

FREE

ISSUE 52

WINTER 2018

Meet the 72 year old
POWERLIFTER
living life to the full

**CALLING ALL
KNITTERS**

The Big Knit is *back*

STAYING *WELL* THIS WINTER

Part 2 tips inside

Introducing *NEW*
digital resource for carers

Welcome

Welcome to the Winter edition of EngAGE - your Age UK Oxfordshire magazine.

I wanted to take the opportunity to say a big thank you to those who have sent hats in for the Big Knit. The picture to the right is just a small sample of your beautiful creations. If you want to get involved with the Big Knit see page 24.

Inside you will also find Part 2 of our Staying Well This Winter supplement, filled with advice and a handy checklist. A downloadable version is available on our website.

Also, did you know you can sign up to receive the online version of EngAGE straight to your inbox for free? Get in touch to register.

I hope you have a Merry Christmas and a Happy New Year!

Sophie Dyer, Editor

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Age UK Oxfordshire is a local independent charity, working with and for all older people and their carers throughout Oxfordshire. We are brand partners of Age UK. Age UK Oxfordshire is a Company Limited by Guarantee 4328143 and Registered Charity No 1091529.



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Find us online

Visit www.ageuk.org.uk/oxfordshire to find out more about our range of services, local support options, information, advice and local job opportunities.



/ageukoxfordshire



@ageukoxon

Write to Age UK Oxfordshire

Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

Telephone Age UK Oxfordshire

0345 450 1276



Treasuring JOY

through Home Support Work

By Jennifer, Home Support Worker in the South and Vale team

As a Home Support Worker, I provide companionship and support for two clients in their homes; both live with dementia and are physically dependent on their spouse and care team. I feel it is so important that my weekly visit to them includes activities that spark joy and are personally meaningful.

Previously both avid readers, it has taken some creative thinking on my part to ensure books can still be part of their lives. One client enjoys being read aloud to; I read too and previously enjoyed novels, as well as family classics such as Winnie the Pooh and the Velveteen Rabbit, the language and the illustrations providing comfort and charm. For the other client, I set up a visit from Oxfordshire Home Library Service; she receives a delivery/pick up every 3 weeks, for free. As part of this service, I request a regular Reminiscence Box. Oxfordshire Libraries have numerous themed Reminiscence Boxes available for loan – examples include Wartime, London and Gardens. We look through the contents of the box together.

Music is important to both, as to all of us, and I try to weave music in to most sessions. This has included creating a playlist of a meaningful era of music (one client loves

1970s pop and rock), accessing the BBC's new resource specifically for people living with dementia - <https://musicmemories.bbcwind.co.uk> - to listen to popular songs and theme tunes, or sitting and listening to a record on the record player. Painting was an important activity for one client, and although she can no longer produce the work she wishes to, engaging in a community initiative of painting rocks to be hidden around a local town has proved motivating. The rocks are then found and kept by children or people, who often post pictures of their hands finding the rocks online. Even if we just cover the rocks in multi-coloured paint splodges, they are perfect to be hidden and found by someone else!

Other activities include:

- Baking, which sparks meaningful conversation around family baking and history
- Walks taking small treasures to hold and feel, such as mixed buttons or smooth conkers
- Looking through old family and holiday photograph albums together

I think the most valuable thing we can do as Home Support Workers is get to know what is **personally important** to our clients, and help them to treasure and maintain joy through meaningful activity, however small.

Could you benefit from our help? For more information please call Amy for an informal chat on 0333 577 1044.



Jennifer





Age UK Oxfordshire

is **AWARDED**

the Age UK Charity Quality Standard

Penny Thewlis, Chief Executive

On October 4th, an independent assessor visited us for the day to determine whether our organisation is well run, compliant with legal requirements and meets the Age UK Charity Quality Standard (CQS). As an Age UK, we are assessed every three years against fourteen standards. I can attest that it is a rigorous process, for which we had been preparing for several months. Trustees, staff and volunteers were all interviewed, policies and procedures were reviewed and records and files were examined. It felt as though no stone was left unturned.



I am delighted to say that we have been awarded the Standard. Hurrah! And I thought I would share with you some of the findings.

Most importantly, there were no breaches or areas of non-compliance. **There were however a few areas for improvement:**

- Making our Complaints Policy more visible on our website
- Refreshing staff and volunteers' knowledge of how conflicts of interest may be relevant to their roles
- Including a process for external whistleblowers in our Whistleblowing Policy
- Considering other ways in which the contribution of volunteers can be recognised and celebrated
- Ensuring that all fundraising material includes our name, address and charity number and explains how the money will be used

We are working on these areas.

There were also several areas of good practice, which I thought I would share with you in the words of the assessor:

- You have an enthusiastic and dedicated team of staff, volunteers and trustees, who have the wellbeing of older people at the heart of everything they do

- You have a clear purpose and direction and an excellent new strategy. The aims and objectives are based on detailed customer insight, consideration of risks, and comprehensive engagement with stakeholders, staff and volunteers
- You deliver a wide range of client-focused services, many of which are innovative and examples of good practice
- Governance is strong. The Trustee Board has an excellent mix of skills and experience to challenge and lead the organisation. Your links to the Oxford University Hub, and the fact that you have co-opted student trustees, is of particular note
- The Trustee Welcome Pack and Budget Pack are examples of good practice
- The leadership and management of the organisation is very good. Staff understand their objectives and are motivated and supported to deliver excellent services
- You have excellent administrative and financial systems and procedures that help you ensure that you meet all statutory and regulatory requirements
- Staff and volunteer management is very good. You have excellent systems to recruit, induct, train and support staff and volunteers in their roles. Your Employee Handbook is an example of good practice

“You have an enthusiastic and dedicated team of staff, volunteers and trustees, who have the wellbeing of older people at the heart of everything they do.”



Welcome to the Community Information Network!



Oxford City

Colin, James, David and Suzanna all live in Oxford City and are looking forward to meeting you all in the coming weeks and months. If you run or attend a group in Oxford City and would like one of them to pop along and say hello and introduce you to all the support we can offer, then please give one of them a ring. If you have an idea about an activity that you would like to see started up then please let them know.



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Staying Well this Winter themed information week in the Oxford Central Library with advice and handy hints and tips from **Monday 3rd December to Saturday 8th December. 10am-4pm** each day. Why not pop in and pick up some useful information? Contact David for more information.



(NEW) Prize Bingo at Shotover View

1st Friday of each month, 2.45pm-3.45pm
Join us for some prize bingo (suggested donation £1), with the opportunity for a fish and chips lunch (£6) available from the café from 12pm. Contact James for more information.

Social Afternoon at Greengates

Join us on the 1st and 3rd Monday of each month from 2.30pm-4pm for a range of activities, speakers and lashings of tea/coffee and cake. All are welcome! At Greengates, 2 Hernes Road, Summertown, OX2 7PT. Contact James for more information.

(NEW) Information drop-in: Rosehill

Rosehill Community Centre Cafe, 1st Tuesday of each month, from 1pm- 2.30pm. Contact Colin for more information.

West Oxfordshire

Update on RAF Brize Norton Meal

Our wonderful contact Phil Wilmot is now in his last year with the RAF and plans to retire in June 2019. With this in mind we have decided not to have a Christmas meal but instead look to April/May 2019 to give him a send-off closer to his time of retirement. Without Phil's help to organise the yearly Christmas meals and ten pin bowling at the base for the past 8-10 years, none of it would have been possible. So that's countless strikes and crackers pulled thanks to him and his team! We will let you know the date of this event as soon as it is confirmed so we can all wish him well for the future.



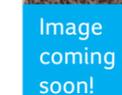
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Information Fair

At Chipping Norton Town Hall in the Upper Hall, Wednesday 20th February 2019 10am-12pm.

(NEW) Coffee Morning in Chipping Norton

At Chipping Norton Library. Come along and have a cuppa with us, we love to have a chat! 1st Wednesday of each month, 10am - 12pm.

(NEW) Lunch club at Delice Cafe, Witney

3rd Wednesday of each month, 11am - 1pm. Located near Huffkins along the High Street. Come along to catch up with friends and have a made-to-order sandwich or pastry and drink.

Cherwell

We continue to support groups for people aged 50+ and can host activities for £15. Groups are also able to borrow games sets for free, by prior arrangement. We offer Boccia, Croquet, Kurling, Ten-Pin Bowling/Skittles, Nintendo Wii Games and have a mobile cinema kit too.

NEW: Digital Activity Boxes

We now have a number of ready-to-go boxes filled with different activities to keep your group entertained, such as tablets loaded with word games, or even VR headsets to experience the world of Virtual Reality for £15 per session. For more information, please contact Troy or Kasia. We can also arrange singers to perform for older people's groups at a cost of £25 a session (60 min set) as well as (NEW) exercise tutors for £15. Please book via Helen on 01235 849 434.

Monthly lunch club at Robbins Nest Restaurant, Banbury

3rd Monday of each month, from 12.30pm. A chance to meet and eat in friendly company! Pub classics & light-bites available. 2 courses for £7. Hot & cold drinks from £1. Booking is essential. For further details, please contact Libby.

Pottery Classes in Bicester and Banbury

Suitable for visually impaired and non-visually impaired people. For more information, please contact Jackie or Bec.



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8 South Oxfordshire

We have two **Community Clubs** in South Oxfordshire in **Nettlebed and Holton**. Our clubs provide a freshly-cooked two course meal and refreshments throughout the day along with a wide range of activities and an opportunity to make new friends. For more information, call Helen on **01235 849 434**.

Golden Ages - Social groups for the over 50s with a programme of activities and speakers.

- **Didcot:** Barns Close Centre
2nd Monday of each month, 2pm-4pm, £1.
Contact Kate for further details.

- **Wallingford:** Millcroft, Tumim Court
3rd Tuesday of each month, 10am- 2pm,
£2.50. Option of staying for a 2 course lunch in
the Dining Room for £4. Ring Rachel for more
information.

- **Woodcote:** Woodcote Community Centre on
2nd Tuesday of each month, 2pm - 4pm,
£2.50. Contact Kate for further details.



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NEW Stadhampton Cinema Club
St John's Church Hall.

Every first Thursday 2pm-4pm.
£3.50 including tea, coffee and cake
Contact Rachel for details of the next film to be shown

NEW Wallingford Cinema Club
The Corn Exchange, Wallingford.

Every second Thursday, 2pm-5pm
£5.00. No booking required.
Contact Rachel for details of the next film to be shown

The Vale

Cinema Clubs in the Vale - Enjoy a cinema afternoon with refreshments for £3.50 per person.

(NEW) Abingdon: Mayott House, 2nd Friday of each month from 2pm. For information on film showings, please ring Jess.

Southmoor: Village Hall, Draycott Road. 1st Monday of each month, from 2pm (except Bank Holidays). For information on film showings, please ring Ann.

Stanford-in-the-Vale: small hall in the Village Hall, Hunters Field. 4th Monday of each month, from 2pm (except Bank Holidays). For information on film showings, please ring Ann.

Steventon: Village Hall, The Green. 1st Wednesday of each month, from 2pm. For information on film showings, please ring Jess.



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Support when you are grieving...

Grief: a natural reaction to loss. It is both a personal and a universal experience. It is an intense sorrow, especially caused by someone's death. Grief is an emotion we will all feel at some point in our lives.

Those who have been bereaved know that grief can be overwhelming and all consuming, especially in the beginning. Although as time passes we all find ways of 'coping', it is fair to say that this overwhelming and consuming grief can re-appear months, years later, often without warning, when a sound, smell, voice, place triggers a memory you had forgotten.

It is normal to feel weighed down by grief and feel that there is permanently a part of you that is missing.

Having access to support when a loved one has died can make a real difference to how you cope with grief and how you feel about it. Support can come in many forms from family and friends, your local community or church, counselling services and local activity groups. Interestingly, these forms of support all involve contact with other people.

Our Late Spring Bereavement Support groups offer a welcoming, friendly space where you can just be yourself and be around other people who understand what you are going through. Each session looks at topics and gives all those present the chance to talk with the group about how they feel and there are always helpful tips from others in the group who may have found a way of coping that works for them. All supported by a group leader from the Late Spring team. There is never an expectation for anyone to say anything, some like to just come and listen.

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



Above: 'Melancholy' by Albert György
Below: 'Rising Cairns' a 4,000lb sculpture by Celeste Roberge that symbolises the 'weight of grief'



What some of our members say about Late Spring...

"We look after each other"

"You realise other people are feeling like you, that **what you feel is normal**. There is no judgment"

"People wouldn't believe we are a bereavement group. They expect it to just be sad but **we laugh so much** sometimes too!"

"When I walk into the group I don't have to put on a face as everyone else understands. **If I want to cry its ok**, I can just be honest about how I'm feeling"

NEW Cream Tea (starting in January)

Steventon Bakery, Abingdon Road, Steventon

2nd Tuesday of the month from 2pm

Contact Jess for more details

Christmas Lunches

The Bay Tree Pub, Grove, OX12 0AN
Tuesday 11th December, from 12pm
£5.49 for two courses (£1 extra for a 3rd).
For further details, call Ann on 07827 235 440

The Midget Pub, Abingdon, OX14 5NR
Tuesday 11th December, from 12pm
£4.99 for two courses (£1 extra for a 3rd).
For further details, call Jess on 07469 150 669



Brought to you by



In collaboration with



FREE
digital resources
for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org

Create an account using your **free access code:**

DGTL4822

Use this code to get free access to all the digital products and online resources, including:



E-Learning Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



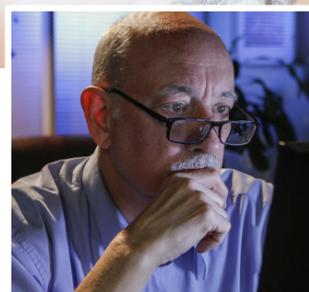
Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone - Carers Rights Guide* and *Being heard: A self-advocacy guide for carers*.



More resources & info Links to local resources

Access links to further resources and sources of information and support for people who are looking after a loved one.



A Carer's Journey

**Oxfordshire
Adult
Learning**

PROVIDED BY ABINGDON & WITNEY COLLEGE

Working in partnership, Abingdon and Witney College and Action for Carers Oxfordshire has created 'A Carers Journey', specially created to support carers look after their health and wellbeing.

These FREE courses will take carers through a journey to learn new skills; understand themselves and their caring role and adapt to a significant change. Phases covered are :

- **Skills and Confidence Building** will help carers gain the skills needed to keep themselves safe and physically well.
- **Emotional Literacy** - This workshop introduces the learner to emotional literacy: the ability to recognise, understand, handle and appropriately express emotions.
- **Workshop Title: Mindfulness** - Introduces the learner to Mindfulness. A method of mental training that provides a set of simple, yet powerful, practices that can be incorporated into daily life to help manage the constant demands of the modern world.
- **Reclaiming Me** - By the end of this short course the learner will have had an opportunity to: explore ways of managing feelings of guilt and loss; recognise they are living with 'Option B'; learn how to communicate their needs, wants and feelings; consider what they might want to do next and begin to appreciate their skills and attributes.

Please visit www.abingdon-witney.ac.uk/oal/carers or call 01235 555 585 to sign up.

New Digital Resource for Carers

Action for Carers Oxfordshire recognise just how important it is for carers to get the right information, advice and support at the right time.

This is a crucial part of coping. That is why we have joined forces with national charity, Carers UK, to enable carers to have the ability to access information through a new online platform that can be accessed 24/7. Unpaid carers of people living in Oxfordshire will have free, anytime access to the Digital Resource for Carers - an online environment that hosts a range of resources to help carers manage.

We need to let carers know this is an extra tool in their kit; we will continue to provide the high level of support we are so well known for our specialist teams will support carers in Oxfordshire, in a range of ways from home visits to free courses, giving carers the knowledge and skills to manage their day to day caring role.

If you would like to find out how to get carers support you can:

- **Call us direct** on 01235 424 715
- **Email us** on carersreferrals@carersoxfordshire.org.uk
- **Speak to your GP** who can refer you to us directly.
- **Call the Carers Oxfordshire helpline** on 0345 050 7666



Meet Dr Catherine Walter

The 72 year old powerlifter with the bone density of a 20 year old

By Anna McKay

Powerlifter is not the word that comes to mind when you meet Dr Catherine Walter, the 72 year old Oxfordshire resident wearing fuchsia pink converse trainers and a matching coat. When we met she was gearing up for The World Powerlifting Championship in Glasgow the following weekend.

It was originally Catherine's son who suggested she try powerlifting as she was struggling to fit exercise into her busy life, age 65. Her first ever powerlifting lesson was on 29th May 2012, and to her surprise she really enjoyed it. When the coach suggested she try competing she thought: why not! She now trains regularly, usually twice weekly for 1-1.5 hours at the "Linacre Ladies that Lift" Club that encourages women to powerlift. The atmosphere in the gym is completely different when the women are training to when the men train: for the women it is about helping and supporting rather than about competition. The Linacre Ladies wear rainbow socks as a symbol of inclusivity.

Powerlifting includes full body exercises to lift weights on a bar and also squats; the squat

is "the queen of lifts" as it uses so many muscles in your whole body and forces you to use your balance (which differs to weight machines in gyms for example). A weight that challenges you is added to the bar and then you lift 7-8 times. Each week a bit more weight is added and you can feel an improvement, which is very satisfying. Catherine explained that powerlifting enables you to reach what you thought were unattainable physical goals. You are trusting your body to do what it was made to do.

I asked Catherine (58.5kg) what goes through her mind when she is lifting 100 kg. "You are in the moment, it's you and the bar and gravity. If you think of anything else you will fail. Everything else just goes away. My body was made to do this, to use muscles and to lift weight. There is definitely an element of mindfulness involved in power lifting, as you are, in small steps, trying to reach difficult goals. What my body can do is at least as important as what it looks like (although that is a welcome by-product)".

Strength training is especially important for women (and all older people) as it helps to build and maintain strong muscles and bones. Sarcopenia, the loss

Photo credit: Dave McWilliams



"We need to be thinking about the long view, not just let things happen and then want to get them fixed."

"If you want to be able to continue to enjoy life and not be afraid of walking out of the front door, doing a little strength training twice a week is going to change your life." You could start off small with some simple strength exercises and gradually build up.

Catherine is a real inspiration. She actually also has arthritis in her knees, but thanks to her muscle strength, it doesn't cause her any problems, apart from a little niggle when she is warming up to lift.

Generation Games
STRONGER FOR LONGER



Photo credit: Dave McWilliams

Update on Generation Games Exercise Classes

NEW Strength & Balance classes

- Sonning Common Village Hall, Wood Lane, Sonning Common, Reading: Fridays 1.30–2.30pm
- Cropredy Sports Pavilion, Williams Scot Road, Cropredy: Mondays 11.15am–12.15pm
- Bloxham Ex Servicemen's Hall, High St, Bloxham, Banbury: Fridays 11.30am–12.30pm
- Didcot All Saints Youth and Community Hall, Roman Place: Thursdays 1.15–2.15 pm
- Bradwell Village Hall, Burford: Tuesdays 10–11am
- Rose Hill Community Centre: Mondays 10–11am
- Rose Hill Community Centre: Mondays 11.15am–12.15pm DYNAMIC
- Heyford Park Community Centre: Thursdays 11am–12pm

NEW Big Bold & Balance Parkinson's class

Bradwell Village Hall, Burford: Tuesdays 11.30am–12.30pm

NEW Breathe Better (COPD) class

Rose Hill Community Centre: Wednesday 10.30–11.30 am

CHANGES TO CLASSES

Strength & Balance Wallingford Masonic Hall now runs TWO classes: 10–11am DYNAMIC and 11.15am–2.15pm regular

Tai Chi class at Yoga Room, Witney now start at 1.15pm (previously 1.45pm)

For further details, please call Generation Games on 01235 849 403.



Hospital

Photo credit: Richard Cave, Oxford Mail

Discharge

Age UK Oxfordshire is now working within the John Radcliffe Hospital...

In an exciting new initiative that brings the community, and all the support that exists within it, right into the heart of the hospital, our **Community Information Network Team** is now working within the John Radcliffe Hospital as part of the multi-disciplinary team (health, adult social care and community).

Our team will be working 7 days a week, with and alongside 1,600 patients, their families and support networks over the coming months. Our aim is to better understand what life was like for someone before they were poorly, and to help connect them to all the support that is available to them once they are back at home.

Although we are an Age UK Oxfordshire team we are in fact representing all the

organisations, activities and support that exists across Oxfordshire. We have been able to introduce those who most need it, to support that they had been previously unaware existed. In many cases, this has involved follow up work being completed following discharge home.

We have been so lucky to pull together a great hospital discharge support team, all of whom have a shift in the hospital as well as time working in local communities, including Mandy, Jess, Colin, Lucy, Bec, Sian, James, Nicola, Jackie, David, Ann, Tracey, Sue, Rachel, Jessica, Helen and Petra as well as Ruth. All have the same passion to make a difference where they can.

We are due to start work within The Horton General Hospital in the coming months.

STAYING WELL THIS WINTER

Part 2 Supplement



Welcome!

Following the success of our **Staying Well This Winter** part 1 supplement, we are pleased to introduce you to part 2.

Included in these pages are lots of handy hints and tips on how we can stay well this winter, as well as ideas as to how we can help others (our neighbours and friends) to stay well too.

If you would like to receive a hard copy of this free supplement to give to a relative, friend or neighbour (or to pin to the fridge!) please phone us on **0345 450 1276** and ask our reception team to pop one in the post to you.



NHS

Don't wait until you feel worse

Even if it's just a cough or cold, consult your pharmacist before it gets more serious.

HELP US HELP YOU
STAY WELL THIS WINTER

nhs.uk/staywell

Prameet Shah, Pharmacist

HUR118-36 © Crown copyright 2018.

No one should be alone on Christmas Day

If you are wondering what to do on Christmas Day, we would recommend visiting the Community Christmas website for details of Christmas meals locally. Some areas will also offer transport assistance. Visit: www.communitychristmas.org.uk or phone 0800 063 9285

Why not take a look at Oxfordshire County Council's Live Well Oxfordshire site? <https://livewell.oxfordshire.gov.uk>

It has information to help you to find your own way to meet any needs for support and care and for you, or a loved one, to lead the lives that you want.

Breakfast clubs, tea dances, pub lunches - there's lots you can do

To see what's already happening locally, please visit the Community Information Network Directory, an online search tool showcasing a wide variety of activities across Oxfordshire:

www.communitynetworkdirectory.org.uk

If you are not online you can contact 0345 450 1276 and ask to speak to the network.



Friends Against Scams

Scams affect the lives of millions of people across the UK. People who are scammed often experience shame and social isolation as a result.

Friends Against Scams is a National Trading Standards (NTS) Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering communities to "Take a Stand Against Scams".

Friends Against Scams has been created to tackle the lack of scams awareness by providing information about scams and those who fall victim to them. This information enables communities and organisations to understand scams, talk about scams and cascade messages throughout communities about scams prevention and protection. Anybody can join Friends Against Scams and make a difference in their own way. To find out more please visit: www.friendsagainstscams.org.uk. If you have been a victim of a scam, or know someone who has, please contact your local trading standards team on 03454 040 506.



Keeping an eye out for an older neighbour

We know that everyone leads busy lives but, if you have older people living next door, do keep an eye out for them. They are more vulnerable than the rest of us, especially in extreme weather conditions such as heatwaves and when winter is here. **Think neighbour**, when you receive alerts for severe conditions. These are the times when older people and those needing care are especially vulnerable.

Being a good neighbour also means popping round and having a cuppa. So many older people are lonely and when you visit, you may be the only person they have spoken to for days. It doesn't take much time to be a good neighbour - just to check someone is safe, warm and well. Or pick up the phone, call them and ask if they are ok, do they need any shopping done - a few items collected when you go to the shops yourself.

This isn't you being a nosy neighbour, remember that in extreme conditions, your actions could save someone's life and if things are ok, your knock on the door will brighten someone's day.

Useful Phone Numbers



Age UK Oxfordshire
0345 450 1276

Falls Prevention Team
01865 903 400

Hearing Impairment Team
01865 894 925

Visual Impairment Team
01865 894 935

Oxfordshire Association of the Blind
01865 725 595

Parkinson's UK
0800 800 0303

Headway
01865 326 263

Stroke Association
0303 3033 100

Red Cross Mobility Aid Loan Service
0118 935 8230

Five Ways to Wellbeing

- 1. Connect...**
with people around you: friends, family, colleagues or neighbours. Strengthening these connections will support and enrich you every day.
- 2. Be active...**
find an activity you enjoy: go for a walk, do some gardening, dance, just step outside. Exercising at a level that suits you will make you feel good.
- 3. Take notice...**
savour the moment, whether you're walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.
- 4. Keep learning...**
try something new or rediscover an old interest. Set yourself a challenge like cooking a favourite meal, fixing your bike or signing up to a course.
- 5. Give...**
do something nice for a friend or a stranger: smile, volunteer, say thank you. Seeing yourself linked to the wider community can be very rewarding.

Looking for support?

Call the information service on 01865 247788 or visit www.oxfordshiremind.org.uk



Oxfordshire Mind, 2 Kings Wycombe, Oxford, OX2 0DP Registered charity: 24976

Message in a Wallet

A "Message in a Wallet" is a folding card that is the same size as a credit card. You keep it inside your wallet or purse, to provide the Emergency Services with the details of any illness or allergy you may have, together with the names of people to contact in an emergency. Good reasons to have one with you in your purse or wallet?

- It gives all the information needed if you are taken ill or have an accident whilst out and about;
- A minimal amount of personal information is contained so that it is secure (it does not contain your address details);
- It is easy to replace if your medication or circumstances change; without it, would you remember all that information?
- It's easily carried in your wallet or purse;
- The Emergency Services will be pleased to find it if they need it.

Please call 01993 772 241 or email miaaw@cartertonlions.org.uk to order or you can ask your Age UK Oxfordshire community team.





STAYING WELL THIS WINTER



Checklist



Have a look at our checklist to help ensure you are staying well this winter:

December

- Ensure you have 5 ready meals in the freezer: *did you know that you can also freeze milk and bread?*
- Order repeat prescriptions to cover the Christmas/New Year period: *keep a stock of simple cold, flu and sore throat remedies in the house*
- Have you registered with your utility provider's Priority Service?
- 'Connect'**: Book your Christmas activities

January

- 'Be active'**: *Aim to increase the amount of physical activity you do each day*
- Have boots/shoes with a good grip on the soles
- When was the last time you looked at your utility bills? *You might save money by switching to another provider*
- Plan to do something you enjoy each week

February

- Remember that your pharmacist is there to help if you are feeling poorly
- Message in a wallet (and/or bottle): *have you got yours?*
- 'Keep learning'**: *Try something new. Re-discover an old interest. Set a new challenge.*
- There's more available to help you stay independent than you think: *why not give one of the specialist agencies a ring (see page 17) and see what they can offer?*

March

- 'Give'**: Have you got an hour to spare or a skill to share? *You can make a real difference by volunteering, thanking someone or simply by smiling as you walk past*
- Be a good neighbour: *why not pop next door and say hello?*
- 'Take notice'**: *Be curious, savour the moment...whether you are walking to work, looking out of the window at the world around or talking to friends. Reflecting on your experiences will help you appreciate what matters.*
- Scams awareness: *do you know how to protect yourself, your family, friends or neighbours against being the victim of a scam?*



HEALTHY EATING AND HEALTHY WEIGHT



KNOW THE BENEFITS

Of healthy eating

- helps prevent your children from becoming obese
- helps to maintain a healthy weight
- reduces your risk of heart disease and stroke
- saves you money – by buying veg and fresh food
- reduces your risk of bowel cancer

Drink plenty of water between 1.5 to 2 litres per day

- helps you burn fat
- maintains your body temperature
- helps digestion, absorption and circulation
- decreases tiredness

WHAT CAN I DO?

To eat more healthily

- Follow the eatwell guide**
www.nhs.uk/live-well/eat-well/the-eatwell-guide/
- Check the labels on food packaging**
Choose foods lower in fat sugar and salt
- Plan ahead and buy ahead**
To reduce your chances of snacking on unhealthy food
- Limit fruit juice or smoothies**
To reduce your chances of snacking on unhealthy food
- Set yourself realistic goals**
Why not try new recipes and foods
- Join a weight management club**
If you need to lose weight you are four times more likely to do this if you join a club.

For more information on living a healthy life visit:

NHS CHOICES - www.nhs.uk

ONE YOU - www.nhs.uk/oneyou

Travelling in icy weather

Icy pavements and roads can be very slippery. Take extra care if you go out and wear boots or shoes with good grip on the soles. The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping. It adds that you should wait until the roads have been gritted if you're travelling by car.

Bear in mind that black ice on pavements or roads might not be clearly visible, and that compacted snow may turn to ice and become slippery. Jon Porter, Driving Standards Manager for South Central Ambulance Service NHS Foundation Trust, said:

'If you have to drive in icy and snowy conditions, please ensure you have sufficient fuel for your journey and that you have a mobile phone, ice-scraper, de-icer, blanket, shovel, jump leads, warning triangle, hi-viz jacket or vest, hot flask and food in the event of getting trapped.'

'Remember gentle manoeuvres are the key to safe driving in ice and snow and stopping distances can be up to ten times longer! Select second gear when pulling away, easing your foot off the clutch gently to avoid wheelspin. Once moving try to maintain a constant speed, choosing the most suitable gear in advance to avoid having to change down while climbing or descending hills and gradients. Ensure your boots or shoes are cleaned of snow and ice underneath to ensure your safety getting in and out of the vehicle and also to ensure they do not slip on the pedals whilst driving.'

'If you do get stuck, straighten the steering and clear the snow from the wheels. Put a sack or old rug in front of the driving wheels to give the tyres some grip. Once on the move again, try not to stop until you reach firmer ground.'



Winter tips

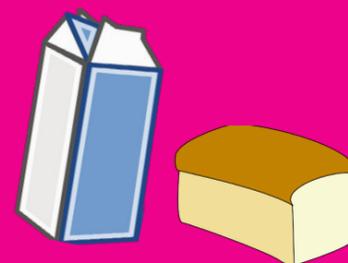
Make sure you have a pair of shoes/boots with good grips on the soles ready next to your front door



Stock up with cold, flu and sore throat remedies



Remember to order your repeat prescriptions to cover the Christmas and New Year period



In case the weather turns bad, why not be prepared by popping a pint of milk and some slices of bread into the freezer, and put a carton of UHT milk in the cupboard

New: The Oxfordshire Care Card

It's small enough to fit in your pocket/bag but packed full of useful information and advice. A real must have. Available by ringing **01865 334 646** or from your Age UK Oxfordshire community team.



Are you getting the best deal on your utilities?

The Better Housing Better Health Service (BHBH) believes that no one should be faced with the dilemma of 'heating or eating' and that **everyone has the right to feel warm and well at home**. Each winter we are all faced with the prospect of higher than usual utility bills as we attempt to heat our homes effectively and affordably. This can cause additional stress on both your finances and health, but by **spending just a few minutes to find out if you are getting the best deal from your supplier you may be able to reduce this**.

Despite its reputation as being a difficult task, looking into switching energy supplier or tariff is now easier than ever either over the phone, online or by mail. What's more, Government figures state that UK households can **save on average £180 per year** by switching energy supplier, especially if you haven't switched in the last couple of years. In addition to switching ask if you are entitled to the governments 'Warm Home Discount' scheme which can reduce energy bills by a further **£140 per year** for eligible residents.

For more information please call **0800 107 0044**. The free service is provided by local charity the National Energy Foundation and works alongside your Local Authority to provide impartial expert advice and support.



10 REASONS TO *exercise...*



Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. It can:

- improve your mood and reduce feelings of anxiety & depression
- help with weight loss
- good for your muscles & bones
- increase your energy levels
- reduce your risk of chronic disease
- help your skin to stay healthy and reduce signs of ageing
- help your brain health and memory
- help you to relax and improve sleep quality
- reduce pain
- promote a better sex life

Find an activity you enjoy. Go for a walk. Garden. Dance. Just step outside. Exercising at a level that suits you will make you feel good. Visit the Generation Games website to discover all the exercise/activity sessions that are available throughout Oxfordshire. Or ring 01235 849 403 and ask for our FREE exercise DVD to be posted out to you.

Staying Well This Winter Supplement brought to you in partnership with:



Our Services

We provide a wide variety of services including:

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

To find out more please contact us:

0345 450 1276

admin@ageukoxfordshire.org.uk

ageuk.org.uk/oxfordshire





calling all knitters

Could you knit to help older people across Oxfordshire?

Last year you raised an incredible £6,367.25. This year, we want to do the same with a target of 25,469 knitted hats.

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 be-hatted smoothie sold, Age UK Oxfordshire receives 25p, and that money helps the Charity support older people who are facing later life alone.

Please drop by or send your knitted creations to **The Big Knit, Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. Make sure you include your name and address so we know who to thank! The deadline for submitting hats is July 2019, with hats appearing on Innocent Smoothies in October 2019.

For more information on the Big Knit please visit our website: www.ageuk.org.uk/oxfordshire/



the Big Knit is back

New patterns available

Which hat will you try?



Visit www.thebigknit.co.uk/knitting-patterns



Dziękuję Ci

A big thank you to all of those who voted for Age UK Oxfordshire across the Banbury Midcounties Co-operative stores. We are hugely grateful to have received £1,507 in carrier bag money that is enabling us to reach out to our local Polish speaking community. We now have our 'Little Handbook of Services' in Polish. Please do get in touch if you would like one.

Have you left Age UK or Age UK Oxfordshire a gift in your will? If so, it would be great to have a chat with you to help us understand why you have chosen us. Please call Mel Paterson on 07434 498330 or email on melpaterson@ageukoxfordshire.org.uk



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

Make a will and make a difference

It's one of the things we all know we should do... yet more than 40% of British people still don't have a will! We are joining forces with local law firms to help making a will easier – and boost funds for local older people and carers.

Our new Will Writing service will be piloted in the Age UK Oxfordshire Abingdon office from February onwards and is available to Oxfordshire residents aged 60+.

The idea is simple – the participating solicitor draws up a basic will in return for a donation to Age UK Oxfordshire. Suggested minimum donations are £100 for a single will or £140 for a joint will, with a £70 suggested charge for a basic amendment.

Making a Will is the only way you can be sure that your wishes are carried out and your loved ones are provided for after your death. Not having a will can create problems after your death, but making a will is very easy and, by taking part in this new Will Writing service, you can help Age UK Oxfordshire too so there really is no reason not to do it!

To find out more about Will Month or arrange an appointment email admin@ageukoxfordshire.org.uk or phone 01235 849 410.



This Christmas give some community Spirit

- This Christmas you can now buy lottery gift vouchers to support us
- Every £1 ticket helps to support local good causes
- Your support will make a real and lasting difference this Christmas to our amazing local community groups
- As well as doing something great for your local good causes, you also get the chance to win £25,000 every week

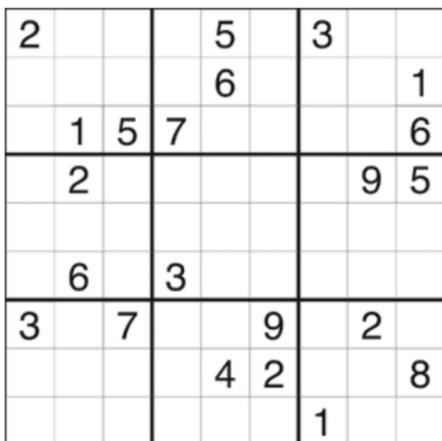
To start supporting, visit:

www.socharitable.co.uk

and search for: **Age UK Oxon**

Supporters must be 16 years of age or older
*See website for terms and conditions





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.

Puzzles

Solutions can be found on page 22

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

- | | | | |
|-------------|-----------|-------------|-----------|
| ANGEL | GARLAND | REAL | TOPPER |
| ARTIFICIAL | GIFTS | SCENT | TRADITION |
| BRANCHES | GREEN | SETTING UP | TREE FARM |
| CANDY CANES | LARGE | SKIRT | TREE LOT |
| CELEBRATION | LIGHTS | SMALL | TRUNK |
| DECEMBER | NEEDLES | SPRUCE | WATER |
| DECORATE | ORNAMENTS | STAND | YEARLY |
| DECORATIONS | PINE | STAR | |
| FESTIVE | PRESENTS | TAKING DOWN | |
| FRESH CUT | PURCHASE | TINSEL | |



A match made in... *Homeshare*

When her husband became seriously ill last year, Rosemary found it difficult to give him the support and care he needed as well as managing all the practical things of everyday living.

“Sometimes people are looking for practical help, sometimes for companionship, or possibly just the reassurance of someone being in the house at night. It’s crucial to take interests and personalities into account as well.”

Rosemary’s daughter suggested Homeshare as a way of easing the burden for her mother at a very stressful time. Homeshare Oxford, which is run by Age UK Oxfordshire, links up people looking for low cost accommodation with older people who have a spare room and need some extra help around the house, or companionship.

The monthly fees paid to Homeshare help to make the scheme sustainable and pay for the regular support provided by the Homeshare team. And the scheme often brings far more benefits than initially expected. Rosemary and Andy have become friends. Andy really enjoys being part of an established home and being able to help. For Rosemary, sharing her home

For Rosemary, sharing with Andy has meant reassurance in addition to useful help with things such as dog walking, gardening and IT know-how! Andy has also provided moral support at a time when Rosemary needed it:

“Andy has been a great support to me all these months...”

“My husband was very ill .. and we decided it would be good to have someone living in the house. Then he died, sadly.. and Andy stayed on which was great for me because I didn’t like being on my own. Andy has been a great support to me all these months. ‘

with Andy has been an enormous success: “He’s been so nice, kind and sympathetic – it’s been really good. I think it’s wonderful for people who are alone or in a position like I have been to know there is a scheme like this”.

Andy, starting out in his career as an NHS occupational therapist, needed an affordable, place to live in Oxford close to where he is was working. But with Oxford’s high rental costs, finding the right place was not easy:

Homeshare Oxford is expanding in the city and throughout Oxfordshire and would be very pleased to hear from other people interested in finding out more.’

“Even as a working professional now, it’s hard to make ends meet when most of your income is going out on rent in these amounts. It would have been another shared house... possibly with another 9 people”

Homeshare Oxford Manager, Marian Pocock, explains how she meets people who have applied to the scheme to get a good understanding of who they are and what is important to them. References are followed up, checks carried out, Introductory meetings take place, before householder and sharer are carefully matched to make sure it works for both parties:

To find out more please get in touch!

Website: www.homeshareoxford.co.uk
Email: homeshare@ageukoxfordshire.org.uk
Telephone: 01865 410 670

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/>

The Faringdon Memory Support Group: A place to share

Our group has grown to over 20 members since it began in April 2016. We offer a warm welcome twice a month for people with dementia and their carers to come together and share experiences. We organise a variety of activities that are stimulating, thought provoking, and fun!

Activities include seated exercise sessions, craft sessions and reminiscence sessions where we talk about members' childhoods, wedding days, anniversaries and other special events. Every member is given a Memory Box on the first visit to fill with their special items which they can share with the group.

Over time members become friends and often meet one another outside the group setting. The group often makes a big difference to both people living with dementia and



their carers, enabling them to share their experiences and help each other for ideas and support. They draw strength from speaking to others who are travelling a similar journey.

It is a place where you can relax and be yourself, where you are understood and supported; and where there is always a Dementia Adviser on hand to have an informal chat.

Peter Johnson, our new Head of Dementia Support Services, said: "The Faringdon Group is a great example of people coming together to share with and learn from each other. Our Dementia Advisers are able to offer both informal advice and organise specific training and support based on the requests of members. We're very grateful to the volunteers who do the work behind the scenes to ensure these groups run smoothly".

Peter Johnson,
New Head of Dementia Support
Services at Age UK Oxfordshire

Ann Collins

Community Information and Activity Worker

60
SECONDS
with...

How long have you been in your role?

Almost 1 year

What's the most rewarding thing about your job?

Seeing a client out and about and enjoying themselves when they have been isolated and lonely and not known what is out there for them.

What is one of the biggest challenges of your role?

The sheer variety of the job means I have to stop each morning and work out which hat I am wearing that day!

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

South Georgia – the sub Antarctic island, not the US state. The sheer beauty of the scenery - mountains, glaciers and abandoned whaling stations – is incredible, while man's history in the area is fascinating although very sad. When you add the wildlife – thousands of huge and colourful king penguins as well as the fur and elephant seal females and their pups, while albatross, skuas and prions fly around the beach, the island has that Wow! factor. I feel immensely privileged to have visited such an amazing and remote place.

What TV show or movie do you refuse to watch?

Soaps! Any soap!

How would your friends describe you?

Adventurous, reliable, sensible but daft at times.

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

It's probably no surprise to find the Antarctic explorer Sir Ernest Shackleton on my guest list! I would love to find out if the World War One spy Mata Hari is as captivating and fascinating as her story suggests. Grey Owl is acknowledged as one of the first conservationists, bringing the plight of the North American beaver to the attention of the world. He was also a fraud as he was born in Hastings as Archie Belaney but became famous as a native American Indian.

“ THE SHEER VARIETY OF THE JOB MEANS I HAVE TO STOP EACH MORNING AND WORK OUT WHICH HAT I AM WEARING THAT DAY! ”

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

A river guide somewhere remote like Northern Ontario, Canada.



How do you spend your free time?

When I can you'll find me heading for the river with my canoe, especially in winter as that's the whitewater season. Otherwise spending time with my family and 3 cats.

Tell us something that might surprise us about you

I was bitten by a fruit bat when I was working on a bat research project on the island of Seram, Eastern Indonesia.

If you won the lottery, what would you do?

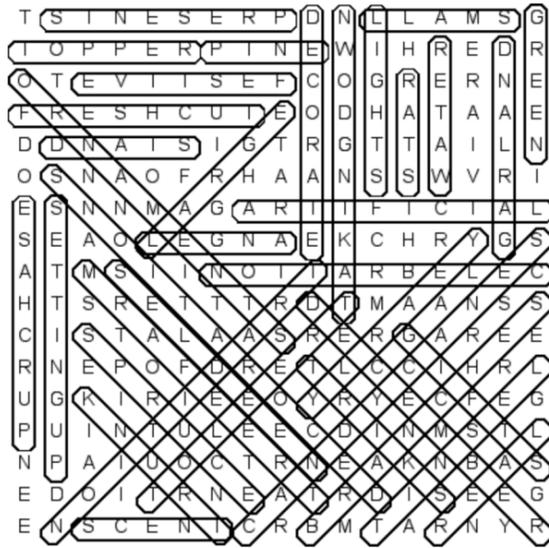
So much world to see! I would be off to far flung places but with enough money to do it in style.

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

Good quality wool socks.

Puzzle answers

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



Why work for Age UK Oxfordshire?

We support older people to live independently in their own homes and offer information and advice to connect people to what is available across Oxfordshire. We offer flexible working, part time, full time and zero hour contracts. Benefits include pension plans, health plan and discounted gym memberships. Please see our website for current opportunities. See what our staff have to say about working for Age UK Oxfordshire...

Since I have been in post, I have thoroughly enjoyed the variety of the role – from working from home and in the office, to visiting and speaking to people in different communities around Oxford as well as the work in the hospital. With all of that said, the days are clearly different and I find that each day, I learn something new too. - JAMES, Community and Information Activity Worker



“The flexibility of the hours works well for me and my family. I have some clients I have been seeing since I started and we see each other as friends now! It gives me a great deal of pride knowing that I make a difference to that person; for some people I am the only person they will see all day. One lady likes to go out to lunch and we get our nails done together. I do some light cleaning alongside a good natter, take people shopping or even just for a little drive to get out of the house.” - KATRINA, Home Support Worker



A Phishing Trip Best Avoided

EngAGE caught up with THAMES VALLEY POLICE on the ways scammers can try and access your details.

Phishing is a way in which scammers will try to get your personal details from you and use them to commit fraud such as bank fraud and identity fraud.

personal details such as your bank card details or username and password to online banking accounts. Sometimes, they even pretend to be police officers or from the bank themselves.

This can be through emails, however, there can be different types of phishing such as vishing (through telephone calls) and smishing (through text messages). Recently we have seen an increase in reports of phone call scams.

You can find out more information and advice on the Thames Valley Police website: www.thamesvalley.police.uk. If you think you have been a victim of fraud, visit Action Fraud online to report it: www.actionfraud.police.uk

Fraudsters often try and convince you to give out

Take these simple steps to better protect you:

- 1 Be cautious when asked for personal information.** The police and your bank will never ask you for your PIN, bank card details or ask you to withdraw money.
- 2 If you are unsure who is on the phone, hang up and wait for five minutes.** Call them back on a trusted number, for example, the phone number on the back of your bank card. Make sure that there is a dialling tone before calling.
- 3 Shred documents** that include personal details such as your name and address before binning them.



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 £		
<input type="checkbox"/> I enclose a cheque/postal order made payable to Age UK Oxfordshire.		
Signature	Date	DD / 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.

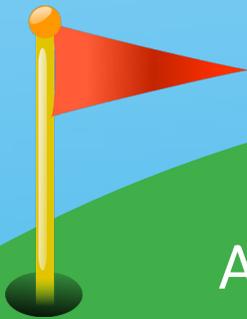
Email Text Post Phone

ANNUAL

Age UK Oxfordshire and Action for Carers Oxfordshire

CHARITY GOLF DAY

Friday 24th May 2019



Magnolia Park Golf Club
Auncott Road, Boarstall, HP18 9XX



ENTER A TEAM OF FOUR FOR £300

- 18-hole competition • Registration from 8.30am with bacon rolls and tea/coffee • Two-course lunch
- Raffle and auction • Discounted accommodation available

To book your place, or to become a sponsor, please email events@carersoxfordshire.org.uk or call Tracey Desmond on 01235 520 463.