

# no one should have no one

Please help us provide  
companionship and support  
for more local older people.



**Can you help older  
people in Oxfordshire?**



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## Get in touch

If you would like to get in touch with us about anything you read in the EngAGE newsletter, we'd love to hear from you.

Contact us by phone: **0345 450 1276**

Email: [media@ageukoxfordshire.org.uk](mailto:media@ageukoxfordshire.org.uk) or [sophiedyer@ageukoxfordshire.org.uk](mailto:sophiedyer@ageukoxfordshire.org.uk) to contact the editor

Via Post: **Sophie Dyer, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon OX14 3YT**

## Find us online:

Visit our website at

**[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**

where you can find out more about our range of services, local support options, information, advice and local job opportunities.

Let's get social:



[ageukoxfordshire](https://www.facebook.com/ageukoxfordshire)



[@ageukoxon](https://twitter.com/ageukoxon)

## 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](mailto:admin@ageukoxfordshire.org.uk) or visit [www.ageuk.org.uk/oxfordshire/newsletter](http://www.ageuk.org.uk/oxfordshire/newsletter) to sign up to our Newsletter e-mailing list.

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

Address.....

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

I would like to receive:

☐ The Age UK Oxfordshire Newsletter ☐ Information about activities and groups in my area

☐ Information about (please specify).....



## Your money could...

“

Research suggests that loneliness is as damaging to our health as smoking 15 cigarettes a day.

”

Holt-Lunstad, 2015

provide opportunities for 3 older people facing the future following the loss of a loved one to find friendship in a support group

£30

£10

enable our Phone Friends volunteers to make 5 friendly calls to isolated and vulnerable older people

provide 3 isolated people with expert information and advice that helps connect them to people

£60



# no one should have no one

With 11,000 older people in Oxfordshire going for a month without speaking to anyone, Age UK Oxfordshire has launched its winter campaign to combat the epidemic of loneliness.

**We strongly believe that no one should have no one. We work hard to combat loneliness through a programme of interlinked activities that reach out to older people who have become isolated.**

Staggeringly, as many as 11,000 older people in Oxfordshire go for a month without speaking to anybody. As well as this having detrimental effects on mental health including being more prone to depression (Cacioppo et al, 2006), there are physical consequences of social isolation. In fact, loneliness is associated with an increased risk of developing coronary heart disease and stroke (Valtorta et al, 2016). Furthermore, research suggests that loneliness is as damaging to our health as smoking 15 cigarettes a day (Holt-Lunstad, 2015).

But loneliness is preventable. One way that Age UK Oxfordshire works to combat loneliness is through our Phone Friends service - our unfunded telephone befriending service. Currently over 280 of the most lonely and isolated people in Oxfordshire are receiving at least one call a week from one of our 45 caring and friendly volunteers. It is vital that this service, the Information and Advice line and other Age UK Oxfordshire services receive funds in order to continue to help combat loneliness.

### How can I help combat loneliness ?

- Donate **online** by visiting our website [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)
- Simply text **AUKO99 £10 to 70070** to donate £10 or whatever you can afford
- Post a **cheque** to Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

# Tomorrow's Age UK Oxfordshire:

50% of girls born today will live to be over 100!

Why am I writing this in EngAGE? Because we are developing a new Strategic Plan for Age UK Oxfordshire - a plan fit not just for today's older people but for tomorrow's older people too, thinking three, five, ten years and longer ahead.

Our Plan needs to take account of a number of trends, underlying issues and some turbulence:

- We are all living longer – much longer: the figures are amazing - but we are poorly prepared for this as individuals and as a society.

- We are ageing unequally - some of us will experience a significantly better later life than others.

- We are living in a time of huge political and economic volatility.

- Public funding is decreasing – our experience is of less funding alongside increased demand, so-called 'more-for less'.

- Technology is advancing rapidly, leaving too many older people behind, and as yet the potential benefits of technology for an ageing population have not yet been properly explored.

You will all be able to think of many other relevant factors, but this is the context within which we are planning for the future.

**By Penny Thewlis,  
Chief Executive**

“

**50% of girls born today will live to be over 100 ”**

*(Centre for Ageing Better  
2017)*

## Getting the balance right for the future

Against this background, we are exploring a number of questions or dilemmas about how we get the balance right. We need your help with these questions.

**1**

**Do we shift our focus more onto older people most in need of support or do we retain our focus on all older people?**

**2**

**Linked to this is a question about the degree to which we focus on prevention and/or helping people to prepare for a longer later life?**

**3**

**How much of our offer should be free and thus universally accessible and what 'paid for' services should we be thinking of developing? What should we charge? And how do we address the needs of people who cannot afford to pay?**



# better longer lives in Oxfordshire

4

How much emphasis do we put on supporting communities to support older people (or community development) and how far do we develop our own services?

5

Where does the balance lie between campaigning and influencing, and service delivery?

6

Last year we reached 76,000 people - but what more can we do to reach those not yet reached?

7

There are around 11,000 chronically lonely older people in Oxfordshire, and about the same number living in poverty—how do we crack this?

8

How do we change the narrative on ageing in Oxfordshire? Later life can be very good, older people are a huge asset to their local communities and economies – from demographic time-bomb to demographic opportunity.

## We need your help to develop tomorrow's Age UK Oxfordshire

The last few years have been a period of growth and change for us, but they have not changed fundamentally who and what we are as a charity. We remain, first and foremost, providers of specialist information, advice and support services for older people and carers, enabling people to manage their everyday lives - and to enjoy life! We also have an important role as advocates for older people and carers, as influencers and campaigners and as strategic partners to our public and voluntary sector colleagues.

■ Is this what you want of your local Age UK over the next 3 – 10 years?

■ Are there things you would like to see us doing more or less of? What should our priorities be?

■ What views do you have on some or all of the eight questions we are asking ourselves under the heading 'getting the balance right' above?

### Get in touch

Please let us have your views by writing to us using the enclosed freepost envelope or by e mailing [admin@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk) (headed Tomorrow's Age UK Oxfordshire)



# Dignity in Care Awards 2017

## Congratulations to all of our winners!

### Award for Leadership in Care

- Sally Matthews, Customer Relations Manager at High Market House Care Home in Banbury
- Diane Bunney, leader of the Good Neighbourhood Scheme in Chadlington, Dean, Taston and Spelsbury

### Award for a Care or Support Setting or Service

- Rosewood Club at Daybreak in Oxford
- Shipston Home Nursing

### Award for Care or Support Staff

- Phillipa Speed, co-ordinator for the Bicester Good Neighbourhood Scheme and care assistant
- Joseph Ndori, manager and careworker at Everycare Oxford

### Award for Compassionate Communicator

- Sarah Measures, clinical lead for palliative care in the Children's Community Nurse Team

### Inspiration Award

- Fiona Wilkins, owner of Fiona's Hair Salon in Oxford
- Midcounties Co-operative Food, Abingdon

### Award for Unpaid Carer or Volunteer

- Amber Harkness, 18 year old who cares for her mother
- Marlene Drewett, cares for her husband and sister
- Jane Timms, cares for both of her parents
- Jenny Fernbank, volunteer at Deddington ay Centre

### Josie's Award

- Ann Hart, vounteer at a carer's group in Goring

Age UK Oxfordshire asked local people to nominate organisations, paid staff, unpaid carers and volunteers for an award. The nominations were then reviewed and deliberated over by a panel of judges with a background and interest in care.

'Dignity in Care' means many things to different people. For Age UK Oxfordshire, 'Dignity in Care' means seeing and supporting the person, the whole individual behind the symptoms or care needs and valuing them as an equal. We believe that our winners exemplify this definition and bring to the awards personal stories of dignity in care.

There are seven categories this year, including our new Inspiration Award. This award was created to celebrate an organisation or business that inspires others with its high standards of care and compassion, such as a hairdressers or a local library, that goes out of its way to assist individuals who need extra support in their daily lives.

The winners of the Dignity in Care Awards 2017 were announced on the 3rd November at The King's Centre in Oxford. This year we had a record breaking fourteen winners with the awards being presented by Lord Lieutenant Tim Stevenson.

Thank you to everyone who took the time to make a nomination. Did your nominated individual not win this time? Don't worry the awards will be back next Autumn!

With thanks to the  
Oxford Mail for  
supporting the Dignity  
in Care Awards 2017

**Oxford Mail**





“...a ‘beacon of light’  
for older people  
and their carers in  
the darkness that  
dementia can bring”



“I have always  
found her willing to  
go the extra mile  
for the people she  
supports...”



“Her skill, compassion,  
calmness and selfless  
humility is amazing  
because [she] doesn’t  
think that she is doing  
anything extraordinary”





## Inter-generational living - Could it be for you?

Homeshare Oxford is a programme which carefully matches up older people who live in Oxford and neighbouring areas with another person who needs affordable accommodation, wants to be part of a home and can lend a hand.

The Householder benefits from some help around the home and, perhaps, the reassurance of having someone living in with them. The Sharer benefits from affordable accommodation and is willing to provide up to 10 hours of their time each week. This could involve cooking, light housework or even help with practical things such as computers and IT. It might also involve sharing a meal together or having chat over a cup of tea. But most importantly, Householder and Sharer each benefit from friendly companionship.

If you, or anyone you know, might be interested in the scheme either as Householder with a spare room, or as a Sharer in need of affordable accommodation in a welcoming home, please do get in touch with us. Visit our website via **[www.homeshareoxford.org.uk](http://www.homeshareoxford.org.uk)** - you can also find our new Homeshare Oxford film there too. You can email us at **[Homeshare@ageukoxfordshire.org.uk](mailto:Homeshare@ageukoxfordshire.org.uk)** or phone us on **01865 410670**. We'd be very happy to hear from you.

Whilst Homeshare Oxford predominantly covers the Oxford area, if you are interested as a Householder or a Sharer elsewhere in the county, please do still get in touch. We will help if we can.



## Oxfordshire Grandparents Support Group

"Christmas will soon be upon us, but for me as a grandmother, there is little to celebrate because of my estrangement from my grandsons 17, 16 and 14.

Problems began soon after my eldest grandson was born and over the last fifteen years or so communication has ground to a halt.

Despite writing to my grandsons on a regular basis, I don't get a response. Christmases, birthdays and holidays pass me by and they have never been allowed to stay. Sadly, we have never spent time together; the few meetings were always with other family members present.

There are no other avenues left open to me, as I'm not permitted to have their email addresses or mobile numbers. I receive no photographs or news of their lives. Any suggestions of mediation or meeting up are met with silence.

One of the hardest parts of estrangement is not having a voice and because I found in Oxfordshire there was no way to meet others in the same predicament, I decided to start a support group. It's the Oxfordshire Grandparents Support Group which holds monthly meetings in Faringdon. We meet over coffee and cake and are able to tell our story and receive warmth and understanding which can empower and help us to feel less isolated despite the void caused from losing our grandchildren."

To find out more about this group please contact **Diana Dunk** from Oxfordshire Grandparents Support Group on **01367 244636** or via **[oxfordshiregsg@gmail.com](mailto:oxfordshiregsg@gmail.com)**.



# Fundraising News



**TESCO**

Bags of Help

## Tesco Bags of Help

We need your help. During November and December we have been selected by Tesco across three regions of Oxfordshire for funding awards.

To win these we need your help by voting with Blue Tokens when you shop. The participating stores are across Banbury, Bicester and Henley.

Please do ask for your blue tokens when you shop and vote for us.

## Christmas Raffle 2017

The Age UK Raffle is a fun way to support Age UK Oxfordshire's charitable work providing support, companionship and advice for those who need it most. The more tickets you buy, the bigger the difference we can make.

Tickets are £1 each. First prize is £10,000 cash or a Ford KA+.

Call us on 0345 450 1276 if you would like a book or two. You can also ask any member of staff or pop into Napier Court reception.

The closing date is 14th December 2017.

The draw date is 21st December 2017.



## Curry Night Fundraiser for Late Spring

On Saturday 14th October, a Curry Night took place in Faringdon in aid of Late Spring.

Late Spring is a network of support groups for anyone aged 60+ who has been bereaved. 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.

It was a wonderful evening with lots of food and dancing!

Thank you to those who helped on the evening and those who donated. We raised a fantastic £623.50 for Late Spring.



## Tribute to André Chavagnon

André Chavagnon, who died aged 85, was a multi-award-winning chef whose La Sorbonne restaurant was visited by stars such as Sir Paul McCartney and Princess Diana.

Mr Chavagnon's restaurant in High Street, Oxford, was a regular in the Michelin Guide in the 1960s and 70s and was frequented by the city and country's biggest names. During his career, André hired Raymond Blanc as a waiter and trained him to be chef, along with fellow French chef Michel Sadones.

By the late 1970s, André met his partner Susan. They married in 2008 after Mr Chavagnon was diagnosed with dementia.

We had the pleasure to meet with Susan Chavagnon in Oxford, where Susan has benefitted from the support provided by the memory clinic team. We would like to take this opportunity to thank Susan for her generous donation and also to pay tribute to her husband. Dementia Oxfordshire would also like to thank Matthew Carter removals and storage for their kind donation in memory of Andre Chavagnon.

Donations received by Dementia Oxfordshire are very welcome so that we can continue to support people with dementia and their carers in group settings across the county. This helps to reduce loneliness and enables people with dementia and their carers to join in activities and meet other people who are experiencing similar issues.



*Susan Chavagnon and the late André Chavagnon*

## Home Support Options

### Are you worrying about how you will get out to do your shopping this winter?

Home Support Options offer a range of flexible and practical solutions; tailored to meet your individual needs.

Home Support Options can provide support at home with anything from helping to keep your home clean and tidy, laundry, changing the bedding, meal prep, shopping, assistance with getting out and about and to appointments, collecting prescriptions, companionship and much more!

All of our staff undertake a full induction and training and are all criminal record checked. Our local hub coordinators provide a pre service assessment\* where they will visit you in your home to talk about what support you feel you are in need of and how our service may be able to help you.

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. Mileage of 0.45p is payable when transport is provided or a trip is made by a Home Support Worker on your behalf.

\*One off pre service assessment charge of £20.00 payable at time of assessment.

Please note we are unable to provide personal care.

If you have any questions or to find out more please contact our enquiry line on **0333 577 1044** or email [amygreenway@ageukoxfordshire.org.uk](mailto:amygreenway@ageukoxfordshire.org.uk).

# Information and Advice

## Top Tips for Preparing for Winter



There are many things you can do to make sure that you are prepared for winter, no matter what the weather has in store. Here are some of our suggestions:

1

Check with your electricity supplier about whether they offer a 'Broad group' Warm Home Discount to older people who are on the Savings Credit part of Pension Credit. Not all providers offer this discount but it is worth checking early as it is first-come-first-served. If you are not sure whether you should be getting Savings Credit, get in touch with our helpline on **0345 450 1276** for a benefits check. We can also do this at an appointment in our Abingdon office or at our community venues in Banbury. Please ring for an appointment.

2

If you are disabled or have a long term illness, ask your energy supplier to put you on their Priority Service Register so that they can ensure you get support, particularly if there is a power cut. You can also register with Thames Water so that they can support you if there is an unplanned break in the water supply.

3

Make sure that you have a working torch next to where you sit in the evening and also next to your bed in case the power goes off.



5

Ask us for a copy of our booklet "Save Energy, Pay Less" to find out about ways to reduce your energy bills. You can also request a copy of our booklet 'Winter Wrapped Up'.

4

If you have a 'portable' style house phone, with a base and portable handset, make sure that you have an alternative way of making calls during a power cut as most phones with portable handsets won't work during a power cut. You could use your mobile phone if you have one, or keep an ordinary phone in the house to plug in if needed.

6

Plan how you will get important things such as your medicines or basic food supplies should the weather be too cold for you to get out of the house. You may be able to organise for a neighbour to help or get your prescriptions delivered.



To get in touch with our Information and Advice team call us on **0345 450 1276** and ask for the helpline, or you can email us at [helpline@ageukoxfordshire.org.uk](mailto:helpline@ageukoxfordshire.org.uk). The Information and Advice line is open 8.00am - 7.00pm daily including weekends and bank holidays via support from Age UK's national helpline. Local and specialist advice is available from 10.00am - 4.00pm, Monday - Friday.



# Welcome to the Community Information Network



## West Oxfordshire Community Information Network

We would like to introduce you to our newest member of Team West, Sian Whitlock. She has been working in Oxford City but will be joining Stephen and Alison in January to help out with all things West, so we hope you will give her a warm welcome. Coming in 2018 we have some old, some new, some borrowed...but no blue events for you to attend!

### \*New\* film club

If you love a good film then come and join us at Charlbury Community Centre (Thomas Gifford room) every 4th Friday of the month from 1pm to 3pm starting on January 26th. This will involve the screening of a classic film with tea and cake on the side. Only £3.50. Call Sian for more info. We are hoping to also start new film clubs in Stonesfield, Woodstock, Witney and Chipping Norton.



**Stephen Mott**

07827 235 450

[stephenmott@ageukoxfordshire.org.uk](mailto:stephenmott@ageukoxfordshire.org.uk)

**Alison Hook**

07827 235 428

[alisonhook@ageukoxfordshire.org.uk](mailto:alisonhook@ageukoxfordshire.org.uk)

**Sian Whitlock**

07827 235 448

[sianwhitlock@ageukoxfordshire.org.uk](mailto:sianwhitlock@ageukoxfordshire.org.uk)

### \*New\* Walk at Blenheim

We are blessed here in the West with some amazing places to walk and so, new for 2018, we are looking to run some regular walks, starting with one at Blenheim.. If you are interested in finding out more and joining us please contact Sian for more information.

### Chatterbox

Running every 1st Thursday of the month in the Corn Exchange in Witney from 9.30am-12 noon. FREE tea/coffee and homemade cake. Local pianist playing whilst you sit and catch up with friends, old and new. \*New\* for 2018 will be a range of organisations who will be joining us with information including Thames Valley Police.

### Chipping Norton Cream Tea \*moving to 2nd Wednesday of each month\*

Crown and Cushion, 23 High St, Chipping Norton, OX7 5AD  
Lovely scones and tea and coffee, all for just £3.50. 1st new date is Wednesday 14th February.

Contact Alison for more information

### Tea Dance 2018

If dancing is your thing then why not come along and join our very friendly group at Ascot Under Wychwood's Tiddy Hall for our Sunday afternoon tea dance (from 2.30pm till 5pm) that runs every 1st Sunday of the month. 2018 dates are February 4th, March 4th and April 8th. Please call Stephen for more details.

### Information and IT gadget drop-ins

#### Font Cafe Gadget drop in, St Mary's Church

**Charlbury** - Pop in and see Stephen for free gadget help. New dates are Thursday 18th January and Thursday 8th March. From 10am till 12noon. No need to book, all welcome. You can still get patient, friendly IT help elsewhere in West Oxfordshire at:

**Woodstock Library:** Every Monday from 2pm to 3pm and 3pm to 4pm

**Chipping Norton Library:** Every 2nd and 4th Tuesday of a month from 4pm to 5pm

**Witney Barclays Bank:** every Wednesday from 10am to 11am and 11am to 12pm

**Witney library** Gadget drop in: Every 1st & 3rd Friday from 10am to 12 noon.

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.



**OXFORDSHIRE  
COUNTY COUNCIL**





# Cherwell

## Community Information Network

### \*New\* Monthly Community Film Clubs

An opportunity to watch a wide range of films in comfortable and local settings. Contact Troy for more information

**Orchard Meadows Cinema Club, Prescott Close, Banbury, OX16 0FE:** Starting on the 9th January and running every 2nd Tuesday of the month from 2pm to 4.30pm. Tea and coffee available.

**Erdington House Cinema Club and Information Drop In, Cresswell Close, Yarnton, OX5 1QA:** Every 3rd Friday of the month from 2pm to 4.30pm Starting 19th January. There is a restaurant in Erdington House to buy refreshments.

**Holly Tree Club Cinema Session, Horse Fair, Deddington, OX15 0SH:** Starting on 11th January and running every 2nd Thursday of the month from 6.30pm. Tea and coffee available.

We are also looking to start a community film club in Banbury in the new year, if you are interested in receiving details of this or know of a local venue that we could use please call Troy to register your interest.



**Troy Bryan**  
07957 981 381  
[troybryan@ageukoxfordshire.org.uk](mailto:troybryan@ageukoxfordshire.org.uk)



**Libby Griffin**  
07827 235 410  
[libbygriffin@ageukoxfordshire.org.uk](mailto:libbygriffin@ageukoxfordshire.org.uk)



**Halima Ahmed - BME Information Worker**  
07827 235 431  
[halimaahmed@ageukoxfordshire.org.uk](mailto:halimaahmed@ageukoxfordshire.org.uk)



**Jackie Roberts**  
07827 235408  
[jackieroberts@ageukoxfordshire.org.uk](mailto:jackieroberts@ageukoxfordshire.org.uk)



**Bec Hoare**  
07827 235406  
[bechoare@ageukoxfordshire.org.uk](mailto:bechoare@ageukoxfordshire.org.uk)

### Banbury Monthly Lunch Group

Every 3rd Monday, from 12.30pm to 2pm. Join us for good food in good company at the Robbins Nest Restaurant, Stanbridge House, Ruskin Road, OX16 9FZ. Only £7 for a two-course freshly cooked meal. Coffee, tea and soft drinks from £1. Libby and Paula are looking forward to seeing you there. Call Helen on 01235 849434 to book your place by the Wednesday prior as booking is essential.

### The Spencers Social Group

Every 1st and 3rd Wednesday, from 10.30am to 12 midday. Enjoying retirement but sometimes miss the company of your work-mates? Why not come along to our social group at Banbury United Clubhouse. Join us for free tea, coffee and cake courtesy of Banbury United and a mix of activities including indoor floor games, quizzes, talks and more. We can also help with lifts to the group (Banbury area). Restarts Wednesday 3rd January. Trading Standards will offer Scams Awareness advice on Wednesday 17th January. Just pop along on the day or contact Libby for details.

### Cook Healthy!



Would you like to learn some cooking skills?  
Do you know how to cook but want to cook healthier?

We plan to run short courses early in 2018

4 Sessions at RVS Cornhill Centre, Banbury

Cost £3.50 per session. Refreshments included.

*Leave with supper in a box.  
Some standing involved.*

*Meet new people & make new friends*

Please contact **Sheila** to register your interest in these sessions on  
**07986 671515**



0345 450 1276

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)

## Film Clubs (including tea/coffee and cake) all £3.50

**Moulsford Pavilion:** Every 1st Thursday of the month starting on the 4th January. New start time of 1.30pm doors open, film starts at 1.45pm

**Cholsey Day Centre:** all welcome! Every 3rd Tuesday of the month, doors open at 1.30pm, film starts at 1.45pm.

**Sonning Common, Village Hall:** Starting on the 22nd February and running every 4th Thursday of the month. 2pm to 4pm

**Berinsfield Day Centre:** Starting on the 21st February and running every 3rd Wednesday of the month from 10am.

**Pop Up Cinemas** - if you are interested in having a 'one off/termly/monthly cinema' in a community venue near to your home, then please get in touch with Rachel or Carla. We have the kit and the license and would love to have some new community film clubs scattered across South Oxfordshire. Please also keep an eye out for posters/info on the Age UK Oxfordshire website for future 'Pop Up Cinema' dates.



Carla Didcock  
07827 235 417  
carladidcock@ageukoxfordshire.org.uk



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

## Coming soon in the South

**Late Spring Bereavement Support Group** in Goring. Contact Carla for more details

A new **Lunch Club** in Blewbury: contact Rachel for more details

**Information Drop-In** in Goring: Starting January, contact Rachel for more details

**Coffee Morning and Information Drop-in, Tiddington Cricket Club:** Wednesday 10th January from 10.30am to 12 noon. Rachel will be there with lots of information and advice so why not pop along and over coffee and cake find out more about all the support and activities that are available.

**Golden Age, Didcot: \*new venue/day and time\* Barns Close Hall, Barns Road, Didcot** every 2nd Monday of the month from 2pm to 4pm. An afternoon to meet with friends over coffee and cake with a varied programme of talks and activities. Contact Carla for more information.

**Woodcote Information Fair at Woodcote Library** on Thursday 1st March from 10.30am to 12.30pm.

**Dolphin Lunch Club, Wallingford:** Runs every 3rd Wednesday from 12 noon to 2.30pm, why not pop along for delicious food and good company. Please book with the pub directly on **01491 837377**.

## Launch of the Safe Place Scheme by South and Vale Community Safety Partnership

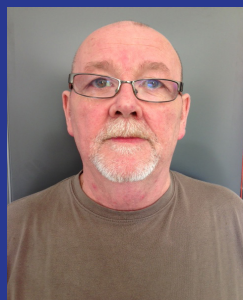
Safe Places aims to provide a safe place for someone to go if they are feeling lost, worried or threatened and will provide important help for vulnerable people, such as those with dementia, learning disabilities, people with mental health needs, or overseas visitors. The scheme will be available in Wallingford and Didcot.

You can find out more about the scheme on 4th December when the information stand will be in the Orchard Centre next to Sainsburys at Didcot.

You can also contact **01235422593** or email **communitysafety@southandvale.gov.uk**.

# The Vale

## Community Information Network



Following a short illness we are very sad to let you all know that Bob Bishop passed away on the 27th November. He will be sadly missed by us all here at Age UK Oxfordshire and our thoughts are with his family and friends.

### Film Clubs - all £3.50

**Abingdon Preston Road Community Centre** every 2nd Tuesday of the month from January (first one of new year on 9th Jan) 2pm start. Tea/coffee and cake provided.

**\*New\* Stanford in the Vale Village Hall** (small hall) on every 4th Monday of the month starting on the 22nd Jan 2pm start. Tea/coffee and cake provided.

**\*New\* Southmoor Village Hall** will run every 1st Monday of the month from 2pm to 4pm. Tea/coffee and cake provided.

One off film showing – Valentines film at **Watchfield Village Hall**, from 2pm on Wednesday 14th February. Tea/coffee cakes provided.

For more information on the films for the above please contact Mandy or Sonia.

**\*NEW\* Watchfield – The Friendly Club** – Every 1st Tuesday of the month at Watchfield Village Hall from 2pm to 3.30pm Refreshments provided. £2 per person plus an optional raffle. For more information contact Mandy.

**\*NEW\* Third Thursday Lunch Club Faringdon Oakwood House** - Every 3rd Thursday of the month starting on 18th January. Arrive at 12.30pm for a 2 course lunch for only £5 per person. Booking essential. To book please contact Mandy.



Sonia Robinson

07827 235 414

[soniarobinson@ageukoxfordshire.org.uk](mailto:soniarobinson@ageukoxfordshire.org.uk)



Mandy Richens

07827 235 429

[mandyrichens@ageukoxfordshire.org.uk](mailto:mandyrichens@ageukoxfordshire.org.uk)



### Tea Dance at Abingdon Community Support

**Service Centre**, Audlett Drive. Every 1st Saturday of the month from 2pm to 4.30pm. Tea/coffee and homemade cake provided for only £3.50 per person. Not just for dancers! All are welcome to have an afternoon enjoying the music and watching the dancing. Our Christmas Tea Dance is on Saturday 2nd December, do come along at 2pm and enjoy the afternoon with some Christmas treats at coffee time!

### Information Drop-Ins:

**35 Ock Street Café, Abingdon:** 1st Monday of the month from 10.30am to 12noon

**Field House, West Way, Botley:** 1st Thursday of the month from 10am to 11.30am

**KBS Café, Village Hall, Southmoor:** Last Thursday of the month from 10am to 12am

**White Horse Medical Centre, Faringdon:** 3rd Thursday of the month from 9.30am to 11am

**The Pump House Project, Faringdon:** 1st Wednesday of the month from 9.30 to 11.30am

**Village Hall, Stanford in the Vale:** Last Thursday of month - bi monthly from 10.30am to 11.30am (February, April, June)

**Health Centre, Mably Way, Wantage:** 3rd Wednesday of the month from 10.30am to 12 noon

**Cornerstone Café, Grove:** Last Wednesday of the month from 10.30am to 12noon

**Blewbury Surgery, Village Hall, Blewbury:** 1st Tuesday of the month from 10am to 11.30am.

### Volunteers needed!

We are looking for **volunteers** to join our team in the Vale to help us to continue to ensure that we can keep these popular events running. Roles include serving tea and coffee at our film clubs, helping out at the new lunch club and the Friendly Club as well as a volunteer to help with our IT gadget drop-in in Faringdon. If you'd be interested in getting involved please contact Mandy.

0345 450 1276

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)



## Oxford City

### Community Information Network

#### Monthly Community Film Clubs:

St Margaret's Institute, 30 Polstead Road, OX2 6TN: Every 4th Wednesday of the month. Arrive from 1.30pm for tea and biscuits with film starting at 2pm. Contact Tricia for more information

**Templars Square Shopping Centre, Cowley** (stair access only): Every 1st Tuesday of the month. Arrive for 10.30am. Next film will run on 6th February. Contact Helen for more information on 01235 849434

Everyone is welcome at The Tuesday Drop-In. But we think people of 'mature years' will feel especially at home. Whether you want to chat with friends over a cuppa, or maybe just to enjoy some peace and quiet as you browse the daily papers, The Tuesday Drop in could be just your cup of tea. **Lime Walk Methodist Church, Headington, OX3 7AQ.** Contact Fiona for more information.

**\*New\* Tuesday Coffee and Papers Drop-in:** Whether you want to chat with friends over a cuppa or maybe just grab a bit of peace and quiet as you browse the daily papers we think that the Tuesday drop-in may be just your cup of tea. Contact Fiona for more details and location.



Fiona Tracey

07469 150 669

fionatracey@ageukoxfordshire.org.uk

Tricia Brant

07964 038 813

triciabrant@ageukoxfordshire.org.uk

#### Golden Age at Green Gates

Continues to run every 1st and 3rd Monday of the month from 2.30pm to 4pm in the front room, **2 Hernes Cres, OX2 7PT.** A programme of activities, speakers with coffee and cake provided. Contact Tricia for more information.

#### Lunch Clubs

\*Change in venue\* The Swan and Castle Pub lunch is moving to The **Four Candles, George Street,** every 3rd Wednesday of the month from 12.15pm starting in January (17th). Contact Sian for more details.

**First Wednesday Lunch Club:** This popular dementia friendly lunch club continues to run every other month from the **North Oxford Association main hall, Summertown.** Arrive from 12 noon for a delicious home cooked 2 course meal in the company of friends both old and new. We will meet next on Wednesday 7th February (then April, June, August, October and December). Contact Tricia for more information and to book your place.



# Playwriting for the older aspiring playwright



If you've always wanted to write a stage play but not sure where to start, this course is for you! You'll join other like minded people in learning the basic craft of writing a compelling stage play – it's fun, stimulating and sociable!

Living the Drama is a 'not for profit' professional theatre company and you can find out more on their web site: [www.livingthedrama.co.uk](http://www.livingthedrama.co.uk)

**Location:** The Library, North Oxford Association Community Centre, Summertown, OX2 7DP. Next to the Ferry Leisure Centre.

**Date:** Tuesday, March 6th 2018, 2.30-4.30pm, for eight weeks until May 8th (not 27th March or 3rd April as we have a short break over Easter). It costs just £60 for the eight weeks.

We're restricted to nine places, so please book early! Contact [carolyn@livingthedrama.co.uk](mailto:carolyn@livingthedrama.co.uk), or phone **07782 259471**.

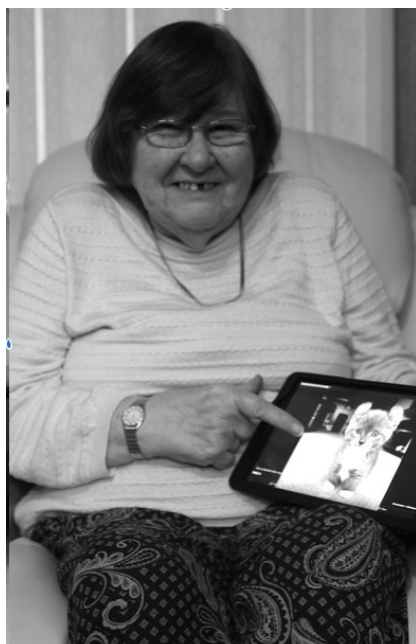


## Information and IT gadget drop-ins

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.

**Barton Neighbourhood Centre, Underhill Circus, OX3 9LS:** Every Monday afternoon from 2.30pm to 4pm (N.B change of day)

**\*New\* Lime Walk Methodist Church, Headington, OX3 7AQ:** Every 3rd Tuesday of the month from 2pm to 4pm.



0345 450 1276

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)  
[network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)

# Generation Games

Frailty is related to the ageing process. Frailty increases the risk of falls, disability, admission to hospital, or the need for long-term care.

In addition to staying active, there are simple steps we can take to stay healthy and reduce the risk of becoming frail. A reduced calorie and protein intake and Vitamin D insufficiency have both been linked to frailty.

Vitamin D and Calcium work together to help keep our bones and muscles strong and prevent the risk of fracture or falling. Including foods rich in these nutrients every day is important, but if you do not spend time in the sun during the summer months a supplement containing 10micrograms of Vitamin D3 is advisable.

Being underweight (having a Body Mass Index below 18.5kg/m<sup>2</sup>) can lead to increased tiredness and reduced mobility. Having regular meals each day, helps to maintain a healthy weight and repair the body.

The good news is that most people eat more protein than they need as part of a balanced diet. Different foods contain different amounts and different combinations of amino acids (the building blocks of proteins). Protein from animal sources (e.g. meat, fish, eggs and dairy products) contains the full range of essential amino acids needed by the body. However, vegans and vegetarians can get all the amino acids they need by combining different plant sources of protein, e.g. pulses and cereals.

It is important to include protein rich foods lower fat protein-rich foods, such as lean meats or reduced fat dairy products as some high protein foods can also be high in saturated fat.

## A healthy diet for strong muscles and bones

by Ann Johnson, Dietician



### Get in touch

[www.generationgames.org.uk](http://www.generationgames.org.uk)  
01235 849 403  
[generationgames@ageukoxfordshire.org.uk](mailto:generationgames@ageukoxfordshire.org.uk)

## Stength & Balance Classes

Simple strength, balance, flexibility and mobility exercises are the focus for this class. Use the chair as a support as well as a range of equipment. Some time will be spent working on practising going down and up from the floor (or kneeling). It is ideal for people who are worried about their balance.



## We need you!

There are a number of **volunteer opportunities** at our Srength & Balance classes. If you feel you could help, please get in touch!

**Grimsbury Community Centre , Banbury** - Tuesdays 2-3pm

**Cotteslowe Community Centre** - Thursdays 1.30-2.30pm

**Jericho Community Centre** - Fridays 10.30-11.30am

**Marston Scout Hut** - Thursdays 11am-12pm

## Creative Moves Classes

Creative Moves is a specialised chair-based, dementia-friendly movement and music class designed to improve mental and physical wellbeing, and most importantly, have fun connecting with others in a high quality, energising way.



## New classes

**Strength & Balance:** Goring Storton Lodge, Mondays 10 – 11am & 11.15 – 12.15

**Strength & Balance:** Preston Road, Abingdon Tuesdays 12 – 1pm

**Balance & Bone:** Rose Hill Community Centre, Mondays 10 – 11 am & 11.15 – 12.15 (includes floor work)

**Exercise to music:** Radley Village Hall, Mondays 10.15 -11.15am

**Chair –dancing:** Scout Hut, Eynsham, Thursdays 2-3pm

**Creative Moves (dementia-friendly):** Fernleigh, Buttercross Lane, Witney, Tuesdays 10.30 – 11.30 am



**Whether you are new to caring or have been supporting your loved one for many years, you might find the Carers Essential Checklist useful:**

- Sign up with Carers Oxfordshire and receive their Free Quarterly Newsletter 'Care Matters'
- Plan for help in a crisis if something happens to you, make sure you are registered for the free Emergency Carers Support Service.
- Get a carers assessment and help for yourself and the person you care for e.g. support at home, respite, day services.
- Get support by meeting other carers and sharing information and experiences: carers groups.
- Need to talk face to face to an understanding and helpful Carers Outreach Worker? Get information about home visits and carers advice sessions.
- Use training opportunities. Take an opportunity to do something for you. Call **01235 520 463** for further details.
- Make your voice heard, campaign and influence change: Carers Voice Oxfordshire, for more information call **07827 235 401**

For more information about all of the above services please call **0845 050 7666** or visit **[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)**

## Join our team for charity bike ride!



### About the ride

Celebrating the legacy for cycling created by the London 2012 Olympic and Paralympic Games, Prudential RideLondon-Surrey 100 starts in Queen Elizabeth Olympic Park, then follows a 100-mile route on closed roads through the capital and into Surrey's stunning countryside.

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. We'd love you to join our team!

Event date: 29/07/2018  
Location: London  
Registration fee: £45  
Minimum sponsorship: £500  
Distance: 100 miles

For further details please contact Tracey Desmond 01235 5204630 or email [traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk)



# Late Spring



## Who am I?

When we talk about bereavement and loss we focus on the fact that we have lost a loved one, and the feelings and emotions that this inevitably causes when a person who has meant so much to us is no longer with us.

We often, however, don't realise that in losing our loved one this, in many instances, can also leave many of us feeling that **we have lost our own identity**...we were their carer, husband, wife, mother, lover, friend...**we forget that who we feel that we are as a person is so wrapped up in how we lived our lives together with them that it is completely normal for us to feel a little lost, confused and unsure of who we are and what our role is moving forward after they are no longer with us.** We simply don't realise that as well as mourning the loss of our loved one we will also, in many cases, be mourning the loss of the self we used to be with our partner, parent, sibling or friend.

In fact, the loss of our own self identity is not at all what any of us expect following the loss of a loved one but it is actually a normal and inevitable part of bereavement. For those who have been together for many years, we find ourselves, on our own, with total responsibility for all the daily challenges we face from changing the light bulb to deciding what to eat for tea. The confidence that we discover came with sharing

with another person all that life had to offer us has simply disappeared and coming to terms with this lonely pathway is often incredibly hard. For those who had caring responsibilities these often, over time, took over and in many instances dictated how life would/could be lived and now that they are no longer with us we discover that we have often forgotten who we are, what we liked to do because our whole focus had become supporting and caring for them.

**These feelings of not knowing who we are anymore are normal and you are not alone.**

Discovering again who we are when 'it's just me now' is a huge part of learning how to carry on living. The sense of feeling a little lost is part of being found, or rather finding yourself again, a different self, a new self, a self that has been shaped by what we have seen, what we have done and who we have loved. What we know as an absolute truth is that **when we have been bereaved we change.** We also know that it will take time and space for you to rediscover the person you are and it's okay to focus some time on remembering the things that make you happy and content, from sitting in the garden and listening to the birds sing to taking up a new hobby.



We have 17 Late Spring Bereavement Support groups running across the County in Abingdon, Banbury, Barton, Berinsfield, Bicester, Burford, Chipping Norton, Faringdon, Grove, Henley, Kidlington, Milton-under-Wychwood, North Oxford, Southmoor, Thame and Witney (2 groups)

Please contact Helen on **01235 849 434** or email **helensollis@ageukoxfordshire.org.uk** for more details about your local group.

## Grief Poem by Gwen Flowers

I had my own notion of Grief, I thought it was a sad time that followed the death of someone you love and you had to push through it to get to the other side.

But I'm learning there is no other side, there is no pushing through, but rather there is absorption, adjustment, acceptance.

Grief is not something you complete but rather you endure. Grief is not a task to finish and to move on but is an element of yourself -

an alteration of your being, a new way of seeing, a new definition of self.

**Talking Care** is the premiere magazine for social care - it is the only targeted magazine that represents the interests of service users, care providers, care workers, healthcare professionals and industry suppliers across Oxfordshire. Talking Care magazine is brought to you by Oxfordshire Association of Care Providers (OACP - [www.oacp.org.uk](http://www.oacp.org.uk)).

OACP identified the need to provide this educational and supportive magazine to assist those 18 and over;

- who are providing care
- being cared for by close family, relatives, friends or supportive organisations
- who are seeking to support themselves living independently in their own homes
- who are searching for care support services.

Since its launch in May 2015, Talking Care magazine has consistently provided high quality content and information to its readers, in print and online, please visit: [www.talkingcare.online](http://www.talkingcare.online)

If you have a story to tell, or would like to subscribe to Talking Care, please contact Jane Wood on **01635 202345** or **07724 563309** or email [jane.wood@oacp.org.uk](mailto:jane.wood@oacp.org.uk) or [info@oacp.org.uk](mailto:info@oacp.org.uk)



**If you have any unwanted gifts this  
Christmas...**

**Please donate to our charity shops:**

**21-22 St Clements St  
Oxford  
OX4 1AB**

**183 Cowley Road  
Oxford  
OX4 1UT**



## Running for Age UK Oxfordshire

Natasha Fielding from Age UK Oxfordshire is taking part in not only one but two marathons! This includes the Manchester marathon on 8/4/18 and London marathon on 22/4/18 in aid of the charity.

She said: "Not only does this charity do fantastic work to help the older generation, their support to their staff is amazing. A charity run through love and big hearts to ensure that its customers and clients get the help and support they need whatever that may be. Supporting me in helping raise money through something I love, for a charity I feel so passionate about, means so much so thank you from the bottom of my heart."

If you would like to support Natasha by donating towards her fundraising please use the text to donate number **NLKL88 £10 to 70070** to donate £10 or whatever you can afford. Alternatively, you can simply post a cheque to **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon OX14 3YT** with 'Marathon' as a reference.





# CHRISTMAS LUNCH



We would love you, your friends and family to join us for

Food, Music and Fun on  
**CHRISTMAS DAY** at the  
**KINGS CENTRE** Osney,  
Oxford OX2 0ES

**12.30 until 4.00**  
Transport can be arranged via Sara

Contact:  
[sarastrong@tesco.net](mailto:sarastrong@tesco.net)



## Enterprise has helped 10,000 people seeking care funding

Staff at Beacon are celebrating an incredible milestone. Since launching in 2014, Beacon CHC recently helped their 10,000th caller seeking advice about NHS funding for long-term care, known as Continuing Healthcare (CHC).

Beacon began as a regional service provided by Age UK Oxfordshire to help people navigate the complex and confusing CHC system. In 2014 they became an independent social enterprise serving the whole of the UK.



The expert team, which has grown from two to 15 staff, runs the free CHC Information and Advice Service – funded by NHS England – and provide advocacy and casework to clients at a fraction of the cost of many law firms. They have helped families across the country to recover £8 million in care funding for loved ones.

Dan Harbour, Managing Director of Beacon, said "It makes me proud every day to hear our amazing staff expertly and compassionately advising our callers, who are often at the end of their tether and exhausted by the CHC system. The clear, honest and friendly advice that Beacon advisors provide means that even as we grow and hit the milestone of 10,000 contacts, over 90% of callers rate our service as good or excellent."

For free advice about any aspect of NHS Continuing Healthcare call Beacon on **0345 548 0300** or visit **[www.beaconchc.co.uk](http://www.beaconchc.co.uk)**





# #LoveLaterLife



**Together,** we  
can help everyone  
**make the most**  
of later life

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