs just above their heads.

The best thing about Coronation day is that we are going to have tea in the road – everyone in the whole drive. The actual road. For once the grown-ups are doing something sensible.

We all sit, without being told, in the same order as our houses, everyone sitting round long tables like a birthday party. The women from the end at the right-hand end of the long table. The opposites sitting opposite us, and the next doors and the next-door-but-ones sitting on the same side of the table as us. We have all brought food, but I only eat ours. My brother is in a highchair and made a fuss of. There is fizzy pop. My mother in a pretty dress uses her firm visitors' voice.

Would some help at home make a difference to your life?

A regular and consistent visit from a friendly, reliable Home Support Worker has changed many of our clients' lives and helped to reduce loneliness. We understand that sometimes a little help at home and some company can make an enormous difference to your quality of life and our aim is to provide a service to help with just that.

We provide flexible, tailored support, from as little as 1 hour per week, to help you stay independent at home. Our friendly, trained staff will come to your home and help with domestic tasks or things like shopping, getting out and about or companionship. You choose what they do, and it can be different things each time. We are not able to provide help with personal care (such as washing, dressing or assisting with medications).

Get in touch with our Home Support team to find out more information, including charges and if we could make a difference for you. Call **0333 577 1044** or email homesupport@ageukoxfordshire.org.uk



Have you visited or been in touch with your GP recently?

healthwatch Oxfordshire

If so, Healthwatch Oxfordshire would like to know what your experience was like – good or bad! The county's independent health and social care watchdog has a Feedback Centre on its website where people can leave a review of local health and care services, including GP surgeries as well as hospitals, pharmacies, dentists and care homes. It only takes a few minutes to do and is completely anonymous.

You can share your thoughts via the [Healthwatch website](#) or talk through your experiences by calling **01865 520520**.

How you can help

Donate

At Age UK Oxfordshire we rely on donations to ensure that we can continue to support people in Oxfordshire to live life to the full. You can make a one-off or monthly donation online via our [Just Giving page](#). Alternatively, you can call us on 0345 450 1276.

Every donation makes a difference. Thank you.

Volunteer

If you have an hour or two to spare or a skill to share, why not consider joining our team of volunteers? Many of our services rely on volunteers in order to reach as many people as we can. By joining our team you can really help to make a difference.

You can find out more on the [volunteering page on our website](#).



Discover our groups across Oxfordshire

Aviation Group

A social group for all, whether you're an aviation expert or just have a general interest in aviation. Carterton.

community@ageukoxfordshire.org.uk
01235 849 434

Bereavement Support

Open to people aged 60+ who have lost a loved one. Abingdon, Banbury, Bicester, Carterton, Chipping Norton, Didcot, Grove, Kidlington, Oxford, Wheatley, Witney.

community@ageukoxfordshire.org.uk
01235 849 434

Book Clubs

TeaBooks is a sociable book group for those 60+, helping people to share a love of books and reading, and to make new friends.

Abingdon, Bicester, Carterton, Headington, Kidlington, Marston, Oxford, Summertown, Thame, Wantage, Witney.
teabooks@ageukoxfordshire.org.uk
0345 450 1276

Carers Support

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. We run and support a variety of groups.

Various locations across Oxfordshire.

carersinfo@carersoxfordshire.org.uk
01235 424 715

Chatterbox

Social coffee morning with coffee and cake. Chipping Norton, Witney, Woodcote.

community@ageukoxfordshire.org.uk
01235 849 434

Dementia Support

We run and support a number of groups across the county which provide information, support and connection to those living with dementia, and their carers.

Various locations across Oxfordshire.

info@dementiaoxfordshire.org.uk
01865 410 210

Digital Support

Whether you need help with your phone, computer or tablet, we can support you to develop your skills and safely get involved with the online world.

Bicester, Banbury, Chipping Norton, Didcot, Eynsham, Headington, Kidlington, Oxford, Sonning Common.

community@ageukoxfordshire.org.uk
01235 849 434

Exercise Classes

Tailored exercise classes for older adults, including Strength and Balance, seated exercise, Mind & Body, to more specialist classes such as Big, Bold and Balance for people living with Parkinson's.

Classes available in person and online via Zoom.

Abingdon, Bampton, Bicester, Botley, Cumnor, Cutteslowe, Dean Court, Didcot, Enstone, Eynsham, Henley, Milton under Whychwood, Sonning Common, Witney.

active@ageukoxfordshire.org.uk
01235 849 403

Film Clubs

A social film club for people 50+.

Banbury, Carterton, Horspath, Steventon, Deddington, Merton (Bicester), Oxford, Sibford.

community@ageukoxfordshire.org.uk
01235 849 434

LGBTQ+

Social coffee groups for older people in our LGBTQ+ community.

Banbury, Didcot.

community@ageukoxfordshire.org.uk
01235 849 434

Lunch Clubs

A chance to meet and eat in friendly company. Bicester, Thame.

community@ageukoxfordshire.org.uk
01235 849 434

Information & Advice Drop-ins

Abingdon, Banbury, Barton, Didcot, Horspath, Kingston Bagpuize, Sonning Common, Thame, Upper Heyford, Wheatley.

community@ageukoxfordshire.org.uk
01235 849 434

Walk & Talk

A leisurely stroll and a chance to make new friends. Charlbury, Didcot, Thame, Woodstock.

community@ageukoxfordshire.org.uk
01235 849 434

Wednesday Men's Groups

A social group for men 60+ to take part in games, or just chat.

Henley-on-Thames.

community@ageukoxfordshire.org.uk
01235 849 434

Retirement Living *Enjoy Life*

Frances Curtis Court

Frances Curtis Court, Empress Drive, Wallingford, OX10 0FP
(accessed via King Henry Avenue from the A4130)



Show home photos

BRAND NEW HOMES FOR SHARED OWNERSHIP

1 Bedroom from £217,500 (75% share)
2 Bedroom from £243,750 (75% share)

Designed with over 55s in mind, this development offers secure, modern and low maintenance one and two bedroom homes in a wonderful location.

Pop in or make an appointment to view the show home

Open Saturdays 10am-4pm



Tel: 0800 014 15 45 Email: retirementliving@soha.co.uk
www.soha.co.uk/wallingford-retirement-living-homes

Advertisement

Need *help* with your PC?

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All our staff have access to telephone interpreting services for over 200 languages, and a number of our leaflets and DVDs are available in other languages. This magazine is available in screen-reader friendly digital format and large print. Contact us at **media@ageukoxfordshire.org.uk** for more information.

A photograph of an older woman with a joyful expression, wearing a wide-brimmed straw hat and a plaid shirt. She is holding a small pink flower. The background is a lush green garden.

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