

# EngAGE

Age UK Oxfordshire's  
Magazine

Happy  
***EASTER!***

## The rise of vaccination scams

Thames Valley Police on what  
to look out for

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## Spring Clean Your Finances

Top tips for saving money

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## A match made in Homeshare

A pandemic success story

The Big Knit  
is back!  
New pattern  
inside!

*Get in touch*

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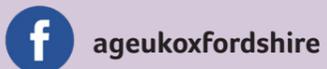
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Vist our website

www.ageuk.org.uk/oxfordshire

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Special thanks to **Abingdon Court Care Home** who have been supporting the work of Age UK Oxfordshire recently. We were delighted to receive a goody basket of items put together by Sabrina and the team to keep the spirits of staff boosted – an extremely thoughtful gesture.



# SPRING CLEAN YOUR FINANCES

**SPRING IS THE TIME WHEN OUR MINDS OFTEN TURN TO CLEANING OUR HOME OR TACKLING SOME OF THOSE JOBS WE'VE BEEN PUTTING OFF. BUT WHAT ABOUT A SPRING-CLEAN FOR OUR FINANCES?**

There are plenty of things you can do to get your finances in order:

- **Check you are getting all the benefits you are entitled to** – you can do this online using the benefits calculator via [ageuk.org.uk](http://ageuk.org.uk) or by calling your local advice service. Make sure you have your current income and capital figures to hand. If you've had a check in the past but your circumstances have changed, it is worth checking again.

- **If you are struggling with paying your bills, draw up a budget or get some advice about any debts** – your local advice service may be able to help you with debt advice or you can call **StepChange**, a national debt charity, on **0800 138 1111**. **Age UK** produce an information guide called *Getting help with debt*, which you can look at online or we can post to you.

- **Sort through your paperwork and file it** – even just putting all the paperwork about something into one envelope can help you get the information you need quickly and easily.

- **Check if you should switch provider for some of your main bills** – for energy suppliers you may wish to use the **Citizens Advice** consumer line to get advice on switching supplier via **0345 040 506**. For other services there are lots of online comparison sites to choose from but if you'd prefer to speak to someone then you can call **Simply Switch** on **0800 011 1395**.

- **Ensure you have a Power of Attorney and will set up** – a Power of Attorney enables someone you have nominated to make decisions about your finances and/or your care if you become unable to make

decisions for yourself. It is best to set this up while you are still able to choose who you want to nominate to make these types of decision. For more information you may wish to read the Age UK information guide called **'Power of Attorney'**. Wills outline what we want done with any of our assets (including money, possessions and property) when we die. If you don't have one or think yours may need updating, you may wish to seek legal help to set one up. Many charities take part in 'free wills' schemes in the hope that you may leave a legacy in your will to support their charity. Free Wills months run in March and October each year, please see [www.freewillsmoth.org.uk](http://www.freewillsmoth.org.uk) for more information.

- **Get help to understand your tax - Tax Help for Older People** are a charity that provides free tax advice to people over 60, who have a low income on **01308 488066**.



**Protect your loved ones. Get the app.**

NHS COVID-19 APP  
**DOWNLOAD NOW**



## NEW DVDS COMING SOON!

We are very excited to be able to announce that we will be making a selection of **new home exercise DVDs!**

We understand that long term health conditions affect many people, and we also know that exercise and keeping active can have an immensely beneficial effect.

That is why we will be creating 4 different home exercise DVDs that are suitable for people who are living with any of the following: Dementia, Cancer, COPD/ Covid-Recovery and Cardiac conditions.

As this magazine is published, the filming will be taking place and we anticipate the DVDs to be ready at the end of March. We will also make the films available on our YouTube channel. Just search for **“generationgamesuk”** in YouTube (and please subscribe if you like!)

If you are interested any of the free DVDs, please send an email to **gg@ageukoxfordshire.org.uk**, or contact us by phone (details at the bottom of this page)

## Online classes for long-term conditions

Not only will we be creating DVDs, but we will also be offering **live online classes on Zoom for Dementia, Cancer, COPD/ Covid-Recovery and Cardiac conditions.** Attend your first six classes **FREE** of charge.

If you would like to find out more about these classes or register your interest, please send an email to **gg@ageukoxfordshire.org.uk** or contact us by telephone.

## Home Exercise Booklets

We also have copies of **home exercise booklets** that we can send to you. Many people have told us they find them really useful. Please get in touch if you would like one.



## Therabands now available!

After some months of patient waiting, the new vibrant red resistance bands that we ordered have arrived! If you would like one, please get in touch with us either by email or phone and let us know your name and address so that we can send you one. If you already own a resistance band, please do remember to check is for any nicks or tears before using

# 4 simple exercises



## to try at home



Warm up

Put your favourite music on and dance for 1 minute! A sure way to quickly lift your mood and make you feel more positive.



Chest strengthener

Keeping a resistance band behind your back or chair, pull your arms forwards. Then cross your arms over and ease back slowly.



Bicep curl

Stand firmly on the resistance band – same arm as leg. Hold the band, your thumb should be pointing upwards. Slowly pull your fist towards your shoulder, keeping your elbow glued to your waist.

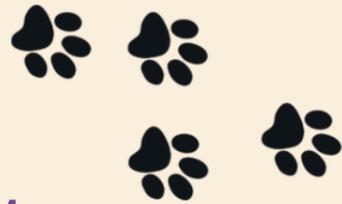


Calf stretch

Holding on to a chair, push your heel into the ground and hold the stretch for 20 seconds. Then swap sides.

# Pets... a reason to

# SMILE



The potential advantages a pet may provide are well recognised for those living with dementia.

Pets have their own unique way of non-verbal communication. As such, they can be the perfect companion. Being non-judgemental, pets are great listeners, never sharing secrets or fears. A person with dementia may have difficulty understanding language or finding the right words they want to say. A wagging tail, a cheerful bird chirping, or gentle purr can offer a very special connection.

**"My dog has been a reason to get out of bed in the mornings and a reason to smile."**

Caring for a pet can create a familiar routine, helping a person with dementia to develop a purpose and quality of life. During the pandemic, it has been evident

how pets have unknowingly offered additional positivity and support to people with dementia and their carers.

Dementia Oxfordshire have some delightful tales and pictures, demonstrating how pets have made such an immeasurable difference to so many during lockdown. Pets have offered unconditional love and possibly filled a hole, which previously would have been a cuddle with the grandchildren or hugging a daughter or son.

One carer shared: "My dog has been a reason to get out of bed in the mornings and a reason to smile. Having a dog makes me go for a daily walk, in all weathers and becomes the highlight of my day. Providing such a buzz by just saying hello to total strangers."

In one of the Dementia Oxfordshire "Care2Share groups" (carers get together supporting each other virtually) two new members invited themselves. Apparently, the cats Tiggy and Pandy (pictured right) are frequent attendees and regularly appear on screen.

Maggie their owner, explains "these two have given us a lot of pleasure, we had

them at 3 months old when we realised that we needed something to focus on when the depressing news of Ken's diagnosis of dementia and Alzheimer's were given to us.

They have been great fun to watch playing and to see them bonding and curling up together. They are comforting, relaxing and affectionate. So, no matter what our mood is, they are a great leveller and have enhanced our relationship by giving us something to enjoy together, so focusing out rather than on ourselves."

## About Dementia Oxfordshire

The Dementia Oxfordshire Service supports people in Oxfordshire with a diagnosis of dementia to live as well as possible for as long as possible.

The Service receives referrals from GPs or the Memory Clinic and we also accept self and family referrals, as long as a diagnosis of dementia has been made. We aim to be a single point of contact on dementia related concerns, encouraging people to engage with dementia friendly groups and activities and offer carers support.

As the client's progress along their dementia journey, additional support may be required, we advise on benefits and financial matters and offer guidance and training for families and carers on topics such as respite.

We also provide a **Dementia Support Line**, which is staffed by our Dementia Advisers and is available to everyone, including clients, relatives, carers and professionals.

Just call **01865 410210** any time Monday – Friday 9-5pm. We find that time and a listening ear is often what people desperately need and once they have been heard we can follow that up with advice, emotional and practical support, often helping people avoid a crisis.

See our Dementia Oxfordshire website for more information or to sign up to Round-up, our monthly e-newsletter:  
[www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk)

# Get Walking

Fall in love with the great outdoors, re-connect with nature, explore the area around where you live, make new friends and get healthier...and you can do all this by going for a walk.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. You do not have to walk for hours as even 10 minutes a day can make a real difference to us all.

Walking is low impact, requires minimal equipment (just a comfortable pair of shoes) and can be done at any time of the day at the pace that suits you. For those who have lost their confidence why not give us a ring (01235 849434) and we can link you up with a local volunteer who could go for a walk with you and help you re-build your confidence. Spring is on it's way so why not put on your walking boots, wrap up warm and give it a go?

Join your local Ramblers group [www.ramblers.org.uk](http://www.ramblers.org.uk) or Health Walk [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).



## Step into Oxford



Not been out for a while? Have the pandemic, lockdown and isolation left you feeling a little anxious about that big wide world?

Are you ready to put your toe back in the water and find out more about this wonderful city?

We have just the thing for you: a gentle stroll through the stunning, famous, uplifting sites of Oxford, led by a professional guide, and accompanied from door to door by a volunteer. What could be better than an engaging 45 minute tour, followed by a delicious cup of coffee and a chance for a chat?

Age UK Oxfordshire has teamed up with the **Oxford Guild of Tour Guides** and **The Oxford Hub** to brighten your days and get you "back out there".

Sign up for a **FREE** walk on a Tuesday or Thursday. Mornings and afternoons are available.

Contact: Petra on **01235 849434** to book your place. For more information on the **Oxford Guild of Guides** visit [www.oxfordguildoftourguides.co.uk](http://www.oxfordguildoftourguides.co.uk).

## One Step at a Time

Short walks (no more than a mile) run by our **Late Spring Bereavement Support Service** and designed to offer you the opportunity to chat with others who have been bereaved and who will understand. All will have a Late Spring member of staff present and these walks are **FREE** to join and will run throughout Oxfordshire.

For more information or to book call: Petra on **01235 849434** or email [latespring@ageukoxfordshire.org.uk](mailto:latespring@ageukoxfordshire.org.uk).

## Walk 'n' Talks

A chance to make new friends and have a natter as you stroll around a local beauty spot. From Blenheim Palace to Stoke Wood in Bicester, why not come and join us. All welcome and **FREE** to join in with.

For more information or to book call Kayleigh on **01235 849434** or email [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk).



## Self-guided walks

All of these walks are **FREE** to do and are based across Oxford City. They take you through beautiful open spaces as well as helping you to discover hidden heritage sites.

By visiting the Oxford Preservation Trust website ([www.oxfordpreservationtrust.org.uk](http://www.oxfordpreservationtrust.org.uk)) you can download each walk (or if you do not have access to a computer you can give Age UK Oxfordshire a call on **01235 849434** and we will print them off and send them out to you) and they come with creative and literary activity suggestions too. Designed for the whole family, whatever your age, you can do these walks on your own or together with others.

*NB: All organised walks will be in line with Covid-19 restrictions and have no more than 6 people in attendance. Although organised walks are not running at present due to lockdown restrictions we would still encourage you to let us know you are interested and we can book you on. Walks will re-start as soon as it is safe to do so.*

# The census is here

Sunday 21 March



By taking part, you will help inform decisions about the things that matter to you and your community.

If you need help to fill in your census form, we've got it covered.

Visit [www.census.gov.uk](http://www.census.gov.uk) to find out more.

it's about us  
census 2021

# we need your woolpower

Knit or crochet a little hat. We'll pop it on one of our smoothie bottles, and give 25p to Age UK for every behatted drink sold.

Visit our website for more details:  
[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)



send your hats to:

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

# really flashy bird

3.5 & 2.5mm  
crochet hooks

●○●●●  
wool colours

●●●  
level

## crochet peacock hat

by Sarah

Frills, feathers, and plenty of hattitude.  
This one's a crowning glory.

### abbreviations: (UK)

ch – chain

st(s) – stitch(es)

dc – double crochet

inc – increase

dec – decrease

### how you crochet it:

Start by making the body.

Work 6 dc in a magic ring. [6]

**round 1:** inc in all 6 st. [12]

**round 2:** (dc in next st, inc in next st) repeat 6 times. [18]

**round 3:** (dc in next 2 st, inc in next st) repeat 6 times. [24]

**round 4:** (dc in next 4 st, inc in next st) repeat 5 times. [30]

**round 5 - 12:** dc in all 30 st [30]

Fasten off and sew in end.



### wings: (make 2)

Ch 6. Stitches are worked around both sides of the foundation chain.

**round 1:** start in second ch from hook, inc in this st, dc in next 3 st, inc in next st. Ch 1. Continue on other side of the foundation chain, dc in next 4 st, inc in next st. [12]

**round 2:** dc in all 12 st. [12]

Fasten off and sew one end of the wing onto the body between rows 6-9.

### legs: (make 2)

Start 6 dcs in a magic ring then ch 6 (to make the legs).

Sew onto second to last row of the body approx. 7 sts apart.

### head:

Start 6 dcs in a magic ring. [6]

**round 1:** inc in all 6 st. [12]

**round 2:** (dc in next st, inc in next st) repeat 6 times. [18]

**round 3-5:** dc in all 18 sts. [18]

**round 6:** (dc in next 3 st, dec) repeat 3 times. [12]

Start stuffing the head with fibrefill. (you will need to add more at round 8)

**round 7:** (dc in next 2 st, dec) repeat 2 times. [6]

**round 8:** dc in all 6 sts. [6]

Once nicely stuffed, fasten off, leaving a long tail, sew onto the top of the body.

### headpiece: (make 3)

Start 5 dcs in a magic ring then chain 5. Sew onto the centre of the head.

### beak:

Switch to a 2.5mm crochet hook.

Start 5 dcs in a magic ring. [5]

**round 1-5:** dc in all 5 sts. [5]

Sew onto the middle of the head approx. between rows 5-6.

### eyes: (make 2)

Using a 2.5mm hook, Start 5 dcs in a magic ring. [5]

Either insert a 4mm plastic safety eye into the centre or embroider one.  
Sew onto both sides of the head.

**plumage: (make 6)**

(in dark blue) Start 6 dcs in a magic ring. [6]

**round 1:** (in teal) inc in all 6 st. [12]

**round 2:** (in lime green) (dc in next st, inc in next st) repeat 6 times. [18]  
Fasten off and stitch all 6 onto back of the body.

Sit back and watch him shake his tail feathers. Show off.

**These patterns are just ideas to get you started. Feel free to try different colours, and come up with designs of your own. We love seeing your creations.**

send your hats to:

Age UK Oxfordshire  
9 Napier Court  
Barton Lane  
OX14 3YT



Age UK is a registered charity  
(number 1128267)

# RISE IN CORONAVIRUS VACCINATION SCAMS

**Action Fraud is raising awareness of a coronavirus vaccine scam, after it received a high volume of reports relating to a phishing email in January 2021.**

The email, which attempts to trick people into handing over their bank details, was reported more than 1,000 times in 24 hours. It appears to come from the NHS and asks the recipient to click on a link to accept or decline an invitation to receive the coronavirus vaccine. If they click accept, they are asked to input personal information and their bank card details.

The national reporting centre for fraud and cyber crime has previously warned about coronavirus vaccine scams, with many people reporting receiving fake text messages purporting to be from the NHS.

## How to protect yourself

In the UK, coronavirus vaccines will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland.

You can be contacted by the NHS, your employer, a GP surgery or pharmacy local to you, to receive your vaccine.

Remember, the vaccine is free of charge. At no point will you be asked to pay.

The NHS will **never**:

- Ask you for your bank account or card details.

- Ask you for your PIN or banking password.
- Arrive unannounced at your home to administer the vaccine.
- Ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to **report@phishing.gov.uk**.

Suspicious text messages should be forwarded to the number **7726** which is free of charge.

If you believe you are the victim of a fraud, please report this to **Action Fraud** as soon as possible by calling **0300 123 2040** or visiting **www.actionfraud.police.uk**.



# A match made in Homeshare



Jennifer Allen, 33, research scientist at Oxford University and currently Homesharing in Oxford, writes about Homeshare:

**Homeshare Oxfordshire's service represents one of the pandemic's success stories. People from all walks of life are thinking differently about the future. The importance of human relationships is clearer than ever.**

Excitingly, the Homeshare concept is emerging as a popular solution to address some of the negative effects of the last year. In Oxfordshire, several new Householder and Sharer matches have been established in the last few weeks alone. This might seem counterintuitive, given the measures we're taking to protect each others' safety as the pandemic continues. Indeed, COVID-19 can present some concerns for Householders and Sharers alike, but the Homeshare Oxfordshire team has made sure that understanding and alleviating these concerns is central to the matching process.

The roll out of the vaccine brings reassurance. In recently made matches, a precautionary period of self-isolation by the Sharer prior to moving can also be reassuring to the Householder and family members, some of whom are frequently involved in bringing about a match. It is very much a team effort and the local nature of Homeshare Oxfordshire means help is on hand at every stage, even during the pandemic. This support is vital to ensure everyone feels at ease with the process, from enquires about applying, through to facilitation of a suitable match. The value of in-person visits (physically distanced, for now) to check in with those in both new and well-established set ups can't be underestimated.

Everybody's circumstances are different and every Homeshare arrangement is unique. The matching process is designed to carefully cater for each individual's needs and

interests. The common theme among applicants though, is an attraction to the Homeshare concept. Sharers are eager to contribute, their commitment demonstrated through a detailed profile and personal references. Householders have all sorts of reasons for getting involved, from needing a bit of help around the house to wishing to provide someone with affordable accommodation. As the pandemic has highlighted, a desire for social interaction and companionship is applicable across the board.

What starts out as a mutually beneficial living arrangement, can quickly develop into a firm friendship. I have been living with Mary, 84, since moving to Oxford for a new job in autumn 2019. We'd found a good way to live together before the COVID restrictions were brought in, so we had no hesitation in continuing to form our own lockdown bubble in March last year. It was great for me to have

a quiet space to work from home and to share Mary's garden with her in my free time. We've been able to carry on living fairly independently, happy in the knowledge that someone's there for a cup of tea and a chat, as needed. Mary is very hard of hearing and has particular difficulty understanding people when physically distancing and wearing a face covering; I have been glad to help with talking to callers at the door and by answering the phone. We're acutely aware of those in less fortunate situations and continue to be very grateful for each others' company.



# Need *help* with your PC?

Fully qualified, locally based business is here to help with all your home and small business PC requirements, however trivial or complex they may be.

During these unusual times, a visit may not be the preferred option - if so, we already help lots of clients via our very secure remote sessions.

A personal, professional service with a smile and at very reasonable rates. (Qualifications and ID provided on request)

Call: **01865 349057** or **01235 758013**

Email: [support@pc-help-4u.co.uk](mailto:support@pc-help-4u.co.uk)

Remote help option so no visit required

Satisfaction or your money back

plus

- Free Callout & Diagnosis
- Laptops, Desktops & Tablets
- Home & Office Visits
- Secure Remote Help
- Monthly Cover Option
- Mac & PC Support
- Supply of New Machines
- Hardware Repairs/Upgrades
- Software Repairs/Upgrades
- Wireless Setups/Networking

- New Installations
- Backup Solutions
- Antivirus & Security
- Web Design & Hosting

Website: [www.pc-help-4u.co.uk](http://www.pc-help-4u.co.uk)

# Puzzle Page

Solutions can be found on page 21

## Wordsearch

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

- ALSTROEMERIA
- AMARYLLIS
- ANTHURIUM
- ASTER
- BABY'S BREATH
- BELL FLOWER
- BIRD OF PARADISE
- BOUVARDIA
- CALLA
- CARNATION
- CHRYSANTHEMUM
- CLEMATIS
- CORNFLOWER
- DAFFODIL
- DAISY
- DELPHINIUM
- FORGET-ME-NOT
- FOXGLOVE
- FREESIA
- FUCHSIA
- GERANIUM
- GERBERA
- GINGER
- GLADIOLUS
- GOLDEN ROD
- HEATHER
- HOLLYHOCKS
- HYACINTH
- HYDRANGEA
- IRIS
- LAVENDER
- LILAC
- LILY
- LISIANTHUS
- MARIGOLD
- ORCHID
- PANSY
- PEONY
- PETUNIA
- ROSE
- SNAPDRAGON
- STATICE
- STOCK
- SUNFLOWER
- TULIP
- VIOLET
- YARROW

## Support for Unpaid Carers

If you are looking after a loved one or friend who could not cope without your help, the team at **Action for Carers Oxfordshire** are here to support you. We have a dedicated team based all around Oxfordshire who are working hard to ensure family carers receive long-term, specialised support and practical advice. We are making sure that we stay in contact for a regular chat to reassure carers they are not alone.

In August 2020, **Action for Carers Oxfordshire** and **Oxfordshire County Council** launched a **free Carer ID letter** across Oxfordshire to enable unpaid family carers to be recognised as a carer in the community and when dealing with healthcare professionals.

And finally, if someone you have been caring for has moved or is moving into residential care our team is here to help support you through the challenging and emotional times.

If you would like more information about our service, or would like to receive a copy of our **FREE Care Matters magazine**, please call our Carersline on **01235 424715** or email [carersreferrals@carersoxfordshire.org.uk](mailto:carersreferrals@carersoxfordshire.org.uk).



## Sudoku

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.

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

# Creative Corner

Age UK Oxfordshire's Creative Network Team have been busy developing new creative activities, sending out monthly newsletters and hosting creative networking meetings, the first of which was with our Age Friendly Banbury colleagues. There are 5 more creative networking meetings planned for 2021, details can be found on the Oxfordshire Age Friendly Creative Network page on our website: [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire).

Our **Framing Oxford** project kindly funded by the **St Michael and All Saints Charity** has been a great success. We have really enjoyed working in partnership with **Oxfordshire History Centre (OHC)** and a group of 16 local people, sharing their creativity and local history knowledge with a particular focus on Cowley. Covid-19 meant that we had to adapt our plans and meet online via Zoom and catch up by post and phone for those not online.

To date, 21 new items have been added to the OHC archives including this 1980s photograph taken by David Cook of the Demolition of Grove Cranes (formerly John Allen works) to make way for the John Allen Shopping Centre - the façade of the building can still be seen on the corner of Rymers Lane in Oxford.

The project has recently come to an end and we are working with **Film Oxford** to make a short film (kindly funded by **Oxford City Council**). Some of the group members have agreed to keep in touch and help



form the basis of an age friendly creative advisory group to help guide our future creative plans. For more information about the project or any aspect of the Oxfordshire Age Friendly Creative Network please email [helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk).







## CHAWLEY GROVE

*Safe - Caring - Connected*

Chawley Grove offers residential, dementia and nursing care, as well as short breaks, all within a luxury environment.



Our Enhanced Infection Control Pledge means that you can be confident that Chawley Grove is a safe and protected environment that provides outstanding care for all our residents. Find out more about the exceptional safety and infection control measures we have in place which have kept us COVID-free.

*"I don't think that there is another care home like this in Oxfordshire and cannot praise or recommend them more highly."*  
- DAUGHTER OF A CHAWLEY GROVE RESIDENT



Featured on BBC South Today, our innovative Family & Friends Lounge provides a warm and comfortable Covid-secure visitation space that allows you to stay close and connected to your loved ones and friends, whatever happens.

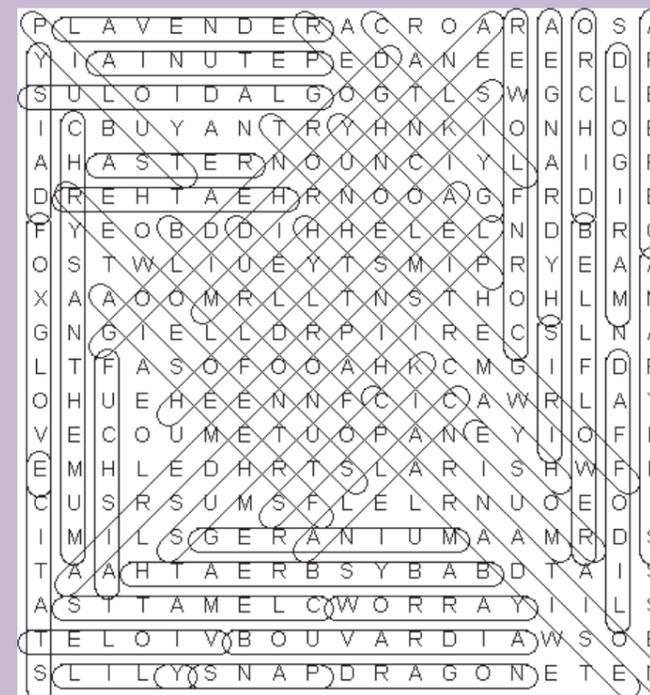
*"The room is wonderful - what a fantastic idea! It was so lovely to see my daughter and wonderful to have that contact."*  
- RESIDENT OF CHAWLEY GROVE

Scan our QR code below to take a virtual tour of our luxury care home today, or contact us to find out more:  
Tel: 01865 957650 | [enquiries@hamberleycarehomes.co.uk](mailto:enquiries@hamberleycarehomes.co.uk) | [www.hamberleycarehomes.co.uk](http://www.hamberleycarehomes.co.uk)  
Chawley Grove, 195 Cumnor Hill, Oxfordshire OX2 9PJ

Spacious en-suite bedrooms | Deluxe cinema | An elegant café and bar | Wellbeing and beauty salon  
Resident chef and complete nutritional support | Private dining suite | Landscaped gardens



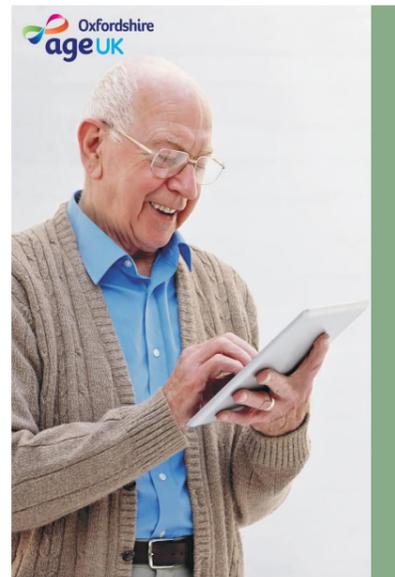




## Puzzle Answers

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

# Volunteer for



## TECH BUDDY VOLUNTEERS NEEDED

Tech Buddy is our new and free to access **IT help service**.

We are looking for friendly volunteers who are happy to offer some **basic IT support** over the phone, online or socially distanced face to face.

As the world around us moves more and more online, **you can make a real difference** by helping to build someone's confidence and stay connected to their loved ones.

If you want to sign up or ask for more details, please call **07584 148507** or email us at **techbuddy@ageukoxfordshire.org.uk**

#LoveLaterLife



## Phone Friends



## Volunteers Needed

Phone Friends provides local, older people who feel lonely with a **regular, free, friendly phone call**.

We are looking for friendly people who are happy to chat on the phone.

Whether you have 20 minutes or 2 hours to spare, **you can make a real difference**.

We offer you out of pocket expenses, training and support. In return, you will join a **great team of volunteers**.

**Get In Touch**  
If you want to sign up or find out more about becoming a volunteer, you can do so via the following:  
Ring us on 01235 849434  
Email [phonefriends@ageukoxfordshire.org.uk](mailto:phonefriends@ageukoxfordshire.org.uk)  
Visit [www.ageuk.org.uk/oxfordshire/our-services/phone-friends/](http://www.ageuk.org.uk/oxfordshire/our-services/phone-friends/)



## My Community Link

A short term enabling support service that links a trained volunteer with an individual who needs a little extra support.

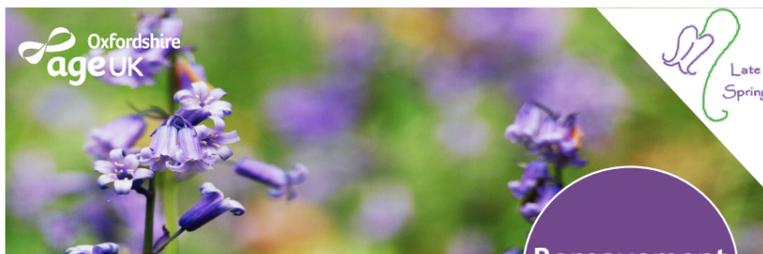
There are many people who live in our communities who just need a little extra help. By working alongside somebody this role will help make a difference. Supporting people to Live Life to the Full.

If you are interested in finding out more about becoming a My Community Link Volunteer contact us on:  
Tel: 01235 849434  
Email: [network@ageukoxfordshire.org.uk](mailto:network@ageukoxfordshire.org.uk)



Registered charity number: 1091529  
Registered Office: 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

Updated October 2020



## Bereavement Support Line

A new telephone support service that is aimed at all those 50+ who have been bereaved.

Calls will be answered by experienced Late Spring workers who can provide a listening ear, and help link you to the support that is available.  
Available Monday - Friday 10am - 4pm.

Call 01235 426660

## Sign up to EngAGE Magazine for FREE!

If you would like to receive information about activities, services and opportunities in your area, or if you would like to join our EngAGE mailing list, fill out this request form and return it to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT** or call **0345 450 1276**. If you received this copy through the post you will already be on our mailing list. Alternatively, you can email [sophiedyer@ageukoxfordshire.org.uk](mailto:sophiedyer@ageukoxfordshire.org.uk) or visit [www.ageuk.org.uk/oxfordshire/newsletter](http://www.ageuk.org.uk/oxfordshire/newsletter) to sign up to our magazine e-mailing list.

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

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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 [www.ageuk.org.uk/oxfordshire/privacy-policy](http://www.ageuk.org.uk/oxfordshire/privacy-policy).

## Donate

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 via [www.ageuk.org.uk/oxfordshire/donate](http://www.ageuk.org.uk/oxfordshire/donate). Every donation makes a difference. Thank you.

Title: First name: Surname:

Address:

Postcode:

Email address: Telephone number:

I wish to make a donation of £

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

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





*Remembering*

**CAPTAIN  
SIR TOM MOORE**

**1920-2021**

*'Tomorrow will be a good day'*