

# Community Links 2025



**Discover activities and groups for  
older people in your community**

# Age UK Oxfordshire

At Age UK Oxfordshire we can link you into a range of activities and events taking place in your local community, details of which you will find in this booklet. We also provide a wide range of services for older people including;

- Information and advice
- Dementia support
- Carers support
- Telephone befriending
- Digital support
- Homeshare
- Bereavement support
- Foot care
- Scams prevention advice
- Hospital discharge support



## Have you seen the Little Handbook of our Services and our EngAGE magazine?

If you would like to receive a copy of our Little Handbook or subscribe to receive EngAGE, please get in contact and we can post a copy to you at home.

Call us on **01235 849 434** or email **[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**.

Alternatively, you can sign up to receive our email updates, including EngAGE magazine, via our website **[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**.



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# Welcome

At Age UK Oxfordshire we are dedicated to supporting older adults to live life to the fullest. Our community team play a crucial role in helping to connect you with the resources and support you need.

We listen to what could make a difference to your life and connect you to activities that can support you in living well.

We facilitate and organise a variety of activities bringing the community together, including coffee mornings, afternoon teas, pub lunches, walk and talk groups, social afternoons, book groups, bespoke bereavement and digital support, information events and talks.

You may also find a community link worker popping up on community buses and at a variety of communal areas - do come and say hello!





# Find your local area....

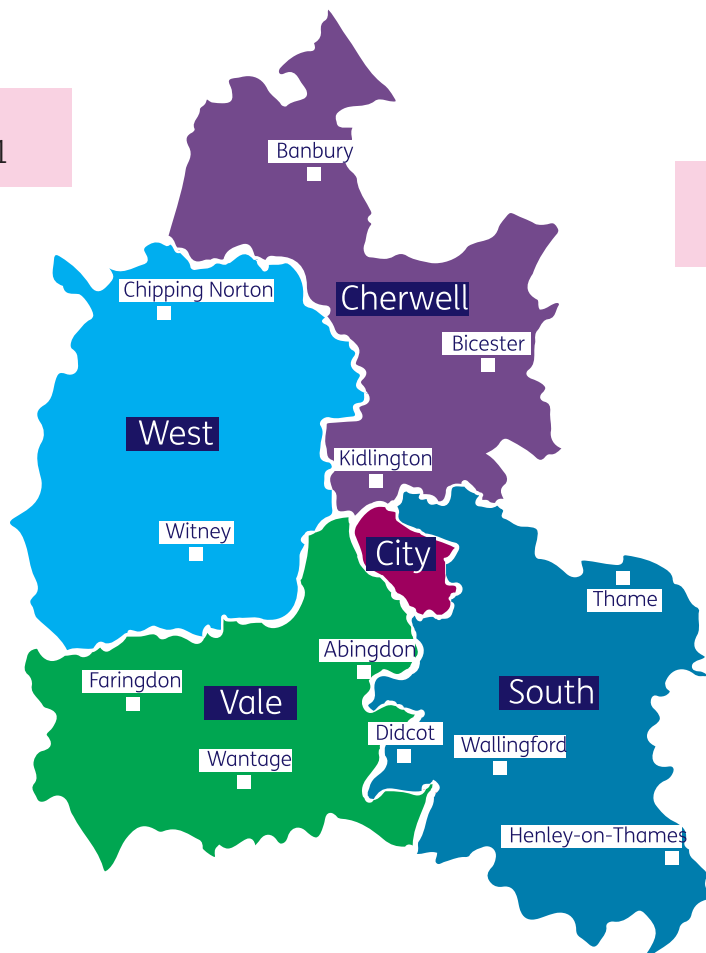
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# Meeting you in the community...



**Information drop-in events • Nature walk & talks  
Arts & crafts sessions • Duck race fundraiser**





**Cherwell Wellbeing Festival • visit to Oxford Botanic Gardens • Guided tours of Oxford City • Narrowboat trip • Bibby's Christmas Party**

# Oxford City

Our community link workers are here to help link you into what matters to you. Call one of our friendly team in the city and they can connect you into a much wider list of opportunities available. Here you'll find a handful of local activities we run that you are welcome to join.

## Meet your team

Lynn Alexander (locality manager)	<b>07827 235 429</b>
Kate Shaw	<b>07570 294 049</b>
Valerie Hunt	<b>07570 236 443</b>
Diane Long	<b>07827 235 436</b>
Sarah Irvine	<b>07827 235 457</b>
Luisa Scioratto	<b>07827 235 450</b>
Chloe Rose Cole	<b>07800 813 305</b>

## Exercise classes

Our physical activity team can help you maintain health, mobility and independence. Classes taking place in Littlemore, Headington and Wolvercote.

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**  
**01235 849 403**

## Bereavement support

Relaxed, warm and friendly groups where you can meet others and feel supported.

Third Monday of the month, 2-3pm

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Book groups

Social book groups for over 60s. Taking place in Headington, Northway, Oxford city centre and Summertown.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**





## Social get togethers

Social get togethers offering a warm welcome, with refreshments and a chat.

**Chatterbox Shotover** at Shotover View, Crauford Road. Third Friday of the month, 2-4pm.

**Contact Luisa for more details**

**Coffee Afternoon Get Together** at Cutteslowe Community Centre, Wren Road.

Third Tuesday of the month, 1-3pm.

**Contact Luisa for more details**

**Cuppa & Company** at West Oxford Community Centre. Last Thursday of the month, 2-3.30pm.

**Contact Kate for more details**

**Coffee, Cake & Chat** at The Church on Tyndale Road, Cowley. First Thursday of the month, 10.30am-12.30pm.

**Contact Sarah for more details**

**John Bunyan Over 50s Cafe** at John Bunyan Baptist Church, Crowell Road. Mondays, 10.30am-12.30pm.

**Contact Chloe Rose for more details**

## Step Into Oxford

We've teamed up with the **Oxford Guild of Tour Guides**, offering afternoon walks open to anyone 50+. A gentle stroll through the famous sights of Oxford, led by a professional guide. **FREE** to join and taking place twice a month.

**To book your space call us on 01235 849 434 or email [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Did you know....

**We can help you get involved in local groups and other support groups in your community and become more socially connected.**

# Cherwell

Our community link workers are here to help link you into what matters to you. Call one of our friendly team working in the Cherwell area and they can connect you into a much wider list of opportunities available. Here you'll find a handful of local activities we run that you are welcome to join.

## Meet your team

Jackie Roberts (locality manager)	<b>07827 235 408</b>
Alison Pearce	<b>07584 148 507</b>
Chrissy Papantoniou	<b>07827 235 459</b>
Sarah Champkins	<b>07469 150 669</b>
Troy Bryan	<b>07827 235 448</b>
Siobhan Griffin	<b>07827 235 406</b>
Victoria Jackson	<b>07827 235 427</b>

## Bereavement support

A relaxed, warm and friendly group where you can meet others and feel supported. Taking place in Banbury, Bicester and Kidlington.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Cinema groups\*

Social film groups for people 50+. Contact one of your local community link workers to find out what is taking place in your area.

**Activity boxes** for groups in Cherwell. Why not consider hiring one of our activity boxes for your group activity? For more information, or to book please **contact Troy**.

Activities include boccia, ping pong and bingo.

## Exercise classes

Our physical activity team can help you maintain health, mobility and independence.

Classes taking place in Banbury, Bicester, Bloxham, Deddington and Kidlington.

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

**01235 849 403**

## LGBTQ+ group\*

Our 'Be You' - Silver Pride social group is for older LGBTQ+ people. Second Thursday of the month, 2-4pm, The Mill Arts Centre, Spiceball Park, Banbury.

**Contact Sarah for more details**

## Social get togethers

Social get togethers offering a warm welcome, with refreshments and a chat.

**Spencers Social Group\*** at Banbury United Clubhouse, Banbury. First Tuesday of the month, 10am-12pm. 50p for tea and biscuits.

### Contact Troy for more details

**Bicester Coffee & Chat\*** at the Littlebury Hotel and Restaurant, Kings End, Bicester. Second Wednesday of the month, 10-11.30am.

### Contact Victoria for more details

#### **Deddington Coffee Morning\***

at Windmill Community Centre, Deddington. Fourth Thursday of the month, 2.30-3.30pm.

### Contact Chrissy for more details

**Launton Activity Morning\*** at the Hummingbird Centre, Launton. Fourth Tuesday of the month, 10.30am-12noon.

### Contact Troy for more details

**Ruscote Coffee & Social\*** at Ruscote Community Centre, Ruscote Arcade, Longelandes Way, Banbury. Last Monday of the month, 2-3.30pm. Suggested 50p donation.

### Contact Siobhan for more details

## Breakfast and lunch groups

A chance to eat and meet in friendly company.

**Bicester Lunch Club\*** at the Littlebury Hotel and Restaurant, Kings End, Bicester. Fourth Wednesday and first Thursday of the month, 12.30-2pm. Booking essential.

### Contact Victoria or Alison for more details

**Kidlington Pub Lunch\*** at The Black Horse, Kidlington. Third Tuesday of the month, 12-1.30pm. Booking essential.

### Contact Victoria for more details

**Easington Lunch Group\*** at The Easington Pub, Easington. Third Wednesday of the month, 12-2pm. Booking essential.

### Contact Sarah for more details

**Willow Tree Cafe Lunch Group\*** at Moorside Place, Kidlington. First Monday of the month, 12-1.30pm. Booking essential.

### Contact Alison for more details

**Men's Breakfast** at The Penny Black, 58 Sheep Street, Bicester. First Wednesday of the month, 10.30-12noon. Booking essential.

### Contact Jackie for more details

**\*Supported by Cherwell District Council**

# South Oxfordshire

Our community link workers are here to help link you into what matters to you. Call one of our friendly team working in the South Oxfordshire area and they can connect you into a much wider list of opportunities available. Here you'll find a handful of local activities we run that you are welcome to join.

## Meet your team

Gaynor Williams (locality manager)

Rachel Downey

Abbie Crook

Kate Hart

Rachel Dawson

Charlie Hayes

Ursula Long

Naomi Higgins

**07785 425 601**

**07827 235 420**

**07827 235 431**

**07827 235 403**

**07827 235 428**

**07570 300 458**

**07827 235 445**

**07827 235 404**

## Bereavement support

A relaxed, warm and friendly group where you can meet others and feel supported.

Taking place in Didcot.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Exercise classes

Our physical activity team can help you maintain health, mobility and independence. Classes taking place in Benson, Didcot, Henley, Sonning Common and Thame.

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

**01235 849 403**

## Did you know....

**We can help you to live well and more independently, help you with transport options and even help you find a volunteering role in your community.**



## Social get togethers

Social get togethers offering a warm welcome, with refreshments and a chat.

**The Young at Heart Club** at The Dolphin Pub, Wallingford. Second Tuesday of the month, 2-4pm. £3.50 per session.

**Contact Charlie for more details**

**Thame Lunch Club** at The Snooker Club, Thame. Last Tuesday of the month, 12.30-2pm. £6.50 per person.

**Contact Rachel Poole on 07827 235 460**

**The Hive\*** at Sonning Common Village Hall. First Thursday of the month, 10am-12noon.

**Contact Rachel Downey for more details**

**\*Supported by Farrans Construction**

## Book groups

Social book groups for over 60s. Taking place in Thame and Wallingford.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## LGBTQ+ group

Our Silver Pride social group is for older LGBTQ+ people.

Fourth Friday of the month, 11am-12pm. Cornerstone Arts Centre, Didcot, OX11 7NE.

**Contact Kate or Gaynor for more details**

## Cinema groups

Social film groups for people 50+. Contact one of your local community link workers to find out what is taking place in your area.



# Vale of White Horse

Our community link workers are here to help link you into what matters to you. Call one of our friendly team working in the Vale, and they can connect you into a much wider list of opportunities available. Here you'll find a handful of local activities we run that you are welcome to join.

## Meet your team

Rachel Poole (locality manager)	<b>07827 235 460</b>
Katie Allen	<b>07769 398 932</b>
Diane Long	<b>07827 235 436</b>
Kerry Hughes	<b>07341 560 646</b>
Sam Allen	<b>07827 235 412</b>

## Bereavement support

A relaxed, warm and friendly group where you can meet others and feel supported.  
First Monday of the month, 10-11.30am.  
Taking place in Grove.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

## Did you know....

**We can help you get active, learn new skills, and support your mental wellbeing?  
We can support you to find something new to try (like joining a local exercise class),  
help you start a new hobby, introduce you to a befriender or link you into counselling  
and other local support groups.**

## Cinema groups

Social film groups for people 50+. Contact one of your local community link workers to find out what is taking place in your area.

## Exercise classes

Our physical activity team can help you maintain health, mobility and independence.

Classes taking place in Abingdon, Botley, Cumnor and Faringdon.

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**

**01235 849 403**



## Book groups

Social book groups for those 60+, helping people to share the love of books and reading, and to make new friends. Taking place in Abingdon, Kennington, Letcombe Regis and Wantage.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

# West Oxfordshire

Our community link workers are here to help link you into what matters to you. Call one of our friendly team working in West Oxfordshire, and they can connect you into a much wider list of opportunities available. Here you'll find a handful of local activities we run that you are welcome to join.

## Meet your team....

Linda Heffernan (locality manager)  
Jennifer Dixon-Clegg  
Jayne Clarke  
Sue Richmond  
Katrina Fagan  
Jessica Cooper

**07584 148 508**  
**07827 235 409**  
**07827 235 422**  
**07827 235 414**  
**07827 235 444**  
**07384 511 698**

## Exercise classes

Our physical activity team can help you maintain health, mobility and independence. Classes taking place in Bampton, Chipping Norton, Milton-under-Wychwood and Witney.

**[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)**  
**01235 849 403**

## Book groups

Social book groups for those 60+, helping people to share the love of books and reading, and to make new friends.

Taking place in Carterton and Witney

**01235 849 434**  
**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**





## Social get togethers

Social get togethers offering a warm welcome, with refreshments and a chat.

**Chatterbox Witney\*** at The Corn Exchange, Market Square, Witney. First Thursday of the month, 10am-12pm.

**Contact Sue or Katrina for more details**

**Chatterbox Chipping Norton** at Chipping Norton Library. Third Tuesday of the month, 10-11.30am.

**Contact Katrina for more details**

**Aviation Group** at the Town Hall, Carterton. Fourth Thursday of each month, 2-3.30pm. £3.50 per person.

**Contact Sue for more details**

**Eynsham Pub Lunch** at The Red Lion, Eynsham. Third Friday of each month, 12-1.30pm.

**Contact Sue for more details**

**Chipping Norton Lunch Club** at Willow Gardens, Chipping Norton. Second Thursday of the month, 12-1.30pm.

**Contact Katrina for more details**

**Young at Heart** at The Blue Boar, Market Square, Witney. Fourth Tuesday of the month, 10-11.30am.

**Contact Sue for more details**

## Cinema groups

Social film groups for people 50+.

Contact one of your local community link workers to find out what is taking place in your area.

## Bereavement support

Relaxed, warm and friendly groups where you can meet others and feel supported. Taking place in Carterton and Witney.

**01235 849 434**

**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**

**\*Supported by Specsavers Witney**

# Linking you into your community

Community Links Oxfordshire is here to work with you to discover what could make a difference to your life and support you in living well. An established local service, available to all adults living in the county. We listen and talk through what could make a difference to your life. We work together at your pace to get the information you need, to make informed choices, and connect to activities that can support you in living well.

We can help you:

- Find out what support services are available
- Join in with a local group or activity
- Meet new people
- Learn something new
- Feel confident to get involved
- Volunteer
- Find out about help at home as your care needs change



**Community Links  
Oxfordshire**

The support offered is bespoke and tailored to what you need, in the way you need it.  
Why not give us a call on **01235 849 434** or email **[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**  
...it all starts with a conversation.

Community Links Oxfordshire is a service provided by Age UK Oxfordshire and funded by Oxfordshire County Council.

# Live Well Oxfordshire

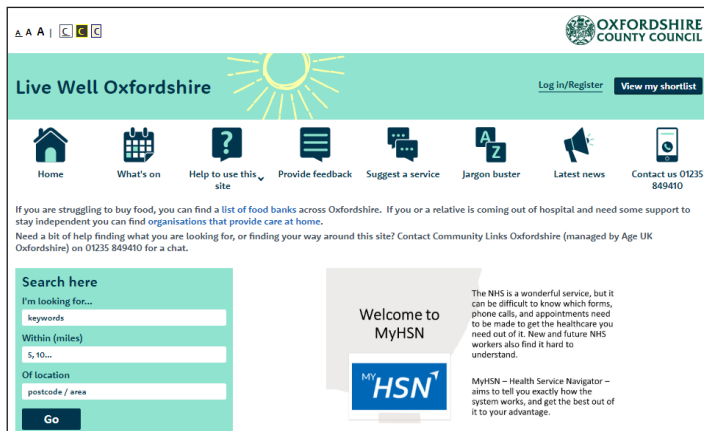
Live Well Oxfordshire is an online directory (developed by Oxfordshire County Council in partnership with Age UK Oxfordshire) bringing together information about groups and organisations offering services for adults with a variety of needs, all in one place.

You can search the directory to find information about services to help you live independently, and it also includes information about care homes and support services.

You can also use it to look for a new hobby, find out where you can get information about benefits, or access support groups for people with specific health conditions.

You can access Live Well Oxfordshire by visiting [www.oxfordshire.gov.uk/livewell](http://www.oxfordshire.gov.uk/livewell) or if you don't have access to a computer or would like some help navigating the opportunities and information, please give us a call and the team will be happy to help you.

[livewell@ageukoxfordshire.org.uk](mailto:livewell@ageukoxfordshire.org.uk)  
**01235 849 410**



# TeaBooks – Book groups in your community

Social book groups for over 60s where you can share a love of books and reading and meet new people. Groups bring friendship and laughter to the places where people can easily gather. Only £1 per session and your first session is free!

Groups currently being held in:

- Abingdon
- Bicester
- Carterton
- Kennington
- Kidlington
- Oxford
- Thame
- Wallingford
- Wantage
- Witney



**Would you enjoy working with older people and the local library service to facilitate one of our TeaBooks groups?**

Do you enjoy reading? Are you friendly and empathetic with good communication skills? This could be the volunteering opportunity for you! Full training provided with ongoing support, including opportunities for networking.

For more details about the role, get in touch with our Community Links Oxfordshire volunteer coordinator **Leigh Hogan** on **07570 302 643**.



# Bereavement support in your community

Our bereavement groups meet monthly and are a relaxed, warm and friendly place where you can meet others and feel supported. A space where you can just be yourself, and feel supported as you explore what life without your loved one will mean for you. If you think you would benefit from joining one of our groups or would like to find out more, please email [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk) or call **01235 849 434**.

## Age UK Bereavement Guide

The death of someone close to us can be one of the hardest things we have to go through. This guide explores how you might be feeling, why you might be feeling like that, and some of the things that could help, now and in the future.

Please contact us using the details above if you'd like to receive a copy in the post.



## Useful organisations

**Cruse Bereavement Care** Supports bereaved people nationally, includes a helpline, online chat function, as well as in-person support. **0808 808 1677 / [www.cruse.org.uk](http://www.cruse.org.uk)**

**The Good Grief Trust** Provides advice, support and contact details for other organisations that help people affected by grief in the UK. **[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org) / [hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)**

**National Bereavement Service** Offers information and guidance to people who have lost a loved one. Guiding you through the practical arrangements you need to make after a death, while offering emotional support. **0800 0246 121 / [www.thenbs.org](http://www.thenbs.org)**

## 'In Touch' support line

Telephone bereavement support for those 50+. Our experienced facilitator, Nicola Luxton can provide a listening ear, as well as linking you to further support. **Call 07827 235 424** (Mon-Fri 10am-4pm)

# Digital support in your community

## Meet your team....

Carrie Brooks **07827 235 425**

Stephen Mott **07827 235 455**

Troy Byran **07827 235 448**

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



## It's never too late to learn!

If you would like to get online, please contact us to find out what digital support is available to you.

**community@ageukoxfordshire.org.uk**

**01235 849 434**

## Age UK IT beginner's guides

Age UK have created step-by-step instruction guides that can help you feel confident and safe online. They cover everything from sending an email to doing your shopping online. Titles include:

- A beginner's guide to staying safe online
- A beginner's guide to doing your shopping online
- A beginner's guide to connecting to the internet
- A guide to staying safe online
- A beginner's guide to using apps
- Internet and technology learning for older people



If you would like to receive a copy of any of the above guides by post, please contact us using the details above.

# IT drop-in sessions

**\*supported by Cherwell District Council**

If you need help with your mobile phone, computer or tablet, our volunteers can support you at a local IT drop-in session, all facilitated by Age UK Oxfordshire. Where a phone number is listed, please contact the library directly for more details or to book your space, otherwise call us on **01235 849 434**.

## **Bampton Library**

Last Monday of the month  
3.15-5pm

**01993 850 076**

## **Banbury Library\***

Second Thursday of the month  
10am-12noon

## **Benson Library**

Last Tuesday of the month  
2-4pm

**01491 838 474**

## **Bicester Library\***

Every Thursday of the month  
10.30-11.30am

## **Burford Library**

Third Thursday of the month  
1-3pm

**01993 823 377**

## **Castle Quay Shopping Centre, Banbury\***

First Friday of the month  
10am-12noon

## **Didcot Library**

Every Saturday  
10am-12noon

**01235 211 910**

## **Grimsbury Community Centre, Banbury\***

Last Thursday of the month  
2-3pm

## **Kidlington Library\***

Every Thursday  
2-3pm

## **Launton, The Hummingbird Centre**

Third Wednesday of the month  
10am-12noon

## **Oxford Westgate Library**

Bookable visits to suit both client and volunteer.

## **Sonning Common Library**

Bookable visits to suit both client and volunteer.

**0118 972 2448**

## **Woodgreen Library\***

Every third Friday of the month  
10am-12noon

Alternatively you can contact your local library to see what else is available in your area and in your local community.

## Local support & services: Information drop-ins

Information drop-ins, providing information and advice on a variety of groups, activities, services and organisations. No appointment necessary.

### **Oxford City**

#### **Barton Community Food Larder**

Barton Neighbourhood Centre,  
Underhill Circus, Oxford, OX3 9LS.  
First Tuesday of the month 2-4pm.

#### **Wesley Memorial Church**

New Inn Hall Street, Oxford,  
OX1 2DH. First Wednesday of the  
month 10am-12noon.

#### **Horspath Hub**

The Old Chapel, The Green,  
OX33 1RP. First Friday of the month  
10am-12noon.

#### **St Mary & St Nicholas Church**

Oxford Road, Littlemore, OX4 4PB.  
Third Monday of the month  
10am-12noon.

#### **Blackbird Leys Library**

Blackbird Leys Road, Oxford,  
OX4 6HT.  
Last Monday of the month  
10am-12noon.

#### **Rose Hill Methodist Church**

Rose Hill, OX4 4HS.  
Third Monday of the month  
2-4.30pm.

#### **Clockhouse Knit & Natter Group**

The Clockhouse, Long Ground,  
Greater Leys, OX4 7FX.  
Alternate Wednesdays  
10am-12noon.

#### **Birch Court**

Pitts Road, Headington, OX3 8AP.  
First Thursday of the month  
2-4pm.

#### **Hinksey Community Larder**

at South Oxford Community  
Centre, Lake Street, OX1 4RP.  
Second Thursday of the month  
2-4pm.

### **Cherwell**

#### **Methodist Church, Bicester**

Bell Lane, Bicester, OX26 6JQ.  
Third Friday of the month  
12pm-1.30pm.

#### **Upper Heyford Veterans**

Heyford Park Community  
Centre, Brice Road, Upper  
Heyford, OX25 5TE. First Friday  
of the month in Feb, April, June,  
August, 11am-2pm.

#### **Moorside Place, Kidlington**

The Moors, Kidlington, OX5 2UZ.  
Second Wednesday of the month  
10am-12noon.

#### **Keystone Hub, Kidlington**

Keystone Hub, 10-14 Windsor  
House, High Street, Kidlington,  
OX5 2DH.  
Fourth Thursday of the month  
11.30am-1.30pm.

### Royal Voluntary Service

Castle Street, Banbury, OX16 5NT.  
Fourth Tuesday of the month  
11am-12.30pm.

### Castle Quay

Castle Street, Banbury, OX16  
5UN. Every Friday 10am-1pm.

### Bodicote

St John the Baptist Church,  
Church Street, Bodicote, OX15  
4DW. First Wednesday of the  
month 2.30-3.30pm.

### Vale of White Horse

#### Abingdon Library

The Charter, Abingdon, OX14 3LY.  
Last Friday of the  
month 10-11.30am.

### South Oxfordshire

#### Cholsey Food Larder

Cholsey Pavillion, Station Road,  
Cholsey, OX10 9PT. First  
Wednesday of the month  
2-4pm.

#### Didcot

In the Residents' Lounge at  
Poppy Meadows, Greenwood  
Way, OX11 6JX. First  
Wednesday of the month  
10.30-11.30am.

#### Thame

Thame Library, 3 North Street,  
Thame, OX9 3BH. Fourth  
Tuesday of the month, in March,  
May & July, 10am-12noon.

#### Wallingford

Wallingford Library, 51 High  
Street, OX10 0DB.  
First Friday of the month in Feb,  
April, June, 10.30am-12noon.

### Sonning Common

WI Coffee Morning, Village Hall,  
Sonning Common, RG4 9SL.  
First Wednesday of the month  
10.30-11.30am.

### West Oxfordshire

#### West Oxfordshire Community Buses

Fourth Thursday of the month,  
from 9am, moving between the  
four different routes.

#### Woodstock

Woodstock Chatty Table, The  
Oxfordshire Museum Cafe, Park  
Street, Woodstock, OX20 1SN.  
Third Wednesday of the month  
2-3.30pm.

If you have any questions about these sessions,  
call us on **01235 849 434** or  
email **[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**.

## Volunteering opportunities

We believe that volunteers, across all ages, bring a wealth of personal interests, skills and experience, all of which can be channelled into volunteering activities that benefit our service users and support the work of the charity. There are huge benefits that can be derived from volunteering, not just for those supported but also for volunteers, so why not give it a go?

## How can becoming a volunteer benefit you?

We know that you will help to make a real difference when you volunteer, but being a volunteer can make a difference to you too:

- Make a positive impact to those you are supporting
- Support your local community
- Share your knowledge
- Learn new skills
- Meet new people and make new friends
- Make a positive impact to your own wellbeing
- Enhance your CV by gaining valuable work experience



We are always looking for friendly and enthusiastic volunteers to join our team. If you are 18+ and feel passionate about supporting people to live life to the full, then why not consider joining us? All our roles come with support and training so you can feel confident and enjoy supporting others.



## **Befrienders**

Helping support people to overcome barriers and loneliness, build social connections and rebuild confidence to be more independent and live life to the full.

## **Activity & group volunteers**

This role could include meeting and greeting clients, families and carers, helping provide refreshments, or accompanying people as part of an organised walk and simply offering light conversation. A perfect role for anyone interested in helping people to improve their social connections and wellbeing.

## **Digital support volunteers**

Make a real difference to building someone's confidence online and support them to get the best use out of their tech and gadgets.

## **Bereavement support volunteers**

Offer a compassionate listening ear at a time when someone is experiencing grief. Provide short-term telephone support and help individuals access bereavement support in a variety of settings.

## **TeaBooks group leader volunteer**

Our TeaBooks groups offer sociable book clubs to over 60s, helping people to share a love of books and reading, and to meet new people.

We also have many other volunteering opportunities available across Age UK Oxfordshire, including roles in our telephone befriending, physical activity and creativity services.

If you're passionate about supporting people, get in touch with **Leigh** on **07570 302 643**.

# Staying safe and warm in your home

Working in partnership with SGN, Age UK Oxfordshires provide essential support to help people to stay safe and warm in their homes.

Your local community link worker can offer you free information about:

- **The Priority Services Register** - Supporting all eligible older people to sign up to register so that they receive priority support in the event of a power, water or gas outage.
- **Carbon monoxide (CO) safety** - Helping you understand the dangers of CO and providing free carbon monoxide detectors to the most vulnerable.
- **Benefits and entitlements advice** - Providing in-depth advice to those living with dementia and their carers.
- **Safety devices** - Sharing information about locking cooker valves, a free gas safety device primarily for those living with dementia.
- **Making changes to your home to improve your health** - Linking you in with Better Housing Better Health for information about how you can make your home both warmer and more energy efficient.



## Fraud and scams support

Our scams support team offer group talks to raise awareness of scams, and one-to-one sessions for those who have been affected by scams. They help people to avoid fraud and scams by increasing knowledge and confidence to recognise and deal with attempted scams.

If you've been affected by a scam and would like to discuss a one-to-one visit, or would like to organise a group talk to raise awareness of scams, please get in touch.

**[scamsupport@ageukoxfordshire.org.uk](mailto:scamsupport@ageukoxfordshire.org.uk)**  
**0345 450 1276**



## How you can support us

As an independent local charity, Age UK Oxfordshire relies on donations to ensure that we can continue to support people in Oxfordshire to live life to the full.

### Make a donation

You can make a donation online to us by scanning the QR code below with your smartphone camera or by visiting **[www.ageuk.org.uk/oxfordshire/getinvolved/donate](http://www.ageuk.org.uk/oxfordshire/getinvolved/donate)**. Alternatively, you can complete one of our donation forms, which can be downloaded from our website, or posted out to you. Please call us on **0345 450 1276** to request a form in the post. You can use this form to make cash, debit or credit card donations (for security reasons please do not send us cash donations in the post).



Every donation makes a difference, thank you!

# Useful telephone numbers / websites

## Keeping fit and well

Age UK Oxfordshire: physical activity team

**01235 849 403**

My NHS 111

**111 / [www.nhs.uk](http://www.nhs.uk)**

Oxfordshire Hospitals

**0300 304 7777**

Oxfordshire Mind

**01865 247 788**

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

Oxfordshire Talking Therapies

**01865 901 222**

Parkinson's UK

**0800 800 03 03**

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

The Priority Services Register (PSR)

**[www.thepsr.co.uk](http://www.thepsr.co.uk)**

Single Point of Access (SPA)

**01865 903 750**

Stroke Association

**0303 303 3100**

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

## Staying independent

365Alive (Fire Safety)

**01865 519 800 / [www.365alive.co.uk](http://www.365alive.co.uk)**

Better Housing, Better Health

**0800 107 00 44 / [www.bhbh.org.uk](http://www.bhbh.org.uk)**

Helping Hands for Hoarders

**01993 831 551**

My Vision Oxfordshire

**01865 725 595 / [www.myvision.org.uk](http://www.myvision.org.uk)**

Visual Impairment Team

**01865 894 935**

Hearing Impairment Team

**01865 894 925**

Red Cross Mobility Aid Loan Service

**0344 871 1111 / [www.redcross.org.uk](http://www.redcross.org.uk)**

## Community support

Carers Oxfordshire

**01235 424 715 / [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)**

Citizens Advice Oxfordshire

**03444 111 444 / [www.caox.org.uk](http://www.caox.org.uk)**

Dementia Oxfordshire: support line

**01865 410 210 / [www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk)**

Floodline (Oxfordshire)

**0345 988 1188**

Oxfordshire County Council

**01865 792422 / [www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)**

Oxfordshire Adult Social Services

**0345 050 7676**

Patient Advice & Liaison (PALS) (Oxford Health NHS Foundation Trust)

**0800 328 7971**

Powercut Helpline

**105 / [www.powercut105.com](http://www.powercut105.com)**

Royal British Legion

**0808 802 8080 / [www.britishlegion.org.uk](http://www.britishlegion.org.uk)**

Thames Valley Police

**101 / [www.thamesvalleypolice.uk](http://www.thamesvalleypolice.uk)**

## Oxfordshire District Councils

Cherwell District Council

**01295 227 001 / [www.cherwell.gov.uk](http://www.cherwell.gov.uk)**

Oxford City Council

**01865 249 811 / [www.oxford.gov.uk](http://www.oxford.gov.uk)**

South Oxfordshire District Council

**01235 422 422 / [www.southoxon.gov.uk](http://www.southoxon.gov.uk)**

Vale of White Horse District Council

**01235 422 422 / [www.whitehorsedc.gov.uk](http://www.whitehorsedc.gov.uk)**

West Oxfordshire District Council

**01993 861 000 / [www.westoxon.gov.uk](http://www.westoxon.gov.uk)**

## Someone to talk to

Age UK Advice Line

**0800 678 1602**

Oxfordshire Domestic Abuse Service

**0800 731 0055**

Samaritans

**116 123 / [www.samaritans.org](http://www.samaritans.org)**

The Silver Line Helpline

**0800 470 8090**





**Please do get in touch by phone, email or post.**  
**01235 849 434**  
**[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)**  
**10 Napier Court, Barton Lane, Abingdon, OX14 3YT**  
**[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**

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